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A parfait media publication

VOL 7

ISSUE 4

SEPTEMBER 2012

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## U.S. Presidential Elections becoming a close race

By Siva Sivapragasam

Public-opinion polls in the United States indicate a close presidential election in November.

The battle for the U.S. Presidency between incumbent President Barack Obama and President-to-be Mitt Romney is based on issues connected with foreign policy, slow economic growth and high unemployment.

On foreign policy Obama's critics complain that he has failed to implement the transformational initiatives that he promised four years ago. Obama claims that high unemployment & slow economic growth are problems he inherited and not created by him.

Obama came to power when both the US and the world economy were in the midst of the worst financial crisis since the Great Depression. Some of Obama's economic advisers counselled him that unless urgent steps were taken to stimulate the economy, there was the possibility of U.S. entering a full-scale depression.

He also claims that he inherited two ongoing wars, nuclear threats from Iran and North Korea, and the continuing problem of al Qaeda's terrorism. His early months in office were devoted to addressing the economic crisis at home and abroad. Although his efforts were not



a complete success he managed to stave off the worst outcome. Obama's rhetoric during his 2008 campaign and the first months of his presidency was both inspirational in style and transformational in objective. His first year in office included a speech in Prague in which he established the goal of a nuclear-free world; a speech in Cairo promising a new approach to the Muslim world; and his Nobel Peace Prize speech, which promised to "bend history in the direction of justice."

He changed the course of an unpopular policy in Iraq and Afghanistan, changed America's strategic focus to Asia, the global economy's fastest-growing region.

The Arab Spring revolutions were an unwelcome surprise presented to Obama.

The long-term effect of the Obama Doctrine will require more time to assess, but, as he approaches the November election, Obama appears to have an edge over his opponent in foreign policy.

No doubt a good percentage of American voters may also consider the removal of Bin Osama Laden from the territory of terrorism as his greatest achievement.

## Toronto film festival opens on Sept 6

The biggest film event in North America with well over 300 films, the 36th Toronto International Film Festival (TIFF) Opens on Sept. 6.

Toronto International Festival is regarded as one of the more influential film festivals in the world by giving shape to the movie season and the upcoming awards race along with life at the movies in general for the next year or so. This year's festival includes English

Vinglish, the comeback vehicle for Sridevi, a star well known to Tamil, Bollywood and South Indian movie fans.

Also, Deepa Mehta's adaptation of Salman Rushdie's award-winning novel *Midnight's Children* will make its world debut at TIFF. And Mira Nair's latest film, *The Reluctant Fundamentalist*, will have its North American premiere in Toronto.



Details on page 34

Actress Sridevi in English Vinglish

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The closing date for bids is **4:00 p.m. on October 5, 2012.**

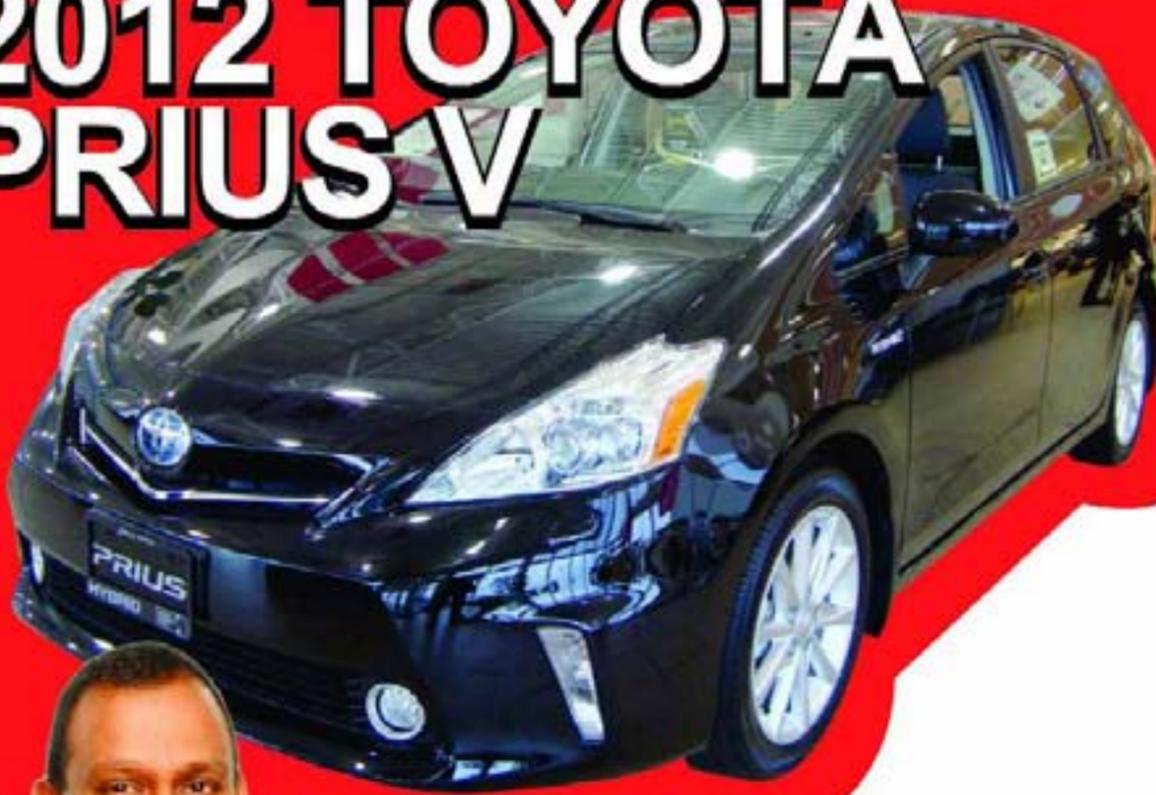
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# Canada News

## Rathika Sitsabaiesan chosen for Krishna Menon Institute's Personality of the Year Award 2012

By Siva Sivapragasam

Newly minted Canadian Member of Parliament & first Canadian Tamil Federal M.P. Rathika Sitsabaiesan has been named for the VK Krishna Menon Institute's Personality of the Year award 2012.

She receives this Award for her role in championing Human Rights activities.

Director of the Institute Cyrian Maprayil stated that Rathika Sitsabaiesan was chosen for the award in recognition of her contribution to the advancement of human rights and her uncompromising opposition to the persecution of minorities including her fellow Tamils in Sri Lanka,

"The VK Krishna Menon Institute salutes this courageous young lady, not

The VK Krishna Menon Institute was launched in early 2006 to celebrate and commemorate the life, times and achievements of Krishna Menon who served as defence minister under Pandit Jawaharlal Nehru. Menon founded the India League which became a powerful force in the overseas movement to help liberate India. Menon was a brilliant speaker who championed India's cause on the Kashmir issue in the U.N. as India's Representative. He once delivered an unprecedented eight hour marathon speech in the U.N. on the Kashmir issue although he was running a very high temperature. It is said that he simply slumped into his chair at the end of the speech and had to be wheeled out of the auditorium. Unfortunately Menon was



Rathika Sitsabaiesan, MP, Scarborough-Rouge River



Krishna Menon - India's former Defence Minister

only for her Human Rights activities, but also for the able way in which she represents her constituency of all races and creeds. We will present the Award to Rathika at an appropriate and convenient time," Maprayil said.

Rathika was born in Sri Lanka and migrated to Canada at the age of five with her parents due to the unsettled conditions and the war environment in Northern Sri Lanka. Rathika has also been featured in recent times in former Canadian Governor-General Adrienne Clarkson's book "Room for All of Us" in which Clarkson describes her as the "voice of the newest of Canada, and that voice is strong, loud and clear".

thrown into the dustbin of politics after the Indo-China war as he was blamed for India's defeat since he held the post of Defence Minister. Even his long time buddy Prime Minister Nehru could not salvage him from this disaster.

One of Krishna Menon's Institute's objectives is to present awards to individuals in India and the Asian Diaspora for outstanding achievements in various fields including science, literature, economics, politics, diplomacy and human rights.

The Krishna Menon Award to Rathika not only adds another milestone to her popularity but also showers pride to the Canadian Tamil community.

## 'Tamil Canadians stand in solidarity with members of the Sikh Community'

A letter to Chairman of Ontario Sikh & Gurdwara Council, Mr. Bhupinder Singh expressing condolences and solidarity in the aftermath of the Aug 5th shooting at the Sikh Temple of Wisconsin in Oak Creek, WI, USA was sent by Umasuthan Suntharamoorthy, President of Canadian Tamil Congress. The full text of the letter as follows:

It is with great sadness that we express our condolences to the family and friends of the victims of the Sikh Gurdwara shooting in Milwaukee, Wisconsin.

The Canadian Tamil Congress, and the Tamil Canadian community stands in soli-

darity with you and the members of the Sikh community as you grieve this unfortunate incident.

As an organization that upholds Canadian values of human rights, multiculturalism, religious and cultural diversity, we are committed to continuing to educate fellow citizens on respect and tolerance through celebrating our similarities and learning from our differences.

While no words can console family members and friends of the victims, we express our most heartfelt condolences and pray that you are all given the strength to get through this difficult time.

## Air Canada Named 'Best International Airline in North America' Global Industry Survey of More than 18 Million Travelers



Air Canada has been named the 'Best International Airline in North America' in a worldwide survey of air travelers for the Skytrax World Airline Awards. In what Skytrax termed "a remarkable repeat success", it is the third consecutive year Air Canada has ranked among the top global carriers in the awards, which surveyed more than 18 million passengers worldwide. The annual survey, whose findings were announced today at the Farnborough International Airshow, is regarded in the air transport industry as a key benchmarking tool for airline passenger satisfaction levels.

"We are delighted that the Skytrax World Airline Awards has again recognized Air Canada as the Best International Airline in North America. It affirms Air Canada's ranking among the world's best airlines and underscores the success of our strategy to transform Air Canada into an international powerhouse," said Calin Rovinescu, President

and Chief Executive Officer.

The survey was conducted by the independent research firm Skytrax during a ten-month period using over 38 different aspects of passenger satisfaction to rank airlines' product and service standards. Skytrax World Airline Awards is the established, global barometer of passenger opinions about more than 200 airlines around the world com

Air Canada is Canada's largest domestic and international airline serving more than 175 destinations on five continents. Canada's flag carrier is the 15th largest commercial airline in the world and in 2011 served more than 33 million customers. Air Canada provides scheduled passenger service directly to 59 Canadian cities, 56 destinations in the United States and 63 cities in Europe, the Middle East, Asia, Australia, the Caribbean, Mexico and South America.

(Source: Air Canada - Edited version)

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# from the publisher's desk

## 2013 - International Year of Quinoa

By: Dr. Shiyam Loganathan

It cannot be denied nor turned a blind eye towards, especially from the Monsoon Journal family's South Asian roots, that starvation, malnutrition, and food scarcity are plagues that have been endemic throughout our Indian subcontinent. Here in North America we are not immune to our eastern counterparts. In the United States 15 percent of the population is food insecure, meaning they do not know where they will obtain their next meal. Whether the cause is poverty or food scarcity, hunger and starvation are the world's number one health risk. It kills more people every year than AIDS, malaria and tuberculosis combined according to the World Food Programme. That is why we at Monsoon Journal applaud the United Nations for declaring 2013, International year of the Quinoa.

The declaration of 2013 as International Year of the Quinoa" (IYQ), recognizes the Andean indigenous peoples, who have maintained, protected and preserved quinoa as food for present and future generations,

thanks to their traditional knowledge and practices of living well in harmony with mother earth and nature. The International Year of the Quinoa was proposed by the government of Bolivia, with support from a host of South American nations, and the Food and Agriculture Organization, and approved by the United Nations General Assembly in December 2011. So what is quinoa?

Quinoa dates back three to four thousand years ago when the Incas first realized that the seed was fit for human consumption. Quinoa is a highly nutritious, cereal-like crop that is rich in protein and micronutrients. It was of great nutritional importance to pre-Colombian Andean civilizations, second only to the potato. The International Year of Quinoa aims to attract global attention to the role of this crop in support of food security, nutrition and poverty eradication.

The United Nations conference took note of the exceptional nutritional qualities of quinoa, its adaptability to different agro-ecological floors and its potential contribution in the fight against hunger and malnu-

trition. Quinoa is the only plant food that has all the essential amino acids, trace elements and vitamins, and also has an extraordinary ability to adapt. Quinoa can be grown in areas with relative humidity between 40 and 88 percent, from sea level to an altitude of four thousand metres and can withstand temperatures between minus 8 and 38 degrees Celsius.

Quinoa has many health benefits aside from its versatility to curb hunger around the world. As mentioned before it is one of the most protein-rich foods containing all the essential amino acids, has twice as much fiber as most other grains, contains key elements like iron, manganese and is high in riboflavin (vitamin B2). These nutrients are vital for tissue growth, prevention and repair of cell damage, energy production, body temperature regulation, blood sugar control, enzyme activity and neurotransmitter synthesis. It will be the super grain of the future as it was the gold of the Incas.

Evo Morales, President of the Plurinational State of Bolivia, was appointed Special Ambassador to FAO for the



International Year of Quinoa. Following his appointment as Special Ambassador, Evo Morales became a new member of the FAO's Goodwill Ambassadors program, in which internationally renowned individuals make the commitment to promote food security.

Monsoon Journal is committed in the promotion of healthy living and contributing towards elimination of food insecurity around the globe. Towards these efforts, Monsoon Journal joins hands in bringing awareness to the declaration of 2013 as Year of The Quinoa by United Nations through its Food and Agricultural Organization.

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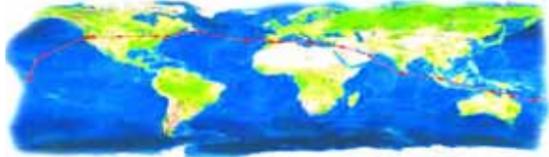
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# Around the world

## Toyota profits go up

Toyota's profits have surged in the first quarter boosted by strong sales in Japan and the US as it recovers from last year's natural disasters.

Net profit was 290bn yen (\$3.7bn; £2.4bn) in the April to June period, up from 1.1bn yen a year earlier.

Toyota's sales plunged in the same period last year, after it was forced to suspend production due to the earthquake and tsunami in Japan. Toyota said its sales in Japan rose by 81.6% compared with a year earlier

Japan's largest carmaker said: "increases in both production volume and vehicle unit sales and cost reduction efforts", had contributed to the jump in profits. The carmaker kept its forecast for annual net profit unchanged at 760bn yen.

Mr Endo warned that as the yen remained strong against most global currencies, "the impact on profits will be bigger than previously expected".

One of the key factors behind the increase in car sales in Japan has been the incentives being offered by the government on eco-friendly vehicles in a bid to boost the country's car industry.



## Sri Lankan Grandmother deported from Canada

Friday, 10 August 2012: A 70-year-old Toronto grandmother was deported on Thursday, despite having no family members remaining in her native Sri Lanka.

Gunapoosany Kandasamy, a Sri Lankan Tamil, boarded a flight to her old home at about 10 p.m., accompanied by another deportee, a Canadian Border Services Agency officer and a nurse who will accompany her for the flight.

Her Canadian daughter and granddaughter say they were given bad advice: rather than sponsoring her, they filed a refugee claim, which was rejected.

Kandasamy, a widow, has a hard time walking on her own. Her daughter in Toronto is scrambling to make arrangements so someone will collect her mother once she lands.

"She can go back there," her daughter, Chandradevi Uthirakumaran, told CBC News before the deportation. "But there's no other relatives or close friends or anyone."

Her granddaughter, Thadsa Uthirakumaran, said, "You wouldn't want it to happen to your family. Just give us a chance to give her a sponsorship from here. Don't send her off right away, not knowing the situation."

Two of Kandasamy's adult children live in Toronto, two in Norway. In its refusal, the Immigration and Refugee Board says Kandasamy had a permanent residency permit in Norway, but acknowledges the Norwegian residency stickers in her passport had expired.

The executive director of Toronto's South Asian Women's Centre says

despite the family's mistake, this case demands compassion.

"We are finding that in fact the whole family reunification process, as far as grandmothers and mothers [are concerned], seems to have gone totally into the dustbin," Kripa Sekhar said.

Canada stopped accepting applications from people who want to join their children or grandchildren in Canada in November last year.

At the same time, Citizenship and Immigration Minister Jason Kenney announced a new super visa for people who want to visit their family members. The 10-year visa would allow them to stay for up to two years at a time. People need private medical insurance and meet a minimum annual income level of around \$17,000 to have their parents or grandparents accepted.

The purpose is to clear a backlog of 180,000 applications while the government takes the time to consult

Canadians and provincial governments about how to change the family reunification system, Kenney said at the time.

Kandasamy told CBC News she's afraid of what will happen when she steps off the plane alone.

The only way her deportation could have been stopped is if immigration officials had granted Kandasamy a humanitarian appeal to stay on compassionate grounds. That could still happen, but if it does it will be while she's in Sri Lanka. To return, she'll need to apply for permission to re-enter the country.

(Source: CBC Radio)

## London Olympics was watched by 219 million TV viewers

NBC's coverage of London 2012 was the "most-watched television event in US history", the TV network has announced.

Citing Nielsen ratings figures, NBC said more than 219 million viewers watched the Games on its networks, compared to the 215 million who tuned in for the 2008 Olympics in Beijing.

The network broadcast some 5,535 hours of Olympic coverage on TV and online. But it drew criticism for delaying the broadcast of popular events until primetime hours.

Viewers also complained of problems with online streaming and edited versions of the opening and closing ceremonies. Yet NBC enraged some viewers by leaving the ceremony at 23:00 local time to air a new sitcom, Animal Practice, and then half an hour of local news.

At midnight, the network returned to the ceremony to screen the eight-minute finale by The Who. NBC paid \$1.18bn



(£751.3m) for the exclusive US broadcast rights to the Games.

Meanwhile, the BBC said its coverage of the Olympics was watched by 90% of the UK's population and that 51.9 million people had watched at least 15 minutes of coverage. BBC One controller Danny Cohen said the Games had been seen by the "largest TV audiences since the pre-digital age".

(Source: BBC)

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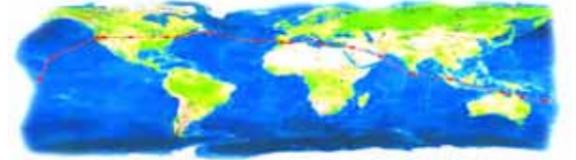
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# Around the world



## India Threatens Action Against Twitter

The Indian government is threatening to take action against Twitter, if the social media website fails to remove material officials fear could further inflame ethnic tensions.

The directive comes after rumors spread over the Internet that Muslims would carry out attacks to avenge ethnic clashes in the northeastern state of Assam, where 80 people have been killed and 300,000 displaced since July. The false reports caused thousands to flee cities across India and return home to Assam recently.

On Aug 24th, the government called on Twitter to immediately remove "inflammatory and harmful" material. There was no immediate reaction from Twitter, which has some 16 million users in India.

India has so far blocked access to more than 300 separate Internet items,

including content on the Australian Broadcasting Corporation, Al Jazeera television and the British newspaper Daily Telegraph. Websites such as Facebook and YouTube were also affected.

The government has also limited the use of text messages following the recent violence in Assam between members of the Bodo tribe and Bengali Muslim settlers.

On Aug 24th, U.S. State Department spokeswoman Victoria Nuland said the United States is in constant contact with American companies who may need assistance in dealing with the Indian government's directive. She told reporters in Washington, that "as the Indian government seeks to preserve security, we urge them to also take into account freedom of expression in the online world." - VOA NEWS

## My Passion is Older Adults



Liza Franses

By: Liza Franses, Hons. B.A.

Health & Society, York University '11  
Have you ever asked yourself "what is my passion in life"? Well I did ask myself that a few years ago and the answer to that was very simple: Older Adults. I have always had an interest in working with the elderly and it wasn't until my second last year of studying Health & Society at York University that I decided to specialize in the field of Recreation Therapy for the Elderly. So I enrolled in the Activation Coordination program at George Brown College and am currently going into my 2nd and final year of studies. It is through this program and my passion for seniors that I started my own website this summer called: [www.lizasdayroom.tumblr.com](http://www.lizasdayroom.tumblr.com). It is a comprehensive website that I started as a one-stop shop for Activation Coordinators, Recreation Therapists, and any other people who work in the recreation for the elderly field. It is a website where you will find interesting resources, articles, & videos.

A few weeks ago I also shot a video for

the website with my friend and class mate Jill Leger. The video is meant to explain what it is I am trying to do with my website which is essentially to start an online community. I want to get people commenting on my posts, asking questions, sending me articles and other interesting things they come by with regards to Older Adults. Most importantly I want to get honest feedback about the website. Through feedback I can continue to improve the website which will in turn enhance the programs and ideas that can be shared among professionals and non-professionals who work or live with Older Adults. I am so excited to share this website with as many people as I can because as we know, our population (especially here in Toronto) is rapidly aging. We need programs in place to keep our Older Adults engaged, active, and happy. I hope that with this website I can continue to share my passion for Older Adults. So please visit my website ([www.lizasdayroom.tumblr.com](http://www.lizasdayroom.tumblr.com)) leave a comment, share your own ideas, & enjoy learning about Older Adults!

## India's first model to appear nude in Playboy Magazine



The first Indian woman to pose naked for Playboy magazine says she is proud to have pushed the envelope in a country where public nudity in any form remains largely a taboo.

Small-time Bollywood actress Sherlyn Chopra, 28, will feature in a nude spread in the November issue of the raunchy magazine, though her fans in India will be hard-pushed to get hold of a copy. Playboy, along with a host of other foreign adult magazines, is banned in the country.

News that Chopra had become India's first Playmate caused quite a stir, fuelled by Chopra herself as she posted nude out-take pictures from the Playboy shoot on the micro blogging site, Twitter. Many Twitter users in the country have criticised her decision and accused her of a desperate publicity stunt to further her acting career. Sherlyn had written to Playboy herself, expressing an interest in posing.

In an e-mail interview, Chopra dismissed her critics and said she considered herself a pioneer for sexual freedom in India. 'I had no apprehensions and have no regrets; just feelings of

pure liberation and sheer excitement,' she said of the Playboy shoot in Los Angeles.

'I'm proud to have pushed the envelope and I will not hesitate to lead my life on my terms consistently,' she added. Chopra's Bollywood career to date has been decidedly B-list, with bit roles in less than a dozen movies, including the 2003 box-office dud *Dosti* and a film called *Naughty Boy*.

Her labeling as a Bollywood legend on the Playboy website was widely mocked in India, and Chopra admitted that it was a surreal tag. 'I know that I'm just a girl with big dreams,' she said. The Indian writers, actors and artistes who have sought to push the boundaries of traditional Indian morals have mostly found themselves targeted by conservative religious groups, but Chopra appeared unworried at the prospect of a backlash.

'The moral guardians have never done any real good to me or the society at large,' she said, 'So let them do whatever they are good at while I do what I truly enjoy.'

(Source: Daily Mail, London)

## Indian State Minister replied why India voted against Sri Lanka at UNO

Preneet Kaur, the Indian Minister of State in the Ministry of External Affairs had been asked at the Lok Sabha recently about the vote against Sri Lanka at the UN Human Rights Council (UNHRC) in Geneva in March. She gave the reply in writing.

"India voted in favour of the resolution 'Promotion, Reconciliation and Accountability in Sri Lanka at the United Nations Human Rights Council (UNHRC), Geneva on 22 March 2012.

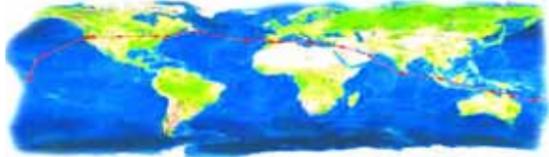
The vote was in line with the Government's consistent stand to advance the objective, namely, the achievement of a future for the Tamil community in Sri Lanka that is marked by equality, dignity, justice and self-respect."

"Today, India is Sri Lanka's largest trade partner overall and Sri Lanka is

India's largest trade partner in South Asia. India has emerged as the largest foreign direct investor in Sri Lanka. India also contributes to the largest number of tourists arrivals in Sri Lanka," Kaur said.

"The close relationship has been further strengthened by high level visits, including those of the Minister of External Affairs in January 2012; Joint Parliamentary Delegation in April 2012; Minister of Rural Development and Drinking Water and Sanitation in July 2012; Minister of Commerce, Industry and Textiles in August 2012; and Minister of Culture in August 2012," she said.

She said India enjoys close, cordial and friendly relations with neighbouring Sri Lanka with whom it shares historic, civilisational and cultural links.



# Around the world

## World's most powerful women today

The prestigious International publication Forbes magazine has ranked German Chancellor Angela Merkel the most powerful woman in the world for the second year in a row in the annual list dominated by politicians, businesswomen and media figures.

US Secretary of State Hillary Clinton was placed

second, followed by Brazilian President Dilma Rousseff, making the top three spots unchanged from last year. Next comes Bill Gates' wife Belinda Gates - Co-Chair of the Bill & Belinda Foundation. Jill Abramson, Executive Director of New York Times Co. becomes the fifth in the ranking.

Indian Congress party leader Sonia Gandhi was placed sixth in the list and U.S. First Lady Michelle Obama comes next.

Several politicians, businesswomen and journalist were also influenced in this year's ranking. (Source: Forbes)



Angela Merkel – German Chancellor



Hillary Clinton – U.S. Secretary of State



DilmaRousseff – Brazillian President



Belinda Gates – Co-Chair, Gates Foundation



Jill Abramson – Executive Director, New York Times Co.



Sonia Gandhi – India's Congress Party President



Michelle Obama – U.S. First Lady

## Amnesty International wants U.N. led probe into Sri Lanka war crimes

An impartial investigation led by the United Nations is the only way to render justice to those affected by war crimes in Sri Lanka, Amnesty International Chief Executive in India G. Ananthapadmanabhan has said, a news report in The Hindu says.

The report in The Hindu By S. Vijay Kumar -

The island nation will soon be in the international eye thanks to the impending Commonwealth Heads of Governments meeting and the U.N. Universal Periodical Review of Human Rights practices in countries, G. Ananthapadmanabhan pointed out. There was no doubt there were gross human rights crimes in Sri Lanka, but they were not one-sided. The Liberation Tigers of Tamil Eelam was also responsible for violations such as recruitment of children into the force, he said.

"Nevertheless, there is a huge responsibility on the Sri Lankan government to ensure impartial investigation, followed by justice for these crimes. There have been lots of promises and some efforts

with the Lessons Learnt and Reconciliation Commission [LLRC]. But we know that the latest report released in July on the progress in LLRC was cosmetic," he told The Hindu.

Mr. Ananthapadmanabhan said Amnesty felt a U.N.-led investigation was the only way to ensure justice. "There should be punishment based on the findings of the investigation. Officially, Amnesty is not welcome to Sri Lanka at this time ... but we have our own ways to find out what is going on there."

Since the people of Tamil Nadu were very concerned about the Tamils in Sri Lanka, the State government had a responsibility to safeguard the interests of refugees and ensure that they were treated in accordance with the U.N. Convention on Refugees.

Mr. Ananthapadmanabhan expressed concern at pretrial detentions, saying 65 per cent of prisons in the country were filled with undertrials. The jails were overcrowded, making it difficult to administer them. "Several hundreds of



G. Ananthapadmanabhan, Chief Executive, Amnesty International, during an interview with "The Hindu" in Chennai.

Photo: R. Ravindran

prisoners are imprisoned for tenures that are much more than what is prescribed as punishment under law for the offence charged against them. With the existing laws and Supreme Court rulings, we can get many of them released."

Amnesty would continue to work for protecting the rights of adivasis. "We realise that human rights are not well framed or understood by a majority of the people. We think we have a role in creating human rights-friendly schools. Efforts are on to transform about 30 schools on those lines in Bangalore."

India, he said, was far from realising the constitutional dreams. Many rights guaranteed by the Constitution

remained only on paper. "Human rights activists or whistleblowers are framed on arbitrary charges. The latest and the most prominent example is the case of Kudankulam [nuclear plant in Tamil Nadu] where protesters were accused of all kinds of things ... charges were framed against them."

Mr. Ananthapadmanabhan, who will be addressing the TESO (Tamil Eelam Supporters Organisation) conference in Chennai, said the Eelam issue was politicised in a very narrow way in Tamil Nadu. "There is no doubt that it [the conference] is a political meet. Yes, it is a platform that is political and politicised, but also a platform to raise the issue. The truth is also that there is a genuine empathy and feeling among the ordinary public in the State for the plight of Tamils in Sri Lanka."

The Government of India had a phenomenal influence because of geographical proximity and its relationship with the Sri Lankan government. There was a great opportunity to make public opinion count. "What we want to remind the Government of India and Prime Minister Manmohan Singh is that the relationship with Sri Lanka is just not a relationship between the governments but between the people of both countries," he said.

# Health & Fitness



By Dr. Harshini Sriskanda

Last winter, my daughter started full-time daycare, shortly before her first birthday. Whereas she had previously been well, she soon developed a cough that kept her up at night and seemed to drain her energy.

Coughs, like children, are not all the same. The normally healthy child with a one week cough every winter, is not the same as a child who is coughing all year long and becoming weak or losing weight.

The majority of coughs in children are due to viruses. These are infections that spread from person to person, and are often caught by being near someone sick, or being in the same near environment

they may not), and they may also have a runny nose. Usually, the child is still active and happy, despite their cough. The cough due to a virus may last for 7 to 10 days, and the child is completely well afterwards. There is no treatment for coughs due to viruses. Many parents try cough syrups from the pharmacy, however, research has shown that most of these medications are not very effective. Home remedies like hot tea, and honey, often work just as well. These medications also have side effects that can make them dangerous especially for very small children and babies. (Please remember, honey should never be given to babies under 1 year of age.)

The best way to prevent your child from coughing due to a virus is to teach

ple, including babies and the elderly who may become very ill, even from viruses. Getting a yearly flu vaccine is also a good way to prevent becoming ill from the influenza virus, which can cause very severe illness.

Severe coughs, with difficulty breathing, high fever, and fast breathing may be caused by bacteria. Like viruses, these are infections that are often caught from droplets from sharing the same environment or being near another ill person. However, infections due to bacteria can be treated with antibiotics. Like viruses, the best way to prevent bacterial infections is to wash hands frequently and avoid other ill people.

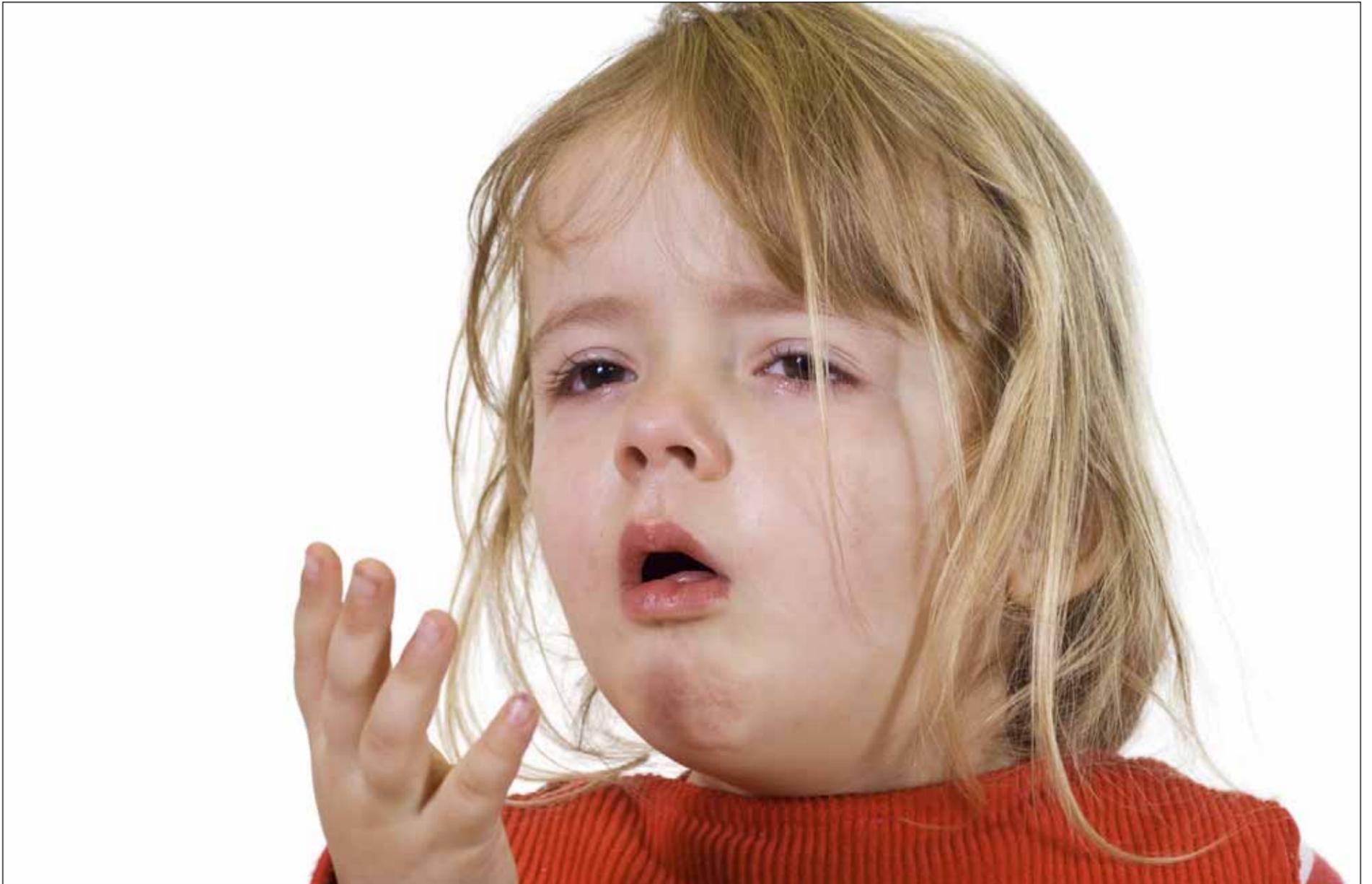
Another common cause of chronic cough - or cough that goes on for a long

should be diagnosed and treated by a doctor who is familiar with asthma in children. Many children will need medications called puffers to use when the asthma becomes very bad. Some children will need long term medications, however asthma will disappear in many children as they grow.

There are a few warning signs that parents should be aware of. A child with a cough who is losing weight and not growing properly, waking up at night, or having trouble breathing may have a more serious condition. These may be signs of heart problems, or infections like tuberculosis. Very rarely, there are some genetic diseases, such as cystic fibrosis, that can cause severe cough in children.

Like most issues, coughing in chil-

## Why does my child cough?



(for example, the same house or in the same classroom). Tiny droplets of water and mucous (phlegm) are sent from the mouth and nose during coughing. If they happen to land on the mouth or eyes of another person, they can make them sick. Within the home or classroom, these droplets and the viruses they carry can be on household surfaces, such as door-knobs or faucets, and can then spread to other members of the family.

If your child has a cough from a virus, they will become sick over just a few days. They may have a low fever (or

them to wash their hands well with soap and hot water, and to wash them often. Hands should be washed after using the bathroom, before and after eating, after blowing their nose, and after being in a public place (for example, after coming home from a party or after school). Many people feel washing their hands once or twice a day is enough - however, this is not sufficient. Good handwashing will help prevent the spread of viruses and droplets. Children who are sick (and sick family members), should stay at home, and not attend school or other events. This is out of consideration for other peo-

time - is asthma. A true diagnosis of asthma is rarely made in very young children, however, they may have many of the same signs. The child may cough after running and playing, or especially during the night or in cold weather. Living in the same house as a cigarette smoker can make the child's cough much worse. Children with asthma usually have noisy breathing, especially when they are exhaling or breathing out (called wheezing). Often, there are other family members with asthma. Children with asthma may also have skin rashes (eczema), and other allergies. Asthma

dren is usually temporary. However, children with a cough should be seen by a doctor. The best way to prevent catching a cough is to teach children to wash their hands, and for their parents and caregivers to also wash their hands frequently.

*Harshini Sriskanda, M.D., attended medical school at Queen's University in Kingston, Ontario. She is currently a Pediatric resident in London, Ontario. She is also the happy mother of a baby girl.*



# Health & Fitness

What's cheap, you can do anywhere, anytime, anyplace, requires no equipment, makes you feel incredibly elated, can be done alone or with a buddy, may be quite the social event, is great for your health, helps in weight loss, keeps you in shape, and can become an addiction if performed frequently and consistently? The answer is running! Being an avid runner, I can rave endlessly about the benefits of running and reaching that euphoric, calm, clear state known as the "runner's high."

Are you a runner?

The answer is yes. You don't have to be a Kenyan athlete to be a good runner. All you need are 3 ingredients: consistency, will and determination. The key is to start slow. Begin with running at a comfortable pace and intensity (so you can still carry a conversation) for 15 to 20 minutes. When you are able to run for 20 minutes without falling face first to the ground then increase your time to 25 minutes, slowly increasing with

will prevent your neck and head from bending forward and will ensure proper posture so your head and neck are in a straight line.

**Shoulders** - Avoid shrugging your shoulders. Try to keep your shoulders relaxed and loose and away from your ears. As you get tired during your run, your shoulders will tend to creep up towards your ears, adding tension and soreness in your upper body. The goal is to relax the shoulders, keep them low and prevent them from dipping side to side.

**Arms** - Although running is mainly a lower body workout, arms do serve a function in forming a smooth stride. Keep arms low, elbows bent to 90 degrees and fist unclenched for proper posture and optimal performance. When I run, I like to hold my Ipod in my hand to prevent from clenching my fists and it also allows quick access to my playlist!

**Torso** - Many running coaches will refer to the optimal torso position as "running

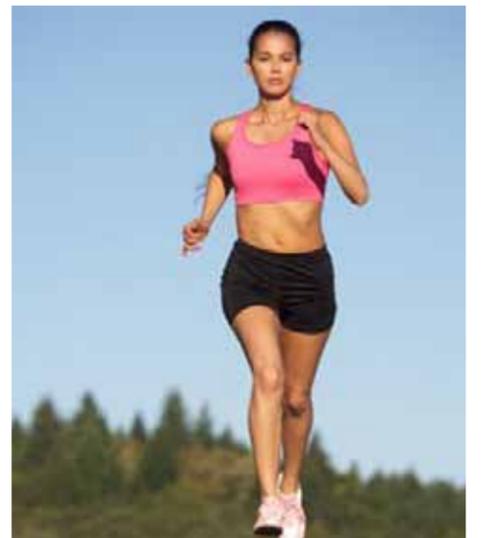
short race or relay; it'll get you moving and motivated!

Practice makes perfect.

Start slow and set small, realistic goals and try to stick to them. Make a running chart for yourself and post it on your refrigerator door. This will help you stay motivated and accountable. For example, on Mondays run for twenty minutes, Tuesdays for thirty minutes, rest on Wednesday and run for one hour on Thursdays and another hour on Friday. Four days a week with gradual increases in duration or intensity will help you stay in check and reach your goals in no time!

Get educated.

Learn everything there is to know about running. Read books and magazines, visit websites, attend workshops, and chat with friends and running enthusiasts. Knowledge is power. The more you know the more enticed you will be to tie up your laces and run that extra mile!



Getting an adequate amount of sleep prevents the temptation to eat unhealthy foods, mood fluctuation, and the ability to manage stress. A good runner is a well-rested one!

Runner's nutrition.

Eat well, live well and run well! Eating healthy, nutritious foods loaded with minerals and vitamins are essential for a runner's peak performance. That being said, healthy doesn't necessarily suggest eating boring, flavourless vegetables, chalky protein shakes and numerous chicken breasts!

A runner's diet includes:

" Whole grains, breads and pasta (Yes, you're allowed to eat carbohydrates! They're a great fuel source for runners!). Examples are foods such as bulgur, quinoa, couscous, oatmeal, high fiber cereals, whole wheat tortillas, pitas, bagels or English muffins.

" Omega 3 loaded fish such as salmon, swordfish, herring, trout or bluefish.

" Low-fat dairy such as plain, non-fat, unflavoured Greek yogurt, whole eggs or egg whites, low-sodium, non-fat cottage cheese and low-fat cheese.

" Hearty beans and lentils such as chick peas, navy beans, red or white kidney beans, Romano, black eye beans or black turtle beans.

" Crisp, colourful, cruciferous vegetables such as green or purple cabbage, kale, broccoli, asparagus, Swiss chard, Bok Choy, Brussel sprouts, eggplant, zucchini, mushrooms, leeks, carrots, yellow, green and orange peppers, cucumbers, celery, radishes, beets, onions, tomatoes, leafy lettuces, and avocados.

" Colourful fruits such as blueberries, strawberries, bananas, apples, grapefruit, pomegranate, grapes, pears, oranges, cherries, peaches and nectarines.

" Savory nuts and seeds such as walnuts, almonds, peanuts, pistachios, hazelnuts, Brazil nuts, pine nuts, cashews, macadamia nuts, sunflower seeds, pumpkin seeds, sesame seeds, flaxseeds, white or black poppyseeds.

With proper training and nutrition, running can be a sport that can be both fun and serve many important health functions. So, choose a day, put on your best running clothes and shoes and hit the wide, open road. I promise; you'll love it.

## Running - the way to go!

every run. You can also increase the intensity of your run by adding speed or intervals. Wearing the right running gear is also very important to prevent stress and injury on your body. During the winter months, layer up and wear clothing that will protect you from the fierce, cold weather and frostbites. Alternatively, during the hot, humid summer months, wear clothing that is light, breathable and comfortable. Running shoes are the most important part of your gear. There is not a particular type or brand of shoes that will make you a better or faster runner. Like the rest of our bodies, we each have unique shapes and sizes of feet. Invest in running shoes that are comfortable, safe, lightweight, durable, and support the ergonomics of YOUR feet.

Benefits of running.

Where do I start? How about that amazing feeling you get when you've finished a long, hard run because of the surge of endorphins pumping through your body; sweat pouring off your skin, blood rushing through your veins, muscles firing and screaming, heart racing, and adrenalin rushing through every blood vessel. It just makes me want to go back for more! Running is also a great way to tone your body, lose weight, stave off stress, fight depression, improve mental processes such as memory, coordination and balance, increase physical stamina, improve confidence and self-esteem, build cardiovascular endurance, increase physical and mental strength, prevent diseases such as heart attacks, strokes, diabetes, osteoarthritis, obesity, numerous cancers, and increase longevity. More so, running is plain fun and simple. No fancy equipment or expensive gym membership is required. All you need is a comfortable pair of running shoes, your favourite t-shirt and shorts and the way you go!

Running with perfect form.

To prevent injury and to be a better runner, proper form is very important. The head, shoulders, arms, torso, hips, legs, ankles and feet should be positioned so there is minimal impact and stress on the muscles and joints.

**Head** - Try to keep your gaze straight ahead so you're not looking down at the ground. Keeping your head tall and chin up

tall", which means keeping your back, neck and head in a straight line, chin up, in an upright position with your gaze straight ahead. Try not to slouch or round your shoulders forward. Keep from bending or leaning forward at the waist as that will add pressure to your lower back and lower body muscles and joints. Take a deep inhale and exhale and try to maintain a natural, comfortable upright position.

**Hips** - Safe and proper hip position is vital to ensure optimal running performance. The key is to prevent from leaning forward at the waist to reduce the impact on your lower body. Keeping your torso straight and upright and your back tall, your hips naturally fall into proper alignment.

**Legs** - Your legs are the fundamental tools for running. Strong, muscular, flexible legs will allow you to run faster, stronger, longer and harder. Strength training is important in maintaining the health of your legs, particularly your knees. While running keep your stride short with a slight knee lift, maintaining a smooth, fluid motion forward.

**Ankles/Feet** - To be a better runner, a strong push off the ground and a soft landing between your heel and mid-foot is essential. Avoid "pouncing" or aggressively "slamming" your feet with each stride. Proper running involves quiet, smooth steps forward. Keep your toes pointing forward and ankles flexed. Gently step forward in a right - left motion.

Tips to be a better runner

What makes an Olympic athlete run better and stronger than say you or me? Well, consistency and proper training are the obvious reasons. However, there are some ways to become a better runner without training like an Olympic athlete.

Make it a social experience.

The more the merrier! Running can be a lot more fun and enjoyable if it's done with a friend or those who share the interest with you. A running club or training clinic is the perfect place to enjoy the sport and meet other running enthusiasts. Sign up for a

By Aykta Grover

Founder, Aura Wellness

Certified Nutrition, Fitness, Pre and Post Natal Specialist

Get the right gear.

If it's cold, layer up. If it's hot, wear sweat resistant, durable, breathable clothing. And always wear the proper running shoes. Wear a running belt that can carry small bottles of water and energy snacks if you're doing a long distance run.

Cross train.

Spinning, swimming, walking, cycling, hiking, stair or hill climbing are all great ways to build cardiovascular endurance. Resistance training, once or twice a week helps to build and strengthen your muscles and joints, especially those of the lower body which are the major muscles involved in running. Yoga is also an excellent way to increase muscle and joint mobility and flexibility. Mix it up. Add these activities to your running regimen to prevent overtraining, boredom and injury.

Work it to the core.

Your core is your foundation. It is the point of attachment for you upper and lower extremities and involves your trunk and hips. Core strength is vital in providing a strong base and supporting a strong and enduring stride. Exercises such as the plank, side plank, V-hold, low leg raises, abdominal crunches, reverse crunches, lower leg hold are excellent to increase core strength and improve your running technique.

Get the proper amount of ZZZZZs.

Experts suggest that 7-8 hours of Rapid Eye Movement (REM) sleep is essential in order to stay healthy and active. Running is very demanding on our bodies and requires being well rested for optimal performance.

Aykta Grover

BSc, BAA, PTS and NWS

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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.

## Cardiac care, MRI, challenges & more in annual report

### Improving the patient experience is at the heart of hospital's focus

Tracey, Waclaw, Ajethan, Angelo and Wilma are the names of just a few of the thousands of patients who were cared for by staff, physicians and volunteers at Rouge Valley Health System (RVHS) in the last year. Their experiences at Rouge Valley, along with those of four other patients, are captured in the hospital's new online annual report. Together, their patient stories reflect the expanded services and improved quality care being delivered to the community, which is at the heart of Rouge Valley's ongoing transformational journey.

"Our hospital's mission is to provide our patients and their families with the best health care experience. That means giving them access to the right services at the right time; it means providing the highest level of quality; and it means doing all of this as efficiently as possible. The stories, articles and reports that make up our annual report demonstrate

the significant progress we have made in the last year towards achieving this mission," says Rik Ganderton, president and chief executive officer of Rouge Valley Health System (RVHS).

#### Award-winning online report

Rouge Valley's Annual Report 2012: Putting Patients First is the hospital's second entirely web-based annual report. It builds off of the dynamic, electronic format of the 2011 online annual report, which was recently presented with an APEX Award for Publication Excellence from US-based Communications Concepts Inc. All of the content of the 2012 annual report is presented online at [www.rougevalley.ca/annual-report-2012](http://www.rougevalley.ca/annual-report-2012).

#### Highlights from a successful year

Rouge Valley's Annual Report 2012: Putting Patients First is in three sections, each providing a different perspective on the hospital's successes and improvements during the 2011-2012 fis-

cal year.

**Patient Stories** - Get a more in-depth look at the experiences of nine patients who were treated at Rouge Valley. Some highlights include: why one Whitby man is crediting Rouge Valley's cardiac care team with saving his life; how a Rouge Valley speech pathologist helped a little boy to find his voice; how maggots helped to save the leg of a Rouge Valley Centenary patient; and why Rouge Valley's new systems navigator is a source of comfort, support and expertise to breast cancer patients.

#### 2011-2012 Growth &

**Achievements** - Read about the most exciting news at Rouge Valley including: the arrival of a new MRI scanner at Rouge Valley Ajax and Pickering hospital campus; the launch of new facilities and services, such as the geriatric assessment clinic, transitional restorative care program, regional cardiovascular rehabilitation program and 10-bed medical short-stay unit; the start of 11 additional physicians at RVHS; as well as awards, challenges and recognition.



**Reports & Plans** - Check out year-end reports from RVHS leadership, including past RVHS Board chair Jay Kaufman, president and chief executive officer Rik Ganderton, and chief of staff Dr. Naresh Mohan. This section includes links to the 2011-12 financial statements and key corporate reports.

For more information and to read the hospital's annual report, please visit [www.rougevalley.ca/annual-report-2012](http://www.rougevalley.ca/annual-report-2012).

## YouTube video highlights restorative care for seniors

### Transitional restorative care available to patients in east Toronto and west Durham

Thanks to a new YouTube video you can see how a unique program at Rouge Valley Health System is restoring strength and health to senior citizens.

Patients and families tell their story of how the transitional restorative care program has helped them in the three-minute video, available on the hospital's website and YouTube Channel. The informative video provides a virtual tour of the program, which opened at Rouge Valley Ajax and Pickering hospital campus last year. The transitional restorative care program (TRCP) is open to residents from east Toronto and west Durham.

"It is easy to explain the benefits that a program has for our patients. However, if our patients and their families are able to actually see it for themselves, then the benefits are clear," explains Karl Wong, program director, post acute care and corporate allied health. "This video allows families and patients to see what our doctors and staff have to offer, as stated in their own words."

#### Services of the TRCP

Following a serious illness or injury, some patients may no longer require hospital-level care, but they may not yet be ready to return home either. That's where the TRCP comes in. Many medically-stable patients, who remain in an acute care hospital bed, can become deconditioned or more frail. Rather than being discharged to a long-term care facility, patients may be recommended for a brief stay in Rouge Valley's 20-bed transitional restorative care program.

The goal of this specialized program is to restore patients' strength so they can return home. The program is so effective that patients are expected to be able to return home, or to another community setting, within eight weeks. The TRCP takes a team approach, as doctors, nurses, occupational therapists, physiotherapists, recreational therapists, social workers and personal support workers come together to provide a full spectrum of care. Through the TRCP, patients recover their strength, endurance and functioning preparing them for rehabilitation, or to be discharged home. The program includes

individual and group exercises, as well as group dining.

The video includes interviews with Dr. Romas Stas, associate chief of staff; Diane Power, registered nurse; Dawn LeBlanc, physiotherapist; plus a patient and their family member.

To watch the video please visit [www.rougevalley.ca/transitional-restorative-care-program](http://www.rougevalley.ca/transitional-restorative-care-program), where you can also learn more about TRCP services.

"These types of programs are part of a system-wide effort to ensure that seniors, when they are in the hospital, are receiving the transitional care they need to return home stronger and better able to maintain their independence," says


**Rouge Valley**  
HEALTH SYSTEM

Wayne Gladstone, chair of the Central East Local Health Integration Network (CE LHIN) Board of Directors. "The transitional restorative care program is just one example of the many LHIN-supported programs, across Durham Region, Scarborough and the North East part of the LHIN, that is focused on patient activation and senior friendly care. The team at Rouge Valley Health System, like their colleagues in other hospitals and community agencies, is helping to transform the system as together we respond to our communities' healthcare needs."





# Rouge Valley Health System

## Sri Sathya Sai Baba Centre's Presidents Visit

A special thank you to the current and past presidents of the Sri Sathya Sai Baba Centre of Scarborough who visited Rouge Valley Centenary hospital on Aug 13th.

The Centre made a generous donation to Rouge Valley Centenary hospital to purchase 15 new wheelchairs and five for Rouge Valley Ajax and Pickering hospital. During the visit, Foundation staff gave the guests a tour of one of the floors at RVC where the chairs are being put to good use.

The goal of the project, called 'Love on Wheels', was for the centre's members to donate toward purchasing wheelchairs for hospitals serving the Scarborough community. Current Centre President Mohana Thirukesan explains that "the response was so good, so overwhelming for wheelchairs, that reached many hearts."

Mani Pathmarajah, the first-ever president of the Centre and a founding member, explains that the project was initiated by all of the past presidents who were looking for a way to recognize the group's 25th anniversary. In the end, they raised enough money to purchase 42 wheelchairs, with two for the Centre, and 20 each for Rouge Valley Health System and The Scarborough Hospital.

"We wanted this to reflect our goal of 'service to humanity'" she says. "We wanted it to be something that would help others for many years to come."

The success of the project was summed up by the example of one of the Centre's young members, a 12-year-old who collected \$550 on her own.

During a visit to the 9th Floor of RVC, unit staff gathered to thank the current and past presidents. Camille Robinson, medical program manager on the floor, pointed to few of the benefits.

"It's always nice to get new chairs. There's always a turnover and new ones have all the parts in place and they are clean" she says. "And that's important for infection control which is always so



Katherine Craine, left, and Chad Hanna, Foundation President & CEO on far right, from left, Mohana Thirukesan, current President, Geetha Vigneswaran, Mani Pathmarajah, Logi Mariathasan (secretary) and Sarada Yogeswaran, all past presidents of the Centre. Three of the past presidents were unable to attend due to other commitments

important."

In a letter describing the reason for the donation, Ms. Thirukesan states that the donation is "an expression of love and gratitude to our Beloved Sri Sathya Sai Baba".

Ms. Thirukesan explains that to raise the funds, they practiced 'Ceiling on Desires' and the humble thought of helping to provide wheelchairs to community hospitals "opened the loving hearts and wallets of our Sai members to donate generously towards this worthy cause".

## Rouge Valley Health System (RVHS)

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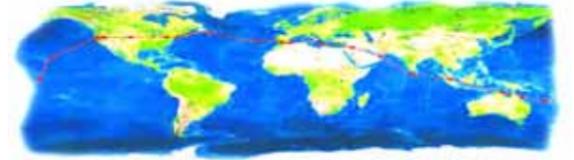
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# Around the world



## Neil Armstrong: Modest man who made one giant leap for mankind with one small step

Former U.S. astronaut Neil Armstrong, the first man to walk on the moon, has died.

A family statement said the 82-year-old icon died on Saturday, August 25th in his home state of Ohio, following a cardiovascular procedure earlier this month.

Armstrong commanded the Apollo 11 spacecraft that landed on the moon on July 20, 1969. After stepping on the lunar surface, he sent the historic message: "that's one small step for man, one giant leap for mankind." As an enthralled world looked on, Armstrong spent nearly three hours walking on the moon with fellow astronaut Edwin "Buzz" Aldrin.

Armstrong had largely withdrawn from public life in recent years. But he spoke earlier this year at Ohio State University at an event honoring fellow space pioneer John Glenn, former senator from Ohio.

Weeks after the moon walk, Armstrong, Aldrin and the mission's third astronaut, Michael Collins, received a thunderous welcome with ticker-tape parades in New York, Chicago and Los Angeles. They later made a world tour.

The moon walk marked America's victory in the Cold War space race with the Soviet Union that began in October 1957 with the launch of the Soviet satellite "Sputnik 1."

A record television audience of 528 million people worldwide watched Armstrong, the mission commander, step off the ladder of the lunar module Eagle and onto the moon's surface at 10:56 p.m. New York time on July 20, 1969. He was followed by pilot Edwin "Buzz" Aldrin about 20 minutes later. Michael Collins remained in orbit, in the command module that would take them all home.

"That's one small step for man, one giant leap for mankind," Armstrong said, a sentence that became one of the most quoted of the 20th century. He told NASA interviewers that he had intended to say "a man," and that the article "a" might have been lost in transmission. He said his inspiration was the children's game known as "Baby Steps, Giant Steps."

The final minutes of the four-day, 239,000-mile trip to the moon had tested Armstrong's famous cool under pressure.

Piloting the lunar module, he searched for a safe landing spot amid rough terrain, finally touching down with about 20 seconds of fuel left. Back in Houston, mission control had been on the verge of ordering him to abort the landing and return to the command module.

"Houston, Tranquility Base here," Armstrong radioed home. "The Eagle has landed."

Apollo 11 fulfilled President John F. Kennedy's pledge from May 1961 to put a man on the moon by the end of the decade, as the world's two superpowers jockeyed for advantage in space. A month before Kennedy's speech, the Soviet Union had launched astronaut Yuri Gagarin into orbit after several successful unmanned missions.

President Barack Obama, in a statement on Aug 25, called Armstrong "among the greatest of American heroes, not just of his time, but of all time. When he and his fellow crew members lifted off ... they carried with them the aspirations of an entire nation. They set out to show the American spirit can see beyond what seems unimaginable -- that with enough drive and ingenuity, anything is possible."

Presumptive Republican presidential nominee Mitt Romney called Armstrong an American hero who will inspire him for the rest of his life. He praised the astronaut for operating "with courage unmeasured and unbounded love for his country."

The family statement described Armstrong as "a loving husband, grandfather brother and friend." It asked that the public "honor his example of service, accomplishment and modesty. And the next time you walk outside on a clear night and see the moon smiling down at you, think of Neil Armstrong and give him a wink."

Armstrong's Apollo 11 mission earned decorations from 17 nations and many special American honors, including the Presidential Medal of Freedom, the Congressional Space Medal of Honor and the NASA Distinguished Service Medal.

In later years, he served as Deputy Associate Administrator at NASA headquarters, and was a professor of aerospace engineering at the University of Cincinnati. He and his family lived on a 120-hectare farm outside of Cincinnati.

Armstrong's moonwalk is one of those events that brought the world together; most people who are old enough to have seen it can tell you exactly where they were when it happened.

In a rare interview, Armstrong gave almost an hour of his time this year in a video conversation with the Certified Practising Accountants of Australia (CPA).

He repeated his criticisms of the current direction of the US human space-flight programme, saying it lacked ambition compared with the big thinking of the 1960s.

But the interview also provided a rare insight into the mind of this most private of history-makers. In it, Armstrong described how he had become fascinated with flight as an elementary school stu-



dent, and determined that, "somehow, I wanted to be involved in that".

Trading the world stage for the more sedate pace of life in an Ohio farming community made perfect sense for this man of few words, who sought only to serve his country: "I don't want to be a living memorial," he once said.

Neil Armstrong was a towering, if not

mythical, figure in the world of space-flight.

As the world sat awestruck in front of their television sets, marvelling at the achievement of sending an emissary to the surface of another world, he was one man and every man.

(Compiled with reports from VOA News, BBC, ABC & Bloomberg News)

## Eid prayers at the Kalmunai beach, Sri Lanka-Aug 18, 2012

- pic by Rifthi Ali - via Navamaniik



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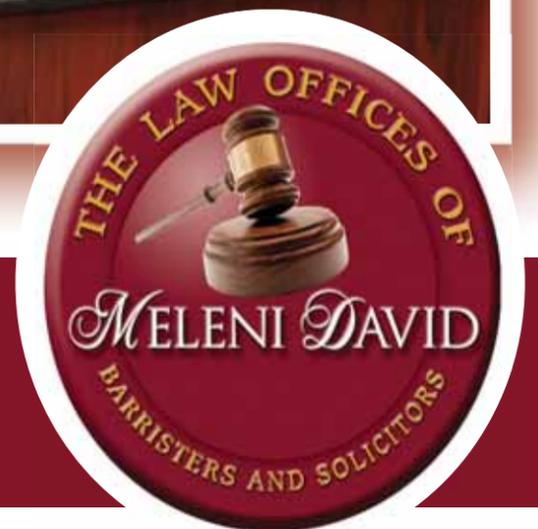
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# Special Feature



The Canadian Tamils' Chamber of Commerce has committed to raise \$150,000 over the next three years for the relocation and remodelling of Providence Healthcare's palliative care program. "We're very impressed with what Providence Healthcare offers, and many members of our Tamil community benefit from these services," says Mike Ahilan, President of the Chamber. "Palliative care is a program that's highly needed, and we think that the Providence approach will be very effective."

Many thanks to the Canadian Tamils' Chamber of Commerce for their out-



(Artist's rendering - concept only) The proposed new palliative care unit will feature a private entrance; a concierge service for admissions and visitors; and space for family conversations. The remodelled palliative care unit is part of Providence Healthcare's larger strategic plan to transform the way health care is delivered to our community. To book a tour of the current palliative care unit, please call Providence Healthcare Foundation at 416-285-3630.

## Responding to the Growing Need

Providence Healthcare will continue its excellence in palliative care through a relocation and remodelling of the current program. The hospital's plan depends on the generosity of our supporters and donors. The vision is to remodel and upgrade space in an existing underused wing of Providence to provide enhanced, state-of-the-art care, supported by best practices, to end-of-life patients and their families. Highlights will include:

Space for a variety of therapeutic recreation therapies such as music, pet therapy and massage therapy

Children's play areas

# Recognizing the Canadian Tamils' Chamber of Commerce



threatening illnesses are living for longer periods of time, the need for palliative care has become an important health issue. Through this important commitment to local palliative care, the Canadian Tamils' Chamber of Commerce will continue to cultivate its strong presence within the medical community.

See the Canadian Tamils' Chamber of Commerce's advertisement for the Autumn Bowlathon in support of Providence Healthcare.

Areas for spirituality and contemplation

A business centre

Access to the hospital's many green and garden spaces

Support for patients who wish to return home safely during their final days

## Did you know...

17% of the city's population will be age 65 and over by 2024.

standing generosity in supporting this program. "With the generous support of Providence's friends like the Canadian Tamils' Chamber of Commerce, we are building a home-like environment that will offer both privacy and support for our patients and their families," explains Josie Walsh, President and Chief Executive Officer, Providence Healthcare. "By remodelling the space, we will be able to continue helping more families through this difficult journey in their lives."

The remodelled palliative care unit will feature a Spiritual and Cultural Centre named in honour of the Canadian Tamils' Chamber of Commerce. This space will support the multicultural and multi-faith needs of the community offering a place for contemplation, prayer or consultation with spiritual leaders.

Providence Healthcare Foundation Board Member Kanish Thevarasa comments, "The Canadian Tamils' Chamber of Commerce is the first organization to commit a donation to the palliative care project. The CTCC is leading the way for health-care philanthropy in our community."

As more people with advanced life-



Kim Moseley reunited recently with members of the palliative care team (left to right, front row): Kim Moseley; Sonia Sample, Registered Nurse (RN); Norlina Abdel, RN. (back row): Pauline Mae Carrel, RN; Monika Vassal, Registered Practical Nurse (RPN); Chantal Eunice, RPN; and Carman Bair, Health Care Aid.



# Special Feature

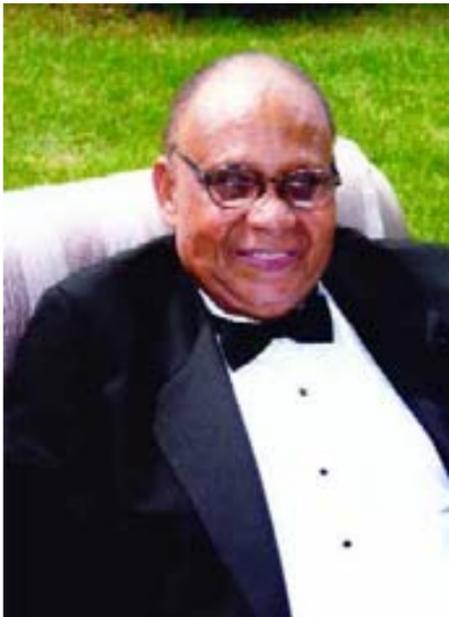
12 days is the average wait for a palliative care bed at Providence (2011/12).

217 patients are admitted to the palliative care unit at Providence (2011/12)

76 is the average age of palliative care patients at Providence.

## Excellence in Palliative Care

When Ranny Moseley's terminal bone cancer advanced to the point where it was difficult to care for him at home, a social worker recommended to his daughter, Kim Moseley, that the family visit Providence Healthcare's palliative care unit as an alternative to receiving ongoing care at home. Not being able to continue caring for her dad at home was emotionally very difficult for the family, who felt they were letting him down.



Ranny Moseley on his 50th wedding anniversary, just over a year before he died. "He was only about 5'7", but on this day he stood 7 feet tall and floated. He married his childhood sweetheart all over again and was so proud of his family," says daughter Kim Moseley.



DarioGragasini

"My life changed forever when my family realized my dad needed palliative care. It was an anxious and confusing time until we met the team at Providence," says Kim. "From the first moment on the unit, we realized that here is a gentle, compassionate place



where dignity and respect for the patient and the family is the priority. I had always heard the phrase 'dying with dignity,' but until I experienced the last weeks of my dad's life at Providence, I didn't really know what that meant."

Providence Healthcare is a leader in providing rehabilitation, palliative care, long-term care and community outreach. Over the next few years, Providence is developing an enhanced palliative care program that will integrate emerging best practices and respond to the growing need for compassionate and culturally-sensitive end-of-life care in the GTA.

Palliative care is a specialized approach to treating terminal illness. A team of skilled professionals including physicians, nurses, social workers, pharmacists, therapists, spiritual care experts and volunteers work closely together to ensure that the patient's last days are as comfortable and meaningful as possible. Family members are encouraged to become active participants, celebrating the patient's life and cherishing the time they have together with their loved one.

"Our first visit to Providence was a tour where Joyce, one of the Registered Practical Nurses, spent time with us to address our apprehensions and explain how my dad would be treated every step of his journey," says Kim. "Joyce made sure we understood everything that would happen."

Kim said that her family went from 'anxiety' over leaving their father alone in hospital to 'comfort' in knowing and

appreciating the kind of care he would experience. "There is a wonderful feeling of community," Kim remembers. "We built relationships with other patients, other family members and of course, with the care team. Our family was so privileged that we were able to go through this journey with my dad together."

Palliative care is a journey that varies from person to person, and requires individualized care plans. Excellence in clinical care and pain management are balanced with attention to small details that often make a big difference in comfort: therapeutic devices such as air mattresses on beds; recreation programs such as visits from Molly the pet therapy dog; and an on-site chapel for reflection and prayer if desired.

Kim says she was impressed by the positive attitude of the staff on the unit. "They were always there to give a hug, a kind word or a smile. I often wondered how they could be so happy at work, building relationships with people who are not here tomorrow. For the staff - people like Alice, Dario and Joyce - their work is a real calling."

When Kim's father died in April 2011, the family continued the spirit of community that had sustained them throughout his last days with a celebratory gathering to honor his life, held at his church. "It was just the way he would have wanted it."

## My Providence Moment

"I was so touched to hear that Kim Moseley had mentioned me by name

when she spoke at one of our fundraisers about the care her father received at Providence. It meant a great deal to know how much our team had helped her family. To work in palliative care, you need the right heart, mind and soul - heart for caring in difficult times; mind to understand the reason you are working here; and soul to give something worthwhile. I feel privileged to do this kind of work at Providence Healthcare." - Dario Gragasini, RN, Palliative Care

## About Providence Healthcare

Located in Toronto's east end, Providence Healthcare is a leader in providing rehabilitation, palliative care, long-term care and community outreach. Providence Hospital offers inpatient and outpatient programs to more than 2,000 people annually with a focus on rehabilitation for stroke and neurological conditions; hip fractures; lower limb amputations; and geriatric conditions associated with aging. The Cardinal Ambrozic Houses of Providence provides quality long-term care to 288 residents. Our programs are supported through the community with a wide range of services, including the Adult Day Program for people with mild to severe dementia; education and caregiver support. Providence Healthcare's Catholic legacy of compassion and innovation dates back to 1857 when the Sisters of St. Joseph founded the original House of Providence as a refuge for the sick, poor, elderly and homeless.



# The Scarborough Hospital

## Gala on Nov 10th to raise \$1 million for Chronic Kidney Disease

The Scarborough Hospital Foundation is hosting its first ever Scarborough World Gala Lifetime Achievement Award on November 10 in support of Chronic Kidney Disease (CKD).

This year's inaugural event will honour Dr. Neville G. Poy B.Sc., M.D., C.M., M.Sc. (surgery), FRCS (C), FACS, whose contributions to The Scarborough Hospital, the medical field and the community have been truly outstanding.

He was Director of the first burn unit in Canada, and his keen interest in hand reconstructive surgery led to appointments in numerous educational and executive roles within the American Association for Surgery of the Hand. Dr. Poy has been active in the medical community as President of the Ontario Medical Association, Plastic Surgery Section, and President of the Sydenham Club, and was the first honorary member of the medical staff at The Scarborough Hospital.

Dr. Poy also holds several prestigious awards including the Chairman of the Board of Governor's "Award of Excellence in the Medical Community" and the Queen's Golden Jubilee Medal.

"We have such remarkable talent here at the hospital," says Michael Mazza, President of The Scarborough Hospital Foundation. "The Scarborough World Gala Lifetime Achievement Award allows us to recognize the outstanding contributions of our staff and physicians while raising funds to enhance programs and services to better serve our patients."

The Scarborough Hospital Foundation aims to raise \$1 million through the Gala. So far, almost half a million dollars has

been donated to support CKD, a disease that touched the life of Dr. Poy when his son, Justin, was diagnosed with it. Individuals with an Asian or South Asian background suffer a high incidence of CKD. With these ethnicities representing a large part over our overall community, it is essential to provide appropriate services to meet their healthcare needs.

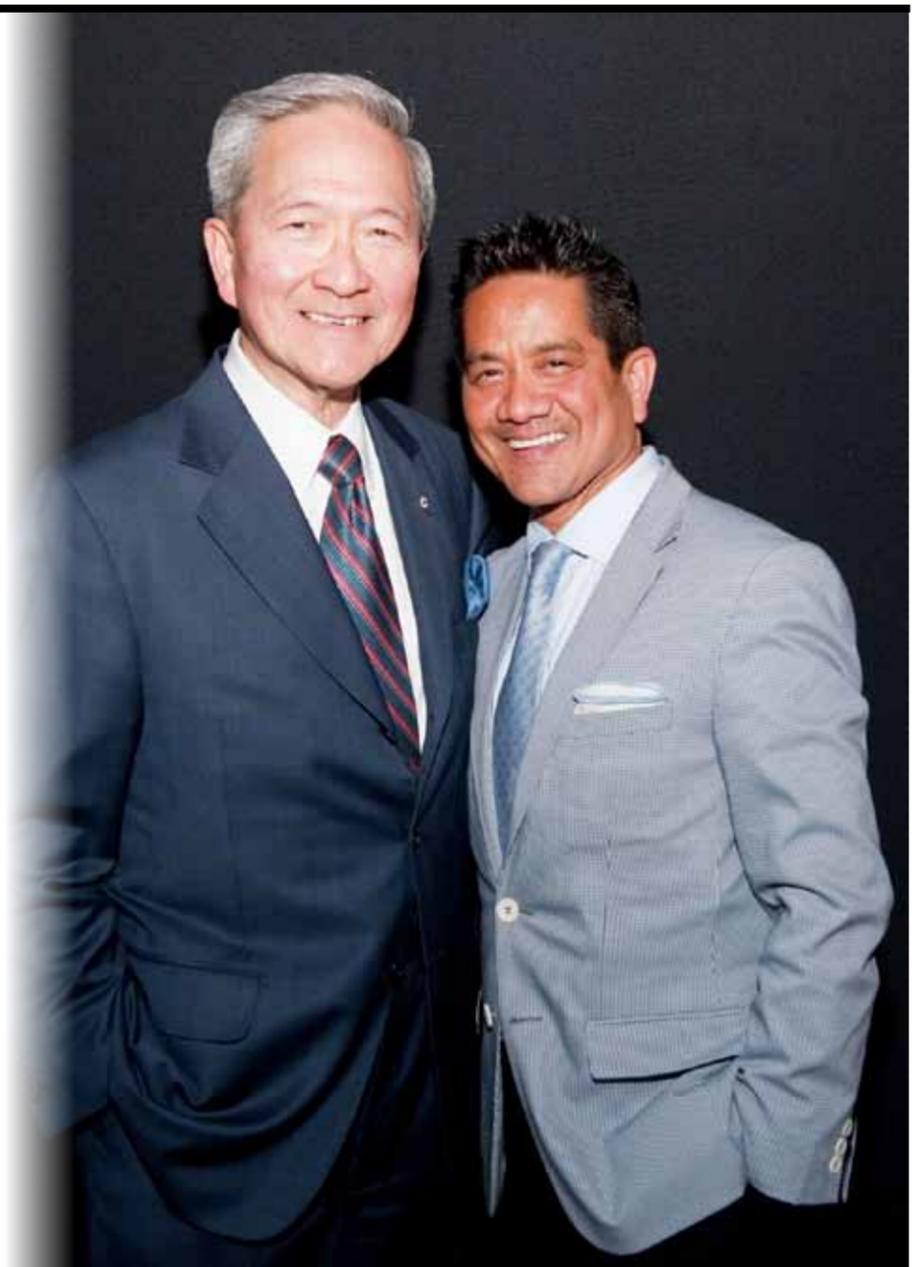
The Scarborough Hospital currently has one of the largest CKD programs in North America, and patients benefit from the innovative treatments provided right here in our own community. More than 5,000 patients with Chronic Kidney Disease and another 750 dialysis patients receive treatment at TSH's program.

Due to the life and death nature of this disease and the hospital's expertise in this area, patients are never turned away.

However, the program is over-capacity, and expansion is necessary to deliver modern care and advance treatments to improve the quality of life for individuals suffering from CKD.

"We don't have the space in our hospital to carry out our focus on Chronic Kidney Disease management," says Dr. Paul Tam, one of Canada's leading Nephrologists, and Medical Director of the Regional Nephrology Program at The Scarborough Hospital. "This is our opportunity to work with the community at large to build a Community Hub that will incorporate disease prevention, treatment and rehabilitation."

The program is a driving force behind the need for an integrated partnership to create a Community Hub for leading edge treatment of CKD to Scarborough, which has a high incidence of the disease.



Dr. Neville Poy (left) will be honoured as the first recipient of the Scarborough World Gala Lifetime Achievement Award on November 10 in support of Chronic Kidney Disease. His son, Justin (right), has been diagnosed with CKD.

## Advantages of the life-saving blood product Octaplex

The recent development of quick reference cards to help clinicians identify when to use the life-saving blood product Octaplex, has improved patient safety and enhanced care at The Scarborough Hospital.

Three years ago, TSH was one of the first hospitals in Canada to begin using Octaplex to treat emergency reversal of bleeding for patients on warfarin, an anticoagulant normally used to prevent blood clots. Since its introduction, more than 200 patients have received Octaplex – 90 percent in the emergency department and 10 per cent on the nursing units – and have benefited from this safe and efficient method of delivering care.

"The reference cards include information like who should receive Octaplex, how to administer it, dosing information and how long it works," says Laura McKenzie-Kerr, ONTraC Nurse with TSH.

"We designed the cards so they attach to staff ID tags for easy access and to remind clinicians that Octaplex is not only available, but a better way to deliver care than using frozen plasma."

Laura adds that education sessions, presentations and other resources have been created to encourage the use of Octaplex, but the resource cards, funded by Octapharma, are an easy and consistent reminder that this effective product is available.

"While Octaplex does not replace frozen plasma in all situations," explains Dr. Henry Krieger, Oncologist and Hematologist at TSH. "We now have a more effective and safer product to use when warfarin anticoagulation needs to be quickly reversed."

Patient and long-time volunteer, Jerry Thurston, appreciated first-hand the high-

quality care supported by Octaplex in a recent visit to the hospital's emergency department.

Jerry required International Normalization Ratio (INR) reversal immediately, and while frozen plasma takes approximately half an

hour per bag to thaw, and two to three hours to give, Jerry was able to receive Octaplex in 30 minutes. He was discharged a few days later, spending less than five days in the hospital.

"Everything happened very quickly," says Jerry, who has been a Scarborough resident since 1963.

"It's great The Scarborough Hospital can offer services to help patients receive better and faster care."

The 80 milligram dosage Jerry received did not affect his heart condition whereas receiving two or three litres of plasma could have caused a potential fluid overload.

In the event Jerry had needed surgery, waiting to receive plasma could have delayed the procedure, which would have increased the risk to his safety and kept him in hospital longer.

Octaplex is also compatible with every blood type, which increases patient safety and decreases the reliance on donors.

### Other benefits include:

- Less time to administer – saves nursing time
- No thawing or screening – saves lab time
- No special tubing – saves money
- Viral inactivated – increases patient safety

Most importantly Octaplex begins working almost immediately to save the lives of patients, like Jerry, who was able to recover quickly and return to helping others through his volunteer work at TSH.



Jemini Cheriyan (left), Registered Nurse in The Scarborough Hospital's emergency department uses her quick reference card to help identify when the risk to patient safety can be reduced for patients, like Jerry Thurston (right), by using Octaplex instead of frozen plasma.



# The Scarborough Hospital

## Patient's daughter compliments MRI Technologist

Nancy Calahan accompanied her 80-year-old mother, Alberta Smith, to a recent MRI appointment, which prompted her to email The Scarborough Hospital shortly afterward to commend the staff for creating a truly wonderful experience.

"On a scale of one to ten, they get a ten for professionalism and for being so nice," said Nancy. "The whole office was friendly and there was a lot of interaction. It's so different from other, colder offices and makes it enjoyable for everyone waiting."

Nancy added that the MRI technologist working that Sunday afternoon, Azhar Khan, was fantastic.

"He explained what he was doing and made us feel at ease," said Nancy. "It can be a nerve-racking experience, but he had good humour and was compassionate."

Nancy commented that Azhar was also very personable, and talking with him was like talking to a friend.

"My son is getting married so we talked about the wedding, and he shared his own stories," recalled Nancy. "He was a genuinely nice person and just seemed to be enjoying his day. We truly feel he is an asset to the hospital."

Azhar responds that he meets so many wonderful people in his line of work, but when he hears a compliment like this, it makes coming to work that much more rewarding.

Nancy's experiences at other hospitals have not always been as good as this one, nor did she feel as though other hospital staff were as nice. So she and her mother Alberta, a Scarborough resident for more than 50 years, genuinely appreciated their experience at TSH.

*Azhar Khan, MRI technologist at The Scarborough Hospital, was the subject of a complimentary letter from a patient's daughter.*



## TSH's Specialists' night benefits new parents



*Expectant, first-time parents, Valerie and Kosta Makropoulos, were so pleased with the wealth of information they received at The Scarborough Hospital's Specialists' Night, and believe the session should be mandatory for new parents.*

expectant parents with a complete picture of childbirth, from labour to delivery, and the options available.

"We're so glad we attended the Specialists' Night," said Valerie. "We had no idea there was so much to know and it was great to get information directly from the experts. The session should be mandatory."

A number of presentations from clinical experts such as a paediatrician, obstetrician, nurse, midwife, doula and anaesthesiologist addressed the general childbirth process and what new parents could experience, possible risks and the differences between a natural birth and caesarean section.

Recent data compiled by the Canadian Institute of Health Information showed that TSH has the best rate in the GTA for Vaginal Birth after Caesarean Section (VBAC) with approximately 25 per cent of mothers delivering this way.

TSH's success in this area is due largely in part to the interprofessional team approach.

"We place high value on empowering family doctors, midwives and doulas to continue through labour with patients even if they had a previous c-section," explained Dr. Georgina Wilcock, Chief of Obstetrics at TSH.

Dr. Wilcock was one of the experts who participated in the most recent Specialists' Night, and answered questions related to C-sections as well as provided great tips about the early stages of labour, episiotomies and assisted deliveries.

### Other topics discussed during the Specialists' Nights include:

- the use and risks of epidurals;
- post-delivery care;
- follow-up appointments;
- process for babies who are breech;
- breastfeeding and formula;
- the importance of immediate skin to skin contact between mother and child;

- possible infections;
- symptoms of labour;
- how to handle visitors.

Valerie and her husband were also happy to learn about the doula partnership between TSH and Discover Birth Inc.

"We didn't know anything about doulas," said Valerie. "So it was great to learn about what they do and that they're available even up to the last minute."

Doula Services were recently integrated with the hospital's Maternal, Newborn and Childcare (MNCC) Program about a year ago, and they work in collaboration with the obstetrician and/or midwife to provide non-medical physical and emotional care to families during childbirth.

"It's an excellent service in the hospital," said Nadine Doueiry, a patient who included a doula in the birth of her second daughter.

Nadine also provided glowing accolades about TSH's MNCC program when compared to the hospital she first delivered at in Dubai. She stated that while the hospital in Dubai was "five-star" in terms of resources, TSH staff and her doula were more knowledgeable, qualified, caring and supportive. In fact, she was so thrilled with her experience that she and her husband have decided to have a third child.

"The Specialists' Nights are an excellent example of collaboration among healthcare professionals that truly enhances the quality of care and delivery of service for our patients," says Barbara Scott, Patient Care Director of MNCC at TSH. "Providing education and resources for new parents helps to ensure the birth of their first child is a memorable experience."

Specialists' Nights occur once a month alternating between the General and Birchmount campuses, and follow a prenatal tour during which expectant parents visit the birthing facilities. TSH also offers Childbirth Education (Prenatal) and Child CPR classes, in partnership with New Life Prenatal, to help expectant parents prepare for their birth and postpartum experiences as well as newborn care.

## GET YOUR GROOVE ON IN SUPPORT OF THE COMMUNITY AND THE SCARBOROUGH HOSPITAL

Dance like nobody's watching at a Flash Dance taking place somewhere in Scarborough on September 21. The Scarborough Hospital Foundation is hosting the event to kick-off Workout to Give Back to Scarborough, a 10-day, city-wide fitness challenge that was created to promote health, engage our diverse community and raise funds for The Scarborough Hospital.

The Foundation is reaching out to staff, physicians and the community to encourage residents of all ages to participate in this unique event, which will run until September 30. Workout to Give Back to Scarborough, sponsored by the Scarborough Town Centre, CTV Toronto, G98.7 FM, Roadsport Honda and three local No Frills' stores (Michael's, Nick's and Dave's), will launch with a kick-off featuring music and giveaways, among other events, and of course, the Flash Dance.

But, shhhh, it's a secret! Check out [www.tsh.to](http://www.tsh.to) or call Indira Tarachandra, Marketing and Public Relations Officer, to learn how you can participate. You can also follow us on Twitter @TSHFoundation. Use the hashtags #Workout2Give and #secretflashdance for more details.

"Healthcare affects everyone, and this event is an opportunity to stand, or dance, together as a community in support of a shared purpose," says Michael



Mazza, president and CEO of The Scarborough Hospital Foundation. "It's also a great way to

try something new, start a fitness routine and support healthcare in Scarborough."



# The Scarborough Hospital

## Young mother thank TSH for its Paedlink Clinic



Four year old Aiden gets a piggyback ride with his mom, Melissa McDowell.

A twist of fate landed Melissa McDowell and her four-year-old son in The Scarborough Hospital's Paedlink Clinic, and following the experience, this Pickering mom says she wouldn't have wanted it any other way.

"It was a fluke that we ended up at The Scarborough Hospital," says Melissa after she was advised by a walk-in clinic physician to bring her son directly to the emergency room. "But I would take Aiden back there in a second. Everyone was so amazing, and even after spending the night, Aiden didn't want to leave."

Melissa and Aiden, who arrived with a serious allergic reaction, were seen immediately by staff in the main emergency department (ED) then referred to the Paedlink Clinic for specialized paediatric assessment and treatment.

Paedlink is an innovative program that expedites the care of young patients by diverting them away from the ED to a less frightening, child-friendly environment where they can receive appropriate emergency services dedicated to children.

Every year, the ED sees more than 19,000 paediatric patients, representing 18-19 per cent of all patients visiting the ED, and the high volume can mean children with a fever or other less severe conditions must wait for priority cases such as heart attack and accident victims.

Since opening in 2007, the Paedlink Clinic has reduced ED wait times by 15 per cent, to an average of three hours from 3.5. The successful collaboration between the Maternal Newborn and Child Care (MNCC) program and the Emergency Department

at the General campus led to the clinic's expansion at the hospital's Birchmount campus.

"Everyone knows that wait times in the ED are a key priority, and we want to ensure patients are cared for by the right professional at the right time in the right place," explains Barbara Scott, Patient Care Director, MNCC. "TSH was one of the first hospitals in Ontario to implement this program and so far, the feedback from parents has been overwhelmingly positive."

"I was amazed at the wait time compared to other hospitals," says Melissa. "It really made a stressful situation a lot easier than it could have been."

Melissa adds that Dr. Kin Fan Young Tai and her team were wonderful. Even when she called a few days later with lingering concerns, she says the staff told her to bring Aiden right in for follow-up care and symptom management education. Melissa was so thankful for their care and support, she treated the Paedlink staff to a gift basket.

"I work at a company that makes gift baskets, and a lot of people send them to doctors or hospitals," explains Melissa. "Now, after this experience, I totally understand why they do that."

Children have unique medical needs including medication and dosages, and the environment in which they receive this care often becomes part of the healing process. To continue providing the best possible care for our young patients, The Scarborough Hospital Foundation is hosting its annual Scarborough World Cup of Golf on August 28 at the Angus Glen Golf Club with all proceeds supporting the Paedlink Clinic.

## PATIENT SAFETY CONVERSATIONS

Patient safety is a critical component of The Scarborough Hospital's evolution towards a just culture. In the flurry of activity leading to the transition to a new Model of I-CARE were many grassroots conversations taking place in each department and unit around patient safety.

These 'Patient Safety Conversations' were brief, semi-structured dialogues between unit/department leaders and staff, and were conducted simultaneously across both campuses and in all units and departments. The purpose was to build energy and momentum towards our shared organizational goal of a safety culture, through mutual learning. Leaders asked their staff the open-ended question, "My role in patient safety is ..." The intent was to

encourage open and honest communication.

Two of those units – Mental Health Services and Maternal Newborn and Child Care (MNCC) – each found the conversations to be valuable reminders that patient safety is everyone's responsibility and requires a team effort.

"The conversation empowered staff as they were reminded that they are the experts when it comes to safety concerns grounded in the context of direct patient care," explains Faiza Khalid-Khan, Patient Care Manager, Inpatient Mental Health Services. "It made staff feel responsible and accountable when the conversation began with, 'My role in patient safety is ...' Not only were they able to express scenarios that could have led to



Faiza Khalid-Khan, Patient Care Manager, Inpatient Mental Health Services, says the Patient Safety Conversations empowered staff.

compromised patient safety, but they also came up with ideas for improvement that were practical and useful."

What Faiza's staff experienced is exactly what the patient safety conversations are intended to accomplish: mutual learning and reflection on patient safety.

In MNCC – which includes Family Maternity Centre (FMC), Neonatal Intensive Care Unit (NICU) and Pediatrics – the patient safety conversations were a little more complex based on the varied patient population.

"Across all my units, there was little overlap as to how staff keeps their patients safe," explains Myrna Joy Henry, Patient Care Manager, MNCC. "There were many similarities, but also differences that addressed the most common population they dealt with."

"But what was common across all units was that staff sees their role as all-encompassing. Since they deal with mothers, families, newborns and children, they gauge their role according to the patient need."

For frontline staff, the Patient Safety Conversations highlighted the importance of open communications.

"One aspect of patient safety is keeping the lines of communication open with the patient, their family and all members of the healthcare team," says Grace Rogers, a Registered Nurse at the Family Maternity Centre at the Birchmount campus. "The conversation includes the plan of care for patients and making certain patients and families understand and accept that plan of care."

One of the more pleasant surprises for Faiza's patient safety conversation in Mental Health Services was "how open and honest the staff was about expressing their near-misses and then coming up with practical solutions to avoid such mistakes in the future."

"It was a lively discussion which stayed on topic for the most part. Staff also mentioned how this kind of conversation was useful as they would then be able to answer such questions for Accreditation Tracers during Accreditation Week."

# Special Feature



## BEYOND RECOGNITION AND MISRECOGNITION: THE SHOOTING AT OAK CREEK GURDWARA IN WISCONSIN

Amardeep Singh

One of the issues that has come up periodically in the Sikh community in the U.S. since 9/11 has been how to handle the common problem that men in turbans are presumed by many Americans to be Muslims.



**NYC Mayor Bloomberg visits Sikh Cultural Society in Queens, NY with Police Commissioner Kelly, August 6, 2012-Photo Credit: Spencer T Tucker-via: NYC Mayors Office**

A man named Balbir Singh Sodhi was shot down in Arizona just a few days after 9/11 for precisely that kind of misrecognition, and there were quite a number of other instances of attacks not as extreme as murder that occurred in those first few months.

2001-2002 happened to be my first year teaching at Lehigh. I was living alone in Bethlehem itself, close to the university, and believe me, I felt the intensity of that hostility, both while driving and of course on foot. But it wasn't just a small town issue; the sense of smouldering hostility was also something one felt on the streets of Philadelphia and, not surprisingly, New York. I heard a lot of ugly taunts and insults, and had a couple of encounters that might have been dangerous if I hadn't decided to walk away very quickly.

I was kind of spooked, and like a lot of Sikhs that fall I put a bumper sticker on my car with a U.S. flag, announcing myself as a "Sikh American," crossed my fingers, and tried to stick to stay focused on teaching literature. That year I ate a lot of Drive-Thru fast food and missed the fun grad-school life I had left behind in cosmopolitan (really) North Carolina.

About a year later everyone started to calm down and I put a lot of my feelings from that first year behind me. (And yes, I eventually took the bumper sticker off the car.)

Obviously, the Sikh community realized very quickly that fall that it wouldn't do to simply say, "Don't hate me, I'm not a Muslim." And by and large people have avoided that particular phrasing and rhetoric. The Sikh advocacy organizations that were organized shortly after 9/11, chief among them the Sikh Coalition, were very emphatic on the point that they were opposed to hate crimes directed against any group based on religious hostility.

Today as I've been keeping up with the community's reaction to the Gurdwara shootings in Wisconsin I've been seeing a lot of friends and family reminding everyone not to dwell on the shooter's likely "misrecognition" — the sentiment that "we didn't do anything, we don't deserve this" is actually not one we should be giving voice to, even if it might be understandable after such a ghastly attack.

Many of my friends online are also suggesting we renew our efforts as a community to educate Americans about who we are. These are well-meaning and valuable efforts, and I myself will try and support them if I can.

But here's the thing: I don't know if the shooter would have acted any differently if he had really known the difference between the turbans that many Sikh men wear and a much smaller number of Muslim clerics wear — or for that matter, the difference between Shias, Sunnis, and Sufis, or any number of specificities that might have added nuance to his hatred.

As I have experienced it, the turban that Sikh men wear is the embodiment of a kind of difference or otherness that can provoke some Americans to react quite viscerally. Yes, ignorance plays a part and probably amplifies that hostility. But I increasingly feel that visible marks of religious difference are lightning rods for this hostility in ways that don't depend on accurate recognition.

I am not sure why the reaction can be so visceral — perhaps because wearing a turban is at once so intimate and personal and so public? Walking around waving, say, an Iranian flag probably wouldn't provoke quite the same reaction. A flag is abstract — a turban, as something worn on the body, is much more concrete and it therefore poses a more palpable (more personal?) symbol for angry young men looking for someone to target. Whether or not that target was actually the "right one" was besides the point for the Oak Creek shooter.

Years ago I tried to make a point along these lines in a conference presentation; I also took it a step further and claimed that in effect the turbans that Sikh men wear mark them as different in ways that rhyme with the hostility that Muslim women wearing Hijab also often face. That comparison wasn't received terribly well, but I stand by it.

It's not that what the Hijab means for Muslims has very much to do with what the Dastar means in Sikhism. It's that both have the potential to provoke a kind of visceral reaction by these marks of religious difference worn on the body. Sometimes that reaction is simply a sense of discomfort or confusion, easily allayed by a winning smile or a comment about the local sports team or the weather.

Sometimes, however, that negative reaction runs deeper and can't be readily resolved. (And yes, I think Hasidic Jews,

Prof Amardeep Singh

for instance, provoke similar kinds of visceral reactions. And while there is likely no "9/11" connection in the minds of anti-Semites, it's worth remembering that anti-Semitic hate crimes and synagogue vandalism continue to occur at a pretty steady clip. And isn't homophobic gay-bashing connected to something similar — a sense of difference operating at an uncomfortably intimate [to the attacker] level?)

I want to be clear that I am in no way suggesting Sikhs not wear turbans to avoid hostility. But I also don't think we should fool ourselves that incidents of this nature will be completely addressed purely by "education," nor should we presume that the shooter suffered from "ignorance." If the shooter turns out to have been what it's currently thought he was (that is, some sort of white supremacist), all that mattered to him was that he hated difference — and saw, in the Sikh Gurdwara at Oak Creek, a target for that hatred.

Indeed, I don't have any very constructive solution to offer today. I am, truthfully, at a loss right now as to how



**'Muslim sisters wearing We-Are-All-Sikh shirts today, prove that we are all Human first'-via twitter.com/urbanturbanguy**

to understand this tragedy, or how I might explain it to my five-year old son (we haven't told him about it yet, and don't plan to). At times living in the United States seems like an amazing privilege; this year we were out waving our little American flags with the rest of the neighborhood for the Independence Day parade in the suburban Philadelphia town where we live.

But the level of violence that is regularly expressed here (and, seemingly tolerated, since nothing substantial is ever done to address it) also defies explanation. This — naked gun violence — is the nightmare that periodically creeps into, and overshadows, the American Dream. And I will try to let my son go on being a typical American kid who doesn't have to think about that.

(Amardeep Singh is Associate Professor of English at Lehigh University, Pennsylvania, USA. This piece appears in [electrostan.com](http://electrostan.com))

— pic courtesy of: Lehigh University, PA

## First Lady Michelle Obama Visits Sikh Community in Wisconsin

On Sunday, August 5, a gunman tore into the Sikh Gurdwara in Oak Creek, turning that temple, and the lives of community members within it, upside down. Six people were killed and others wounded, some severely. There's no explanation for why that gunman did what he did. But what we do know is this: this horrible tragedy has revealed the courageous story of the Sikh community, and it reminds us that their story is an American story.

On Thursday August 23rd, First Lady Michelle Obama visited with the Sikh American families affected by the tragedy in Oak Creek, Wisconsin. It was a time for condolences and for healing, and a day that the First Lady and the families of the victims will never forget.

As she hugged grieving husbands and wives, comforted granddaughters and grandsons, and embraced sons and daughters, the First Lady lifted up the Sikh American story yesterday. She not only expressed her condolences but also underscored how strong those who died were, and how strong the Sikh community continues to be. Since the first Sikhs arrived at Angel Island in California almost 100 years ago, they have been woven into the fabric of our country. Doctors, artists and lawyers, politicians and priests, Sikh

Americans have strengthened the United States in innumerable ways. The First Lady expressed her pride in the community yesterday, and looked into the eyes of the children in the room and said that she expects them to achieve ever greater things as well.

The First Lady also greeted the family of Oak Creek Police Lt. Brian Murphy, who was shot and injured while defending the temple. So many folks thank her for visiting and commented about how much her visit meant to the community. But Mrs. Obama simply said in reply, "No — I'm the one that's honored to be here. This means so much to me." [via [White House Blog](http://WhiteHouseBlog.com)]

**First Lady Michelle Obama greets Kulwant Singh Dhaliwal, Secretary of Board of Trustees and Oak Creek Mayor Stephen Scaffidi at Oak Creek High School in Milwaukee, WI, August 23, 2012 (Official White House Photo by Sonya N. Hebert)**



# Special Feature



## Tamil Eelam Supporters Organization and Political Parameters in Sri Lanka

by Dr. Vickramabahu Karunaratne

I finally went to Chennai and participated in Tamil Eelam Supporters Organization (TESO) conference and the public meeting held on Aug 12. The whole thing was effective in raising the plight of the Eelam Tamils. Even for a Marxist revolutionary there was a space to intervene without conceding any principle.

Though near 90 years of age, DMK leader M. Karunanidhi, is very alert and active. From a wheelchair he was guiding the whole operation; keenly following the entire discussion. His son Stalin led the organizing of the event. He reminded me of late Vijaya, handsome and charming. Obviously it was a bourgeoisie event.

I felt they urgently needed to pacify the masses looking towards them. There is dissatisfaction about the role the DMK played during the war that was supported by Sonia Gandhi. They had to come out and condemn the genocidal attack on the Tamil people and show a path to go forward. They were determined to mobilize masses and voice the misery of the Lankan Tamil people. This opened the door for NSSP to participate. The government and J. Jayalalitha tried every trick to stop the mobilization of the people. They tried to limit it to a hotel room discussion, away from the masses. Police orders, court orders and security warnings were given one after the other. Stalin led the battle for freedom of expression and finally both the conference in the morning and the rally in the afternoon were suc-

cessful.

As expected the draft resolutions document was a liberal appeal to the Indian leaders and to the UN. But it sharply condemned the war, the continuation of military rule and the oppression. Also it condemned plunder of the Tamil homeland under the pretext of development. Actual recommendations were similar to that of the LLRC. I pointed out that both the Indian leaders and global powers were foremost supporters of the war of Mahinda and still supporting him, in the present development program me.

In that scenario we need to go beyond the formality of appealing to the imperialist masters. We must go to the masses and appeal to the oppressed in the world to incorporate the demands of the Eelam Tamils among their items of struggle. Also, I explained that we are already giving a battle to the repressive Mahinda regime as the protest of the opposition, the Vipakshaye Virodaya. In the VV all are agreed to campaigning for the implementation of the LLRC recommendations and also to press the government, to call a parliamentary select committee, to discuss the Acton Plan for implementing these recommendations.

They said they are not against that and in fact the evening event is a beginning of mass activation. Further more I explained that Sinhalisation is only a populist pretext for grabbing the resources and land of the Tamil people, to sell these to alien economic powers, basically multinational corporations. Poor peasants and



At the conference "Karunandhi called for 'short, medium and long-term solutions' to redress the plight of Sri Lankan Tamils, who he alleged continued to face repression at the hands of the Sinhala regime."

fishers of the Sinhala community have not gained any thing from this war. On the contrary they also lost their kith and kin, and are now enslaved by the new agreements with the international money lenders.

The evening event was a massive mass mobilization. It was a resounding defeat for those who wanted it to be a flop. Some said it was seventy thousand; almost all agreed it was more than 30,000. From 4 pm until 9pm they were there, listening and cheering. I was amazed that so many understood speeches made in English. They listened silently to my speech.

I explained the miserable situation in the country. Now, not only in the north but also in the south people are fed up with Mahinda regime. Struggles of workers, peasants, fishers and students are continuing. Government has reacted by launching repression which killed workers and fishers. The agitations of the VV, protest of the opposition, have been successful. Our campaigns for the implemen-

tation of the LLRC RECOMMENDATIONS have a serious effect on both the government and the civil society.

In this scenario the government leaders rest on their foreign masters. Role of India is crucial. If TESO can mobilize in this manner, not only in Tamil Nadu but also in other parts of India as well as internationally, that could change the political parameters in Lankan society.

(Dr. Vickramabahu Karunaratne was

first denied visa by Government of India to attend TESO; later The High Commission of India in Colombo granted visa to attend the meeting. He is a



member of Sri Lanka's Nava Sama Samaja Pakshaya (New Social Equality Party) and has held distinguished academic positions after earning his PhD from The University of Cambridge, UK)

### AN INSIDE STORY

## Former Sri Lankan President Premadasa threatened to go to war with India and kill himself

In July 1989 then Sri Lankan President Ranasinghe Premadasa had threatened to go to war with India if it did not withdraw the Indian Peace-Keeping Force (IPKF) by the end of that month.

He issued the threat when BG Deshmukh, then Indian Prime Minister Rajiv Gandhi's Special Envoy met him in Colombo on July 12 and 13 to discuss the IPKF's withdrawal from the island.

Premadasa told Deshmukh that, if India did not offer some formula that he could accept and announce to his people, it could cost him dearly and end his political career. At one stage during the tense discussions, Premadasa even threatened that he would commit suicide if his request for the IPKF to cease its operations against the LTTE was not met before July 29.

These disclosures were made recently in New Delhi at a seminar on India-Sri Lanka relations at the Indian Institute of Social Sciences by Lal Mehrotra, who was Indian High Commissioner to Sri Lanka during those critical days.

Premadasa, who was simultaneously facing an armed revolt by the Janatha

Vimukthi Perumuna (JVP) in the south and the Liberation Tigers of Tamil Eelam (LTTE) in the NorthEast, was desperate to get India to withdraw the IPKF. He provided arms and money to the LTTE to fight the IPKF.

Premadasa bluntly told Deshmukh that he was prepared to go to any length to get the IPKF out, and that he would not care if the Indo-Sri Lanka Agreement was abrogated by Sri Lankan Parliament and relations with India got ruptured.

According to Mehrotra, Premadasa told Deshmukh that he wanted India to announce the IPKF withdrawal on July 29--the second anniversary of the Indo-Lanka Agreement. The president said he would declare the IPKF an "occupation force," which could sully India's fair name.

Deshmukh responded by saying India could take care of its reputation, and Premadasa should not worry about it. The envoy said the IPKF withdrawal could be completed by the middle of 1990--a whole year after the president's deadline.

Things got so tense and bad during Premadasa's meeting with Mehrotra on

July 28 that the president warned that if the withdrawals did not commence the next day, he would abrogate Indo-Lanka Agreement and break off diplomatic relations with India.

Mehrotra, a gentle and soft-spoken diplomat, listened to Premadasa's angry fulminations and said it was the President's prerogative to decide as he chose. If he decided to resolve the issue through negotiations, the Indian envoy was at his disposal. "However, if the President wants war, he will have it."

Recounting the incident in his book "My Days in Sri Lanka," Mehrotra writes: "As soon as I said that, I saw the President's beaming face drop suddenly and his confident look disappear."

Premadasa then sent his Minister of State for Defence Ranjan Wijeratne to New Delhi for discussions with Rajiv Gandhi, his External Affairs Minister PV Narasimha Rao, Defence Minister KC Pant and a host of senior officials to work out a phased withdrawal of IPKF personnel.

The IPKF was sent to Sri Lanka on 30 July 1987--a day after the India-Sri Lanka Agreement was signed in Colombo on 29 July 1987 by Rajiv Gandhi and then Sri Lankan President Junius Richard Jayewardene--primarily to disarm several Tamil armed groups who were waging a guerrilla war for Eelam, or a separate country for Tamils in the NorthEast.

Sent at Jayawardene's specific request, the IPKF was expected to disarm

the militant Tamil separatist groups and go back to India in a matter of weeks.

The IPKF succeeded in disarming many of the groups, but the LTTE refused to lay down arms and fought with it. As a result, the IPKF ended up spending 32 months, during which it suffered heavy casualties: 1,165 dead and 3,011 injured--mostly maimed for life. At one point of time, it had about 60,000 to 80,000 troops on the ground.

In the event, the IPKF's presence became a major political issue in the island. During his presidential election campaign, Premadasa had proclaimed that he would ensure the IPKF withdrawal forthwith if he was voted to power. The last Indian peace-keeper sailed out of the island on 24 March 1990, by which time Gandhi's Congress Party lost a general election and Vishwanath Pratap Singh was India's new Prime Minister and Inder Kumar Gujral the External Affairs Minister.

Gandhi was assassinated at an election rally at Sriperambudur near Chennai on the night of 21 May 1991. And Premadasa was himself assassinated by the LTTE at a May Day rally in Colombo on 1 May 1993.

And on 18 May 2009, LTTE's founder-leader Velupillai Prabhakaran himself was killed along with his top commanders by the Sri Lankan security forces on the banks of the Nanthikadal lagoon at Mullivaikkal.

(Source: Island)



# Recent Event

**"Kopay Development Society in Scarborough celebrated a day of fun activities recently at the Morningside Park. Seen here are pictures taken at the Event (Picture Courtesy: Bright Sun)"**



## BOOK REVIEW

### The Honest Always Stand Alone

By Siva Sivapragasam

Finding many honest politicians and public servants in India today is like finding needles in a haystack.

It is against a backdrop of several allegations of corruption and nepotism in India today that Somiah's Book "Honest always stand alone" hits the books shops. C G Somiah is a veteran civil servant who held various high ranking public appointments including a six-year tenure as Controller and Auditor General of India.

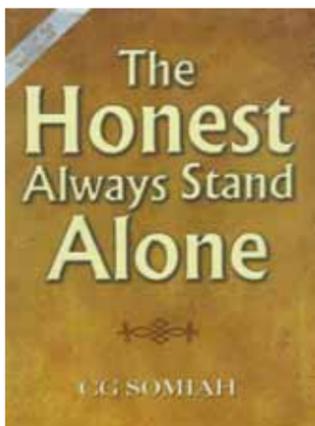
Author : C G Somiah  
Publishers: Nyogi Publishers

put together. It takes the reader back into history to the exciting days of Rajiv Gandhi's premiership and gives the reader a glimpse into the discussions that took place at the highest political level. Working with Prime Ministers like Indira Gandhi and Rajiv Gandhi, the veteran civil servant never hesitated calling a spade a spade. He always stood his ground when he had to. Being a top-level public servant and holding prestigious positions in the civil service, author Somiah shares some important and key memories in his life and in India's history.

His history of his experiences in public life leads the reader into the tricky and delicate situations he had dealt with in public service. It is not easy for a writer to tell the story of an eventful life, specially after reaching the age of seventy five when memory is usually a casualty. However, it is to the credit of this author that he chronologically narrates incidents and events with precision. He also recounts his childhood memories with accuracy.

"The Honest Always stand Alone" is a narration of a journey of a man who always upheld truth and steadfastly believed in it.

The book can be purchased online by contacting the Publishers through their email: [niyogibooks@gmail.com](mailto:niyogibooks@gmail.com)



His book narrates his efforts to stem corruption and which caused the loss of promotion for two years. His colleagues were upset about his plight and some of them were of the view that it was not prudent to defy corrupt politicians who can harm one's career in public service. Somiah was stubborn on this and he heartily disagreed with them.

Somiah's story is that of a public servant speaking straight from the heart and the narrative is well-knit and crisply

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## Certain Foods Have Cooling Effect in Hot Weather

*Jessica Berman*

Many countries have experienced record-setting high temperatures this year that many attribute to global warming. While governments have spent billions of dollars to study climate change and ways to counteract it, scientists say there are inexpensive, low-tech ways people can keep cool - and they can be found at the local food market.

Vegetables, including celery and cucumbers, are 90 percent water. And fruits such as apples and watermelon, where available, are not only tasty but hydrating. In fact, food scientists call them 'a wrapper for water,' and encourage people to eat lots of them.

What isn't good for you, believe it or not, are ice-cold beverages, according to biochemist Shirley Corriher, who studies nutrition. She says cold drinks will only make you hotter, because your body has to expend energy to bring the liquid to a warmer, more useable temperature.

Corriher notes there's a biological reason why mothers hold babies close while they nurse them.

"If the baby was fed ice-cold milk, it could die of malnutrition because it took so much out of its body to bring that cold liquid up to body temperatures," said Corriher.

Tea and dry wine contain tannin, a naturally occurring substance which has been shown to have heart healthy benefits.

Nutritionist Sara Risch says tannins can also cool you off.

"It causes a precipitation and kind of a drying out," said Risch. "And that actually from what we can speculate, it helps so that the cells will want to absorb more water. And that's what we are trying to do is to make sure that we do in fact stay hydrated."

Finally, there are chili peppers and other hot spices.

"You might be thinking, 'Wait a minute. These are foods that make you perspire. What's that going to do? They are really hot, and you really feel like you are burning. Why in the world would you want to eat those?' Well



*A person holds a cut watermelon at a fruit stand*

that perspiration is actually good for you. It comes to the surface of the skin and you get evaporative cooling," said Risch.

In addition to chilies, Risch says some good hot spices for cooling you down include ginger and peppermint.

Sara Risch and Shirley Corriher discussed cool foods for hot weather at the American Chemical Society meeting, in Philadelphia, Pennsylvania held during the week of Aug 19th. - VOA NEWS

## OCEANS GET A HEALTH CHECK



*Scientists call oceans the world's most important resource. (Conservation International)*

*Joe DeCapua*

A new system has been developed to assess the health of the world's oceans. Scientists say it will change the way we think about oceans and how they affect our lives. It's called the Ocean Health Index and it's going to tell us if anything's wrong with the oceans and what can be done about it.

"The Ocean Health Index is the first global, totally scientific and transparent measure of ocean health that we've ever had. It's meant to guide policymakers and the public to the underlying importance that oceans are the life support systems of the Earth and that we'd better take care of them if we are to survive on this planet," said Greg Stone, executive vice-president and chief ocean scientist for Conservation International and vice-chair of the World Economic Forum's Global Agenda Council on Oceans.

Stone spoke to VOA from the Cook Islands in the South Pacific, where 16 island nation leaders are meeting to find a common agenda for caring for the ocean. He described

oceans as the world's most important resource.

"You can't manage anything that you can't measure. So like any good portfolio investments, if you want to make sure you're prospering and you're taking care of your investments - and believe me, the health of our planet is no greater investment that there could be - you need a metric in order to measure it and see that we have a sustainable relationship with this resource on an ongoing basis," he said.

The Ocean Health Index, Stone said, will help end a lot of ignorance and confusion.

"You may have heard from one source or another that, oh, hey, the oceans are in trouble and you say - why are they in trouble? And then somebody says, well, the coral reefs are dying. And then the next day someone will tell you that the tuna fish are all gone or the haddock are all gone or the halibut are all gone. And you say, OK, I hear that. And then someone else will say the oceans are turning acidic,

which they are. It's been a very confusing landscape of information," he said.

Whether you live along a U.S. coastline or in the middle of Africa, Stone said, you should care about what happens to the oceans.

"Most of the oxygen that you breathe comes from the ocean. The oceans are the primary climate adaptation system. They absorb carbon. Hey, listen, if you want to know what the Earth would be like without an ocean you've got plenty of examples in our solar system. All those hot, dusty, dry, cold inhospitable places are basically that way because they do not have a liquid ocean to provide all these benefits, including food. One out of four people on the planet get their daily source of protein from the ocean," he said.

The Ocean Health Index is made up of about 200 separate indicators. Once a year scientists will use it to announce whether the oceans passed their physical. - VOA News



# Lifestyles

## WORDS OF PEACE

# That's Life!

Everybody has good days and bad days, ups and downs. People say, "Well, sometimes I feel good, and sometimes I feel bad. That's life!"

Really? Maharaji, a voice for peace who has been helping people find lasting contentment for many years, says it doesn't have to be that way.

"It's actually a very simple pattern," he says. "When your ego is satisfied, it seems like you're on top of the world. Immediately following that, you feel like you're at the bottom of the barrel. Then, right after the bottom of the barrel, up comes ego again."

"If you buy a new car and it keeps breaking down, you take it back to the dealer and say, 'There's something wrong with this car. Sometimes it works, sometimes it doesn't.'

"What if the dealer says to you, 'That's just like life! Sometimes it works; sometimes it doesn't. Why are you bringing it back?'"

"Yet people say, 'Sometimes we work, sometimes we don't.' So, does that mean everything is okay?"

"I say that's not how it should be. It should be that you know that source of joy that is inside of you, always; that during the day, you are most busy being happy. Of course, you're busy doing other things, too. You have your job; you have to prepare your children to go to school-but the top priority is to be busy being content."

Knowing this, Maharaji says, people still repeatedly get caught in the cycle of pain, suffering and uncertainty.

"Pain," he says, "is nothing in itself.

It's a consequence. After a long day, you come back home, and your feet are hurting. What do you do? You could take some aspirin, call the doctor or call an ambulance and say, 'My feet are hurting. Come take me to the hospital.'

"No. What do people do? They take off their shoes, and they say, 'Ah!'"

When it comes to removing the sufferings and uncertainties of life, Maharaji asks, what is that sigh of contentment? It's knowing the answer to a simple question that human beings have been asking since the beginning of time: Who am I?

"We are beings who can experience jealousy, fear, anger, hopelessness, suffering, pain, uncertainty," he says. "If that sums up our lot in life, I, at least, have a problem with it. Why be put here on this beautiful Earth, having consciousness, having the power to think, having the power to feel, when all you get to feel are these stupid things?"

"Is that you? Or are you that being in whose heart divinity resides? Are you that being where peace wants to dance,



where the drums of joy are almost too loud, where there is a beautiful reality dancing every day?"

"I ask the question, but I don't want an answer. My effort is to recognize this possibility every day, and there is only one way I know to do that. It's to be conscious. There is only one thing that can keep me in that place, and that is to be conscious. It's to appreciate, to let this heart fill with gratitude every single day, to be thankful to be alive."

Hearing this, Maharaji says, people sometimes worry that being conscious all the time seems like an impossible goal. It's very possible, he says, because there's more to his message than words. He offers to help anyone who is interested in getting off the emotional roller-coaster of ups and downs find the place of peace he talks about-within their own hearts.

"There is a song," he says, "and it needs to be sung. There is a drum, and it needs to be played. There is a reality, and it needs to be felt. There is a truth, and it needs to be embraced. This is how life should be."

To learn more about Maharaji, visit:  
[www.wopg.org](http://www.wopg.org)  
[www.tprf.org](http://www.tprf.org)

**For more info call**  
**1 877 707 3221 Eng**  
**416 431 5000 Tamil**  
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# Town of Whitby: Community of Choice for Youth and Seniors

As the age demographics and cultural diversity of the Town of Whitby transform and grow, it is imperative that the services offered by the municipality anticipate and respond to these changes.

## Town of Whitby Youth Strategy

In order to continue to address the needs of young citizens in the Town of Whitby and remain the Community of Choice for Youth, the Community and Marketing Services Department is undertaking the development of a Youth Strategy that will establish goals, desired outcomes and actions for Whitby's delivery of youth leisure and recreation services for 2013 to 2017.

Long term strategies are important to the municipality as they provide focus, help to prioritize financial resources, and provide direction to move from plan to action in order to achieve Council's goals and vision. In order to continue to look at the needs of youth and be proactive in addressing these needs, a revised Youth Strategy that guides the direction and future actions of the Youth Section of the Parks and Recreation Division was approved by Whitby Council in March 2012.

This Youth Strategy will provide a proactive approach to ensure Whitby remains a Platinum Youth Friendly Community.

[www.whitby.ca/youth](http://www.whitby.ca/youth)

## Town of Whitby Seniors Services

In order to continue to address the needs of the aging population in the Town of Whitby and remain the Community of Choice for

Seniors, Whitby Seniors Services offers recreational classes, leisure programs, support services, volunteer opportunities, and transportation to recreational facilities within the Town for residents 55 years of age or older.

Whitby Seniors Services recently received a grant from the New Horizons for Seniors Program to establish an Immigrant and Newcomer Seniors Support Program.

The goal is to create a weekly program within Town facilities providing information and offering services, activities and support assisting immigrant and newcomer seniors to integrate into their community. The program will include activities that support healthy and active lifestyles such as classes, health and wellness speakers, leisure activities, information about social and government agencies and providing volunteer opportunities. The participants will become active participants within the Whitby Seniors Services community as well as the Town of Whitby.

The weekly program will begin Thursday, October 4, 2012, from 1:00 to 3:30 p.m. at the Seniors' Activity Centre, 801 Brock Street South, Whitby.

An Opening Ceremony has been planned for Tuesday, September 18, 2012, from 11:00 a.m. to 1:30 p.m. at the same location. A staff member from the Community Development Council of Durham will provide an interactive presentation on diversity. Foods from different cultures will be available. A philosophy of an inclusive community where everybody feels they belong and differences accepted as a means to build relationships and learn from one another will be generated.

This event is open to anyone. The community can register in person at the Seniors' Activity Centre or by calling 905.668.1424.

[www.whitby.ca/seniors](http://www.whitby.ca/seniors)



Iroquois Beach



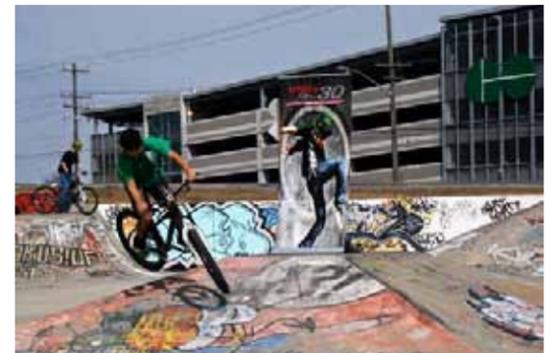
Children Play in Picnic Areas



Sports Field



Trails



Skateboard Park



# YOUTH PROGRAMS

Youth Banner

# MARKHAM NEWS



A ceremonial flag raising was held at the Civic Centre to celebrate the 50th anniversary of Jamaica becoming an independent nation. From left: Pat Howell, President, Markham African Caribbean Association (MACA); Deputy Mayor Jack Heath; Regional Councillor Joe Li; Carol Wong, Tsung Tsin Hakka Association; Toronto Councillor Chin Lee; John McCallum, MP, Markham-Unionville; Mayor Frank Scarpitti; Regional Councillor Gordon Landon; Councillor Alex Chiu; Clive Hilton, President, MACA; Councillor Logan Kanapathi; Dr. Helena Jaczek, MPP, Markham-Oak Ridges; Michael Chan, MPP, Markham-Unionville; and Councillor Howard Shore.

Competitors in the three- to four-year-old age group wait at the starting line during the 5th annual Markham Giro Bike Race, held Sunday August 19. Children ages 3-17 years of age raced on a 1.8 kilometre closed course.



During the Markham South Asian Festival on July 28, Councillor Logan Kanapathi (right) presented Menaka Thakkar, master dancer and founder of Menaka Thakkar Dance Company, with a framed certificate in honour of her 40 years of artistic excellence. The Festival celebrated arts and entertainment of the South Asian culture.



Mayor Frank Scarpitti and Graeme Roustan, CEO and chairman of GTA Sports and Entertainment, take questions from reporters after unveiling the official site plan for the Markham Sports, Entertainment and Cultural Centre.



Mayor Frank Scarpitti, Sebastian Kurz, Austrian State Secretary for Integration, and other members of an Austrian Delegation tour Unionville Main Street on August 8. The delegation was in town to learn about the Canadian approach to diversity, inclusiveness and integration.

## Message from Mayor Frank Scarpitti



Celebrating Unity and Diversity, Markham Style Markham to make history – again

Markham's legacy for best-in-class arts, culture, sports, food and music continues to grow.

We made headlines this summer by becoming Canada's newest city on Canada Day, a historic occasion presided by Ontario's Lieutenant Governor, the Honourable David C. Onley.

On July 22, we brought to Canada our first ever "Unity Festival: Markham around the World". I'd raised this possibility in my 2012 inaugural speech, and I sincerely thank the Markham and Unionville Business Improvement Areas, working with Markham Arts Council, for helping build this city-wide celebration of cultures, destined to become one of our premier events.

Even with the summer winding down, our season of celebration continues. We'll help kids celebrate going back to school by hosting Ontario's largest children's event, the RBC Markham-Milliken Mills Children's Festival, on September 9. Now in its 15th year, this festival is free to all and includes performers, play zones, crafts, midway rides and more.

On September 22, Applefest kicks off at Markham Museum, and the cider mill, steam tractor, train and wagon rides will be ready to roll. Kids under two are admitted free, and everyone else is just \$3 to enjoy.

Also this month, we'll enjoy the Markham Fair, and many more events.

We'll wrap up September with a world-record breaking celebration: hosting the world's longest dancing dragon, a gift from Zhongshan City, China. We'll need 6,000 volunteers to help 'dance' this 5.3 kilometer wonder around Markham Civic Centre on September 30. Guinness World Records representatives will be present to log Markham making this history. If you're interested in being a volunteer, visit The Cross-cultural Community Services Association website ([www.tccsa.on.ca/dragon](http://www.tccsa.on.ca/dragon)), with whom we're coordinating this headline event.

Thanks everyone for making Markham such a vibrant and dynamic city! Keep visiting [www.markham.ca](http://www.markham.ca) to find out about the latest events happening in our community.

## RBC MARKHAM-MILLIKEN CHILDREN'S FESTIVAL

**FREE admission**  
**FREE activities & entertainment**  
for children ages 2-12

**Featuring**  
Children's musical group **Splash 'N Boots**  
Interactive DJ **Trevor LeBlanc**  
Contemporary dance troupe **Ballet Creole**

**Sponsors:**

**Saturday, Sept. 8, 2012 • 10 a.m. - 6 p.m. • Rain or Shine!**  
Markham Civic Centre • 101 Town Centre Blvd.  
(NW corner of Hwy. 7 & Warden Ave.)  
[www.MillikenChildrensFestival.ca](http://www.MillikenChildrensFestival.ca)



## VOLUNTEERS NEEDED FOR THE LONGEST DANCING DRAGON

IN AN ATTEMPT TO BREAK THE GUINNESS WORLD RECORD. VOLUNTEER AND BE PART OF HISTORY!

TCCSA and the City of Markham will be working together to break the Guinness World Record for the longest dancing dragon! We will bring a 5.3 km dragon to life in the City of Markham!

**September 30, 2012 • Markham Civic Centre**

Visit [www.tccsa.on.ca/dragon](http://www.tccsa.on.ca/dragon) to sign up now and be part of this historic moment!



# Lifestyles

## STUDY IN STYLE WITH SCARBOROUGH TOWN CENTRE'S BACK TO SCHOOL

## SCARBOROUGH TOWN CENTRE



*Preppy swag is in! Get the look with penny loafers, collared shirts and collar-shaped necklaces. Accessorize with a pair of geek-chic glasses. Update classic Ivy League styles with textured lace, brightly coloured or patterned high-tops and splashes of neon.*

*Fun prints are fashionable. Florals, geometrics, Navajo and Aztec-inspired designs and Chinese prints are everywhere. Mixing, matching and clashing prints will definitely turn heads!*

*Graphic tees are a wardrobe staple, and STC's innovative selection has a style to flatter everybody. Try them with cardigans, blazers, jeans and even flirty skirts*

*Step into style. High-tops rule this season, featuring brighter colours, a variety of textures and more streamlined designs. Preppy loafers and retro deck shoes are walking back into the style spotlight as the perfect anchor to complement lively patterned outfits. Try them with bold ankle socks.*

*Its Cute. Navy shorts, Polo shirts, High-top sneakers – The Children's Place Spiderman lunch pail - Old Navy*

*Fall into colour blocking. The combinations are endless with a few investment pieces. Mix vivid colour combinations like cobalt blue and teal, purple and green, or yellow and orange. Get the look by wearing coloured denim or colour-blocked shoes and even get nails in on the act applying different colours or shades of polish to select fingernails.*

**TORONTO**, This fall, to help kids showcase their individual style, **Scarborough Town Centre (STC)** selected the top six back to school trends that deliver grown-up style but with a youthful twist. Children and teenagers see clothing as a form of self-expression and enjoy personalizing the hottest trends from the runway. This can make back to school shopping both exciting and challenging at the same time. With a great selection of affordable choices already in stores, STC offers up handy shopping tips for parents to make the experience fun for everyone.

“Back to school shopping is a fabulous opportunity for children and teens to showcase their own personal style,” says Julie Hanning, fashion director, Scarborough Town Centre. “This year, everyone can really have fun with clothes and try out new looks whether they’re sporting vibrantly coloured high-tops, preppy cardigans

or funky graphic tees. And a few new accessories are all it takes to swing a summer wardrobe into fall.”

**Stylish Shopping Tips:**

- Make shopping fun! Enjoy special activities during your shopping outing, such as lunch at Moxie’s Classic Grill, supper at Milestone’s Grill & Bar or sweet treat from Godiva.
- Plan a budget ahead of time and create a retail wish list. Before hitting the stores, teaching children responsible shopping habits.
- Start back to school shopping early: avoid crowds, get the best selections and compare prices.
- Enjoy quality time with your children: learn about their likes and dislikes, and connect with them in a new way.

**Save time with the Scarborough Town Centre’s Blackberry and iPhone App.**

This state-of-the-art mobile app features an interactive store directory and Centre map, the latest promotions and contests, movie listings with a ticket purchase option, as well as gift card, parking, and child care information. Try out STC’s new interactive touch screen map or use the pocket-sized app version on a Smartphone to navigate to stay up-to-date on STC promotions and contests.

With more than 250 shops and services, Scarborough Town Centre ([www.scarboroughtowncentre.com](http://www.scarboroughtowncentre.com)) is a one-stop destination for all the must-have looks of the season. Located at Highway 401 between Brimley Road and McCowan Road, Scarborough Town Centre is open Monday to Friday 10 am to 9 pm; Saturday 9:30 am to 9 pm; Sunday 11 am to 7 pm. STC is managed by Oxford Properties Group and owned by AIMCo and Omers Realty.

# WIN A \$250 GIFT CARD

## “BACK TO SCHOOL CONTEST FROM SCARBOROUGH TOWN CENTRE”

**SUBMISSION DATE:**

**MONDAY, SEPT 10TH AT 8 P.M.**

**DRAW DATE:**

**WEDNESDAY, SEPT 12TH AT 4 P.M.**

**RULES & REGULATIONS:**

- PLEASE SUBMIT BY E-MAIL: [TORONTO@MONSOONJOURNAL.COM](mailto:TORONTO@MONSOONJOURNAL.COM)
- WRITE A STORY WHERE A CHILD CAN GIVE AN ACCOUNT OF THEIR SHOPPING EXPERIENCE.
  - THE STORY TO BE MAXIMUM NUMBER OF WORDS: 220
  - ONE ENTRY PER PERSON.
  - ALL SCHOOL CHILDREN AND TEENAGERS ARE ELIGIBLE TO APPLY, PLEASE REFER TO YOUR GRADES IN YOUR STORIES. (EXAMPLE: ASHLEY GREENE, GRADE 7.)
  - THE AUTHOR OF THE BEST STORY WILL RECEIVE THE GIFT CARD, AND THE STORY WILL BE PUBLISHED IN THE OCTOBER ISSUE OF MONSOON JOURNAL.
  - IF THE BEST STORIES ARE ALL EQUALLY WELL-WRITTEN, THERE WILL BE A DRAW FROM THE BEST STORIES.
  - STC & MONSOON JOURNAL OFFICIALS' DECISIONS ARE FINAL.

# Menaka Thakkar - 2012 winner of the Canada Council Walter Carsen Prize for Excellence in the Performing Arts

The internationally renowned dancer, choreographer and institution builder Menaka Thakkar is the 2012 winner of the Canada Council Walter Carsen Prize for Excellence in the Performing Arts. She has been bringing classical Indian dance to Canadians for 40 years and has trained several generations of professional dancers who now enjoy thriving careers of their own.

“Menaka Thakkar is a major figure in the Canadian dance landscape,” said Robert Sirman, Canada Council for the Arts Director and CEO. “She has trained with some of the best in India and, for years, has made their teachings accessible to the mainstream in Canada. Her work has truly enriched our collective culture.”

The Walter Carsen Prize, administered and presented by the Canada Council for the Arts, recognizes the highest level of artistic excellence and distinguished career achievement by Canadian artists who have spent the major part of their career in Canada in dance, theatre or music. The award, valued this year at \$ 30,000, was created through a generous donation of \$1.1 million to the Canada Council by Toronto businessman and philanthropist Walter Carsen, O.C. The prize is normally awarded annually on a four-year cycle: dance, theatre, dance, music.

The peer assessment committee consisted of Lynda Gaudreau (Montreal), Jay Hirabayashi (Vancouver), and Joysanne Sidimus (Port Hope, Ontario). They noted that “Menaka Thakkar is truly deserving of this prize. She has had a remarkable career as an expert proponent of Indian Classical dance forms. She has also had tremendous impact as a performer, a choreographer, a collaborator with other dance forms and as the founder of a world-renowned dance

school and company.”

Nominator Nova Bhattacharya has trained with Menaka Thakkar and is herself an accomplished dancer. With her dance company Ipsita Nova, she brings her classical Indian dance training into the world of contemporary dance.



Menaka Thakkar

Menaka Thakkar is the artistic director and the principal choreographer and performer of the Menaka Thakkar Dance Company, which she founded in 1978. The large ensemble company tours widely in Canada, the United States, Europe, Japan, India and Southeast Asia. In 1972, she founded Nrtyakala – The Canadian Academy of Indian Dance, Canada’s first full-scale Indian dance school.

Her choreographies range from variations on traditional or classical Indian dance forms to contemporary works that



The Canada Council for the Arts | Le Conseil des Arts du Canada

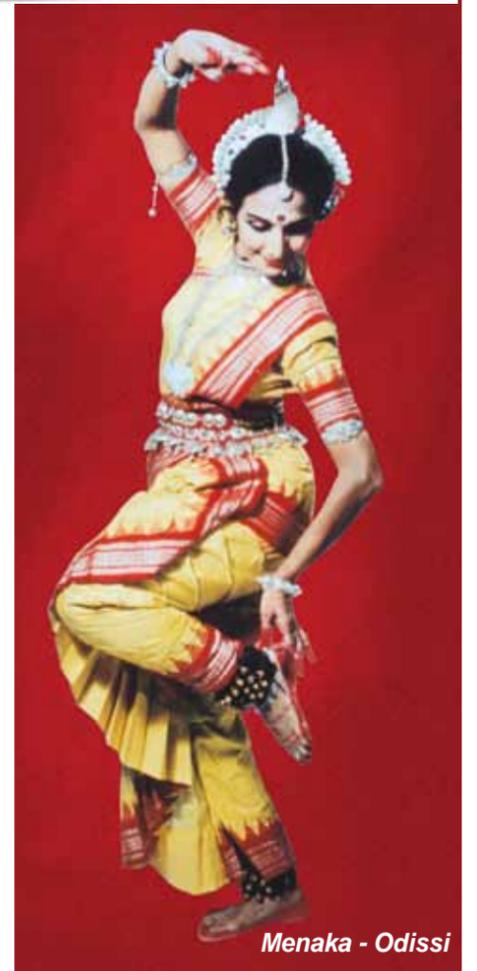
combine elements of Bharatanatyam, Odissi and Kalariapayattu, Western modern dance and ballet. She has collaborated with many contemporary Western and culturally diverse choreographers over decades, creating fusion works never seen before.

Menaka Thakkar has been honoured many times by her peers and her community. She received an Honorary Doctorate in Fine Arts from York University, the City of Toronto Face the Arts Award, and most recently she was a finalist for the Ontario Premier’s Award for Excellence in the Arts (2011).

She has taken Indian dance to various venues in Canada. She has also worked with school boards in Toronto, Vancouver and Ottawa. She currently teaches Indian dance in intensive periodic sessions at Canada’s National Ballet School and is touring Ontario and

British Columbia.  
General information

The Canada Council for the Arts is Canada’s national arts funder. Its grants to artists and organizations contribute to a vibrant arts scene in Canada. Its awards celebrate creativity by recognizing exceptional Canadians in the arts, humanities and sciences. The Canada Council Art Bank is a national collection of over 17,000 Canadian contemporary artworks – all accessible to the public



Menaka - Odissi

through rental, loan and outreach programs. The Canadian Commission for UNESCO operates under the general authority of the Canada Council.

Photo: David Hou,  
Courtesy - Canada Council for the Arts

## Menaka Thakkar's

ACADEMY OF CLASSICAL INDIAN DANCE

# Nrtyakalā

ARTISTIC DIRECTOR/PRINCIPAL - MENAKA THAKKAR

Canada's First School  
of Professional Indian Dance

Thornhill Studio

11 Glen Cameron Road,  
Unit 1,  
905-764-3646, ext.30

school@nrtyakala.org  
www.nrtyakala.org

**NEW FOR FALL 2012**  
**Live Distance Learning!**

Celebrating **40**  
Menaka Thakkar's  
40 years in Canada

## Full training in Classical Bharatanatyam and Odissi dance



**NEW COURSE!**

Indian Dance for Western Dancers (Ballet and Modern)

**Fall Registration:**

September 15 to October 24, 2012 (Classes begin from Vijayadashami)

**Faculty includes:**

Professional Dancers from Menaka Thakkar Dance Company and Guest Dancers from India



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ATN

# Special Feature

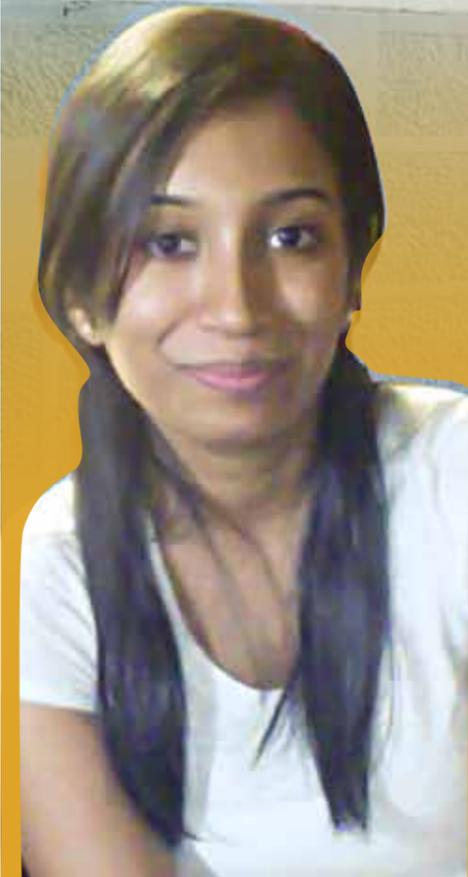
## A Different Perspective:

This spray painted phrase can be found on many buildings throughout the country.

**KOSOVA REPUBLIKE!**

“Temporary shelters in Plemetina”

The Plemetina Learning Centre.



Vishalini Sivarajah

In May, I travelled to Kosovo with ten other students from McMaster University on a trip facilitated by the Global Youth Volunteer Network, a non-profit volunteer organization. For the month, we worked with an organization called the Balkan Sunflowers (BSF). Rand Engel, an American living in Kosovo, founded this organization in 1999 in the wake of the Kosovo War, which was a step in the journey to Kosovo’s independence from Serbia. Independence was declared in 2008, but it is still not recognized by Serbia.

Kosovo is composed of five ethnic groups: Albanians and Serbians, who form a majority, and the Roma, Ashkali and Egyptians, who form a minority. Ethnic Albanians in the area wanted to separate from Serbia and form their own country. The resultant war was a continuation of a long existing conflict between Albanians and Serbians, which is thought to have started as early as the 14th century.

This area in Europe made headlines worldwide in the 1990s as the Yugoslavia Confederation crumbled, and as ethnic conflicts and cleansing began. In the midst of these wars, the minority groups in Kosovo, namely the Roma, Ashkali and Egyptian communities, were caught in the middle. They lived in fear and were often threatened by once friendly neighbours merely because of their ethnicity. Living in this constant fear made it difficult to lead a normal life, and as such, many stopped going to school. In the Roma community, the students that did remain in school had difficulty with the language barrier, as they did not speak the majority languages (Albanian and Serbian), but instead spoke various dialects of the Romani language.

This problem was worsened because their parents’ lack of education, resulting in parents not being able to help their children with schoolwork. In these minority communities, children do not stay in school very long. Many girls often drop out of school after grade five or six in order to get married in their mid teens and start a family. This is a common practice because the unemployment rate in the country is 40%, and is even higher in the minority communities. The unemployed rely on welfare payments, which are only given to families with children. As such, there has not been much motivation to stay or succeed in school. The BSF was created to change that. It has set up learning centres for minority children to receive extra help in math and language courses when they are not at school.

There are four in total, located in Gracanica, Fushe Kosove, Plemetina and Shtime. My team split up into four groups, and each was assigned to a different learning centre. I had the pleasure of working at the Plemetina Learning Centre (PLC) with two of my teammates for the month.

Plemetina was a camp originally established for internally displaced people during the war in Kosovo. There were shelters set up in the area, which were supposed to be temporary, but are still used today. The UN funded the construction of two apartment buildings in the town a few years ago. Since then, fires and maintenance issues threaten the health and safety of the residents.

The school system in Kosovo is structured differently from North America. There is limited space in schools, and far too many students, so schools have to operate on a shift system where kids attend school in the morning or in the afternoon. Kids from neighbouring areas (called mahalahs) come to the centre when they are not at school. At the centre, we had three shifts—two in the morning, and one in the afternoon. Kids were split up into different classes based on their grade. There was also a preschool class for children that hadn’t started school yet so they could get a head start on mastering the Serbian language. The kids who were in school receive short math and language lessons from a learning facilitator, who is also from a mahalah close by. By hiring locally, a greater sense of community could be fostered in the learning centres. A few tutors were also present in the classrooms to provide extra assistance to the students.

On our first day, Faton, one of the centre’s learning facilitators, met us in Pristina, the city in which we were staying, to take us to Plemetina. The commute, which we made twice a day, consisted of a 15-minute walk, a 20-minute bus ride and a 10-minute taxi ride. We were introduced to the people who work there, such as Valjbona (the preschool facilitator), Goni (a tutor), Sanela (the learning centre coordinator), and Lotte (a German volunteer doing a year-long stay in Plemetina). After a few quick hellos, we went inside one of the three classrooms in the building, which was Faton’s class. I sat beside a second grade boy who was working on some three-digit subtraction problems. I noticed that he was having some trouble, and despite the language barrier, I was able to help him by showing him how to do single digit subtraction questions.

During the lunch break that day, Lotte took us to meet her host family. One of her host sisters went to the local

store to buy “black juice”, which is better known as Coke. Even though the host family wasn’t very well off, they insisted on providing us with something to drink because it was important to them. When a gesture like this is made, it should never be rejected. Instead, it should be received with the utmost gratitude.

The host family was friendly, and they were very interested in the new Canadian volunteers. The host



**Kosovo is composed of five ethnic groups: Albanians and Serbians, who form a majority, and the Roma, Ashkali and Egyptians, who form a minority. Ethnic Albanians in the area wanted to separate from Serbia and form their own country. The resultant war was a continuation of a long existing conflict between Albanians and Serbians, which is thought to have started as early as the 14th century.**



mother remarked that I resembled a Roma girl, and insisted this was a compliment. Throughout the month, I was continually mistaken as a Roma girl. I even had people come up to me and start speaking in Romani. This made me feel very welcome amongst this community.

Lotte, who not only spoke German, Serbian and a bit of Romani, spoke enough English to be able to teach us many useful words and phrases in Serbian. With many of her “after school lessons”, we were able to learn mathematical terminology and the Serbian alphabet. Equipped with this new, important knowledge, we were able to communicate

# My Global Experience in Kosovo

By: Vishalini Sivarajah



Two children from a morning class; Gina is on the right.

Some children from the afternoon classes at PLC.



A sign in Prizren, Kosovo thanking the countries that recognize Kosovo as an independent country.

with the children and assist them in a much more efficient manner.

Math and reading were the easiest to help the children with. Our biggest accomplishment was increasing their understanding of multiplication by helping them construct time table charts up to the twelve times tables. Prior to our assistance, the majority of the kids would, for example, add four seven times instead of multiplying four by seven to get twenty-eight.

In addition to offering math/language lessons and homework help, the centre also provided lunch for every child that attended class. Pasta, white bean soup, rice pudding and bread were frequently served along with some meat. The centre's cook, Hajrie, arrived early each morning to cook these wonderful meals, which were able to feed the children, employees and even the Canadian volunteers. She would also make the employees and volunteers a piping hot cup Turkish coffee every morning. Even though she spoke did not speak English, and I did not know enough Serbian to keep up a conversation, her warm smile and kind nature always made me feel welcome.

Hajrie's meals really taught me to appreciate the wide variety of healthy food that is available in to me at home. For many children in the centre, this lunch was probably the healthiest food they had all day. From some of the children's visible tooth decay, it was clear that their diet was largely composed of processed sugars, and that they were not able to take very good care of their teeth. Many of the children were also short and very thin, further indicating that they did not have access to wholesome food. These children can only eat what they can afford, and what they can afford is not necessarily good for them. It soon became clear that in North America, we are very fortunate in that we can be "picky" about our food, whether that is through eating healthy food, or even being vegetarian.

The kids in Plemetina were successful in making me feel welcome at the centre. Each day, we picked them up from their homes before class and dropped them off afterwards. When walking them to or from the centre, groups of kids would "fight" over who got to hold the volunteers' hands. A nine-year-old girl named Gina was quick to befriend me. She did not like it when I did not sit beside her in the classroom or walk her home after class. She was always very interested in learning about my life. For instance, she wanted to know "where I was sleeping" and "where my mother was". I explained, with the help of Faton as a

translator, that I was staying in Pristina, and that my mother was in Canada. We became such good friends; she even painted my nails and braided my hair a couple of times. In turn, I helped her with multiplication and reading. After my last day at PLC, I saw Lotte again in Pristina, and she told me that Gina had asked her if I was gone forever. It broke my heart a little to hear that, but I knew that the centre received many international volunteers, and that this sort of turnover was something that the kids must have experienced before.

The tutors and facilitators also made it very easy to feel at home in the centre. We were treated like good old friends, and quickly became a part of the antics that took place during lunch break and after school. The number of times I've been playfully carried or tossed in the air exemplifies that. We learned many different games—which usually involved some form of playful hitting—from our new friends. The use of computers, phones and other sorts of technology were not required. These kinds of games built real, tangible friendships, the kinds that cannot be made by sitting in front of a screen for hours and hours.

After a few days, we grew more accustomed to the centre and the daily schedule. In the morning sessions, we assisted the older children, whose school level ranged from grade 2 to 6. In the afternoon session, the kids were split into a preschool, grade 1/2 and grade 3/4 class. In a day, as many as 75 children would come to the centre. In the afternoon, I worked in the preschool class with Valjbona. Many of these children, who were five years old or younger, were just learning Serbian, thus, the activities in this class were language and writing based. For instance, we learned about some familiar stories like Goldilocks and the Three Bears and The Three Little Pigs.

The centre had an innovative way of encouraging all of the students. Each classroom had a poster on the wall of a garden, a tree or a solar system. On the poster, each student was represented by a symbol such as a flower, an apple or a star. At the end of class, the facilitator would move each student's symbol up 1-5cm based on how well they did that day. The first student to reach the top of the large poster would win a prize. The children were never competitive about this motivational tool. They would cheer for their friends who were approaching the top of the poster and exchange high fives with the facilitators. With this kind of encouragement from the learning centres, more students are succeeding in school and pursuing higher education.

Near the end of the month, two KFOR (Kosovo Force) soldiers came to PLC to see how the centre is operated. KFOR is a peacekeeping force that was employed in Kosovo by NATO. UN and NATO soldiers are still on patrol in Kosovo, mainly to ensure that there is no violence between the various ethnic groups. They speak to important leaders of the communities to mediate between them, and patrol large events to ensure that no violent outbursts occur. The NATO soldiers that came to PLC were very interested in us Canadian volunteers, and, to our surprise, they took the three of us out for dinner the next day. They told us more about what they do, which included speaking to members of the community, and making sure roads and buildings were intact. They are a part of a team of 21 soldiers, who are responsible for 80 municipalities in the country.

We were also lucky to experience a Roma, Ashkali and Egyptian Culture Week. There were events all throughout Pristina, such as concerts, plays, documentary showcases and photography exhibits. We attended an event everyday after working at the centres. Another popular Roma cultural event is the Rolling Film Festival, which showcases films about Roma populations all over the world.

After being home for two months, I still feel very connected to the people I met in May. The ability for these people to find pleasure in the simplest things, and to be happy despite circumstances that many would consider tragic, are inspiring. These amazing people have shown me that having less makes life more enjoyable. Most importantly, the war survival stories that they have shared make all of those so-called "first world problems" seem so silly. Comparing daily problems we experience in North America, such as a slow Internet connection, to being the target of ethnic cleansing, is unthinkable. Kosovars may not have to directly deal with war-related issues anymore, but they have lost a lot—homes, possessions, relatives and even friends—as a result of the war, and that sense of pain and loss is something that they have to face everyday for the rest of their lives. The experiences of the Roma and other minority populations, and really, all Kosovars, truly puts things into perspective for me, and that is something I will never forget.

Vishalini Sivarajah is studying Health Sciences and specializing in Global Health at McMaster University in Hamilton, Ontario.

## Details about English Vinglish from TIFF:



Legendary Indian Actress Sridevi

Legendary Indian actress Sridevi returns to the screen after a fifteen-year absence in this funny and touching story about an Indian woman who struggles to learn the English language in order to overcome her insecurities.

### Programmer's Note:

Miscommunication has always been an in-exhaustible engine for comedy, but in the case of writer-director Gauri Shinde's delightful and heartwarming *English Vinglish*, miscommunication is its very subject. A nurturing mother, a devoted wife and a great cook, Shashi (Sridevi) lives a life of middle-class domestic contentment in Pune, India. Her only worry is her poor mastery of the English language, for which her children and husband tease her playfully. But when she has to travel to the United States to help her niece prepare for her upcoming wedding, that minor annoyance becomes a genuine frustration, as Shashi keeps running up against the limits of her language skills. While her niece attends classes, Shashi explores Manhattan and finds that tasks as ostensibly straightforward as ordering water

prove complicated when you can't comprehend the difference between "still" and "sparkling."

Breezy and charming, but with much to say about the delicate balance between tradition and modernity, *English Vinglish* marks the return to the big screen - after a fifteen-year hiatus - of beloved Indian mega-star Sridevi, whose orb-like eyes, expressive face and magnetic charisma have lost none of their radiant lustre. And as if that weren't enough, Indian cinema fans will enjoy the extra treat of a hilarious cameo from Bollywood legend Amitabh Bachchan!

### Director Biography:

#### Gauri Shinde

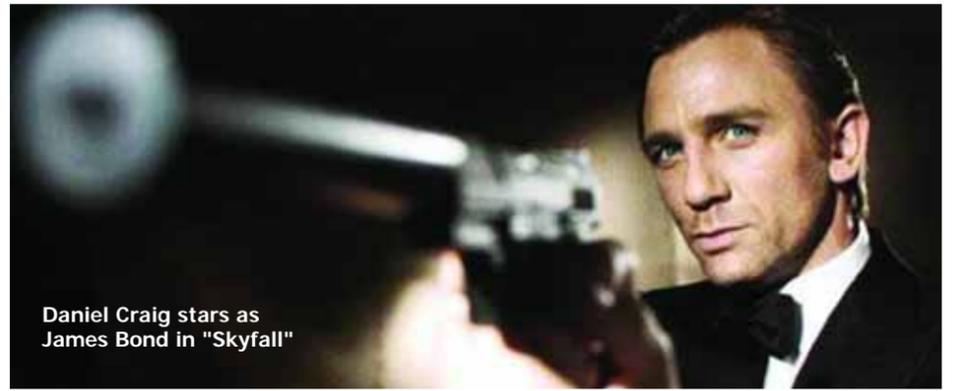
Gauri Shinde studied at the New York Film Academy. She has directed numerous commercials and the short films *Oh Man!* (01) and *Y Not* (05). *English Vinglish* (12) is her first feature film.

### Schedule:

**Friday, September 14 - Roy Thomson Hall - 9:30 PM**

**Saturday, September 15 - TIFF Bell Lightbox 1 - 12:15 PM**

## Global James Bond Day to be celebrated on October 5



Daniel Craig stars as James Bond in "Skyfall"

In celebration of the 50th anniversary of the 'James Bond' film franchise, the makers have decided to celebrate October 5 this year as the Global James Bond Day.

The first film of the franchise 'Dr No' released on October 5, 1962.

Albert R. Broccoli's EON Productions, Metro-Goldwyn-Mayer Studios, Sony Pictures Entertainment and Twentieth Century Fox Home Entertainment have declared it the Global James Bond Day, a day-long series of events for Bond fans around the world.

The celebrations come ahead of the release of the 23rd James Bond franchise 'Skyfall', which hits theatres on October 26 in the UK, November 2 in India and November 9 in the US.

"We are absolutely thrilled to be celebrating James Bond's golden anniversary on film with this special day of events for Bond fans around the world," Michael G

Wilson and Barbara Broccoli, producers of 'Skyfall', said in a joint statement.

A new feature documentary titled 'Everything or Nothing: The Untold Story of 007' on the three men- Bond producers Albert R. Broccoli, Harry Saltzman and author Ian Fleming, will be also be unveiled.

The other worldwide events celebrating Bond's golden anniversary include a global online and live auction charity event of 50 lots and the proceeds from them will go to 12 charitable institutions.

The auction is organised by Christie's in London. There will also be a retrospective of Bond films at the Museum of Modern Art in New York, a Music of Bond night in Los Angeles hosted by the Academy of Motion Picture Arts and Sciences, and an exhibition, 'Designing 007: 50 Years of Bond Style', at the Toronto International Film Festival.

- PTI

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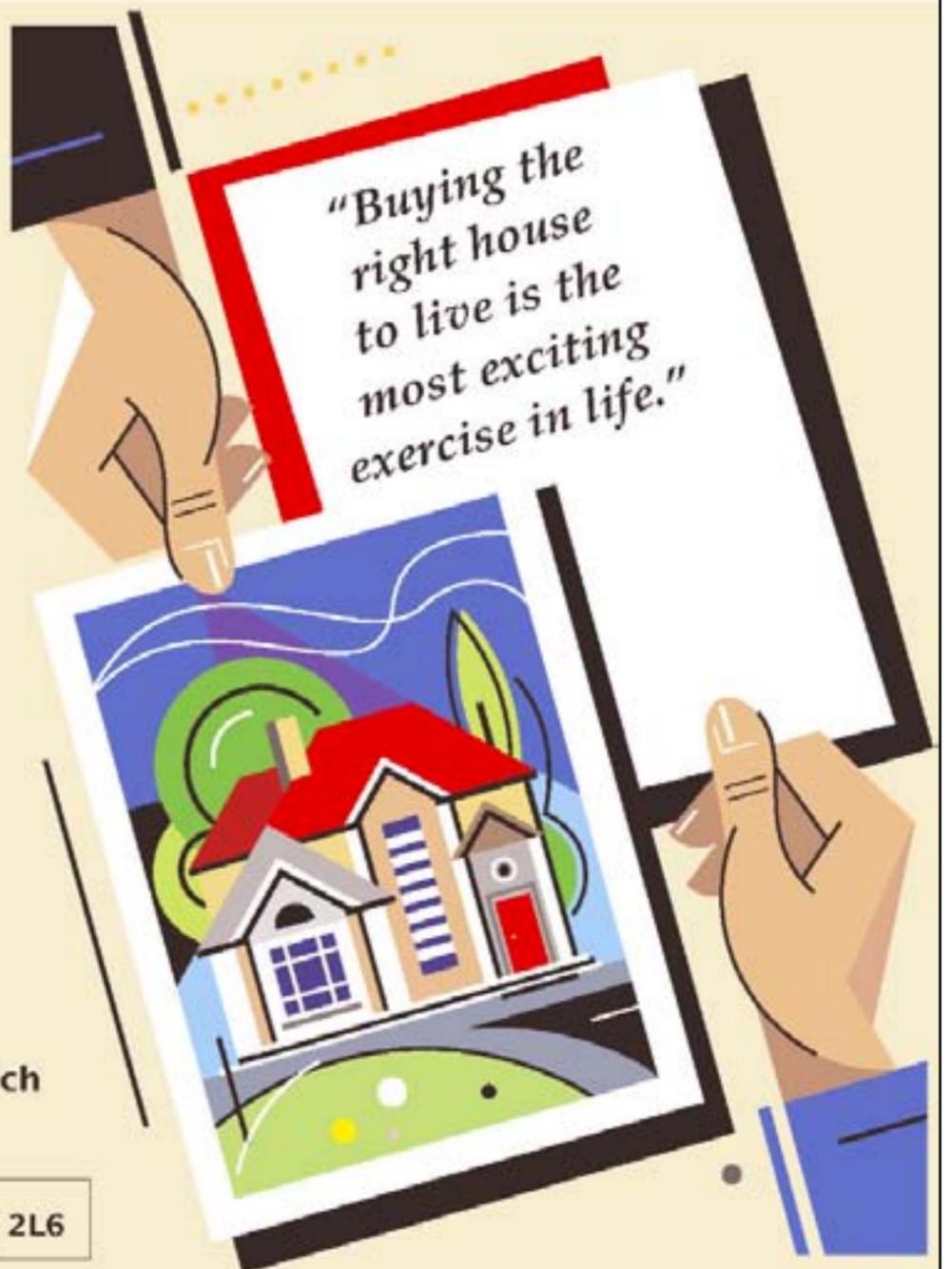
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# Recent Event



## ROYAL-THOMIAN CRICKET MATCH

# 2012

The traditional " Battle of the Blues" was once again played this year on July 1, 2012 at the King City Cricket grounds . It was a **fun filled day for those who were present.**



Stallion game in progress.



Royal College Mustang Team. Seated (L-R) Dushy Maheswaran, Rohan Jayasekera, Oshan Fernando, Eddie Jayawardena, Sasanka Manamendra Standing (L-R) Viraj Tirimanne, Ruwan Wanigasooriya, Seyon Kanagaratnam, Charitha Sirimanne, Eshan Jayawardena, Marlon Samaratunga, Rajan Tharmarajah- ROCOBA president



STC Mustang Team. Standing from L-R – Sean De Saram, Chris Vethanayagam, Eraj Sirisena, Rukshan Mendis, Lakshan Liyanage Seated from L-R – P.K Gunaratne, Trevor Fernando, Ashok Senadeera, Shantha Jayasekera, Vishan De Mel . Absent - John Lewis (Captain)

Mustang Trophy (45 over) game was won by the Thomians. The highlights are as follows:

### Royal

<b>266 for 8 wickets</b>		
Rohan Jayasekera	111	
Eddie Jayawardena	33	
Viraj Tirimanne	23	
Marlon Samaratunga	21	
Ashok Senadeera	4 for 39	
Shantha Jayasekera	2 for 58	
Lakshan	2 for 56	

### St Thomas

<b>267 for 5 wickets</b>		
Eraj Sirisena	103	
Shantha Jayasekera	64	
Vishan De Mel	30	
Viraj Tirimanna	1 for 34	
Dushy Maheswaran	1 for 41	
Oshan Fernando	1 for 32	

Stallion Trophy (20 over) game was won by the Thomians. Highlights are as follows:

### Royal

<b>137 for 9 wickets</b>		
Sritharan	22	
Imtiaz	18	
Ravindu	15	
Gerhard	3 for 27 runs	
Russel	2 for 36 runs	

### St Thomas

<b>138 for 4 wickets in 19.6 overs</b>		
Kaushal	44	
Russel	24	
Gerhard	20	
Imbakumar	3 for 12	



Rohan Jayasekera ( Royal) receiving the Best Batsman's Award from STCOBA president Hiran Adhihetty for his classic 111.



Rajit Kannagara (STC) receiving the Stallion Challenge Trophy for the winning team from Royal College OBA president Rajan Tharmarajah.



Ashok Senadeera (STC) receiving the Best Bowler's Award from ROCOBA president Rajan Tharmarajah



P.K Gunaratne (STC) receiving the Best Fielder's Award from ROCOBA president Rajan Tharmarajah



Eraj Sirisena (STC) receiving the Man of the Match award from ROCOBA president Rajan Tharmarajah for his 103 runs.



Vishan De Mel (STC) receiving the Mustang Challenge Trophy for the winning team from Royal College OBA president Rajan Tharmarajah



Section of the Royal College OBA team waiting for their turn to bat.

# Governor General Takes Part in Sault Ste. Marie's 100th Anniversary Celebrations

Their Excellencies the Right Honourable David Johnston, Governor General of Canada, and Mrs. Sharon Johnston marked the centennial anniversary of The City of Sault Ste. Marie on August 29 and 30, 2012.

The Governor General delivered the following remarks at the 100th Anniversary Flower Garden Ceremony:

Thank you for your warm welcome, and for this wonderful tribute. It truly is a great honour for me and Sharon to be recognized in this way on the 100th anniversary of our hometown.

This is a tremendous moment in time. It was 100 years ago to the day that my predecessor as governor general, Prince Arthur, the Duke of Connaught, visited Sault Ste. Marie to take part in the incorporation of the city.

In fact, a banquet was held in honour of the Duke and his daughter, Princess Patricia, at the Algonquin Hotel—just a stone's throw from the Johnston home on Woodward Avenue, and not much farther from Sharon's family home on Summit Avenue.

This city has a rich and proud history, and on a personal level, it is full of meaning and happy memories for me and

Sharon and our five daughters, who spent their summer holidays here.

Anyone who returns to the place in which they grew up knows how the stories come flooding back. There are many memories for us in Sault Ste. Marie, and they are very precious to us.

This community made us who we are, and we will always be thankful for having grown up here.

The centennial anniversary we celebrate today likewise provides us with an opportunity to revisit the past, but together, as a community. Much in this city has changed over the course of the past 100 years, so allow me to highlight just one enduring and significant factor: your proud and generous community spirit.

That sense of community is what brings us together today, and it is the reason for the continuing vitality of Sault Ste. Marie. Our visit has already brought us into contact with some wonderful people who are doing great things for this city and this region, and we are looking forward to hearing more about your projects and plans over the next few days.

As governor general, I am privileged to be able to meet with Canadians in



**Right Honourable David Johnston, Governor General of Canada signing the guest book**

their communities and to speak directly about the challenges and opportunities we face. In so many ways, Sault Ste. Marie is a crucial hub of northern Ontario, and the success of this city is of great importance to Canada's overall

well-being.

You may be aware that Sharon and I have dedicated our mandate to fostering a smarter, more caring nation. In doing so, we have placed particular emphasis on supporting learning and innovation, volunteerism and philanthropy, and families and children. And I know that you, the people of Sault Ste. Marie, are working hard to improve our well-being in each of these spheres.

Like this anniversary, your achievements and hard work deserve to be celebrated. At heart, this centennial year is a testament to your successes and to those of your predecessors in building this great community.

I am delighted to see that 100 years on—Sault Ste. Marie continues to shine as a unique and progressive city. Your contributions are vital to the smarter, more caring Canada of which we dream, and that is why I am so proud to share my roots in this community wherever I go.

Thank you again for your warm welcome home. I wish you a wonderful celebration.

## O B I T U A R Y

### DHARMARAJAH

(Sri Lanka)



The death occurred last month of C.S. DHARMARAJAH (retired Features Editor, Times of Ceylon and Associate Editor of the Observer, in Sri Lanka). He leaves behind his beloved and devoted wife Mano, precious daughter Shivanthi and son Prasanna, Funeral took place the following day according to his wishes

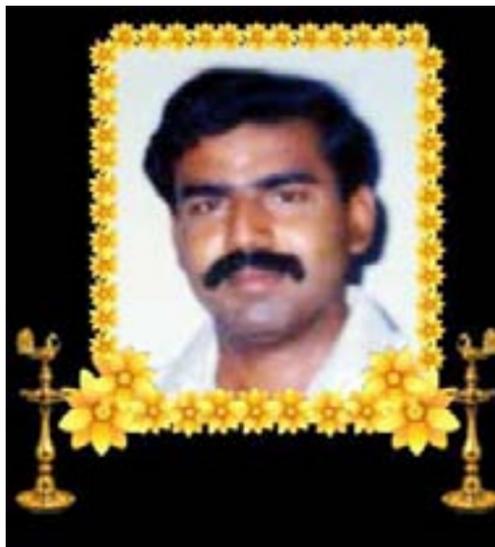
His death occurred on August 10 while on a pilgrimage in India. He was also a senior member of the YMCA and most of his years as a bachelor he was as an active member of the Institution with particular interest in the Forum of which he was the Speaker.

Dharmarajah began his career as a journalist in the 1950s. He first worked as a Sub Editor in the Morning Times and moved to the Ceylon Daily Mirror as its first Chief Reporter and later as Features Editor. Well respected in journalistic circles, Dharmarajah wrote an authoritative legal column 'In Court and Out' which was popular among the legal profession.

Endowed with a refined sense of humour, he regaled his junior colleagues with some effervescent anecdotes particularly concerning the legal profession. In 1980, he moved to the Sunday Observer and retired in 1998.

Family Contact Information: Tel No: 2852414 and Email: dharmarajah99@gmail.com

### Gnaneswaran



The death occurred of Kanagasabhai Gnaneswaran (K.K.S. Cement Corporation & Treasurer, Kurukkalkinnathady Pillayar Temple, Alaveddy) last month in Jaffna. He is the devoted husband of Bhamathi, precious father of Brindha & Kapilan, loving son of Late Kanagasabhai & Saraswathi, adored brother of Ketheswaran (Canada), Late, Jegatheeswary (Canada), Nageswary (Canada), Ganeswary, Rajeswary, Bhuvaneshwary, Eswary, Ratneswaran & Yogeswaran.

### Mrs. Puvaneswary Nadarajah

(June 25, 1917 - August 28, 2012)



Mrs. Puvaneswary Nadarajah of Sandilipay, Sri Lanka, passed away peacefully on the afternoon of August 28th, 2012 in Toronto, Canada after a very long and prosperous life, and is survived by her very closely knit and loving family.

She was the eldest child of Late Sinnathamby Ponniah and Late Rasaluxmy Ponniah. She is the beloved wife, of Late S. Thampar Nadarajah (Attorney -At-Law, Jaffna.)

loving mother of Thillainathan, Sagunthala, Late Jeganathan, Manimegala, and Kuganathan, affectionate mother-in-law of Jeyaluxmi, Kodeeswaran, Georgette, Gnanasegaram, and Kamalini, doted grandmother of Tanuja, Priyanthan, Chandra, Lakme, Dharshan, Suganya, Ajith, Jayaprabahan, Prashanth and Krishanth,

fondly loved great-grandmother of Natassja, Bryndan, Tharan, Avni, Xavier, Kaedan, Kailash, Kajal, and Rekha, loving Sister of Late Ragunathan, Late Rajanathan, Late Paramanathan and Pathmanathan.

For any further Information, Contact: Sagunthala Kodeswaran - 416 286 6237, Manimegala Gnanasegaram - 416 297 8837

# Special Feature



## Beyond the scars...

(Leading South Indian Carnatic Musician recounts his recent experience in war-ravaged Jaffna)

By T.M. Krishna

I have never met another community that treats artists the way these people do, recounts T.M. Krishna of his recent tour to war-ravaged Jaffna, where he saw the will to overcome and love for the arts surpass the trauma around.

A respite: An amused audience at the Ramanathan Academy of Fine Arts, Jaffna. Hope, self-belief and trust are words that we use with great comfort when the very experience of the opposite is but an imagery derived from story-books or newspaper narratives. These are qualities that are not born out of one's own upbringing and environment but every thread of civilization has worked towards the strengthening of these pillars. This was exactly my thought every time I met a Tamil in the northern province of Sri Lanka. There is no other way these wonderful people could still smile and laugh in spite of all that they have seen and experienced. My recent concert tour of Jaffna, Kilinochchi and Vavuniya organised by the Indian High Commission Colombo was the first in 30 years and a learning experience.

### Deep bond

Having met many Jaffna Tamils in various parts of the world I was very aware of their deep bond with their culture, in particular their language, music and religion. In spite of this understanding I was still apprehensive as to what to expect. Is music and art important in one's life when everything else around you seems to be breaking down? I wondered. I got the answer the very next day when I took to the stage at the Veerasingham hall in Jaffna. A full house greeted me with so much love and affection that I was truly humbled. Every

individual in the audience was there because of the passion and thirst for music. The serious listening, discerning appreciation and instant applause were stunning. I must say here that I have never met another community that treats artists the way these people do. True respect and affection for all artistes and a willingness to help them almost always is overwhelming.

The day after our Jaffna concert we were invited to the Ramanathan Academy of Fine Arts, which now teaches music, dance and visual arts to interact with the students. Going into their performance space, we were greeted by close to 400 students. The faces, the laughter, the curiosity, questioning, smart answers were beautiful. This could have been a performing arts school in Chennai, there was absolutely no difference. Could we imagine that every one of these girls and boys surely have a family member or friend affected by war? It's astounding that so many young people were interested and learning the arts in spite of the trauma around them.

The scars of war are there for everyone to see even in Jaffna. The Dutch fort is being rebuilt but the destruction is very evident, the library is not the greatest treasure house as it once was, the old high security zones are open but there are not many people in those areas. We do still see army personnel around the peninsula with guns and a glare of suspicion. Shelled and bullet ridden houses dot some of the landscape along with smaller townships around the Jaffna region. There are temples like the one in Maviddapuram without a roof, and life here comes to a standstill by around 6 pm. We were even told that many students could not come to our concert as transport was difficult. Alongside this exists the beautiful Nalloor temple with



Picture Courtesy: The Hindu - T.M. Krishna. File Photo: R. Ravindran

an ochre coloured gopuram, and the ceiling inside is draped with cloth.

The concert in Kilinochchi the next day was attended by far less number of people and we were told that things had not yet settled and people were still finding their feet after the war. But after the concert something unforgettable happened to me. An elderly gentleman with tears in his eyes came up to me and said that this was the happiest moment in the last 30 years of his life. A truly life changing moment for me.

### Army presence

The next day I decided that we should try and visit Mullaitivu before we drove down to Vavuniya. On the way for the first time I saw children with school bags, sharing umbrellas and walking to school, an extremely heartening sight. Then all of a sudden out of nowhere a huge dump of damaged cars, buses, lorries, cycles and motor bikes appeared, followed by coconut trees marked with the warning of live mines. As we travelled further away from the national highway we saw more army barracks, checkpoints and less civilians. The contradiction between the ghost town of Puthukkudiyiruppu with bullet ridden buildings, live land mines and beautiful beaches, lagoons, birds and temples in Mullaitivu are images very difficult to erase from one's memory.

The greatest challenge for me as traveller was to battle with the conflicting

images and impressions which made me question my very presence and why I was there. Am I a cultural ambassador? Am I a tourist? What about the conflicts and its residue that I witness? This was a serious struggle and one I am still unable to resolve.

The connection of the people with India is far deeper and older than the very identities of India and Sri Lanka and hence the natural connection. India has a lot to offer. Yes infrastructure and money are essential but the support to human reconstruction should be our greatest contribution. To us in the south, the Tamils are very similar and we understand their ways and thoughts better than anyone else. If anyone can contribute to their emotional well-being and rebuilding it is us. Society is a fabric of people and therefore we need to address emotions through culture and history to create a conscious strong society. I believe that music, dance, drama, and literature have to play a serious part in India's initiative for Northern Sri Lanka. Not just as a balm but to actually revive an age old connection that we have forgotten but they have not. A cultural connect that we can use to give them more self belief, pride and faith in themselves and their lives.

**Artistes don't stand for elections, don't fight on the battlefield but we offer to everyone the very breath of life -happiness.**

(Courtesy: The Hindu)

## The Rising young stars Aiswarya Sajeev & Padmini Unni's Divine Bharhanatya Arangetram

Pudhuvai N. Raman

Music and dance are gift of God. It is indeed a great event for the parents who nourish very pleasant dreams about the future of their children for which the Arangetram is the first realization.

With the sense of divine feelings, an amazing performance of Bhrathanatyam Arangetram of Miss Aiswarya Sajeev and Miss Padmini Unni held at Melntyre Theatre,

Mohawk College of Applied Arts Technology, Hamilton on Aug 18th.

Dr & Mrs Sajeev Deepa & Mr & Mrs Krishnan Unni Geetha families gave a warm reception to all invitees at the entrance.

Both the dance students were accompanied with world renowned percussionists 'Isai Kala vithakar' Mohan Thiruchelvam (vocal), Driram Suryanarayanan (Mirudangam), A.



Jeyadevan (violin), Dr Selvanayagam Thayaparan (Flute) and Founder of Swaramudra Dance Academy and Guru of Dancers, Mrs Sujatha Suresh (Choreographer) who all proved as back bones for the grandeur of this arrange-



ment with their excellent support of music.

Both dancers thanked all for their support. Mr Alok Sajeev and Rudy Unni proposed the vote of thanks.



# Special Feature

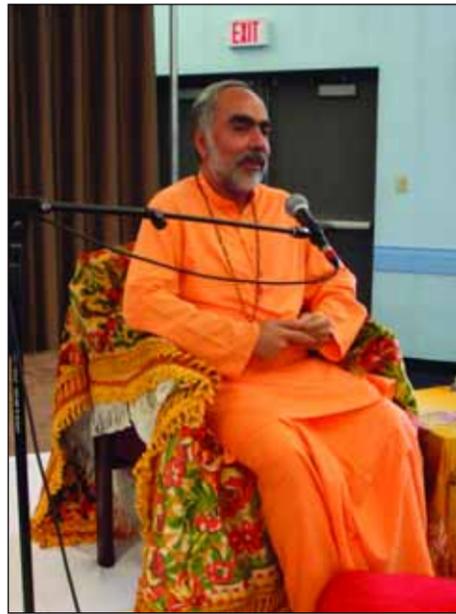
## Swami Swaroopananda blesses the devotees at GurMandir

It is always such a special honour when Swami Swaroopananda graces us with his presence. This is second time that Swami Ji has visited us here and first time at GurMandir. There was a wonderful gathering of devotees in attendance who were enthusiastic to drink deeply the message of Swami Ji. It was a wonderful opportunity to share some of his ever-expanding realizations of Thakur (Bhagwan).

There were more than 150 persons who listened to his 30 minute discourse on "TU THAKUR TUM PAE ARDAS" on a very short notice. This is a prayer in praise of the Lord Almighty. Emphasising on the pronunciations and the meaning of words in Mantras which are recited by us, few men are called to serve humanity the way Swami Swaroopananda does. Fewer actually achieve the unique impact and response that Swamiji has.

Throughout this discourse Swami Swaroopananda held his audiences, adults and youth alike, spellbound by his amazingly practical and extremely user friendly approach to Spirituality. He offered many practical solutions to day to day problems by narrating few stories connected to our daily life, by translating Vedanta into a most effective and relevant way of life for the busy modern man and woman. He reminded us that there is a greater and more compelling Truth that provides the solutions to all our problems, enabling us to live a truly happy and positive life.

Swami Swaroopananda who has an



expertise in Gita, recited a few verses from Chapter 7 of Bhagavat Gita. The popular minds of the masses need a religion they can appreciate and absorb into their daily life, and they demand a religious goal which they can intelligibly plant in the soil of their feelings. The Epics and Puranas have the avowed purpose of providing the average man with a religion which he can practise with ease and confidence. God as related to the Universe in the various phases of his revelation becomes the theme of the theological teachings and discourses in the Puranas, risen out of the subjects dealt with in the Epics, especially the Mahabharata.

Then he described an event in the battle field that opened the portals of the larger problem of life. Arjuna's predicament became a human situation, for the problem of Arjuna was the problem of man. And the answer of Bhagwan Krishna to the query of Arjuna is the



gospel of God to humanity as a whole. Swami said, the ultimate reality is God, who is Absolute. He is the supreme Brahman which cannot be designated either as being or non-being, from the human standpoint. It has hands and feet everywhere; eyes, ears and faces everywhere; and it exists enveloping everything. It has the characteristics of the percept of all senses, but it is itself devoid of the senses of perception. Though it is unattached to external objects, it is the basis for everything. Though without descriptive qualities or epithets, it is the reservoir of all of them. Being inside and outside all things, it may be said to be both moving and unmoving.

Swami Ji said that the vow of Brahmachari, the Yogi, always steadfast in meditation, attains to the peace residing in God, the peace which is at-one with final liberation. Swami Ji explained, yoga is not for him who eats too much or too little, not for him who sleeps too much or too little. Yoga comes to him who is moderate in eating and in recreation, in work, sleep and wakefulness. Establishment in the consciousness of the Atman is Yoga. This obviously implies freedom from all desires. A disciple of the world-renowned Master of

Vedanta, and champion of India's spiritual wisdom, Swami Chinmayananda, Swami Swaroopananda left his family's thriving business in Hong Kong at an early age to seek what he now calls, "Real answers to real problems". He was convinced that beyond our everyday, superficial joys and sorrows, there was something more, something higher.

In little over a decade, Swamiji has traversed the globe several times touching the lives of thousands of eager listeners in cities as diverse as London, New York, Sydney, New Delhi, Singapore, Dubai, and Lagos.

After undergoing intensive monastic training and an exhaustive study of the Scriptures at the Chinmaya Mission headquarters in Bombay, Swamiji returned to Hong Kong in 1986 to spread the timeless message of Vedanta. His name then was Brahmachari Susheel. Under the guidance and inspiration of Swami Chinmayananda and Swami Tejomayananda he would later become the acharya-in-charge of the Far East and other centres throughout the world.

It was a real treat to listen to his spell bound discourse full of meaning and message for all.

by Kanaiyalal Raina

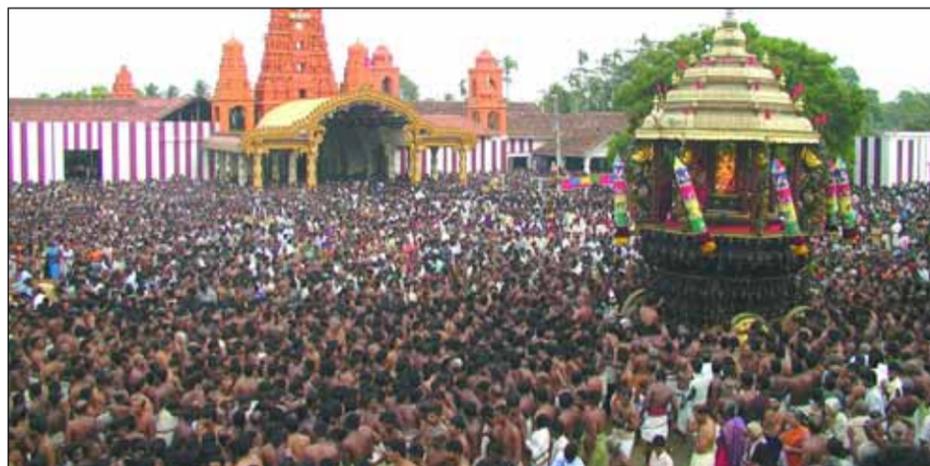
## Nallur "Thaer" parades in a sea of Devotees!

By: Virakesari Moorthy

The annual Nallur Kandaswamy temple "Thaer" (car) festival was held this year amidst a sea of devotees on Thursday, August 16th.

Devotees began to throng the temple to worship Lord Murugan, the god of Love, beauty and knowledge since crack of dawn on the special day. Devotees from North-East Sri Lanka who had migrated to several parts around the globe attended this year's festivals in vast numbers to witness the special charm of Nallur Murugan. Due to large numbers of devotees making a trip to Sri Lanka from overseas during the month of August flight tickets were in scarcity to travel there.

Seniors, men and women and toddlers to teenager were there to worship Lord Murugan, several of them fulfilling vows to take "Kavady", and "Angap pirathadsanai" (rolling on the ground).



Groups of devotees engaged in rendering " Pajanai" (spiritual songs) with "Thaalam".

Tamil word 'Murugu' which means honey, beauty, fragrance and eternal youth. He is handsome, brilliant, elegant and enchanting. He symbolises valour, youthfulness, benevolence and compassion.

Around 7.00 AM Lord Murugan was brought up to the "Thaer". Devotees rushed to hold the robe of the "thaer" at the auspicious time. When the "thaer" started to move devotees smashed the coconuts and hailing "AroHara".

Sri Lankan Air Force Helicopter hovering around the temple shed flowers from the sky. The "Thaer" rolled gently in



the temple surrounds. The south side public road in between the temple and the "Theertha Keryn" (pond) was closed permanently because of the safety of the devotees coming to the temple.

The "Tamil One" television brought a live telecast of the Nallur "Thear" Festival on the airwaves of Toronto on Wednesday night around 10 PM to the enchantment of devotees.

# Special Feature



## A. Earth as the human habitat:

Earth is the place where all human activities are enacted. It is the only place in the universe that is known to provide shelter for human beings. However not all parts of the earth are inhabited. Man finds shelter in places that are conducive for his food, clothing and shelter. However as the years roll by the quality of atmosphere that the earth provided for human habitation is deteriorating because of some human activities. Over industrialisation, urbanisation and resultant emission of carbon dioxide is eating into the ozone layer that protects the earth from the harmful effects of the sun's rays like the ultra-violet rays.

## B. Global warming:

The planet earth- the only life planet is warming up from the North Pole to the

trees are contributing to the frequency and breath of forest fires. There are changes in water temperature that affects the fish. Yukon has also seen funnel clouds that causes tornadoes. Hunter in the northern -most settlements are facing danger because of melting ice-cap. Insect infestation, forest fires, floods and droughts reflect devastating impact of global warming is already having on the vast Canadian landscape according to experts from all Canadian provinces and the two territories. In the North, melting ice and perma -frost are destroying roads and buildings as well as harming animal and plant life. Robert Collins, Energy Resources Analyst for the Yukon Energy, Mines and Resources Department says, "We are seeing more landslides, mudslides than ever before." The weather in

stronger. Floods and droughts are bound to become more common. Rainfall in dry areas like Ethiopia and Sudan could diminish by 10 percent over the next 50 years. There will be less fresh water available due to change in weather conditions. Thousands who rely on water melting down from icecaps may be left without drinking water and electricity. Some epidemics like Malaria may spread easily. With the change of the ecosystems some species will move farther north while others may become extinct. Research scientist Martyn Obbard opined that with less ice on which to live and fish for food, polar bears are becoming considerably thinner. With the disap-



By: J.J. Aputharajah

# Global warming and its effects on human lives



South Pole and everywhere in between. Globally speaking, the mercury is already up more than one degree Fahrenheit and even more in sensitive polar areas. The effects of rising temperature is already observed in some parts of the world. The heat is not only melting glaciers and sea ice, it is also shifting precipitation patterns and alerting animals on the move. The affected areas include mountain glaciers, ice sheets covering West Antarctica, Greenland and Arctic Sea ice. Penguins in Antarctica have declined in their population from 32,000 breeding pairs to 11,000 in 30 years. It is observed that sea level rise has become faster during the last century. Some butterfly, foxes and alpine plants have moved farther north to higher and cooler areas. Precipitation has increased across the globe, on the average. Warm summers in Alaska has enabled Spruce bark beetles to drastically increase in numbers. Insects in Alaska have already chewed up four million acres of spruce trees.

In much of the polar areas of Canada, the effects of global warming is felt in a great way. In the Yukon, the side of a mountain was stripped away by a landslide. The rate of forest fires are also on the rise. Southern parts of the Yukon territory are now subjected to insect infestations as there is no deep cold now in the area to kill larvae regularly. The dead

this area is unpredictable. Animal migrations have altered because of changes in vegetation. Manitoba is facing problems in transportation because its formation of ice is unreliable and the underlying perma -frost is melting. The transport system has to be re-engineered and rebuilt. The Province also stands a very good risk of losing its polar bear population particularly because the ice floes on which the bears hunt seals are no longer coming closer to the shore. They are finding it difficult to get anything to feed on. Manitoba has huge extremes of weather in south and middle of the province. It stands to lose a lot of its boreal forest, which cover one third to one-quarter of the province. Ontario, Quebec and the Maritimes are experiencing warmer weather and higher river and ocean levels-all of which affect shorelines, farming and animal life. There is also the risk of the desert areas increasing in Alberta and Saskatchewan provinces.

Environmental scientists and researchers have also predicted the future trends in the effects of global warming. The sea levels are expected to rise between seven and twenty-three inches by the end of the 21st century. Hurricanes and other storms are likely to become stronger in intensity. Species that depend on one another may become out of sync. Plants could bloom earlier than their pollinating insects becoming

pearance of sea ice, polar bears will become drastically reduced.

## C. The Need for Caution and Counter-measures:

Global warming caused by carbon-dioxide emissions is one of the most urgent issues facing humanity and our planet. The Carbon dioxide emissions reached 8.5 billion tons in 2008, with 75% being caused by the combustion of fossil fuels. 2010 was the hottest year with 19 countries breaking all heat records. Obesity epidemic also indirectly causes global warming because car users prefer to drive even for distances less than a mile. There is a universal need to combat global warming. People should be made aware of the threats that may spell disaster to the entire humanity. Education should not only open the eyes of the people; it should also prompt research. They should find new sources of energy and water- vital for the life of the people. Recently, Kavignar Vairamuttu, a poet in Tamil Nadu wrote a book called 'Moonram Ulagap Por' (Third World War) - where he stressed the fact that the third world war should be waged on global warming and globalisation which are affecting all the people of the world. The ozone cover that envelopes the earth should be safeguarded against damages caused by carbon dioxide emissions. Even in poorer countries people should be made aware of the dangers of using chemicals and petroleum products. Mahathma Gandhi said, "India's growth lies in the re-surgence of its villages." Man should learn how to stay attuned to nature and should not deface its supreme purity. Education should be made available to all so that they can protect themselves. It means actively handing on to the next generation all that we have by way of knowledge and competence, and imbuing our successors with the spirit of stewardship. Concepts of environmental protection have to be applied to our lives. We should supplement classroom learning with confidence and explore issues surrounding natural resources and sustainability. We

should understand that the choices that we make impact the environment. Roger Scruton, a US scholar on the subject says, 'the only answer to global warming is action by individual nation states - those rich enough to conduct research and act on the scale required, responsible enough to answer the need to do so, and with a public opinion shaped by open discussion'. Man should be made responsible for his home-keeping it in fitting condition.

In gist we must change our life styles to conserve energy and avoid excessive depletion of earth's resources for making our lives more comfortable. Everyone should be made aware about the dangers of global warming. We should support the government in its efforts towards these ends. For example it would mean replacing incandescent bulbs with compact fluorescent bulbs. It should be possible for us to chose vegetarian and mega meals. We should be able to recycle more using recycling bins, composting etc. We should use dishwashing sparingly- only with a full load. We should make it a habit to use recycled paper. One could save five pounds of carbon dioxide per ream of paper. We should be particular to buy locally made and grown products. We should buy minimally packaged goods in order to reduce garbage significantly. That is why in Ontario, every effort is made to avoid the use of shopping bags and go 'green'. We should get habituated to insulate everything that uses energy. We should replace old appliances and reduce reliance on others. Using push movers to mow the lawn could be another way of conserving energy. We should unplug unused electronic devices to avoid wastage of electricity. We should change our means of transport with the sole goal of conserving energy. We should use public transportation. Such a way of life involves sacrificing most of the so-called comforts of modern life. It is not easy but a gradual revolution is imperative if we are to put things right and do our home-keeping well.



# Spirituality

## What We Are Not

When a man has reached a state within himself where his actions are only to the extent required for outer life situations, then he is a complete person.

First we need to know that the basis of our misery is that we have established ourselves in untruth. We are deeply identified with that which we are not. Somewhere along the way we have gotten identified with things around us. We have got identified with our body and mind. That is the source of suffering.

Whatever you have known right now, your experience is only limited to your five sense organs. Whatever you have known either of the world or yourself has come to you only by seeing, hearing, smelling, touching and tasting. If these five senses go to sleep, you will neither know the world nor yourself. They feel everything only in comparison. So this is not a genuine experience.

All yogic practices are fundamentally aimed at giving you an experience beyond the five sense perceptions. This is not in terms of physical reality, it is in a totally different dimension. That dimension, if you want to call it God, or if you want to call it my Self, it does not matter. Whatever your idea of God is, it is simply coming from the limited experience of who you are right now. It is not coming from any true experience. The only thing that you can experience is that which is within you. And that which is within you, you have never really looked at in real depth.

The whole experience of transcending your limitations must happen within you. If you want to transcend, only if you are truly willing, it can happen. Otherwise no power on earth or in heaven can move you.

Spirituality is simply the process of dis-identifying with what we are not, to shed the layers of conditioning so that we know what we are not. When that is completed, we arrive at something that cannot

be discounted. This discovery will be the recognition of Divinity, and we will see that there is no reason for misery in the world.

The whole process of yoga is to make your interiority absolutely in your control. It is a possibility to move from a state of external enslavement to inner completeness, which is the state of unboundedness. If your inner nature is unbounded, your life is also unbounded. You can either sit with your eyes closed or you can perform different action - both ways your life can be complete.

When a human being has reached this state within himself, where his actions are only to the extent required for outer life situations, then he is a complete person. If within you, your inner nature has attained fulfillment regardless of the external situation, we can say that you have become unbounded. This is a state of true happiness.

### Drop Your Limited Baggage Here

You deal with life as if you have got nothing to do with anything outside of your limited perception.

Spiritually, there has always been talk of surrender. But the moment logical, educated minds hear the word surrender, they will build forts around themselves.

In spirituality when the word surrender is used, it means you surrender that which is false. It is just that the very way you have existed up to now, is just a falsehood. What you refer to as yourself right now is simply a collection of identifications that you have taken in your life. Yet if you sincerely look at your essential Self, what have you got to surrender? You have nothing to surrender. Your essential Self is

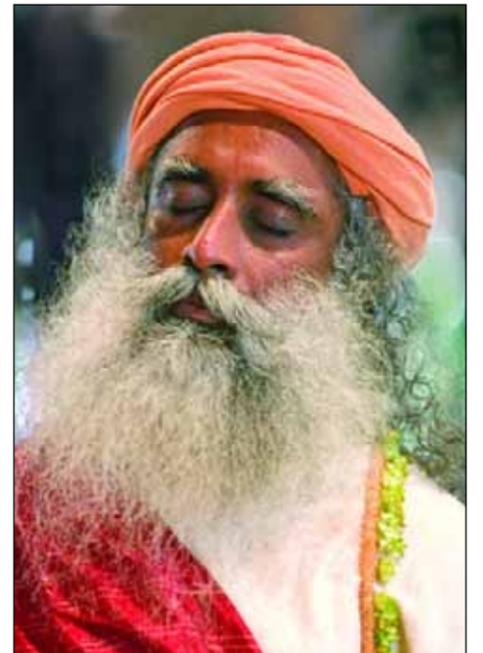
that which has always been and that which will always be. When you realize this fact, your spiritual work is done - you have already surrendered.

When you destroy the walls of falsehood that you have built, everything becomes one. In Truth, no walls exist in creation. You just believe they exist, so separation is your limited and distorted perception of reality. When you seek ultimate freedom, all that is required is the surrender of your illusions. And only when you surrender your illusions, reality happens. Reality, or Truth, is not right now in your experience. With all the multiple impressions that you have, you have built a world of your own. And this world is not real, it is not Truth. You cannot exist here for even a moment without interaction and contact with existence. But you go about believing you are a whole unto yourself. You deal with life as if you have got nothing to do with anything outside of your limited perception.

To drop these false boundaries is what the spiritual process is all about. This work does not have to happen in any particular way, with any specific process or person. For those who are willing to know Truth, there is always assistance. Spiritual masters simply create an atmosphere where it will become easier for a person to become free of his or her bondage.

Dropping identifications that you have carried for a lifetime is like jumping into the void - it is frightening. When you feel a presence that is bigger than yourself, it becomes easier to keep yourself, or what you think as yourself, aside.

Until you are able to keep yourself aside, there is no possibility of finding Truth. When you drop your limited identification, you no longer need to isolate yourself from the rest of existence. For a person who is seeking liberation, the only



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](http://www.ishafoundation.org)

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Way to Truth is the destruction of all walls, which means the dissolution of your individuality. That is surrender, ultimate freedom, liberation.

*Sadhguru J. Vasudev is a contemporary mystic rooted as strongly in worldly and pragmatic matters as he is in inner experience and wisdom. Named one of India's 50 most influential people, he has addressed prominent global forums on issues as diverse as socio-economic development, leadership and spirituality. He has served as delegate to the United Nations Millennium Peace Summit and the World Peace Congress and has been a special invitee to the World Economic Forum (2006-2009), the Australian Leadership Retreat (2006) and TED (2009).*

*His interviews are featured in The New York Times, BBC, Bloomberg, CNN and CNBC. He is the author of several books, the subject of four books and co-author of the Amazon Bestseller "Midnights with the Mystic". His public talks frequently draw crowds of over 300,000 people.*

*Founded by Sadhguru, Isha Foundation is a non-religious, non-profit organization with over 200 centers worldwide and over one million volunteers. Isha Foundation offers Inner Engineering Online - a practical approach for inner transformation in a fast paced world. The course designed by Sadhguru presents simple, yet powerful tools for an individual to experience life on a deeper level with more awareness, energy, and productivity. This program is an ideal opportunity for those with time and travel constraints to experience the same profound effects of the traditional Inner Engineering program, which has impacted millions of people over the past 25 years.*

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# Short Story



Contd. from AUGUST issue

The rainfall had abated, and there was all of a sudden a disquieting silence. After that long silence, Mala's mother made the first move, bringing a towel and a sarong and beckoned him to a room. Kumar silently accepted the offer and once he was out of their sight, Mala's family spoke at once in hushed voices. Closing the door behind, Kumar hurriedly placed his ears on the door but however much he strained, he could not understand their conversation. Anxious as he was, he was soaking wet as well; the rumpled clothes were sticky and cold, sending cold shivers throughout the body. He had to clench his teeth to arrest its chattering, while peeling off his wet

Selvaratnam entered the room. He talked to Kumar while looking outside through the window, as if more important things were happening outside. His message was terse. He told Kumar to stay with them until he checked out whether there was any truth in what the LTTE man had told. Kumar accepted his offer with a serious face while suppressing a chuckle.

The rain had completely stopped and the water had drained out except leaving a few puddles here and there; the sky became clear and the sunset was injecting streaks of vermilion to slowly replace the azure. The Temple bell called for the 6 o'clock evening Puja, the one before the last of the six daily Pujas. Kumar was in

ter and reminded them of the prayers with offerings that she had arranged for the Nallur Temple the following week. Mala and the father were silent on this, so Kumar wasn't sure whether they believed in those predictions or not. He again thought to himself how superstitious Jaffna people were. Although he always enjoyed the proximity of Mala, that particular day he couldn't wait to get back to his room.

That night the desperately needed sleep for Kumar was disturbed by the recurrent nightmares. They woke him up many times. And each time he was woken up, it became more difficult to fall asleep. When he finally fell asleep because of sheer exhaustion, the night-

knew how long, seemed ludicrous. He quickly got back in to his clothes that were still wet and decided to go back to his sister-in-law's house before they started sending search teams. He chortled at the thought of the womenfolk mourning his death prematurely. He came out of the room, prepared to take a walk out on the street, but was startled by the members of the Selvaratnam family waiting outside for him. Only now did it occur to him that he had overslept. But there was something strikingly unsettling stared him in the face: the unvarnished terror on their faces. Mr. Selvaratnam didn't waste time; he informed Kumar the magnitude of the problem in hand. Apparently his daily attendance of 6 o'clock morning Puja that day had corroborated the picture painted by the LTTE man the night before. The appearance of the Srilankan army in the wee hours behind the Temple had revealed their real motive, they were there to take people by surprise. A few inquiries had confirmed the fact that the smoke billowing up behind the trees was

## THE TRAIL OF TEARS FROM THE LAND OF PALMYRAH

By: SIVAGAMI



clothes and drying himself with the towel. He wrung the shirt and swung it in the air many times, hoping that it would dry quickly, so he could wear it again. Then he heard a knock on the door. As he turned to walk towards the door to open, it opened itself, very slowly as if pushed by the July wind. Through the open door came Mala; like a mind-reader she brought a fresh t-shirt and a hot cup of tea. They stared at each other but no words were exchanged; before he could even say anything, Mala placed the cup of tea and the t-shirt on the table and left. No sooner had she left than Kumar turned and checked out his image in the tall mirror placed just above the dresser; he flexed his biceps and strained the muscles of his bare torso and the face; he wasn't sure if Mala had approved of his physique. While musing he took a sip of the hot tea and almost burnt his tongue; he licked his tongue and kept blowing over the layer of frothy milk before taking another cautious gulp. The tea had made him feel better. Then there was another knock, and this time Mr.

the guest room downstairs; he was stretched out in bed, in deep contemplation. The day's events were rolling over in his mind's eye over and over like a nonstop movie. Even in that wretched moment, he couldn't suppress the smile on his face when he thought about Mala being all ready to go with him in defiance of her father. He was so relieved that he didn't have to leave with the LTTE fellow; Mala and even Mr. Selvaratnam may have been convinced about his being in danger, but Kumar had his doubts. He believed it could be a desperate ploy to recruit able bodies for the LTTE organization. When he sat down at the dinner table with Mala and her family, he was ashamed to think of the drama that he had unnecessarily brought on them that day. The conversation was formal and all revolved around food and the weather. He could feel the tension in their voices. As he was finishing his dinner, the topic of horoscope reading came up, brought up by the sister of Mr. Selvaratnam. She warned them about a prediction of bad times for both the father and the daugh-

mare relapsed: Kumar saw Mala drifting away in the sky and he was chasing behind her; the harder he flew to reach her outstretched arm, the more elusive it became. And suddenly she was sucked in to a giant black hole, while he watched helplessly with utmost desperation. Then she appeared one last time before disappearing completely in to the black cloud. He woke up crying from the dream, found himself drenched in sweat. He stared in to the darkness enveloping the whole surroundings. He couldn't guess the time, but knew he wouldn't be able to go back to sleep regardless. Suddenly the last words of the LTTE man came to his memory---"if you are still alive". He thought why they would choose the name MGR, the chief minister of Tamil Nadu, for their clandestine activities. His mind raced from one explanation to another, but could not settle with one. The crowing of the roosters confirmed the arrival of dawn, followed by the appearance of a few sun rays penetrating through the window. The brightness brought the chirping birds. Then came the 6 o'clock morning bell, the first Puja of the day.

The darkness slowly got lifted up like a black curtain being raised up on a stage by the sun's slow ascent on the horizon. The clinking pots and pans in the kitchen, the squealing oil-hungry hinges of the gates in the neighborhood, the clamor by the rare vehicles on the street, heralded another day in Nallur. Kumar laid still in bed, was having a pounding headache. The fact that he was away without informing his brothers was nagging him. He was happy that he never listened to the LTTE man. The mere thought of going to India, by braving the rough sea in a small motorboat against the Srilankan navy, sent chills down his spine. On a second thought, living with the LTTE away from Mala and God only

the result of the house, that Ravi used to live, on fire. Mr. Selvaratnam couldn't contact Kumar's family because their area was cordoned off, so he had left a message with the crippled man, that Kumar was with him to allay their worries. Then he had rushed back to arrange a vehicle to take Kumar to Valvetithurai.

Kumar and Mr. Selvaratnam were literally pushed in to the car by Mala and the womenfolk on hearing what was taking place around Kumar's neighborhood. Kumar couldn't even bid a proper farewell to Mala: they stood looking at each other intensely; Kumar thought, in that distraught moment, that Mala never looked to him more beautiful; he wanted to hold her hand, embrace her tight, and was burning inside to bestow on her all the accolades he could think of; but knew the circumstances wouldn't permit. Mala cried a little when Kumar said that they would reunite, no matter, what happens or how ever long it may take. They both knew for sure that there was no one else in the world that they would desire as long as they lived. When the driver pushed the gear Kumar felt a pang deep in the pit of the stomach. As the car started moving, he watched Mala waving through the rear window, and saw her becoming blurred because the tears were pouring out of his eyes quicker than he could wipe off. As the car finally took a turn, he felt the pain of seeing her disappearing from his sight completely and soon the feeling of emptiness engulfed him.

The Temple bell tolled for the 12 noon Puja; the sun was at its zenith; the wind had disseminated the smoke, giving the surroundings of the Temple a war zone like appearance and feel. People were confined to their houses after the early morning raid. The disturbing trend lately was the apprehension of young women



# Short Story

with men ostensibly for further interrogation. The households missing their youngsters that day were already mourning their loss, as if it were a foregone conclusion. The ones, whose daughters were taken away, knew that they were ruined for ever, even if they were to escape unscathed or unmolested. They knew, deep inside, that they would rather see their daughters dead than released to face the innuendos from the neighbors. They knew it was unfair to brand the women as damaged goods and expendable, while feeling at least vindicated, if not honored if the men were to be released. But that's how the Jaffna society thought and functioned, and who could argue against its inner workings and dictums.

Long after the bell finished tolling, its echo lingered in the air. It took some time

took a fighting stance while the hens cackled and huddled together in the corner. The young men ran towards the wells so they could climb down the metal pipes to hide, and the fathers pulled the cajan covers to conceal the mouths as much as they could. Some even had learned to submerge in the water with any movement of the cover. People frantically called for their dogs and when they appeared, dragged them by the collar against their will to tie them to their chains, because dogs had become the first casualties in the mopping up operations by the army. A freewheeling dog at times was a liability as well, for its untimely affection could expose the hideouts to the army. Next, septuagenarians and octogenarians took their places near the entrance, ready to sacrifice their lives if need be to try in vain to save the next

ers kept them to themselves. The grayish-white ash adorned their foreheads, the Hindu symbolism reminding of the final state at cremation before embarking on their reincarnation determined by the karma. The convoy, as it passed each house, shook the ground, made everyone tremble like leaves in the breeze; all prayed for a miracle to spare their family while gazing at the gates. They knew the routine very well: first the reconnaissance team would scour the area for any danger and once the area was deemed safe and secure, the mopping up team would descend and go from house to house. Beads of sweat coalesced above the eyebrows and started dripping off, smudging the ash or the kumkum or both. Each could hear the own heart beat, pounding on the chest wall as if it would burst through at any moment.

gave them the courage to send all clear signal. As the convoy receded from them, the youngsters came out of their hideouts. The convoy though kept on moving along the Temple road as if going on a joyride.

When the convoy reached Mudamavadi, the seeming joyride hitherto had come to an end: the reconnaissance team went to work right away; first the houses around that area had a cursory inspection and declared free of hostility; then the area was secured and cordoned off to prevent forays. An informant in a black mask sat next to one of the Sinhalese officers who spoke rudimentary Tamil. When his vehicle approached Mr. Selveratnam's residence, the hooded man nodded his head up and down and that brought the vehicle to its abrupt stop. Before getting down, the officer had a small chat in Tamil with the informant. Then he signalled the infantrymen to go ahead, pointing out the house. As they opened the gate the dogs came charging and soon they became the first casualties of the afternoon. The gunshots echoed around, but no soul had the guts to peek over the fences. Everyone in the neighborhood stayed put in their places, pretending that it was an aberration and would quickly pass. When there was no human response from Mala's residence, the officer shouted a few broken Tamil sentences, calling the occupants to raise both hands above their heads and step out. When there was still no response, he went in and repeated them, this time a little louder and with more authority. On hearing the stern warnings, the door screeched open on its hinges and two ladies came out with the hands up in the air. Mala's mother had her eyes partially closed, expecting more gun shots. She pleaded in Sinhala not to shoot, as she staggered forward. The aunt on the other hand was crying aloud. Between the wails she made statements in Tamil that were so jumbled up that even for a Tamil person it would have been unintelligible, not to mention a Sinhalese who would have no patience for it. The officer was initially surprised to hear fluent Sinhala from Mala's mother but the aunt's jumbled wail quickly erased the goodwill that he would have normally shown for proficiency in Sinhala. He waited expectantly for the male members and not seeing any, he knitted his brows with disappointment. He wanted to go back and check with the informant one more time but decided to ask the lady herself because he thought it would be easier to deal with the lady who spoke perfect Sinhala than to have another chat in broken Tamil. He delivered a harsh shout at the aunt and her wail stopped abruptly in mid sentence. She gawked at the officer with open mouth; the pain of humiliation had contorted her facial expression. She looked as if she were waiting for his permission to take a deep breath. Then a suppressed whimper came out with sniffling and that too died off quickly.

Continued in October issue.....



A police officer stands guard outside one of the gates of Nallur Murugan Kovil [Pic: Al Jazeera/Steve Chao]

for the eerie silence to engulf the whole atmosphere. With the quietude came the falsehood of safety. As people were settling down, trying to forget the unpleasantness the day had meted out, they heard the rumbling; first heard it very faint in the distance. It stopped everyone in their tracks for a moment, and jolted them out of their safety groove they were slowly falling into. For a moment it felt like everything had come to a complete standstill: the honking cars, the barking dogs, the mooing cows, the bleating goats, the chirping and crowing birds and the swaying trees on which they alighted. Then it would sound as if it had faded and in a minute it would become louder again; the pattern repeated itself many more times, tantalizing and confusing everyone of its location. Then for some time it wasn't there at all: people huddled in their front yards, trembling but silent with sharp ears, determined to use their acoustic instincts to the fullest potential at the next opportunity. When it reappeared, it was not only louder, but also gave the certainty that it was coming towards Nallur. Then all hell broke loose: the youth from each household ran helter-skelter toward their hideouts; young women ran toward the poultry runs, looking for the large bamboo coops to hide in, causing extreme distress to the chicken in that process; the roosters

generation. Middle-aged mothers were the second line of defense, ready to cry and plead with the heirloom gold tied at their sarees' end, incase the crying did not succeed. The fathers were the last bastion, a confused bunch without proper delineation of duty; they were the sole breadwinners, incapable of pleading, crying or fighting back.

There was no doubt by now in anybody's mind that the convoy of armored cars was coming closer to Nallur: the all too familiar sound grated the sensibility of every inhabitant; the dogs strained at the end of their chains and barked incessantly to the waxing sound when their masters gave them the vacant look instead of the usual tirade; members of each household out in the open steeled themselves to face the consequence, whatever it may be; many had resigned themselves to the fate, and had become numb to the vagaries each day was bringing to their doorsteps. They spat and swallowed their saliva between attempts to say something brave or comforting, to clear the lump that kept building in their throats. The old folks especially the ladies muttered the Hindu devotional songs that they had learned as children, dedicated to Lord Murugan, like a broken record with the hope that the heaven would intercede in their behalf. Some uttered their last minute vows while oth-

Members of the household who knew Sinhala were thrust to the fore and they, between prayers, muttered imaginary conversations involving potential questions in the most polite vernacular in Sinhala.

People had waited anxiously for their turn, focusing their gaze on the gates, soon after the convoy went past their houses. By this time their throats were parched because of lack of saliva, giving a feeling of suffocation. They all had a dazed look on them and gawked at everything in their visual field. The suspense was killing them, and as time went by they became more paralyzed by the fear of anticipation. The rumbling kept moving away and the most anticipated arrival of the soldiers didn't miraculously pan out. The men wiped the sweat from their foreheads; the audible sigh of relief morphed in to a sheepish grin. They looked at each other and wanted to say something but the words wouldn't come out. The rumbling was now far away and the memory of their young ones suffering in their hideouts came rushing back. The legs reluctantly moved them to the gates and when nothing untoward happened, they craned their necks over. Then their faces blossomed like a flower facing the sun. The convoy was getting off Point Pedro road and turning left on Temple road. That finally

# Tribute

## WE MUST REMEMBER DR ANANDA COOMARASWAMY AS A GREAT SRI LANKAN WHO ATTAINED INTERNATIONAL EMINENCE

Andrew Scott

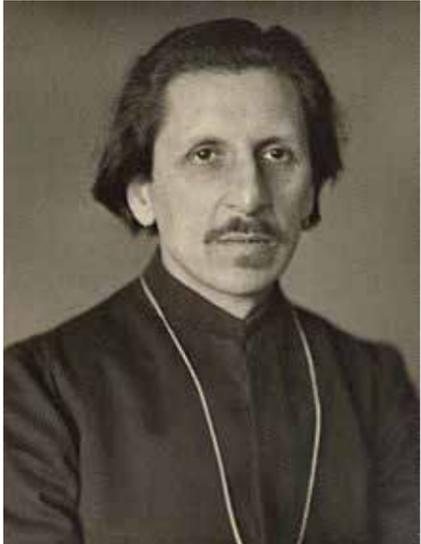
*Where ever there is knowledge  
Where ever there is virtue  
Where ever there is beauty  
He will find a home*

Dr Ananda Coomaraswamy was born exactly 135 years ago on August 22, 1877. His mother was English while his distinguished father, Sir Muttu Coomaraswamy, was a devoted Hindu who was also the first Hindu to be called to the English Bar. Ananda Coomaraswamy's father died while Ananda was very young and young Coomaraswamy was brought up in England from where he ultimately graduated in Geology from the University of London.

He served in Sri Lanka (then Ceylon) as an active geologist and mineralogist and achieved recognition as a renowned scientist by a series of very impressive discoveries. Later he became the Curator of the Boston Museum of Fine Arts and died in 1947 aged 70. As an energetic young man Ananda Coomaraswamy played a prominent role in the regeneration of the culture of this country at the turn of this century. He was an ardent nationalist who sometimes directed his attacks on the materialism of the West.

### Noble ideas

He had an utter contempt to both Europeanized Indians as well as Europeanized Sri Lankans and he constantly remarked that these Europeans or Sri Lankans were Indian or Sri Lankan only by name and said: "A single generation of English education suffices to break the threads of tradition



Coomaraswamy in 1916, photograph by Alvin Langdon Coburn

and create a nondescript pariah who does not belong to the East or the West, the past or the present." He was one of those who always pointed out that schools and churches hastened the decay of Eastern culture and noted: "If you teach a man that what he has thought right is wrong, he will apt to think that what he has thought wrong is right."

Ananda Coomaraswamy's views on politics too was as much varied as his noble ideas about art. He was a nationalist in outlook but he always pointed out the great danger to which nationalism may eventually lead.

He elaborated on his warnings in one of his early essays of genius 'Young India' and advocated that nationalism should positively contribute to the solution of problems that face the whole world, and no longer mere – as a single race or continent.

His clear intellect ranged over many subjects such as petrology, philosophy, metaphysics, music, iconography, philology, art and architecture. His knowledge of the indigenous arts and crafts was unexcelled and he was also called the greatest orientalist of all time. In Ananda Coomaraswamy was harmoniously blended both Eastern and Western culture and whether he wrote on politics or poetry, on myths or on metaphysics he wrote with erudition and clarity and whether it was Plato or the Upanishads, the Bible or the Baghavad Gita, the Koran or the Tripitaka, he was imbued with the true spirit of their noble teachings.

Ananda Coomaraswamy who began life as a scientist and attained its coveted heights, was also highly interested and equally competent to stress the importance of literacy. He was one of the rare Sri Lankans who emphasized that literacy is an essential commodity for the cultural resurgence of a nation.

One of his essays 'Borrowed Plumes', first published in Kandy in 1905, was his maiden literary efforts. It reflects the deep thoughts of a youthful genius. In this essay he describes very movingly the destruction of native life under foreign domination.

This is an interesting essay that should be read and re-read now specially in view of the serious efforts being presently made to reactivate Sri Lanka's cultural heritage. His writings have a vital and vibrant message for men and nations

everywhere who are interested to preserve their moral and cultural integrity.

He revealed to the Sri Lankans that art is nothing more, nothing less, than a mere skill and he showed an utter contempt for those who had built up a magical aura around art and spoke of some vague appreciation of art.

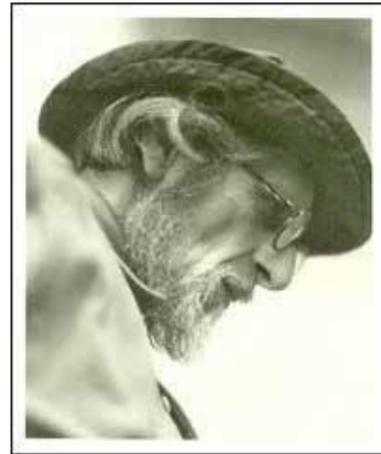
His greatest lament was that the modern mind had separated art from work and that art as a leisure time activity is completely unknown. He placed a high value both on his dignity and freedom as well as on the dignity and freedom of others and his independence of spirit and thought continue to inspire us even today.

### Modern world

It was characteristic of him that he was ever active and critical of his fellow men too. His greatly absorbing and colossal work, Medieval Sinhalese Art remains a monumental volume in this sphere while from rocks and stones to art and culture, from culture to man and society itself he was an authority as well as a dynamic source of inspiration.

To us living in this complex modern world, sometimes harassed by these very complexities, which often result in broken harmonies, Ananda Coomaraswamy's life serves well as a unique model. To those of us who love to preserve and improve our personal integrity and human dignity his life contains personal qualities worth of emulation and it is good for us, his countrymen, to emulate his worthy qualities and his vital message of the more idealistic values of integrity, justice, courage and purity of thought and action for which he nobly stood.

We should also remember Dr Ananda Coomaraswamy as a great Sri Lankan who attained international eminence as a philosopher of art and art historian, as an expositor of oriental art and philosophy, as a traditionalist thinker, as a sociologist, educationalist, knowledgeable commentator on comparative religion, erudite writer and above all as an essayist with the touch of a prophet.



Ananda Kentish Coomaraswamy (22 August 1877, Colombo, Ceylon - 9 September 1947, Needham, Massachusetts)

## A TRIBUTE TO LATE MR. R.K. RAJASENAN (VICE-PRINCIPAL AT JAFFNA CENTRAL COLLEGE)

C. Kamalaharan

I was thoroughly shaken when I received the tragic news of the demise of Mr. R.K. Rajasen. I was unable to do anything meaningful. I just fell into a reverie of pleasant thoughts that brought memories of my long association with him as a student, as a colleague and as a friend.

Born in a family of teachers in Manipal, teaching was in his blood. Yet, his intention was to become an Entomologist in the Agricultural or Medical department or secure a job in the Fisheries department. But he always believed that God had His plans for him and so in accordance with the Divine plan he took up appointment as a teacher at Jaffna Central College, continued serving there for twenty seven years and after a short stint at Jaffna College he doffed his pads.

Whenever Mr. Rajasen entered the class-room, he was warmly received with a rejoicing "Good Morning Sir". He too responded smilingly to the greetings and began the day's work. He was an assiduous teacher, always coming prepared to class on time. There was grace and clarity in his teaching. He ably elucidated the subject matter and provided comprehensive notes that were sufficient enough to prepare



for the examinations. In the practical lessons he was a class in dissecting specimens. At Madras Christian College where he obtained his honours degree, he was considered far superior than the other students in practicals and some of his dissections were preserved in the laboratory.

I had never seen him punishing a student nor using harsh words. There were some students who were not keen in studying, they were problematic in class. But he handled all the students alike, by the only weapon he had-jokes. Whenever a student became incorrigible he would reform him through his jokes, the boy would enjoy the joke and settle down with a smile.

Mr. Rajasen always maintained a good rapport with the students who continued to maintain their loyalty, even after leaving school. The expression of joy was always there whenever he met his students.

Mr. Rajasen was ever ready to render help to anybody who was in dire need. To mention a few incidents, once on receiving an urgent call from a neighbour, late in the night, he swiftly acted and transferred the patient who was having convulsions, to the hospital in his car. On another occasion he had transferred to the hospital a boy who was crouching on the road after a nasty fall from a coconut tree. His love and compassion for people in distress was further exemplified when he noticed a woman hurriedly carrying a convulsing child along the road wailing. He immediately stopped his car, took the mother and child and dropped them at a nearby clinic.

In class too while he was teaching he noticed a boy yawning continuously. On inquiry he found that the boy had only plain tea for breakfast and had brought nothing for lunch. He immediately brought this to the notice of Mr. A.E. Tamber, the principal who after consultation with the members of the staff, took prompt action to provide free lunch in the hostel, for all students who were below the poverty line.

Humour and wit were Mr. Rajasen's forte, both were inherent in him since he was a young boy. When he was admitted to Form II at Jaffna College, he attended the freshers' meeting at the Boarders' Union. The question asked was, "how come your brother is dark and you are fair?" His

instant reply was, "he was born in the night and I was born during the day time". They all laughed and it won some popularity for him. When he was a student at Jaffna College Rev. Bunker was the principal and when he joined there as a teacher too Rev. Bunker was the principal. Mr. Rajasen remarked, "at one time we were under the Bunker and now we are inside the bunker."

Humour and wit were assets to him. In his autobiographical book, 'My Story' he had referred to his sense of humour and wit as gifts from God. His presence was felt wherever he went and in the staff room of Jaffna Central College where he spent twenty years, a vibrant atmosphere prevailed with jokes, fun and laughter, during the interval and free periods, mainly due to the presence of Mr. Rajasen and the others who too were a set of jolly teachers. Teachers from other schools who come to Central for seminars and other meetings have commented, "we wish we had a staff like this".

After I left Central and went on transfer to the outstations I lost track of him. A few years later I met him on two occasions in Colombo during his visit from Canada and also once in Chennai. Now that I am in Montreal, I had the opportunity to visit him in Toronto. During the last occasion I visited him, he was enjoying a cup of tea after his usual siesta. While drinking tea from the souvenir cup of Vembadi Girls High School he quipped, "drinking tea from the Vembadi cup will boost one's energy". Humour and wit were part of him till he breathed his last.

Mr. Rajasen was a true Christian, led a life of a true Christian and remained a true Christian till he left us. His autobiographical book, 'My Story' is enriched with quotations from the bible, at the beginning of each chapter and in the conclusion section.

Mr. Rajasen's simplicity, unassuming manner, personal magnetism, love and compassion towards everyone, humour and wit will be enshrined in the hearts of everyone who knew him.

**Farewell! Sir farewell!**

**Though you are far away in an unknown world, you will continue to dwell in the hearts of all Centralites.**





# Short Story

"Daddy, don't give cake to Ameer" said Malli.

Today is Malli's fourth birthday. It is a great achievement for her. Since morning the whole house is in full gear. Malli is very happy that she reached her fourth birthday before her rival Ameer, her classmate.

"Ameer did not reach his fourth birthday. He has two more months." said Malli.

Today being a working day, her parents decided not to invite their relations and friends. If it is a weekend it would be a big celebration with balloons and lots of people. Her parents took her to the temple in the morning and they decided to go

classmates. I am a firm believer in the opinion that lighting the candle and immediately putting it out is not appropriate to our Indian culture. To make our life brighten we light the lamp. Not to put it out. We have sacrificed most of our noble traditions to Western culture or worldly culture. In a primary school with multi-racial children the birthday celebration is a stereotypical one and the children clap and enjoy the putting out of the light. If we change that children will get upset. Hence, here we have to sacrifice our Tamil tradition. I was also invited to attend Malli's birthday celebration at school by my son and Daughter in law. I like to partake in these birthdays with

cake, candle and happy birthday song too. All these are great, but mind is yearning for the past.

But these are all meaningless yearnings. Ten years before I visited my village on an impulse. It looked ruined. It was small than in the past. Not a single person known to me. Even if they are there, I would not have recognized them or they would not have recognized me. I did not feel like inquiring about anyone or anything. I got down from the car, walked a few steps and felt a heavy heart and left the place suddenly. That is why someone said no one can go back to his or her birth place.

While I was immersed in these

clapped happily. Then she cut the first piece of the cake with the assistance of her mother. Her mother fed her first. Then she fed her mother, father and me. Then the teacher cut the cake into small pieces and gave the children on a tissue paper.

Some children ate the cake properly, while some ate clumsily with the cream on their mouths.

Most of the children had bits of cake and cream on their lips and noses and the teacher took a tissue and wiped them. Malli started distributing the short eats bags to the children, while the teacher helped them to put them in their school bags. The excitement slowly dissi-

# Two pieces of cake for Ameer



By Karthikesu - Malaysia  
English version by  
Thuraiyooran

thoughts, Malli said "Dad don't give cake to Amir."

"Why, we must not give cake to Amir" asked Malli's Dad.

"He is always hitting me Dad" said Malli. This complaint from their daughter on her birthday would have pained the minds of her parents.

"Is it so? You never told this to us all these days" said her Mom. I intervened. I used to take her to school and bring her back daily and knew her school life more than her parents. "She told me a few times and I thought she is joking" I said.

"You should not ignore that Appa (Dad). These young kids, if they are abused by wicked children, it may have longtime impact on them. Good she told us now. We will talk to the teacher" said my son. I agreed with him.

When we reached the school with the cake, there was a joyful mood in the school. That was a small school with only about forty children. Since the university was close to the school, there were lots of children of Lecturers. It was a mixture of Chinese, Malay and Indian children. Also there were children of some students from Africa and Middle East countries, who had come to Malaya for higher studies.

The teacher brought in all the children to a class room. The children assembled there like birds going towards grains on the ground, chirping. The teacher placed the cake on a low table. The children were amused to see the figure of a girl with a long skirt on the cake. "Hey. Look Malli looks funny," said one boy. Everyone laughed. Malli never bothered about it.

My daughter in Law with the help of the teacher lit the candles and my son got ready with his camera. All the children standing around Malli sang happy birthday and I too joined them. Malli blew out the flame smartly and the children

pated and my son asked the teacher "Who is Ameer?". The teacher showed a boy seated in the corner of the classroom. I looked at him. He was shorter in height than Malli. A small made boy with a very dark complexion. I have never seen a person so dark. His hair was coiled like a spring. He had the appearance of an African.

When Malli complained of him of troubling her, I had the appearance of a well built cruel boy in my mind. She never told me of his color or figure. Children never looked at the other children of their color or appearance. They moved with them as children. We are the once teaching the children of these differences as times pass by. Is this feeble child torturing Malli? Unable to believe it. "Ameer's parents are from Sudan. His Dad is studying for his Ph.D. Why you are asking about him?" inquired the Teacher.

"Malli is complaining that he is torturing her. Are you aware of it?" asked my son. Ameer is slightly mentally impaired. But gentle and most of the time likes to be alone", said the teacher softly. We were all shocked by this. "If so what about him hitting Malli?" asked my son hesitating. He likes to be alone. It is not good to stay like that. Hence we tell some children to go and play with him. Some children are kind to him and be nice to him. But some are rough with him and drag him by his hand. He gets mad at them and violently attacks them. We use to be nice to him and bring him back to his normal self. We were dumbfounded. Then I asked the teacher "Why he is specifically attacking Malli?"

"There is nothing like that. Some of the children knew his weaknesses and tease him. Malli is also one of them. During that time he also try to defend himself. That is the cause for his boisterous behavior. We are always on the watch out. We have been telling to all the children to be nice and kind to Ameer," explained the teacher.

While we returning home, I thought of teaching Malli to give two pieces of cake to Ameer.

to her school to cut the cake and celebrate with her class.

Malli was very happy in going to the school than to the temple. Her mother applied holy ash and a small sandal "pottu" (spot) on her fore head, which made her look attractive. Even though they had a new dress for her, since they were going to the school, she wore her school uniform.

The costly cake bought at 'Secret Recipe' was in the box. It had a special taste and hence the high price. Around the perimeter of the cake there were coconut leaves festoon design. On the cake was a girl with a long skirt. This was the design given by Malli's mom to the Chinese girl, who decorated the cake. The long skirt was a typical Indian dress but the girl looked Chinese with double braids and swollen cheeks. This is Malaysia. If the cake would have been decorated to the wish of Malli, there would have been a Superman, Spiderman or some cartoon character. These were discarded in a friendly way by Malli's Mom, my daughter in law.

She is keen in bringing in where ever possible our Indian culture, even though their life and celebrations have been turned very modern. My son always gives in to her wishes. I know he got this nature from me.

This is the cake to be cut in the class. Inside the box will be four candles and a plastic knife. We were travelling in my son's car to get it. Small packets with toys and some short eats were already packed and ready for distribution to the

children, since they remind me of my childhood days. But those days we never had celebrations like this. My father bought me a shirt and my mother made vadai (spicy donut) and sweet porridge (payasam) on my birthdays.

As I was travelling in the car my memories of my dead parents and my childhood days started to pop up in my mind. I started to compare those days and the present. What a change everywhere?

I am the third generation heir born in Malaysia to my grandfather, who emigrated from Tamil Nadu. My native place is a village in Malaysia. I learnt with a kerosene oil lamp. My father and my teacher were very strict with a cane in hand, most of the time. We walked to school on a red soil path and later rode on a bicycle. We used to swim in the river and used to catch small crustaceans. Used to catch sword fish, kept them in bottles and allowed them to fight with my friends fish.

All of us spoke Tamil and Malay in the village. So we had a coating of Malay with Tamil traditions. We had to fight for seeing black and white Tamil movies in black market. Thiyagarajah Bahavathar's song "annaiyum thanthaiyum" was on the radio daily. I used to sing "vathaname santhirara pim-pame" with my older brother, who could not compete with me. Where is our world now? Now it is floating like a dead fish in my mind. Now apartment life with car, computer, air conditioned rooms. All these you can buy. You can buy birthday



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# Special Feature



Jadhu Photos by: & Murali

## SCOTIABANK CARIBBEAN CARNIVAL TORONTO 2012

### CARNIVAL NATONZ - TOP SCORE IN BAND OF THE YEAR ON SATURDAY, AUG 4TH AT SCOTIABANK CARIBBEAN CARNIVAL PARADE

By Tashvir Narine

Each year, Torontonians get geared up for a Caribbean cultural parade that marks the peak of the summer vacation months. Previously known as Caribana, the festival is called now as the Scotiabank Caribbean Carnival Toronto after its key sponsor and financial institution. Truly unique, this exciting celebration of music, dance and arts is the largest of its kind in North America.

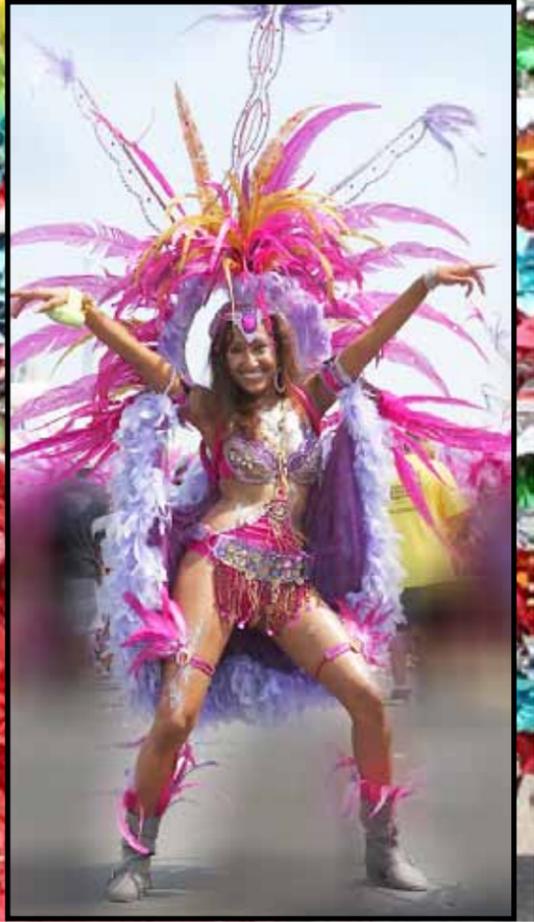
The festival boosts many entertaining events and parties however the main attraction is always the Carnival Parade, which took place on Saturday August 4th this year.

Beginning inside the Exhibition Place, competing masquerade (conveniently known as 'mas') bands dance and jump to the beat of sweet soca music, in an attempt to win over judges. The bands then make their way down to Lakeshore Blvd and proceed along, where thousands of spectators line the street to catch glimpses of the colourful costumes and dance with the accompanying music trucks. The procession usually lasts for a few kilometres, where it ends near Parkside Drive.

This year top prize for was awarded to Carnival Nationz "Empires" band, with Louis Saldenah's "Fantasy in Jewels" in second. Third place was granted to Toronto Raptor's Jaamal Magloire, founder of the Toronto Revellers mas band. Their "Bollywood: Lights, Camera, Action!" costumes were exciting to observe and certainly distinctive enough to catch the judges' eyes.

A tremendous amount of tourism is now associated with the Caribbean Carnival celebrations, as many participants are journeying in from the United States and beyond.

At the event however, one now observe that spectators and participants are not limited to Caribbean origins. People from all races make their way to the parade to be a part of the Toronto festivities. Stemming from Trinidad & Tobago's 3-day Carnival celebration, Toronto's Caribbean Carnival has become a must for West Indians residing in North America, and has now worked to become a true representation of Canada's multicultural society.



# Special Feature

## MR. HARPREET SETHI HONORED WITH HER MAJESTY QUEEN ELIZABETH DIAMOND JUBILEE MEDAL

**Harpreet Sethi and his wife Ginni with Hon. Harinder S. Takhar, Minister of Government Services**



**Harpreet Sethi receiving Her Majesty Queen Elizabeth Diamond Jubilee Medal from Hon. Harinder S. Takhar, MPP Mississauga, Minister of Government Services and Linda Jeffrey, Minister of Labour and Minister responsible for Seniors**

Mr. Harpreet Sethi, CEO, The Grand Victorian Convention Centre and Radisson Plaza hotel in Mississauga, is honored with Her Majesty Queen Elizabeth Diamond Jubilee Medal on Friday, August 24, 2012 at Committee Room 230, Second Floor, Main Legislative building, Queen's Park, Toronto. 2012 marks the celebration of the 60th Anniversary of Her Majesty Queen Elizabeth II's accession to the Throne. The Diamond Jubilee is an opportunity to honour our Queen's reign, her service and her dedication to our country and to celebrate Canadian achievements of the last 60 years along with our traditions, history, symbols, values, institutions, and particularly about the role of the Crown in Canada. In keeping with the tradition of honouring Her

Majesty's milestone years of service, this commemorative medal has been created to mark the 60th anniversary of Her Majesty's accession to the Throne. The Diamond Jubilee serves to honour the contributions and achievements made by Canadians from all sectors of society. The Diamond Jubilee is an opportunity to highlight the achievements of fellow citizens who, like Her Majesty, have dedicated themselves too service to family, community and country. The national anthem, 'O' Canada' kicked off the event followed by 'God Save The Queen' and Hon. Harinder S. Takhar, MPP Mississauga, Minister of Government Services greet everyone in his opening speech. The event recognised prominent Canadian

Achievers from across the country. These included Harpreet Sethi along with Vasu Chanchlani, Dr. Barabara Olive, Kuldip Deepak, Harminder Dhillon, Michelle DiEmanuele, Harleen Garewal, George Hunter, Renuka Jeyanayagam, Vijay Kumar, Jim Murray and Dr. Colin Saldanha. Harpreet Sethi is the CEO of Grand Victorian Convention Centre and Radisson Plaza hotel in Mississauga, Ontario. He is also the President of Black Diamond Entertainments. He has won numerous awards such as Hotelier of the Year by Mid-Week, Builder of the Year by Builder Architect Magazine, South Asian Person of the Year by Midweek South Asian Awards, Entrepreneur of the Year by Indo Canadian Chamber of Commerce and most recently

declared as Recipient of Diversity Award by Planet Africa. His philanthropic endeavours include presenting a gift of \$500,000 as a charity to the William Osler Health Centre. He has also supported various other charities such as Salvation Army 'Toy Mountain' campaign, CNIB, Sick Kids Foundation, BAPS, Centennial foundation, Pakistan Earthquake Relief, along with several others charities in Canada and India. Mr. Harpreet Sethi while receiving the Medal, remarked, "I truly believe that with the right people around you – you can go far. In fact there is a saying that goes: If you want to go fast, go alone. If you want to go far, go together! I have certainly found that going together is the better route."

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# Recent Event



## Central / St John's College OBA's Cricket Big Match 2012

The annual Central & St. John's College Cricket Big Match by Old Boys Association's in North America was held on the Civic holiday Monday, August 6th, 2012 at Sunnybrook Park Cricket grounds, Toronto.

Congratulations to St. John's College for winning both matches, Regular and Veterans (over 40).

In Jaffna, Sri Lanka, this is a notable cricket match ("Big Match", also called the "Battle of the North") when thousands of cricket fans gather to watch the match between these two old schools in the Northern Province of Sri Lanka, St. John's College and Jaffna Central College. This encounter is the second oldest annual cricket match of school's cricket known as "Battle of the North" played uninterrupted since 1901.

Seen here are some photos taken at the OBA's match held in Toronto.





# Recent Event

## TORONTO MELA 2012 : A CASSA SUCCESS STORY!



Over two thousand people from across the GTA gathered at Scarborough Albert Campbell Square on Saturday August 25th to celebrate Toronto Mela 2012: the first annual South Asian Summer Festival. Council of Agencies Serving South Asians (CASSA) with the support of City of Toronto and Labourers' International Union of North America Local 183 had organized the Toronto Mela as a forum to celebrate, showcase and recognize the diversity in South Asian heritage and histories. With OMNI TV as media sponsor and over 45 South Asian ethnic media outlets as media supporters, Toronto Mela 2012 proved to be an exciting day where people of all ages and diverse backgrounds came together and rejoiced the cultural diversity of Toronto.

Toronto Mela 2012 provided an amazing opportunity for over 50 South Asian Canadian artists to showcase their talents in vocal, dance and music performances. Leadership was promoted amongst close to 100 youth volunteers who were directly involved in various aspects of the festival. In addition, the Mela connected many service agencies to the attendees through having them exhibit information about their services at the festival.

Even though it was a first year for Toronto Mela, the event was a great success. CASSA and the entire Toronto Mela team look forward to another amazing festival through Toronto Mela 2013.

## 10th Annual Walk A Thon - 2012



The 10th Annual Walk-A-Thon of the Senior Tamils Society of Peel was held at 2584 Yarl Co-operative Homes Inc on Saturday August 25th, 2012 at 10:00 A.M. The main invitees for this event were Mr. Brad Butt M.P., Ms. Dipika Damerla M.P.P., and Ms. Kristin Scarfone from the Credit Valley Hospital foundation and the Walk a thon was officially declared open by Mr. Brad Butt M.P.

The 3 Km walk commenced at 10:00 A.M and ended at 12:00 noon followed by hoisting of the flags and singing of the National Anthem and Tamil Thai Valthu. The president Mr. S. Santhiapillai, chairman of the

Walk-A-Thon committee Mr. S. Sathianathan and all the invitees made speeches and the secretary Mr. R. Suntharalingam proposed the vote of thanks.

*They thanked all the members and well wishers who took part in the Walk-A-Thon and made it a success.*



# Special Feature



Contd. from AUGUST Issue...

After we had comfortably sat on the floor, Yoga swami closed his eyes and remained motionless for nearly half an hour. He seemed to live in another dimension of his being during that time. One wondered whether the serenity of his facial expression was attributable to the joy of his inner meditation. Was he sleeping or resting? Was he trying to probe into our minds? My friend indicated with a nervous smile that we were really lucky to have been received by him. Yoga swami suddenly opened his eyes. Those luminous eyes brightened the darkness of the entire hut. His eyes were as mellow as they were luminous - the mellowness of compassion.

I was beginning to feel hungry and tired

## "Meditation is not thinking of anything it's remaining Summa" - Yoga Swami

and thereupon Yoga swami asked, "What will you have for breakfast?" At that moment I would have accepted anything that was offered but I thought of idly (steamed rice cakes) and bananas which were popular items of food in Jaffna. In a flash there appeared a stranger in the hut who respectfully bowed and offered us these items of food from a tray that he was holding. A little later my friend wished for coffee but before he could express his request in words the same man reappeared on the scene and served us with coffee.

After breakfast Yoga swami asked us not to throw away the banana skins which were for the cow. He spoke loudly to the cow that was grazing in the garden. The cow clumsily walked right into the hut. He fed her with the banana skins. She licked his hand gratefully and tried to sit on the floor. Yoga swami held out the last remaining banana skin to the cow and said, "Now leave us alone. Don't disturb us, Valli. I'm having some visitors." The cow nodded her head in obeisance and faithfully carried out his instructions.

After the cow had left us Yoga swami closed his eyes again and he seemed once more to be lost in a world of his own. I was indeed curious to know what exactly Yoga swami did on these occasions by closing his eyes. I wondered whether he was meditating. It was an opposite moment to broach the subject but before I could ask any questions he suddenly started speaking.

"Look at those trees. The trees are meditating. Meditation is silence. If you realize that you really know nothing then you would be truly meditating. Such truthfulness is the right soil for silence. Silence is meditation."

Yoga swami bent forward eagerly. "You must be simple. You must be utterly naked in your consciousness. When you have reduced yourself to nothing - when your 'self' has disappeared - when you have become nothing then you are yourself God. The man who is nothing knows God for God is nothing. Nothing is everything. Because I am nothing, you see, because I am a beggar - I own everything. So nothing means everything. Understand?"

"Tell us about this state of nothingness," requested my friend with eager anticipation.

"It means that you genuinely desire nothing. It means that you can honestly say that you know nothing. It also means that

you are not interested in doing anything about this state of nothingness."

What, I speculated, did he mean by 'know nothing' - the state of 'pure being' in contrast to 'becoming'?

"You think you know but in fact you are ignorant. When you see that you know nothing about yourself then you are yourself God."

Yoga swami frequently alluded to this state of silence. He spoke of it as though it was his very life. To one who has not experienced this state of Samadhi any description of it will necessarily remain an abstraction. In his presence one caught a fleeting glimpse of that bliss. Whether Yoga swami's consciousness expanded to include those in his immediate presence or whether this feeling

of the hut with reverence and trembling.

"Do you think," went on Yoga swami, "that you can find God by worshipping another? You do such silly, stupid things - offering flowers and lighting candles! Do you think that you can find God by giving bribes?"

In situations of this kind Yoga swami's strictures did not appear to originate from his pedagogic role of a guru or spiritual teacher as many of his disciples would probably have supposed, but were rather the casual and incidental remarks of someone who was deeply moved by human folly. Indeed, Yoga swami discouraged the recording of his sayings, which he likened to rubbish that did not deserve preservation. He apparently regarded that the veracity of a

the affectionate way in which she greeted Yoga swami indicated that she was probably a frequent visitor to the hut.

"What have you been up to?" Yoga swami asked her rather playfully.

"I've been to the Hindu temple in the neighborhood. It was so peaceful there."

"You mean that stone temple?" asked Yoga swami laughingly. "You went to worship the stone gods in the stone temple! There is only one temple and that is the temple of yourself. And to find God you have to know this temple of yourself. There is no other temple. No one can save you!"

"What about Christ and Buddha? Can they not help us?" interjected the American lady. From her demeanor it was clear that her question was not motivated by a desire



of indescribable elation or peaceful bliss or Samadhi was based on self-deception is a matter that cannot be easily decided. Almost everything that Yoga swami said seemed so amazingly simple that one could not help becoming temporarily oblivious to the practical implications of his statements. Then, for a moment, as though to assert the independence of my mind, I tried to scrutinize his sayings in my mind without asking any questions.

Is this state an act of divine grace? Is it possible to induce this state in oneself? Does one come by this state accidentally without any exertion of will? Would not any attempt to induce silence inevitably activate the ego? Yoga swami, who was evidently aware of these doubts and difficulties, came to my assistance with an unforgettable pithy remark: "There is silence when you realize that there is nothing to gain and nothing to lose."

Our conversation that was taking an interesting turn was interrupted by a man who walked into the hut. This person was apparently an ardent devotee of Yoga swami. He lit a candle, placed a few jasmine flowers on the floor and finally prostrated himself on the cold cement floor before kissing Yoga swami's feet.

"Bloody fool!" yelled Yoga swami, "this is not an altar! Are you worshipping me or are you worshipping yourself? Why worship another?" The poor man withdrew into a cor-

by Susunaga Weeraperuma

spontaneously uttered statement depended on the unique and unrepeatable circumstances that gave rise to it.

Yoga swami waved his hands with disapproval at that man who had just worshipped him. He then pressed his quivering hands against his heart in an eloquent gesture and exclaimed loudly "Look! It is here! God is here! It is here!"

For a few moments he closed his eyes again. These interludes were probably intended to allow the meaning of his pronouncements to sink gradually into the minds of his listeners. There was a strange, majestic and Buddha-like dignity whenever Yoga swami closed his eyes in meditation - the erect spine and the cross-legged posture together with the face that was apparently asleep but yet supremely awake.

"The time is short but the subject is vast," he whispered with extreme gravity. This enigmatic statement may mean that the subject of understanding God or reality is vast whereas the time at one's disposal is so limited that it should not be wasted in unessential's such as rituals and ceremonies.

There was a question that I had hesitated to ask but it was an important one for me at that time: how does one overcome depression? No sooner had I formulated this question in my mind than Yoga swami answered it instantaneously.

"Now, what is depression? You mean pessimism, don't you? Pessimism and optimism are the same. They are two sides of the same coin. You are not better off when you are pessimistic than when you are optimistic and you are also no better off when you are optimistic than when you are pessimistic. Optimism and pessimism as reflected in joy and sorrow are different angles from which you view life. But life is neither one nor the other. If you look at life exactly as it is and not from any angle, free from this duality, then life is neither pessimistic nor optimistic."

As he was discoursing there walked in an elderly American lady who quickly removed her sandals and joined our company on the floor. The familiar manner with which she smiled with everyone present and

to elicit information but was rather the reaction to her wounded religious susceptibilities arising from Yoga swami's remarks."

"The Buddha and Christ saved themselves through their own efforts. Afterwards the priests got hold of the rubbish and propagated it. The priests played the fool. Each man for himself - in this spiritual business. Don't believe anyone who promises to help you. No one will help because no one can. Another may point the way but you have to do the walking."

As Yoga swami continued to talk we listened to him with rapt attention, devouring every word and treasuring every moment spent in that dingy hut. Several persons were not standing at the narrow entrance to the hut, which was fast becoming crowded.

"Why do you all come to see me?" It was a question that was addressed to everyone present and not merely to the latest visitors. "I am just as much a fool as any of you. I am searching, groping in the dark, trying to understand. I really cannot help you. There is nothing that I can give you. There is nothing that you can take away from here. Nobody believes that I am a fool! But I am a fool."

"But you are not," snapped the American lady with impatience as though to expose his false modesty.

"Perhaps," observed Yoga swami, "I'm a different sort of fool - a fool who willingly admits the fact of my foolishness."

Yoga swami died a few years ago but what he imparted in his characteristically casual manner will always remain living truths and a source of inspiration to all who met him. The experience of conversing with a living master in a memorable interview was far more instructive than reading many books relating to the ageless spiritual and philosophical wisdom.

One of the lamentable features of Sri Lankan social life is the importance given to racial, religious and other institutions. People are seldom valued on their own merits. The label of a particular race or caste or religion is pasted on you from birth. These separate factors obstruct the communion between persons on society.

Contd. next page...



# Business & Finance

## MANAGING YOUR MONEY

# Do you need a lifetime income guarantee?

by David Joseph

Are you getting ready to retire or already retired? Are you looking for a secure, predictable, guaranteed retirement income? The answer could be a Guaranteed Investment Fund (GIF) with Lifetime Income Benefit (LIB). The easiest way to explain a GIF is to look at it as though it were simply an investment product wrapped in an insurance policy.

Guaranteed Investment Funds (GIF) combines the features of an insurance policy with the benefits of an investment fund. Using the principles of asset allocation, investments can be diversified by asset class, investment style, geography and market capitalization. GIFs provide long-term investment growth potential of investment mutual funds-including built-in diversification, liquidity and professional management with protective guarantee features to help minimize risk and provide the security of a guaranteed income for life.

A GIF is actually an insurance contract with two parts: an investment that produces a return and an insurance policy that covers the risk - at a cost of course. A GIF is like a mutual fund, because you are pooling your money with other people to share investment gains. But because life insurance companies issue GIFs, there is a guarantee attached that protects the investor's principal from market declines either in part or entirely, depending on the type of GIF purchased. Think of such an investment as a mutual fund with a safety net.

Now that we have a basic understanding of what exactly a GIF is, let's take a look at the main ways it could potentially apply to your personal financial plan. Depending on the features you choose, your GIF could provide:

" A predictable income guaranteed for life, starting as early as age 50.

" Payments based on an income per-

centage that increases with age and will never decrease (unless withdrawals exceed the annual guaranteed amount) regardless of how policy performs- thus protecting you against the risk of market returns and volatility.

" Payments that can be deferred to increase the amount of the annual lifetime income.

" The possibility for income "resets"-usually every three years-that can increase the amount of your income payments to help offset inflation. As your policy's market value increases, you have

cy. Upon death, the value of the policy any designation, its value may be protect-

**David Joseph,** M.A. (Economics)

Consultant

**Investors Group Financial Services**

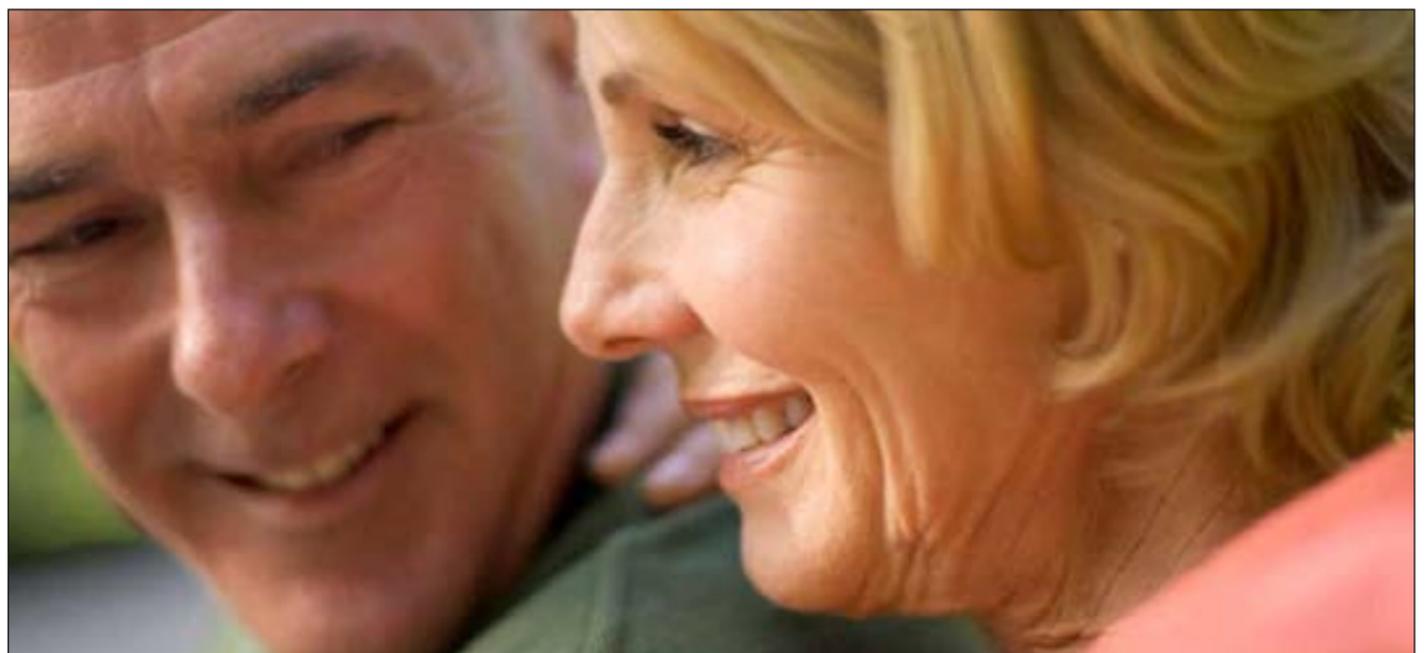
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the option of using those gains to "reset" your lifetime income amount.

" Death benefit guarantees: When you die, your spouse, estate, or another designated beneficiary will receive the greater of the market value of your GIF policy at the date of your death, or the death benefit guaranteed amount, which can range from 75% to 100% of all contributions allocated to the policy (less reductions for any withdrawals). You select the 75% to 100% guaranteed death benefit payout when you obtain the poli-

flows directly and privately to the beneficiaries, bypassing the owner's estate and in some circumstances reducing probate fees and avoiding access by creditors.

" Access to your assets whenever they are needed but certain fees or RRIF minimums may apply to withdrawals. Withdrawals in excess of the annual guaranteed income amount will affect your lifetime income amount.

" Potential for Creditor Protection: The GIF policy is a type of life insurance contract, with the appropriate benefi-

ed from the claims of creditors. Generally speaking, creditor protection is a primary concern of business owners, entrepreneurs and professionals, but can have some useful application with everyday people as well. Some examples of individuals who are generally more concerned about GIF are lawyers, doctors, accountants, financial planners, investment advisors, architects, dentists, etc... due to the potentially high personal exposure to professional liability and bankruptcy risk in these lines of work, creditor protection is important to ensure your retirement savings are safe.

If you are looking for a measure of certainty in your investment portfolio and your retirement income, a GIF could make sense for you. GIF provides protection from stock market volatility and regular payouts add certainty and flexibility to your retirement years. One of the great benefits of a GIF lies in the ability to suit a wide variety of needs. GIFs can be tailored to fit your requirements and financial objectives.

*Disclaimer:*

*This column, specifically written and published as a general source of information only, and is not a solicitation to buy or sell any investments. For more information on this topic please contact me.*

## Meditation is not...

Contd. from page 52

Now in such a basically corrupt society Yoga swami stood alone. He was one of those rare individuals who brushed aside these wicked man-made divisions. Why were his admirers drawn from almost every group in that society? It was surely because of the universal recognition that his compassion was so pure that it encompassed everyone. In this sense Yoga swami was not a typical Sri Lankan although born in Sri Lanka he was not of Sri Lanka.

Unfortunately we do not have a fool-proof yardstick with which to find out where another has really seen God. It is, of course, quite easy to deceive oneself into thinking that one has seen God or attained liberation. Nevertheless, contradict though it may seem, one experiences a certain

unmistakable feeling of certainty of the presence of God whether one is within the physical proximity of a genuine man of God such as Yoga swami. There is the experience of an indescribable presence although one may not have seen God oneself. I have had this experience in the presence of two really remarkable men: Yoga swami and J. Krishnamurti.

Now what is this special sense? This faculty does not depend for its existence on the degree of the emotional piety of the experiencer. It is not even related to the ability or inability to perform miracles by the sage in question. What then is this special sense of knowing? One notices in a truly enlightened being that dimension of non-duality. He does not feel a sense of otherness in relation to nature, the universe and other human beings. In the presence of

a liberated being one experiences if one is sensitive, a certain consciousness that is all-pervading, all-embracing and non-exclusive. One also notices the absence of that struggle to become something that one is not. Because Yoga swami's consciousness was so expansive he was able, if he really cared, to read the thoughts of others and communicate in a medium other than the spoken word. Then again one felt that he was not separate from all the objects and persons that surrounded him. The trees and the stones and all the material and non-material things in the universe were not separate from him: he was, in fact, a part of them all. The sensation that one felt in his presence is difficult to put into words. Suffice it to record that one's consciousness in his presence was awakened to a heightened degree.



# News from Waterloo

## First-year golfer Sivabalasingham on summer run



Gajan Sivabalasingham posing with his trophy for the Junior Boys' Championship title

Gajan Sivabalasingham, a Waterloo men's golf team member, has gained numerous titles this season. This past month, July 20th, he won the Investors Group Ontario Junior Boys' Championship at his home club the Mandarin Golf and Country Club.

With the championship lasting a week, he paced himself and saved his best for the end, while playing consistently well throughout. With a 72 hole total of 282, Sivabalasingham won the

2012 title with two-under-par. Earlier this season he won the Junior Boys Division at the CN Future Links Prairie Championship at Minnewasta Golf & Country Club in Morden, Man. He won the tournament by a single-shot, finishing his final round with 3-over par 75 and a tournament total of even par 216.

The promising first-year math student credits his success to the support he has received from his family and friends throughout his golf career.

## Funding Renewed to Help Internationally Trained Vets

Renewed provincial funding announced today will help internationally trained veterinarians obtain licensure and continue their careers in Ontario.

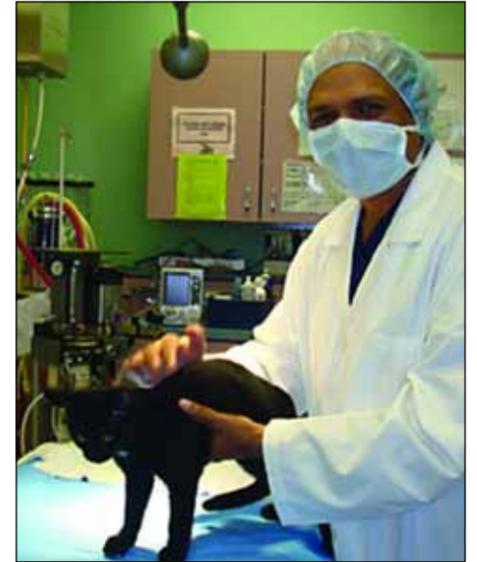
The provincial government will provide \$945,000 to the Veterinary Skills, Training and Enhancement Program (VSTEP). VSTEP was developed in 2005 as a joint venture between the University of Guelph's Ontario Veterinary College (OVC), the College of Veterinarians of Ontario and the Ontario Veterinary Medical Association, along with the Ontario Ministry of Citizenship and Immigration.

The program - the only one of its kind in Canada - supports the retraining of individuals who wish to become licensed to practice in Ontario.

"This partnership is benefiting individual veterinarians, the profession and society at large," said Kerry Lissemore, OVC's associate dean (academic) and a member of the VSTEP leadership board.

VSTEP is one of 70 "bridge training" projects supported by the Ontario government to meet labour market needs in key professions.

Announcing the funding Friday at U of G, Guelph MPP Liz Sandals said, "Skilled newcomers in our community will benefit from these bridge training projects by getting the training, skills and support they need to help them fast-



track their way into the workforce. They are an essential part of strengthening Ontario's economy."

More than 100 veterinarians have already participated in the program.

Alec Martin, a 1984 OVC graduate who manages the program, said, "VSTEP provides the structure to prepare for the licensing exams. It also introduces these veterinarians to Ontario and Canadian professional networks."

For media questions, contact Communications and Public Affairs:

Lori Bona Hunt, 519-824-4120, Ext. 53338, or [lhunt@uoguelph.ca](mailto:lhunt@uoguelph.ca), or Shiona Mackenzie, Ext. 56982, or [shiona@uoguelph.ca](mailto:shiona@uoguelph.ca).

## Prof Receives \$200,000 Grant to Help India 'Go Green'

Learning how small businesses in India can earn more green and go greener is the dual purpose of a three-year, \$200,000 research award to a University of Guelph professor.

Prof. Nonita Yap, School of Environmental Design and Rural Development, will work with Indian colleagues to study factors that promote and hinder the spread of cleaner production technologies among micro and small enterprises in eastern India.

Her award comes from the partnership development program of the Social Sciences and Humanities Research Council, including funding from Canada's Economic Action Plan for academic-industry research partnerships.

She hopes her study will ultimately help improve livelihoods and environment in India. "Poverty reduction and environmental sustainability are among the two most pressing global problems challenging development researchers and practitioners," she said.

Cleaner production technologies will improve not just environmental health but worker health, she said. "These innovations are about reducing if not preventing the generation of waste.

What leaves the facility as waste begins within the facility as an occupational hazard."

Her goals are to document economic and environmental benefits of cleaner production, improve policy-making to support innovation among smaller businesses, and discourage policy instruments and business practices and networks that often stifle innovation.

The research team will look at four sectors - foundries, brick-makers, tanneries and food processors - in West Bengal and Orissa states. Orissa is among India's least developed regions, with low literacy rates.

Under the project, U of G grad students and Indian researchers will interview companies, business groups, government agencies and non-governmental organizations (NGO).

For micro enterprises of five to 20 workers and small businesses numbering fewer than 100 people, even small improvements to current processes may make big differences, said Yap. "For developing countries, what are needed are not new technologies but the ability to exploit existing ones."

About 27 million small enterprises



operate in India and are the second-largest source of employment next to agriculture, according to 2004 statistics. In developing countries, micro and small businesses create 50 to 90 per cent of all jobs, said Yap. "They are very important, but they are generally behind technologically."

The project includes Indian partners at the Xavier Institute of Management

in Orissa, the Gujarat Institute of Development Research, the Centre for Community Development, the Energy and Resources Institute, and an NGO called CTxGreEn.

Yap is also working on a project led by the University of British Columbia on watershed governance issues in the Philippines. Earlier she looked at clean production innovation in western India.



# News from Waterloo

## Ten University of Waterloo graduate students win Vanier scholarships

WATERLOO, Ont. - Ten graduate students from the University of Waterloo received prestigious Vanier Canada Graduate Scholarships that will help them pursue and complete doctoral degrees and conduct significant research.

The awards recognize top academic achievement and leadership skills, and were announced today. The awards include Vanier scholarships from the Natural Sciences and Engineering Research Council of Canada (NSERC), the Social Sciences and Humanities Research Council of Canada (SSHRC) and Canadian Institutes of Health Research (CIHR).

"We know Waterloo is home to some of the best and brightest students in the country," said Sue Horton, associate provost, graduate studies at Waterloo. "We are delighted to see the Vanier scholarship results recognizing the high calibre of these young scholars."

### The following Waterloo students received Vanier scholarships:

\*Ahmed Abdel Aziz, NSERC Vanier: He is in his second year of his doctoral program conducting research in nano electro-mechanical system. He has demonstrated excellence in the areas of applied engineering and theoretical and experimental physics. Aziz's research has been published in top journals and conference proceedings such as IEEE MEMS conference.

\*Wilson Brenna, NSERC Vanier: He is pursuing a Master's degree in the Department of Physics & Astronomy. When he begins doctoral studies in the fall, his research will involve the study of modifications to Einstein's theory of relativity.

\*John Doucette, NSERC Vanier: He is currently completing his Master's degree at the David R. Cheriton School of Computer Science. He will begin his doctoral program in the fall and begin his research on resource allocation in multi-agent systems. He began his post-secondary education at Dalhousie University at the age of 15. He is a recipient of the NSERC Canada Graduate Scholarship, an Ontario Graduate Scholarship and a David R. Cheriton Graduate Scholarship.

\*Kent Fisher, NSERC Vanier: He is near completion of his Master's program in the Department of Physics and Astronomy. He is researching linear optics quantum channels at the Institute for Quantum Computing, and he plans to begin doctoral studies in the fall. Fisher has published and submitted papers in peer-reviewed journals, including in Nature Physics, a top physics journal.

\*Tanya Jonker, NSERC Vanier: She is pursuing her PhD in the area of cognitive neuroscience in the Department of Psychology. She completed her Master's program in only nine months and received the NSRC Canada Graduate Scholarship. Her degree of volunteerism

shows an exceptional and deep commitment to helping others in need.

\*Laura Sauder, NSERC Vanier: She is pursuing her PhD in the Department of Biology. Her research involves investigating the ecology of microorganisms responsible for ammonia detoxification in sewage treatment plants. Her work will help improve efficiencies in wastewater treatment. She has received the NSERC Canada Graduate Scholarship, an Ontario Graduate Scholarship and several other awards.

\*Paul Seli, NSERC Vanier: His research involves investigating the behavioural instability that accompanies sustained attention failures with the goal of providing better understanding of the basic cognitive mechanisms underlying such failures. He is currently involved in a number of research projects spanning a wide range of areas in psychology.

\*Lana Vanderlee, CIHR Vanier: She is pursuing her PhD in Health Studies and Gerontology. She is conducting groundbreaking research on the impact of nutrition labeling on menus. She has in the past received the Ontario Graduate Scholarship and the CIHR Banting and Best graduate scholarships.

\*Mohit Verma, NSERC Vanier: As he begins his pursuit of his PhD in the Department of Chemical Engineering in May 2012, he will conduct research involving engineering nanoparticles for enhancing drug delivery to the back of the eye. He has held three NSERC grants as an undergraduate student.

\*Tracey Wagner-Rizvi, SSHRC Vanier: She is in the Global Governance doctoral program at the Balsillie School of International Affairs. Her research examines the dimensions of the power of transnational advocacy networks and

## Waterloo Engineering ranked top in Canada by Business Insider

A recent survey conducted by Business Insider (BI), an American based business website, shows that the engineering faculty of University Waterloo ranked best in Canada and 29th worldwide.

"Waterloo has the largest engineering school in Canada, and our students and faculty are among the best and most innovative in the world," said Feridun Hamdullahpur in UW New Release, president of University of Waterloo. "It is an honour for us to be considered the leader in Canada, and ranked highly among the world's best engineering schools."

Out of 723 respondents to the survey, 91 per cent of them had a degree in computer science, engineering, or equivalent. The ranking was based primarily on the skills and knowledge people acquired from schools and the brand value of the schools.

"I'm delighted that we've been recognized as the number one engineering school in Canada," said Pearl Sullivan, dean of engineering at Waterloo, in UW News Release. "The ranking speaks volumes about the high quality of our students and alumni. Our exceptional faculty members continue to make a significant global impact through education and technological innovations in Canada and around the world."

66.6 per cent of the respondents studied and applied programming languages C, C++, or C#, and 40 per cent of the respondents applied Java. 10.8 per cent of the respondents were research scientists. 13.3 per cent of the respondents were mechanical engineers, while 8.9 per cent were mobile developers.

According to BI, they first came up with an initial list compiled by canvassing engineers, industry professionals and entrepreneurs who work at popular technology companies. The respondents are asked to grade schools on a scale from one to five. The final score is the average score of all respondents.

The top engineering school in the world came out to be California Institute of Technology; the second was Massachusetts Institute of Technology, followed by Stanford University.

Three Canadian schools entered the top 50 list. University Toronto ranked at 35th place, and University of Ottawa ranked 44th.

BI is a New York based website releasing news in business and entertainment. It remains unclear whether the respondents were mainly chosen from U.S., which significantly influence the ranking outcome.

- With files from Business Insider, and UW Campus Bulletin

transnational corporations with regard to global social policy development. She is a recipient of the SSHRC Canada Graduate Scholarship, the Balsillie Master's Fellowship, and is currently receiving a Balsillie Doctoral Fellowship.

There are 156 scholars at 29 universities across Canada this year. The awards are open to Canadian and international doctoral students, and are worth \$50,000 per year for three years.



Nathaswara Thavil Music, Toronto



Students of Selvi Sureshwaren of Sri Abiramy Dance Academy, Toronto

Kavinayagar Kanthavanam presenting awards



Toronto Super singers

It's cool to be in

## Waterloo

Waterloo's Tamil cultural Nite performing arts festival promotes Tamil artists from Toronto.

12th annual arts festival  
Saturday, Oct. 20th  
Humanities Theater, University of Waterloo.  
[www.tamilculturewaterloo.org](http://www.tamilculturewaterloo.org)

Our past performers from Toronto

<p>2001</p> <p>2002</p> <p>2003</p> <p>2004</p> <p>2005</p> <p>2006</p> <p>2007</p> <p>2008</p> <p>2009</p> <p>2010</p> <p>2011</p>	<p>Kanapathy Ravindran group - Sithambara Sakaram Rev. Isaac Selvaratnam - Vilisai Barathi Arts Musical group - Students of late Bavatharini Mathivasan K.S. Balachandran - Uthiyam Arts drama group Kalakalapu Theesan drama group Thayani Gunanathan - Singer Sri Abiramy Dance Academy - Toronto students Ramana Indrakumar &amp; Students Shobia Pararajasingam dance (Student Vasu Sinnerasa) Jega Sujetharan's Drama group Ramana Indrakumar &amp; Students Miss. Pavithra Logeswaren - Bharatha natyam dance Nathaswara Thavil Music International Veena group - Students of Sabtha Swaranalaya Natyakalalayam Dance group - Vasatha Daniel Ramana Indrakumar &amp; Students Thamil Isai Kalamannam South Indian artist Sri. A.K.C Natarajan &amp; Vidwan Murugathas South Indian Thavil artists group - M.S.K Shankaranaryanan Supersingers - Vijitha Mylvaganam &amp; Nirjany Karunakaran</p>
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# Durham Tamil Association



## Durham Tamil Association's Youth Team Participated in CAAB-D Seminar

Coalition for Action Against Bullying in Durham (CAAB-D), along with concerned Durham Region students and parents, attended a free event called "Talk Bullying!".

This seminar encouraged ways to build healthy relationships to ultimately stop bullying. Youth and parents were organized into separate groups to engage in conversations regarding anti-bullying strategies.

Parents and youth discussed their experience with bullying and how they coped with their problems. T.J.'s Dance Troop from Bowmanville performed a stellar dance presentation.

Various community based organizations such as and attended as well. Furthermore, there were many door prizes that were given. Many DTA youth attended and won gift baskets. Snacks and refreshments were also provided.



DTA Youth @ the seminar against bullying



Durham Tamil Association Youth @ CAAB-D Seminar Against Bullying - May 31, 2012

## Durham Tamil Association appreciates young singers

Durham Tamil Association is very pleased to appreciate our famous Super Singers, Sarika Navanathan and Makeesha Baheerathan. Last summer, DTA helped Sarika and Makeesha enter the Super Singer Junior 3 Competition by sending their audio files through Uma Suresh. Surprised by the talents of these young singers, Vijay TV called them for their auditions and soon they became official contestants of Super Singer Junior 3. We are very proud of their youth members' achievements. DTA always looks forward to welcome new talents and encourage our youth to succeed.

## Durham Tamil Association Helped Canadian Cancer Society

Many Durham Tamil Association's youth volunteered for Whitby's Relay for Life event hosted by the Canadian Cancer Society. Our youth volunteers completed various tasks including cleaning duties for this all-night fundraising event. They were generous enough to even clean washrooms. At the end, they left the fundraising area spotless. As youth volunteered for this grand event, they helped the Canadian Cancer Society obtain funds to conquer this unpleasant disease and support loved ones with cancer. At the end of

the day, DTA Youth certainly learned from Canada's largest fundraising event that impacts the lives of those surviving with cancer. After volunteering, DTA youth clearly understand the difference they can make by simply doing small tasks for their society. Team DTA youth decided to volunteer Canadian Cancer Society every year, in all its activities. The only way to conquer cancer is to believe that each and everyone of us can work as a team to make a positive impact on the society.



Durham Tamil Association Youth as CLEAN UP CREW @ Canadian Cancer Society's RELAY FOR LIFE



TEAM DTA Youth Cleaning up after the Relay For Life event



TEAM Durham Tamil Association Appreciating Sarika & Magisha - July 2012



# Durham Tamil Association

## Durham Tamil Association's Diabetes Awareness and Prevention Clinic

Durham Tamil Association organised a Diabetes Early Detection and Prevention Clinic in partnership with Welcome Centre Immigrant Services at The Welcome Centre in Ajax. This six hour workshop was split into two days' July 13th and July 20th. This Diabetes awareness clinic was well conducted by South Asian Diabetes Prevention Program and Flemingdon Health Centre. 28 adults and seniors attended the clinic and obtained tips to enhance their health. The clinic commenced with blood sugar level test and followed by BMI. Valuable advice was offered regarding the consequences of diabetes and how to

prevent them. Furthermore, the group made a food guide presentation. This was no ordinary presentation, they discussed the recommended servings for South Asian food. Therefore, this presentation was very beneficial since the traditional Canadian Food Guide does not provide information regarding South Asian Food. Afterwards, they explained how to make simple salads and quick healthy breakfasts. Overall, everyone truly appreciated all of the valuable advice that was provided. Without a doubt, it has greatly impacted each and everyone of us to think about how we can all enjoy a healthy lifestyle.



DTA's Mrs. Suganthy Muthalitharan's Blood Sugar Level being Tested



DTA's Mrs. Uthaya Ravichandran's BMI being Measured



Durham Tamil Association's Diabetes Awareness Clinic with WELCOME IMMIGRANT SERVICES on July 13th & July 20th



Dieticians from South Asian Diabetes Prevention Program showing how to make healthy foods to DTA members - July 2012

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# Tamil Cultural & Academic Society of Durham



## Fusion Dance by TCASD Youth



fusion.

In the Bharathanatyam fusion each of the children and youth learned more traditional aspect of South Indian Dance with a hint of Western flare. The children were able to learn the dance very quickly and their responses were outstanding.

The Bollywood dance is a more upbeat dance involving various hip movements. This dance is more Westernized however still remains true to its South Indian Culture. The children were able to pick it up more quickly due to its fast paced rhythm.

Recital was conducted in August showcasing the hard work the children put into learning the dance. With this recital, the children from different ethnicities were able to experience and show to the audience their new knowledge of these South Indian dances.

TCASD wishes to thank the Ajax library and the youth who helped out in teaching and choreographing the two dances.

**By: Tanesha Thirukumar  
& Lavanya Pathmanathan**

Dance is an art form that has been around for thousands of years. It allows one self to truly express themselves in a different way. The Tamil Cultural and Academic Society of Durham partnered with the Town of Ajax library in providing children and youth from the ages 7-14 with a dance program called "Love to Dance". This activity was held on Wednesdays from 7:00pm - 8:45pm in the month of July and August. More than 25 from all ethnicity children registered for the dance program and many on the waiting list hoping to take part in the wonderful experience. This program's goal was to give opportunities to children to educate and appreciate other cultures through performing arts, unforgettable memories and good friendship.

In order to enrich the community about the Tamil culture and south Indian Heritage our very own youth of TCASD coordinated 2 types of dances in the genres Bollywood and Bharathanatyam

## TCASD partners with Ajax Library for Family Health Seminar

On the June 10th, the Tamil Cultural and Academic Society of Durham in Partner with Ajax Library Main Branch conducted a free Family Health Seminar. TCASD conducts various health seminar through out the year aimed at helping community residents live a healthier lifestyle. Dr. Kanna Vela who is a general practitioner (GP) in Pickering conducted this. This seminar in particular was to bring awareness to the community about a topical session on seasonal allergies, travel advisories and vaccination since the summer was around the corner. In addition she also talked about skin care and provided valuable tips on how to protect your skin and keeping healthy in the summer time. The seminar was attended by Broad range of age attendees and Dr. Kanna answered

many questions from the audience especially from the elderly patients on diabetes, hypertension and heart disease. Many young parents were not shy about asking question on allergies and asthma triggering factors. Some children were brave enough to be engaged and ask questions.

Tamil Cultural and Academic Society of Durham mission to promote healthy well being among the Durham region and make healthy individuals in our community. It's their goal to have these types of seminar as seasonal and as often as possible. TCASD would like to thank Dr. Kanna Vela for her time to come and give a very valuable seminar. We hope to do more seminars like this that will benefit everyone in our community.



## TCASD organizes Tour to Ontario Science Centre



On August 3rd 2012, the children, youths and a few adults of Tamil Cultural Academic Society of Durham attended the Ontario Science Centre to enhance their knowledge on science. The group of 52 were split into groups, where each group was led by two youth members. The leaders guided the children and adults to different stations around the centre that would most entertain each individual. The youths followed the maps and led the group to visit the following places: the human body, the living earth, science arcade, OMNIMAX theatre, space, rain forest, aging machine, the kids park, a question of truth and mind work. Many of the children experienced a way to learn about science through fun and exciting activities. The most popular activity amongst the children and youth were Electricity Demo. It is all about "what's watt" and have a hair-raising experience with the famous Van de

Graaff generator.

Not only did all the TCASD members enjoy learning, they also enjoyed the atmosphere surrounding them. All the groups came together during the lunch break, where pizza was ordered and shared amongst the groups. The Ontario Science Centre provided us with a comfortable, clean and safe environment for us to have our meal. They also made it easier for individuals to purchase snacks and drinks by having small food booths throughout the centre. The children and youths also took full advantage of the gift shop to purchase any souvenirs for their own memories. The Ontario Science Center has not only benefited the TCASD members with better knowledge on science but has also provided good services to keep the groups entertained. We would like to thank each and every staff member that successfully made our trip memorable.

# Learning Enrichment



# Why Preschool?

by **Thanuja Ravindran,**  
B.A., B.Ed., OCT

Director, My Stars Academy Inc.

As parents and teachers, we put a lot of time and energy into preparing our children for the future. The preschool/kindergarten years are the time children learn at an exponential rate. The question whether preschool is important or not for children arises in many households. Psychologists state that these years are important for children since they learn to socialize and process basic learning skills. They learn to interact with other children in order to develop and improve their socialization skills such as learning to share, listening, cooperating with others and waiting patiently. Preschool education is the foundation for learning and it also prepares children to start Junior Kindergarten with an ease. Children become exposed to a school based environment at a young age; learning to sing songs and recite poems, identify numbers, letters, shapes and colours. They learn organizational skills, playing cooperatively, sharing, and contributing to circle time. The knowledge and skills developed in preschool has a long term impact on their future.

**At Preschool:**

- Learning is made fun.
- Help children become an eager life-long learner.
- By spending time with other children, they learn how to deal with day to day situation in a school environment.
- Children learn to communicate better.
- They learn to deal with emotions.
- Learn why sharing is important.

- Children participate in games and activities.

**What's the difference between childcare and preschool?**

Parents tend to think preschool as childcare for children. They need to realize that there is a big difference between the two. Childcare centers operate for working parents who need to drop their children off, during their working hours, to be looked after. These centres are for children of any age and they are full-time all year round. Preschool on the other hand is for children age 3 to 5 and are offered part time or full time. Different options such as two to three times a week are also available. Many preschool programs are taught by certified teachers or early childhood educators. At preschools, educators prepare children to enter junior kindergarten with greater knowledge and understanding.

**Teaching a preschooler**

Teaching a preschooler can be a difficult task. It is very important to teach them the way they want to learn. Each child learns differently and lessons must be delivered according to the way they learn. Teaching must be made fun, in ways such as playing games, singing songs, going on field trips and doing fun activities. When the lesson is made fun, it inspires our children to want to learn.

**My 5 Senses:**

**A Lesson Idea**

**Guide to introducing the five senses to your preschool or kindergarten class.**

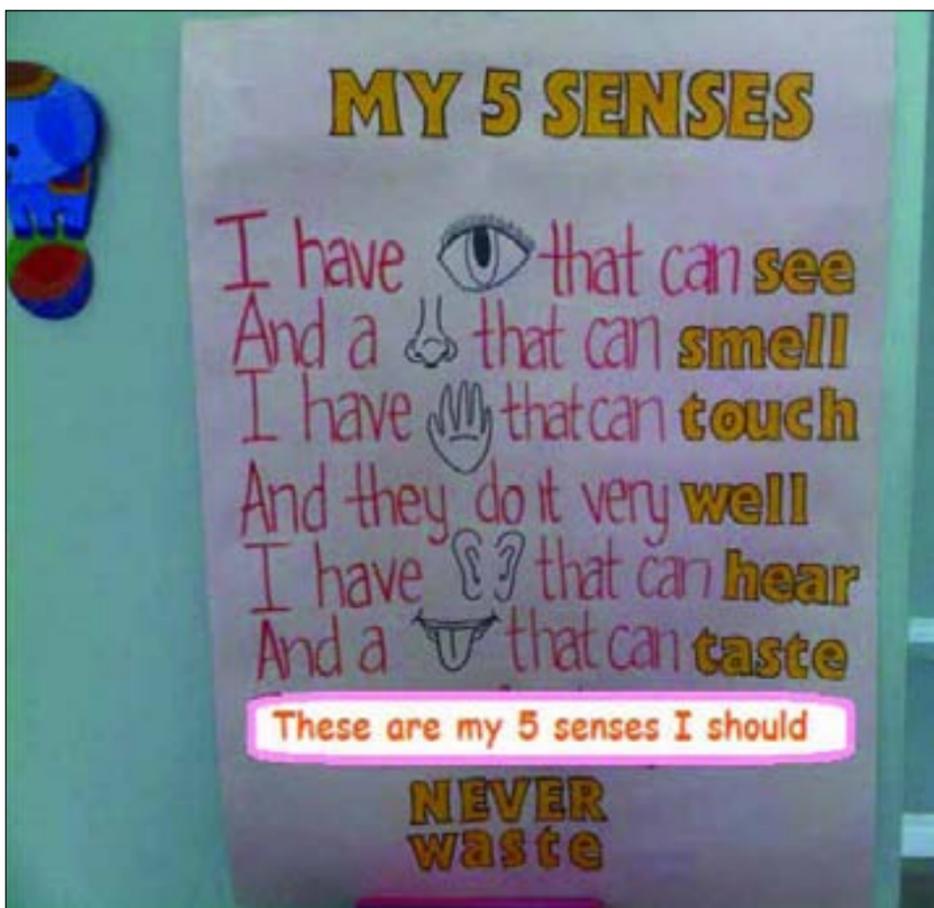
To introduce the concept of the 5 senses to children, I decided to bring



objects from home to create a dynamic lesson and further explicate how our 5 senses are of use to us. To explain vision, I brought a pair of sunglasses and showed how wearing sunglasses can hinder our ability to see vivid colours. I also allowed them to all briefly try on the sunglasses to further comprehend our ability to see. For smell, I brought a scented hand lotion, and gave all the students a small amount in their palms. After letting them lather it on their hands, I told them to smell it to experience their sense of smell. For the sensation of touch, I brought a soft-textured mat and some sandpaper. After the students felt both objects, I informed them that different objects have different textures, such as

the mat, which was soft, and the sandpaper which was rough. To explain the feeling of hearing, I brought a box of small bells, which can be found in a local arts store. I showed how one bell being shaken makes a quiet squeaky sound, while many bells all being shook together make a loud thunderous noise. Finally, to explain the sense of taste, I told all the students to experience "taste" during snack time which followed shortly afterwards. Needless to say, the dynamic lesson brought a load of laughter and fun to an otherwise simple and informative poem. Lesson taught by Ms. Siva @ My Stars Academy Inc.

Remember that preschoolers are always watching and learning!



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# Learning Enrichment



## Preparing Your Child for School: Organization and Learning Preparedness

You can help your child learn organization skills from a young age. Incorporating organization skills into everyday routines at home can help children feel less anxious about the demands of managing school-related materials, backpacks, and clothing at school. Here are some tips for getting them started:

- ✓ Encourage your child to finish a task before going on to the next.
- ✓ Make it a habit to have your child put one toy / game away before playing with the next.
- ✓ Encourage “stations” (e.g. the dining room table for crafts, a big chair for reading, etc.) for different types of activities at home. Each station should be comfortable and have the right lighting and materials for the activity.
- ✓ Teach your child to value and take care of her belongings – even relatively inexpensive items such as markers or pencil crayons should be handled with care. Teach your child to replace marker lids, keep crayons in the crayon bin, etc.
- ✓ Praise generously, but don't forget to teach your child to value taking time and care when doing crafts. Invite your child to provide detail when drawing pictures of people.
- Use prompts like “Where are her eyes?” and “Does she have a nose?”
- ✓ Teach your child that it's OK to use an eraser, and to complete pictures even if they are not “perfect” rather than starting over with each mistake.
- ✓ Large bins of random toys and miscellaneous toy pieces can be overwhelming and even confusing for a child. It is better to have a system for organizing toys, similar to schools and daycare centres. Use child-safe and accessible shelves and bins/baskets to house toys, and sort toys into individual bins (e.g., dinosaurs all kept in one bin, cars in another).
- ✓ Try rotating toys by putting some toys away and having only a few out each month.
- ✓ Begin to assign small responsibilities to your child. For example, putting shoes in the correct spot after taking them off, making the bed, and putting books back on the shelf.
- ✓ Recognize that children pass through developmental stages at different rates.
- ✓ Be specific when you praise (i.e. “I like the colours you chose”).
- ✓ Value your child for his/her unique strengths and interests.

### Preparing Your Child for School: Fine Motor Skills

Children learn and grow based on the demands placed on their bodies and minds during developmental stages (e.g., sitting, crawling, creeping, walking, etc.) While it is important to provide positive challenges while children progress through developmental stages, it is also important not to force children through one stage and onto the next before he/she is ready. Each developmental stage helps a child learn and prepare for later abilities.

#### Fine Motor Development

- Many parts of a child's body have to work together for activities like colouring, drawing, cutting, and printing. Here are a few things to consider:
  - Be aware of readiness for certain tasks – don't force little fingers/muscles to take on more than they can handle.
  - If your child's fingers seem too tiny or too weak to effectively move on their own when drawing and colouring, focus on moving the wrist and not the whole arm for these activities.
  - Play games that involve a pincer grasp (picking up objects between the thumb and pointer finger). Some examples: picking up small items with tweezers, Lite-Brite, Lego, K'NEX construction toys.
  - Short or stubby crayons encourage children to use the thumb, pointer, and middle finger to do the work, and the baby and ring fingers can curl into the palm of the hand to “stabilize.”
  - Encourage your child to hold her shoulder, elbow, and wrist in a stable position so that she can manipulate her fingers independently of the rest of her arm. To do this, a certain amount of strength is required in these body areas.



Have your child lie on her tummy, propped on her elbows, to colour and draw.

- Help your child to master rotation of her forearm at her elbow, from a palm facing-the-floor position to a palm facing-the-ceiling position. This is important for many tasks. To develop this ability, help your child to learn how to bounce a paddle-ball (a ball on a string attached to a wooden paddle) in a “palms up” position. This is tricky but it can be fun and it's great for elbow rotation.
- Have your child practice dropping and catching small objects (ping-pong balls, golf balls) from one hand to the other. Begin by holding the object in the top hand, in a “palm down” position, and then drop the object a distance of 5 to 10 inches to the bottom hand – the bottom hand is in a cupped “palm up” position. For beginners, it's easier with the hands closer together and with a heavier object such as a golf ball.
- The child should move her thumb away from the rest of her palm in various directions, and be able to make “L” shape by pulling her thumb away from the rest of her hand. Encourage your child to wrap her thumbs around “monkey bars” when playing on the jungle gym at the park, to practice opening lids and on round containers, and to carry cylindrical objects by wrapping the thumb around the object (e.g. thick part of rolling pin, baseball bats, etc.)

### Provide Activities on Vertical Surfaces

- Vertical surfaces encourage head control, strengthen shoulder and arm muscles, and place your child's hand in the best position to develop wrist strength and stability.
- Vertical surfaces also help develop hand-eye coordination, with the activity placed in front of your child's eyes.
  - Encourage the baby and ring fingers to be held still in the palm while the thumb and pointer finger do the work.
  - Provide opportunities to colour, draw and write using easels (many have a chalkboard side), or to play with toys like Lite-Brite.
  - Suction toys can be moved up and down windows.
  - Use magnetic letters and numbers on refrigerator doors or mirrors.
  - Encourage ‘painting’ with shaving cream or washable paint on bathtub walls.
  - Washable paints are great on mirror surfaces.
  - Encourage putting stickers or writing on wall calendars positioned at your child's height.

### Activities Using the Palms of the Hands

- These activities encourage development of the “arches” of the hand, which help to manipulate the fingers for various tasks.
  - Encourage “cupping” the palms together to shake objects such as dice.
  - Use a rolling pin with the palms of his/her hands on the surface instead of holding the handles.
  - Roll out Play-Doh or crush crackers between tea towels.
  - Make Play-Doh “meatballs” using the palms of the hand.

### Helper Hands

- Pay attention to your child's choice for hand dominance, and then encourage use of the nondominant hand as the “helper hand.”
- The helper hand holds the paper to keep it steady when colouring, rotates the paper when cutting with the dominant hand, and steadies items for manipulation by the dominant hand (e.g. management of buttons, zippers, etc.).

Questions? Contact your Occupational Therapist:

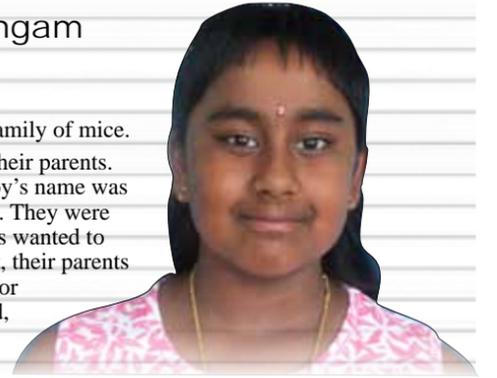
Courtesy: [www.saintelizabeth.com](http://www.saintelizabeth.com)

## Learning a Dangerous Lesson

Story by:

Densika Ravindiralingam

(Grade 3 RG Student)



Once upon a time, there lived a family of mice.

There was a girl, a boy, and their parents. The girl's name was Lola and the boy's name was Wally. Lola and Wally were siblings. They were always greedy for food. They always wanted to eat. Because they wanted to eat a lot, their parents always had to go out and scavenge for food. When their parents go for food, they had to watch out for the house cat, Gilbert. If Gilbert is nearby, it was a warning to stay out of the kitchen.

One day, Lola and Wally demanded to eat food, so their father went out to get them some. It started getting late and their father still had not returned. Lola and Wally went to ask their mother to search for him. They didn't know that their father was being chased by Gilbert and – SNAP! – Suddenly, their father's leg got caught in a mouse trap.

Lola and Wally's mother screamed. “Your father is caught in a mouse trap!” she yelled. Lola and Wally followed the scream to find their mother. When Lola and Wally saw their father in the mouse trap, they realized that their father had already passed away.

When they told their mother, their mother was so angry and upset that she didn't talk to the kids. That night, while the kids were sleeping, the mother packed all her stuff in a suitcase and ran away.

In the morning, Lola woke up. She couldn't find her mother. She searched and searched until she got very tired. Lola woke up Wally and told him that she was searching for their mom, but she couldn't find her. Wally told Lola, “Maybe she won't come back, but she's still somewhere out there.”

Every day, Lola and Wally prayed that their mother would be safe. They grew up and had children of their own. Their mother got married again, but she always thought about her other husband. Lola and Wally learned their lesson to never be greedy. They told their children what happened to them when they were greedy. When the children heard the story, they never dared to be greedy again.

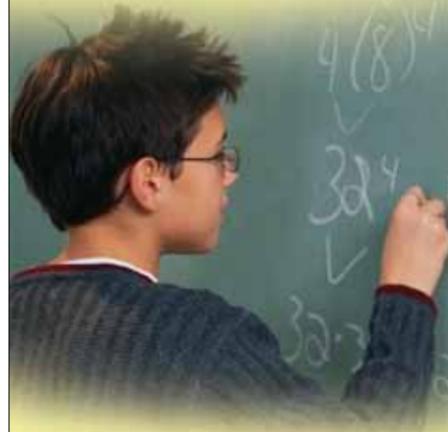
Lola and Wally never stopped thinking about their mother and father, and their mother never stopped thinking about her kids and her husband.



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# Learning Enrichment



## Youth Leadership Program Getting a head start on Public Speaking



**Ahillan Ilangko (Grade 8 Student)**

The Canadian Tamil Congress and the U-Learn-to-Talk Club (ULTC) had joined together this year creating the Youth Leadership Program for children ages 10-16. The goal of this program is to help kids like me become strong leaders of tomorrow. The classes for the pilot program took place every other Saturday from April 28th to July 28th for two hours.

These classes are run by facilitators and included 20 participants ranging in age from 10 to 16. For each class there was a new topic and all the participants had different roles to play. There are many roles to choose from including: Sergeant of Arms, Chairperson, Assessment Team Leader, Linguistic Manager, Filler word Manager, Time Manager and Meeting Disciplinarian. There are also many speaking roles or speeches to choose from including Prepared Speeches, which are four minute speeches on any subject you enjoy or prefer to speak about. There are Impromptu

Speeches, which are two minute speeches about five different topics you can choose from. There are Show and Tell Speeches which are also a two minute speeches about a certain event that took place in your life. Debates and sales pitch presentations are also part of this program. After all these speeches the Assessment Team Leader leads his/her team of assessors into the evaluation part of the class and each assessor is given two minutes to provide their reviews on the speeches they'd been asked to evaluate. After the assessing team finishes, the facilitators come up and give their assessment of the speeches and share ideas on how we can improve on. Before the class ends, the roles for each participant for the next session are assigned.

The Youth Leadership Program has helped me discover my true talent of public speaking. It has made me come out of my shell and speak with confidence and strength, knowing that everyone is listening and enjoying the way I speak. We

learned many things that helped us improve our public speaking skills including tonal variation, rhetorical devices, the five P's (Pitch, Projection, Pauses, Pace and Pronunciation) and several other skills as well. The Youth Leadership Program has made a great impact on my public speaking.

The photos above are from the final session of the pilot program, which took place in the Counsel Chamber of the Scarborough Civic Center. All the participants were excited about the opportunity to speak on a wide range of topics, with our parents in the audience. Ms. Manjula Selvarajah, host of TVI's Cross Roads, was the Guest of Honor and she told the members about her public speaking career and about how fun and interesting public speaking is. The first ever Youth Leadership Program session came to an end with Ms. Selvarajah handing out our certificates.

*Please refer to back page (Page 64) for detailed information about next YLP program starting on Sept 15th.*

# Learning Enrichment



## THE STUBBORN MERCHANT

*A Tale from Tamil Nadu – (SOUTH INDIA)*

By: Chandrani Warnasuriya

Once in a small town in Tamil Nadu there lived a Potter. He had only one child and that was a son. The Potter lavished all his love on his only child as the boy's mother had died when the boy was little.

The Potter wanted to give the best of everything he could afford for his boy. He spent a lot of money buying good food for the child, clothes and toys when he was little, and later spent all his earnings on giving him an education.

The boy grew up to be a nice young man and earned a living. The Potter looked forward to arranging a good wife for his son and getting him married. The man made great plans for the marriage including taking him round the city in a great procession, with the bride and groom sitting on an elephant.

In the neighborhood was a rich oil merchant who owned elephants. The Potter approached the oil merchant and acquired an elephant for hire. The Potter's ambitions for his son was fulfilled. The wedding was the talk of the village. There was great celebration, with fun and applause and felicitations from all the villagers. The bride and groom sat on the elephant and rode round the city in a procession of dancers, drummers, musicians and singers.

In the middle of the celebration however the elephant suddenly got sick and died. The Potter was deeply disturbed and shocked. "What happened?" He thought to himself. "The elephant looked so fine in the morning with no complaints. What am I to tell the merchant now?" He worried all night.

The next morning the potter went to

the oil merchant and apologized for what had happened. Acknowledging his debt he promised the merchant the full price of the elephant or find him another one.

The oil merchant was a vindictive and quarrelsome man. He said, "A deal is a deal. I want my elephant back and I will not settle for anything less," he demanded.

The Potter was terribly hurt and helpless. The oil merchant went further and lodged a complaint against the Potter stating that the Potter had borrowed his elephant and was not returning it.

When the case was called up the judge asked the Potter, why he was not returning the elephant. The Potter explained everything to the judge and said that he was willing to pay for the elephant. The judge thought this was a good solution and tried to reason out with the potter.

The Potter was more adamant than ever and refused the offer. He said, "I want nothing less than my elephant back."

Realizing that it was useless trying to

convince the oil merchant, the judge put off the hearing for the next day. Before retiring however, the judge called the Potter and whispered in his ear. The Potter smiled and went home.

When the Court opened for the hearing the next day, the Potter was not to be seen. "The Potter is hiding. He doesn't want to face the Court. The Potter is cheating." The Oil merchant went on accusing and complaining about the Potter. Then he got the judge's permission to go and see the Potter and drag him to Court. The judge agreed and sent him with a junior officer to the Potter's house.

Reaching the house the merchant knocked on the door. Knock! Knock! There was no reply. Then he hammered on the door. Bang! Bang! with his fists. Nothing happened. No answer.

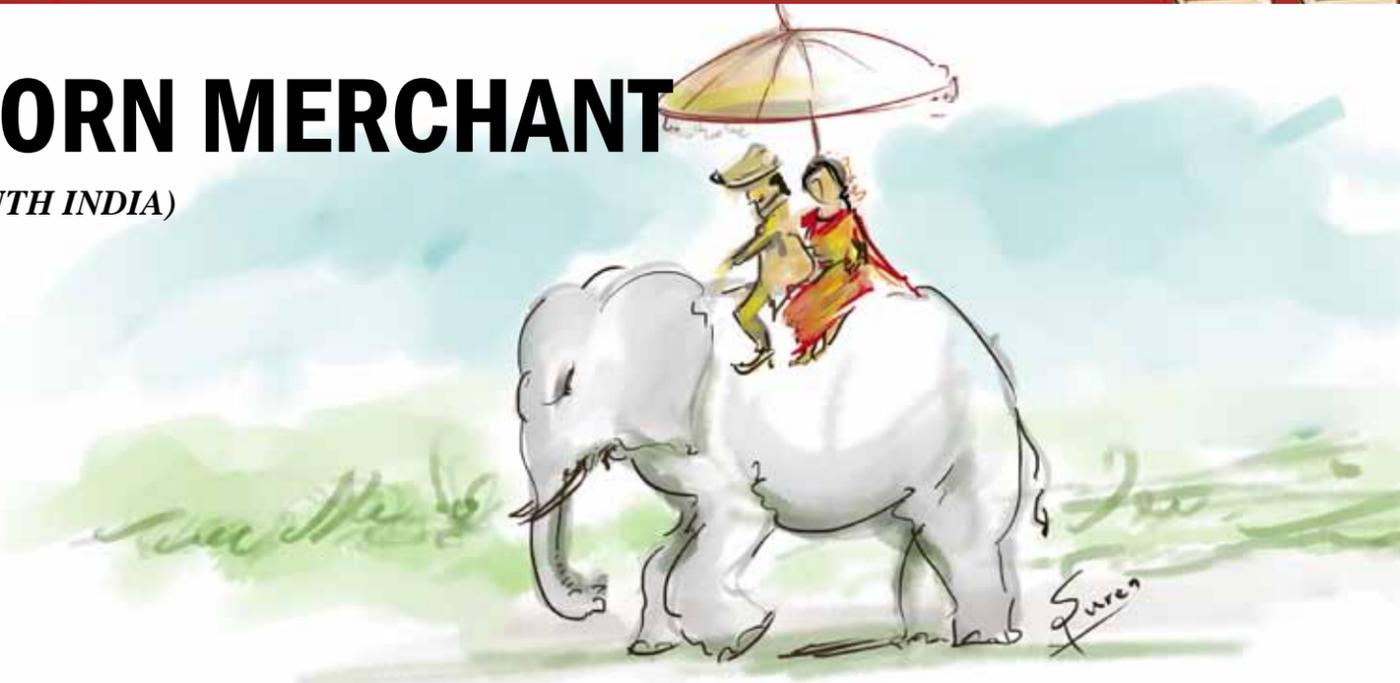
The merchant got angry; he lost his temper and banged and pushed on the door really hard. There were some pots stacked against the back of the door and without his

knowledge, they came crashing down in a heap on the floor.

Just then the Potter turned up from the back door of his house and charged the merchant for breaking his pots. He said, "You better replace my pots; they are very precious to me as they were heirlooms which I had stacked up by the door, or I will take you to Court."

At the hearing of the case before the judge the merchant offered to pay for the pots. But the Potter said, "I want my pots back because they are my ancestral pots and very precious to me. I will not settle for anything less."

The Oil Merchant was in a quandary. He didn't know what to do. The potter pretended he didn't want the money, but in the end he accepted the money. The stubborn Oil Merchant however lost on both counts. He neither got his elephant nor any money. The Potter did not lose much as he had stacked only some discards by his door.



### September Back to School Month – BRAIN CEHCK

Mr. Silly has a challenge for you! Try to fill in as many boxes as you can. Each word must fit into the category listed on the left side and begin with the letter shown at the top of each column. You may write more than one word in each box. Each answer is worth one point.

- 15 or more points = Super Brain
- 12 – 14points = Smart One
- 9 – 11points = Okay today
- Below 9 points = Put on your thinking Cap!

	A	B	C	D
ANIMALS				
HUMAN BODY PARTS				
ARTICLES OF CLOTHING				
VEGETABLES				

### SCHOOL KIDS SET THE EXAMPLE FOR THIS FALL'S GREAT CANADIAN SHORELINE CLEANUP

Gillian Archibald, a teacher at Jackman Avenue Public School in Toronto, is passionate about water. Her enthusiasm is infectious among her students, who joined her in the Great Canadian Shoreline Cleanup, presented by Loblaw Companies Limited, and a joint conservation initiative of the Vancouver Aquarium and WWF.

Archibald and 50 students cleaned up part of the Don River in May as part of the spring educational program, a youth-based program supplementing the fall national shoreline cleanup. The students cheered as Gillian announced that together they picked up over 58 kg of trash, including plastic dog poop bags, cigarette butts, an old yoga mat, plastic utensils and food wrappers.

"Clean water is one thing no one can live without, and yet we take it for granted," said Archibald. "This is a great opportunity for kids to see the human impact on our waterways and the environment. Hopefully, they will go back to school and talk to their friends and other students about it."



Archibald plans to register her students and other teachers for the fall shoreline cleanup, taking place September 15-23, 2012. The fall cleanup is one of the largest direct action cleanup efforts in Canada. People



all across Canada can take part by adopting their local shoreline as a site coordinator, or joining an existing cleanup, by registering at ShorelineCleanup.ca.

To keep the event fun and engaging is key, according to Archibald, especially if you are with young children. She likens the cleanup to having a mini adventure in your own backyard, which is the best kind of learning experience for kids or adults.

Like Archibald, you can help keep Canada's shorelines and waters clean and healthy for everyone, including the wildlife and communities that depend on them. The cleanup is open to everyone across Canada and takes place anywhere where land meets water. Register today at ShorelineCleanup.ca.

Shoreline Cleanup is supported by partial proceeds from Loblaw's national pay-for-plastic shopping bag program, which funds green initiatives and helps reduce the number of plastic shopping bags in landfills and shorelines. The fewer plastic bags in use, the fewer will end up littering our waters. In 2011, Loblaw customers used 71 per cent fewer plastic shopping bags than they did before the company implemented the program. Since 2007, Loblaw has reduced the number of shopping bags from its stores by 3.8 billion.

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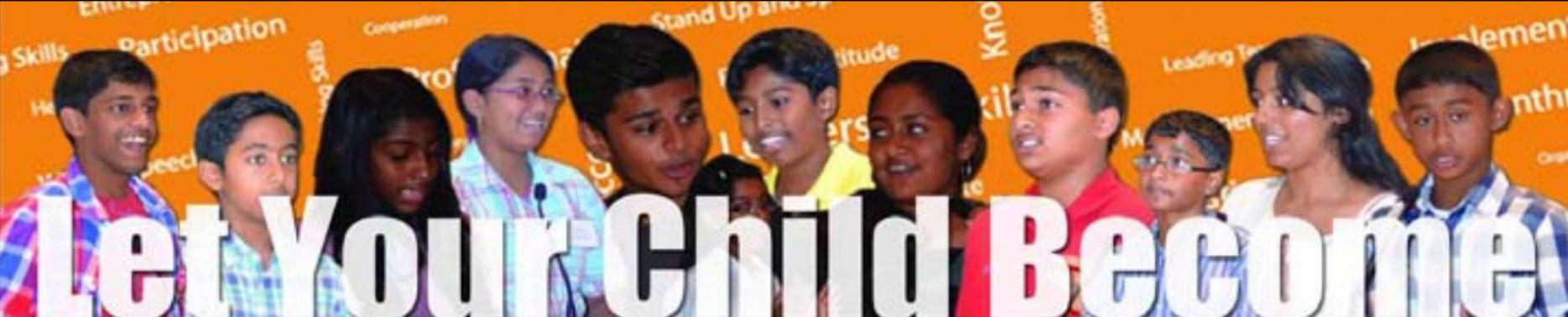












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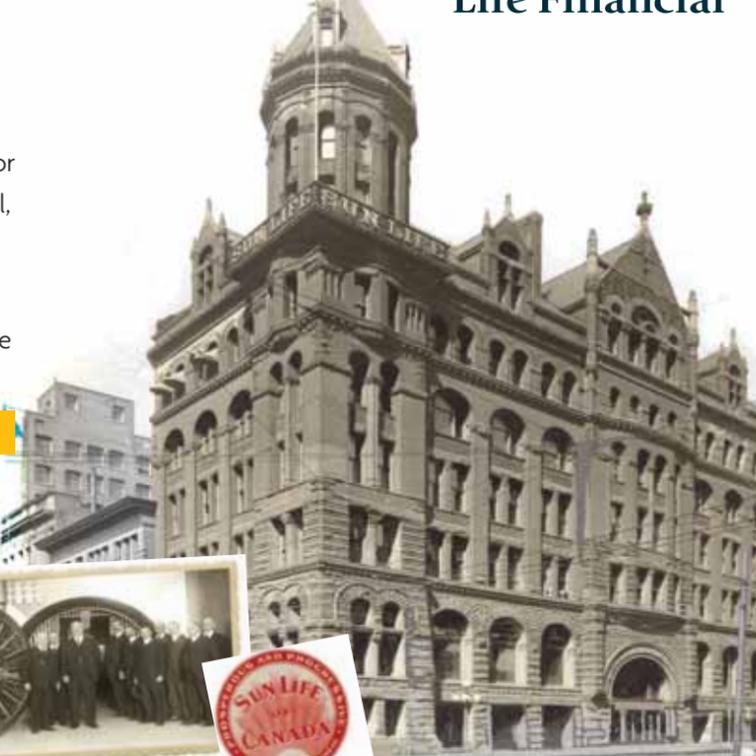
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