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Legal luminary Justice C.V. Wigneswaran named Chief Ministerial candidate for Sri Lanka Northern Provincial Council elections

By Siva Sivapragasam

Justice C.V. Wigneswaran who has been unanimously chosen by the Tamil Alliance as the Chief Ministerial candidate for the forthcoming Northern Provincial Council elections brings with him a wealth of judicial experience coupled with leadership qualities. His speeches and interviews reflect a great sense of maturity and a high degree of responsibility required for a leader. Many feel that his acceptance of this position is his greatest gift to the community.

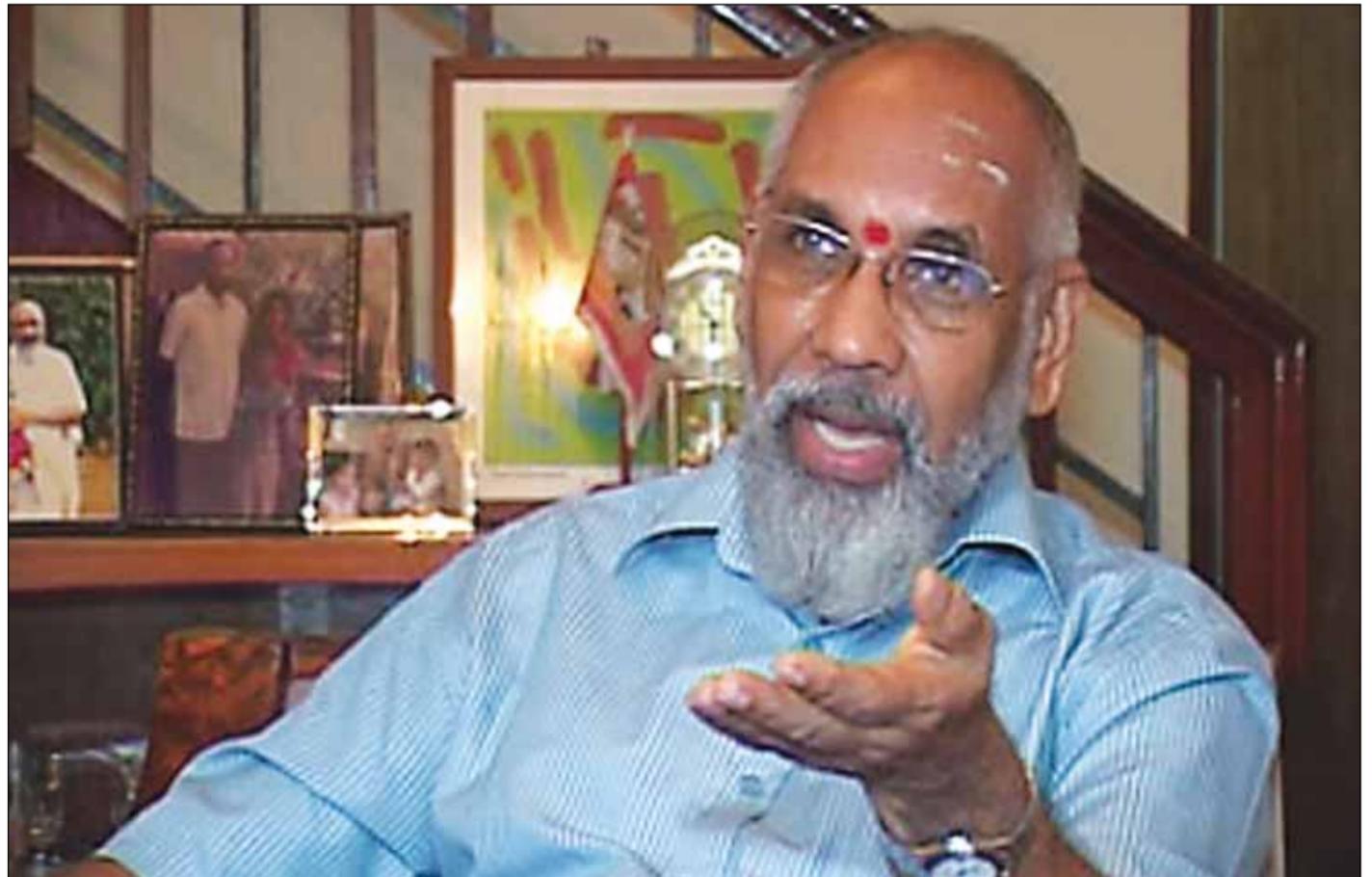
In an interview with a Tamil newspaper, Wigneswaran has remarked that if elected he will carry out his duties with responsibility and honesty. Although Mr. Wigneswaran was not involved in politics he has accepted this position since the Tamil parties had decided on his choice unanimously.

Justice Wigneswaran served earlier as a magistrate in the Mallakam & Chavakachcheri courts. Mr. Wigneswaran and members of the TNA had already handed over their party's nominations for the Northern Provincial Council elections at the Jaffna District Secretariat. TNA General Secretary Mavai Senathirajah, TNA MPs Suresh Premachandran and M. A Sumanthiran were among those who accompanied Mr. Wigneswaran. After handing over the nomination list, Mr. Wigneswaran told the Media that the TNA has embarked on a new journey and that he had no doubts that the TNA would emerge victoriously at the elec-

tions since it enjoyed the full support of the people of the North.

Meanwhile President Mahinda Rajapaksa told Media heads at a conference recently that there would be no issues even if the Tamil National Alliance (TNA) won the Northern Provincial Council elections and retired Supreme Court Judge C.V. Wigneswaran was appointed Chief Minister.

He demonstrated his devotion for Tamil culture and the love for the community even as a schoolboy through his active participation in Tamil literary activities.



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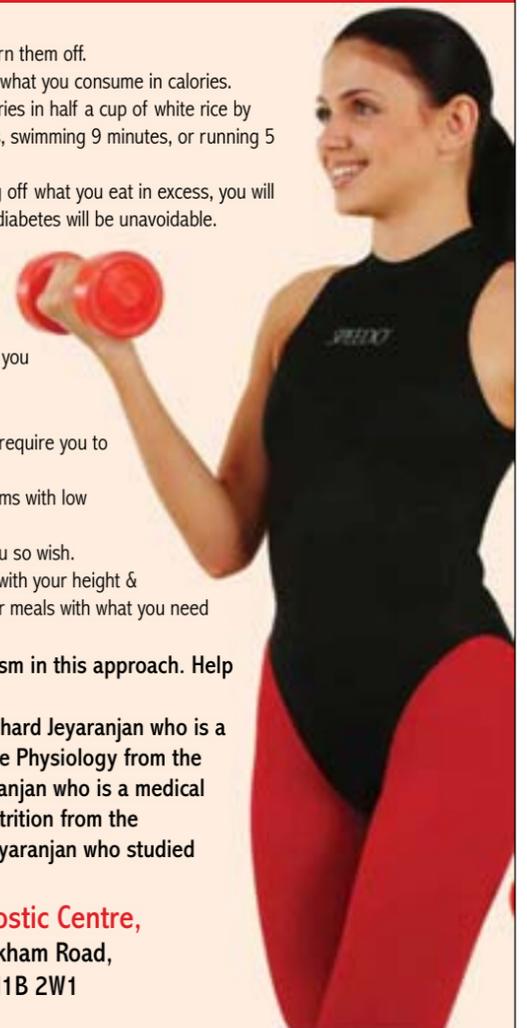
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Chris Alexander appointed new Minister of Citizenship & Immigration



Chris Alexander, the Member of Parliament for Ajax/Pickering has been appointed as the new Minister of Citizenship & Immigration in the recent cabinet reshuffle. He succeeds Jason Kenny who was the previous Immigration Minister.

Chris Alexander has worked for eighteen years in the Canadian Foreign Services. His first posting was at the Canadian Embassy in Russia, and by 2003, he became Canada's first resident Ambassador in Kabul, Afghanistan. He later served as a Deputy Special Representative of the United Nations Assistance Mission in Afghanistan.

He and his family returned home to Canada in 2009. On May 2nd, 2011 the people of Ajax-Pickering elected him as their Member of Parliament. On May 25, 2011, Alexander was appointed Parliamentary Secretary to the Minister of Defence. On July 15, 2013, he became the Minister of Citizenship and Immigration.

Alexander has also published a book titled, *A Long Way Back: Afghanistan's Quest for Peace* (Reviewed in "Monsoon Journal"). It explores what has become of Afghanistan since the U.S. - led invasion in 2001 and the challenges that are presented in a country that has not experienced real peace since the late 1970s. The complexity of Afghanistan and its history are analyzed for a future of reconciliation and prosperity for the people of Afghanistan. It is argued that this can only come to fruition if neighbouring Pakistan can control its borders and be reassured of its own place in Afghanistan's future.

He had also visited Sri Lanka sometime back to familiarize himself about the situation in Sri Lanka specially on matters connected with human rights and the need for a permanent political solution.

Chris Alexander is married to Hedvig and has two daughters Selma and Elisabeth.

Ontario Establishes Economic Task Force for Scarborough Transit

NEW ONTARIO GOVERNMENT INVESTING \$1.4 BILLION TO BUILD SCARBOROUGH SUBWAY; CREATING 14,000 JOBS

Ontario is appointing a task force that will help expand and build transit in Scarborough to create jobs and economic opportunities for the community.

Co-chaired by Scarborough Centre MPP Brad Duguid and Toronto City Councillor Michael Thompson, the task force will build transit that will create jobs through an urban renewal strategy for Scarborough. It will also strengthen the regional economy by reducing gridlock so that families can get to and from work easily and businesses can get their products moving more quickly and spend less time sitting in traffic.

The strategy will also encourage smart urban development to help leverage private investment, establish new transit corridors, improve access to public services, maximize ridership, develop



industrial clusters and create greater connectivity to the region.

The Province continues to urge the Federal government to develop a national infrastructure strategy and to invest in transit in the Greater Toronto and Hamilton Area.

Investing in public transit infrastructure is part of the new Ontario government's plan to help reduce gridlock, strengthen communities, create jobs and help people in their everyday lives.

Prime Minister Stephen Harper surveys disaster with Christian Paradis, Minister of Industry and Minister of State (Agriculture), Colette Roy-Laroche, Mayor of Lac-Mégantic, Maurice Bernier, regional official, and Ghislain Bolduc, Member of the National Assembly of Quebec.



Ontario Helps Strengthen Financial Services Sector and Grow Economy

Province Renewing Funding For the Toronto Financial Services Alliance

Ontario is renewing its funding for the Toronto Financial Services Alliance (TFSA) for a further three years. The financial services industry is a major engine of economic growth and supports hundreds of thousands of direct and indirect jobs for the Ontario economy.

The TFSA is dedicated to growing Toronto's financial services industry and building the region as a 'top ten' global financial services centre. The government and the TFSA work collaboratively to build international awareness of the advantages offered by the Toronto region.

Providing the right climate to attract investment, create jobs and grow the economy is part of the Ontario government's plan to build a prosperous and fair province for everyone.

The U.K.-based Global Financial Centres Index (GFCI) currently ranks Toronto 12th amongst the world's top international financial centres.

The Toronto region is North America's second largest financial services hub after New York City in terms of industry employment.

Financial services is Ontario's second-largest major private-sector industry based on real GDP.

Ontario is home to Canada's top five banks, with the World Economic Forum ranking Canada's banks as the soundest in the world for the fifth year in a row.

From the recessionary low in June 2009, employment has increased by



Janet Ecker CEO, TFSA

444,300 net new jobs and the current level of employment in Ontario is 178,500 or 2.7 per cent above the pre-recession level.

The TFSA works collaboratively with government to build Toronto into a global financial services centre. The work that they do puts Toronto and Ontario on the world map as a place to do business and create jobs." Charles Sousa, Minister of Finance

We have been focused on growing this industry, creating jobs and promoting Toronto as a global financial sector. The government's active participation in our growth strategy helps the work that we do and that benefits all Ontarians." Janet Ecker, CEO, Toronto Financial Services Alliance

from the publisher's desk

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Providence Health Care Foundation -

www.providence.on.ca/foundation

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Cyber bullying and Teenagers in Canada

Cyber bullying is a form of harassment that takes place using social networking websites such as Facebook, Twitter, MySpace, LinkedIn and so on. It is considered to be a very serious issue and can lead adolescents to experience extremely harmful situations such as: depression, loneliness, unhappiness and sleep deprivation.

Real life bullying discontinues when that final alarm rings, but cyber bullying continues even outside of school. People bully someone because they want to lower another person's self-esteem.

The Bully victims are two to nine times more likely to consider suicide than normal individuals who go through depression. Victims go through this depression where they cannot feel anything except worthlessness. Actions of cyber bullying do not only happen on the social media, it also happens through texting.

The Cyber attackers are often motivated by anger, revenge, or frustration. Sometimes they do it for entertainment or have too much time on their hands.

As with customary bullying, both boys and girls involve in cyber bullying, but they tend to do it in different ways. Boys tend to bully by sending sexual or threatening messages. Girls, on the other hand, more commonly cyber bully by spreading rumors, exposing secrets, or by excluding

the victim from emails, friend list or other social communication.

Cyber bullying causes depression, school phobia, anxiety, stay at home, and even thoughts of suicide. Most frequently cyber bullying may appear as a sensitive topic that teenagers must learn how to properly handle it and seek help they need.

Information for Teenagers Dealing with Cyber bullying:

Saving the evidence of the cyber bullying: Hoard offensive messages and screenshots of a webpage and report them to a trusted adult, such as: family member, teacher, or counselor. If you fail to report the incidents on time, the cyber bully will often become more harmful toward you.

Reporting bullying of harm: inform police concerning the inappropriate messages. In several cases, the cyber bully's activities can be charged by law.

Being harsh. Cyber bullying is hardly ever limited to one or two incident. It is possible to be a continued attack on an individual over a period of time. Thus to escape from the difficulties, like the cyber bully, you may have to be persistent and keep complaining each and every bullying actions until it stops.

Avoiding communication from the cyber bully: By limiting access to your e-mail address, cell phone number and social media contacts you can avoid com-

munication with the cyber bully. Report their activities to any websites they use to target you.

No matter how hard is the situation, the teenagers often unwilling to tell their parents or teachers regarding cyber bullying issues because they panic that doing so can effect in losing their computer or cell phone rights.

While parents should always observe a child's use of social networking websites and technologies, it is important not to threaten to withdraw access or punish a child who's been the victim of cyber bullying. Parents and Teachers should assist their child find better ways to handle the issues.

If the adolescent has trouble managing strong feelings such as anger, hurt or frustration, the parents should converse with a psychotherapist or counselor regarding the issue and learn to handle it in appropriate way.

The Monsoon Journal joins the efforts in finding better ways to handle the issue of Cyber bullying and Teenagers in Canada by highlighting the matter and the work towards prevention of such abuse.

Contributed by

Yoginie Thirukanasan

(Yoginie Thirukanasan is a 3rd year student at York University following a 4-year degree in BA in Economics & Liberal Studies)

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Results of Ontario By Election:

NDP 2, Liberal 2 and Progressive Conservatives 1

By Elections in 5 Ontario electoral districts were held on August 1, and the following are results as posted on Elections Ontario website:



Etobicoke - Lakeshore
Progressive Conservative
DOUG HOLYDAY

Candidate	Political Party	Number of Votes
CHOO, P.C.	Ontario NDP/NPD / Ontario NDP/NPD	2705
CLARKE, KEVIN	The People / The People	85
HOLYDAY, DOUG	PC Party of Ontario / Parti PC de l'Ontario	16130
KING, DAN	Party for People with Special Needs / Parti pour les gens qui ont des besoins spéciaux	157
KUNOV, HANS	Libertarian / Libertarien	157
MILCZYN, PETER	Ontario Liberal Party / Parti libéral de l'Ontario	14513
SALEWSKY, ANGELA	Green Party of Ontario / Parti Vert de l'Ontario	780
SIMMONS, WAYNE	Freedom Party of Ontario / Parti de la Liberté – Ontario	57



Scarborough-Guildwood
Liberal
MITZIE HUNTER

Candidate	Political Party	Number of Votes
AHMED, DANISH	Party for People with Special Needs / Parti pour les gens qui ont des besoins spéciaux	185
GIAMBRONE, ADAM	Ontario NDP/NPD / Ontario NDP/NPD	7010
HAMILTON, JIM	Independent / Indépendant	195
HUNTER, MITZIE	Ontario Liberal Party / Parti libéral de l'Ontario	8852
KIRUPA, KEN	PC Party of Ontario / Parti PC de l'Ontario	7606
LEESON, NICK	Green Party of Ontario / Parti Vert de l'Ontario	532
OLIVER, MATT	Freedom Party of Ontario / Parti de la Liberté – Ontario	80
RAWDAH, BILL	The People / The People	24
ROSCH, RAPHAEL	Family Coalition Party of Ontario / Parti de la Coalition des Familles de l'Ontario	104
THOMAS, HEATH	Libertarian / Libertarien	118



London West
NDP
PEGGY SATTLER

Candidate	Political Party	Number of Votes
BROWN, GARY	Green Party of Ontario / Parti Vert de l'Ontario	1575
CHAHBAR, ALI	PC Party of Ontario / Parti PC de l'Ontario	12122
CORAN, KEN	Ontario Liberal Party / Parti libéral de l'Ontario	5866
GRETZKY, AL	Freedom Party of Ontario / Parti de la Liberté – Ontario	1838
SATTLER, PEGGY	Ontario NDP/NPD / Ontario NDP/NPD	15503
SERBEE, GEOFFREY	Libertarian / Libertarien	116



Windsor-Tecumseh
NDP
PERCY HATFIELD

Candidate	Political Party	Number of Votes
BRANNAN, ANDREW	Freedom Party of Ontario / Parti de la Liberté Ontario	124
de VERTEUIL, ROBERT	PC Party of Ontario / Parti PC de l'Ontario	5149
DOMINATO, DAN	Libertarian / Libertarien	398
GILL, JEEWEN	Ontario Liberal Party / Parti libéral de l'Ontario	3057
HATFIELD, PERCY	Ontario NDP/NPD / Ontario NDP/NPD	15693
WATSON, LEE E. L.	Family Coalition Party of Ontario / Parti de la Coalition des Familles de l'Ontario	241
WRIGHT, ADAM	Green Party of Ontario / Parti Vert de l'Ontario	934



Ottawa South
Liberal
JOHN FRASER

Candidate	Political Party	Number of Votes
BRISSON, JEAN-SERGE	Libertarian / Libertarien	213
FRASER, JOHN	Ontario Liberal Party / Parti libéral de l'Ontario	14925
FUNCIELLO, BRONWYN	Ontario NDP/NPD / Ontario NDP/NPD	5030
HOWARTH, TAYLOR	Green Party of Ontario / Parti Vert de l'Ontario	1105
McGRUER, DAVID	Freedom Party of Ontario / Parti de la Liberté – Ontario	85
POST, DANIEL	Independent / Indépendant	91
REDINS, JOHN	Party for People with Special Needs / Parti pour les gens qui ont des besoins spéciaux	103
TURMEL, JOHN	Paupers / Pauvres	64
YOUNG, MATT	PC Party of Ontario / Parti PC de l'Ontario	13631



A round the World

Sri Lanka viewed “positively” by Standard Chartered

“Standard Chartered Bank views Sri Lanka positively and is looking to grow its business with a strategic decision to expand in the island”, says Sri Lanka’s premier online business portal, Lanka Business Online (LBO) in a recent report, quoting a top official.

Report on LBO as follows:

This week (of July 26th) Standard Chartered Sri Lanka took part in a 200 million US dollar syndicated loan to state-run Bank of Ceylon.

“For a long time we were reviewing our strategy,” Standard Chartered Bank’s Sri Lanka branch chief Anirvan Ghosh Dastidar told LBO.

“We have a strategy to grow. We are big in corporate banking. We are big in

financial markets. Within those parameters we will grow and we are committed to this market. We have been here for 157 years.”

Standard Chartered was one of three foreign banks which sold derivatives to a state-run oil firm which were defaulted and triggered litigation. But the issue has since been cleared with settlement reached with authorities in Sri Lanka.

Bank officials say even earlier they were participating in infrastructure projects and also placing debt to foreign investors in addition to retail and corporate banking.

Lakshan Goonetilleke, head of financial institutions and wholesale banking said Standard Chartered had financed

about a billion US dollars of infrastructure in Sri Lanka in telecoms, ports, textile factories and hotels over the last five years.

During the period Sri Lanka also emerged from a 30-year war.

“We did not stop doing anything,” Anirvan said. “It is just that we have now revised our strategy and is looking at the country more positively. We want to be part of the economic development.”

Sri Lanka has seen some large infrastructure projects especially with Chinese contractors. Lately Chinese firms have started investing directly.

An investment in a container terminal has already been made by China which is due to open next month. A toll road, a ho-



tel and a sea reclamation project are on the pipeline.

Standard Chartered says the group has already been involved with some of the Chinese projects here.

“Most of the Chinese companies bank with us globally,” Anirvan said. “So we were involved in these projects from day one.

“We leverage on our global presence, we are there in China and Hong Kong.”

Several large mixed development projects have also been announced in Sri Lanka, some with foreign investor participation, which will also need financing while port related industries are also expected to come up.

No ID, no security – the dilemma of Sri Lanka’s returnees

Close to 100,000 returnees in Sri Lanka’s north lack national identity cards (NICs), more than four years after the end of the country’s decades-long civil war.

“Many people cannot resume their lives as NICs are the passport to accessing multiple services and were made mandatory for voting in 2006,” Suresh Premachandran, a member of parliament (MP) with the Tamil National Alliance, one of the largest national parties representing minority Tamils from the north, told IRIN.

According to the United Nations, more than 460,000 displaced persons have returned to Northern Province - which is home to more than 1 million inhabitants - since government forces declared victory over the Liberation Tigers of Tamil Eelam (LTTE), who had been fighting for an independent Tamil homeland since 1983.

In Mullaitivu and Kilinochchi districts alone, an estimated quarter of the districts’ 200,000-plus inhabitants are without national IDs.

Without such documentation, many residents struggle to access public services such as health and education, and well as government assistance programmes.

They also face the risk of questioning and delays by police and security officials.

Under the law, NICs are compulsory for all Sri Lankans 16 years or older, and authorities may detain suspicious individuals who fail to show any form of legal

identification - a legacy of the war.

“Without an NIC, you are always at risk,” said Shereen Xavier, a north-based lawyer and executive director of the Home for Human Rights (HHR). “Without it, the impediments can be many.”

Even to enter many government buildings, one must produce an NIC, people complain.

But moving ahead on this issue is proving a challenge.

Despite the identity cards’ importance, the government has yet to prioritize the issue, with much of its effort focused instead on large-scale infrastructure and development projects in the north.

Many returnees do not have the required documentation to apply for an NIC, and with no local offices for issuing NICs, applications can take several months to process.

“The processing of papers can prove time-consuming,” Shanthi Sachithanandan, chairperson of Viluthu, an organization promoting good governance in the north, explained.

After the war, the government was keen to have its voter lists updated.

When these lists were updated ahead of presidential and local polls in 2010 and 2012, temporary IDs were issued to over 40,000 people to allow them to vote, a process that continues today.

At that time, around 90,000 people from the north failed to indicate their NIC number, Deputy Elections Commis-



sioner M.M. Mohammad confirmed.

“Temporary IDs were issued to many, especially to facilitate their participation in the presidential and local government elections that were held,” he said.

But many returnees say such IDs are looked down upon. Those holding temporary ID have difficulty accessing government services and are sometimes treated with suspicion by officials, they say.

Now, with the first provincial council election in Sri Lanka’s former war zone scheduled for September, returnees and politicians alike are again urging the government to improve the issuing of NICs.

“The government has started issuing temporary IDs, which is a time-consuming process. People have to contact the local government officials and process papers, which is not easy for returnees,” MP Premachandran said.

But according to the department responsible for issuing NICs, given the amount of time and documentation it takes to process such applications outside Colombo - and specifically in the former war zone - temporary IDs may still be the best option available at this point.

“This is the best solution to the present problem,” maintained M.S. Sarath Kumara, commissioner general of the registration of persons, noting that temporary IDs issued to facilitate voting could also prove useful to people without

any other form of identification.

“A temporary ID is a practical idea, and it can be revalidated through reapplication,” agreed Rohana Hettiarachchi, executive director of People’s Action for Free and Fair Elections, an election monitoring body that has been helping eligible voters to obtain national identity cards through a mobile clinic effort.

But for those returnees without an NIC, still struggling to establish some semblance of normalcy in their lives after years of conflict and displacement, the idea of anything temporary offers little solace.

“A temporary ID is useful for those who wish to cast their vote at the forthcoming northern provincial election. [However,] for us former IDPs [internally displaced persons], returning home after being displaced for a decade, there are much bigger issues than getting involved in a political battle,” explained Muttuvel Kadirmani, a 46-year-old father of three from Mullaitivu. He urged the government to issue NICs instead of temporary forms of identification.

“It will be useful in every aspect of life and provide us with a sense of security,” he said.

[via IRIN News- the humanitarian news and analysis service of the UN Office for the Coordination of Humanitarian Affairs.]



TNA Chief Sampanthan Kills Two Birds with One Stone Through Selection of Justice Wigneswaran as Chief Ministerial Candidate for Northern Provincial Council, Sri Lanka

"The present day Jaffna society and the Northerners at large, also feel that as a result of the near three-decade civil strife in the North and East, the political scene in the two Provinces had eroded, largely due to unlikely and unsuitable candidates entering politics with no proper political or educational background," writes Manekshaw in the popular Colombo Daily, The Ceylon Today:

By Manekshaw

Leader of the Tamil National Alliance (TNA), Rajavarthayam Sampanthan, has proved his political maturity and his able leadership in maintaining the integrity of the TNA by getting all five constituent parties in the Alliance to concur with his decision to nominate former Judge of the Supreme Court, C. V. Vigneswaran, as the chief ministerial candidate of the TNA for the Northern Provincial Council, election.

The trilingual Sampanthan is named after South India's Pallava period Hindu saint, Thirugnanasampanthar, who had rendered 10 devotional lyrics in Tamil on the Koneswaram Rock Temple of Lord Siva in Trincomalee in the 7th century.

The members in the TNA or from Sampanthan's own party, the Illankai Tamil Arasu Katchchi (ITAK), may occasionally fall out with the Leader, but his security personnel who are Sinhalese officers from the Sri Lanka Police, treat him with due reverence and utmost care, and will even sacrifice their lives to safeguard him. The devotion is to be expected, as the 80-year-old veteran Tamil politician is extremely fluent in the Sinhala language and is known to treat his men in a gentlemanly manner.

An invincible figure

Sampanthan, an eminent criminal lawyer from the Trincomalee Bar, enjoyed a lucrative practice before entering politics for the first time in 1977. He succeeded late P. Neminathan of the ITAK, though at the beginning, he was reluctant to enter politics. However, on the insistence of the late Leader of the Tamil United Liberation Front (TULF), Appapillai Amirthalingam, Sampanthan entered politics in 1977 and since then has remained an invincible figure in the Tamil political scene, especially in the Trincomalee District.

Reportedly, late President J.R. Jayewardene, had made an attempt to get Sampanthan to his side by offering a ministerial portfolio, similar to the manner in which he convinced the 'die hard' TULF Parliamentarian, Chelliah Rasathurai, to cross over to the United National Party (UNP). On that occasion, JR made Rasathurai the Minister of Hindu Cultural Affairs.

However, Sampanthan is a different kettle of fish, and remained loyal to his party even during the turbulent days when the Liberation Tigers of Tamil

Eelam (LTTE) targeted the elitist Tamil politicians who had supported the Indo-Lanka Accord and the 13th Amendment to the Constitution.

Later, when the Tamil National Alliance was formed in 2002, Sampanthan became the automatic choice to lead the Alliance, which developed closer links with the LTTE when the outfit embarked on its 'globetrotting' peace talks with Norwegian facilitation. Fortunately or unfortunately, the peace talks ultimately fizzled out with the LTTE digging its own grave.

'Escaped unscathed'

The TNA Leader was heavily criticized for his decision to appear on stage with the UNP Leader, Ranil Wickremesinghe, during the joint May Day rally in Jaffna in 2012, and holding the Lion flag, aloft.

The TNA's Jaffna District Parliamentarian and the ITAK's General Secretary, Mavai S .Senathirajah, was the first to fire the salvo against Sampanthan for this action. However, Sampanthan managed to come out of the criticism, saying that he didn't hold the flag of his own volition, but it was forced into his hand by Ranil Wickremesinghe.

Since then, there have been several problems surfacing within the TNA with regard to the solidarity of the Alliance. Most notable among them was the demand by the constituent parties of the Alliance to register it as a political party. This was in order to prevent Sampanthan's ITAK from monopolizing the Alliance, as it is the flagship of the TNA with a majority of the parliamentarians from the ITAK.

Differences ironed out

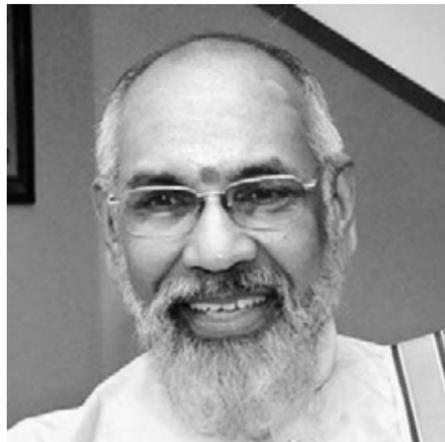
Several weeks ago, a special meeting was convened by the Catholic Bishop of Mannar, Rt. Rev. Rayappu Joseph, in order to resolve the differences within the TNA and to emphasize on the need for solidarity within the Alliance. Apart from the members of the TNA, civil society members from Jaffna also took part in the Bishop's meeting, calling for unity within the Alliance.

Though the meeting in Mannar had dragged for several hours, in two sessions from morning till evening, no constructive decision was reached with regard to the integrity of the TNA. Subsequently, the Bishop of Mannar held a second meeting to iron out the differences within the TNA.

However, there were changes in the political atmosphere with the announcement of the polls for the Northern Provincial Council. The TNA became more focused on electing its chief ministerial candidate. This again led to problems over the selection of the said candidate, and when the tussle over the choice between Mavai Senathirajah and the former Judge of the Supreme Court, C.V. Vigneswaran, looked set to intensify, with



Rajavarthayam Sampanthan,
TNA Leader



Canagasabapathy Viswalingam
Wigneswaran

many speculating that the choice would lead to a split in the Alliance, the TNA Chief succeeded in securing a unanimous decision over his choice of Vigneswaran as the TNA's chief ministerial candidate. He also convinced the other contender to not only accept the choice, but also to work with the candidate.

Following the TNA decision, a special meeting of the ITAK was held in Vavuniya on Saturday (20) to make the formal announcement of Vigneswaran as the chief ministerial candidate and to felicitate Mavai Senathirajah for the sacrifice he made in stepping down to make way for the former Judge of the Supreme

Court.

At the Vavuniya meeting, the choice for chief minister was well accepted as was the ITAK's stance in the present political context and the expectation that the Chief Minister of the Northern Provincial Council, being a personality with a good legal background, would be able to deal with issues with regard to the alleged land acquisition and the extensive military presence in the North

Political scene eroded

With more than 5,000 Internally Displaced Persons (IDPs) in the North gearing themselves for a legal battle to regain their lands now under military control, the latest to seek legal action against the alleged land acquisitions in the Jaffna Peninsula is the Catholic Bishop of Jaffna, Rt. Rev. Thomas Savuntharanayagam, who filed a case at the Court of Appeal last week.

The present day Jaffna society and the Northerners at large, also feel that as a result of the near three-decade civil strife in the North and East, the political scene in the two Provinces had eroded, largely due to unlikely and unsuitable candidates entering politics with no proper political or educational background.

Prior to the unrest that devastated the two Provinces, the North and East had produced highly refined personalities in the Tamil political scene.

The Northerners, who had suffered enormous loss of lives and properties, feel their dignity and their integrity should be reflected through a regional leader who could not only boldly proclaim their political and humanitarian needs but also initiate meaningful measures in healing the scars of war in the region.

In this context, the 'chess board' moves made by Sampanthan with regard to the selection of Justice Vigneswaran as the premier candidate of the TNA for the forthcoming NPC polls, has not only proved the TNA Chief to be a good trouble shooter, but also a 'good marksman' in the political scene, enabling him to 'kill two birds with one stone.'

Protester Shot Dead at Sri Lankan Tainted Water Demo

Sri Lankan security forces have shot into a group of protesters at a demonstration to demand clean drinking water, killing one person and wounding more than a dozen.

Protesters in Weliveriya - 20 kilometers northeast of the capital, Colombo - say their drinking water supply has been contaminated by the chemical emissions from a factory.

Residents of the village told the Asso-

ciated Press that the security forces also targeted journalists in the attack on Aug 1.

"We asked for water tanks and they sent us war tanks, went to road for water gave they gave bullets", A Weliveriya resident is reported to have told BBC. According to BBC correspondent in Colombo residents said "we now know what they did for Tamils in north, no respect for Army anymore "



Remembering the Tragedy and Horror of “Black July” in Sri Lanka Thirty Years Later

By M. A. Sumanthiran

For the past 30 years, July 23, 1983 has been remembered in Sri Lanka as ‘Black July’. It marks the tragedy and horror of thousands of Tamil people being attacked by rioting mobs acting with impunity. Hundreds of Tamils were killed and thousands of homes and businesses destroyed. Many Tamil people who survived these attacks fled the country, fearing they would never be able to see their home again. The repercussions of these brutal actions are still felt by the Tamil people in Sri Lanka and abroad. The ‘83 pogrom is widely seen as a trigger to Sri Lanka’s civil war.

The importance of remembering such atrocities cannot be underestimated. It is only remembrance of such tragedy that will, one hopes, ensure that such horrors will never again take place. It is only such remembrance that will ensure that action is taken to prevent Sri Lanka ever having to face yet another ‘Black July’.

It is, however, most unfortunate that we, as Sri Lankans, have not seemed to come very far from ‘Black July’. Instead of dealing with, and eradicating the root causes of the conflict, we seem to be intent on exacerbating them.

Today, more than four years after the end of a bloody war, reconciliation amongst Sri Lanka’s peoples is still very far away. In fact, sadly, 30 years later, not much has changed.

Black July was widely recognised as a genocidal act unleashed against the Tamil people; as Sri Lanka’s holocaust. This was recognised as Genocide not merely because a large number of Tamil people were killed and injured, but also because assets and property owned by Tamils – Tamil homes and businesses – were attacked and demolished. Thirty years on, we are still seeing such genocidal acts being committed against the Tamil people. It is internationally recognised that the term Genocide includes acts that force a community of people to leave the land

that has been traditionally occupied by them for several generations. This is taking place in our country today, with the mass land grabs by the government and the military in the North and East.

The horrendous killings of Tamils during Black July 30 years ago are largely believed to have been carried out with the support of the government of that day. The rioting mobs that attacked Tamil homes and businesses acted with impunity. In fact, even in the then President J.R. Jayewardene’s first speech on the event made on July 27, 1983, he offered little sympathy to what the Tamil people had faced.

Today, four years after the end of the civil war, the incumbent President has declared that Sri Lanka has ‘no minorities’. The reality, however, is vastly different. The government turns a blind eye to the repeated attacks against various minority groups. Today, that includes not only the Tamil people, but the Muslim people as well.

One of the recent incidents was an attack carried out against a Muslim owned business. Video footage taken during this attack clearly showed a Buddhist monk vandalising the building in question while policemen looked on, doing nothing. Other religious minorities also continue to come under attack, with threatening and violent acts being committed against not only mosques, but churches as well. Following the events of Black July, despite rioting mobs openly attacking Tamil civilians for several days, no perpetrators were apprehended or held accountable for these brutal actions. Today too, few, if any, of the individuals responsible for attacks against members of minority groups are ever apprehended. Hate speeches against minority groups are made; processions threatening minority groups are openly conducted, and the government does nothing.

The blind eye of the government is turned not merely to attacks against mi-



norities, but to other quarters as well. Scores of journalists have been attacked, seriously injured, killed and made to disappear, but the perpetrators of these attacks are almost never apprehended and brought to justice. The crime rate in the country has risen dramatically over the past months and years. The riots in July 1983 were symptomatic of a complete breakdown in the Rule of Law of the day. It is indeed disheartening to see that breakdown today as well.

The ‘83 pogrom is seen as a determined effort by a portion of the majority community, backed by the government of the day, to teach the Tamil people who had been for a long time calling for meaningful power sharing, a lesson. Until 1983, these calls had been for the most part, non violent. Following the attack in 1983, the violence by Tamil youth increased significantly. It is this that led to the 26 year long conflict in our country. To date, the Sri Lankan state has been unable to address the Tamil question in a meaningful way. The only concession to power sharing in Sri Lanka’s Constitution is the 13th Amendment.

Even this has, to date, not been fully implemented despite the government’s repeated promises to its people and to members of the international community that it will do so. In fact, the government now proposes to do away with it altogether! Instead of making a realistic

effort to arriving at a meaningful power sharing arrangement through genuine, constructive political dialogue, the government now proposes to take away even the limited concession to power sharing in the constitution. The Tamil National Alliance has stated, time without number that the solution to the ethnic conflict cannot be by military means, but by political ones. However, 30 years on, the Sri Lankan government seems more unwilling than ever to either engage in any meaningful, genuine process to this end.

In 2004, then President Chandrika Bandaranaike Kumaratunge acknowledged the role played by the government and made a public apology for the atrocities of ‘83. Despite being seen by many as 21 years too late, in my opinion the gesture was tremendously significant. For Sri Lanka and its peoples to move past ‘83, this acknowledgment, and with it the accountability for the atrocities committed, was absolutely necessary. Today, four years after the end of a bloody civil war, despite assurances given to the international community and its own peoples, the government of Sri Lanka has yet to put in place any credible process for accountability for what occurred during the war. The tragedy of ‘83 should have taught us that in order for us as a country to move past the tragedy of the civil war, there must be accountability for atrocities committed on both sides.

Thirty years on, the environment and circumstances that made Black July possible have not changed in any significant way. A war has ended, but we have failed to address, far less eradicate, the root causes of the conflict behind it. If anything, we have exacerbated them. Thirty years on, can we claim to have come very far from Black July at all?

(M.A. Sumanthiran is a Tamil National Alliance Parliamentarian and a constitutional and human rights lawyer)

FORMATION OF NEW SOUTHERN STATE IN INDIA MAY HARM ITS FEDERAL STRUCTURE

Dubbing the recent decision to form a separate Telangana state as a “short sighted move” by the Congress with its eyes on Lok Sabha polls, CPI(M) General Secretary Prakash Karat has said the move would lead to a string of demands for smaller states harming the country’s federal structure.

“People’s sentiment in Telangana region is in favour of a separate state. But in the long-term perspective the blow it will deal to the democratic, federal

structure will be serious,” Karat wrote in his column in the party’s Malayalam daily ‘Deshabhimani’.

Tracing briefly the history of struggles for linguistic states in the country after independence, Karat said the undivided Communist Party had taken a prominent role in those campaigns including the agitation for the Andhra Pradesh state.

A tract penned by Communist stalwart P Sundarayya titled “Visala

Andhra” had been the hallmark of that movement, he said.

The demands for new states also involved “regional identity” politics which would be exploited bourgeois parties to establish their spheres of influence, he said.

Formation of smaller states would also have adverse economic and political fallout as their availability of resources would be rather limited.

The Centre could easily dominate

over the smaller states as in the case of the north eastern region without ensuring them greater economic or political autonomy, he said.

Also the corporates and vested interests could exploit the smaller states far more easily than the bigger ones formed on the linguistic basis, the CPI(M) leader added.

- PTI



US Unemployment Falls, but Growth Lags

By Mil Arcega

U.S. companies hired fewer workers than expected in July, and there also were fewer jobs added in May and June. Still, the US Labor Department says the economy added enough jobs in July to lower the unemployment rate to 7.4 percent - the lowest in 4 and a half years. But analysts say the mixed jobs report suggests a worrisome trend for U.S. workers.

The U.S. economy added 162-thousand jobs in July - a number consistent with slow but steady job growth. Despite a decline in unemployment of 0.2 percent, however, last month's job numbers suggest employers remain cautious.

More telling is the quantity and quality of the new jobs. Mark Hamrick heads the Washington Bureau at Bankrate.com.

"The number of hours worked are not impressive, earnings declined, and there's a large number of the composition of the jobs in here - have been part time jobs. So all in all, it's the quality of the jobs and the quantity of the jobs being created are both very much in question," said Hamrick.

The number of jobs added last month also was the fewest since March, and well below consensus expectations of about



President Barack Obama delivers remarks on the economy at the Amazon Chattanooga Fulfillment Center in Chattanooga, Tenn., July 30, 2013. (Official White House Photo by Amanda Lucidon)

185,000. Reaction on Wall Street has been muted. Others remain optimistic, though, about stronger job growth in the second half of the year.

Ken Simonson, at the National Association for Business Economics, points to the group's latest survey. "The firms said that, on balance, they had added to their head count over the last quarter, and

over the next six months they expect to continue hiring, on balance, at a pretty high rate."

Also on the positive side - manufacturing added six thousand jobs - the first gains since February. And hiring in professional and technology services also increased.

Hamrick said another bright spot for



American workers is that global economies are starting to see signs of stability.

"Europe is looking a little better, and China has reported some modest growth. The U.S. economy is dependent on a strong global economy, and that includes U.S. manufacturers. There's more demand overseas, that helps U.S. manufacturers, and they can start thinking about growth going forward," he said.

Another issue that investors likely will not have to worry about is the central bank making any sudden changes in its monetary policies. Analysts say sluggish economic growth in the second quarter and smaller than expected job gains in July suggest the Federal Reserve is unlikely to scale back anytime soon on bond purchases that have kept long-term interest rates at record lows.

- VOA

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Questions to Ask Yourself	Bank Mortgage Insurance	London Life Insurance
1. Who owns the policy?	1. The bank owns the insurance policy.	1. Client owns their own Policy.
2. Who controls the policy?	2. The bank controls all the options.	2. Insured has control of all the options.
3. Can I guarantee I will always be covered?	3. Your policy will lapse if your mortgage goes into arrears.	3. Policy will not lapse if you miss a Mortgage payment.
4. Who is my beneficiary?	4. Your Beneficiary is the Bank.	4. You can name any Beneficiary you want.
5. What kind of coverage do I have?	5. Your coverage is decreasing term with level cost.	5. Level term coverage with fixed premiums.
6. Can I be covered if I change mortgage holders?	6. Moving the mortgage means reapplying for insurance.	6. Your covered regardless of which institution you choose.
7. How much insurance do I have?	7. Face amount of the policy cannot exceed the value of the outstanding mortgage.	7. Your coverage is determined by your needs and wants.
8. What options do I have if I or my spouse dies?	8. No option but to pay off the mortgage.	8. Survivor can invest the money and use returns to pay the mortgage and still keep the capital.
9. Can I convert my insurance to a permanent plan at any time?	9. Not extendible.	9. Your policy is renewable and convertible.
10. Am I penalized for casual deposits?	10. Penalizes casual deposits.	10. Rewards casual deposits.
11. Who guarantees that I am covered if I die?	11. Underwriting is done at time of death and research can date back to birth.	11. Underwriting is done at time of application and before a second premium is paid.
12. Who is more expensive?	12. Can be very expensive.	12. We are very competitive.



S. Pathmanathan, B.A. (Hons) Cey
 Revised and translated by
 S. Raymond Rajabalan, B.Sc. (Hons) Cey

Alzheimer's Disease

Alzheimer's disease (AD), also known in medical literature as Alzheimer disease, is the most common form of dementia.

Alzheimer's is a brain disease that causes a slow decline in memory, thinking and reasoning skills. Geriatrician Dr. William Dalziel, Associate Professor, Division of Geriatric Medicine, University of Ottawa says that this condition develops as a result of the destruction of brain cells.

There are 10 warning signs and symptoms for this disease. Every individual may experience one or more of these signs in different degrees. If you notice any of them, please see a doctor.

1. Memory loss that disrupts daily life

One of the most common signs of Alzheimer's is memory loss, especially forgetting recently learned information. Others include forgetting important dates or events; asking for the same information over and over; increasingly needing to rely on memory aids (e.g., reminder notes or electronic devices) or family members for things they used to handle on their own.

2. Challenges in planning or solving problems

Some people may experience changes in their ability to develop and follow a plan or work with numbers. They may have trouble following a familiar recipe or keeping track of monthly bills. They may have difficulty concentrating and take much longer to do things than they did before.

3. Difficulty completing familiar tasks at home, at work or at leisure

People with Alzheimer's often find it hard to complete daily tasks. Sometimes, people may have trouble driving to a familiar location, managing a budget at work or remembering the rules of a favorite game.

4. Confusion with time or place

People with Alzheimer's can lose track of dates, seasons and the passage of time. They may have trouble understanding something if it is not happening immediately. Sometimes they may forget where they are or how they got there.

5. Trouble understanding visual images and spatial relationships

For some people, having vision problems is a sign of Alzheimer's. They may have difficulty reading, judging distance and determining color or contrast, which may cause problems with driving.

6. New problems with words in speaking or writing

People with Alzheimer's may have trouble following or joining a conversation. They may stop in the middle of a conversation and have no idea how to continue or they may repeat themselves. They may struggle with vocabulary, have problems finding the right word or call



things by the wrong name (e.g., calling a "watch" a "hand-clock").

7. Misplacing things and losing the ability to retrace steps

A person with Alzheimer's disease may put things in unusual places. They may lose things and be unable to go back over their steps to find them again. Sometimes, they may accuse others of stealing. This may occur more frequently over time.

8. Decreased or poor judgment

People with Alzheimer's may experience changes in judgment or decision-making. For example, they may use poor judgment when dealing with money, giving large amounts to telemarketers. They may pay less attention to grooming or keeping themselves clean.

9. Withdrawal from work or social activities

A person with Alzheimer's may start to remove themselves from hobbies, social activities, work projects or sports. They may have trouble keeping up with a favorite sports team or remembering how to complete a favorite hobby. They may also avoid being social because of the changes they have experienced.

10. Changes in mood and personality

The mood and personalities of people with Alzheimer's can change. They can become confused, suspicious, depressed, fearful or anxious. They may be easily upset at home, at work, with friends or in places where they are out of their comfort zone.

Treatment

There is no cure for the disease, which worsens as it progresses, and eventually leads to death. It was first described by German psychiatrist and neuropathologist Alois Alzheimer in 1906 and was named after him. Most often, AD is diagnosed in people over 65 years of age, although the less-prevalent early-onset Alzheimer's can occur much earlier. In

Treatments-at-a-glance

Generic	Brand	Approved For	Side Effects
Donepezil	Aricept	All stages	Nausea, vomiting, loss of appetite and increased frequency of bowel movements.
Galantamine	Razadyne	Mild to moderate	Nausea, vomiting, loss of appetite and increased frequency of bowel movements.
Memantine	Namenda	Moderate to severe	Headache, constipation, confusion and dizziness.
Rivastigmine	Exelon	Mild to moderate	Nausea, vomiting, loss of appetite and increased frequency of bowel movements.
Tacrine	Cognex	Mild to moderate	Possible liver damage, nausea, and vomiting.
vitamin E	Not applicable	Not approved	Can interact with medications prescribed to lower cholesterol or prevent blood clots; may slightly increase risk of death.

A Note of caution :No one should take vitamin E to treat Alzheimer's disease except under the supervision of a physician. Vitamin E — especially at the high doses used in the ADCS study — can negatively interact with other medications, including those prescribed to keep blood from clotting or to lower cholesterol.

2006, there were 26.6 million sufferers worldwide. Alzheimer's is predicted to affect 1 in 85 people globally by 2050.

When AD is suspected, the diagnosis is usually confirmed with tests that evaluate behaviour and thinking abilities, often followed by a brain scan if available. As the disease advances, symptoms can include confusion, irritability, aggression, mood swings, trouble with language, and long-term memory loss. As the sufferer declines they often withdraw from family and society. Gradually, bodily functions are lost, ultimately leading to death. Since the disease is different for each individual, predicting how it will affect the person is difficult. AD develops for an unknown and variable amount of time before becoming fully apparent, and it can progress undiagnosed for years. On average, the life expectancy following diagnosis is approximately seven years. Fewer than three percent of individuals live more than fourteen years after diagnosis.

The cause and progression of Alzheimer's disease are not well understood. Research indicates that the disease is associated with plaques and tangles in the brain. Current treatments only help with the symptoms of the disease. There are no available treatments that stop or reverse the progression of the disease. However certain medications are currently being prescribed and the type of

treatment carries according to the condition of the patient.

As of 2012, more than 1,000 clinical trials have been or are being conducted to test various compounds in AD. Mental stimulation, exercise, and a balanced diet have been suggested as ways to delay cognitive symptoms in healthy older individuals, but there is no conclusive evidence supporting an effect.

Because AD cannot be cured and is degenerative, the sufferer relies on others for assistance. The role of the main caregiver is often taken by the spouse or a close relative Alzheimer's disease is known for placing a great burden on caregivers; the pressures can be wide-ranging, involving social, psychological, physical, and economic elements of the caregiver's life. In developed countries, AD is one of the most costly diseases to society.

Alzheimer's society of Canada predicts that within the next 25 years 1.1 million Canadians will get affected by dementia and it may lead to Alzheimer's disease. The Federal Government of Canada as well as all the provincial governments have introduced various programs to look after the needs of those affected by this disease and with the various types of research programs already in progress there is a ray of hope for those affected by this condition.



CANCER: Understanding Patterns and Risk Factors



By: Jeavana Sritharan, BHS,c, MHSc, PhD Student

As our population changes over time through diversity, evolution, and technology, it is recognized that particular health conditions are still strong and steering our way.

Cancer – a persistent disease that has been around for decades and still has no cure. Cancer has moulded our human race and changed the way health care exists today. Among other diseases, cancer develops in all countries, races, genders, and discriminates against no one. It is a boundary-less condition that can affect any part of the human body, making the human body vulnerable. Because of its persistence and embedment in the human population, many efforts are focused on screening, treatment, and health promotion. The efforts put into research and science help to prepare the human population with expectations and treatment options for the deadly disease.

In Canada, cancer is accountable for 30% of deaths and is still the leading cause of death.¹

First, it is important to touch upon the social impacts of cancer. Many communities fear and avoid discussing cancer as it has many negative social implications. The fear and discomfort regarding cancer is similar to other diseases. In some communities, it is believed that the burden of cancer is much too heavy and places an undesirable notion on those associated with individuals who suffer from cancer. Without overcoming these perceptions within a community, individuals will not seek treatment and will avoid screening. By accepting that this disease does and will continue to exist, communities can emphasize screening, treatment, and health promotion. This will provide more opportunities for healthy living within communities.

Important Risk Factors

Tobacco Smoking: This is a known risk factor for lung cancer – the more you smoke and the longer you smoke, the higher your chances are of developing cancer. In Canada, tobacco smoking is responsible for about 30% of cancer related deaths and a majority of lung cancer cases.¹ This form of exposure is known as active smoking. There is also second hand smoke exposure, which can be present in public places, homes, cars, and in the workplace. Second hand smoke is your exposure to someone else smoking

in your environment. No amount of tobacco smoking exposure is safe.

Alcohol: Alcohol is another known risk factor that can increase your risk of developing different forms of cancer. It is important to reduce alcohol drinking habits or moderate habits in order to reduce the risk of cancer. It is advised that females have no more than 1 drink a day and males have no more than 2 drinks a day.¹

Exercise: A key component is definitely exercise and maintaining body weight. It is important to be physically active, whether performing small tasks daily or performing strenuous routines. Everyday movements allow you to work different muscles in your body. By choosing simple activities and increasing the time and intensity of these activities over time, this can be beneficial to your health.

Nutrition: Our diet can be filled with many added sugars, fat, and unnecessary elements that increase the risk for all forms of cancer. It is important to maintain a healthy diet by reducing the intake of additional sugars and fatty foods when possible. These additional sugars and fats can become embedded in the adipose tissue of our body – increasing our body fat. Also, by adding nutritional elements like vegetables, certain grain or spice

products, we can help to improve our immune system and burn fat faster. There are always alternatives to sugar and fatty foods and keeping count of calorie intake will help to limit these fat builders.

Environment: The environment is composed of many different elements – all of the above risk factors and more. This can include air pollution, pesticides, radiation, and occupational exposures. With the expansion of our population and the increasing evolution of technology, new environmental issues emerge. It is important to be aware of environmental surroundings and make informed choices regarding residential, community, or work environments.

How to Reduce Your Risk for Cancer

Focus on maintaining a healthy lifestyle by eliminating harmful habits – by exercising more, reducing alcohol and tobacco intake, and by following a nutrition plan.

Reduce your stress level or use relaxation methods that allow your body to relax and rest. This is important with the increasingly busy schedules that we develop over time.

Get screened! As there are different forms of cancer, you may be at risk depending on your age, gender, family history, and personal history. Follow the steps on www.cancer.ca to getting screened for specific forms of cancer or see your family doctor.

Educate family and community members on what you know and what they need to know. This will help to start a healthy discussion on cancer. Never be afraid of asking too many questions.

Cancer can be a serious condition when it is not screened for, treated, or understood. There are many questions surrounding this disease and it is important to stay knowledgeable. Many believe that cancer will never affect them directly, but even if a friend or family member is diagnosed with cancer, it affects all those surrounding them.

¹Canadian Cancer Society, (2013), <http://www.cancer.ca/>

Jeavana Sritharan is currently starting a PhD in Medical Science at the University of Toronto. She has a Master's degree in Health Sciences from the University of Ontario Institute of Technology and a Bachelor's degree in Health Sciences from the University of Ottawa. She is currently a Part-Time Professor at Durham College and is also the Co-Founder of the webpage, Health Perspectives.

Contact email:

info@healthperspectives.ca





Celebrating RVAP Auxiliary member's 60 years of volunteer service

Auxiliary member Yvonne Bosch is recognized at AGM for 60 years of volunteer service



A true example of caring for patients & visitors at Rouge Valley.

From left, Rouge Valley Ajax and Pickering Auxiliary President Bev Carmichael; RVHS Foundation vice-president Tracy Paterson; RVHS Board Chair Joan Wideman; Auxiliary member Yvonne Bosch; Annacy Wilson [granddaughter of Yvonne]; and RVHS President and CEO Rik Ganderton)

At the start of Rouge Valley's 2013 Annual General Meeting of Members, Board Chair Joan Wideman presented Rouge Valley Ajax and Pickering (RVAP) Auxiliary member Yvonne Bosch for recognition. This year marks Yvonne's 60th year of volunteer service to the RVAP hospital campus.

Yvonne — who is the wife of Dr. Bill Bosch, one of the first physicians at the former Ajax and Pickering General Hospital — came to Canada with her husband from Holland.

They first lived in Kingston for a year before heading to what at that time was

the very small town of Ajax. Dr. Bosch originally ran his practice in the basement of their home on Roosevelt Avenue in Ajax. It was around this time that Yvonne began her 60 years of volunteering and giving back to her community as a member of the Auxiliary.

Yvonne can still be found at the information desk every Monday. When visitors and patients come to the hospital looking for help, Yvonne is there to direct them on the right path.

Truly, Yvonne's dedication exemplifies what caring for patients and visitors means at Rouge Valley.

Rouge Valley Health System (RVHS) - The best at what we do.

Rouge Valley Health System is an excellent acute care community hospital with many programs, including 24/7/365 emergency, obstetrics, paediatrics, surgery, mental health and regional cardiac care. Rouge Valley consists of several health sites, including two community hospital campuses: Rouge Valley Centenary in east Toronto; and Rouge Valley Ajax and Pickering in west Durham. Together, a team of physicians, nurses and many other professionals care for a broad spectrum of health conditions. Working in consultation and partnership with community members, other hospitals, health care organizations, the Central East Local Health Integration Network and the Ministry of Health and Long-Term Care, Rouge Valley continues to improve its programs and cater to the needs of the growing communities of east Toronto, Pickering, Ajax and Whitby.



Hospital welcomes new members at 15th Annual General Meeting of Members

Rouge Valley Health System's (RVHS) 15th Annual General Meeting of Members on Tuesday welcomed five new members to the hospital's Board of Directors, as well as the reappointment of directors. Each of the new members brings with them their own unique professional experience and a desire to make a meaningful contribution to the community.

New board members announced

Shane Hardy

Shane Hardy is a Partner at Cassels Brock & Blackwell LLP where he serves as co-chair of the business law group and secretary of the partnership. He was called to the bar of Ontario in 2002 and advanced quickly to partnership at Cassels Brock, where his practice focuses on intellectual property and brand management. Shane resides with his young family in Ajax.

Susan Kerr

Susan Kerr is managing counsel of the Kerr Law Group Canada, providing corporate/commercial, dispute resolution and criminal legal services. She holds an Honours B.A. from York University, an LL.B. from The University of Western Ontario, many certifications and brings extensive business and legal experience to the board in health care, corporate and employment law, financial services, information technology and contractor outsourcing. As a first-generation immigrant, Susan has a first-hand perspective on the challenges faced by new Canadians seeking medical assistance. She is an active provider of pro bono legal services to a variety of groups, including the Afghan Women's Organization, and currently serves as a member of the Mental Health and Justice Committee for Margaret Fraser House, and is a part-time professor in the paralegal program at Seneca College. Susan grew up in Scarborough and recently moved to the Durham Region.

Ome Jamal

Ome Jamal is an associate owner of a Shoppers Drug Mart, offering progressive years of experience in the areas of health care and senior management. She holds a degree in pharmacy from the University of Toronto. Since 2010, she has been a valued member of the Rouge Valley Health System's Community Advisory Group, where she has been involved in the hospital's approach to quality improvement and risk management at a strategic and operational level. Ome has helped to establish various health and educational programs for women's health and wellness and the elderly.

Jim Macpherson

Jim Macpherson is a member of the Institute of Chartered Accountants of Australia with 30 years of experience in

audit, insolvency, restructuring and advisory. The longtime Ajax resident is a licensed trustee in bankruptcy and now operates his own insolvency, restructuring and advisory firm. In that time, he has completed many corporate reorganizations, business investigations, shareholder dispute resolutions, receivership, and bankruptcy assignments.

Douglas Melville

Douglas Melville is ombudsman and CEO of the Ombudsman for Banking Services and Investments (OBSI), an independent national agency operating under the oversight of federal and provincial regulators, which resolves disputes between banking and investment firms and their clients. He is a specialist in alternative dispute resolution and has 20 years of experience within the financial services industry, having held a variety of senior roles within the banking and securities sectors.

Other reappointments within the RVHS board leadership include: Joan Wideman, who was reappointed to another three-year term, and reappointed as board chair for one year; Fred Clifford, who was reappointed vice-chair and chair-elect; and Terri McKinnon, who was appointed treasurer.

Brief profiles of all members of the RVHS Board of Directors are available on our public website. The Board of Directors thanked its exiting members, who have ended their terms with RVHS as part of regular turnover on the board. Those members are: Tom Atkins; Rhonda Lawson; John Rowinski; Loreen Paananen; and Ian Johnson. (All board members are volunteers.)

AGM closes a great year for patient services at Rouge Valley

The Annual General Meeting (AGM) of Members, which was held on Tuesday, June 25 in open session at the Rouge Valley Centenary hospital campus, also celebrated a year of successes in delivering quality patient care. A key highlight was a four-year Exemplary Standing accreditation, the highest level awarded from Accreditation Canada, a not-for-profit organization that sets standards for quality and safety in health care, and accredits health organizations in Canada and around the world. RVHS successfully met 98.2 per cent of the 2,025 Accreditation Canada standards. The hospital was evaluated in eight categories: Population Focus; Accessibility; Safety; Work life; Client-centered Services; Continuity of Services; Effectiveness; and Efficiency.

For more highlights of the last 12 months, please read our news release from June 19, 2013. Click here to read the approved reports presented at this year's AGM.



"Durham LifeBeat 2013"

- A 24 hour Band-A-Thon Musical Fundraiser, for the Rouge Valley Health System Foundation Ajax- Pickering hospital.

VOLUNTEER EXCITEMENT AND COMMITMENT IS BUILDING FOR SEPTEMBER 27TH-28TH PICKERING HIGH SCHOOL, MUSICAL EXTRAVAGANZA!!

Community support, from a broad cross section of institutions of civil society, that includes: multicultural and religious organizations; the social service sector; service clubs; law enforcement organizations; local schools, colleges and universities; the business sector; press and media outlets, and different levels of government, are building throughout Durham Region, and in surrounding GTA communities in support of 'Durham Lifebeat, 2013.'

According to Maureen Dowhaniuk, Manager Special Events, RVHSF 'Durham LifeBeat 2013', is an - exciting community economic development and fundraising initiative that is promoting unity, friendship, and community interconnectiveness, with many different diverse organizations in Ajax and Pickering, and in other GTA communities.

She went on to explain that, "the idea for 24 hour Band-A-Thon came from Mathivasan & Bharradhi Arts the organization that successfully raised funds for local hospitals by performing various non-stop music for 24/48 hours. "Help for Love" is a charity event organized by Bavatharani's Ever Giving Foundation, that was established in memory of Bavatharani Mathivasan, Co-founder and Music Director of Bavatharani's Bharradhi Arts Kallaikkoyil, Ontario Canada." Children and youth, as young as 14 years of age, including hundreds of singers, have performed at Foundation musical events. Past musical fundraisers have included:



in 2008, a "Help for Love," 24 hour non-stop concert that raised \$39,000 for the RVHSF.

In 2010, \$15,000 was raised for the Princess Margaret Foundation, through another musical event, and in 2012, \$56,350 was raised for the Markham Stouffville Hospital Foundation. This year's goal for the 24th hour Band-A-Thon initiative has been set at \$100,000. Ever Giving Foundation musicians and singers will again use the successful 24 hour non-stop concert approach for their Band-A-Thon event at Pickering High School. Musicians, dancers and singers from local schools, colleges and universities, plus performers from throughout Durham Region representing different multicultural organizations will also be performing on the 27th -28th of September, to raise funds for the RVHSF.

To-date, the Music Departments of Pickering High School, Pine Ridge Secondary School, and J. Clarke Richardson High School, have agreed to perform at

the Band-A-Thon, and to raise funds for the RVHSF.

In addition, ten multicultural organizations, most of whom are serving on different committee structures to help organize and promote the Bandathon since early June, will also be proving youth artists to perform at the Band-A-Thon.

The Band-A-Thon, has the support of the office of Mr. Chris Alexander, MP for Ajax Pickering; the office of Mr. Joe Dickson, MPP for Ajax Pickering; the Mayor of Pickering, Mr. Dave Ryan; the Deputy Mayor of Pickering, Mr. Doug Dickerson, and support staff from the Culture and Recreation Department; the Mayor of Ajax, Mr. Steve Parish, Ajax Councilor, Mr. Renrick Ashby, and Town of Ajax Culture and Recreation staff.

Research by Ajax Pickering hospital staff, and RVHSF personnel, is currently being conducted to determine what kind of specialized equipment should be purchased for the hospital to best serve the needs of patients.

Under consideration is a.

1. OR Procedure Table. No operating room is without a table, as this is where the patient lies during the operation. Consequently, the table could be used for thousands of procedures during its lifetime. The procedure table is also radiolucent so that x-rays can be completed during surgery.

2. OR Tower for Laparoscopy. A video endoscopy tower is comprised of different technical components, that depends on its specific medical use, but each one though will have a high definition camera, a light source, and a viewing monitor screen.

Band-A-Thon organizers are adopting a twofold approach to raising funds for the RVHSF. All artists, and performers at the Band-A-Thon, and participating organizations, have been asked to approach friends, family members, and their networks, and request that they make pledges to support the fundraising initiative. Secondly, organizers are approaching local businesses in the community and asking them directly to become a corporate sponsor of the fundraiser. In this regards, there are four sponsorship levels.

1. **Silver \$1,000 - Unlimited.**
2. **Gold \$1,500 - 10.**
3. **Platinum \$3,000 - 5.**
4. **Title \$10,000 - 1.**

For further details regarding "Durham LifeBeat 2013" - The Band-A-Thon fundraising initiative for the Rouge Valley Health System Foundation, please visit: www.durhamlifebeat.ca

If you are interested in performing at the Band-A-Thon, or volunteering your time to help organize the fundraiser please contact bharradhiarts@yahoo.ca, (647) 880-7798.

Rouge Valley holds Living Well Community Event for chronic disease education

Rouge Valley Health System (RVHS) will be in the community in August at the Pickering Town Centre mall to inform residents about the hospital's new chronic disease education clinics.

During the past year, Rouge Valley started offering several nurse-led education clinics to help patients with a chronic disease to achieve more healthy and fulfilling lives. There are clinics for chronic obstructive pulmonary disease (COPD), osteoporosis, arthritis, chronic pain, and smoking cessation. Clinics are between three and six-weeks long, and are delivered at Rouge Valley Ajax and Pickering (RVAP) hospital campus.

The Living Well Community Event will be a unique opportunity to learn more about these clinics. Nursing staff from the

clinics will also be on site at the mall, performing assessments and providing consultation.

Community members are invited to come find out if they, or someone they know, could benefit from participating in one or more of these education clinics, and learn how to live better with their chronic disease. Staff will be registering patients on site for upcoming clinics.

"Our education clinics really are a great opportunity for patients with a chronic disease to learn more on how to enhance their quality of life and prevent their condition from deteriorating. We have already received great feedback from patients and their family doctors, who have noticed the dramatic impact these clinics have had," says Amber Cur-

ry, manager of the ambulatory care unit, pre-operative assessment and fracture clinic at RVAP.

Living Well Community Event

Date: Saturday, August 10, 2013

Time: 9:30 a.m. - 6 p.m.

Location: Pickering Town Centre, 1355 Kingston Road, Pickering
Rouge Valley's chronic disease education program

Rouge Valley's chronic disease education program is delivered from the ambulatory care unit at the Rouge Valley Ajax and Pickering (RVAP) hospital campus, and focuses on both the prevention and management of chronic diseases. Currently, the program includes the following five clinics: COPD, osteoporosis, arthritis, chronic pain and smoking cessation.

Each of the education clinics is led by a certified nurse educator, and has been created in consultation with specialists and expert physicians. All of the clinics have also been built around educational modules developed by national, provincial and regional chronic disease associations, including the Ontario Lung Association, Osteoporosis Canada, The Arthritis Society and the Central East Association for Smoking Elimination (CEASE). Rouge Valley has also partnered with local community centres to introduce patients to exercise classes tailored to their condition, such as The Abilities Centre in Whitby and the Ajax Community Centre. Learn more at www.rougevalley.ca/livingwell.



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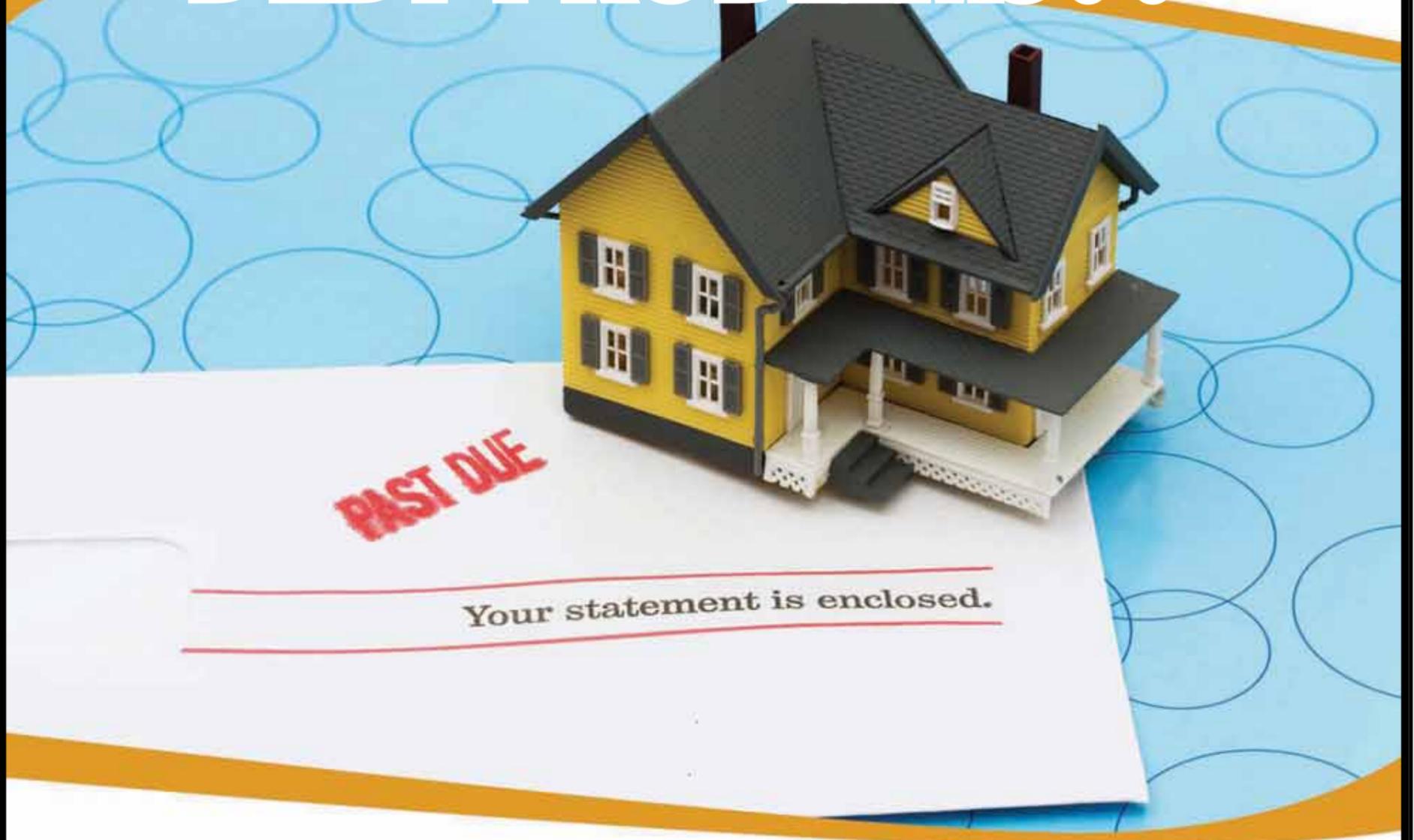
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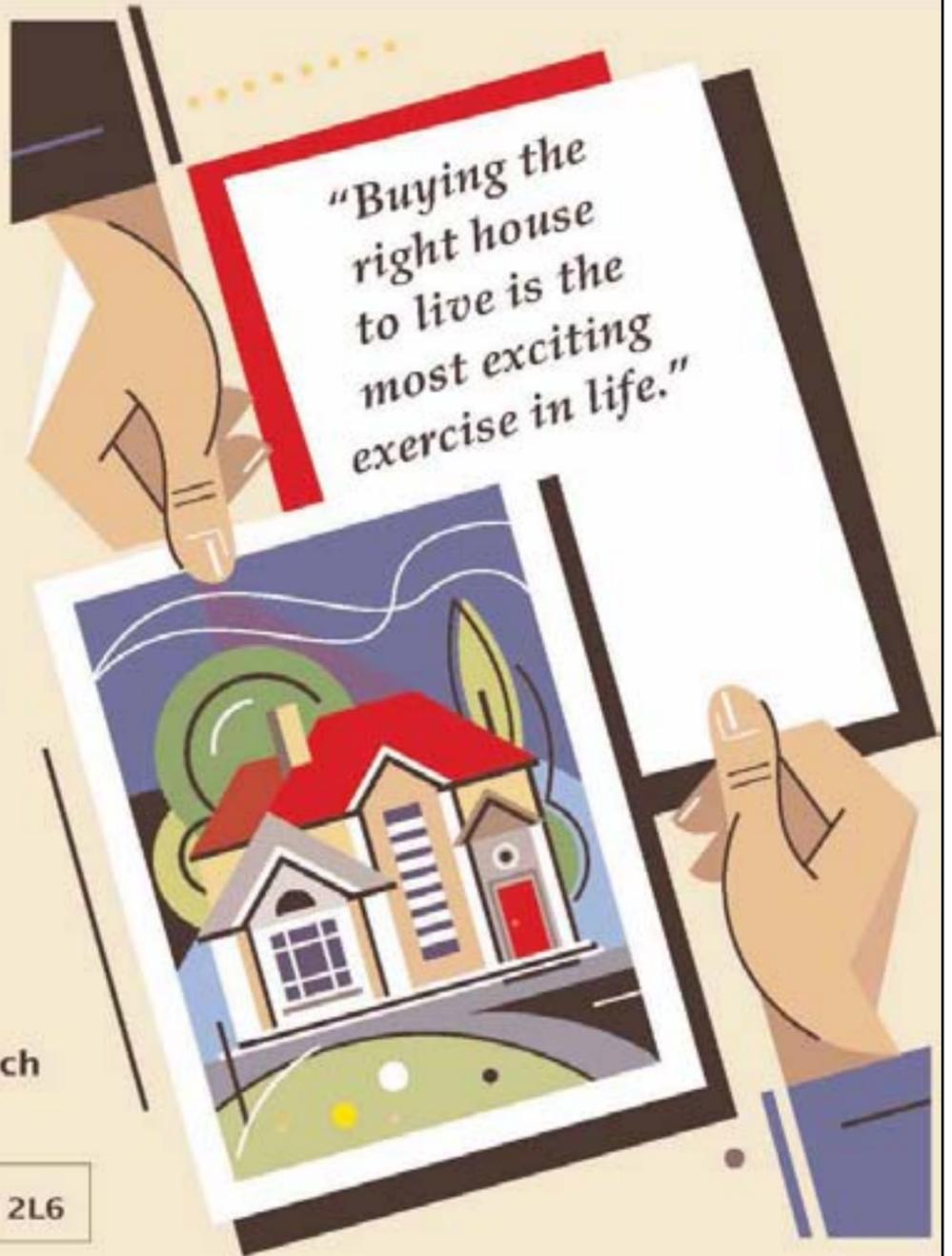
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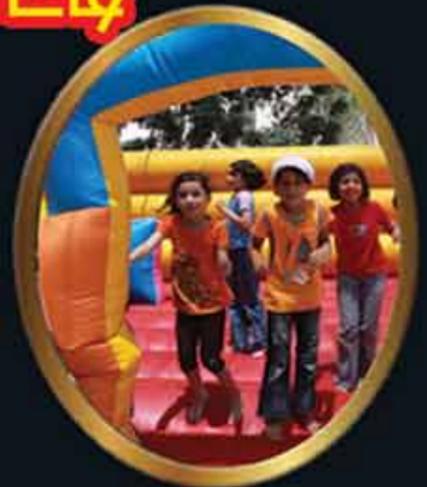


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NEW ROLE IMPROVES PATIENT EXPERIENCE THROUGH BREAST CANCER DIAGNOSIS

Cancer: it's a daunting diagnosis, but for women with breast cancer there is now additional support to help them navigate their journey.

Karen Craig joined The Scarborough Hospital as a breast nurse navigator at the beginning of June. Her role is about providing patients and families with coordinated care, emotional support, education to assist in informed decision-making, and links to community resources.

"The diagnostic process can be very frightening - it's the fear of the unknown," says Karen. "My role is to gather all the pieces together to ensure patients and families receive timely access to medical care, emotional support and education - all in a formalized, individualized manner."

Karen currently works in the breast clinic supporting patients who are meeting one of three surgeons to determine whether or not they require a breast biopsy to assist with diagnosis. She follows up with those who do to provide information that can help to alleviate fears and help patients and their families understand what's happening, and what's next.

"The education piece is very important," says Karen. "Patients who understand their diagnosis and what it means to them and their loved ones, goes a long way in helping them cope with how their lives are impacted by breast cancer."

Women are provided with an education package that includes information about their diagnosis, treatment options, and where they can go for additional support,

including community support groups, places to purchase wigs for patients with hair loss due to chemotherapy, breast prosthesis, transportation services and so much more.

Karen, who came to TSH from Kingston, loves what she does.

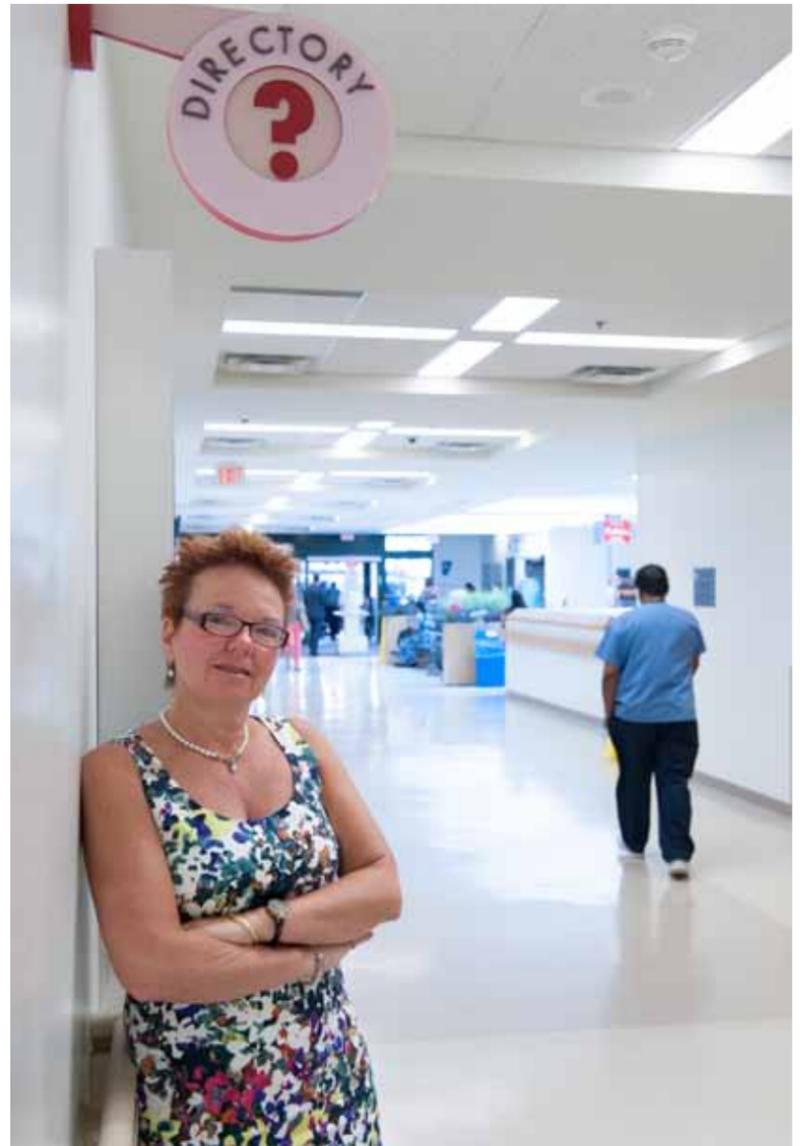
"I wanted to continue my work with breast cancer women. I'm very passionate about working in women's health," she says. "This is the most satisfied I've been in my 28 years of nursing because I know I make a difference for patients and their families."

That difference happens by answering questions, advocating for timely access to care, or, sometimes, just providing a reassuring touch.

Karen tells the story of a biopsy she just happened to be observing during her first few weeks at TSH. The woman repeatedly told Karen she was scared, so she distracted the patient by asking about her family, work and home while the technician and radiologist prepared for the procedure.

"When we were ready for the biopsy to begin, I gently placed my hand on her shoulder to comfort her and let her know I was there with her. After the biopsy was done, she said to me, 'I was really glad I met you today Karen. I was very scared, but when I felt your hand on my shoulder, I was able to relax for my biopsy. Thank you for being with me,'" Karen recalls. "It's incredible to have the privilege to be able to connect with women like that in such a short time."

Karen Craig is The Scarborough Hospital's new Nurse Navigator for our breast cancer team.



The Scarborough Hospital Board Responds to the Report from Expert Review Panel

On July 22, at an open session, The Scarborough Hospital (TSH) Board of Directors reviewed and passed three motions in response to the Expert Review Panel Report, which addressed TSH's service consolidations as proposed in its Strategic Plan Refresh.

The motions are as follows:

- Motion #1: TSH Board of Directors has received the report and findings of the Expert Review Panel. The Board accepts management's recommendation to no longer pursue the Maternal Newborn Child and Surgical Program consolidations as proposed in the Strategic Plan Refresh.

- Motion #2: TSH remains committed to being an effective partner in health care system transformation to improve patient care and ensure the long-term sustainability of the system for the Scarborough community. Further, TSH is committed to effective community engagement

and transparency. TSH shall apply the lessons learned from the Strategic Plan Refresh process to future strategic change activities, particularly the facilitated integration currently underway with Rouge Valley Health System.

- Motion #3: TSH re-affirms its commitment of ensuring the Emergency Departments at both Hospital campuses (Birchmount and General) remain open 24/7 as part of the facilitated integration with Rouge Valley Health System.

The Expert Review Panel was established following a series of motions from the Central East Local Health Integration Network (Central East LHIN) Board of Directors on March 27 to address the concerns and risks that had been identified by stakeholders regarding TSH's proposed service consolidations as part of its Strategic Plan Refresh. In its Report, delivered at a TSH Board meeting on

June 24, the Expert Review Panel stated that it did not support the program consolidations as proposed.

"The TSH Board does not intend to further pursue the service consolidations as proposed in the Strategic Plan Refresh," said Stephen Smith, TSH's Board Chair. "The organization will now move forward with the facilitated integration planning with Rouge Valley Health System as we look at options to improve patient care for the whole Scarborough community."

"The Board's motions bring closure to the Strategic Plan Refresh activities," said Robert Biron, TSH President and CEO. "Transformation of our complex health care system is not an easy task. TSH has taken the necessary time to reflect on the process and outcomes of the Strategic Plan Refresh. I am confident that the TSH team will apply the learnings to our future transformation activities."

Provincial workplace safety board recognizes The Scarborough Hospital for playing it safe

The Scarborough Hospital (TSH) is pleased to announce that it scored 100 per cent in a recent safety audit performed by the Ontario Workplace Safety and Insurance Board (WSIB).

"We were selected by the provincial body to undergo a validation audit for the work done in 2012," says Rhonda Lewis, Chief Human Resources Officer at TSH. "We know our staff and physicians take great strides in maintaining a safe work environment, but to receive a perfect score from WSIB really helps to showcase their hard work and diligence."

Every year, the WSIB randomly selects 10 per cent of the organizations participating in the Safety Groups

Program for a validation audit. The audit compares the findings from the audit to the requirements of the Safety Groups Program's standards chart and the workplace's health and safety policies, practices and procedures.

TSH reviews its workplace safety programs annually to ensure they are effective in meeting legislative requirements and the needs of staff in the organization. Through this review, the hospital is able to see what is working and identify areas for improvement. Being a part of the Ontario Hospital Association Safety Group allows TSH to stay current with industry standards. The overall benefits include:



- Building and maintaining a robust health and safety program
- Reducing the frequency and severity of workplace injuries and illness
- Improving staff morale by enabling the hospital to achieve a

safe and healthy workplace for staff, physicians and patients through sharing best practices

Safety Groups are a performance-based rebate program developed by the WSIB, and TSH expects to receive a rebate later this year, similar to previous years, that will further enhance the hospital's Occupational Health and Safety program. The Safety Groups Program rewards firms that incorporate prevention measures into their daily business. The key idea behind the program is that a well-integrated workplace health and safety program makes good business sense.



New Centre for Complex Diabetes Care offers a team approach to patients

Following two strokes caused by diabetes and high blood pressure, Guillermo Rodas learned about the new Centre for Complex Diabetes Care (CCDC) at The Scarborough Hospital (TSH) – a specialized ‘one-stop shop’ for patients living with the disease.

Since his first appointment, Guillermo has been delighted with the interprofessional care provided by the team.

“When you have a chronic disease, having support to deal with not only medical, but emotional, social and economic issues is vital to minimize the tension and uncertainty that exists,” he explains. “For the first time, I felt I was being heard by a team of experts in the field of diabetes, and I believe they spent the necessary time with me for a proper medical examination to get an accurate diagnosis for future treatment.”

There are currently 1.2 million Ontarians living with diabetes, and with Scarborough’s diverse population, it is home to many residents who are at a greater risk for the disease, including those of Asian, South Asian and African descent.

The CCDC is a regional care delivery program established to assess and support patients with diabetes who have complex needs, such as stabilization and management of blood sugar, eye monitoring, counselling and mental health supports, insulin administration and monitoring, nutritional counselling and diet planning, monitoring and management of related cardiovascular health needs, and foot and wound care, and require intensive short-term case management.

It also provides a single point of access to a specialized interprofessional team that includes nurse practitioners, registered nurses, social workers, pharmacists and registered dietitians.

The Central East CCDC was established at the Central East Community Care Access Centre with three care delivery sites located at Lakeridge Health, Whitby; Peterborough Regional Health Centre; and The Scarborough Hospital, General campus.

Guillermo was so impressed with the CCDC that he recommended the program to his wife, and after her first interview, Mrs. Rodas was pleasantly surprised to see how well the team approach worked.

“We’re really so happy,” says Guillermo. “It’s the best unit we’ve found for people living with a chronic disease.” Dr. Paul Tam, Medical Director of Nephrology and Chronic Disease Management Lead at TSH, has been working with diabetes patients for more than 30 years.

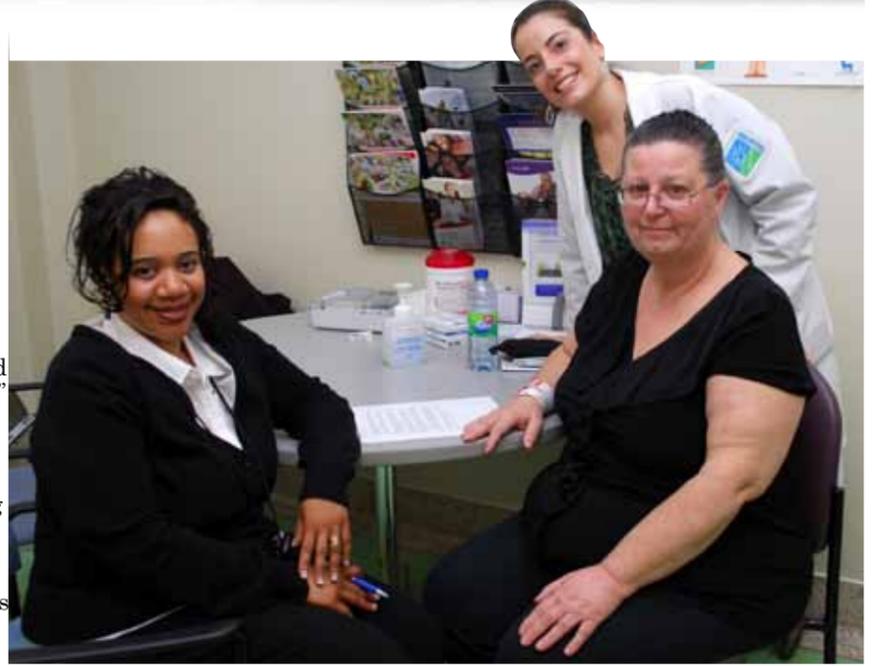
“If this kind of team approach had existed back when I started, it would have been heaven,” he said. “A centre like this is a place where all of a patient’s care, including treatment, education and rehabilitation, will be coordinated.”

Services provided by the CCDC, include:

- ♥ Support for patients including assessment, education, treatment, and transition/discharge, which utilize an intensive case management process and frequent follow-ups.
- ♥ Collaboration among the patient, care team and primary care provider to develop an individualized plan that addresses the patient’s unique needs.
- ♥ Support in navigating the health system as identified in the individualized care plan.
- ♥ Support for providers who are involved in patient care such as specialties, primary care providers and the CCAC.
- ♥ Regular communication with all providers regarding patient care plans.
- ♥ Transition/discharge support as the patient moves back to his or her primary care provider or Diabetes Education Program.

Garth Clarke has been receiving care for his diabetes at TSH since 2010. He was referred to the CCDC in September, and because of its team approach has gone from managing his disease on “autopilot” to taking charge of his health.

“It’s great because they fashion everything to your



Margaret Heldsinger, another patient who has seen success in managing her complex diabetes with the CCDC team, has lost 30 lbs and feels that the team approach made a huge difference in helping her reach her goals.

unique needs,” he says. “I’m feeling much better and things are looking better.”

The addition of the CCDC at the General campus allows TSH to better treat its diverse community that historically has presented with a high incidence of diabetes.

“As a leader in chronic disease management, The Scarborough Hospital is so pleased to add the Centre for Complex Diabetes Care to our range of specialized services,” says Ethel Doyle, Director, Chronic Disease Management at TSH. “We are confident that this centre will result in fewer complications associated with diabetes, including reducing or delaying the need for dialysis, which will help us achieve our mission of providing an outstanding care experience that meets the unique needs of each and every patient.”

HEALTHY LIVING ART



10-year-old Varen painted “The Egyptian Dancer” to show how dance is a part of healthy living.

A group of young Scarborough artists are not only showing healthy living through their art, but actually supporting local health care by donating a portion of the proceeds from their current art show to The Scarborough Hospital.

The artists belong to a program called Healthy Living through Art (HLA), which fuses the arts with healthy lifestyle education and demonstrates that creative expression is an effective tool for learning, communicating, relationship-building and leading a healthy lifestyle.

“Our HLA projects provide education and foster creativity, teamwork and leadership,” says Nessa Babli, Program Director. “It’s a great platform and a fabulous opportunity to support young emerging local artists by allowing them to explore their talents. It’s also a place of civic engagement for parents and youth.”

The program is situated in Scarborough’s Kingston/Galloway-Orton park area, which has a high concentration of social housing and an area of the community that is under-served. HLA aims to break down barriers so kids can gain access

to resources such as professional instruction and media supplies, which are key elements to the program’s success.

“It’s been almost five years since we started the program,” says Shillan Jabbar, art teacher for HLA. “We receive support from community organizations to ensure the program is free for low-income families so we can teach kids about health through a variety of activities.”

The program was developed in 2008 by a committee of concerned parents striving to improve and nurture community health, creative expression, family connections and community safety.

“I like how they let us show creativity in many different ways,” says 14-year-old Mahira. “Art is something I like to do for downtime that helps me with everything else in my life.”

She adds that all the teachers are very supportive and walk the kids through all aspects of the different activities. “They never leave us hanging,” she says.

Their current art exhibition is being displayed in TSH’s Artists’ Walkway, which was created as a labour of love

by a former TSH staff member and flourished into a rotating gallery. The exhibits, which have included staff art, children’s art, quilt art and winter scenes, change every few months to keep the walkway fresh.

“We are so proud to display the artwork of these budding new artists,” says Debbie Vandenberg, Manager, Volunteer Services. “It is through the time and talents of our community members that we can continue building a strong hospital and enhance health

care for residents of Scarborough.”

The Healthy Living through Art show at TSH runs until July 30, and features 18 artists from ages nine to 18 who are selling their artwork and donating a portion of the proceeds to the hospital.

“The Scarborough Hospital has a tremendous social impact in the community,” says Nessa. “We are thankful they are showcasing our program’s artwork and we are delighted to choose them as a noble cause.”

PROFESSIONAL AND PASSIONATE CARE PROVIDED IN TSH EMERGENCY DEPARTMENTS

When Stephen Ngai’s 92-year-old father suffered a serious fall, Stephen rushed him to the emergency department at The Scarborough Hospital’s Birchmount campus.

“The nurse who first looked after my father was very professional and passionate about his well-being,” says Stephen. “The doctor was great too, and immediately ordered my father a scan.”

Stephen and his family moved to Scarborough in 1989 and have had many experiences with both hospital campuses over the past 24 years. Stephen says he is happy to see improvements and would certainly recommend the hospital.

“After my dad’s experience, my wife was sent to the Birchmount campus emergency department due to an irregular heartbeat,” says Stephen. “The nurses were again passionate and professional, and I love to see them working to save lives.”

“What we (patients) want are respect, passion and care.”

Stephen is grateful he and his family can find those features at their local community hospital – TSH.



The hospital’s Birchmount campus is located near Finch Ave. and Birchmount Rd. in Scarborough



Special Feature

Scarborough town centre highlights back to school basics for 2013

TRENDS AND TIPS FOR STUDENTS OF ALL AGES

TORONTO: Backpacks, jackets and shoes – these “basics” see the most action during the school year. Students want these pieces to be interesting enough to represent their personal style yet versatile enough to match their wardrobe. Scarborough Town Centre (STC) knows how important it is to choose unique versions of the every day essentials making it easy to add other fashion accessories and stylish school gear. With a great selection of items already in stores, STC offers tips and showcases the upcoming trends for students from kindergarten through grad school. “For Back to School 2013, the overall themes are simple designs, minimal embellishments, and classic patterns,” says Julie Hanning, fashion director, Scarborough Town Centre. “The top colours include black, white, beige, navy and army green. Neon and bright hues can be added in small doses for subtle pops of colour.” She adds that patterns in polka dots, stripes, plaids and

muted florals replace the Aztec and funky graphics of last season. Leather, denim, canvas and khaki cotton are key fabrics.

Keeping the Basics Basic:

Versatility:

Buying basic allows students of all ages to simply mix in other popular fall trends such as fun graphic tees and coloured denims.

Basic + Bling + Bright = Bold:

Items in a neutral colour palette or in a classic print look fantastic when minimal embellishments or subtle pops of colour are added. Example: denim jacket with studded shoulders; cream ballet flat with bright polka dots; khaki bag with neon piping

Quality & Longevity:

Be mindful of the ‘hot’ trends that may not last when shopping for back-to-school. Classic items made of quality materials can withstand multiple washings and can be worn for a few seasons, saving time and money.



Back to School 2013 Scarborough Town Centre

Young Girls (5-12) Look One:



1. Polka dot raincoat GAP \$49.95
2. Navy striped backpack GAP \$36.95
3. Hot pink Converse shoe JOURNEYS \$34.99

Young Girls (5-12) Look Two:



1. Denim Jacket OLD NAVY \$22.94
2. Herschel two tone Backpack ZUMIEZ \$54.95
3. Natural burlap Toms shoe JOURNEYS \$44.99

Young Boys (5-12) Look One:



1. Blue Windbreaker H&M \$24.95
2. Grey & orange sneaker H&M \$19.95
3. Orange JanSport backpack JOURNEYS \$38.00

Young Boys (5-12) Look Two:



1. Utility jacket GAP \$49.95
2. Black Herschel backpack ZUMIEZ \$89.95
3. NIKE Stefan Janoski sneaker ZUMIEZ \$59.95

Girls (Teen-University) Look One:



1. Denim & Faux leather jacket ARITZIA \$135.00
2. Black & cream tote H&M \$39.95
3. Black nubuck ankle boot STEVE MADDEN \$159.99

Girls (Teen-University) Look Two:



1. Army green bomber jacket H&M \$39.95
2. Black faux leather backpack FOREVER 21 \$39.80
3. Material Girl high-top sneaker THE BAY \$99.00

Boys (Teen - University) Look One:



1. Black bomber jacket AT EAZE \$240.00
2. OBEY camouflage print backpack AT EAZE \$61.00
3. Wild Dove Vans sneaker ZUMIEZ \$64.95

Boys (Teen - University) Look Two:



1. LRG Varsity jacket AT EAZE \$217.00
2. Yellow Herschel backpack ZUMIEZ \$64.95
3. Clarks desert boot JOURNEYS \$ 104.99



Majority of newcomers to Canada not confident in their financial knowledge: RBC poll

MISCONCEPTIONS ABOUT CREDIT PERSIST AMONG NEW IMMIGRANTS

Six-in-10 newcomers (60 per cent) who arrived in Canada in the past year say that they lack financial knowledge, including how to establish and build credit during their first year living in Canada, according to the RBC Newcomer Financial Attitudes Poll. Among those who have lived in Canada between two and five years, 92 per cent of newer Canadians found their financial literacy about borrowing options improved.

"We have an opportunity to improve financial understanding for newcomers to Canada when they first arrive and we have a role to play in making sure that they are getting the right advice from day one," said Paul Sy, director, Multicultural Markets, RBC. "Building a strong credit score is important to helping you get established in Canada, particularly when the time comes to buy a car or a family home."

During the first year in their new home country, few newcomers believed that using a credit card would help them establish a credit rating (nine per cent) or make life more convenient (12 per cent). But over time, these newcomers pick up

financial knowledge quickly, as they integrate into their communities and learn to use credit responsibly. For immigrants who have lived in Canada for two to five years, they were now more likely to agree that credit cards make life more convenient (59 per cent) and that it's easy to use a credit card to help establish a Canadian credit rating (54 per cent).

"Economically and socially, it is in Canada's best interest for its consumers to be financially literate and practice good financial habits," said Sy.

Demystifying credit for newcomers

There are still a lot of misconceptions when it comes to credit use for newcomers to Canada and Sy clarifies the following:

Myth: In Canada, your credit rating is affected by your age, income and gender. The higher a person's income, the better that person's credit rating will be.

Reality: Your credit rating is based on your record of managing your finances responsibly. Lenders look at how you handle your financial obligations, such

as whether you pay your monthly bills on time, carry a balance, or regularly miss payments.

Myth: Someone who has a lot of assets in their home country will have a better credit rating.

Reality: Although assets are part of the equation, lenders in Canada will also focus on your Canadian borrowing history to assess your creditworthiness. That's why it is important to build your Canadian credit profile early on, especially if you have plans for big purchases, such as a house or car, which typically require a loan. Even smaller transactions, such as renting living accommodations or getting a cell phone, often require a credit check.

Myth: When you get married your credit scores are merged.

Reality: Credit scores are based on individuals. Any joint application for a loan will be assessed on both partner's credit profiles. As well, any negative or positive reporting will be reflected on each score and could affect your approval or the terms of your loan.

To learn more about how RBC helps



newcomers get financially prepared for life in Canada, please visit: www.rbc.com/canada/index.html.

About RBC's Welcome to Canada Package

For more than seven generations, RBC has been supporting newcomers by providing them with resources and tools that make the transition to a new country seamless. The RBC Welcome to Canada package helps newcomers who have been in Canada for less than three years with key financial decisions and includes advice and discounts on products and services, such as a no-annual fee RBC Cash Back MasterCard to help them start building credit. Consumers around the world can access information on moving to Canada, including financial advice checklists and more, at www.rbc.com/canada.

Rogers viewers get to see 5 new South Asian channels for free

Adding even more variety to its expanding showcase of South Asian entertainment, Rogers Digital TV launched five new popular channels on July 16, 2013. All these exciting channels are on free preview starting now until September 30, 2013. Bringing to Canada many more current favourites from back home in three languages, the new channels include:

ATN Star Utsav (Channel 678): A General Entertainment Channel in Hindi that enthralls with its varied and superlative content throughout the day. In addition to prime time soap operas, comedies, reality shows, movies and special events, it also replays popular content from the extensive library of STAR Plus, Life Ok & Star One.

ATN Star Jalsha (Channel 679): This is India's leading Bengali General Entertainment channel from STAR TV and Fox International Channels networks. The channel's brand philosophy "Cholo Paltai" (Let's Change) is expressed in different genres of entertainment with fresh storylines, talented actors and soulful music.

ATN Sikh Channel (Channel 676): The world's first channel broadcasting Sikh religious and cultural shows around the clock across the



globe. Creating a new niche for itself, the channel provides a platform for followers and non-followers alike to better understand the Sikh faith.

ATN Brit Asia TV (Channel 677): Connecting with Asian youth, this new channel features the best of British Asian music, as also the latest entertainment, news, chat shows, reality shows and more. While its main focus is on Bhangra, Punjabi Pop and Bollywood, ATN Brit Asia TV also keeps viewers in tune with the R & B, Urban, Hip Hop and Underground music scene.

ATN Sony MIX (Channel 680): A channel dedicated to music and all that goes with it. With a fresh breakthrough in programming, ATN Sony MIX opens an expansive library of Hindi songs spanning all eras. With a thematic music play-out that suits the need of the hour, it has everyone's favourites playing every day.

Rogers Digital TV customers can simply tune in to the channels to enjoy the free previews. Not a Rogers customer? Call 1 888 ROGERS1 or visit rogers.com/freepreview for more information.




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WORK-STRESS IS A UNIVERSAL PROBLEM. HOW SHOULD ONE DEAL WITH IT?

Sadhguru:

It is not your lifestyle, your work, your family or the situations in which you exist which cause stress. The cause is your inability to manage your system – your body, mind, emotions and energy. It is your lack of understanding and your inability to use this system the way it should be used.

What can you do about stress? You need not do anything about it. Stress is like friction in a machine. There is friction either because the parts aren't moving properly or there isn't enough lubrication. The less friction you have, the more efficient the machine becomes.

I am not talking about managing stress or keeping it under the surface. I am talking about how not to create it, because stress is your creation. If you start a simple yogic process, you will find your whole system begins functioning at a certain ease. Then there is no such thing as stress. You can be most effective in your life only when everything is at complete ease within yourself. If your ability to act becomes effortless, then naturally there is no such thing as stress.

Q: Divorces are becoming common. What is the right approach towards a peaceful marriage, especially when couples complain of boredom in marriages?

Sadhguru: Relationships have become a problem because we are not using it to enhance our lives, we are trying to fill the gaps in our lives. If relationships have to be really beautiful, it is very important that a human being turns inward and looks at himself or herself in a very deep way before looking at someone else. If you become a source of joy by yourself and your relationships are about sharing your joy, not squeezing joy out of someone, you would have wonderful relationships with anyone. Is there anyone in the world who would have any problem with you if you are going to share your joy with them? No. You are trying to extract joy from them. That is where the problem is. If your relationship is about extracting something out of someone, it does not matter how much you manage, there will be constant trouble. If your relationship was an offering to the person who is next to you right now, everything would be fantastic.

Q: Petty crimes as well as heinous ones such as rape and murder are on the rise. We have leaders with blood on their hands. Can we change this fabric of society with individual effort?

Sadhguru: It has become a fashion to talk about how horrible the politicians are. Politicians did not land here from the sky. They are one among us who stood up to do something. Now, for whatever reasons, they have become the way they have become – and we cannot generalize that because you do not know how many have become like that and how many haven't. Whenever I go to public meetings, people say "The politicians are corrupt." I ask a simple question, "If you are driving in your city, and there is no policeman, how many of you will stop at a red light? Not even 10%! So if I make you

the Minister, what kind of Minister will you be?" We only have the kind of leaders we deserve. No better, no worse.

Democracy is a people's government. It cannot be a spectator sport, it is a participatory process. Participation does not mean you come out once in five years to vote and your responsibility is over. Democracy has various instruments through which you can participate on a daily basis in the governance of your country, state, city and street. People have not educated themselves about this because they have not cared. Only when people are actively involved in implementing government policies, those in power will also be in line.

Q: These days babies are born with iPads and mobile phones next to them. What is your opinion of this generation of children that is so tech-savvy that they learn to operate remotes before they learn to walk?

Sadhguru: Today, there are so many forces influencing children – friends, Facebook advisors, televisions; three-year-old kids are glued to the screen and we don't know what they understand or take in. This moment there is a toothpaste advertisement, the next moment somebody is talking about creating a beautiful world, the next moment there is a bombing. We don't know how a three-year-old is drinking it up.

Would you give a sharp knife to an infant? No. I am telling you, the technology that you have today is sharper than a knife. You must choose an appropriate age and level of maturity before a child handles it. Unfortunately, society has moved in a certain way in imitation of what somebody else is doing in the West. Statistics say that there are 25-year-old video game addicts in the United States who spend more than six hours a day playing video games. Twenty-five is the age when a man makes his life. But they are playing video games, which are just ridiculous kids' stuff, six hours a day. They can't come off it, they're just on it.

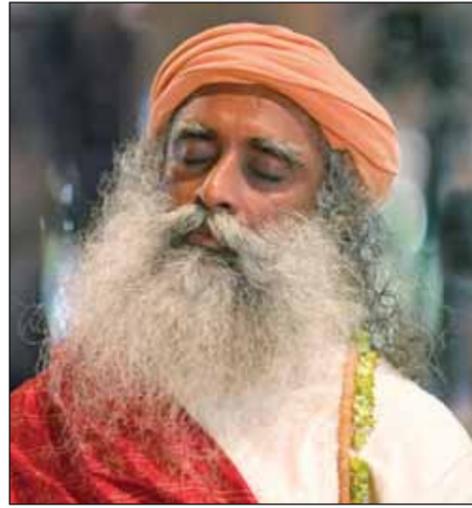
Technology has no quality of its own. How we use it can make us or break us. It is left to the individual and the culture to bring this awareness into the child that technology is made for our wellbeing, not to destroy ourselves. If this is taught to every child, I think they will use it in a positive way.

Sadhguru speaking about our duty as human beings and how to reach our potential.

Q: Who is a good human being? What are his primary duties towards himself/herself and society?

Sadhguru: As a human being, your only duty is that you grow to your full potential. If you grow to your full potential, your very way of being is absolutely useful. The best things will happen around you; there is no need for you to do any duty.

If you do not know how to make yourself happy, is there any possibility of you making the world a happy place to live in? If you do not know how to manage your body, mind and emotions, can you manage the world? It is not going to happen. If you do not know how to keep yourself, you will definitely not



Sadhguru Vasudev is a realized master, yogi and mystic, who has founded Isha Foundation, an international public service organization that strives for ultimate human well-being. For world-wide program information, visit www.ishafoundation.org
Toronto local contact
1-866-424-ISHA (4742) or email
Toronto@ishafoundation.org

know how to keep the world. So, don't worry about your duty, see how to nurture yourself to the highest possible level. Then you will do what you should do.

Q: How can one align the mind, body and soul in a way that holds the three together in a fine balance?

Sadhguru: In yoga, we look at the human body as five sheaths. The first sheath is called annamayakosha or the "food body," because what you call as the physical body is just a heap of food. The second sheath is called manomayakosha or the mental body. These two layers can only function in connection with the third dimension, the energy body or pranamayakosha. You can compare this to computers today – there is hardware and software, but by themselves they cannot do anything unless you plug the computer into quality power.

Pranamayakosha is the dimension in which most of the yogic practices function. If you keep your pranamayakosha in perfect balance and fully activated, there can be no such thing as disease either in your physical or mental body. Keeping the energy body in full flow is not about doing healing or things like that. This is about going to the foundations of your energy system and activating it in a proper way by building a foundational yogic practice that establishes your energy in such a way that your body and mind are naturally fine.

Q: How does one evoke happiness from within?

Sadhguru: As there is a science and technology for external wellbeing, there is a science and technology for inner wellbeing. Yoga is an inner technology. When I say yoga, don't think in terms of impossible physical postures or twisting yourself like rubber bands. This is a deeper understanding of your own body, mind and energy, and about creating an inner situation where you are joyful and peaceful by your own nature. Being peaceful and joyful is not the ultimate goal in life; it is the most fundamental thing in a human being's life. If you cannot be peaceful and joyful, you are incapable of exploring any other dimension within yourself.

So, to be peaceful and joyful, we have simple methods. If you just make your life energies function in a certain way, you are naturally peaceful and joyful by your own nature.

Q: How does one get rid of fear, especially fear of disease, death and material loss?

Sadhguru: The physical in the existence is constantly under threat because the physical is always within limited boundaries – it is always demarcated. With anything which is demarcated, there is always a fear of losing it. For instance, this physical "you" is constantly under threat. No matter how healthy, strong or young you are right now, tomorrow morning you may be dead. I

am not wishing it upon you, but you may be dead, isn't it? Because the physical is under constant threat. Nobody can avoid it.

Fear has become so fundamental simply because your experience of life has not gone beyond the physical. If we had explored and established ourselves in other dimensions of experience, the body would not be such a big issue. But now, no matter what kind of teachings other people give you, whether someone tells you that you are atman, paramatman or whatever else, your whole experience is limited to the physical body. So the fear of losing it is natural. But if you establish yourself in other dimensions of experience, the body becomes an easy thing to handle. Life or death won't make such a big difference.

Q: Do you think we control our destinies or does destiny control us?

Sadhguru: What you refer to as "destiny" are those situations which are going on without your permission; they seem to be unfolding themselves without your intent. I know you have been told that God is making your destiny and plotting your life for you, but I think you are adult enough these days. There is no such thing as destiny. Whatever you call destiny is something you have created unconsciously.

You are doing more things unconsciously than consciously. I would say, for most average, educated, intelligent human beings, only about two percent of their life is conscious. They create an enormous amount of their life unconsciously, which leads them in so many directions.

The whole effort of all spiritual processes is to see that you create your life consciously instead of blundering through it. Once you make that effort, you will see more and more of your life becomes self-determined, not pre-determined. If you have mastery over your physical body, 15 to 20% of your life and destiny will be in your hands. If you have mastery over your mind, 50 to 60% of your life and destiny will be in your hands. If you have mastery over your very life energy, 100% of your life and destiny will be in your hands – every moment of your life can become self-determined.

Sadhguru is a Realized Master, Yogi and Profound Mystic of our times. A visionary, Sadhguru asserts that peace and happiness are not the ultimate goals of life, but the most basic needs in every human being. He developed Isha yoga as a powerful method for individual transformation leading to human emancipation. A glimpse of his life and work can be found in the books *Encounter the Enlightened* and *Mystic's Musings*. For more details visit www.ishafoundation.org

Editor's note: IshaKriya is a free online guided meditation that helps bring clarity and well-being into one's life. For more information, please visit: www.ishafoundation.org/ishakriya



Globalization is having a lot of impact on the ethnic issues in Sri Lanka. Mostly in the 20th century, the ethnic issues in Sri Lanka was essentially an internal problem, though the beginnings of globalization were already felt during the latter stages. India, Norway and several other countries began to be interested in the domestic conflicts in Sri Lanka. With the migration of Sri Lankan Tamils to other parts of the world, the internationalisation of the problem naturally came into being. The militants had always sought foreign help to add to their strength in their efforts to fight the government. They had got down military aid as well as diplomatic help to realise their ends. On the other hand the Sri Lankan government too had approached India, Nor-

the peace talks stopped in 2003, Norway ensured that the peace process continued through other means. As a co-chair with the European Union, the US and Japan, Norway joined the 2003 Tokyo Donor Conference, which was attended by 51 countries and 22 international organizations to support the peace process and reconstruction-development activities. However, Norway found it difficult to be a mediator as well as a cease-fire monitor. Yet it managed to maintain its dual role until 2008.

The other nations that were involved in the ethnic issues in Sri Lanka were Israel, Canada and Japan. On the other hand the LTTE has bought weapons from China, North Korea, Hong Kong, Cambodia, Thailand, Vietnam, Myanmar, Af-

ghania, Pakistan, Ukraine, Bulgaria, Lebanon, Cyprus, Greece, Turkey, Eritrea, South Africa and Zimbabwe. Other countries have also sold weapons to Sri Lankan government, like Israel. Since the Sri Lankan government and Israel share the same kind of enemies, the latter naturally supports the former. With a significant proportion of Tamil diaspora in their soil, Canada has played a relatively minor role in the Sri Lankan conflict. In 2006, the Canadian government banned the LTTE and labelled it as a terrorist organization after discovering that Tamil funding has been an indirect cause for the violence in Sri Lanka. Canada always advocated a peaceful solution to the conflict and had donated \$10 million in development aid to Sri Lanka. Most Tamil activists felt that the banning of the LTTE by Canada gave a strong boost to the Sri Lankan government to go for a military solution. Japan also played a role in the conflict by organising the Tokyo Donor Conference in 2003. The conference was

aimed at the development and progress of peace in Sri Lanka.

B. The Role of the Diaspora and the Global Society:

Apart from States, the diaspora too plays an important role in the efforts at solution to the ethnic issues in Sri Lanka. Diasporas can play an important role in this regard, as they offer a source of financing, external lobbying towards host countries and internal influences. The establishment of the Tamil diaspora is intrinsically linked to the ethnic conflict that broke out into open war in 1983. The tensions and eventual unleash of violence led to a protracted exodus of Tamils from Sri Lanka to escape persecution. The establishment of the diaspora led to the founding of numerous community groups

goals. The transnational Government of Tamil Eelam and the Global Tamil Forum are some of the newly structured organizations seeking to press for the rights of the Tamils in Sri Lanka. There is an urgency for the Sri Lankan government to implement the recommendations of the Learnt Lessons and Reconciliation Committee. The government should take steps to grant Tamil rights and proportionate representation in the light of the new findings. The diaspora is also a key factor in the current development after the end of the civil war. The Tamil diaspora remains a major contributor to the Tamil community within Sri Lanka. The Sri Lankan government should make use of the opportunity to stabilize peace enactments in order to ensure ethnic harmony and peaceful co-existence in Sri Lanka. The global society depicts that the conflict will continue to have grave implications for humanitarian aid given to post-war Sri Lanka, the detriment of refugees and IDPs both nationally and internationally. The international element in all its forms should complement the efforts to solve the ethnic problems in Sri Lanka.

The Sri Lankan Diaspora has taken on added significance because a greater number of them left the shores 'aggrieved' either due to discriminatory language policies or following the violent ethnic pogroms of previous regimes. The campaigns of the diaspora have drawn the world's attention to Sri Lanka's human rights situation, plight of internally displaced persons and alleged belligerence of Armed Forces towards civilians. The representations made by members of the Diaspora at international forums are also significant. The Sri Lankan Diaspora has gained a reputation in their adopted countries for diligence and dedication to their employment together with academic and professional attainments. The overall perception is that they make a useful contribution in their adopted country. The diaspora who migrated have not assimilated or integrated into their country of adoption. They remain distinguishable in their language, food, culture and habits. This is due to the patronage they get from the liberal democracies of the West. The diaspora wish to retain their 'identity'; to 'exhibit their high culture and in some cases because they see Sri Lanka as their eventual point of return. The failure to integrate has both positive and negative aspects. On the positive side it means regular foreign currency remittances to help family and friend, endowment of charities back home, frequent holiday travel, investment in business, real estate in Sri Lanka. On the negative providing financial support for causes dear to them and in some cases influencing western governments to support these causes. In any case the issues relating to resettlement and reconciliation have to be seriously tackled by the status quo of Sri Lanka for the sheer matter of preserving the reputation of Sri Lanka as a resplendent island without allowing the tigers and the lions to be at each other's throat. The ethnic divide in Sri Lanka is manipulated by power minded propagandists from both ethnic groups; it is left for a future mature political leadership to carve out a lasting solution.

The Effects of Globalization on Tamil Ethnic Issues in Sri Lanka

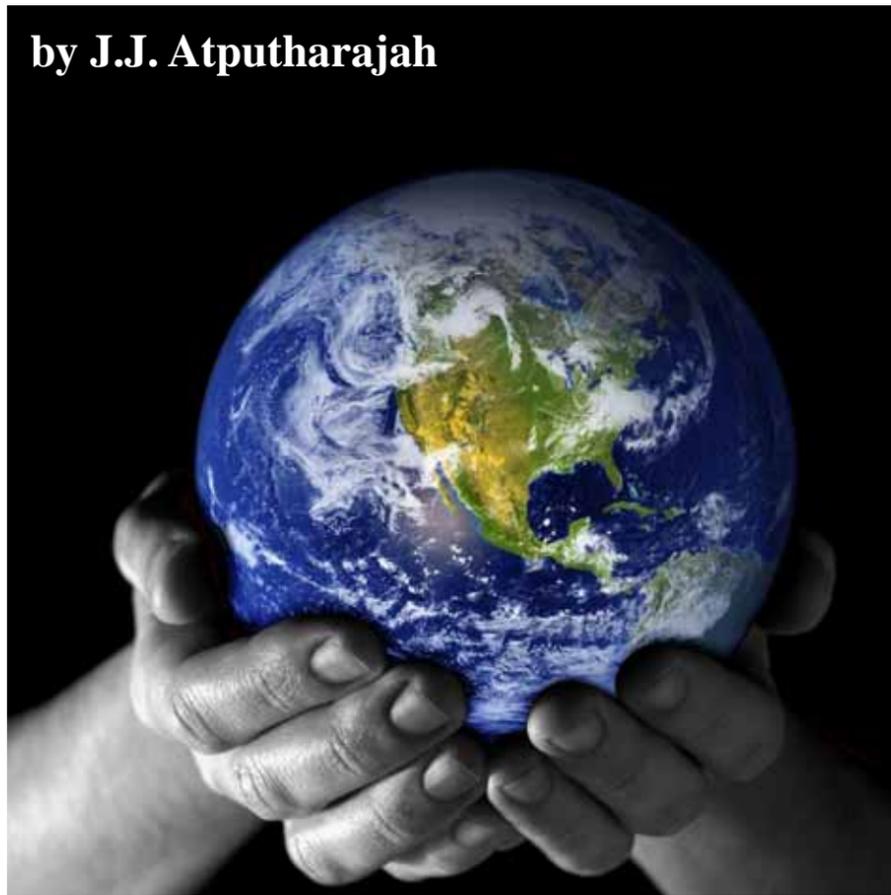
way and several other countries to get the problem solved in the manner that would be advantageous to them. Even with the efforts made by the international intervention, the problem has not been solved yet.

A. The Role of Foreign Countries:

It could be asserted that globalisation has escalated the crisis as well as found some partners in getting the ethnic divide to be bridged in some way or other. The United States and Norway has been important countries outside the region to have been interested in finding an amicable solution to the conflict. Others who wielded some kind of influence are Israel, Canada and Japan. It was USA which designated the LTTE as a foreign terrorist organization in 1997. The US applied pressure to the LTTE, focusing on its use of child soldiers and human rights violations. In addition they provided security assistance to the Sri Lankan government. For example in March 2008, the US donated \$220,000 worth of anti-terrorism equipment to the Sri Lankan police. Sri Lanka also benefitted from the Millennium Challenge Account of the Bush Administration. It received assistance from 2004 to 2006. Even during the time of the previous UNP administration, US helped Sri Lanka in military and development projects. US also took interest in promoting the peace process in Sri Lanka. It had meetings with the former Prime Minister Wickremasinghe in 2002 and 2003. US also engaged with other ethnic groups in Sri Lanka, such as the Tamil National Alliance as well as the Muslim political parties. US barred its citizens from providing funds or materials to the LTTE. Though US recognised LTTE as a negotiating partner in the peace efforts, it did not invite it to the May 2003 Washington Peace Conference. The US senate criticised the government for supporting the Sri Lankan government whose security forces were responsible for human rights violations.

Norway played a significant role in the peace process on the invitation of the Sri Lankan government. It was invited as mediator by both the Sri Lankan government and the LTTE in 1999. Though

by J.J. Atputharajah



ghanistan, Pakistan, Ukraine, Bulgaria, Lebanon, Cyprus, Greece, Turkey, Eritrea, South Africa and Zimbabwe. Other countries have also sold weapons to Sri Lankan government, like Israel. Since the Sri Lankan government and Israel share the same kind of enemies, the latter naturally supports the former. With a significant proportion of Tamil diaspora in their soil, Canada has played a relatively minor role in the Sri Lankan conflict. In 2006, the Canadian government banned the LTTE and labelled it as a terrorist organization after discovering that Tamil funding has been an indirect cause for the violence in Sri Lanka. Canada always advocated a peaceful solution to the conflict and had donated \$10 million in development aid to Sri Lanka. Most Tamil activists felt that the banning of the LTTE by Canada gave a strong boost to the Sri Lankan government to go for a military solution. Japan also played a role in the conflict by organising the Tokyo Donor Conference in 2003. The conference was

that have become a key source of funds for aiding the development of the Tamil community in Sri Lanka, while also being linked to militant groups as fundraisers. The Sri Lankan conflict entered a new phase in 2009 with the apparent victory of the Sri Lankan government over the LTTE. Tamil diaspora communities throughout the world have founded community organizations as well as websites, newspapers, radio and TV stations that have helped maintain their culture and contact in Sri Lanka. During the pre-2009 period, the LTTE was able to get massive support from the diaspora for their so-called liberation activities. With the terrorist attacks in the United States in September 2011, a new terror legislation came into effect globally. LTTE's ability to raise funds abroad became severely hampered. Major front organizations like the World Tamil Movement in Canada were investigated and shut down. After the defeat of the LTTE in 2009, the diaspora has to change its structure and

SAILAKSHMI, THE YOUNG VERSATILE ARTISTE



C. Kamalaharan

Sailakshmi, the child prodigy began her Carnatic music career at the tender age of five years, under her guru Sriranganathan and continued till five years. Having mastered the basics, she advanced her studies under the Doyen of Carnatic music, Vidwan A. K. Karunakaran, whose meticulous guidance enabled her to excel in the field. She shot into prominence when she made her debut as a Carnatic vocalist at the Ramakrishna hall, Wellawatte under the distinguished patronage of the late Prof. N. Balakrishnan as the Chief Guest and Mrs. P. Gajendradas, Principal of Hindu Ladies College, Wellawatte as the Guest of Honour. Her mellifluous rendition of the songs before a rapt audience, kept alive the glorious tradition of Carnatic music.

Her prowess in music is enhanced further with her accomplishment in the other branches of music. She has completed the grade five examinations in Carnatic music, Veena, Violin and Harmonium and the grade four examinations in Dance and 'Pannisai', conducted by the North Ceylon Oriental Music Society (NCOMS). She has also completed the Associate Diploma in Keyboard (ALCM), conducted by the London College of Music of the University of West London. In the music competitions held in the school and in the Ministry of Education she won first places to become the recipient of Gold Medals.

During early childhood Sailakshmi attended the Balvikas classes organized by the Colombo Samiti of the Sri Sathya Sai Seva Organization, which groomed her as a staunch Sai Devotee. At present she is a lead singer in the Samiti and plays the harmonium during Bhajan sessions.

For Sailakshmi, a promising student at Hindu Ladies College, Wellawatte music and studies go together. Her systematic and methodical approach to studies, enabled her to pass the G.C.E O/L exam held in 2012, obtaining A's in



all the nine subjects. She is at present preparing for the A/L examination and I am sure she will obtain excellent grades to enter the university. Sailakshmi is hard-pressed to find time to attend to her studies and to her musical engagements. I have observed her on many occasions rushing to attend classes immediately after the Bhajan sessions.

Sailakshmi's phenomenal rise both in music and studies is mainly due to the untiring efforts of her music gurus, the proper guidance of her teachers and the love and care of the proud parents Logeeswaran and Vasanthini. Her effervescent talent I am sure will certainly add more feathers to her cap and catapult her to greater heights.





WORDS OF PEACE

Don't Believe This

Prem Rawat has traveled the world for decades to speak to audiences about how to find the peace and fulfillment that human beings desire from the depths of their being. This peace, he says, can be experienced by anyone who seeks it, anytime, anywhere—"but don't believe a word I say."

That, to say the least, is most unusual for someone who speaks publicly about the purpose of life—but to understand why Mr. Rawat advises disbelief instead of just accepting what he says, the starting point is the subject of peace itself.

"When I talk about peace," he says, "I'm not talking about one day of peace. I'm talking about peace every single day. When I talk about peace, I'm talking about the peace that resides within each one of us—because that's where peace is. It's in you, right now. In fact, peace is within you even when you're tormented

by your problems. When the whole world seems as if it's against you, peace is still there within, residing in your heart."

Hearing this, Mr. Rawat says, many people are skeptical. If peace is within us, why don't we feel it all the time?

"Have you ever seen passengers who are lost in a train station or an airport?" he asks. "Have you seen their facial expressions? It's a mixture of confusion, urgency, helplessness and need. 'Excuse me, excuse me, could you help me?'"

"Do you see any similarity to the way we live our lives? What would you say—are we distracted? Where is our focus every day? It's like a stew where the cook throws a bunch of ingredients together and says, 'It's done.'"

Today, Mr. Rawat says, people have lost the understanding of what it means to be human.

"A dog is supposed to bark. A chicken

clucks. That's nature. They don't pretend to be human beings. It's only human beings who act like dogs or chickens or gorillas. Those creatures know what they are. We don't know who we are.

"You have a life! It's not for bewilderment. It's not to run through this station called Earth in a stew of bewilderment, of need, of confusion. What are we ignoring? What are we so busy with?"

"We need to recognize the beauty within us. Otherwise, if that beauty walked right in front of you, you would say, 'What's that?' That's exactly what happens. I talk about breath, that it is a gift that is given every second we are alive. People say, 'Breath? That's a gift? It's so abundant!'"

It's distraction, Mr. Rawat says, that keeps people from seeing that beauty within. "Have you ever seen a magician?" he asks. "What the magician is doing is fiction, not reality, but the magician wants us to believe. If you know anything about magic tricks, you would know what he's doing, not what you believe he's doing. 'I know what he's doing,' you would say. 'He's hidden it somewhere'—because the key to a magician's trick is distraction. While everybody's looking over here, he's doing something over there.

"That's what happens when there is no recognition and no inspiration to recognize that which is real. If people understood what reality is, their lives would be very different."

So what is reality? One thing it is not,



Mr. Rawat says, is fiction. "Reality demands that you know. Fiction demands that you believe. That's why I have no problem telling people not to believe a word I say. Know every word I say. Know for yourself that within you lies the infinite. Know for yourself that within you is the miracle of all miracles. Know that within you is the heaven of all heavens. If you want to know, be conscious. It's being conscious that will make a person understand what knowledge is, what life is, what this breath is—what existence is."

To learn more about Prem Rawat, visit:

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Two Popes John Paul II, John XXIII to be made saints: Vatican



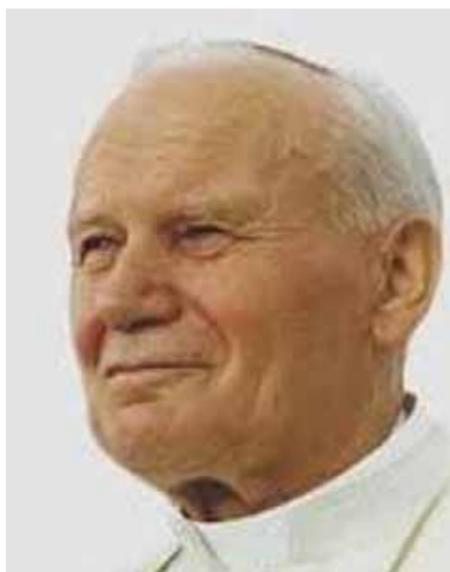
Pope John Paul II, the globe-trotting pontiff who led the Catholic Church for nearly 27 years, and Pope John XXIII, who called the reforming Second Vatican Council, will be declared saints, the Vatican said early last month.

The Vatican said Pope Francis had approved a second miracle attributed to John Paul, who was elected in 1978 as the first non-Italian pope in 450 years and died in 2005. His progression to sainthood is the fastest in modern times.

The Vatican also said Pope John XXIII, who reigned from 1958 to 1963 and called the 1962-1965 Second Vatican Council - which enacted sweeping reforms to modernize the Church - would be made a saint even though he has only been credited with one miracle since his death.

The canonization ceremonies, which are likely to bring hundreds of thousands to people to Rome, are expected this year.

John Paul had already been credited with asking God to cure a French nun of Parkinson's disease, the same malady he had, before he was beatified in 2011. Two confirmed miracles are usually required under Vatican rules for the declaration of a saint. The second miracle attributed to his intercession is the inexplicable curing of a Costa Rican woman who prayed to him for help with her medical condition on the day of his beatification.

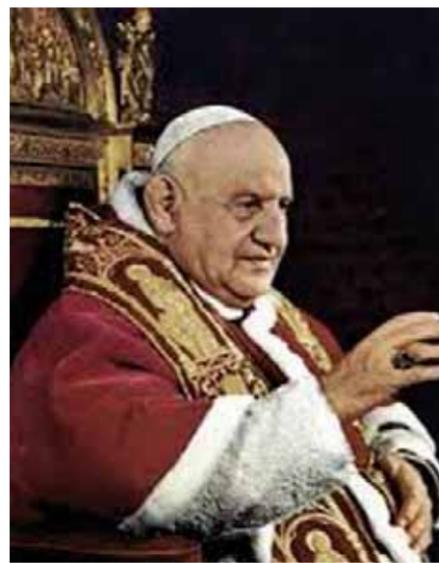


POPE JOHN PAUL II

In the case of Pope John XXIII, who was known as the "good pope", Francis waived the customary rules requiring a second miracle after beatification, Vatican spokesman Father Federico Lombardi said. John XXIII was beatified in 2000.

Francis, who has tried to instill a spirit of simplicity and reform in the Church since his election in March, is known to have great admiration for the reforming Pope John, who was born of peasant stock in northern Italy.

John Paul went down in history as the "globe-trotting pope," visiting every inhabited continent in more than 100 trips outside Italy.



POPE JOHN XXIII

John Paul was nearly killed by Turkish gunman Mehmet Ali Agca, who shot him in St Peter's Square on May 13, 1981. Two trials failed to prove Italian magistrates' accusations that the Bulgarian secret services had carried out the plot with Agca on behalf of the Soviet Union.

Millions of people attended his funeral in April, 2005, and many cried "Santo Subito" or "Make him a saint immediately".

His successor, Pope Benedict, waived a Church rule that normally requires a five-year waiting period before the preliminaries to sainthood can even begin.

John Paul is respected by Jews be-

cause of his 1986 visit to Rome's synagogue, the first by a pope to a Jewish temple.

He is already considered a saint by millions of his countrymen in Poland, having supported their bid for freedom on the world stage for 11 years before the fall of the Berlin Wall in 1989.

"I am so happy and hardly can wait. John Paul II was one of a kind," said Ewa Jezierska, 72, a Polish saleswoman in Warsaw.

Liberals in the Church say John Paul was too harsh with theological dissenters who wanted to help the poor, particularly in Latin America. Others say he should be held ultimately responsible for sexual abuse scandals because they occurred or came to light when he was in charge.

John Paul also drew criticism for supporting the late Father Marcial Maciel, the Mexican founder of the Legionaries of Christ religious order, defending him despite charges of sexual abuse that later turned out to be true.

John XXIII has for decades been venerated by Italians who recall his kind gestures. While he was pope for less than five years, his short pontificate coincided with the post-World War Two "economic miracle" that transformed Italy from a devastated agricultural backwater to an international economic power.

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Special Feature

JOHN BODDY HOMES PRESENTS 'EAGLE WOODS'



BEDFORD ELEV A



PARKLANE ELEV A

John Boddy Homes, voted 'Best Home Builder' in Ajax/Pickering for the sixteenth year in a row for this year's Readers' Choice Awards, has just broken ground in its newest community in south Ajax, 'Eagle Woods'. Located just minutes east of Toronto, and within walking distance to shores of Lake Ontario, 'Eagle Woods' combines the closeness and convenience of city living with the beauty and tranquility of the neighbouring lakeshore. 'Eagle Woods' currently offers spacious two-storey, freehold townhomes and will feature later semi-detached homes as well as detached homes in two-storey, back-split and side-split designs. Homes start at 1,700 square feet and will range up to 3,534 square feet in size. John Boddy Homes offers full-depth traditional size lots with a minimum of 110 feet in depth and 'Eagle Woods' will offer a great selection of extra deep lots, pie shaped lots, pond lots, conservation area lots, golf-course lots and walkout basement lots. With such a broad range of house sizes and styles, 'Eagle Woods' has the ideal home to suit every preference. From the unique exteriors and charming streetscapes, to the elegant interiors, various John Boddy Homes include impressive standard features such as vaulted ceilings, double door entries, décor columns, mirrored sliding closet doors, ceramic kitchen backsplashes, double basin bathroom vanities with make-up counters and so much more. Their gourmet kitchens, welcoming great rooms, cozy gas fireplaces and elegant dining rooms with coffered ceilings are all spacious and comfortable, making them the perfect location to enjoy time together with family or entertain friends. In addition, some models include impressive extras such as classic French doors, transom windows and custom octagonal skylights allowing light to travel throughout the home for a bright and spacious feel.

For their homeowner's convenience, most homes from John Boddy include main or second floor laundry rooms, kitchen breakfast bars, walk-in pantries, private water closets, interior garage access, high efficiency furnaces and basement rough-ins for future bathrooms. Other features include arched entryways,

custom millwork, window mullions on all front and rear facades and decorative garage doors featuring appealing window lites. Custom landscaping packages and paved driveways are also included in all homes providing the renowned curb appeal that enhances the entire 'Eagle Woods' community.

Innovative floorplan designs combined with an extensive array of standard features included with every new home have become a corporate trademark of John Boddy Homes. Not only does a John Boddy home offer such striking standard features, there are also a wealth of opportunities to upgrade, making their homes as unique as each individual homeowner. The 'Eagle Woods' Sales Office will feature a Décor Centre that contains a wide range of upgrade items to select from in order to customize your home. Their knowledgeable décor consultants allow home buyers to make upgrade selections on site, enabling them to conveniently personalize their home.

When you purchase a new home in 'Eagle Woods' there are no hidden closing costs. John Boddy Homes pays for H.S.T., education levies, development charges, water and hydro meter hookup fees, boulevard tree planning, a landscape package and paved driveway.

Currently John Boddy Homes is offering an incentive package of 5 appliances or Builder's Premium Hardwood 5/8" by 3" in the Great Room and Dining Area, as well as a 6 months Roger's Package which includes free internet, phone, cable and a HD PVR.

John Boddy Homes now offers exclusive in-house financing and mortgage services through JBH Financial Services Ltd. JBH Financial Services is able to provide you with the convenience of purchasing the new home of your dreams and qualifying for a mortgage all in the same place. JBH Financial Services works with most major banks and lending institutions and offers a six-month rate hold through National Bank. These six-month rate holds allow you to lock in the lowest rates available while guaranteeing you the security and peace of mind of knowing that your rates will not increase before your house closes.

The 'Eagle Woods' community offers many important neighbourhood amenities such as places of worship, fully equipped parks and easy access to both Ajax and Go-Transit Services. Toronto is easily accessible from nearby Highway 401. Located just south of a host of shopping and recreation centres, 'Eagle Woods' allows residents all the amenities of the urban lifestyle while providing the serenity of the neighbouring lakeshore.

Since 1955 John Boddy has been involved in the construction of thousands of new homes throughout Ontario and has earned a reputation as an accomplished builder of fine residential communities. Of significance are the award winning 1000-acre 'Bridlewood Community' developed during the 1960's and 1970's in Scarborough; the 'Forestbrook Community' in Pickering developed in the 1980's; 'Willowcreek' in Peterborough; and, more recently 'Eagle Ridge on the Green' and 'Eagle Glen' in Ajax developed from the 1990's until present day.

The John Boddy Homes team of experienced management, planners, designers, supervisors, marketing and sales personnel has distinguished itself by creating innovative and unique designs in truly outstanding communities that meet the needs and desires of today's families.

New model homes for the 'Eagle Woods' community are under construction and will be open by the Fall of 2013. Drop by the current Sales Presentation Centre located on Stevensgate Drive, north of Rossland Road West, one half kilometre west of Westney Road three kilometres north of Hwy. 401.

Sales Presentation Centre hours are Monday through Thursday 1:00pm to 8:00pm; Saturday, Sunday and Holidays 11:00am to 6:00pm; closed Friday.

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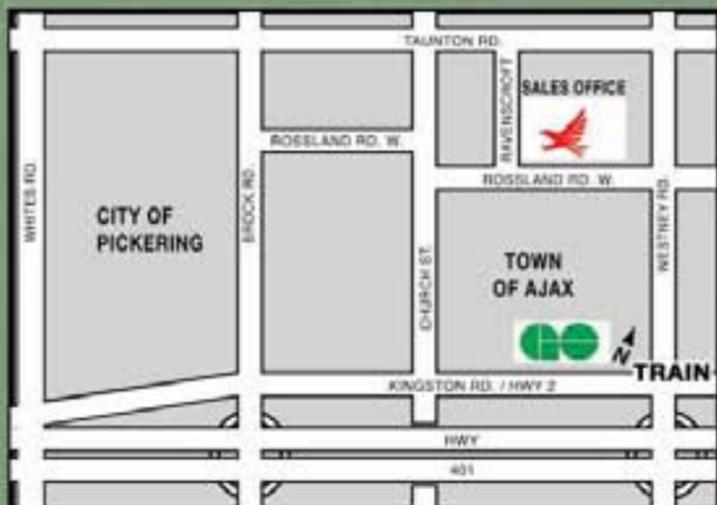
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Experiences of a student-volunteer A Notebook from Namibia:

By Harrish Thirukumaran Part I

The First Embrace of Namibia

Stepping out of the plane, breathing in the Namibian air and witnessing its relatively distinctive environment; all of those instances were impactful factors that constructed my first impressions of Africa. In which, I had first built the foundation of T.I.A. - "This Is Africa".

After taking three separate grueling flights to the continent, it felt absolutely relieving and refreshing to finally be able to set foot on African soil. In addition, for the first time in awhile, there had been a reverse role where my Brock group and I were the foreigners in the cultural land. Thus, began my personal journey to truly understand the African specifically Namibian lifestyle. Those accompanying myself were my Brock leader, Christina, assistant, Geraldine and 12 other Brock students differentiating in years and program studies.

Once checking out of the airport, we were able to meet two of our main contacts in Namibia, Shaun Awaseb and Claudius Tickey. They in a way performed in a tour guide capacity to assist us in learning about Africa. Aside from that, the activities also helped the group to grow close together along with our Namibian contacts. Shaun is a Namibian by birth and entrepreneur who runs a business known as Wadadee Adventures; as well as that, he runs the Wadadee House that acts as a tourist business to an extent that also provides accommodation to various volunteer groups and non-governmental organizations that seek to help communities all around Namibia. Tickey is a multilingual Zimbabwean who acquired a job as a tour guide through travelling where he settled into Namibia for about 19 years. A very wise man some might say with an extensive knowledge on the African wildlife, Namibian itself, and the social and political life of his native Zimbabwe. It felt unique and great to learn of Shaun's knowledge to Namibia as well as how his business intertwines both politically and economically. By having the business components it is able to boost the tourism industry coupled with a commitment to increasing human development in the country.

Once our group was well acquainted with the individuals we headed off to Windhoek, the Namibian capital city and location of the Wadadee House. During the drive, it was amazingly stunning to see the wide-open landscape decorated with continuously vast mountain ranges, and tall, brownish green grasslands. The trip to Windhoek had also first demonstrated Shaun's stern ability as a tour guide as he explained small facts and the various sights of Namibia. An example is the nation is identified with a strong meat culture and is the least densely populated out of Africa. Transitioning further into topics such as the country's political life and speaking mainly about Sam Nujoma, Namibia's first president; along with current leader, Hifikepunye Pohamba. Economically, it had been also stated that the main sectors that prosper are agriculture, mining, and tourism.

Upon reaching the city, it established a contradiction of major rural inhibition within Africa. Passing through the city helped to see African urbanization that can be comparable to urban areas such as Toronto or New York. In comparison, it has a similar sense of economic and cultural power that regularly fuels proper Namibian living. It was also fascinating to see the city within a colonial context such as the German architectural structures and streets having prominent German names. To this day, German is known to be a regional language as well. It was interesting to also examine that many of the road infrastructure of Windhoek were named after exceptionally significant African leaders and Germans. Nelson Mandela Avenue, Robert Mugabe Avenue, and Sam Nujoma Drive were typical streets harmlessly displaying the continent's political influence. That appreciation in my view shows the people have genuine patriotism for Namibia extending into anti-colonial ideals. Essential free market intentions of the economy are also very well constituted in the city such as Namibian-based corporations: Bank Windhoek and Pick N Pay.

The designated location of the Wadadee House was found in a small Windhoek township called Katutura. Presently, Katutura is often associated with stiff accusations as a horrendous, crime-ridden area within



Sam Nujoma (born 12 May 1929) was the first President of Namibia from 1990 to 2005. He is seen here in this file picture (courtesy of Namibian Sun), with former South African President Nelson Mandela

Namibia by many local's opinions; which historically resulted from a significant aspect of the apartheid laws imposed by South African colonization in the form of affordable land settlements. Within the 1915-1966 South African time frame, Katutura meant "The place where people do not want to live" in the Herero language. This was due to the South African Administration forcibly settling various tribal groups from Old Location into one area altogether. It was especially cruel due to the residents not being able to retain ownership of the land, which was transferred to the municipality itself. In a sense, it is interpreted as racial segregation by placing all 'black' or 'coloured' into one area away from the 'white' settlements. Due to this apartheid-rooted hostility it has created ignorance against interpreting Katutura as a hopeful place for social progress or economic growth. This should soon change by people evidently experiencing its diversified culture through a growing tourism refinement.

In Namibia, the main tribal groups contained are predominately the Ovambo, Damara, Nama, Bushman, and Herero peoples. The primary majority of the country is stemmed from the Ovambo population where interestingly enough are a community that lives around southern Angola through northern Namibia. However, one of the minority groups, Damara is seen as the indigenous people in the land.

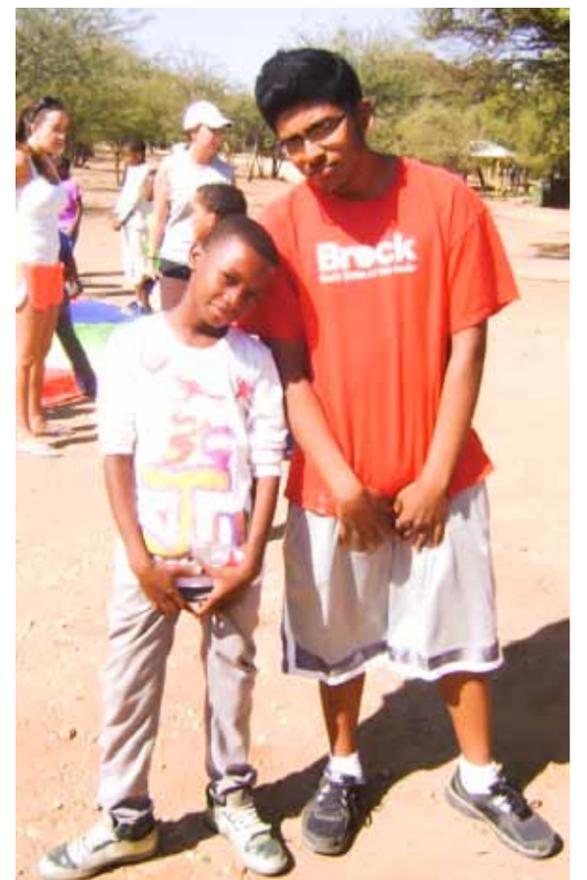
After quickly settling into the Wadadee, our group had to set up a group member agreement to ensure the learning effectiveness of this international volunteering participation. Some of these statements that required abidance were indefinitely reasonable. For instance, phrases like "Respect the host's view of religion" and "Respect my trip leaders and their decisions." However, there were deeper sayings that really pertained to visually and mentally studying the country. Statements such as "Travel in spirit of humility and with a genuine desire to learn more about the people of your host country" and "Cultivate the habit of listening and observing, rather than merely hearing and seeing."

Those statements, in my view, were basic fundamental purposes to understand while in Namibia because not only did I contribute my knowledge to the country but also I had become the student myself. The student in which, I had reinvented my perceptions of the third world namely Africa against usual media shaping influence. This awareness has nevertheless given answer to realistic phenomena of theories of media or political bias.

Meeting the BNC Children

Towards the first evening in Namibia, we met the coordinator of our principal volunteer project, Marybeth 'Mary' Gallagher. In which, she explained her intentions

in the country. She is a US-based volunteer who had been an integral person in running the Bernard Nordkamp Centre (BNC) in Katutura for the last seven years. An after school program centre where primary and secondary students are able to attend for a firm educational process and for sports and musical activities. She came by to introduce herself to our group and her life goals for the youth in Namibia. In addition, she told us we were able to meet a majority of the children at an outdoor pool facility where they are able to enjoy recreationally during the holidays. As specified through Mary, we were assisting at the BNC during the student's holiday break. Notable facts she told us about the kids is to overly sympathize with them with sorrow as they are able to hold their own. Also acknowledging they have crucial street smarts they can use to



Junior and I (Harrish) in Namibia-(pics by Dan)



Window on Windhoek

their advantage to gain that sympathy. She even went onto to explain how they are curious about every possible thing occurring in everyday life such as getting cut and noticing blood. She went into more touchy subjects expanding into contemporary African issues such as rape, murder, and alcoholism and how it can affect the children psychologically. Furthermore, she also acts as a disciplinarian to prevent the children from slipping into common "street children" by reaffirming the meaning of an education to many of the especially young children.

Afterwards, Shaun stood up and spoke to us about the socially oriented reason for the Wadadee House. He emphasized the meaning of Wadadee as "All of ours." Basically, he addressed that the Wadadee requires all of us to do our part to keep the house a continuously sustainable place to live, where everyone are to effectively look out for each other. He also preached excessively the idea that the members of Wadadee are to be embraced as family members by feeling integrated in this new culture. In addition, to release a meaningful social emphasis to ensure everyone can feel inclusion. That was indeed the case when living together with Norwegian and German volunteers at the Wadadee. From my perspective, Shaun's introductory speech is his view of disconnecting from the prospect of alienation of Wadadee because of its location in Katutura. I believe he hopes to strive to erase stereotypical attitudes of anti-sentiment towards Katutura to educate positive social values of the township by simply exploring the area to really understand its complexities. That can necessarily be done through Wadadee-sponsored tourism opinionating the locals and visitors to disassociate the many ignorant beliefs. In addition, to comprehending the duties of international volunteers who can also seek to improve the Katutura community for the better for generations to come.

For the remainder of my time in Namibia, I had developed a mindset of being used to a regular routine at Wadadee and preparing myself for the various projects. I had felt the first Sunday in the country was a good introduction in getting to know Katutura and the type of work we would be doing. First, we headed off to the municipal pool facility located within a considerable distance within Katutura to meet a few of the BNC children. During which they were able to join in swimming activities and normal basic pool fun on Sundays at the area. It was an established tradition at the BNC where it was one of many opportunities for activeness offered for the children during vacation breaks. Once arriving, we were able to spot a few kids waiting outside near the entrance before it was opened. The first interaction I had with children was with a boy named Dino, who was a 12 year old, 6th grader at the BNC. I remember the first thought he said when he first saw me was "I like your hair." My reaction was incredibly genuine for his general compliment on my appearance in which I thanked him for it in which he returned with a wide smile.

After our ride left, we got our chance to actually get to know the children who were patiently waiting for the swimming pool to open. Something I had noticed when first arriving at the area was seeing that the children were clearly unsupervised by an adult chaperone. It looked like they had been waiting in the parking lot alone since the sun came out. I felt that observation very much got me to understand Mary's suggestion of treating them as an equal. The children there were so small and seemed to be around 11 or 12. In addition, they didn't visually looked nervous or scared of their surroundings or if a problem would occur. They were just acting very casual and just playing around with each other happily outside in the lot. From this idea, I see these children as immensely independent children who could probably extensively look out for one another. Seeing the children by themselves is something I have definitely not experienced growing up in North America or to this day.

Other than that examination, the first few kids

at the pool were Dinno, Junior (6th grade), Albertes (2nd grade), Alpertino (2nd grade), and Berta (5th grade). Before entering the pool, we got to know these kids and briefly playing some small games with them. I had first learned from Dino that two of his favorite subjects were math and science and I believe some of Junior's were social studies, English, and math. After hearing that, I talked about how I actually found social studies as one of my favorite subjects as well and how it inspired me to study it in college. Though, he may have understood that it felt nice having a small connection with him on that note. Most of the children's favorite sports were basketball, soccer, and tennis. Sports that were cleared upheld at the BNC during the holidays.

Once hearing tennis was one of Dino's favorite sports, it felt extraordinary in my view as back in New Jersey I used to have a strong attachment to tennis as I played from kindergarten through 11th grade in high school. He even asked me if I liked and watched tennis. In which I responded in his favour because of my history with the game. He had even told me his favorite tennis player was Serena Williams who famously enough recently won the 2013 French Open. Things that were really interesting about the BNC youngsters also were that they were never afraid to show their own natural talents. Physically, such as Junior demonstrating to our group how he was able to do a flip and back flip, which was very cool to see. The kids would also love to get us to play with them and would hug or embrace us in anyway possible which gave way to their rapid appreciation of us before we actually volunteered. A game we played to burn out time until opening was a name game, where we tossed a Frisbee around to each other in a circle yelling the person's name we threw it to. Through a few tosses the group was able to perfectly get the kids' names with the same being reciprocated. In addition, the games also setup the strong athleticism sense inhibited in the kids, which was widened further when getting to know all students.

Afterwards, the pool opened where all the enthusiastic children ran inside and jumped into the pool. Even though I wasn't part of the pool splashing festivities it was great seeing the sheer happiness of the children frolicking around in the water with one another. In addition, to seeing they approach me and the group for



View from Wadadee House

some small talk or with questions such as "Aren't you going to come into the water?" even to the point where they were physically eager for us to come into the water. It was superb day weather wise as well. However, strange enough since Africa is located Eastern Hemisphere it has a differing seasonal standard compared to North America. Currently, North America is in contact with its summer season whereas Namibia had actually started its winter season. This fact being amazingly peculiar in my opinion as it felt like a hot summer day and the kids were spending their time in the cold ice pool water. Yet, as a North American namely Canadian when hearing winter I would mostly think of cold or snow. That was certainly not the case in Namibia. However, the Namibian nights had often exemplified the cold winter weather.

The highlight of their pool fun also came from them



Intersection of Nelson Mandela Drive and Sam Nujoma Drive

rushing out of the water excessively and lie down to dry themselves off in the warm sun. It was hilarious seeing the children just sit and dry while they shiver happily from the freezing water. Their energetic personalities were definitely introduced on the pool day where they were always ready to take advantage of a good day. Other children I had met during swimming were Christy, Macalla, Dixon, Innocent, and Armando. Dixon was actually an 11th grader attending a separate high school. He wasn't part of the BNC program but came to the pool, as it was not open exclusively to the BNC. He was originally from Angola and told he wanted to study law in university. We also had a closely similar taste in hip hop music, which I found interesting also, he knew of acclaimed hip-hop musicians such as Tupac Shakur. Another high school student I met was Solomi. She frequently attended the BNC for extracurricular activities and favored Biology and other Science courses as part of her learning curve. She was also a fantastic singer who sang vocals related to certain mainstream music like Beyonce. I and another volunteer member, Dan even played some hide and seek with Macalla, Albertes', and Junior, which they never really engaged in before. Yet, we were happy to teach them the rules of the game. While with Armando, I remember talking with him about his day so far and his attitude toward the BNC. I even taught and did some handshakes with

the 2nd grader that we used every time we saw each other.

Next, we played a game with the kids where we gathered into a large circle and sang a rhythmic tune and when it landed on a person they would have to answer a random question asked by the previous person. One was where Innocent asked someone to spell out his name where the former answered correctly. The questions were very useful to the children's knowledge where categories ranged from Basic English to math. Others and I soon handed out apples to the kids afterwards as a healthy snack upon their good exercising from swimming and playing in the pool. It was also cool to see the many talents of the children who were openly expressive about it. Soon after,

it was around 2 pm and it was time for us to leave so we ended up giving our goodbyes to the new youth we have met in Namibia. Though it seemed like a downer, it was great to get a firsthand debut of the plentiful amounts of attraction and friendliness exerted by the children whom we had just met. After leaving it was entrancing that multiple children were very thin in weight content. They were skinny to the point where they imaginatively resembled stick figures. In a way it added to their fitness while playing in the pool. These physical traits might have also asserted the factor of hunger as that common recurring problem. However, I noticed that it didn't necessarily bother them as by any physical or verbal indication. So it may have given me the impression that the issue is overly emphasized than it needs to be.

(To be continued in Monsoon Journal - September 2013) - Harrish Thirukumaran is entering second year at Brock University, Ontario in fall 2013



MY SUMMER IN BEAUTIFUL COPENHAGEN

Denmark



Stroget, Longest pedestrian shopping strip in Europe

By Praveen Balakumaran

Europe, who doesn't love Europe right? That's precisely why I ecstatically pounced on an opportunity to study and complete research in one of Scandinavia's most beautiful cities this summer in Copenhagen, Denmark. I embarked on this journey with the utmost enthusiasm, I had planned on making the trip months in advance but after only staying one week in Toronto back from my second home St. Lawrence University (New York), it was certainly a quick turn a round.

I arrived in Copenhagen ready to indulge in their culture and inquire as to why they are consistently held as one of the happiest places in the world. I was placed in a Danish student-housing program, which made it easy to connect with some of the local students and find out what they loved about their city.

My first day in class found me in the Danish Institute of Study abroad in affiliation with the University of Copenhagen. The program I chose to participate in dealt primarily with the Neuroscience of Fear, which paralleled with my research focusing on the human fear in specifically snakes and spiders. The neuroscience of fear deals with an array of topics and the information that is jam packed into a month is extremely dense. I was extremely lucky to have two fantastic professors from my home University to teach the course. You may ask why have two professors teach one course about the cognitive properties of fear? Good question!

Jenny Hansen is a philosophy professor at St. Lawrence University and the chair of the department, working in parallel teaching the course was Alex Schreiber a biology/endocrinology professor at St Lawrence as well. At first sight this may seem like a whole lot of hula-baloo, because these two professors seem like they do not have any coherent relationship to each other. Okay well, the Neuroscience of Fear deals with topics that expands into philosophy, psychology, and biology and of course neuroscience.

“ TO UNDERSTAND THE BRAIN YOU NEED TO UNDERSTAND A WIDE RANGE OF INTERCONNECTED FIELDS. FEAR IS A PRIMARY EMOTION; SOMETIMES WE REACT TO THINGS SUBCONSCIOUSLY THAT PLACES US IN AN ADVANTAGEOUS POSITION IN A LIFE-THREATENING SITUATION. ”

To understand the brain you need to understand a wide range of interconnected fields. Fear is a primary emotion; sometimes we react to things subconsciously that places us in an advantageous position in a life-threatening situation. What comes first the chicken or the egg? It's questions like these, early scientists and the philosophers have pondered



The Danish Opera House

and have interesting implications on the cognition patterns of the mind. It was once thought that each part of the brain relates to a specific emotion like happiness, sadness, anger, and so on. That theory has been thrown out to window you could say because of the advancements of neuroscience. So what part of the brain deals with fear?

In my research on the human fear of spiders and snakes I found many studies pinpoint the specific area of the brain that is activated with the increase of cerebral blood flow during a negative stimuli to be the amygdala. It turns out the amygdala is the part of the brain that processes the emotion of fear. So what if you did not have an amygdala you ask? Then you would not feel/ understand/comprehend the concept of fear. A study done by a group found that when they had lesioned the amygdala of a mouse completely the mouse portrayed zero characteristics to a danger stimulus. In comparison to a prior test of the same mouse without the lesioned amygdala, which showed the fight or flight response mechanism.

Some theorize that the fear humans have in fear-related animals such as snakes and spiders can be rooted to evolutionary history. This is of course completely plausible because mammals have had to understand threatening predators and adapt to life threatening situations throughout evolution.

Straying away from the nitty gritty stuff. I was also given the opportunity to visit a neurophysiologist from one of the best hospitals in Denmark. I was able to sit in an interesting discussion on the endocrine system and the various functions it foresees in our bodies. This

opportunity for me was beyond just the science because I was able to explore the picturesque city of Copenhagen. I did notice some interesting factors that could contribute to Denmark's overall blissfulness, which could include tall beautiful women, the rate of alcohol consumption and the love for a tasty pastry.

All jokes aside, Copenhagen has a tremendously rich history, after all one of the most famous philosophers



Downward view of the spiral staircase atop Church Of Our Saviour

Søren Kierkegaard was born there. The Danish architecture was simply awe-inspiring; cathedrals, museums and even theme parks were flat out impressive.

Copenhagen is truly a tourist's city because of the abundance of English speakers and heart-warming hospitality it was easy for me to fall in love.

(Praveen Balakumaran is entering 2nd Year at St. Lawrence University (NY), studying Pre-med)

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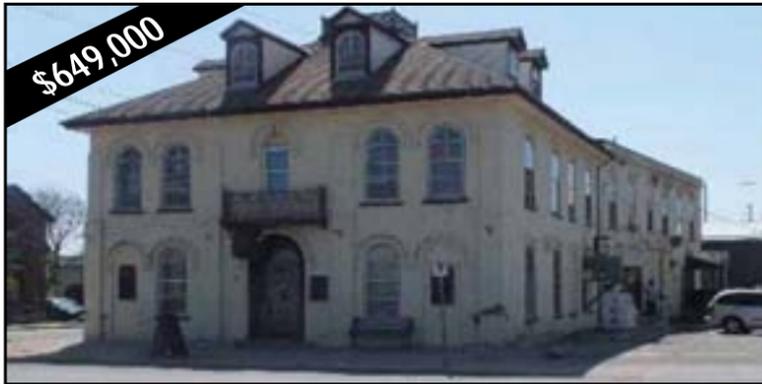


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A healthy democracy is marked by informed participation

By Shri Pranab Mukherjee, President of India

It is a privilege and honour for me to deliver the first Convocation Address of the Indian Institute of Technology, Jodhpur. I congratulate the Chairman, the Director, distinguished members of the board, faculty, staff and students on having built a good reputation for IIT Jodhpur as a premier technology institute, both nationally and internationally, within a very short period of time.

Convocation is an important occasion marking the end of a vital phase in the life of a student. My heartiest congratulation goes to all graduating students of IIT Jodhpur. I am sure you would agree that your success would not have been possible without the support and contribution of your family members and faculty.

Pt. Jawaharlal Nehru, in his convocation address at IIT Kharagpur in 1956 said - and I quote, "You will find in a country technologically developed, how Engineers and Scientists play a far more important role even outside their sphere of Engineering and Science. That is right and that is bound to happen in India." The IIT system is a symbol of the progress and success of India in the field of technology. I am happy to know that IIT Jodhpur has introduced under graduation programs such as Systems Science and Bio inspired System Science, where existing frontiers of science are challenged through interaction between various disciplines ranging from art, humanities, engineering, Biotechnology, Quantum Physics, econometrics, systems thinking and systems dynamics.

India today stands at the cusp of greatness. While there are challenges ahead, there are enormous opportunities as well. Science and technology is duly recognized as the vehicle to take India into the front ranks of the nations of the world. We have to build a large pool of scientific and technical manpower to aid our progress. We have a growing young population. Within a decade, we are likely to have the largest workforce in the world. This demographic transformation must be leveraged by us by expanding technical education in the country. An important initiative taken in this direction during the Eleventh Plan period was to extend the famed IIT system by opening eight new IITs. As the youngest of IITs, IIT Jodhpur has the important task of not only maintaining the high standards that IITs are known for but also carving out a special position for itself in the engineering education sector.

Friends, education has great power for social rejuvenation. The recent increase in cases of brutal assault on women and children has shaken the collective conscience of our nation. These unfortunate incidents call for effective



measures to ensure their safety and security. It also highlights the need for us to bring such degradation of values to an immediate halt. More so, it calls for all of us to engage in self introspection and re-set our moral compass. Our institutes of learning beginning from schools must act as guides in meeting the contemporary moral challenges and ensure that our civilizational values of love for motherland; performance of duty; compassion for all; tolerance for pluralism; respect for women and elderly; truth and honesty in life; discipline and self-restraint in conduct, and responsibility in action are fully entrenched in the young minds.

Our higher education sector today does not have enough good quality institutions to meet the growing aspirations of our youth. Along with measures to increase quantity, the drive to enhance the quality of education should engage the attention of our policy makers. It is a matter of concern that the list of top two hundred universities in the world does not contain a single Indian institution. The past has not been like this for us. Ancient Indian universities like Takshashila, Nalanda, Vikramashila, Valabhi, Somapura and Odantapuri had dominated the world higher education system for about eighteen hundred years beginning Sixth Century BC. The colossal Indian education system was marked by a high degree of efficiency before it declined in the Thirteenth Century AD with the collapse of Nalanda.

We have the capability to regain our lost position. It is possible for at least a few of our universities to enter the global top league. But for that, necessary changes are required in the way our institutes are managed and education in them delivered. There must be flexibility in academic management. A culture of excellence must be inculcated in them. Every university should nurture one or two departments that can be converted into a Centre of Excellence.

Friends, technology can enable refinement in teaching methodology. It can address the challenges of quantity, quality, accessibility, affordability and faculty shortage. E-classrooms permit information and knowledge sharing by wider dispersal of lectures overcoming distance. As expertise in a particular field is usually scattered, experts should be encouraged to interact for significant gains to



The Vice President of the United States of America, Mr. Joseph R. Biden Jr. meeting with the President of India, Shri Pranab Mukherjee at Rashtrapati Bhavan in New Delhi on July 23, 2013.

accrue to the discipline. The National Mission on Education through Information and Communication Technology is an important initiative in this direction.

Higher education should not be a product accessible to only the privileged few. This calls for growth of quality educational institutions across the length and breadth of our country. It also highlights the need to institutionalize various student aid schemes to make education affordable for meritorious students from economically difficult backgrounds. Increasing accessibility of higher education will bring a greater section of youth into the system resulting in a larger pool of trained and competent manpower to fuel the growth centres of our economy.

Friends, innovation is increasingly recognized as the currency of the future. It lends a competitive edge to business, and provides solution for effective governance. It is, therefore, hardly surprising that governments around the world are making a concerted effort to encourage innovation. Our institutes of higher learning, especially IITs, should be the breeders of innovation activity. An encouraging eco-system comprising research fellowship, and inter-disciplinary and inter-university research cooperation is required for that.

The decade 2010-20 has been declared in India as the decade of innovation. We have formulated the Science, Technology and Innovation Policy this year, aimed at an innovation-led development. This policy highlights the need to encourage and recognize innovators, including grass root innovators, who by their sheer brilliance have added value to processes for the benefit of the common man. Centres of higher learning and IITs have a crucial role to play in these efforts. I congratulate IIT Jodhpur for the initiative it has taken to set up an innovation and incubation centre in association with the Rajasthan Government. I hope this example will be emulated by others.

I congratulate the students who have

become graduates today. You are not only a valuable asset for your profession but also the intellectual wealth of our nation. You are the product of an education system of a new nation born out of an old civilization. You must fully understand the democratic ideals of our country. You must not only embrace the rights that are provided in our polity but also accept whole-heartedly your responsibilities towards the nation.

In the words of Aristotle "Excellence is never an accident. It is always the result of high intention, sincere effort, and intelligent execution; it represents the wise choice of many alternatives - choice, not chance, determines your destiny." All of you students chose to be a part of this esteemed institute and as you leave the portals of this Institute today, please remember that you are amongst the brightest young minds of our country. The governance of our country and issues of national importance should excite you. Read, learn and formulate views on them. A healthy democracy is marked by informed participation. Inform yourself and inform others. Choose to engage with our beautiful, complex, often difficult and sometimes noisy democracy. Help the nation create better citizens who understand their rights and responsibilities.

I am confident that the education imparted here in IIT Jodhpur would produce skilled professionals who would enhance the intellectual capital of the nation as well as pave the way for their own self-advancement. My best wishes to all the students graduating today. I would like to end by quoting Mahatma Gandhi. He once said "Be the change that you wish to see in this world." So I say to you all, lead the world, be the change and make India proud.

Thank you. Jai Hind!

(Full Text of Speech by The President of India, Shri Pranab Mukherjee at The First Convocation Ceremony of Indian Institute of Technology, Jodhpur, Rajasthan, held on July 10th, 2013)



Sujatha Singh, India's new Foreign Secretary

Sujatha Singh (59), whose last diplomatic posting was as envoy to Germany is a 1976 batch IFS officer and will be the third woman to head the foreign services after Chokila Iyer and Nirupama Rao. She is the daughter of T V Rajeshwar, the former Intelligence Bureau Chief known to be close to the top brass of the Congress.

Ms. Singh is the wife of former Secretary (East) Sanjay Singh, who retired in April this year. She is an alumna of the Lady Shri Ram College, New Delhi and the Delhi School of economics from where she graduated in economics. She is married to Sanjay Singh, who is a retired Indian Foreign Service officer.

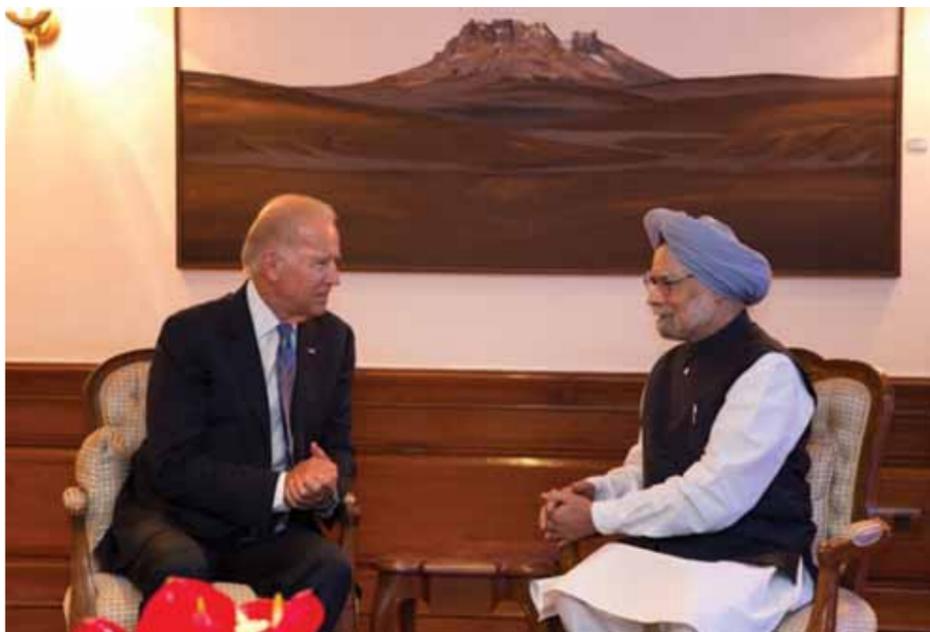
Singh has served in various positions at the Indian embassies at Bonn, Accra, Paris and Bangkok. She has also served as India's High Commissioner to Australia (2007-2012) and is currently India's



Sujatha Singh, a well-seasoned diplomat has been appointed as India's new Foreign Secretary. She succeeds Ranjan Mathai who retires from the Foreign service.

Ambassador to Germany. She has a reputation for toughness, volunteering as a liaison officer on a rain-hit Kailash Manasarovar Yatra in 1983, taking a tough stance with the Australian authorities on dealing with the racial attacks against Indians there.

U.S. Vice President Calls on India to Improve Investment Conditions



Vice President Joe Biden meets with Indian Prime Minister Dr. Manmohan Singh, at Panchavati, in New Delhi, India, July 23, 2013. (Official White House Photo by David Lienemann)

U.S. Vice President Joe Biden is in Mumbai, India's financial capital, on the second leg of his four-day visit to the South Asian country focusing on boosting diplomatic ties and trade.

During an address to the Bombay Stock Exchange on July 24, Biden called on India to improve investment conditions to improve bilateral trade which currently stands around \$100 billion.

"Imagine what our two countries can achieve together in this 21st century. Not only for one another, but for economic stability of the region as well as the world," the vice president said.

He also proposed starting three-way talks between the U.S., India and China saying all three share common interests.

"We are three big nations - China, India, and the United States - with our own perspectives. We have significant common interests, all three of us, and the entire region would benefit if we coordinated more closely. America and India have already built trilateral strong dialogue with Japan. This past time we launched one with China."

After his speech, Biden held a roundtable discussion with Indian business leaders where he noted the 'unlimited po-

Vocalist Sudha Ragnathan chosen for the prestigious Sangita Kalanidhi Award...

Popular Tamilnadu Vocalist Sudha Ragnathan, a student of the late M.L. Vasanthakumari (MLV) who is gifted with a singing style of her own, has been chosen for the Sangita Kalanidhi award of the Music Academy for 2013.

Ms. Ragnathan was the unanimous choice of the executive committee of the Music Academy for this prestigious award. "The award to her represents the transition from musicians from yesterday to the next generation," said N. Murali, president of the Music Academy.

Ms. Ragnathan is the fourth generation of musicians from the G. N. Balasubramaniam (GNB) school to receive the award. After GNB himself, who received the award in 1958, it was MLV's turn in 1977. In 2012, the award went to Tiruchur V. Ramachandran, another student of GNB and MLV.

"I cannot measure my happiness. I have been receiving calls and sharing the happiness," Ms. Ragnathan told The Hindu newspaper.

A postgraduate in economics, Ms. Ragnathan learnt music first from her mother V. Chudamani, and then came

under the tutelage of B.V. Raman. She also excelled in academics and won the outstanding student award three years in a row when she pursued her undergraduate studies at Ethiraj College.

A Padma Shri awardee, winner of the Isai Perarignar award of the Tamil Isai Sangam and the Tamil Nadu government's Kalaimamani, Ms. Ragnathan has won awards instituted by many of the sabhas in Chennai. Ms. Ragnathan will preside over the 87 annual conference of the Music Academy between December 15, 2013 and January 1, 2014. She will be conferred the award at the Sadas on January 1.

The Natya Kala Acharya award, instituted two years ago, will go to noted Bharatanatyam exponent Chitra Visweswaran.

(Source: The Hindu)



SUDHA RAGHUNATHAN

tential' of the two countries relationship.

"We mean what we say when we say that this relationship between India and the United States has unlimited potential, and there's no reason why trade, commerce and intercourse between our countries can't increase exponentially [exponentially]," he said.

Biden also took part in a women's empowerment event on July 25 in Mumbai.

On July 23, the U.S. vice president

met Indian Prime Minister Manmohan Singh and other political leaders in New Delhi.

The White House has said the India trip is part of its rebalancing efforts toward the Asia-Pacific region, calling India an increasingly key player in the region.

Later July 24, the vice president left to Singapore for a two-day visit.

[VOA News]



Pakistani schoolgirl Malala Yousafzai's speech at the UN in New York calling for "free, compulsory education all over the world for every child" is a reminder that back in her home country several million children are out of school, exploited for their labour, and/or abused.

The most recent annual State of Pakistan's Children report, published in May by the Islamabad-based NGO Society for the Protection and Rights of the Child (SPARC), found that out of 120 countries in the world, Pakistan has the second largest number of children out of school (after Nigeria), with 5.1 million children aged 5-9 not attending an educational institution.

"Education is vital for our future. Only when they read can they research, think and do something for the nation. Without education in its true sense there

and processes."

These laws are frequently weakly enforced, particularly in the area of domestic labour.

Earlier this month, an incident in which an influential employer had beaten her 13-year-old domestic servant, Jamil, to death after he dropped a jug was widely reported in the media and confirmed by police in the southern Punjab city of Multan. "Investigations in this case are continuing," city police officer Ghulam Muhammad Dogarm told IRIN.

Another local administration official, who asked not to be named, said child labour was high in the area due to poverty, and "complaints of physical or sexual abuse are made but not often acted on because the families of the victims do not have much power." He believed the incident involving the murder of Jamil was

economic Survey for 2012-13, the literacy rate in rural areas, at 49 percent, is significantly lower than the 75 percent in urban areas.

Facilities at public-sector schools are often dismal, with many lacking furniture, fans, drinking water, toilets, or teachers. According to the 2012 report by the Pakistan Education Task Force, set up by the government in 2009, seven million children are currently out of school and 30 percent of citizens "live in extreme educational poverty", with 15-20 percent of teachers absent from the classroom on an average day.

"My son, aged 10 years, simply kept running away from school, because he was shouted at by his teachers, sometimes beaten and taught very little since his teacher rarely came," said Muhammad Hanif, who lives in the settlement of

owners or big farmers. Land is the sole economic resource in a good part of this country and whatever little opportunities, other than land, have arisen lately have also been monopolized by the same class," said Tahir Mehdi, executive coordinator of the NGO LokSujag, which campaigns for democratic rights and social equity.

Speaking of employment by the wealthy, he said: "They treat their subjects as pairs of hands that should work for them like robots that need to be oiled but don't have any rights and can't make any demands."

Of course, not every child domestic worker suffers. Some, like Pervez Zaman, 13, are more fortunate. Zaman, from the north of the country, says his employer in Lahore pays him well, has given him an additional food allowance and is now

Housework not homework for millions of children in Malala's Pakistan

is no hope for this," said Basarat Kazim, president of the Lahore-based NGO Alif Laila Book Bus Society which campaigns for education, literacy and modernization in the education sector.

A significant number of these children end up in the workplace.

"Child labour is a highly accepted social norm from a very young age for both girls and boys," said Smaranda Popa, the chief of child protection at the UN Children's Fund (UNICEF) in Pakistan. "These children are not only denied access to their rights to education, protection, health and development but are also highly vulnerable to abuse and exploitation."

Figures on the precise number of child workers are somewhat uncertain, with estimates ranging from 3.3 million, according to a 1996 figure from the Federal Bureau of Statistics, to 12 million, according to more recent estimates by media reports and NGOs. The International Labour Organization estimates one quarter of these children are involved in the worst forms of child labour, including slavery, commercial sexual exploitation of children, using children to commit a crime, and work that is harmful to the "health, safety or morals" of children.

The Pakistan Bureau of Statistics in its 2010-11 Labour Force Survey puts the number of child workers at just 4.29 percent of the country's children aged 10-14, in other words 855,426 of the 19.94 million children in that age range, according to 2011 figures from the government's Economic Survey.

According to SahibaIrfan Khan, programme officer child labour at SPARC's Lahore office, the only major law on child labour is the Employment of Children Act 1991, "which just regulates child labour for those less than 14 years of age and prohibits it in specific occupations

taken up only because "the news reached the media."

Other cases of abuse go unreported. "My 11-year-old daughter, Habiba, worked as a maid in a big house, helping to look after three young children, and doing all kinds of other tasks such as washing dishes," mother Shahida Bibi, of Lahore, told IRIN.

"I took her home after I visited one day and found her covered in bruises as a result of the beating she had received from her employers, who said she did not work hard enough. She also told me she was made to labour for up to 14 or 15 hours a day."

Such stories are not unusual, according to SPARC. "Thousands of children working as domestic servants are deprived of their basic right to education and are often subjected to abuse and violence," said Khan.

Data compiled by the organization shows that between January 2010 and December 2011, 18 cases of "severe" torture and abuse of child domestic labourers were reported. Of these 18 children, 13 died as a direct result of the violence inflicted upon them at the hands of their employers.

"In the first six months of 2013, 14 cases of violence against child domestic workers were reported in media, out of which nine resulted in the death of the child," Khan said.

Poverty, inadequate educational facilities and a lack of awareness of the negative impacts of such work are a key cause of the high prevalence of child domestic labour, with families sending children into domestic service.

The poor condition of state-run schools, and the lack of access to them, notably in rural areas, also makes it more likely children will be sent to work.

According to the government's Eco-



Malala Yousafzai of Pakistan addresses youth delegates at the Malala Day celebration and UN Youth Assembly at UNHQ, Jul 15-pic-UN Global Education First Initiative

Shahdra on the outskirts of Lahore.

Hanif says he was unable to pay for private schooling, and rather than have his son "roam around on the streets", he arranged for him to be employed as a house-help. "He is at least given his meals, even if it is just a few leftovers or lentils, and he brings home Rs 2,500 [US\$25] each month," Hanif said.

The wage is less than half of what would, in most cases, be paid to an adult. SPARC says children are preferred for domestic labour because they are considered more obedient, and can be hired for less pay. There is, however, a twist to the tale. For generations, employing child domestic workers has been considered an act of charity.

"Employers believe that since employing poor and unfortunate children is in itself a great favour to the child, they have the liberty to treat them as they wish," Khan said. This attitude is also tied in to traditional culture in a society highly stratified on the basis of class and wealth.

"Feudal lords are not just large land-

planning to arrange for private lessons so he can catch up on the studies he missed out on when he was younger.

However, such cases are rare. The incidence of abuse among young domestic workers is high, as SPARC has recorded, while simply being at work also means they are missing out on schooling.

To address child labour, UNICEF says, Pakistan must harmonize its legislation with international standards, implement those laws, provide functional child and social protection systems including for family poverty, improve access to and use of social services, and increase the amount of "decent" work available to adults.

"Any state invests in its sustainable development by investing in education," Popa said. "No child should be forced to substitute school with the worst forms of labour."

[Report by IRIN, the humanitarian news and analysis service of the UN Office for the Coordination of Humanitarian Affairs]



MANAGING YOUR MONEY



Avoid the Clawback

David Joseph,

M.A.(Economics), CFP®, CLU

The good news for seniors...you receive a variety of tax assisted benefits and tax credits from the federal government that are not available to others. The not-so-good news is that these benefits are income tested and that can result in Clawbacks from Old Age Security (OAS) payments and the Age Credits.

OAS is a monthly benefit available to most Canadians age 65 or older. Some retirees see it as a golden age perk. For others, it's a vital addition to their retirement income. Whether you're 65, 55, or younger, you have probably heard about Canada's Old Age Security Pension (OAS). It's been in the news a lot lately because the 2012 federal Budget included proposals to increase the OAS eligibility date from age 65 to age 67. However, those budget proposals will not affect your eligibility date if you were born prior to April 1958. OAS is one of the resources on which to build your retirement income. You must apply to receive OAS and you are eligible if you are 65 or older and have lived in Canada for at least 10 years after turning 18. Apply for OAS six months before you turn 65 using an application kit available at Service Canada Centres or their website.

You are eligible to receive a full OAS pension if you have been a legal resident

in Canada for at least 40 years after age 18. If your Canadian residency is less than 40 years, you may be approved for a partial pension, with the amount calculated and prorated on how many years of Canadian residence you have between 10 and 40 years.

The maximum monthly OAS benefit is \$540.12. It's reviewed each quarter against the Consumer Price Index (CPI) and adjusted as necessary to keep up with cost of living increases. An OAS pension is taxable income. Each tax year, you will receive a T4-OAS information slip to complete your income tax return.

Beware the OAS clawback! It kicks in when your yearly net income exceeds \$ 69,562. You will be required to repay part of your OAS benefit at a rate of 15% for each dollar in excess of that threshold, with a full clawback at an annual income level of \$112,772. OAS income threshold are adjusted annually.

Age Credit is a non-refundable tax credit available to Canadians age 65 or older. For 2012, the maximum amount you can claim as an Age credit is \$6,720. This amount is reduced by 15% of your net taxable income in excess of \$33,884 and is totally gone when your taxable income reaches \$78,684.

You can avoid OAS and Age credit clawbacks by keeping your taxable income to the absolute minimum required

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to meet your needs. Here are some strategies for doing just that.

Pension income splitting: You can allocate up to 50% of 'eligible pension income' - including payments from your investments held within a Registered Pension Plan (RPP) (at any age) and Registered Retirement Income (RRIF) (at/ after age 65) to your lower earning spouse, which usually reduces your family's overall tax bill and clawbacks.

Withdraw the minimum from your RRIF: Withdrawals from investments held within a RRIF are fully taxable, so consider withdrawing only the minimum each year. If you have a younger spouse, base your withdrawals on his/ her age. This will produce a smaller minimum withdrawal.

Invest in TFSAs: Contributions to Tax-Free savings Accounts (TFSA) generate tax-free investment income. TFSA withdrawals are not taxable, so do not result in clawbacks.

OAS is an important source of retirement income-but it is only one component of your overall retirement and financial plan. The right strategies can definitely help you avoid clawbacks, reduce your tax burden and preserve your wealth. Talk to a professional advisor about OAS and other benefits available to seniors such as Guaranteed Income Supplement, the Allowance or the Allowance for Survivor- as well as how to make the most of your retirement income for all your retirement years.

Disclaimer:

This report specifically written and published as a general source of information only, and is not intended as a solicitation for mortgage or to buy/ sell specific investments or insurance, nor is it intended to provide investment advice. For more information on this topic, please contact me.

The Sri Lankan government has made no real progress in holding accountable those responsible for the execution style slaying of 17 aid workers seven years ago despite renewed international calls for action.

On August 4, 2006, gunmen executed 17 Sri Lankan aid workers – 16 ethnic Tamils, four of them women, and a Muslim – with the Paris-based international humanitarian agency Action Contre La Faim (Action Against Hunger, ACF) in their office compound in the town of Mutur in eastern Trincomalee district.

and navy in the massacre and instead blamed LTTE forces or Muslim militia. Families of ACF workers who wished to testify to the commission reported security forces personnel. The commission's full report to President Rajapaksa has never been made public.

In March 2013, the United Nations Human Rights Council adopted a resolution on Sri Lanka, reiterating the concerns of a 2012 council resolution, which focused on the lack of accountability for human rights violations. The council called upon the Sri Lankan government

of ad hoc mechanisms in Sri Lanka have produced very few prosecutions. On July 26, the government announced yet another commission to look into cases of enforced disappearances.

On May 23, 2009, shortly after the LTTE's defeat, Rajapaksa and UN Secretary-General Ban Ki-moon issued a joint statement in Sri Lanka in which the government said it "will take measures to address" the need for an accountability process for violations of international humanitarian law and human rights law.

In April 2011, a panel of experts au-

rights, Navi Pillay, is scheduled to visit Sri Lanka in late August. Human Rights Watch repeated its call for the UN secretary-general or other UN body to create an independent international investigation into violations by government forces and the LTTE. This investigation should make recommendations for the prosecution of those responsible for serious abuses during the armed conflict, including the ACF case.

Participating countries at the Commonwealth Heads of Government meeting in Sri Lanka in November should

No Justice in Aid Worker Massacre in Sri Lanka by Human Rights Watch (HRW)

The killings occurred after a several-day battle between government forces and the separatist Liberation Tigers of Tamil Eelam (LTTE) for control of the town. The ACF team had been providing assistance to survivors of the December 2004 Indian Ocean tsunami.

"The Rajapaksa government is good at throwing bones to the international community, but not at taking serious measures to find and punish those responsible for serious abuses," said James Ross, legal and policy director at Human Rights Watch. "If the families of 17 aid workers can't get justice for their loss, it's hard to be hopeful for anyone else."

In July 2013, the government of President Mahinda Rajapaksa, in apparent response to increasing international pressure, took long overdue steps by directing state lawyers and investigators to review the case and prepare a comprehensive list of witnesses. This was one of several recent moves by the government to adopt previously disregarded recommendations of its Lessons Learnt and Reconciliation Commission (LLRC) in 2011, created following the defeat of the LTTE in May 2009.

The University Teachers for Human Rights (Jaffna) has published detailed findings on the Mutur killings based on accounts from witnesses and weapons analysis that implicate government security forces in the area at the time. The group reported that two police constables and naval special forces commandos were alleged to be directly responsible, and that senior police and justice officials were linked to an alleged cover-up.

In July 2007, the Presidential Commission of Inquiry, established after the Mutur killings to investigate 16 major human rights cases, exonerated the army



A member of the French aid group Action Contre La Faim places a wreath in front of the photographs of his 17 slain colleagues at their memorial in Batticaloa, Sri Lanka on August 11, 2006 – Reuters pic via HRW

to "conduct an independent and credible investigation" into alleged rights abuses and "take all necessary additional steps" to meet its legal obligations to ensure justice and accountability for all Sri Lankans.

The Sri Lankan government has long had a poor record of investigating serious human rights abuses, and impunity has been a persistent problem. Despite a backlog of cases of unlawful killings and enforced disappearance going back two decades that run into the tens of thousands, there have been only a small number of prosecutions. Past efforts to address violations through the creation

authorized by the UN secretary-general issued a comprehensive report on violations of international law by both sides during the final months of the armed conflict. It called on the Sri Lankan government to carry out genuine investigations and recommended that the UN create an independent international mechanism to monitor the government's implementation of the panel recommendations, conduct an independent investigation, and collect and safeguard evidence.

The UN high commissioner for human

publicly express concern about the government's minimal response to these and other serious abuses, Human Rights Watch said.

"Governments seeking justice for the victims of atrocities during Sri Lanka's long armed conflict should publicly demand an international inquiry," Ross said. "Sri Lanka's history of inaction on even prominent cases with strong evidence demonstrates the need for concerted international action."



Keeshigan Pirabaharan Given Honour as Fastest Male Runner by United Sports Club

The United Sports Club has given Keeshigan Pirabaharan the honour of being identified as the Fastest Male Runner in the Tamil Community. On July 13th, the United Sports Club held their annual sports meet at the Birchmount Stadium in Toronto. Keeshigan excelled in all of the events he participated including the individual 100-metre and 200-metre runs, the relay 100-metre run and the long jump competition. He won first place in all three running events while coming second for long jump. The distinction of Fastest Male Runner was given to Keeshigan in an event for male participants of all ages.

Earlier this year, Keeshigan broke two track records at the Durham Regional Finals for both the 100-metre and 200-metre runs. He is currently preparing for the Hershey's 36th Annual North American Finals Track Meet, which will be held on August 3rd in Hershey, Pennsylvania. Keeshigan is fully sponsored for this event by the organisers.

On the 20th of July, Minor Track Association (MTA) had a sports competition and Keeshigan came first in both of his running events, 100 and 200 metre. This competition was held in Brampton. Again, at the Tamil Canadian Markham

Festival held at Bill Crothers Secondary School in Markham city, Keeshigan came first in 100-metre race. Markham mayor Frank Scarpetti and Councillor Logan Kanapathi were present at the event.

It is not strange that Keeshigan is performing in a marvellous manner as he is from a family of sports people. His mother was a good netball player during her school days and played for her school, Jaffna Hindu Ladies College. His grandfather late Mr Eliyatamby Canagalingam was an extra-ordinary sportsman and an excellent soccer goalkeeper. Mr.Canagalingam along with his brother late Mr. Sabalingam were the stalwarts for the sports administration in the Northern part of Srilanka from 1950-1980. They were the Administrators during this time and held various positions in many sports associations in the North and were fully involved in selecting teams for the Northern Province. Both of them were first class soccer referees and were called many times to referee matches in other parts of the world for international soccer games. Both of these brothers were also principals of leading schools in the Northern part of Srilanka. Mr.Sabalingam was Vice-Principal of Kokuvil Hindu College and later became



Principal of Jaffna Central College and Jaffna Hindu College while Mr. Canagalingam was the Principal of Urumpirai Hindu College, Parameswara College and Palaly Training College.

It is also noteworthy to say here that Keeshigan is ranked as one in the top 10 best runners in under 15 years old category by Ontario provincial sports administrators for 100 and 200 metre events.

Keeshigan Pirabaharan is an hon-

our student too and has a future in his hand and Srilankan Tamil community should be proud of. Also, he came second in Spelling Bee competition in the Ajax-Pickering area. He is only 14 years old, now. This picture shows Keeshigan with the Trophies he received including the one received for Fastest Male Runner in the Tamil Community adjudged by United Sports Club at the event held on 13th July, 2013.

Prime Minister Stephen Harper attends opening ceremony of 2013 Canada Summer Games



SHERBROOKE, QUEBEC – Prime Minister Stephen Harper participated in the opening ceremony of the 2013 Canada Summer Games which are being held from August 2 to 17, in Sherbrooke, Quebec.

"During the next 15 days, more than 4,200 remarkable athletes from across the country will Get in the Games and demonstrate their hard work, dedication and team spirit," said Prime Minister Harper. "I look forward to watching the great moments in sport that will emerge

from these Games and on behalf of all Canadians, I would like to wish all participants the best of luck."

As the country's largest domestic multisport event, the Canada Games bring together young Canadian athletes from every province and territory. To date, the Games have united, since their start, over 100,000 athletes. This competition provides participants with valuable experience as Canada's next generation aspiring to reach the podium in major international competitions.

Federer pulls out of Rogers Cup for unnown reasons

He recently complained of a bad back however





God and Sweet Grace: in Tribute of Manjula Vijayakumar

By K. Thirukumran

Veteran actress Manjula Vijayakumar passed away in Chennai on 23 July.

Manjula has acted in more than 100 films in various south Indian languages including Tamil, Telugu and Kannada. She passed away due to a stomach injury.

The following is a translation of the song "Kadavul Oru Naal Ulagai Kaana Thaniye Vanthaaram" – from Tamil Movie Shanthi Nilayam - Actress Man-

jula Vijayakumar, appeared in that song sequence along with few other children. Shanthi Nilayam was Tamil film industry's adaptation of Sound of Music. Shanthi Nilayam (Released in 1969) was her first movie and she acted as the daughter of Gemini Ganesan. She later went to star as heroine in several movies with leading stars of the then Tamil movie world such as M.G. Ramachandran and Sivaji Ganesan.

*God surfaced alone on the earth one day
Saying hello to each and every passerby*

*One said life is great
Another said its gruesome
Prompting the creator burst in grin*

*Harmless hearts of toddlers I rendered
Who brought cash, loot and greed
Boundless water and land I delivered
Belongs me desire why settled
God remained perplexed
Human policy puzzled*

*One said life is great
Another said its gruesome*

*Prompting the creator burst in grin
Trotting on school pathways God
Seeing self in chit-chatting sweet grace
Splashing hearts full of love tots
Truth seen enough said heaven returning God*

*God surfaced on the earth one day
Saying hello to each and every passerby*

(Original Tamil lyrics, Poet Laureate Kannadasan)



Manjula Vijayakumar
(September 9, 1953 -
July 23, 2013)
in Tamil Movie
"Santhi Nilayam"

Vaali: His passion lass was in poetic pomp

By K. Thirukumaran

'Evergreen' Lyricist and poet Vaali passed away today, July 18th in Chennai at the age 82. He was born as S. Rangarajan in Thiruparaithurai near Tiruchi on 29 October, 1931.

Vaali has been my favorite poet, particularly since the time I was translating one of his golden oldies a few years ago, the song was "Ulaga-mengum Ore Mozhi":

One Language all over the World

Language spoken in loving hearts..

Language spoken without sound..

Language of sphere-less divine...

A bird in varied colors

One lyric many ragas

Nights alike seasons differ

Delight same for the many souls

Separated by sea and sky

Swirling wind too lack love's swiftness

Souls may be separated into two

But love is just one – named divinity

One sky – one and only moonlight

Years those gone by millions

Impart love, reciting poetry and delving arts

The united in millions

Mass in the millions spoke it yet

Love sprouts swiftly

Be globe trotting, still

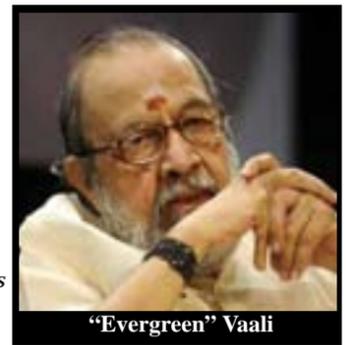
Google, skype, BB, text plus unite love

One language all over the world..

Language spoken by hearts in love..

Language spoken without sound..

Language of sphereless divine...



"Evergreen" Vaali

That Song was written by Poet Vaali, for the 1966 blockbuster Nadodi starring Makkal Thilagam M.G.R – M.G. Ramachandran sings of the language of love – as a true global spirit, for the betterment of humanity everywhere.

Many a times now I peruse on the information regarding the name of the lyricist of the songs, particularly oldies to find many popular songs of the 60s onward era to be that of Poet Vaali.

His songs of the adored lass in the movies have been portrayed in poetic pomp of surprisingly charming connotations.

A particular hit movie of that time is said to be 'Kalangkarai Villakkam'.

In a song from this movie the loving hero MGR singing the misfortune of missing his sweetheart begins with telling of a poem he bought – that she borrowed from him. It is all told about while taking a leisurely walk onto catching the glimpse of the breeze, pondering nature and poetically perusing she's whereabouts.

In a song for Gemini Ganesan, praise of womanhood comes from where the Vaali poem features beauty of lass encompassing the three ancient kingdoms as he crowns she as valorous Tamil Nadu.

Vaali wrote another popular melody "lotus cheeks" of the lass for a K.S. Balachandar's movie starring the prolific comedian Nagesh as hero!

Vaali in a 1971 movie wrote for hero Sivaji Ganesan as he sings to little girl artiste Sri Devi who will latter become mega star, in a scene feeding and adoring she.

The poem includes a verse that education garnished through the learning of great books, the wealth you render to benefit others, and bliss you get in the higher well being of others, is all what divinity is.

His departure gives sadness; Vaali, regarded as the "Youthful Poet" and giving him the name "Evergreen Poet" shall endure in the hearts of his fans, his poetic passion will parade in pomp and pageantry forever.

Vaali has written poems and lyrics for all superstars and stars of the Tamil silver screen of three generations. His writings on epics Ramayana, Mahabharatha as well as Lord Krishna portray his spiritual leanings in depth, though he is known to have expressed atheist views.

Vaali's Murugan song "Katpanai Endralum, Katsilai Endralum" rendered by T.M. Soundararajan enchantingly endures all devotees of the lord of youthfulness and benevolence everlastingly.

Vaali prior to joining the cinema world functioned in radio and dramas. Vaali is popular as an actor as well, starring in movies as well as tele-dramas.



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25th Year Celebrations by Hartley College Old Boys in Toronto

The "Cruise, dinner and dance" organized as part of the 25th year celebrations of the Hartley College Past Pupils association of Canada and USA took place on the 30th of June 2013. Attended by 475 members, friends, families and well wishers the event was a grand success.

The cruise was offered by "Mariposa Cruises", one of Canada's largest hospitality cruise operators. They are well known in the field with a fleet of wonderfully well maintained and unique styled vessels in the industry. HCPPA was able to secure boat called the "Northern Spirit". This particular vessel is delightfully bright and contemporary. This 140-foot ship boasts three spacious decks and is a

popular choice for entertaining a large group of fun loving people.

On a pleasant day all the guests gathered at the Toronto harbor front at 6.30. Registration and boarding started at 6.45. The dinner started at 7.30 as the vessel started to move into Lake Ontario. From the moment onwards all guests knew that this was going to be a fun filled evening. Around 8.30 the Basement Sound Crew started entertaining the crowd with some wonderful fusion music. A hip-hop song presented with traditional Nadhaswaram and drums is something different indeed. The guests were also entertained by Vijay TV fame Vijitha Mylvaganam Sureshkumar and

Raghavan. Some of the guests also entertained their peers with their singing and dancing skills as well.

While all this was going on in the first and second decks some of the crowd was having a jolly good time on the open deck. If sunset was such a pleasure to watch from the top deck, watching the city from the waters was also a different experience. At 9.30 our vice patrons Mr. M. Atputhanathan, Mr. V. Eeswaranathan and our president Mr. R. Rajezwaran cut a cake to mark the 25th anniversary celebrations. Basement Sound Crew, Vijitha and Raghavan kept the guest entertained all this while and the guest themselves were having a fantastic

time dancing to the beats.

The Vessel stopped in the middle for a while as we were treated to some fantastic firework on the shores. The fire work lasted about 20 minutes and was enchanting. After the firework we started moving towards the harbor front and the Basement Sound Crew gave a fantastic finishing touch with some great mixture of evergreen and new beats. We hit the shores at 11.00 p.m. It was a worthy evening spent for a

worthy cause. Some of the photos taken at the event can be seen here.





Artistic director of Velliambalam School of Dance, Chennai
"Kalaimamani", "Nriya Choodamani" **Thirunagai Narthaki Nataraj**
Proudly presents
Her inagural Canadian student, "Muthamizh Selvi" **Yalini Rajakulasingam**
in

SENTHAMIZH AADAL ISAI AMUTHAM

A night of dance to pay homage to the late predecessor of Guru Narthaki Nataraj
"Isai Perarignar" **Tanjore Quartet's K.P. Kittapa Pillai**
in celebration of his historic centenary



Orchestra

Nattuvangam

Guru Narthaki Nataraj

Vocal

Selvi K.P. Nanthini

Mridangam

Thiru Nagai S. Narayanan

Violin

Selvi Shangeetha Shankar

Program director

"Kalaivalarmani" Thirunagai Shakthi Baskar

Date: Aug 10th, 2013

Time: 5:30pm

Venue: Sir John A. Macdonald Collegiate Institute
2300 Pharmacy Ave, Toronto, ON
(Finch & Pharmacy)



After five long years of operating in donated community spaces across the GTA, the South Asian Autism Awareness Centre (SAAAC) finally found a permanent home. On July 10, SAAAC put down permanent roots in the community it has served since 2008. Located in Scarborough, the 5000 square foot facility will now house a variety of therapies and programming, and will serve over 100 families in various capacities.

The grand opening was a culmination of years of intense community effort and resolve that promoted a culturally sensitive and cost effective treatment model that took into consideration the challenges of language, low income and cultural stigmas.

"It was a very emotional day for me," says Geetha Moorthy, founder and executive director of SAAAC. "I remember we started this organization in the basement of my house with a handful of families and volunteers. Now we have our own space to really help these children and young adults living with autism spectrum disorder (ASD)."

ASD affects 1 in 88 children in North America. The disorder encompasses a range of developmental conditions that poses severe challenges in how an individual socially interacts, communicates and behaves.

"ASD is already a very complicated disorder," says Dr. Jonathan Bertram, director of SAAAC. "But for South Asian families who have children with ASD, there are additional challenges that prove quite devastating if not addressed. That's why we started this centre."

SAAAC began as a response to the silence, shame and stigma associated with developmental disability in the South Asian community. "It was heartbreaking to see," says Geetha remembering. "We came across countless families who were ashamed to bring their children out in public. Most of these parents did not have adequate fluency in English and did not know how to navigate the mental health system. They did not know who to turn to for help. They kept their troubles to

themselves, suffering in silence."

SAAAC began with first offering workshops and support group seminars to families. Soon the organization began to create programming for children and young adults with ASD. Since those early days in 2008, the organization has grown into a multi-disciplinary operation which includes physicians, behavioural therapists, speech therapists, dance/music therapists and social workers. Using a task shifting model, SAAAC has been able to utilize



THE GRAND OPENING OF THE SOUTH ASIAN AUTISM AWARENESS CENTRE



autism experts and health professionals to train and supervise members of the community in the provision of individualized, cost effective, one-on-one care for children and youth with ASD.

The new centre will house services that range from traditional therapies such as speech therapy and Applied Behaviour Analysis (ABA) to more innovative programming like visual arts, dance and music. It is also a space for families to meet, share personal experiences, and create an intimate network of friends where they can derive a sense of community and support.

"I really do believe we are a special organization," says Geetha. "Not because of the treatments or services we provide, but because of the people who make up SAAAC. We have amazing parents who help other parents; we have passionate young people looking to help children with autism; we have local businesses and community members supporting us any way they can. We have come a long way – from a time when no one knew about autism and the deep scars it left in our community, to everyone supporting each other in order to see these children and parents succeed. We truly are a community organization in every sense of the word."



“AN AWAKENING CALL” – AN EVENING WITH SPECIAL PEOPLE GALA FUNDRAISER DINNER NIGHT FOR OCTD

Organization of Canadian Tamils with Disabilities (OCTD) held their first Fundraising Dinner on 19th July 2013 at the Princess Banquet Hall in Toronto. Despite the heavy rains, it was an incredibly successful event bringing together around 250 supporters and other charity donors. Looking around the room it was very encouraging to see the hall packed with guests from different walks of life, in support of a noble cause.

OCTD had been in the forefront among the Tamil community helping many parents and children with varied disabilities. This organization is just one of its kind among Tamils in Canada. Being a pioneer organization for Tamils, OCTD has helped many parents to come out of seclusion from the society due to the stigma caused by the disabilities of their loved ones for no fault of theirs.

Founded in the year 1997 with handful of people with disabilities, OCTD has grown into a vibrant group doing valuable service to people with various mental and physical challenges that prevent them from

challenges, Uma and Ducksalan danced to the admiration of the audience.

Karuna, a committed member of the organization in a wheelchair, delivered a poem eloquently in Tamil in praise of OCTD and how it has changed his life for the better. A video presentation of Jayanthi in a wheelchair, explained how she and her mother were able to get over isolation from the society after they learnt about OCTD and its activities. She thanked the organization for all the support and encouragement given to her.

Mr. Logan Kanapathi, Markham Councilor and a great supporter of OCTD and the Tamil community, addressed the audience in praise of the services rendered by them. The Markham Councilor pledged towards the cause that was followed by business communities and well-wishers.

Logi treated the audience to an informative power point presentation. She traced the history of the organization and their future plans and goals. As well, made them



Logi Mariathan a seventy year old grand mother and a disabled will be sky diving for the same cause on Sunday August 11th at 10.30am at 5714 Smith Blvd., Baldwin (Hwy.48 and Smith Blvd.)



Some of the participants at the Gala Fundraiser Dinner Night for OCTD

melodious song (Vaalhupaatu) for her efforts to help OCTD.

During the latter part of the evening, Sumi once again reiterated the purpose of the event and asked members of the audience to help raise a substantive amount to support OCTD to expand the scope of the organization. Many from the audience pledged generously, making the event a great success. Logi thanked the generous contributors, volunteers, friends and families whose supports made this event a most successful fundraiser.

The night was thoroughly enjoyed by all in attendance. A sumptuous dinner was served that was followed by the able and the disabled, joyfully dancing hand-in-hand through the night. Indeed, it was an awakening call to all!

leading a normal life. It has opened up a new horizon for its members, instilling a sense of belonging and togetherness among them.

Sumi Prabharan was the energetic and lively Master of Ceremonies and the fundraiser for the evening. As a fundraiser she spoke passionately about the cause, and empowered people to make an informed decision to support the OCTD. Many stories and testimonials were shared, and as a result, people gave generously. Sumi made it clear that Logi Mariathan was the major motivating force for the event to expand its scope and activities for the benefit of the physically and intellectually challenged people.

The fundraising evening was filled with fun, food and entertainment. Nevertheless, there were moments when it brought tears to our eyes. The highlight of the event was the testimonial of a mother who spoke candidly of her experiences and emotions when she found that her child was a special need child. As well, Krishan who expressed his views by sign language while his brother did the interpretation. This was a good example of how people are able to cope with utmost challenges and lead a satisfactory life. Two members of the organization with

aware of the many challenges they are faced with. “Life is tough enough for people with all their faculties intact, but for those with disabilities, life is even tougher” she said. Her presentation was well received by the attentive audience.

Nalini, Yoga, Jothy, and Viji, all active members of the OCTD commended Logi who had the insight to organize such a fundraising evening. As well, to have the courage to do the ‘Skydive’ for the same cause on Sunday, August 11th at 10:30 am at 5714 Smith Blvd, Baldwin (Hwy 48 & Smith Blvd). Viji sang a touching,



Children performing



Musical performance



Scotiabank Caribbean Carnival Toronto 2013

Scotiabank Caribbean Carnival Toronto is an exciting three-week cultural explosion of Caribbean music, cuisine, revelry as well as visual and performing arts from July 9th to Aug 4th. The Caribana parties and events are great but the main attraction of Toronto's Caribbean Carnival is the Grand Parade (North America's largest Caribbean Parade). With over a million people attend, this year's Caribbean Carnival Parade started off inside Exhibition Place as the competing Masquerade Bands (also known as Mas Bands) filled the stadium with live Soca, Calypso and Steeplan music! The elaborate costumes, props and lively dancers brought everything to life and added to this incredible experience that happens only once a year.

The Caribbean calypso beat has been a staple at the Toronto Caribbean Carnival Parade since the festival's debut in 1967. Soca is newer to the scene, popping up about 15 years ago. For those not familiar with this sexier cousin of Calypso, its sound is faster and lyrically can be sexually charged or just plain comedic, depending on the song. Steelpans were all over the parade route and Toronto's Caribana attracts some of North America's most skilful players.

The most important and biggest event of the Caribana weekend is the Caribbean Carnival Parade that kicked off August 3rd, 2013 starting at 10am and ended at 6pm (just enough time to get ready for one of Saturday's many Caribana nightlife celebrations). The Parade route began at Exhibition Place, travelling down Lakeshore Blvd West and ended at Lakeshore and Parkside Drive (approximately 4.5 kilometres).

Photos taken by photographers **Jadhu Nadarajah & Ken Viveka**, exclusively for **Monsoon Journal** during the parade on Saturday, Aug 3rd.



Jadhu Nadarajah





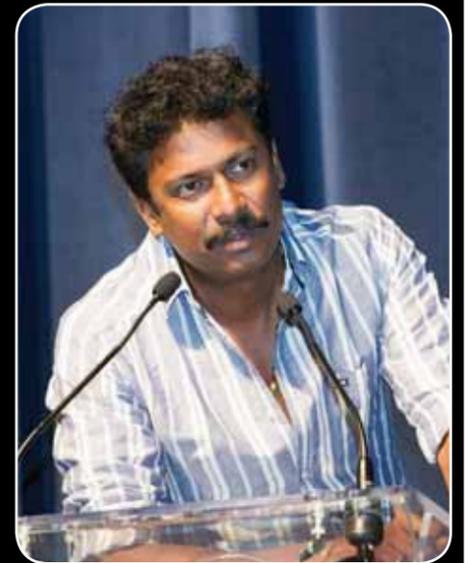
2013 FeTNA Convention in Toronto concludes successfully

26th annual convention of the Federation of Tamil Sangams of North America held in Toronto from July 4th-7th brought charm and colour to the city with attendees taking in all activities from arts and culture to business and socio-political events. Events were held for youngsters as well.

The Birth Centenary celebration of Fr. Xavier Stanislaus Thani Nayagam was also held at the FeTNA Main Convention venue, from July 5-6th at the Sony Centre.

FeTNa and the Canadian hosts, The Canadian Tamil Congress (CTC) has issued a media brief thanking all for a successful convention. The CTC statement said, "Many thanks to all the participants, performers, guests, and most importantly the pillars of the event, our invaluable volunteers who made all this possible! We have made history and critics agree that we have raised FeTNA Convention to the next level! Toronto will be known in FeTNA history as one of the memorable Thamil conventions ever!"

Pictures from the convention: (Pictures via: facebook.com/fetna2013 & facebook.com/Ninaivukal)





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Tamil Canadians and Friends mark 30th Anniversary of "Black July '83"

National Council of Canadian Tamils (NCCT) organized an event marking the 30th Anniversary of "Black July '83" on July 27th. Attendees remembered the 3,000 Tamil lives that perished, the 150, 000 rendered homeless and as of the state backed anti - Tamil pogrom in the island of Sri Lanka. It was held in the evening at Albert Campbell Square - Scarborough Civic Center. - Pictures from the event are displayed below:





Community Watch

Tamil Cultural & Academic Society of Durham

Ajax Home Week Parade

By: Tobias Pushparajah

The Tamil Cultural Academic Society of Durham has once again been involved in the Ajax community; this time in the 43rd Ajax Home Week Parade. The annual parade kicks off a week of events and celebrations during Ajax Home Week. It is a chance to give back and thank the people of Ajax. TCASD has been contributing to the parade for over 4 years with a continuous phenomenal display.

The parade was on Friday, June 14th at 8:30pm located at the Durham Centre

in Ajax. Many members of the TCASD community have showed up to show their support for the Town of Ajax. TCASD has also been hosting an annual festival called 'Believe In You' which allows all the youth to participate and get a chance to take leadership as well as learn new experiences.

But also, say thank you for all their support and help throughout the year. They plan to continue to show their support to the town and also continue participating in the following years.



Canada Day

Tamil Cultural Academic Society of Durham's 2013 Canada day spent at the Pickering location turned out to be a great success! A variety of different booths were set up to represent each organization, to ensure that everyone is included in such an event.

TCASD represented the Tamil culture and made sure everyone got an idea of the traditional culture. Many TCASD youth members came out to this event to help organize and provide the best for the Durham community. At the booth, TCASD sold samosas, iced coffee, jewellery, cloth-

ing and also provided free henna. We are proud to say that a large amount of diverse individuals joined us with free henna and helped us represent the Hindu religion and also the Tamil culture.

TCASD had also presented two singing performances, which included both the English language and Tamil language. We are pleased to be apart of the Canadian Nation and be able to represent our culture as well. This day would not have been a better success without the volunteer help of all the youth members from each organization.





Lights of Hope Charity Gala - 2013

The Tamil Cultural and Academic Society of Durham presented its fourth Annual "Lights of Hope Charity Gala" on Friday June 7, 2013 at the Queens Palace Banquet hall, Scarborough. In addition to its TCASDs annual support of Durham youth and community initiatives, this year's theme, 'Life in Vanni' was to fundraise for the home land and Vanni Rehabilitation Project. The goal of the fundraiser was to give comfort to war victims of Vanni and the surrounding villages, focused on basic needs, rehabilitation and better education for the families in need.

"Life in Vanni" was indeed a spectacu-

lar night, with full attendance by an audience of dignitaries, members, sponsors and well-wishers. Following formal opening ceremonies, the event commenced with a picturesque audio visual walk through of 'Vanni past to Vanni present'. This was presented by the night's two co-hosting Masters of Ceremony, TCASD's own youth members from its founding in 2008, Navena Swaminathan and Karrtik Tharmaratnam. The opening Vishwa-roopam Dance, choreographed by and performed by TCASDs own youth girls, was mesmerizing. The Opening Address by President Tom Thiru opened the way for many other guest and various commu-

nity speakers, including those of Tamil community's well-known Mrs. Usha Sris-kandarajah, provincial and municipal dignitaries, all in support of the night's worthy cause. A stunning visual slide-show presentation "Sithariya Mottukkal" by TCASD's youth Abira Vaithalingam brought awareness of the plight of the people of Vanni. The innovative closing dance by TCASD youth, taught by Thulasiga Sathianathan and Iswariya Thay-apan, was beautifully directed by the well-known Tamil/French dancer/choreographer Master Premgopal Santhana-gopal. This dance depicted the struggle of Tamil victims of war, highlighting the

night's purpose of bringing awareness.

In line with prior TCASD's prior years' commitment, there was a further contribution this year through TCASD's own youth efforts with a cheque presentation of funds raised by Tanesha Thirukumar to Lakeridge Health, Oshawa. Further vocal performances followed including those by Tharmini Thisyan's students from the school Mithu Gaana Lay-am. Spontaneous well-wishers speeches followed after an excellent cuisine, raffle ticket draw, closing Vote of Thanks by Kiruba Maniam, Vice President of TCASD, and evening festivities were to continue well into the night.



Father's Day

TCASD proudly organized the first Father's day celebration on June 16, 2013 at Willow Brook Park. This event started around 11AM and lasted until 11.30PM. Many activities were organized and there was plenty of delicious food to go around. There was a B.B.Q during day time and "Kottu Rotti" for dinner. For the sports fans, cricket and soccer was played.

The children also had a chance to talk about their father's. They sang songs, which were dedicated to their father's and at the end of the celebration, we cut a cake. This was a great opportunity to appreciate the men who dedicated their lives as father's or as father figures. Thanks to all the organizers, this event was successful.





Durham Tamil Association Annual Sports, Family Picnic & Carnival

On Sunday the 21st July, 2013 Durham Tamil Association had its Annual sports meet at the Greenwood Conservation Area in Ajax with pomp and show. With over 168 adults, 93 kids and 48 youth a large crowd had gathered to enjoy the day's festivities. Members of all ages from the Durham Tamil Association took part in the day's events energetically, and even the youngest budding athletes had the chance to participate in obstacle courses. Numerous activities including Jumping Castle, various carnival games ,cotton candy, popcorn and sno cones were also there for the kids. The main objective of this sports meet was to edify DTA members about the value of healthy and happy living. Josh Suresh,President of DTA emphasized the significance of

maintaining healthy and happy life. He also advised to utilize youth power to build an ethic and peaceful society and bring unity in the community. At the sports meet, Mr. Joe Dickson – MPP Ajax-Pickering, MP Corneliu Chisu , MP & Minister Tracy MacCharles - Pickering,Scarborough East, Steve Parish - Mayor of Town of Ajax , Renrick Ashby – Ajax Councillor, Peter Roudrigues – Pickering Councillor, Roland Rutland of Baha'i Community of Ajax, Esther Enyolu - Executive Director of WMRCC and other community leaders were present . The major highlight of the event were the competition in various types of sports like Volleyball, Kabaddi,Tug-of-war,Relay,Sack jumping ,Running Race,Jello Eating race, Musical Hoop,Dice Picking Game and

three-legged race . All the prize winners were awarded with medals by the chief guests. Kids and youth had many games and were kept entertained by Mano Pancharatam – Secretary of DTA who coped the show with its joie de vivre till the end. DTA provided delicious vegetarian and non vegetarian lunch like Burgers, Hotdogs which was made by Mr.Uthayan Manickavasagar and Mr.Gnanamoorthy Manickavasagar.Most popular mutton Srilankan Dish Koththu Roti was prepared in the live cooking station by Kanga Sivanathan - VP of DTA who also took care of the logistics for the occasion. Thanks to the two great chefs Mr. Swiss Johnson and Mr.Sivakumar Navaneethan who helped him in making Kothu Roti. The traditional and healthy

natural drink "Neermor" (Butter Milk) was served to all and was much enjoyed by our dignitaries. Kids' cotton candy,sno-cones and popcorn was available throughout the day and brought excitement to all the young children. President of DTA , Josh Suresh thanked the sponsors of the event McDonald for the delicious juices and Dairy Queen for blizzard ice creams. He also extended his heartfelt appreciation to all the volunteers and the executive members who responded and helped him in all ways to make this event a huge success.

"Coming together is a beginning; keeping together is progress; working together is success." - Henry Ford



Mayor Steve Parish declared the Sports Meet open during DTA Annual Picnic



DTA Ladies enjoying Sack Race during Annual Sports Meet



Youth Ashley Kugaraj & Arabi Sriranjana helped in making Sno Cones & Cotton Candy



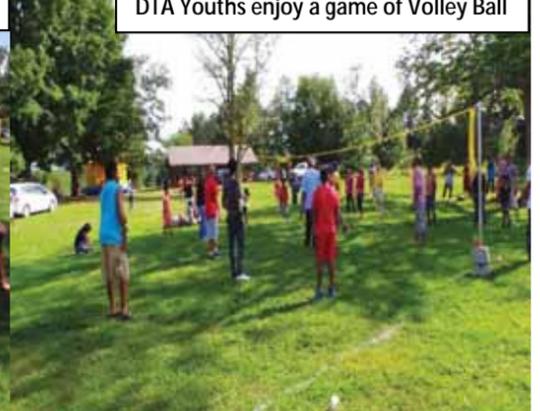
MPP Joe Dickson with a medal winner



MP Corneliu Chisu wishing the families during DTA's Annual Picnic



Children enjoying dice picking game



DTA Youths enjoy a game of Volley Ball



DTA VP Kanga Siva making spicy Kotturotti at the picnic



DTA Members in attendance at the annual picnic 2013



DTA Youth Girls racing for the medal



DTA Youth Boys getting ready to run



DTA CELEBRATING CANADA DAY 2013 – July 1st

Durham Tamil Association wished 146th Happy Birthday to our beautiful Canada in the most spectacular manner in both destinations of Durham Rotary Park – Ajax and at Kinsmen Park – Pickering on 1st July 2013. DTA had a traditional booth set up by our enthusiastic youth volunteers in the most prominent location of the park and was well appreciated by the guest as it depicted the value and culture of Tamils. Our youth volunteers partook in this celebration by applying temporary tattoos for kid, handing out candies, Canada flags and pins for all guests who visited our booth with joy and love. Henna was beautifully applied for the guests by Ms.Ashley Kugaraj, Ms.Geeththanah Gnaneswaran and Ms. Luxsiya Kanthavanam in Ajax. In Pickering, Mrs. Dujavanthi Shwetsweare, Mrs. Uma Suresh, Ms. Thiviya Jeyaruban applied Henna for the guests. One of the eye-catcher of the event was our kids' colorful performances during this special occasion. The classical Bharathanatyam was showcased by the students and members of Kalainatyalaya Dance School taught by Mrs. Kalaimathy Vakesan. Traditional folk art Karagattam was performed by Harini Kirupatharan, Bhaviyaa Jeyaruban and Saranya Suresh and this dance choreographed by our youth Ms.Maenusha Raguvaran. We also had the semi folk dance by our young and vibrant artist Maenusha Vijaykumar. Our Master Of Ceremony was our energetic Secretary Mano Pancharatnam who took the audience by his humor. Our program was applauded by the crowd as it had vibrant colors and spread the wonderful message of our Tamil culture to all Canadians.



TEAM DTA Parents & Performers during Canada Day celebration in Pickering - 2013



TEAM DTA celebrating Canada Day in Ajax - 2013



DTA YOUTHS @ CDCD

Durham Tamil Association Youth took part in the Youth Leadership Training program for the second year. This program help the youth to improve their communication skills and leadership qualities and this program was conducted by CDCD in Ajax Welcome Centre on July 3rd and 9th.

AJAX BOMB GIRLS LEGACY CAMPAIGN'S SAIL-A-BRATION – JULY 7TH

Durham Tamil Association was invited to volunteer and participate in this noble cause event Sail-A-Bration which was organized to the selfless brave Ajax Girls who helped the country by making bombs during World War 2. DTA's 29 youth volunteers contributed their presence in Oshawa on both the days actively. The youth played a major role in setting up the booth, organized games for children, guiding the incoming traffic, also helping the entire guest with the parking, providing a detailed tour to all guests who approached them with queries. DTA youth also applied Henna tattoos to guest and raised money for the Ajax Bomb Girls Legacy Campaign. Thanks to Town of Ajax for this great opportunity to our youth.



Youth volunteers with Wilma & Dale @ Ajax Girls Bomb



Youth volunteers posing with WWII sailors



DTA youths in front of the Warship Kinston with DTA VP Kanga, and Dale



DTA Youth volunteers relaxing with Executive Mrs.Hema Raj & Uma Suresh



A Community unites at summer picnic

Cambridge: A large number of Tamil community members flocked together at the annual South Asian community picnic on the 20th of July at the Riverside Park in Cambridge.

Rajivi Nadarajah, the president of Tamil Cultural Association of Waterloo Region, the organiser said com-

munity events and community closeness was a very big deal in the region. It is a small but well knit community.

Athithan Arunasalam was in charge of Falooda, a south Asian summer drink. He has been doing this for a couple of years. A large turnout didn't feel the pressure. "I feel great, this is fun. A part of the community,"

he said.

Dennis Loyola, local real estate agent from Keller Williams was surprised to see a large number of new faces. "I am glad our community is growing in size. That reflects the representation of the association in general," he said.





Summer camp for local Tamil Children in Waterloo

Kitchener: Waterloo region Tamil cultural association conducted a two part summer series fun and game camp for local children. The main goal is to improve spoken language communication skills among the children and also to introduce Moral stories, Neethi Kathaikal.

The first in the series was a week program commencing on July 8th at the local Sai Bakthi centre in Kitchener. The full day program had games (indoor and outdoor), Music, storytelling, art work and interaction in Tamil language. The instructor, Vinoba Chenthil was

assisted by Mrs. Sri Shanker and Meera Sivakumar. Close to 20 children participated in the first session. The second session will be in August.





WHITBY
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Regional News

Survey Seeks Input on Diversity in Whitby

www.whitby.ca/diversitysurvey

The Town of Whitby Ethno-cultural and Diversity Committee is seeking public input on identifying cultural, societal and gender barriers in the community and fostering a greater understanding of diversity issues. The survey is available to the public until September 30, 2013. Whitby residents can complete the online survey at www.whitby.ca/diversitysurvey, or fill out a paper copy in person at the Municipal Building, Town of Whitby recreation complexes, Whitby Public Library branches and Town special events throughout the summer.

Smoke-Free Outdoor Public Places Survey

www.whitby.ca/smokefreesurvey

The Town of Whitby is conducting a survey about smoking in outdoor public places. The survey

will take a few minutes to complete. Your input is important to the Town of Whitby. No personal information, such as name or address, is required. You can take the online survey at www.whitby.ca/smokefreesurvey or a complete a paper copy found at the front desk of any Town facility.

Appointment of Citizens to Boards and Committees

The Town of Whitby encourages citizens to participate in their community by volunteering for one of our boards or committees. To recognize, promote and strengthen the sense of community, all Whitby property owners and/or residents 18 years of age or older are encouraged to become involved. Whitby Council is currently accepting applications from residents interested in the following committees:

Harbour Day Committee - 2 vacancies for a term ending November 30, 2014

The purpose of the Harbour Day Committee is to oversee operation of the annual event; identify sources of funding, sponsorship and grants to support the operating costs of the event; support marketing and promotional plans; encourage

community-based organizations and volunteers to participate in the event; provide consultation, advice, report findings and make recommendations as required to Council; ensure a safe and secure event and attend scheduled meetings throughout the year on the third Thursday of each month at 2:00 p.m., with additional meetings as required.

Whitby In Bloom Committee 1 vacancy for a term ending November 30, 2014

The purpose of the Whitby in Bloom Committee of Council is to promote civic beautification and pride through programs, partnerships, and education focusing on horticultural, landscape, and environmentally responsible projects. Community members and businesses in Whitby may apply to be appointed to support the planning and implementation of this Town-wide program. The Committee meets the second Tuesday of each month at 2:00 p.m., with additional meetings as required.

Deadline for receipt of applications is August 16, 2013.

Town Council will consider the names of citizens who wish to stand for appointment in September 2013. An application form must be completed together with supporting documentation or a resume. The application is available online at www.whitby.ca or at the Town of Whitby Municipal Building, Clerks Division, 575 Rossland Road East, Whitby.

For more information, please email clerk@whitby.ca or call 905.430.4315.

August Events www.whitby.ca/calendar

Event Name	Location	Date	Time
Newcomers Welcome Program for Seniors	Whitby Seniors' Activity Centre, 801 Brock Street South, Whitby	August 1, 2013	1:00-3:30 p.m.
Music in the Park: Decade Roulette	Grass Park, 41 Baldwin Street, Brooklin	August 1, 2013	7:00-8:30 p.m.
Movie in the Park: Stuart Little	Brooklin Memorial Park, 67 Winchester Road East, Brooklin	August 2, 2013	8:30 p.m.
Culture in the Square: Bollywood with Sanskriti Arts	Whitby Public Library, Main Branch, 405 Dundas Street West, Whitby	August 6, 2013	7:00-8:30 p.m.
Music in the Park: Silver Bells Flute Choir	Rotary Centennial Park, 800 Brock Street South, Whitby	August 7, 2013	7:00-8:30 p.m.
Newcomers Welcome Program for Seniors	Whitby Seniors' Activity Centre, 801 Brock Street South, Whitby	August 8, 2013	1:00-3:30 p.m.
Music in the Park: Diane Williamson and Friends	Grass Park, 41 Baldwin Street, Brooklin	August 8, 2013	7:00-8:30 p.m.
Culture in the Square: Driftwood Theatre presents Homer's The Odyssey	Whitby Public Library, Main Branch, Celebration Square, 405 Dundas Street West, Whitby (Rain location is Heydenshore Pavilion, 589 Water Street, Whitby.)	August 13, 2013	7:00-8:30 p.m.
Music in the Park: Terri and Rick "Just for Kids"	Rotary Centennial Park, 800 Brock Street South, Whitby	August 14, 2013	7:00-8:30 p.m.
Newcomers Welcome Program for Seniors	Whitby Seniors' Activity Centre, 801 Brock Street South, Whitby	August 14, 2013	1:00-3:30 p.m.
Music in the Park: Terri and Rick "Just for Kids"	Grass Park, 41 Baldwin Street, Brooklin	August 15, 2013	7:00-8:30 p.m.
Station Gallery's Wave: live summer music on the patio (Tickets \$10)	Station Gallery, 1450 Henry Street, Whitby	August 15, 2013	7:00-9:30 p.m.
Wendy's Free Swim	Anne Ottenbrite Pool, Iroquois Park Sports Centre, 500 Victoria Street West, Whitby	August 17, 2013	1:30-3:30 p.m.
Culture in the Square: Mystic Drumz	Whitby Public Library, Main Branch, Celebration Square, 405 Dundas Street West, Whitby	August 20, 2013	7:00-8:30 p.m.
Music in the Park: Barbara Lynn Doran	Rotary Centennial Park, 800 Brock Street South, Whitby	August 21, 2013	7:00-8:30 p.m.
Newcomers Welcome Program for Seniors	Whitby Seniors' Activity Centre, 801 Brock Street South, Whitby	August 22, 2013	1:00-3:30 p.m.
Music in the Park: Tomcat Romeo	Grass Park, 41 Baldwin Street, Brooklin	August 22, 2013	7:00-8:30 p.m.
Movies in the Park: The Croods	Kiwanis Heydenshore Park, 589 Water Street, Whitby	August 23, 2013	8:30 p.m.
Culture in the Square: Jim Parker Children's Show	Whitby Public Library, Main Branch, Celebration Square, 405 Dundas Street West, Whitby	August 27, 2013	7:00-8:30 p.m.
Music in the Park: X-Centric Jazz Band	Rotary Centennial Park, 800 Brock Street South, Whitby	August 28, 2013	7:00-8:30 p.m.
Newcomers Welcome Program for Seniors	Whitby Seniors' Activity Centre, 801 Brock Street South, Whitby	August 29, 2013	1:00-3:30 p.m.
Music in the Park: PRJ Blues Band	Grass Park, 41 Baldwin Street, Brooklin	August 29, 2013	7:00-8:30 p.m.

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MARKHAM

Regional News



Chief Administrative Officer Andy Taylor helps serve meals at the Mayor's Seniors' Luncheon, which takes place every Canada Day.



Mayor Frank Scarpitti, Judge Joyce Frustaglio, Judge Lilian Klein, and the Hon. Michael Chan, MPP Markham-Unionville, welcome the newest Canadian citizens to our country at the City's Citizenship Court, held at the Markham Civic Centre. What a perfect way to celebrate Canada Day!



(L to R) TO2015 CEO Ian Troop; the Hon. Bal Gosal, Minister of State (Sport); Marcel Aubut, President, Canadian Olympic Committee; Gaetan Tardif, President, Canadian Paralympic Committee; Mayor Frank Scarpitti; and the Hon. Michael Chan, Minister responsible for the TORONTO 2015 Pan Am/Parapan Am Games reveal Markham's legacy mural at the City of Markham's Pan Am/Parapan Am Games Two-Year Countdown Event on July 10. For more info, visit markham.ca/PanAm



Citizens examine the proposed plans for Historic Main Street Unionville at the Unionville Charette - a community engagement process being used by Markham to encourage public involvement in the development of a master plan for this historic area.



Renowned World Music artist Amanda Martinez entertains the crowd at Markham's TO2015 Pan Am/Parapan Am Games Two-year Countdown Celebration.

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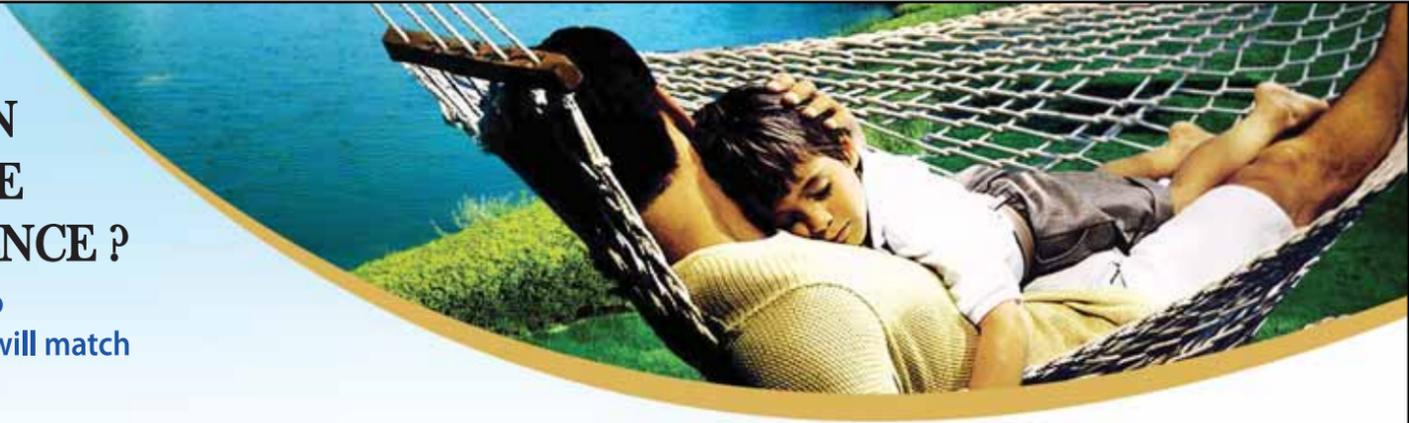
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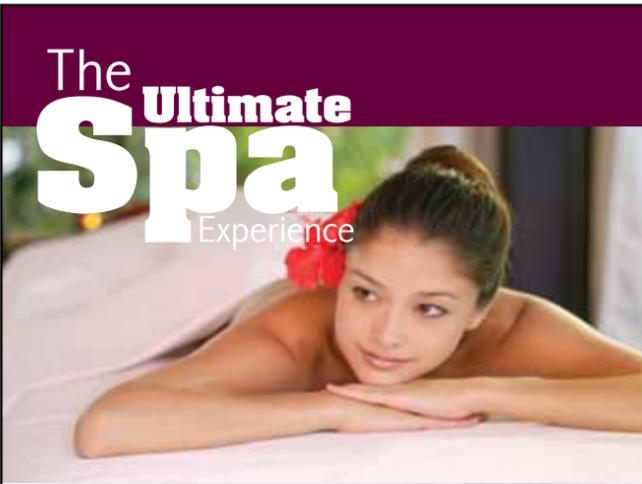
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