

# Monsoon Journal

A parfait media publication

VOL 6 ISSUE 5 OCTOBER 2011

Sponsored by: **Scotiabank™** Organized by: **SACEM**

**FREE Classes at Computek College**

**Word** **Excel** **Powerpoint**

Markham | Scarborough | Toronto

905.471.3344 | 416.321.9911 | 416.285.9941

www.computek.edu



"Be yourself; everyone else is already taken." - **Oscar Wilde**  
(16 October 1854 – 30 November 1900)  
Irish writer and poet

THE LAW OFFICE OF  
**Gary Anandasangaree**  
PROFESSIONAL CORPORATION

- Real Estate (Buying, Selling & Re-Financing)
- Corporate • Commercial
- Wills & Estates • Immigration

**416 321 1100**  
gary@galaw.ca

## The Battle for Ontario

Campaigns in high gear amidst razor-thin differences in opinion polls - By Siva Sivapragasam



**Tim Hudak** - Ontario PC leader



**Dalton McGuinty** - Ontario Liberal leader



**Andrea Horwath** - Ontario NDP leader

Ontario's NDP leader Andrea Horwath may well turn out to be the Kingmaker if Ontarians decide to elect a minority government in the forthcoming provincial polls.

With only a few days to go, the campaigns in the battle for Ontario suggest razor-thin differences between the warring political parties sparking a path towards a minority government.

At present, Tim Hudak's Conservative Party has a narrow lead over Dalton McGuinty's ruling Liberals.

(Source: Leger Marketing Polls Survey)

Promises and pledges have been offered to lure the voters. These range from promises of tax cuts, shorter wait times in hospitals, tax credits for hiring new immigrants, tougher laws on criminal activity and job creation etc. One of the promises from the Liberals that has evoked much discussion on the platforms is McGuinty's proposal to offer a tax credit of \$ 10,000 to employers who hire new immigrants. While the immi-

grant communities would certainly welcome this proposal other have pointed out that this would be a discriminatory and unfair factor for those seeking employment opportunities.

It must be admitted that the overwhelming support that the Liberals enjoyed over the years had been gradually eroding. This is evident in a Toronto Star investigation published recently. The Conservative Party's win recently at the Federal Elections will also be a factor that would sway the Ontario

voter. Also, the NDP has been snatching away a good percentage of the Liberal vote recently at the Federal elections. However, with large percentages of the immigrant population in certain cities Liberals are at an advantage because of the patronage they have been getting from immigrant communities over the years. Also, the Liberal Party's recent proposal of granting tax breaks to employers who hire new immigrants will find favour among the immigrant communities.

PC Leader Tim Hudak has pledged to the voters that there will be no tax hikes. At a recent campaign event Hudak released a letter containing his party's no-tax-hike pledge, while asking Liberal Leader Dalton McGuinty to make the same promise.

Lower taxes, keeping the city debt free and employment creation will certainly be the main issues in the minds of the voters when they trek to the polling booths on October 6th to cast their vote.

**DENTAL CLINIC**

**Dr. Iru Vijayanathan, BDS, FAGD**  
General Practitioner

3150 Eglinton Ave East | 3151 Markham Road #129  
Scarborough | Scarborough  
(Markham & Eglinton) | (Markham & Steeles)  
**416-264-3232** | **416-609-2022**

**Alphonsus & Associates**  
Chartered Accountants  
Accounting • Assurance • Taxation • Business Advisory

Do you have a PROFESSIONAL ACCOUNTANT who can take your business to the next level?  
**If not HIRE now!**

HEAD OFFICE | BRANCH (By Appointment only)  
305 - 29 Gervais Dr, North York, ON, M2C 1Y9 | 223 - 5215 Finch Ave East, Toronto, ON, M1S 0C2  
Tel: 416-493-8220 Fax: 416-493-6760 www.alphonsusca.com

**ALL THE SERVICES YOU NEED... ALL IN ONE PLACE!**



- Settlement Services
- English Language Classes
- Employment Supports
- Accreditation Information

**AND MUCH MORE!**

**5 LOCATIONS**

Markham North • Markham South  
Newmarket • Richmond Hill • Vaughan

*Mobile Outreach Services Available*

**Visit our website, call or email us for more information**

Services are provided in English • Interpretation services are available  
Services provided free of charge • Les services sont disponibles aussi en français

[www.welcomecentre.ca](http://www.welcomecentre.ca)  
[info@welcomecentre.ca](mailto:info@welcomecentre.ca)

**1-877-761-1155**

Funded by:  Citizenship and Immigration Canada  
Financé par: Citoyenneté et Immigration Canada

*Authentic* **SRI LANKAN FOOD** **Edro™**  
**MADE EASY**  
இல்லத்தரசிகளின் #1 தெரிவு



**EDRO™ Chicken Curry**



**EDRO™ Fish Curry**



**EDRO™ Mutton Curry**

**M&M TWINS LIMITED** (416) 754-0558  
Serving the Community since 1980



**HAPPY DIWALI**

Advertise in Monsoon Journal

[www.monsoonjournal.com](http://www.monsoonjournal.com) **416-358-3235**

**TOYOTA Corolla 2011**

Scarborough Toyota  
1897 Eglinton Ave East  
Scarborough  
(Pharmacy & Eglinton)




**STAR SAFETY SYSTEM**



**TOYOTA**

**TOYOTA 2011 FACTORY CLEAROUT**

Call for Appointments **Damien Nadarajah**  
Product Advisor

**416-722-8443**  
Direct Line  
[dnadarajah@scarboroughtoyota.ca](mailto:dnadarajah@scarboroughtoyota.ca)



# Canada News

## ONE DROP AND RBC UNVEIL INNOVATIVE WATER PROJECT IN INDIA

### Multi-partner approach intended to foster lasting change

Toronto, September 7, 2011 — ONE DROP and RBC today announced a new and innovative initiative, Project India, that will educate and improve access to safe drinking water and sanitation in Orissa, one of India's poorest states. Project India will be funded by a \$1.1 million grant provided by RBC. Guy Laliberté, Chair of ONE DROP and Founder of Cirque du Soleil®, and Gordon M. Nixon, President and CEO of RBC were on hand for the announcement made at LA SOIRÉE ONE DROP under the big top of Cirque du Soleil's TOTEM™ at the Toronto Port Lands.

"ONE DROP is acting as an agent of change by joining forces with the RBC Blue Water Project® and other local organizations to improve the living conditions and reduce poverty in India. This initiative, based on a social arts and popular education program, aims to encourage communities to adopt responsible behaviour and help preserve the vital resource of water," explained Guy Laliberté, ONE DROP. "This evening, in Toronto, we have taken another step towards the dream of water for all – a source of life and a creative development force. I will continue reaching out to the world to make this dream a reality, one drop at a time, one step at a time, for future generations."

Project India will partner with local organizations such as Gram Vikas, a non-governmental organization that has been working with poor and marginalized rural communities in Orissa since 1979. Gram Vikas will take the technical lead on the project, working with local residents to establish community-managed water supply and sanitation facilities. In addition, ONE DROP will collaborate with local organizations such as the Bakul Foundation, to create an arts and education program intended to provide lasting behavioural change with residents and in the community at large. The RBC Blue Water Project will fully fund the implementation of the arts and education component of Project India.

"India has some of the world's most water-stressed regions, and on behalf of all of our clients from India, RBC is proud to be able to support such a worthy project," said Gord Nixon, RBC. "As a Canadian organization, we're conscious of how challenging it can be to select the best overseas projects for funding, especially with an issue as complex as water.



Gordon M. Nixon, President and CEO of RBC

We're confident that the collaboration between ONE DROP and such reputable and efficient organizations who are already working on the ground in Orissa can make a real difference."

#### LA SOIRÉE ONE DROP in Toronto: A show of solidarity

This dazzling benefit event will include a performance of TOTEM™ by Cirque du Soleil and an exclusive reception, to which celebrities, including [names of celebrities], were invited. RBC and ONE DROP would like to thank all the people and businesses who spared no effort to make LA SOIRÉE a magical event.

This benefit evening in favor of access to water for all, presented by RBC in aid of ONE DROP, raised [amount raised]. These funds will be used to finance ONE DROP Project India as well as raise awareness among people and communities about water-related issues, both locally and globally.

The funding announced today is part of the RBC Blue Water Project's 10-year, \$10 million commitment to ONE DROP for a range of on-the-ground water projects and awareness programs around the world. Since becoming the founding corporate partner of ONE DROP in 2007, RBC has committed \$1.5 million for a watershed protection and conservation project in Honduras, and \$1 million to help restore small hydraulic and sanitation infrastructures in Haiti as well as raise awareness about the importance of sound water management through an arts program.

#### About ONE DROP

ONE DROP – an initiative of Guy Laliberté, Founder of Cirque du Soleil - is an international non-governmental

## Canada Committed to Boosting Trade with India

### Minister Fast Meets India's Minister of Commerce and Industry

On Sept 23rd, Canada's International Trade Minister Ed Fast held his first face-to-face meeting with Anand Sharma, India's Minister of Commerce and Industry, in New York City.

Both ministers conveyed their shared commitment to continuing to broaden and deepen our economic and social ties, and agreed the next round of negotiations aimed at producing a comprehensive economic partnership agreement between Canada and India should take place in October in Canada.

A recent joint study estimated that a free trade agreement between the two

countries has the potential to boost Canada's economy by \$6 to \$15 billion, creating jobs and prosperity for Canadian workers and for businesses of all sizes in every corner of the country.

At the conclusion of their meeting, Minister Fast, on behalf of the Government of Canada and all Canadians, personally invited Minister Sharma to visit Canada again at his earliest convenience to personally continue their productive dialogue and progress. Minister Fast also committed to personally visiting India for the same purpose in the near future.



Canada's International Trade Minister Ed Fast with India's Minister of Commerce Anand Sharma

organization (NGO) founded on October 29, 2007 in Montreal, Canada. Water is essential to life. Access to safe water gives communities the chance to learn, develop and thrive. That is why ONE DROP works on several fronts to make a real difference. With its unique arts-based approach, ONE DROP helps to ensure sustainable development for communities by implementing educational projects, providing adapted solutions for access to safe water and granting micro-finance loans. Creative projects led by ONE DROP worldwide seek to raise the population's awareness of water-related issues and to encourage the adoption of responsible water management practices. To learn more, visit ONEDROP.org.

#### About RBC and the RBC Blue Water Project

The RBC Blue Water Project is a 10-year, \$50 million philanthropic commitment to supporting organizations that protect watersheds and ensure access to

clean drinking water in Canada and abroad. Since 2007, RBC has committed more than \$28 million in single and multi-year grants to over 400 organizations.

Royal Bank of Canada (RY on TSX and NYSE) and its subsidiaries operate under the master brand name RBC. We are Canada's largest bank as measured by assets and market capitalization, and among the largest banks in the world, based on market capitalization. We are one of North America's leading diversified financial services companies, and provide personal and commercial banking, wealth management services, insurance, corporate and investment banking and transaction processing services on a global basis. We employ approximately 74,000 full- and part-time employees who serve close to 15 million personal, business, public sector and institutional clients through offices in Canada, the U.S. and 55 other countries. For more information, please visit rbc.com.

**Monsoon Journal**  
Printing the Winds of Change  
around us  
All lands home, all men kin.

**"Every soul is in itself absolutely  
omniscient and blissful. The bliss  
does not come from outside"**

**- Lord Mahavir**

**Managing Editor & Publisher**

Logan Velumailum

**Graphics & Layout Design**

Santosh Kumar K.A

**Photo Journalists**

Gnane B. Gnanendran  
Rudy Ruthran

**Contributing Columnists**

Anand. J  
Arun Senathirajah  
J.J. Atputharajah  
Ayktah Grover  
Devadas Chelvam  
Dr. Fonseka  
Prof. Ghai, Saran  
Dr. A. Gobikrishna  
Jennifer Dilipkumar  
K. Thirukumaran  
Krishni. L  
Kumar Punithavel  
Mithura Anandarajah  
Nate. V  
Parthipan Kugadason (PK)  
Raymond Rajabalan  
Senthi Senthivel  
Shiyam. L  
Sivanesan Sinniah  
Sri Krishnan. S  
Tashvir Narine

**Circulation Co-ordinator**

S.S. Mathavan

**Disclaimer:**

**Opinions and Interpretations  
appearing in the newspaper are  
those of the writers and need  
not be necessarily of  
Monsoon Journal**

**To place community and  
non profit organization news  
submit by email to:  
info@monsoonjournal.com  
Tel: 416-358-3235**

ALL RIGHTS RESERVED: No contents  
in Monsoon Journal may be printed  
without the written consent of the  
Publisher.

The views and opinions expressed in  
the articles in Monsoon Journal are  
those of the authors and do not necessarily  
reflect those of the Publisher.  
While all efforts have been made to  
ensure accuracy Monsoon Journal is  
not responsible for any errors or  
omissions in the contents. Advertisers  
are responsible for the contents in  
the Advertisements and all liabilities  
for their claimers.

**Monsoon Journal  
Circulation**

Toronto(GTA), Scarborough,  
Markham, Mississauga, Brampton,  
Pickering, Ajax, Vaughan, Waterloo.  
"Source for Multi Ethnic Exposure"

# from the publisher's desk

## October for Colourful Events

October rolls around once again and with it marks the beginning of not only the fall season, but also many events and celebrations worldwide. Summer time has left us once again, but the Fall season brings us a palette of wonderful colours and many festivals globally in the lead-up to Winter fun.

Hindus will have a busy time this month and this is no different from years past. Starting September 28th, the Hindu calendar will enter an 8-night celebration of Navaratri until October 5th. Navaratri stands for "nine nights" and usually lasts for exactly this amount, but in some years such as the current one, it is reduced to 8 nights, as astrologically some of the significant nights occur on the same date. During this time, Hindus worldwide worship the female form of God and perform various pujas, depending on the night of Navaratri. The day following the nine nights of Navaratri is referred to as Dussehra.

Skipping back across the

globe back to North America, Thanksgiving Day is a holiday celebrated in United States and Canada during the Fall months. An interesting fact about Thanksgiving however, is that it is celebrated on different days and different months in these two countries. Canadians are granted a holiday on the second Monday of October for this celebration which will fall on the tenth of this month. There are many origins of the festival, but usually families prepare Thanksgiving feasts and give "thanks" to God for various reasons. The most common dish served on this day is an oven roasted Turkey with stuffing.

Another Hindu festival is surely not to be missed this month when Diwali comes around towards the end of October. Also called Deepavali, Diwali is known as the festival of lights worldwide, as individuals decorate their homes with clay lights referred to as diyas usually to demonstrate good conquering evil. This celebration though is held by Hindus, Jains



and Sikhs for different reasons, and it is celebrated on the same day, which would be October 26th in 2011. Hindus pray during this time to the Goddess Lakshmi, to grant their wishes of prosperity in the upcoming year. During this festival, new clothes are worn and families share sweets, as fireworks and lights illuminate the sky.

Finally, October ends with another ceremony involving sweets but this one includes darkness, not light. Halloween concludes this month for many North Americans, both children and adults. For the younger ones, going house to house trick-

o-treating and collecting treats will be a great joy and for adults dressing up and going to costume parties would also be very entertaining. During this time, the Monsoon Journal would like to express to all children to be cautious when trick-o-treating and for parents as well to be alert, and sort through their children's Halloween bags, making sure no suspicious items are found.

The Monsoon Journal would also like to wish readers a Happy Thanksgiving, Diwali and all in all, a Happy October!

Contributed by:

**Tashvir Narine, B. Sc. (Hons)**

## Battle lines drawn over "indigenous" label in Bangladesh

Human rights activists are abuzz over the implications of the possible removal of the word "indigenous" from official documents relating to some of the poorest and most marginalized ethnic groups in Bangladesh.

Talk of eliminating the term comes after a constitutional amendment, passed on 30 June 2011, recognizing "small ethnic groups", without referring to them as indigenous.

Member of Parliament Hasanul Haq Inu of the parliamentary caucus on indigenous peoples said the amendment's much anticipated passing was bittersweet, as groups in question prefer to be described as "indigenous" rather than tribal groups or ethnic minorities.

"For 25 years we have fought for constitutional recognition of indigenous peoples. The first phase of the struggle has been won, now the second phase is to use the right name - indigenous," he said.

In the wake of the amendment, the rift between those in the government who object to the term, and some MPs and human rights campaigners who favour it, has resurfaced.

The current Awami League government came to power in

2008 with a promise to improve the plight of the nation's "indigenous people". According to Bangladesh's now disputed 2011 census, of the country's more than 142 million inhabitants, just 1.2 percent are described as indigenous. Most live in the Chittagong Hill Tracts (CHT), an area with rates of infant and child mortality among the highest in the country.

Raja Devavish Roy, "king" of the Chakma circle, the nation's largest ethnic minority, and a member of the UN Permanent Forum on Indigenous Issues, told IRIN he had often witnessed a pendulum of interest and disinterest in indigenous rights, but he believes this most recent debate is semantics.

Devavish Roy believes the government will ultimately not ban use of the term indigenous in official documents, but he said successive governments had shown "an erratic policy on indigenous issues" since the International Labour Organization's Indigenous and Tribal Populations Convention 107 was ratified in 1972.

The signing of the CHT Peace Accord in 1997 was considered a major step forward when it ended a 25-year low-



To make best use of the land, the Jumma tribes of Bangladesh's CHT practise a form of 'shifting cultivation', growing food in small parts of their territory, before moving on to another area and allowing the land to recover © Courtesy of Christian Erni/IWGIA

intensity guerilla war between 11 ethnic groups in CHT and the government, and allowed for regional autonomy. However, a recent study by UN Rapporteur Lars Anders Bar found the Accord has not been fully implemented, and human rights violations continue.

The government rejected Bar's report: A Foreign Ministry statement objected to the term "indigenous", stating: "The ethnic Bengali population... are more indigenous to their land than the tribal peoples" and that the demand for "indigenous" recognition was aimed at "securing a privileged status".

Foreign Minister Dipu Moni says the "indigenous" debate

was a distraction hindering the government's implementation of the Accord.

Deleting the term from official documents would have little effect on the Accord and ILO Convention 107, said Devavish Roy: "The Accord's provisions are not dependent on changes in terminology. ILO Convention 107 applies to indigenous and tribal populations... and the government is not denying the existence of 'tribal' groups."

Opposition activists insist the term "indigenous" is useful: "We will continue to fight," said MP Rashed Khan Menon, chair of the parliamentary caucus on indigenous issues.

[IRIN News]



# Canada News

## 'Global citizens had a duty to defend the vulnerable':

Hon. John Baird, Minister of Foreign Affairs, Canada

Mr. Baird said global citizens had a duty to defend the vulnerable, particularly minorities being denied their human rights or fundamental freedoms. "It is our common duty to uphold the rights of the afflicted. To give voice to the voiceless."

We cannot sit idly. Canada is a vigorous defender of freedom, democracy and the rule of law." Canada has consistently opposed the debasement of multilateral institutions by conduct that is inconsistent with the values, Canadian Foreign Minister John Baird told 66th the UN General Assembly.

Citing objection taken "on petty, procedural or process-based grounds to upholding a report that speaks about credible allegations of war crimes committed in Sri Lanka," and other examples, the Canada's Foreign Minister John Baird speaking at the UN General assembly on Monday, September 26th said that "The greatest enemies of United Nations are not those who have publicly



repudiated actions, the greatest enemies of the United Nations are those who quietly undermine its principles and, even worse, those who sit idly watching a slow decline.

"UN's relevance and effectiveness are imperiled when founding principles are observed in word but not deed," Mr. Baird said.

## Minister Baird Meets Sri Lankan Minister of External Affairs in New York City



Foreign Affairs Minister John Baird meets with G.L. Peiris, Minister of External Affairs of the Democratic Socialist Republic of Sri Lanka, at the 66th session of the United Nations General Assembly in New York City on September 22, 2011.

This was the two ministers' first formal bilateral meeting. They discussed a broad range of subjects, including the Commonwealth, democracy, human rights and the rule of law.

Minister Baird urged Sri Lanka to advance a process of reconciliation and expressed concerns over lack of accountability and a growing trend toward authoritarianism in that country.

He also reiterated Prime Minister

Stephen Harper's concerns about Sri Lanka hosting the Commonwealth Heads of Government Meeting in 2013.

Minister Baird supports calls for an independent investigation into credible allegations of violations of international humanitarian law and human rights committed by both sides of the conflict in Sri Lanka.

[international.gc.ca]

Ottawa - Prime Minister Stephen Harper discusses the global economy with Jim Flaherty, Minister of Finance, and Mark Carney, Governor of the Bank of Canada (PMO photo by Jill Thompson)



**ADVERTISE YOUR BUSINESS HERE**

Advertise in this space to promote your business

Submit letters to Monsoon Journal at: [toronto@monsoonjournal.com](mailto:toronto@monsoonjournal.com)

THE LAW OFFICE OF  
**T. JEGATHEESAN**  
BARRISTER, SOLICITOR & NOTARY PUBLIC, ON.

Real Estate, Refinance & Mortgages •  
Business Law •  
Family Law •  
Power of Attorney & •  
Any other Legal Services •

2620 Eglinton Ave East, Suite 201  
Scarborough, ON. M1K 2S3  
Tel: 416.266.6154, Fax: 416.266.4677

# Rouge Valley Health System



## Mayors' golf raises \$150,000 for Image is Everything

2011 charity event a big success, Howard Sokolowski award presented to campaign volunteer

September 15, 2011 — After the dust had settled on a beautiful day of 18 holes in the 2011 Mayors' Charity Golf Classic Tuesday, event co-chairs, Jim Witty and Bill Collier, were excited to announce that this year's tournament was a huge success having raised an amazing \$150,000 in support of Rouge Valley Ajax and Pickering hospital and its Image is Everything campaign.

"This is our 16th year and it is very exciting to continue such a successful tournament and through this to be able to make such a significant contribution to our local hospital," says Mr. Collier. "The Image is Everything campaign has truly captured the imagination of this community, so we are pleased to be able to once again contribute to bringing an MRI unit to Ajax and Pickering."

This special occasion is also an opportunity for the Rouge Valley Health System Foundation to announce the recipient of the Howard Sokolowski Award, presented to an individual who has shown dedication to health care in the community. This year's recipient is Sherry Robinson, a member of the Image is Everything campaign cabinet, and chair of the Community Committee for the campaign. Mrs. Robinson wholeheartedly agreed to take on this busy role and, since then, her support and enthusiasm has been unflinching.

Under Sherry's leadership, the Community Committee has raised more than \$200,000 from Durham service clubs, businesses and community groups. And Sherry has personally attended many of the events and post-event photo opportunities on the campaign's behalf.

Her knowledge of the community, relationships within the community and passion for the hospital has benefitted RHVS Foundation and the Image is Everything campaign immeasurably.

"Sherry is a very deserving recipient and the Image is Everything campaign is very fortunate to have her involved," says Mr. Witty. "Sherry's enthusiasm and passion for bringing an MRI to Rouge Valley Ajax and Pickering hospital have been contagious."

Created in 2001, this award honours Howard Sokolowski, former CEO of Tribute Communities, and his long and distinguished history of volunteer service for Rouge Valley Ajax and Pickering. Each year, Edward Falkenberg, a local Durham artist, creates a unique work of art for the Award, and this year's piece was titled "Silence."

The \$150,000 raised at this year's Mayors' Charity Golf Classic brings the 16-year total to more than \$2.3 million.

Rouge Valley Health System Foundation — Enhancing Care in Our Community

The Rouge Valley Health System Foundation's mission is to partner with the community to invest in superior health care at Rouge Valley Health System. The Foundation raises funds to support the purchase of leading-edge medical equipment and support major capital expansion projects.

Contact: Dave Stell, Communications Specialist, Rouge Valley Health System Foundation, Mobile: (905) 626-6950 or [dstell@rougevalley.ca](mailto:dstell@rougevalley.ca), <http://www.rougemri.ca>

## Realtor Amirian donates for Buy a Bed Campaign

Eileen Amirian is a strong supporter of her community, but she doesn't often look to her TV to stay in touch with what's going on locally. So it is ironic that it was a morning news program that led her to become the newest partner of the Buy a Bed campaign at Rouge Valley Centenary hospital.

"It was the morning that City TV's Breakfast Television was at the hospital for the bed-a-thon," she explains. "I don't usually watch TV, but that morning I was compelled to see what's happening in the world."

As a result, she learned all about Rouge Valley Health System Foundation's efforts to raise funds to purchase 100 new beds for Centenary. As a Sales Representative for HomeLife Bayview Realty Inc., Brokerage and actively involved in the community, Ms. Amirian felt she had something to offer the campaign, so she contacted Katherine Craine, Director, Major Gifts & Special Campaigns for RVHSF.

After discussing the possibilities, guided by her strong giving principles, Ms. Amirian offered to donate 10 per cent of her commission to the Buy a bed campaign.

"Helping people become homeowners and helping them to sell their home is the best job in the whole world, giving back to the community is the best feeling in the whole world," Ms. Amirian says. "I'm really excited to be able to support the campaign this way and to help bring comfort to Rouge Valley Centenary patients, one bed at a time."

For the Buy a Bed campaign, Ms. Craine says this is an exciting and unique opportunity.

"It's a grass roots campaign, so this is a really good tie-in," she says. "And I'm so excited that Eileen has committed to supporting us through to the end of the campaign next spring."



Eileen Amirian visited Rouge Valley Centenary hospital recently to support the Buy a Bed campaign, by pledging 10 per cent of her commissions to the effort to purchase new beds for the hospital

Ms. Amirian says this offer makes sense for her because her clients often express their interest in supporting the community when considering where they want to live.

"There's so many people out there with a good heart, who want to help a good cause when they can," she says. "And buying a house is a good time to reach these people and inspire them with a way to support their community hospital."

Aside from her passion to contribute as a member of the community, Ms. Amirian also has a personal reason why she supports Centenary. Her sister once needed the community hospital and she was pleased with the care she received.

To learn more about the Buy a Bed campaign, please visit [www.buyabed.ca](http://www.buyabed.ca). For more information regarding Ms. Amirian's generous contribution to the campaign and to inquire about her services, visit her website at [www.eileenamirian.com](http://www.eileenamirian.com), or contact her at 416-737-1496 or via email at [homes@eileenamirian.com](mailto:homes@eileenamirian.com).



From left, Chad Hanna, Bill Collier, Lucy Stocco, Jim Witty, Mayor Dave Ryan, Mayor Steve Parish and Regional Chair Roger Anderson present the final fundraising total of \$150,000 for the 2011 Mayors' Charity Golf Classic, Sept. 13



Jim Witty, co-chair of the Mayors' Charity Golf Classic, presents Sherry Robinson with the Howard Sokolowski Award.



# Rouge Valley Health System

## RVHS Foundation recognize generous donors to the hospital through bequests in their wills



Bernard Whitchurch, centre, was among the honorees of the 2011 Rouge Valley Health System Foundation Legacy of Care recognition event. Recognizing him for his contribution are RVHSF Planned Giving Chair Frank Ortencio and Foundation Board of Directors Chair Judith Barker

The Rouge Valley Health System Foundation's Legacy of Care Society annual recognition evening was held Wednesday, September 21 with a cocktail reception at Cedar Ridge Creative Centre in Scarborough.

The Legacy of Care Society was created to honour donors of deferred gifts - bequests, gifts of life insurance and charitable gift annuities - during their lifetimes. Five of the Society's newest members were in attendance and received exclusive membership pins and specially designed stationery from Foundation Chair Judith Ward and Planned Giving committee chair Frank Ortencio. Several estates were also recognized and Dr. Romas Stas, RVHS Associate Chief of Staff gave the keynote address.

To see all of the photos from this year's event, visit [www.flickr.com/photos/rvhsf/sets](http://www.flickr.com/photos/rvhsf/sets)

To learn how to be a part of this wonderful opportunity to leave a lasting legacy to Rouge Valley Health System Foundation, in support of Rouge Valley Ajax and Pickering and Rouge Valley Centenary hospitals, contact Carole

Chabot at 416-281-7462, [cchabot@rougevalley.ca](mailto:cchabot@rougevalley.ca) or visit our Legacy of Care Society website, [www.rougevalley.ca/rvhsf/legacyofcare.html](http://www.rougevalley.ca/rvhsf/legacyofcare.html).

The following are the members of the Legacy of Care Society: June L. Abel & Thomas Abel; Shiv Bansal; Carole Chabot; Mary L. Dodd; Janet Ecker; Siu Fok; Ian K. Hamilton; Raymond T. Hanson; Helen Hedge; Sandra Heggie; Amelia Hui; Mr. Hui; Alvin S. Klinck; Sujata Kotecha; Ivy Law; Rose Lotta; Sheldon H. Lush; Charles Mason; Eileen M. Mason; Debbie McGarry; Ann Moore; Gordon H. Moore; Doris Muckle; Bradley Offman; Frank Ortencio; James R. Pyke; Malcolm P. Robertson; Thérèse Roy; Betty Tipping; Eric Tipping; John Walker; Lorraine Walker; Dorothy E. Westney; Thomas R. Wheler; Barbara Whitchurch; Bernard Whitchurch; Estate of Eric Campbell; Estate of Shui Ying Cheng; Estate of John David ; Kenneth Foxcroft; Estate of Ann Luxmore; Estate of David Moore; Estate of Hjordis I. Stig; Estate of Albert Theurer; Estate of Dody Theurer; and Estate of Yuen N. Tong

## Expecting moms & women invited to drop-in health fair

Having a baby or know someone who is? Tell them about the Expecting Mothers' and Women's Health and Wellness Drop-In at Rouge Valley Centenary hospital campus, on Wednesday, Sept. 28.

Health and wellness information will be a big part of the free fair presented by Rouge Valley Health System and Ome Jamal Pharmacy Ltd. (Shoppers Drug Mart). The fair runs from 1 p.m. to 3 p.m. on Wednesday, Sept. 28, in the Court, inside the hospital building at the corner of Ellesmere and Neilson Road, off the 401.

Health professionals from the hospital's Birthing and Newborn Centre, adjacent the Court area, will be there to provide information about services and expertise available in one of Toronto's most modern birthing facilities.

Among the health care professionals in the fair will be a: physician; dietitian; fitness and exercise professional; Healthwatch Pharmacist; and a registered massage therapist. With them will be wellness and aesthetics professionals, such as a: hair stylist; nail technician; dermatological make-up artist; personal trainer; life coach; and more.

## Irena Barker's generous gift



Irena Barker stands beside one of the hospital's current echocardiogram machines, with her doctor, Dr. Amir JanMohomed, left, and Heart of it All campaign co-chair, Dr. Paul Galiwango

When it comes to giving from the heart, Irena Barker sets quite an example to follow. The Pickering senior has chosen to make a \$10,000 personal gift to the Heart of it All campaign to help purchase life-saving echocardiogram machines for the Rouge Valley Health System.

"Four-and-a-half years ago I visited Rouge Valley Centenary and they diagnosed that my heart was twice the normal size," Ms. Barker says. "The echocardiogram played an important role in the diagnosis. I was only given three weeks to live, but here I am today. So this campaign is close to my heart, if you will pardon the pun."

This significant donation to the campaign has members of the Heart of it All committee both excited and hopeful it will inspire more significant gifts in the months ahead.

"We think that if Ms. Barker's generosity is as infectious as her spirit, this is the start of great success for the Heart of it All," says Dr. Ram Vijayaraghavan, co-chair of the campaign.

The Heart of it All goal is to raise \$500,000 to bring new, much-needed echocardiogram machines to both Rouge Valley Health System hospitals. The end result promises to be a much greater level of confidence for doctor and patient as the new machines provide the best possible clarity in the images of the heart and therefore the best diagnosis for the patient.

"Rouge Valley Health System cardiologists perform echocardiograms on patients every day, and donations to this campaign will have a direct and positive impact on patient care once we are able to purchase the new machines," says Dr. Paul Galiwango, co-chair of Heart of it All.

Although she's not a doctor or a nurse, when it comes to health care Ms. Barker has a little more knowledge about how a hospital works than the average person. It comes from having spent more than her fair share of time in health facilities throughout her life.

That, undoubtedly, is a big part of the reason she decided to give a \$10,000 personal gift to the Heart of it All campaign. Twice in her life, at an early age and then just 4-and-a-half years ago, she was advised by doctors that she only had weeks to live. But the determination of a mother "that wouldn't let me die" and her own strength of will later, are the main reason she is here and full of life today.

She credits Dr. Amir Janmohammed with saving her life, helping her to recover. She was diagnosed with having a heart twice it's normal size and only operating at 10 per cent efficiency, she explains. As a result, she underwent surgery to have an implantable cardioverter defibrillator (ICD). The device regulates irregular heart rhythms by sending an electrical impulse to the heart.

Ms. Barker describes her life's philosophy very simply: "can't" is not a part of her vocabulary. In fact, when she was a teacher of special education for 15 years in Scarborough, she taught her students that 'can't' was a bad word.

"I would tell them to say 'I'm having difficulty, but I'll try'" she says.

It is a philosophy that has served her well. Although she is 80, you wouldn't know it to see her or meet her. She looks like a woman in her early 60s and has a youthful personality that would make you guess even younger.

Ms. Barker explains she found out about the Heart of it All campaign during a visit to Centenary for one of her 6-month checkups for her ICD.

"I saw a pamphlet in the waiting room and of course, who's in that room except the people that need these echocardiogram machines," she says. "It wasn't a quick decision. But if you can afford to give a gift like this, I think you should. And I like that my name will be recognized in a plaque in the cardiac department. It will make me smile to see that when I come here."

To learn more about the Heart of it All campaign, visit [www.heartofitall.ca](http://www.heartofitall.ca) or call Carole Chabot, 416-281-7462 or email [cchabot@rougevalley.ca](mailto:cchabot@rougevalley.ca).

# Richmond Hill



## Big Brothers and Big Sisters Honours Town

Council was presented with an award from Big Brothers Big Sisters of York charity for its participation in its Bowl for Kids' Sake (BFKS) event held back in March at Richmond Hill Pro Bowl. Mayor Dave Barrow accepted the award on behalf of Council from Ward 1 Councillor Greg Beros who presented on behalf of Big Brothers Big Sisters of York.



BFKS is the charity's biggest fundraising event of the year. Local businesses and residents alike signed up to bowl and put together teams for the fun competition.

Everyone at BFKS enjoyed socializing, fun and exercise in helping to raise over \$22,000 for Big Brothers Big Sisters of York, which has been committed to the well being of children in our community for the past 40 years.

*For more information, contact*

**Donna McLarty,**

Town Clerk,

at **905-771-2529**

(from Council Meeting held on

Monday, September 26, 2011; Presentation)

## Youth Action Committee Members Selected



Council approved the appointment of 52 citizen Core Members and Ambassador Members to the Youth Action Committee (YAC) to serve from September 1, 2011 to June 30, 2012. The appointments demonstrate the Town's continued support for youth participation and perspectives in addressing current trends and issues related to youth.

YAC, comprised of youth aged 12-18, acts as an advocate to provide new ideas and views to staff and Council. Its collaboration with staff from the Community Services Department also helps guide Council on appropriate programs and services for youth. Committee members also raise awareness in the community by attending and participating in planned special events as well as planning, organizing and hosting their own events, sports, games, dances and other activities for local youth throughout the school year. The Committee meets every month with possible additional meetings called by either of the co-chairs in consultation with staff. In April of each year, a request for Committee members is sent out to all Richmond Hill schools and the general public.

Applications are coordinated through the Office of the Clerk and are reviewed and selected by Members of Council. To learn more about the Youth Action Committee, visit [RichmondHill.ca/Youth](http://RichmondHill.ca/Youth).

*For more information, contact*

**Donna McLarty,**

Town Clerk,

at **905-771-2529**

(from Committee of the Whole Meeting held on

Monday, September 19, 2011; New Business).



**BEN VEREEN**

## Ben Vereen - Master showman makes his Richmond Hill debut

only on Thursday October 20th at 8 p.m.

Few entertainers today are as accomplished or as versatile as Ben Vereen.

In a career that has spanned over 40 years, his memorable performances both onstage and onscreen have transcended time and been woven into the fabric of North America's artistic legacy. His one man concert, Steppin' Out With Ben Vereen is a dynamic mix of song and dance making a lifelong impression on all who see it. Filled with anecdotes based on a unparalleled career, Vereen exudes warmth and genuine humour as he transports us through a musical journey.

A Tony Award winner for his renowned performance in

Bob Fosse's Pippin, Ben has gone on to solidify his place among Broadway royalty, with starring roles in such

Broadway productions as Wicked, Fosse, Chicago, Jesus Christ Superstar, Hair, Jelly's Last Jam, Grind, A Christmas Carol and I'm Not Rappaport. Ben continues to tour around the world with his one man concert, Steppin' Out With Ben Vereen, which plays to sold out audiences everywhere he goes. Recent guest starring roles include Grey's Anatomy, Law & Order: Criminal Intent, House of Payne and An Accidental Friendship (a Hallmark feature film). Ben starred in the new play Fetch Clay, Make Man at the McCarter Theatre, directed by Des McAnuff (Jersey Boys) and has a recurring role on the hit CBS sitcom How I Met Your Mother.

Located in historic downtown, the Richmond Hill Centre for the Performing Arts is a 631 seat, state of the art cultural facility which offers a full season of professional entertainment celebrating the many cultures of the community. The Centre will be also be a home for Richmond Hill's diverse arts community, create a destination in the downtown core, and be a major venue to bring Canadian and international performances to York Region.

<http://mjnews.com/ViewArticle.aspx?ArticleId=314>

**RICHMOND HILL** - The Richmond Hill Centre for the Performing Arts is pleased to welcome Tony and Emmy award winner Ben Vereen in his one man show, Steppin Out With Ben Vereen, for one night



# Health & Fitness

## Are wedding bells ringing?

**By Ayktah Grover**  
 Founder, Aura Wellness  
 Certified Nutrition, Fitness, Pre and Post Natal Specialist

It's the fall season. The date is set. The invitations are sent. The banquet hall is chosen. The videographer is booked. You're only a few months away from the big day, your wedding day. The endless food and cake tastings, the hectic schedule and the stressful wedding planning has done a number on your body. Your wedding outfit is suddenly snug and the only way to get it over your head is by holding your breath! The solution? Bride and groom boot camp!

What better way to get into shape than to do it with your sweetheart! Below are fitness and nutrition tips to get you in shape for your big day! Following a consistent exercise regime and a healthy diet is your key to being wedding day ready. It's the one day that all eyes are on you so make it a memorable one and look and feel your absolute best. Grab a yoga mat, towel, water bottle and two resistance bands and make it happen!

### Fitness Plan

Do the entire circuit twice for two weeks and work your way up to three to four times.

**Do 12 - 15 repetitions of each exercise.**

**His and her chest press** – Interlace both resistance bands together and hold the handles so your palms face the ground. Stand so you are back to back with each other. Hold the bands at chest level, with palms facing the ground and the left leg forward and bent and the right leg behind you with your back tall and abdominals tight. Keeping your elbows at chest level press the bands in front of your chest then bring your elbows back behind you. Make sure to do the movement together, press and release together!

**His and her rows** – Interlace bands and hold handles so palms face each other. Stand tall with feet slightly wider than hip width apart with knees bent in a squat position. Keeping your elbows close to your waist, pull your elbows in toward your waist and then release. Maintain a tall back and tight abdominals throughout movement.

**Squat with shoulder press** – Place the band horizontally on the ground and step on to the band so your feet are hip width apart. Hold on to the handles so your palms face away from you at shoulder height. Lower down into a squat position bringing your hips into your heels and then come back to standing as you press your arms up in the air and then lowering them to shoulder height. Squat again and then stand and press.

**Cardio:** Side shuffle. Lower down into a squat position and quickly “shuffle” your feet from right to left for 1

minute. You can do this outside at a park or if you're in a gym, shuffle from wall to wall. Try to maintain a quick, constant pace! Make it a competition! Who will win? Bride or groom?

**His and her leg raises** – Bride should lie on her back with legs straight on the ground. Groom stands behind bride's head so she can grab on to his ankles. Slowly raise your straight legs and lift your hips up off the ground slightly using only your lower abdominals and then slowly lower your legs to the ground without touching the ground. Keep your legs an inch above the ground. Maintain a slow, constant pace, keeping your legs straight throughout movement. Now it's the groom's turn!

**His and her abdominal crunches with a clap** – Lie on your back so both partners face each with knees bent and both feet on the ground and toes touching each other. Do an abdominal crunch and as you approach your knees clap your hands with your partner and then lower back down to the ground. Come up again, crunch, clap and then lower to the ground.

**Reverse lunge with front kick and punch** – Stand with feet hip width apart, step back with your right leg and bring your right knee to about an inch above the ground and then immediately come back to standing and kick your right leg up in the air with your toes pointing up, follow it by punching with your right and left arm at chest level with closed fists. Keep the movement fluid. Do a reverse lunge and immediately follow it by a front kick and right and left punch. Do 12 reps on the right side then repeat on the left.

**Cardio:** Jump squats – Stand with feet slightly wider than hip width apart with toes pointing forward. Lower down into a squat and touch the ground with your fingers and come back to standing and jump up reaching for the ceiling. Lower down again, keep the squat low, touch the ground and jump high for 1 minute. Feel the burn on this one!

### Nutrition Tips

Nutrition is 80% of successful weight loss. Eating take out every night and burgers and fries for lunch isn't going to help you get rid of your muffin top but consuming plenty of fruits and vegetables, lean proteins, nuts and legumes, whole grains and lots of water will! Eating a healthy diet doesn't mean giving up all your favourite foods. It's about three key factors: balance, variety and moderation.

### Eat every 2 - 3 hours

It's difficult. You usually don't have time with a hectic workday but it's vital to keeping your blood sugar levels from



fluctuating. Eating frequently throughout the day will ensure that you won't binge eat at night when your metabolism is the slowest.

### Eat green vegetables

Load up your meals with nutrient-dense vegetables such as broccoli, kale, swiss chard, spinach, green beans, bok choy, rapini, asparagus, peas and green peppers!

Every meal should consist of lean protein, complex carbohydrates and good fats

Keep it balanced. Each meal should consist of lean proteins such as egg whites, chicken and turkey breast, complex carbohydrates such as whole grains, fruits and vegetables and good fats such as those found in nuts, salmon, eggs, avocados and seeds.

### Drink at least 2 litres of water a day

We lose a lot of water through sweat and urine so make sure to drink at least two litres of water a day! Drink more on hot, humid days and during exercise. Stay hydrated!

### Limit alcohol

Alcohol contains extra calories that you don't need! Especially beer – it's a killer. Try to limit your intake to one or two glasses per week.

### Limit sugar, salt and bad fat intake

Read labels on products to ensure you're not exceeding your daily requirement. Avoid trans fats and saturated

fats and aim to buy products that have less than 5g of sugar and under 150mg of sodium (your daily maximum intake is 1500mg!)

### Avoid take out or restaurant food

This is the hard one and will take the most motivation. Take out is the devil! It's full of fat, sugar or salt and is the biggest culprit for weight gain. If you must, make healthy food choices by ordering dressings on the side, grilled foods over fried, tomato sauces over creamy ones.

### Never skip breakfast

Breakfast is an integral part of successful weight loss. Eating breakfast prevents you from eating huge, fatty meals throughout the day. Try a bowl of oatmeal, scrambled eggs with a whole wheat toast, or if you're in a hurry, whip up a quick protein berry smoothie.

### Watch your portions

There is no need to “supersize” your meals. If you're eating frequently and eating the right foods, you won't feel the need to have an extra large meal. Lean protein should fill a quarter of your plate, complex carbs should fill another quarter and vegetables should fill half your plate.

Your big day is almost here, so spend a few hours at the grocery store, stock up your fridge with healthy, nutritious food, put on your gym clothes and grab your sweetheart and get in shape TOGETHER for one of the biggest milestones in your life. Good luck!

**Ayktah Grover**  
 BSc, BAA, PTS and NWS

Certified fitness, nutrition  
 and wellness specialist  
 info@aurawellness.ca

t: 416 • 319 • 5010



**Aura Wellness**  
 www.aurawellness.ca

*Get the career*  
*you want in less than*  
**one year!**



### TECHNOLOGY (IT)

Network Engineering  
Enterprise Network  
Engineering  
Inter-Network Specialist

### HEALTH CARE

Medical Office Assistant  
Medical Billing  
Medical Transcription

### BUSINESS

Computerized  
Accounting  
Business Administration  
MS Office

#### You may qualify for **SECOND CAREER**

If you are laid off after January 2005  
Working less than 20 hours per week  
Call us now for details **647-476-4148**



Microsoft | IT Academy Program

- ✓ Instructor led, hands-on training
- ✓ Small class size
- ✓ Career focused training
- ✓ Career training since 1991
- ✓ Job search assistance
- ✓ Free Parking, TTC accessible

# citiCOLLEGE

## 647-476-4148

[www.CitiCollegeINFO.com](http://www.CitiCollegeINFO.com)

Financial assistance may be available to those who qualify

# ADVERTISE YOUR BUSINESS HERE

Advertise in this space to promote your business  
 Why? Please read to find the reasons!  
 Covers many variety of articles for reading  
 Kept at offices and homes for longer period  
 Many local and corporate events are covered  
 Subscribe free to get notification by e-mail when issues are ready  
 Notification in social networks like Facebook & Twitter  
 Advts are prominently placed to promote your products or services  
 Promote your Business  
 Be successful in Business  
 Advertise in Monsoon Journal

**Call: 416-358-3235**

e-mail: Toronto@monsoonjournal.com  
 web: www.monsoonjournal.com



## Opportunity Knocks!



Ideal for Car Sales,  
Auto Mechanic Shop &  
Divide 2 West Bays for  
Tire and Lube



1 b/r luxury Condo  
at Yonge & 401



Exclusive listing all brick Triplex,  
Great returns 100% leased



Exclusive Listing Fourplex,  
100% leased

Call Rahim for details:

**Rahim Lavji**, Sales Representative  
 Master Sales Award - Top 20% Across Canada  
 Direct: 416-319-0897  
 Office: 905-427-6522

*"Your Interests are My Top Priority"*



Royal LePage Connect Realty Brokerage  
 web: www.listwithlavji.com

NOT INTENDED TO SOLICIT MEMBERS UNDER CONTRACT

# LONDON LIFE

With strong ratings for claims paying ability & financial strength.

## YOUR MORTGAGE PROTECTION POLICY

Before you sign up for the Mortgage life policy you should shop around.  
 The banks offer convenience, but individual insurance sold by life  
 insurance companies offer portability, flexibility and a better deal.



Offers Insurance & Banking Solutions

To help our clients reach their goals and dreams.

**Jeganathan Balasundaram (Bala) B. Eng**

FINANCIAL SECURITY AND INVESTMENT REPRESENTATIVE  
 NATIONAL QUALITY AWARD WINNER  
 SERVING CANADIANS FOR THE PAST 15 YEARS

Tel: (416) 291-0451, ext. 227  
 Cell: (416) 518-9489  
 Fax: (416) 291-3779

Email: bala.balasundaram@freedom55financial.com

Toll Free: 1-877-566-5433

2075 Kennedy Road, Suite 300, Scarborough, ON M1T 3V3

Representing London  
 Life, Manulife & Sun life

Freedom 55 Financial and design are trademarks of London Life Insurance Company. Quadrus Investment Services Ltd. and design are trademarks of Quadrus Investment Services Ltd. used with permission by London Life Insurance Company.



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.

# Recent Event



## Citi College, Toronto Graduation Day 2011

Citi College, Toronto celebrated their graduation day 2011 on September 17, 2011. Many graduates spoke about their experience at Citi College.

Medical Office graduate Ms. Padmaja Manhor said she is proud that she was able to provide co-op training for some Citi College graduates and recalled most of them were able to find jobs.

Computerized Accounting student Mr. Rodelio Arellano a public accountant from Philippines said that after coming to Canada he could not find employment, within 3 weeks of graduation he had multiple job offers. He said that he picked the job from an accounting firm in Mississauga.

IT graduate Mr. Forest Wu said he is a Network Administrator from China and could not find any jobs. He worked in a factory for 2 years. He got help from second career and was able to study the Network Engineering program from Citi College. Upon completion he was able to find a job as Network Administrator and at present he works as a Sr. Network Specialist in a leading company in Toronto. Mary Khan, a recent Business Administration graduate said that her experience at Citi College was informative and helpful.

Citi College Campus Director Rainer Moeller welcomed and congratulated all graduates. Employment Counsilors Mr. Mansur Mussa and Ms. Amber Starr gave information about the help and directions available to graduates after graduation towards finding employment.



Monsoon Journal joins with  
Citi College to congratulate all  
graduates and wish them success  
in their career

**Have Your Business Connected Globally... Join the Tamils' Business Connections**

**Promoting Prosperity and Co-operation**

First to Tamils' Business Connection for Smart Business Globally...  
**To Subscribe Contact 416 272 8543**

## Home in Mississauga

### 3817 Brinwood Gate

Winston Churchill & Britannia Road West

- Prestigious Churchill Meadows Community
- 4 Bedrooms, 2.5 Washrooms & Double Garage,
- All Brick Home backing onto Ravine
- 2750 Sq.Ft Home with Extra Large Bedrooms
- Front Balcony, Oak stairs & Hardwood in Main Floor
- Double front doors & Direct access from Garage
- Close to all amenities, Schools, Shopping, etc
- Close to Highways 407, 403 & 401
- Property tax: \$4,360
- Lot Size: 41 x 88.5 feet
- Possession: 60 days or flexible

**Extras included in price:**

- Fridge, Stove, Built-in Dishwasher, Washer & Dryer,
- Central Air-conditioning, All Electrical Light Fixtures,
- California Shutters, Gas Fireplace

**\$677,500**

**Contact:**  
**Murali Sivaguru,**  
 Sales Representative  
**Direct: 416-271-2579**

**Coldwell Banker Exceptional R.E. Services,**  
 Brokerage  
 Office: 416-497-9794

**COLDWELL BANKER**

Family Room  
 Breakfast Area  
 Kitchen  
 Stairway  
 Living Area  
 Backyard to Ravine  
 Master Bedroom  
 Dining Area

# Cinema & Entertainment



## Hollywood Comes to India, Bollywood Looks Abroad

By Anjana Pasricha

After 25 years since its last visit, the James Bond movie franchise is returning to India. After authorities granted on-location shooting permits in New Delhi, Mumbai and Goa, India media reported the film may include a sequence in crowded markets and on a train. Even the star of the still-unnamed 23rd film in the series about a dapper British super spy, Daniel Craig, is expected to sign on as the official Ambassador of Indian Railways and appear in a TV commercial.

But the new Bond film isn't the only movie planning to use India as a location.

Indian authorities gave permission to more than 20 foreign filmmakers to shoot in India last year. Some of the high-profile projects include Michael Winterbottom's *Trishna*, and Ang Lee's *Life of Pi*, an adaptation of a novel. *Eat, Pray and Love*, starring Julia Roberts, was also partly filmed in India.

Entertainment analyst Komal Nahata says the global profile that India has acquired in recent years is enticing more filmmakers.

"Since India is no longer an obscure country, a lot of people come here, a lot of people hear about it," she said. "India is on the world map in a big way. Therefore also, India becomes easy to identify with."

But Nahata also says more foreign films are basing plots in India. *Trishna* is

the tragic love story of a rich businessman and a rickshaw driver's daughter; *Life of Pi* is the story of an Indian in Pondicherry.

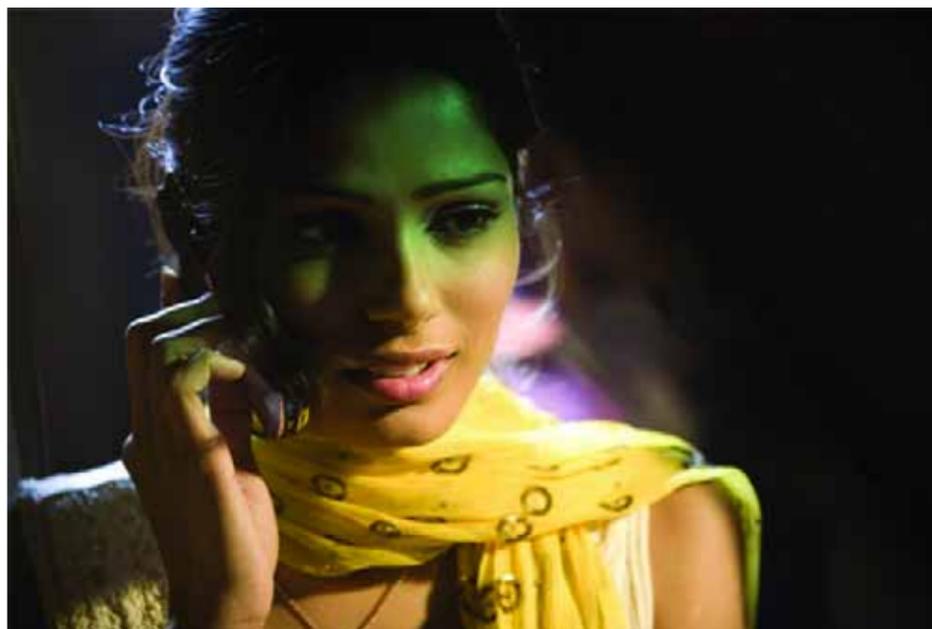
Analysts also say more film producers may have begun looking at India in the wake of the runaway success of the 2008 Oscar-winning film *Slum Dog Millionaire*, produced by British filmmaker Danny Boyle. The film tells the story of a teenager from the teeming slums of Mumbai who wins a popular game show.

"Whether it is Bollywood or Hollywood, nothing succeeds like success," Nahata said. "Since '*Slumdog Millionaire*' was such a roaring success, suddenly people started thinking, yes, India could be a good destination. Maybe India is lucky."

Home to the thriving Hindi movie industry known as Bollywood, India is also an easy place to pick up good technical talent to stage a project.

However, while an increasing number of international projects come to India, Bollywood is headed in the opposite direction. Most of the big-ticket Hindi film productions are being shot overseas in destinations ranging from Singapore to New Zealand and Ireland to cater to the taste of Indian audiences who also enjoy stories set in exotic locations, far from home.

[VOA News]



Indian actress Freida Pinto in 2008's '*Slumdog Millionaire*' (Courtesy of Warner Bros. Pictures)

## Joe Abeywickrama - stardom spanning generations

By Nipuni Wimalapala

Veteran actor Joe Abeywickrama passed away on September 21, 2011 at the age of 78. Joe had a remarkable career as an actor.

He was born in Ratnapura on June 13, 1933. He started acting in 1957. He is considered the best actor of the Sri Lankan cinema even today.

The passing away of veteran actor Joe Abeywickrama removes from our midst one of last of the icons of the Sinhala cinema who ignited the local silver screen in its golden era of the 60s.

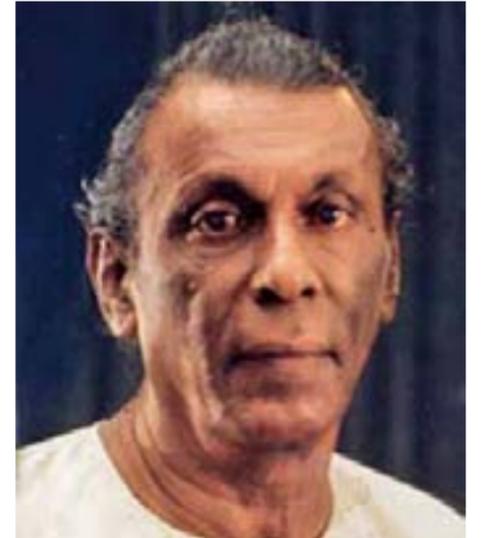
Joe was a rare artist who fitted into any role- the comedian, lover, villain, village oracle - with equal ease and yet succeeded in retaining his popularity in equal measure.

Though essentially a comedian in the early days of his career, he acquitted himself with distinction in the serious character roles which he was thrust into by producers who spotted his unique talents and versatility, which won for him many an award and accolades from his multitude of fans.

Like his illustrious contemporary Gamini Fonseka, Joe burst into the Sinhala cinema at a time when the local film industry was heavily influenced by the South Indian cinematic genre and where local artistes were made virtual caricatures of their South Indian counterparts.

Joe with the likes of Gamini, D.R. Nanayakkara et al was singularly responsible for radically changing the status quo and was one of the pioneering artistes who helped contribute to transforming the local cinema into its own unique identity shedding off the slough of the South Indian influence.

In this they were helped immensely by film makers of the calibre of Lester James Peries, Tissa Liyanasuriya and Titus Totawatte who strove to indigenize



Joe Abeywickrama

the Sinhala cinema and it was not surprising that the first choice artistes for their projects were Gamini and Joe.

It was said by some that Joe came into prominence through his combination with Gamini, the undoubted hero of the Sinhala cinema, in the sixties and that the rise his popularity was chiefly attributed to the reflected glory of acting as the ideal foil to the legendary icon.

But there were those who still contend that Joe held his own and in some instances clearly outshone and outacted the doyen of the Sinhala cinema notably in films such as *Welikathara*.

Producers knowing magic of the duo in combination never failed to exploit this alliance in their films which were invariably box office hits.

Joe was one of the few actors who succeeded in cutting across the generation gap in retaining his popularity well past his prime, which speaks volumes for the versatility of the actor. Though not a superstar in the mould of a Gamini or a Vijaya, he nevertheless commanded a vast following due to his unique style and boundless talent of the kind which still remains unequalled. [Dailynews.lk]

## Tamil poet Bharathiar remembered

Chief Minister N Rangasamy of Puducherry and leaders of various organizations paid floral tributes at the statue of national poet Subramania Bharathiar near Raj Nivas here on his 90th death anniversary on September 11, 2011.

Bharathiar had during his sojourn in Puducherry early in the 20th century penned many patriotic songs with '*Kuyil Paatu*' being his magnum opus, scripted by him at nearby Kuruvidikuppam. Puducherry government had established a multi disciplinary fine arts institution to perpetuate the links Puducherry had with the life of the poet. In pre merger days a Bharathi Memorial committee was formed by leaders of public opinion and



Chief Minister N. Rangasamy offering floral tributes to Subramanya Bharathi in Puducherry

of various organisations and journalists.

The French government had named a street after Bharathiar in the heart of the town at the request of that committee -

PTI

# ARE YOU GETTING

# 1,000,000

# DOLLAR ADVICE?



## CRITICAL ILLNESS INSURANCE

What if it happens?

Get covered up to \$2 million if you diagnosed with one of the critical illnesses or get all your money back if you stay healthy.

25 Illnesses covered including Cancer, Heart Attack, Kidney Failure, By Pass Surgery

## FINAL EXPENSES COVERAGE FOR SENIORS

Enjoy peace of mind knowing that you have arrangements in place to protect your family

- No medical exams
- Immediate coverage - No waiting period
- Previously declined, High blood pressure, High cholesterol, diabetes will be accepted

## SIMPLE SOLUTIONS IN A CRITICAL SITUATION



INSURANCE & FINANCIAL SERVICES INC.

### Sritharan Thurairajah

Insurance Advisor  
Qualifying Member Million Dollar Round Table



759 Warden Ave., Scarborough, ON, M1L 4B5  
Office: 416-830-0386 Ext: 407 Fax: 416-759-6220

**Tel: 416-918-9771/Cell: 416-300-5496**

E-mail: info@life100.ca Web: www.life100.ca

# RESP

**The greatest gift you can give to your children**

**Children - Our hope for the future.**

**Who can help you design their future?**

Receive up to

**20% - 40%**

**Government Grant and**

**15% Education Bonus**

# Recent Event



## Canadian Tamils' Chamber of Commerce hosts 4th Annual Golf Classic and donates proceeds to The Scarborough Hospital Foundation

September 7, 2011 - NEWMARKET- The Canadian Tamils' Chamber of Commerce held their 4th Annual Golf Classic at the beautiful Silver Lakes Golf and Country Club in Newmarket. Despite the windy weather the event was a great success and everyone had a wonderful time.

Many people joined together to enjoy the great day of golf, and skill levels varied from beginners to more experienced golfers. Players were up for the challenge of claiming the first place trophy this year, but Team NJ had won the 1st place prize yet again! Although there were many talented golfers that came

out, no one could claim the hole-in-one prize sponsored by Town and Country BMW of a Brand New BMW, with a 2 year lease.

There were many sponsors and hole sponsors that came out in one form or another to support the CTCC including the Event Sponsor RBC. Corporate sponsors included Industrial Alliance, Scotiabank, TD Canada Trust, and The Cable Shoppe. Hole Sponsors also included The Law Office of Gary Anandasangaree, The Co-operators, Liland Insurance Inc., The Law Offices of Meleni David, and CIBC. Providing the delicious sandwiches for lunch was

JC's Banquet and Catering. The golf balls were sponsored by Magnum Fire Protection Inc, and the Snacks for the event were sponsored by Freedom 55 Financial.

After the long day of golf, the evening closed with a speech by the President of the CTCC Mr. Mike Ahilan thanking everyone who joined the CTCC in participating in this year's Golf Classic, and then followed by a speech by the President and CEO of The Scarborough Hospital Foundation, Mr. Michael Mazza, thanking the CTCC for their support and fundraising efforts towards the hospital. All of this was then fol-

lowed by a hearty steak dinner served by the Silver Lakes Golf and Country Club.

All of the proceeds for the golf tournament will go to The Scarborough Hospital Foundation to purchase vital medical equipment. The day was eventful, and discussions about next years tournament was already in the works, as many of the golfers could be heard of refining their skills before the next Golf Classic. The CTCC thanks all its participants and supporters from this year's tournament and encourages everyone to participate in the events taking place throughout the year, including next year's Golf Classic.



Registration in progress for tee-off



The Scarborough Hospital Team with David Wu, Guy Bonnell, VP of Community Development, Tom Jackson and Joseph Hagos



RBC Team with Mark Beckles, Regional Vice President, Zeib Jeeva, Bahadur Madhani & Greg Seater Vice President - Investments



Scotiabank Team with Mano Thillainathan Branch Manager, Edward Rajasingham, Branch Manager and Giri Siva at far right



The co-operators Team with Alok Tomar, Anthony Yu, Shane Ho and Senthoooran Punithavel



Rajee Muthuraman and Frank Barbosa with their team - RJ Multi Litho



NJ Team's with NJ Nadarajah, Mark Bultge, Rajinda Gunasena & Anton Dharmaseelan



Innovative Detailing Team with Ken Kirupa, Santha Panchalingam, Gary Decock & S. Jeyakumar



Team Vince Sinnadurai, Warren Sinnathamby, Meleni David and Esther Senathirajah



Industrial Alliance Team with Herbert Uy, Roland Chan, Jun Borille and Toti Bergara (from Liland Insurance)



Law office of Gary Anandasangaree Team with Logan Velumailum, Bala J. Balasundaram, Ravi Siva and Dr. C.P. Giri



Liland Insurance Inc. Team with Jude Francis, Murali Sivaguru, Jey Jeyakanthan and Gajan Mahan

# Great Inventory & Great Value

## NEW OFFER FOR THE NEXT GENERATION 2012 CIVIC

### 2012 CIVIC LX SEDAN

LEASE FOR

**\$178 @ 1.99%** APR

PER MONTH FOR 48 MONTHS\*

**\$0 SECURITY DEPOSIT** | **\$2240 DOWN PAYMENT/OAC**

OR

PURCHASE FOR

**\$154 @ 1.99%** APR

BI-WEEKLY FINANCE FOR 60 MONTHS\*\*

**\$0 DOWN PAYMENT/OAC**

Power windows & heated power side mirrors • AC with air-filtration system • Keyless entry • Bluetooth® wireless mobile phone interface • And much more!



MODEL FB2E4CEX



BEST SELLING CAR IN CANADA 13 YEARS IN A ROW  
Over 1,500,000 Civics sold in Canada.<sup>1</sup>



The Next Gen Civic has been recognized as a TOP SAFETY PICK for 2011.



MODEL RD3K3BEY

2011 CR-V LX  
LEASE FOR **\$347 @ 0.9%** APR

PER MONTH FOR 48 MONTHS\*

**\$0 DOWN PAYMENT/OAC** | **\$0 SECURITY DEPOSIT**

17" aluminum-alloy wheels • Power windows and power door locks • Keyless entry • AC with air-filtration system • 60/40 split sliding fold & tumble forward rear seats • And much more!

OR

FINANCE A 2011 CR-V

STARTING FROM **0.9%** APR

FOR UP TO **60 MONTHS\***

**FORMULA HONDA**

**ATHEESAN (SHAN) SARVANANTHAN**

**CELL: 416.720.1184**

2240 Markham Road, Scarborough ON. M1B2W4

Tel: 416.754.4555 Ext. 2705, fax: 416.754.9465





www.j11.ca 1-877-721-8910

Millions of Consumers are Browsing the Internet!  
Are you ONLINE to SERVE them?



Development



Graphic Design



Web Hosting



Domain Registration



Maintenance & Support

J11 IT Solutions Inc.  
2100 Ellesmere Road, Suite 205  
Toronto, Ontario  
M1H 3B7

www.j11.ca 1-877-721-8910





# Markham Stouffville Hospital

## Celebrate Building a Healthier Community

On Saturday, September 17, the Markham Stouffville Hospital Foundation celebrated the expansion project and fundraising campaign. A large group of hospital supporters gathered including Mayor Frank Scarpitti who announced that the foundation has successfully reached 70 per cent (\$35 million) of the \$50 million expansion goal!

Michael Landsberg, Canadian Sports Journalist and Host of Off the Record on TSN, joined the celebration and spoke of the importance of expanding facilities like MSH's Mental Health Clinic to ensure that families receive the care they need close to home.

Guests took photos with construction vehicles, signed a beam that will be used to help build the new hospital and learned from health and wellness experts. Kids also had the chance to visit the teddy bear clinic and take home their very own MSH bear.

"We are so pleased to have reached this important milestone with over \$35 million for our community and the Hospital," says Suzette Strong, CEO, Markham Stouffville Hospital Foundation. "Just as our new building is going up, we are also seeing results of our fundraising efforts coming together. None of this progress would be possible without the generous support from our community, the individuals, organizations, corporate partners and event sponsors."

"The next few years will be very exciting," says Janet M. Beed, President and CEO Markham Stouffville Hospital. "We expect to complete our new building in early 2013 and then begin extensive renovations to our existing building. Our team has already started working to make our move to the new building seamless and safe."

Markham Stouffville Hospital

Foundation has reached the 70 % mark (\$35 million) for its fundraising goal of the \$50 million Expansion Campaign, co-chaired by Mayor Frank Scarpitti and Mr. Peter Mason.

Following the hospital's first \$2 million donation from Liberty Development Corporation, the "Emergency Green Zone" received a new sign. Be sure to check it out on your way through the hospital lobby

Great progress was made on the new building and exciting work continues both inside and outside.

**Here is a snapshot of construction activity:**

- Currently there are approximately 150 construction trades people working on the project with a total of 300 expected as more trades move onsite.

- The structural concrete should be complete in late October, then the steel structure for the mechanical penthouse

will be erected.

- The installation of the backbone of the electrical and mechanical (heating, ventilation and air conditioning systems) is well underway on Level 1 and has started on Level 2.

- The masonry subcontractor work has started on Level 1 with interior block walls and installation of exterior brick on the ambulance garage is expected to start in the coming weeks.

- The paving subcontractor has paved portions of the new roadways and is working to construct curbs and pave the new visitor parking lots in the month of September.

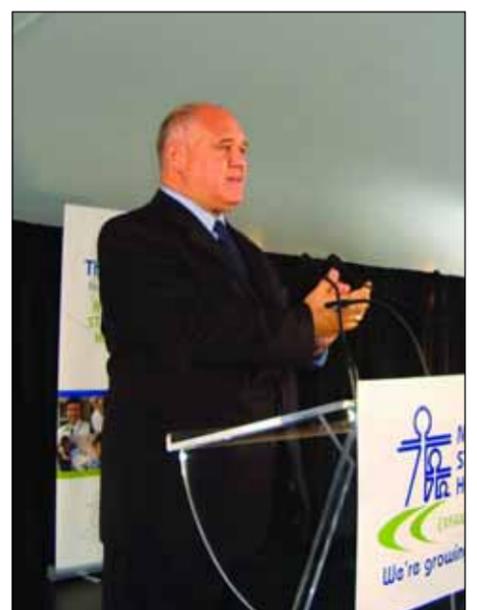
- The connection between the Markham District Energy co-generation plant and the new hospital is well underway. The plant provides all the heating, cooling and electricity to the new building.



Mayor Frank Scarpitti and Peter Mason, Co-Chairs of the \$50 million Campaign for Expansion.



Keynote speaker, Michael Landsberg, TSN host of "Off the Record" at Markham Stouffville Hospital Foundations largest donor celebration in the history of this hospital



Frank Scarpitti, Mayor of Markham



Top Row: Mark Lievonon, Chair, Markham Stouffville Hospital Foundation Board of Directors, Peter Mason, Co-Chair of the \$50 million Campaign for Expansion, Janet M. Beed, President and CEO, Markham Stouffville Hospital, Frank Scarpitti, Mayor of Markham



Janet M. Beed, President and CEO, Markham Stouffville Hospital



Suzette Strong, CEO, Markham Stouffville Hospital Foundation



Mark Lievonon, Chair, Markham Stouffville Hospital Foundation Board of Directors



Town Crier announcement

Bottom Row: Jo Li, Regional Councillor, Town of1 Markham, Michael Landsberg, Canadian Sports Television Personality, Suzette Strong, CEO, Markham Stouffville Hospital Foundation, Hon. Michael Chan, MPP, Minister of Tourism & Culture, Warren Jestin, Chair, Markham Stouffville Hospital Board of Directors



# The Scarborough Hospital

## RPN ASHLEY MISURKA, A MENTAL HEALTH NURSE RECEIVES ONE OF THE MOST PRESTIGIOUS ACCOLADES IN ONTARIO NURSING

One of The Scarborough Hospital's own nurses, RPN Ashley Misurka, a mental health nurse at the Birchmount campus, recently received one of the most prestigious accolades in Ontario nursing: the RPNAO Award of Excellence and Innovation.

Handed out annually by the Registered Practical Nurses Association of Ontario (RPNAO), nominees must exhibit "evidence of leadership within the profession and excellence in practice, and excellence in role modelling of professionalism and respectful collaboration with other members of the healthcare team."

In their nomination submission, RN (EC) Kristine Lorbergs, Clinical Resource Leader and RN Susan Engels, Patient Care Director, Mental Health, wrote, "(Ashley) demonstrates professionalism through her conflict management skills and her customer service focus making it the best possible experience for patients and their families."

In addition to her part-time status on the Inpatient Mental Health Unit, Ashley is also an educator, teaching PSW and RPN students at Sheridan College.

Ashley was first shocked, then surprised and now, "really proud of myself" upon hearing of the award.

"I love the one-on-one interaction with my patients; I like the challenges," she says. "Every patient is like a puzzle and we have to figure out what's going on with them."

Ashley was in high school when her mother became ill, and Ashley herself was diagnosed with a tumour.

"My Mom and I were in separate hospitals at the exact same time. I developed a close relationship with the nurses assigned to me, and saw what taking care of patients was really about," Ashley recalls. "There were a couple of nurses who

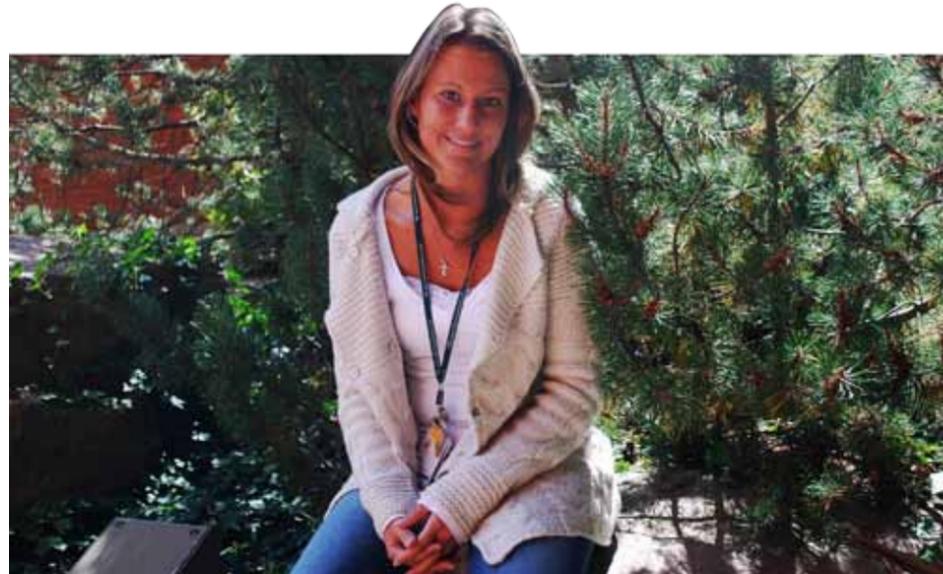
made a huge difference in my recovery. I remember crying at 2 a.m. because I was missing school, friends and my family. The nurse sat on the edge of the bed and talked to me for over an hour. It was at that point I knew I wanted a career in healthcare."

Always good with sciences, Ashley originally wanted to become an X Ray Technician, "but I tried nursing first and ended up staying with it."

Graduating from nursing school in 2005, the Brampton native started out nursing in orthopaedics at William Osler Hospital. After a year, "I decided to step out of my comfort zone and applied at different hospitals."

Offered jobs at two hospitals – TSH and North York General – Ashley chose TSH, "truthfully because of the staff on 3C medicine. They were very welcoming, and I connected with them right away," she says.

When her unit closed beds, she had a choice between CP1 and mental health, and chose mental health four years ago,



TSH RPN Ashley Misurka was recently honoured with an Award of Excellence from the provincial body representing her nursing profession.

working on Tower 8 at the General campus.

"It's definitely a different kind of nursing. You have to think not only of the medical issues, but also the challenges of mental health," she explains. "I work with fantastic people, who have helped me become the nurse I am today. We're like a little family. I enjoy where I work, and I'm proud to say I work here."

## NEW MRI AT BIRCHMOUNT CAMPUS



TSH's Diagnostic Imaging staff are preparing the MRI for operation, scheduled to begin later this month

A proud moment happened at 8:00 a.m. on Thursday, September 1 when the MRI machine for the Birchmount campus arrived on site to be hoisted into the soon-to-be-completed MRI Suite.

The arrival was celebrated by more than 500 employees, volunteers, physicians and Board members as the MRI was lifted from the truck to a specially designed crate, lifted by crane through the window and lowered into its new home.

The TSH Foundation has been actively setting up the campaign to raise funds for the new MRI. Similar to other hospitals in Canada, TSH must raise the funds to purchase this state-of-the-art medical equipment. The government will provide funding to operate it annually, but the hospital must raise the funds to renovate the space and purchase the magnet.

TSH's family of dedicated staff, physicians, hospital volunteers and members of TSH's volunteer committees and Boards supports this MRI. Thanks to the tremendous efforts of Dr. Timothy Devlin, the Family Campaign fundraising initiative has begun. Dr. Devlin is joined by Kathy Bruce, Patient Care Manager, Surgery, and Martin Goldstein, Patient Care Manager, Diagnostic Imaging, as the Employee Co-Chairs.

Several groups presented gifts to the Family Campaign, including: Volunteer Services with a fantastic gift of \$200,000; the Department of Medicine with a pledge of \$100,000; the Emergency Physicians have pledged \$100,000; and it was confirmed that 100 per cent of both the hospital Board and the Foundation Board – all of them volunteers – have made gifts. Annie Barrett, Pulse team captain, also proudly presented their \$10,000 winnings from the show to the MRI Campaign.

To date, \$1.1 million has been raised towards the Family Campaign goal of \$1.2 million!

While the MRI is scheduled to be up and running in October, TSH must still raise the remaining funds to cover its cost. If you would like more information, please call Gina, TSH's VP of Philanthropy, at ext. 6662 or email geisler@tsh.to.

## Join the 2011 Tree of Life Campaign



The 2011 Tree of Life campaign, running until October 14, gives Shoppers Drug Mart customers and employees the opportunity to donate directly to organizations that make a difference to women's health in their own communities. The campaign encourages customers to purchase and personalize their own paper 'leaf' for \$1, 'butterfly' for \$5 or

'cardinal' for \$50. Each piece is then displayed on a tree branch on the 'Tree of Life' in the store. Then, 100 per cent of all proceeds at participating locations will go directly towards Digital Mammography at The Scarborough Hospital.

Please support TSH and make a difference by purchasing a piece at one of the following Shoppers Drug Mart stores:



1. Warden & Steeles, 7060 Warden Avenue
2. Woodside Square, 1571 Sandhurst Circle
3. Brimely & Huntingwood, 2329 Brimley Road
4. Middlefield & Steeles, 5671 Steeles Avenue East
5. Sheppard & Victoria, 3125 Sheppard Avenue East



# The Scarborough Hospital

## Spiritual Care at TSH helps connect with all faiths

Not only does TSH's Spiritual and Religious and Care Department cater to a myriad of faith communities through its ministering to patients and staff, it also provides educational opportunities for fledgling clergy and lay spiritual caregivers.

It's a multifaceted approach to education, awareness and training that accommodates the diversity of Scarborough, helping TSH to better connect with a wide range of religions and cultures in our community.

"When I came here 21 years ago, we started contacting the local faith communities to help us minister to our patients who represent such a vast diversity," explains Eric Howes, Manager. "Our team of professional chaplains offer spiritual care that is sensitive and respectful of the diverse multicultural mosaic of Scarborough."

High profile festivals, such as Diwali (Hindu), Id al-Fitr (Muslim), Wesak (Buddhism), as well as Christmas (serving a multitude of denominations), are well attended and have gone a long way in educating staff about the various religious practices of our community.

In October and November, the department recruits volunteers to participate in the Lay Spiritual Caregiver Education Program, covering several topics, such as how to visit sick people, helping families grieve, be with the dying, listen and respond to patients and their families. Graduates



Diwali is one of four festivals celebrated annually at The Scarborough Hospital

can apply to become a visitor in the hospital through education and mentoring.

"Our lay visitors represent a wonderful cross section of cultures and religions, and we currently have 15 multi-faith visitors and 12 faith visitors," Eric explains.

Of course, there's also the clinical pastoral education program, and TSH is an excellent training ground for students

attending the program, which is associated with the Canadian Association of Spiritual Care (CASC).

"We train about ten students a year who are either studying theology, training to become congregation/parish clergy or chaplains," he adds. "It's a 12-week summer program, five days a week, and we offer an extended program of two days a week from mid-September through to March. These students become members of the health care team, and spend a good deal of time in the Critical Care Unit and Emergency Departments."

The department also offers an array of worship services, holy communion, bereavement support groups, a parental loss program, memorial services, as well as the Spiritual Care T.V. Channel 76 in patient rooms that broadcasts worship services, events and inspirational messages and music.

October 17 to 21 is National Spiritual and Religious Care Awareness Week, and displays will be available October 18 to 20 at both campuses.

## TSH Emergency nurses volunteer their services in Haiti

A recent medical mission to Haiti has given two Emergency Department nurses from The Scarborough Hospital the determination to volunteer their time and services on similar missions in the future.

Sarah Marshall and Carlene Francis spent a week in the small village of Milot, about three hours from Port Au Prince. They worked out of l'hôpital Sacré Coeur after TSH Chief of Pediatrics, Dr. Peter Azzopardi, shared his amazing experience there last year.

"Carlene and I took it upon ourselves to make all the arrangements because we wanted to go, and didn't want to wait around for others to join us," Sarah explains. "We cared for post-op surgery patients – about eight a day – as well as seeing as many patients as we could in the emergency tents."

While the countryside is beautiful, the nurses witnessed a lot of poverty, where people don't have much, and their homes are built of whatever materials they can find.

"The earthquake victims we saw in Milot were all treated with prosthetics for amputated limbs and skin grafts for burns by other health care professionals who also donated time and resources. Our time was spent caring for post-op patients and emergency patients," Sarah recalls. "There had been an earlier cholera outbreak, but when we were there, only 12 reported cases were in isolation – the lowest number since the outbreak."

Sarah will remember a four-year old boy, Santos, who had been burned in a house fire.

"I just connected with him, really enjoyed him," she says. "While I didn't learn anything 'new,' I did learn how to do some procedures differently because of the lack of resources.

It's a different way of life, and it's hard to believe you can see so many people in poverty who are so grateful, loving. We did everything we could to help them and they were appreciative."

For Carlene, who was born in Jamaica and is "used to Third World country life," the experience gave her more "appreciation for the equipment and supplies we have in our hospital."

"It changes your way of thinking," Carlene adds. "If you go to a place like Haiti, where you have to treat people without the use of a CT, x-ray, MRI or automatic blood pressure machines, you really appreciate what you do have here."

Learning to work with limited resources was a life-changing experience for Carlene.

"There was a little girl with a fractured femur. They were going to send her to another hospital to have her leg amputated, but fortunately, we had a fourth-year resident from New York who was familiar with relocating and putting casts on," Carlene recalls. "Instead of amputating that girl's leg, and without benefit of x-ray machines, CTs or MRIs, we did figure out how to use an old CR x-ray machine.



TSH Emergency Nurse Sarah Marshall plays 'pat-a-cake' with a young Haitian girl

"We located the fracture, put it back in place and put a cast on, and she kept her leg. The family was overjoyed, and it was the highlight of my trip. It definitely made me a better nurse, and I'm definitely going back to Haiti next June."

Carlene is not resting on her laurels, though. On September 10, she went on another mission – this time for three weeks to Johannesburg, South Africa, in hopes that she would be able to set up a blood pressure clinic.

## NEWCOMERS HEALTH FAIR

ADMISSION IS FREE AND ALL ARE WELCOME ON OCT 20TH

Equity & Stakeholder Outreach. "Many are not familiar with where to access health services

The Scarborough Hospital's Department of Diversity, Equity & Stakeholder Outreach has teamed up with several community partners to host the Newcomers Health Fair – featuring a wide range of health-related topics for new Canadians.

Scheduled for Thursday, October 20 at The HUB, the event begins at 2:00 p.m. and runs until 8:00 p.m. It is open to the public and admission is free.

"TSH serves a very vulnerable newcomer population. Over 57 per cent of Scarborough residents are recent immigrants," explains Waheeda Raman, Director, Diversity,

and as a result, this Fair provides an opportunity for them to gain valuable information on navigating our complex healthcare system."

The Fair is a joint effort between TSH and the Scarborough Centre for Healthy Communities, Central East Regional Cancer Program and Toronto Public Health.

Topics that will be showcased include services for pregnant women and new mothers; where to get medical assistance (with or without a health card); hospital services; diabetes; healthy living and early cancer detection; and how to prepare your child for school. There will also be displays and blood pressure checks.

"Recent research has soon shown that many new Canadians experience the 'healthy immigrant effect,' where they arrive in Canada healthy, but over time, they experience challenges with their health due to the stresses of settlement in Canada, such as finding employment in their field, getting their children in school, housing," Waheeda adds. "Through this Fair, we hope newcomers will better understand the services that TSH, Public Health and Health Centres offer, including when they should go to the Emergency Department."

The HUB is located at 2660 Eglinton Ave. East, Toronto. For more information or to register, call 416-640-7390.



# The Scarborough Hospital

## TSH's support for "Home First" helps many patients

When Marguerite Crottie's 90-year old mother started 'seeing things' and was exhibiting some strange behaviours, she was brought to The Scarborough Hospital's Emergency Department.

"They knew something wasn't quite right, and she was admitted," Marguerite recalls of that harried time on June 14. "That's when I first heard about Home First. A very nice social worker told me about it, and I thought it was a good idea."

Home First is part of the Central East LHIN's 'Aging at Home' strategy, and is a philosophy that helps patients transition from the hospital back to their homes. By working with patients and their families, TSH, the Central East CCAC and Transcare match services to patients to help them stay in their own homes.

"When a patient comes into the hospital, we begin our discussions around discharge planning – how we are going to get them home as safely as possible," explains Sari Greenwood, Patient Care Manager for the Social Work Department. "Each patient is assessed by the interdisciplinary team, including our community partners, in a discharge support meeting."

From there, they may receive individualized support services depending on their healthcare needs, such as home care, meals, friendly visitors and light housekeeping.

"The partnership we have developed with the CCAC and Transcare is really collaborative, where we work together to match the right package of services with the patient and their family so that they can go home," Sari adds.

For Marguerite and her mother, Selina Waddell, that meant enhanced hours from the three hours a week they were already receiving, to 14 hours a week.

"This means I can get some respite, go on health appointments, and I know Mom is being cared for while



**TSH Social Worker Scott Wisner visits Home First patient Selina Waddell (left) and her daughter, Marguerite Crottie, in their Scarborough home**

I'm away from the house," says Marguerite, who is 63 and starting to feel the effects of caregiver burn-out.

Scott Wisner is the Social Worker who looked after Marguerite and Selina.

"Home First is about helping patients who no longer require the acute care services of the hospital return home to maximize their quality of life in the community," Scott explains. "The idea is to do our best to support this person and get them home once their acute needs clear up a bit."

The Home First philosophy has made it easier for Social Workers like Scott to do their jobs better, especially since he's working closely with CCAC case managers who attend rounds with Scott every day to discuss each case individually. "You want to help these patients, and you recognize they're struggling at home. But with resources so limited in the community, your hands are tied about what you can do for them," he explains. "Home First makes it easier in situations where the family wants the patient back in their home environment, and are happy to receive the extra help available to them."

For Marguerite, who is dealing with some health issues of her own right now, Home First has allowed her to continue to look after her mother in her own home, while still having the chance for respite, knowing Selina is well cared-for while she's doing errands.

The strategy has also helped improve the working relationship between TSH and CCAC.

"We're working together, supporting one another, particularly around complex and complicated discharges," Sari adds. "Communication and collaboration with our community partners are improving so that past barriers to discharge are breaking down and we're getting patients home quicker."

## Breaking Barriers to mental health care

### The Scarborough Hospital's speakers' series tackles complex issues

By Kerry McLeish

Sometimes, issues important to our health and wellbeing are difficult to talk about. For instance, dealing with a family member who is struggling with mental illness is challenging enough, but the issues can be compounded because of misinformation, stigma and difficulties navigating the healthcare system.

The second in The Scarborough Hospital's 'It's Time to Talk' speakers' series, 'Breaking Barriers: Stigma, Families and Mental Health,' gave more than 100 community members the opportunity to learn when to start having a conversation, understand the importance of listening, and know when it's time to stop talking and get crisis help.

"Stress is our response to a situation that we feel is beyond our ability and resources to manage," says Faiza Khalid-Khan, a social worker in The Scarborough Hospital's Mental Health department. "A personal crisis, such as the death of a family member, the loss of a job or the breakdown of a marriage, can make people feel overwhelmed, out of control and unable to cope."

When these stresses are not dealt with properly, it can lead to major mental illness for some. While they may vary from person to person, common symptoms include feeling depressed for a long period of time, losing interest in things once enjoyed, hearing or seeing things that others cannot, paranoia and disinterest in personal hygiene.

Whether it's concern for a loved one or for oneself, Jeanine Tuitt, a Schizophrenia liaison social worker, says starting with a visit to the family doctor is key.

"They can help you with your current issue and refer you to appropriate resources by giving you information on community agencies, or writing a referral for an outpatient hospital. If you do not have a family doctor, a walk-in clinic physician can



**Speakers from the 'It's Time to Talk' series at The Scarborough Hospital addressed a variety of difficult topics l-r: Dr. John Wright, President and CEO, The Scarborough Hospital; Susan Engels, Patient Care Director, Mental Health; Dr. Karen Shin, Psychiatrist; Faiza Khalid-Khan and Jeanine Tuitt, TSH Social Workers; Dr. Thomas Choy, Psychiatrist; Dr. Stephen Barsky, TSH Chief of Psychiatry; and Stephen Smith, Chair, TSH Board of Directors**

also provide referrals," says Tuitt.

Everyone has lapses in memory but, with our aging population, comes concern about dementia.

"Mild Cognitive Impairment is a stage between normal forgetfulness due to aging and the development of dementia," says Dr. Stephen Barsky, Chief of Psychiatry at The Scarborough Hospital. "It is important to investigate early as there are some reversible types of memory loss and now there are treatments which can slow the progress of Alzheimer's disease and other forms of dementia."

TSH Social Worker Shefali Raja works in a psycho-geriatric outreach program that provides consultation service to 12 nursing homes in the Scarborough area. She recommends puzzles, trivia and word games

to keep the brain active.

"Stay-at-home strategies include labeling everything, using pill organizers, programming speed dials and using auto-shut off appliances," says Raja. "It may be time to move on to assisted care if the forgetfulness impedes maintaining one's self and home, or when outside supports are not enough to provide the necessary help."

Depression can affect children, youth, adults and seniors. It affects all social classes and ethnicities. Some sufferers of depression experience episodic illness; others have chronic symptoms. It is an illness that can impact work, family and social life.

Anxieties, including panic disorder, OCD, social phobia, PTSD or generalized anxiety disorder, are commonly treated with medications and psychotherapy, alone

or together in combination, says Dr. Karen Shin, staff psychiatrist.

"Antidepressants are used to treat depression and anxiety disorders," says Shin. "They're generally very safe, have limited side effects and are non-addictive. Family doctors are usually very knowledgeable about using antidepressants."

Other topics touched on psychosis, early detection brain chemistry and substance abuse.

"Fear, stigma and isolation may be some of the difficult feelings that make people hesitate to get professional help," says Susan Engels, Patient Care Director, Mental Health. "Yet seeking help is often the first step in beginning the journey towards recovery."

Kerry McLeish is a Communications Officer with The Scarborough Hospital.

# Sri Lanka's survivors tormented by horrors of war

By Nita Bhalla

KILINOCHCHI, Sri Lanka (AlertNet) – Ranjini wakes up screaming. Her mother's body is on fire, her teenage sister is covered in blood and the mutilated, charred corpses of her relatives lie scattered everywhere.

It's a recurring nightmare.

"I see my mother's burning face ... she is calling me to help her, but I can't or I will be killed from the shelling also," says the 23-year-old, petite Sri Lankan woman, wiping the tears from her face with a blue and white checkered handkerchief.

"My little sister is lying with blood all over her skirt, but I cannot see the wound. She is unable to speak but from her eyes she is trying to tell me something. She dies. I too want to die."

More than two years since Sri Lanka's 25-year-old conflict ended, mental health experts say thousands of survivors are living in torment typical of war survivors — haunted by memories of the final months of fighting between the separatist Liberation Tigers of Tamil Eelam (LTTE) and government forces.

"The horrific, abrupt end to the war saw people witnessing their family members die, but most could do nothing but run, forced to abandon the bodies of their loved ones without performing important last rites," said a Western aid worker with an EU-funded charity, speaking on condition of anonymity for fear of upsetting the Sri Lankan government.

As a result, many of the war-affected have failed to gain closure, and are haunted by flashbacks, hallucinations, nightmares, suicidal thoughts and anti-social behavior.

Experts suggest the poor mental health of men in particular has driven many to alcoholism and led to numerous reports of domestic violence, child abuse and family separation amongst war-hit communities in the Indian Ocean island's ravaged north.

But while aid workers welcome President Mahinda Rajapaksa's policy to rebuild the north economically and spur growth, they say the "invisible scars" of the war remain unrepaired.

Sri Lanka is now in its third year of peace after defeating the Tamil Tigers in a cataclysmic final battle in May 2009, when the separatists held nearly 300,000 civilians as human shields in a tiny strip of land as the military closed in.

In the island's northern Kilinochchi district — the Tigers' self-declared capital — the population of 120,000 was forced to flee or take refuge in displacement camps as the army advanced with the aim of ending Asia's longest running modern war.

One year since returning home, many still live in temporary houses made of



corrugated iron or under tarpaulin sheets held together by wooden poles. They recount stories of constant artillery fire and aerial bombardments.

Now mothers, who did not have time to mourn their dead children, show apathy toward their living ones, while children show signs of anti-social behavior at school, unwilling to participate.

Teachers talk of having to calm screaming students — some as young as six — who fall to the ground with their hands over their heads at the sound of thunder or from the loud bang that comes from a tire burst, believing the shelling has begun again.

Almost everyone speaks on condition of anonymity, fearing reprisals for revealing details of what occurred in the last phases of war — an issue which stirs sensitivities of a government under Western pressure over allegations of war crimes.

But while a small number of women and children are now beginning to come for counseling, men in this conservative, patriarchal largely Hindu Tamil community are reluctant.

Unwilling to talk about what they saw, counselors say their plight is worsened by the despair of seeing their homes gutted, their possessions lost and the lack of jobs. Many seek escape in cheap liquor or sit idle in the shade of the small shops and bullet-ridden buildings which line the main road through Kilinochchi town. The government's strategy has been to focus on economic development by investing in roads, railways and ports construction in the north.

"Our priorities are providing housing and job opportunities for the community now. We need private sector investment and income-generating activities for the returning displaced," said R. Ketheeswaran, the government agent in charge of Kilinochchi district.

"We don't even have enough doctors and nurses in this area. Mental health is not a big issue."

With only one psychiatrist for every 120,000 people and a few dozen counselors, less than 5 percent of those who need treatment are getting it, say aid workers.

*(AlertNet is a global humanitarian news service run by Thomson Reuters Foundation. Visit [www.trust.org/alertnet](http://www.trust.org/alertnet))*

## Ken Kirupa's iPad Giveaway

### Refer your Friends & Family. Receive\* an iPad!



Do you know any of your friends or relatives who are **thinking of Buying or Selling** their home?

Refer them to **Ken Kirupa** and **receive** \* an **iPad!**



## Ken Kirupa

Sales Representative

# 416.830.8191

Re/Max Crossroads Realty Inc, Brokerage 416.491.4002

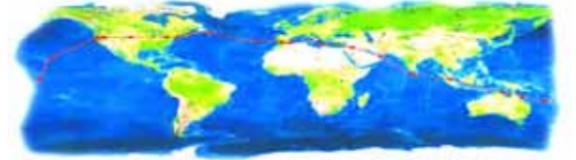
905areaHomes.ca

416homes.ca

kenkirupa@remax.net

\*After completion of the transaction. Offer ends Dec 31, 2011 Call for more detail.

# Around the world



## India's New Poverty Definition Upsets Activists, Some Economists

By Anjana Pasricha

In India, norms set by the country's main planning body to calculate poverty have been slammed by critics who fear they will exclude vast numbers of the needy from social welfare programs. About one third of India's 1.2 billion population is poor, according to official estimates.

Hari Singh earns about \$150 a month working as a security guard in the business hub of Gurgaon near Delhi. After paying \$40 to rent a small room in a slum, the 45-year-old can barely manage to buy enough food for the house.

Singh says fruit and milk are out of his reach. He estimates he needs double his income to cover basic expenses on housing, health care and schooling for his son.

But Hari Singh will not be counted among India's poor, according to new criteria proposed by the planning commission to determine the poverty line.

The planning commission has told India's supreme court that a person who spends roughly half a dollar a day on food, education and health in rural areas, or \$15 a month, will not be considered poor. The bar for the poverty line for urban areas is slightly higher - 66 cents or about \$20 a month. The figures are far below the World Bank's international poverty standard of \$1.25 per day.

The planning commission, which guides economic policy, formulated the norms after the country's top court asked it to explain the basis for its poverty numbers.

The new criteria follow a contentious debate, in recent years, on how to identify India's poor. After being determined for decades by a person's calorie intake, it has now moved to income.



A man sits outside his makeshift shelter at the side of a road in Mumbai, India, Sept. 21, 2011

But activists and many economists have slammed the new norms for being unrealistic. They say that in a city such as New Delhi, 66 cents would buy a person no more than an onion, a potato, some rice, a banana, a pencil, an aspirin and a bus ticket.

"It's been understood for some time that this poverty basket is very restrictive. But what is new and I think completely startling is the claim that this poverty line actually ensures adequate expenditure on food, health and education. That really cannot be justified from a common sense point of view... This is more like a starvation line than a poverty line," said Jean Dreze, a prominent development economist involved in India's economic policy making.

The planning commission says it has to set the poverty line to target those who are most in need. Officials stress that the government must make the best use of

limited funds it has to spend on social welfare programs and they cannot cast the net too wide.

Despite India's spectacular economic growth, millions of people are still poor. The Congress-led government has ambitious plans to cut poverty by spending billions of dollars on employment, health care and education programs. It proposes to pass a law to give cheap food grains to the poor. It wants to replace subsidized fuel and fertilizer with cash transfers.

But activists argue that the government is trying to reduce its welfare burden by reducing the number of those who will qualify for state benefits. Among the critics is Biraj Patnaik, adviser to an official commission on the right to food.

"What they want to do is to exclude 70 percent of the people of this country from any benefit that anti-poverty programs are giving, and this will then subsequently lead to a decline in subsidies..."

But this is eliminating the poor by deceit, by default and not by improving their lives," said Patnaik.

About 32 percent of India's 1.2 billion people, or roughly 400 million people, live in poverty, according to official estimates.

But several economists argue that these figures do not accurately reflect the extent of deprivation in a country where nearly half the children under five are malnourished.

A government appointed watchdog, the National Advisory Council, has been arguing that social support should now be extended to all citizens because the country can afford it.

Economist Dreze, who was a member of the council, supports this. He says some states in the country, like Tamil Nadu in the south and Himachal Pradesh in the north, are showing the way.

"We can have comprehensive social security systems and many states in India are actually moving in that direction, expanding the public distribution system and I think the experience of that is reasonably positive that when more people are involved in the system, it works much better. A lot of people have a stake in it. When you have social services restricted to this minority of extremely poor households, it does not work very well, nobody cares," said Dreze.

Among those who agree with the proposal to expand benefits is security guard Hari Singh.

He says, however the official norms define poverty, he counts himself among the country's poor and would appreciate a helping hand from the government.

[VOA News]

## SriLankan Airlines' launches flights to Moscow

Establishing a landmark in Sri Lanka's aviation history, SriLankan Airlines' made its maiden flight to the historic city of Moscow, with a twice-weekly scheduled service between Colombo's Bandaranaike International Airport (BIA) and Moscow's Domodedovo Airport on 17th September 2011.

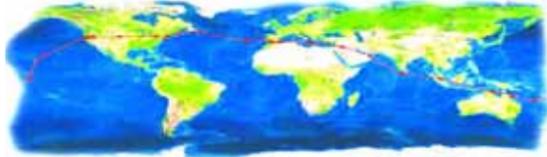
A multi religious ceremony was held at the Bandaranaike International Airport to invoke blessings on the first flight, with members of the SriLankan's Senior Management gracing the auspicious occasion.



H.E. Vladimir P Mikhaylov, Russian Ambassador to Sri Lanka receives a souvenir from SriLankan Airlines' staff prior to departing on the Inaugural flight.



Passengers at the boarding gates of UL 531, receive their Inaugural souvenirs



# Around the world

## Indian Leaders Seek Influence by Taking 'Yatras'



India's popular yoga teacher Swami Ramdev speaks at Ramlila grounds where veteran Indian social activist Anna Hazare was fasting, in New Delhi August 24, 2011.

**By Kurt Achin**

India's politics have been shaken up by high-profile demonstrations against corruption in recent months, many of which have involved fasting. Now, several politically and socially-minded leaders are turning to another method to garner support for their causes.

Yatra, in Hindi, translates simply as "journey." But it is often about much more than getting from one place to another. They are being used to generate influence

Celebrity yoga guru Baba Ramdev became one of the latest Indian public figures to announce his own yatra. He says he will cover 100,000 kilometers of territory in central India's Madhya Pradesh state to fight corruption and call for the return of so-called "black money" to the country from overseas stashes.

Sociologist Dipankar Gupta says yatras are deeply rooted in Indian history.

"A yatra has a religious connotation because it is derived from our mythological texts where sages and saints and sometimes even princes and potentates went on a religious journey, pilgrimage and this journey was called a yatra," said Gupta.

Gupta says it was the genius of Mahatma Gandhi to harness the dignity and simplicity of the yatra to build peaceful resistance to British colonial rule. Staff in hand, one footstep at a time, Gandhi covered massive amounts of territory as his followers increased.

The Mahatma's great grandson, Tushar Gandhi, says yatras have since become more self-interested endeavors.

"Now it's basically a political propaganda tool," he said. "There is no principle involved in that. There is no conviction either. It's just a very, very insincere attempt at manipulating public will. It is done at a drop of a hat without any justification."

October is shaping up to be the month

of yatras. Anna Hazare is planning one. In August, the 74-year-old social activist's anti-corruption hunger strike galvanized a mass movement and forced concessions from the central government. Manish Sisodia, a member of his team, acknowledges a yatra is useful for maintaining political momentum.

He says sure, there are yatras for peace and harmony, educating people about their rights, and spreading other kinds of awareness. But, he adds, when you look at large scale yatras, very few have been non-political.

One of the biggest yatras planned for next month is by L.K. Advani, a senior leader of India's main opposition party, the Bharatiya Janata Party. The planned "rath yatra" - meaning Advani will travel in an ornate chariot rather than on foot - aims to convince followers the ruling Congress party coalition has been incapable of taming large-scale corruption. Nirmala Sitharaman, BJP spokeswoman, says yatras offer a unique interpersonal contact.

"It has an immediate connect with the leader and he has a message to give. While that is possible to be given through the print and the electronic media, and nowadays increasingly even through the net-based media, personal connect that you get when you go on a yatra like this is still valued by the Indian public," said Sitharaman.

Prominent ruling party member Rahul Gandhi, widely seen as a likely future prime minister, led his own padhyatra - a journey on foot - in the north Indian state of Uttar Pradesh earlier this year. Many of the other yatras are expected to pass through India's most populous state beginning next month. Uttar Pradesh's 216 million inhabitants go to the polls in next May's state elections, which are seen as key to gaining control and influence in India's national politics.

[VOA News]

## Sri Lanka's women deminers clean up legacy of Asia's longest war

**By Nita Bhalla**

MANNAR, Sri Lanka (AlertNet) - Wearing a visor and a protective vest over grey fatigues tucked into black military boots, former housewife S. Dishanty crawls on her hands and knees through dense bush, slowly inching forward and methodically scanning the ground.

A year ago, this 23-year-old Sri Lankan woman was looking after her elderly parents and young son in their war-devastated village. Nowadays, she searches for an instrument of that destruction: landmines.

"My husband went missing during the war. My family and I lived in a camp for displaced people ... when we returned home after the fighting, everything was destroyed," Dishanty told Reuters in a cleared patch of a mine field in Sri Lanka's northwestern district of Mannar.

Dishanty is part of a small number of women in post-war Sri Lanka who are taking on the risky role of clearing up the legacy left from a conflict which lasted a quarter of a century -- and changing age-old views in this conservative and patriarchal, largely Hindu Tamil community.

"I had to find a job to support my family. This job gives me an income and has made people proud of me."

The Indian Ocean island is in its third year of peace after government forces defeated the separatist Tamil Tigers in May 2009, but the threat of landmines and unexploded ordnance (UXOs) lies buried under swathes of agricultural and forest land, as well as some villages.

After almost 10 years of the army and aid groups "de-contaminating" the island, reports of casualties are dropping. According to the Landmine and Cluster Munition Monitor, there were six deaths in 2009 compared with 11 the year before.

But experts say there are hundreds of thousands more mines, mainly in the north of the country, which could take another decade to clear.

In an environment where skills are scarce, funding low and pressure high to clear farmland to restart cultivation, women like Dishanty -- survivors of the violence -- are stepping forward.

"These women work on the front line of the humanitarian demining effort in Sri Lanka," said Nigel Robinson, country program manager for the Swiss Foundation for Mine Action (FSD), which counts 75 women among its 750 deminers. Aid workers estimate Asia's longest-running modern war left behind as many as 90,000 war widows or women whose husbands just disappeared.

"Many of these ladies head their households -- their husbands are missing or were killed in the war -- so this is an



Biruntha Ravichandran, 21, a deminer working for the Swiss Foundation for Mine Action (FSD), searches for mines in a mine field in Kannaddi, located in Mannar district in Sri Lanka, September 8, 2011. Credit: Reuters/ALERTNET/Nita Bhalla

opportunity for them to earn money to take back to their families."

As displaced communities return home and begin to rebuild, many women are being forced to change from their traditional roles as carers to providers for families with as many as six or seven mouths to feed.

With a scarcity of skills and jobs in this war-ravaged region, opportunities offered by organizations like FSD -- although seen as dangerous and against the traditional view of a woman's role in this society -- have been welcome.

Among the three main demining groups, there are now about 200 women deminers.

The women, like the men, attend a camp for three weeks learning about the types of explosives and landmines they are likely to encounter, plus the skills and techniques required to search and mark landmines.

In the minefields of Mannar, deminers work in searing temperatures in heavy protective clothing, using shears to cut through the overgrown grassland which was once paddy field.

The work is painstaking and stressful -- the deminers systematically scrutinize the ground inch by inch, with the potential of a deadly or dismembering explosion ever-present.

But the women say the job, with a salary of \$250 a month and full insurance, provides not only income but also respect, even if they have to spend three weeks at a time away from home.

"I did have concerns about the safety at the beginning, but we have a standard operating procedure and if you are careful and follow instructions, it's safe," says Biruntha Ravichandran, 21, who is supporting nine family members.

"People used to come up and say 'How can a woman do that job?' But now they ask me to get them a job here too," she says, smiling as she puts on her baseball cap and heads back to camp after finishing a seven-hour shift.

(AlertNet is a global humanitarian news service run by Thomson Reuters Foundation. Visit [www.trust.org/alertnet](http://www.trust.org/alertnet)) (Editing by Bryson Hull)

# Ontario Elections

## Election 2011

### 'Let's make sure our seniors have the care and support they need' - NDP leader Andrea Horwath

New Democrats say that they will fix the home care crisis, in a news release published on the party's campaign portal:

New Democrat Leader Andrea Horwath visited the home of Elisa Leggeri who, like many Ontario seniors, is worried that home care support won't be there when she needs it.

"Women like Elisa should be able to stay in the comfort of their home and enjoy the company of their neighbors and family. By giving people supports to stay healthy at home we avoid big costs to our health system," said Horwath. "We have an achievable, affordable plan to help seniors in their homes longer and stop the private health schemes and CEO pay-hikes that take up too much of our health budgets."

Horwath noted that seniors and others needing home care or nursing home beds are taking up 16 per cent of hospital beds in Ontario. Waits for long-term care have tripled, and 10,000 people are left struggling to cope.

Horwath said a New Democrat government would eliminate wait-lists for homecare with an additional one million hours of home health care over four years, and provide an additional 7.5 million hours of non-medical, home-making



Kathleen Mathurin, Candidate for Scarborough Centre NDP and Andrea Horwath

care — such as preparing meals and shovelling the walk — giving seniors the supports they need to stay in their homes longer.

She also pledged a launch a comprehensive review of home care with a goal of reducing management and administration costs.

"Instead of paying more for private care and sky-high CEO salaries, we can make smart investments that help women like Elisa," said Horwath. "Our plan is an investment in our seniors' quality of life and in the dignity they deserve. It's also an investment in our healthcare system, helping it meet the challenges of an aging population."

### NDP will balance budget, invest in families: "An achievable, honest approach that puts everyday people first"

An Andrea Horwath NDP government will balance Ontario's budget by the 2017-2018 fiscal year, while making life more affordable, rewarding companies that create jobs, and improving healthcare, claims a statement on the Ontario New Democratic Party website.

The statement says,

"Families know you can't face the future under a mountain of debt; it's no different for our province," said Horwath. "Our responsible plan will balance the budget while making strategic investments in job creation, healthcare and tax breaks for everyday families."

New Democrats are taking a different approach to the province's finances than the other two major parties. Under Liberal and Progressive Conservative plans Ontario would spend nearly \$2 billion by 2015 on no-strings attached corporate tax cuts, despite overwhelming evidence that companies are not using the money to create jobs. By contrast, the



NDP plan ties tax cuts directly to job creation: businesses that hire new employees, make investments in machinery and equipment, and provide on-the-job train-

### NDP's Horwath says it's time for change that puts Scarborough families first



Neethan Shan, NDP Candidate for Scarborough-Rouge River with NDP Leader Andrea Horwath

Scarborough — NDP Leader Andrea Horwath urged a boisterous crowd in Scarborough today to hit the streets and tell their neighbours they have a positive choice in this election.

"People have a real choice in this election. They can choose a status quo that just isn't working or they can vote for change that puts people first," said Horwath.

Horwath spent the first few days of the campaign laying out the practical steps the NDP will take to make life better for everyday people including: rewarding companies that create jobs, making life more affordable by taking the HST off home heating and hydro and reducing it on gasoline, and improving healthcare by cutting emergency room wait times and eliminating wait lists for homecare and for long-term care.

Horwath discussed her plan to offer a tax credit to any company that created a new permanent job and contrasted it with the Liberal plan to offer a tax credit to companies that hire a new Canadian.

"We don't want to help some people compete for a shrinking pool of jobs. We need to create more jobs so everyone can share in Ontario's opportunity," said Horwath. "Yesterday, we announced our

ing will get a tax cut.

"The other parties want to keep going down the wasteful path of giving billions of our tax dollars away while hoping for the best. I'm taking a more responsible approach by saving tax breaks for businesses that are growing our economy by putting Ontario back to work," said Horwath. "It's pretty simple: create a job, get a tax break."

Both the Liberals and Progressive Conservatives propose higher levels of spending than the NDP based on rosy revenue projections that aren't realistic in these uncertain economic times. In contrast, Horwath's New Democrats are taking an honest approach with cautious revenue projections and lower expendi-

plan to give a company tax relief whenever they created a new permanent job. It's part of our plan to create good jobs for Ontario families. It's part of our plan for change."

"New Democrats won't sit by and watch our communities crumble," Horwath said. "People chose positive change when they sent Rathika Sitsabaiesan to Ottawa and they can do it again by sending these great NDP candidates to join me at Queen's Park on October 6th."

Sitsabaiesan, the newly-elected NDP MP for Scarborough-Rouge River joined Horwath on stage along with candidates from across the GTA including Neethan Shan (Scarborough-Rouge River), Evan Wisemen (Ajax-Pickering), Nerissa Carino (Pickering-Scarborough East), Kathleen Mathurin (Scarborough-Centre), Paul Choi (Scarborough-Agincourt), Megan Tay (York Simcoe), Michelle Bilek (Mississauga-Erindale), Vrind Sharma (Etobicoke North), Paul Ferreira (York South-Weston), Lorri Urban (Scarborough-Guildwood), Jagmeet Singh (Bramalea-Gore-Malton), and Bruce Budd (Scarborough-Southwest).

tures. NDP governments have run fewer deficit budgets than any other party in Canada. Ontario's NDP will take the same prudent approach while giving families relief by removing the HST from hydro and home heating, freezing transit fares, stopping tuition increases, and relieving pressure on property taxpayers with new investments in municipal infrastructure.

"Only New Democrats are committed to making it easier for families to balance their household budgets and to ensuring the public services they count on — health, education and transit — are there when they need them," said Horwath. "As Premier I will deliver responsible, affordable change that puts people first."

# Election 2011

# Ontario Elections

## Ontario Professional Fire Fighters Association Visits Markham-Unionville

### Ontario Fire Fighters Show Their Support for Liberal Candidate Michael Chan in Markham-Unionville



Fire Fighters with Michael Chan, Liberal Candidate for Markham-Unionville and Residents

Markham, Sept. 24, 2011—The Ontario Professional Fire Fighters Association (OPFFA) and their Fire Fighters for McGuinty RV made a stop in Markham-Unionville today during their province-wide tour.

The firefighters visited volunteers at the Michael Chan Headquarters and then made a second stop to rally with local Markham-Unionville residents and Michael Chan at a community event. They ended their day by meeting with local residents, installing signs and canvassing. At the community event the firefighters spoke about why they are supporting Michael Chan and Premier Dalton McGuinty in this election.

"Only Premier McGuinty and the Ontario Liberals have shown a strong commitment to Ontario firefighters and their families", said OPFFA President Fred LeBlanc. "The Presumptive

Legislation (Bill 221) enacted by Premier McGuinty is making it easier for families of firefighters who die of cancer to be compensated for work-related injuries".

"Emergency workers are vital to the safety of families in Markham and across Ontario. When everyone is running out of a fire, firefighters are running in to save lives", said Michael Chan. "That is why Ontario Liberals have been very supportive of the work firefighters do across this province."

Now, after eight years of building a strong foundation for families across Ontario, the Hudak PCs and Horwath NDPs want to take Ontario backwards. Their platforms with unfunded tax giveaways will kill jobs and threaten Ontario's economic recovery. Only Premier McGuinty and the Ontario Liberals have a plan and a team to keep Ontario moving forward together.

## Tim Hudak commits to provide Tax Relief for families

On September 21, 2011, Ontario PC Leader Tim Hudak, accompanied by Pam Hundal, Ontario PC candidate for Brampton-Springdale, confirmed that he was abiding by the Taxpayer Protection Act and formally registering his commitment to not raise taxes should he be elected Premier.

According to a media release on the party website, The Ontario PC Party is submitting a pledge never to raise taxes, signed by Hudak, to Ontario's Chief Electoral Officer and is challenging Dalton McGuinty to do likewise. Hudak also presented a copy of his declaration to Jaspal and Charanjit Grewal of Brampton so they could hold it on behalf

of Ontario families.

#### Quick facts:

- The Taxpayer Protection Act, 1999 requires Ontario Political Parties to seek public approval for a future tax increase via a referendum unless they publicly file their intent to increase taxes during an Election Campaign – no later than 14 days before polls close.

A Tim Hudak government will provide needed relief to Ontario families by:

- Removing the HST and Debt Retirement Charge from home hydro bills and the HST from home heating bills to give the typical household \$275 in annual relief;

- Ending mandatory smart meter

## Premier McGuinty says Ontario Liberal plan to create jobs and build A bright future is working



Premier Dalton McGuinty and his wife Terri McGuinty attends Indo-Canada Chamber of Commerce reception, Sep 21, 2011

The Ontario Liberal Plan is working and will create even more jobs and opportunity for Ontario families Premier Dalton McGuinty said on Wednesday, Sep 28th.

A media release on Ontario Liberal portal further states,

"What we are building, together, is nothing short of amazing. These are perilous times in the global economy, yet we continue to make progress," McGuinty said. "Our plan is working. Ontario has created almost 300,000 full-time jobs since the global recession — more full-time jobs this year than the rest of Canada combined."

In the next chapter of the Ontario Liberal Plan, we're building a new, clean-energy economy and creating tens of thousands of additional jobs in infrastructure, transportation, hospitals, schools and the private sector.

For much of the campaign, the Hudak PCs have focused on their reckless chainless chain gang scheme that they have yet to explain or justify.

"This chainless chain gang scheme is typical of Tim Hudak — it's risky, doesn't move our province forward and doesn't create a single job," McGuinty said. "Their plan also includes \$14 billion in unfunded giveaways and tax cuts that

would mean deep cuts to hospitals and schools taking Ontario off track in perilous economic times."

The Premier made his comments at an enthusiastic rally in Barrie today, while visiting the campaign office of Karl Walsh, the Liberal candidate in Barrie and former President of the Ontario Provincial Police Association.

"The Ontario Liberals have been stalwart supporters of public safety, and that's why I'm proud to stand with Dalton McGuinty," said Walsh, a 16-year veteran of the Ontario Provincial Police. "The Hudak chainless chain gang policy is the most ridiculous public safety proposal I've ever heard."

Ontario Liberals continue to focus on the centre piece of their plan to build a high-skills economy with good jobs and the best health care: education. The Ontario Liberal Plan will protect the gains our province has made since 2003, keep postsecondary school affordable, improve health care and make it easier for seniors' to stay in their own homes and invest in jobs of the future.

"Now is not the time for experimentation or political expedience. We need strong, steady leadership. Only the Ontario Liberals have a plan to move us forward, together," McGuinty said.



Ontario Progressive Conservative Party - Markham Unionville candidate Shan Thayarapan meeting with Small Business Owners and Residents at Pacific Mall



Ontario PC leader Tim Hudak on the campaign trail

ly; and

- Allowing couples to share up to \$50,000 of their income for tax purposes, saving a typical middle-class family \$476 a year.

time-of-use pricing;

- Lowering income tax rates by 5% on the first \$75,000 of taxable income, saving a middle-class taxpayer \$258 annual-

# Op-Ed



## United Nations must reflect contemporary reality

by Dr. Kanayalal Raina

Prime Minister Manmohan Singh has made a forceful demand in his address to the General Assembly to pursue much needed reforms in the UN and particularly in the important organ of Security Council. The Prime Minister sounded very pragmatic when he announced that "We need a United Nations that is sensitive to the aspirations of everyone - rich or poor, big or small. For this the United Nations and its principal organs, the General Assembly and the Security Council, must be revitalised and reformed," he said.

The Indian Prime minister has spoken of the need of some fundamental rethinking by the world community that provides space for under-privileged societies. The institution of United Nations was created in the aftermath of World War II and it was given very comprehensive structure so that economic and social development of the entire mankind becomes its agenda.

The Prime Minister also dealt with in the course of his address to the GA, "protectionism" resulting from global economic slowdown, and "terrorism". He strongly recommended to the international community not to allow the global economic slowdown to trigger protectionism through various barriers. A big debate is in progress at various levels in the western countries about protectionism. This will have adverse affect on the pace of development.

As regards terrorism, the Indian Prime Minister has cautioned the world community that terrorism continued in various forms and that selective resistance to the menace was not its final solution. Terrorism is terrorism in whatever



form and direction it works. A state cannot come down with iron hand on one ideological group that opposes it but be friendly and even supportive of another terrorist group just because its actions are complementary to the policy of the state. Tentacles of terrorism are wide and deep, and they transcend the boundaries of nations. Some terrorist organizations are called non-state actors only to prove an alibi. A state that identifies non-state actors as terrorists, but cannot control them, hardly deserves to be in power. It forfeits the right to rule. The Prime Minister has made the point in his non-offensive style while telling the General Assembly that his country has been targeted by the terrorists sponsored in the neighbouring country. He has said the right word at the right place and the right time.

Mankind has never seen before such a penetrative and widespread concern of the world community for all round devel-

opment of weaker sections. As such, despite many shortcomings, the UN has remained the hope of mankind. Unfortunately, and surely against the expectations of the founding fathers of the UN, economic and strategic interests of big powers pursued by them vigorously created difficulties in pushing the humanitarian approach of the UN objectives. Third World countries being in a process of development, nursed aspirations to have as good a life as the people in developed world enjoyed. But they found some obstructions in realising their aspirations. As such groups of countries with common interest were formed and they worked in concert at the UN and its various subsidiaries.

Security Council, the most powerful organ of the United Nations comprised of four permanent members and eleven non-permanent members. Later on China was added to the group of permanent members. India has played signifi-

cant role in supporting China to find a seat in the Security Council. However when China's turn came to support India's case for membership of the Security Council, it made a volte face. The permanent members of the Security Council have so far shown little interest in opening the organization for more countries that have significance in their regions in economic and political terms. The group is called G-4, and its members are India, Brazil, Germany and Japan. Their increasing demand for permanent membership of SC has become a matter of big debate and of political significance. The five permanent members are trying to find pretext to deny them membership. India represents one-fifth of world population and is an industrial and economic giant in the Asian Continent.

Brazil, too, has a significant position among Latin American countries. Germany and Japan are among the most developed countries providing aid and technological support to the third world countries. Thus treated on their respective merits, all the four countries of G-4 should find place in the Security Council. This is what Indian Prime Minister meant by saying that the Security Council should "reflect contemporary reality."

Undoubtedly, admission of new four members would make the UN and the Security Council stronger and more effective. As we know the world has shrunk in contemporary times and new issues of global implications surface from time to time not necessary of strategic nature but more importantly of economic nature. The Security Council can cope with this pressure only when it is reformed and revitalized.

## Chinese name Pakistan as source of terrorism

by Dr. Kanayalal Raina

Chinese authorities do not seem to be happy with Pakistan for giving room to terrorists on her soil and then exporting it to Xinjiang, or Eastern Turkistan, contiguous to PoK territory. China's official media prominently highlighted Kashghar government's statement indicting Pakistan-trained militants in violence in the city, while demanding stern action to deal with terrorism.

Commentators say this is the first time that Beijing has formally named Pakistan as source of terrorist organizations with agenda to export religion-based terror to Muslim dominated regions.

Xinjiang shares a border with Pakistan Occupied Kashmir (PoK); China blames the separatist East Turkistan Islamic Movement (ETIM) for fomenting trouble in the province. This organization is based in Germany.

An English Chinese newspaper car-

ried the editorial from a Kashghar newspaper blaming that ETIM activist were receiving training in terrorist camps in Pakistan and then infiltrating into Xinjinag clandestinely obviously after crossing the eastern border of Xinjiang with Pakistan Occupied Kashmir territory. Beijing issued a strong warning to Pakistan to stop training of ETTM.

Given the agenda of Pakistan-based but US banned Theo-fascist organizations, there is every likelihood that incursions of these terrorists and their affiliates will increase in days to come, not only in selected towns of Xinjiang but also in almost all parts of Xinjiang. The Pakistan-based Islamist organizations claim they have a strong reason to instigate the Uighur Sunnis of Xinjinag. Drastic demographic change in which the Uighur Muslims have been outnumbered by Hans Chinese is the major irritant. Moreover making the Uighur Muslim community compatible with Communist



life style in Xinjiang also adds fuel to fire.

It appears that China is taking a strong notice of Pakistan giving freedom to its home-bred terror to expand fangs in China's eastern province where it has

openly said the Uighurs are receptive to subterfuge.

When clashes occurred in Khotan and elsewhere a month back, Chinese

Contd. next page...



# India is its target - US has named Indian Mujahideen

by Dr. Kanayalal Raina

Zero tolerance is just lip service and Indians seem to be condemned to live with the fact that post-blast all effort just gets reduced to inter-party bickering than any sincere effort whatsoever to plug future disasters.

India has not done it till now when in a belated but significant move the US has named Indian Mujahideen (IM) to its official blacklist of foreign terrorist organizations. According to US State Department the IM while based in India, has "significant links" to Pakistan and close ties to other groups on the US terror blacklist including Pakistan-based Lashkar-e-Toiba (LeT), Jaish-e-Mohammad (JeM) and Harakat-ul Jihad Islami (HUJI). Indian Home Ministry as well as security establishment are usually tight lipped on widespread involvement of IM in terrorist acts in the country.

Isn't it scarier than the blasts that our Indian Government hasn't a clue about the perpetrators — ever! From 1997 to now, not a single concrete arrest has been made in all the terror attacks that the Capital has witnessed — be it the 2005, 2008 or 2009, no one knows who did it, no one, least of all the Government. 26/11 is yet to get to the bottom of the probe or even ruffle Pakistan for its involvement, even though the neighbour grandly maintains that it was the handiwork of non-State players.

Since 2005, this organization has been central to a number of bomb blasts at different places, mostly crowded ones and economic centres, in India that took hundreds of innocent civilian lives. Its primary method of attack is multiple coordinated bombings in crowded areas against economic and civilian targets to maximize terror and casualties, the States Department's anti-terrorism coor-

inator said. IM had carried out a 2010 bombing of a popular German bakery in Pune, frequented by tourists, killing 17 and injuring over 60 people, and another attack in Delhi in 2008 that killed 30 people. IM was also responsible for 16 synchronized bomb blasts in crowded urban centres and a local hospital that killed 38 and injured more than 100 in Ahmedabad, and played a "facilitative role" in the 2008 Mumbai attack carried out by LeT that killed 163 people, including six Americans.

The last mentioned group is suspected to be involved in recent bomb blasts that occurred outside the premises of the Delhi High Court and of which a clue has been obtained from a cyber cafe in Kishtwar. There is no doubt that this terrorist organization is conducting its terrorist activities in collaboration with the above mentioned three or more Pakistan-based terrorist organizations. LeT the armed wing of Jamatu'd-Dawa headed by Hafiz Saeed in Pakistan has, a number of times, publicly said that India is its target and they have changed the strategy of terror in India by creating moles in India's neighbouring countries especially Bangladesh. Of late Bangladesh related terrorists have been apprehended in J&K and elsewhere and their agenda of subversion has been uncovered.

It has generally been noted that whenever the investigators come to know that the IM is involved in a bomb blast, the news is blacked out and the people are not told anything about who the miscreants are. This provides space to ruling apparatus in this country to raise fingers towards their political opponents, and malign them by whipping up right wing terror as more dangerous than terror emanating from Pakistan-based extremist organizations. Put in crude words this is called politicization of terrorism. "These designations highlight the threat



posed by IM not only to Western interests, but to India, a close US partner, according to Ambassador Daniel Benjamin.

It is anybody's guess whether New Delhi will or will not accept this statement of the US authority on IM keeping in view its kid-glove handling of IM ever since it emerged on the terrorist radar of India. The time has come when India should understand that no other country is going to fight her war on terror and she has to do it herself. The kid-glove handling of terror has brought untold suffering and humiliation to the Indian people. It has exposed our week-kneed policy, of course deliberately pursued, so much so that our status and reputation are now at stake.

The rhetoric exuded by the Home Ministry day in and day out about taking stringent steps to curb rising terrorism is not supported by ground realities. The type of counter-terrorism campaign that would prove effective in checkmating terrorist ambitions against the vast population of the country is lacking in vision

and in practice. Major terrorist organizations based in Pakistan, and by now totally uncontrollable for Pakistan civilian government, have vowed to see that India is fragmented.

This is their common agenda and the Pakistan Army finds solace in that agenda. It is the agenda of bleeding India through a thousand cuts. Violation of cease fire on LoC by Pakistani troops is increasing, infiltration bids see no relent, training camps in PoK are intact rather reinforced, prompting Kashmir separatists to exacerbate strikes and hartals see no end, bomb blasts continue to occur and threats are handed over from across the border by non-state activists who cannot be curbed, and then the sham of Indo-Pak bilateral talks is trumpeted to be in progress. The country is passing through a dark period where our leaders exude great rhetoric on one hand and total imbecility on the other. It sits on a powder keg. Only a drastic and revolutionary change in anti-terrorism policy can deliver the nation from home-bred terror.

Contd. next page...

President had called President Asif Ali Zardari and alerted him against the elements of ETIM who, he emphasized, be not given any quarter in Pakistan.

This seems to have upset Pakistan civilian government. In a unique move, the Pakistani President, accompanied by the Prime Minister of PoK and the Chief Minister of Gilgit-Baltistan, and additionally by his son and daughter, paid a visit to Urumqi, the capital of the disturbed province of Xinjiang. He prayed in a mosque in Urumqi on the day of Eid.

Early this year reports came in that China had sent more than 17,000 troops of PLA into Gilgit-Baltistan. China and Pakistan both publicized it as workers engaged in infrastructure building in the region. Of course, Beijing did give out some of the main plans of providing infrastructure in the area.

But observers have not minced words in explaining that China has been con-

verting the Karakorum Highway into a strategic link and dotting it with missile bases aimed at Indian strategic installations and right up to the Gulf area where the western countries have significant naval presence.

Neither the administration of Gilgit-Baltistan area nor of PoK has issued a word of protest against the inroads of Chinese troops into their territory. Obviously, China wants to have a strong role in Afghan crisis and the connectivity gives her the facility to monitor the situation in Af-Pak region from very close quarters.

There has not been any direct reaction either from Washington or from Moscow to this strategic move of China in the foothills of the Karakorum, the Pamirs and the Hindu Kush. The US is bogged with inconclusive war in Afghanistan, and Moscow studies the situation by juxtaposing it to what is obtainable in Tajikistan and Kyrgyzstan,

two countries contiguous to Gilgit-Baltistan region.

Reverting to Pak President's visit to Urumqi, this is the first time that a Pakistani President has visited the place which has caused much irritation between his country and its bosses in Beijing.

More significant are two things; one is that the President is accompanied by the PM of PoK and the CM of Gilgit-Baltistan. This is something very interesting as none of them visited the region earlier in their official capacity.

The PoK Prime Minister has been given a proper visa by the Chinese and not a visa on a separate sheet of paper as they are doing with Kashmiris from Indian side. This means that Beijing has formally recognized PoK as part of Pakistan and not a separate entity. This de-recognizes PoK's claim that the struggle in Kashmir Valley is for independence of entire pre-1947 State. At the

same time it not only neutralizes but makes the Kashmir valley so - called freedom movement meaningless and irrelevant. Chinese visa to PoK Prime Minister is forthright acceptance of division of J&K along the LoC which was the real purport of Shimla Agreement.

Carrying the PM of PoK and the CM of Gilgit-Baltistan with him to Xinjiang and offering a prayer in an Urumqi mosque reflects a shrewd and double-edged move by the Pakistan President. It means to assure the Chinese authorities that the heads of the government of the region wherefrom they suspect ETIM training and infiltration are committed to curb these anti-China activities. In other words the President wanted the Chinese authorities to elicit an undertaking from both that they would ensure no violation of Chinese territories and no fomenting of communal and ethnic disturbances in Xinjiang is allowed to flourish on their native soil.

# JOHN BODDY HOMES PRESENTS 'EAGLE GLEN'

John Boddy Homes has been voted 'Best Builder' in Ajax/Pickering for the fourteenth year in a row for this year's Readers' Choice Awards and has released its next phase at their 'Eagle Glen' community in Ajax. Located just minutes east of Toronto 'Eagle Glen' combines the closeness and convenience of city living with a suburban feel, and its prime location makes it a great place to call home. Classic two-storey homes are available, as well as side and back splits. Homes start at 2,553 square feet and range up to a spacious 3,534 square feet. John Boddy Homes offers traditional size lots with a minimum of 105 feet in depth and a great selection of extra deep lots, pie shaped lots and walk out basements. With such a broad range of house sizes and styles 'Eagle Glen' has the ideal home to suit every preference. From the unique exteriors and charming streetscapes to the elegant interiors, various John Boddy Homes include such impressive standard features as vaulted ceilings, double door entries, décor columns, mirrored sliding closet doors, ceramic kitchen backsplashes, double basin bathroom vanities with make-up counters and so much more. Their gourmet kitchens, welcoming great rooms with cozy gas fireplaces and elegant dining rooms with coffered ceilings are all spacious and comfortable, making them the perfect location to enjoy time together with family or entertaining friends. In addition, some models include such impressive extras as classic French doors, transom windows and custom octagonal skylights allowing light to travel throughout the home for a bright and spacious feel.

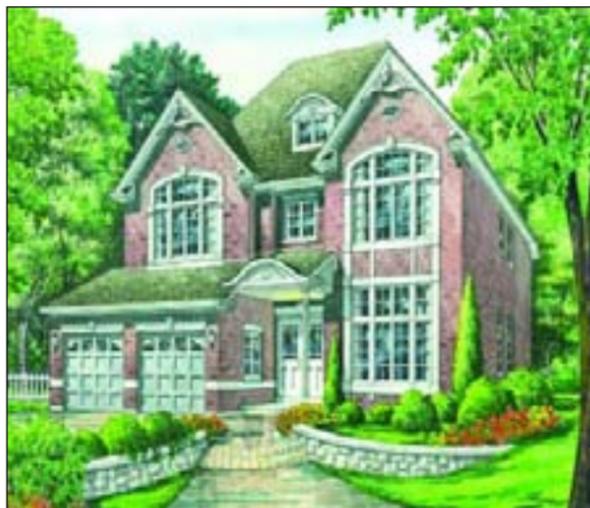
For their homeowner's convenience, most John Boddy Homes include main or second floor laundry rooms, laundry chutes, kitchen breakfast bars, private water closets, interior garage access, high efficiency furnaces and basement rough-ins for future bathrooms. Also, windows are vinyl clad wood which allows for interior custom colours with a maintenance free exterior. Other features include arched entryways, custom millwork, window mullions on all front and rear facades and decorative garage doors featuring appealing window lites. Custom landscaping packages and paved driveways are also included in all homes providing the renowned curb appeal that enhances the entire 'Eagle Glen' community.

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

When you purchase a new home in 'Eagle Glen'



The Stonegate - Model to View



Eagle Glen - Model to View



The Parklane - Model to View

there are no hidden closing costs. John Boddy Homes pays for education levies, development charges, water and hydro meter hookup fees, boulevard tree planting, landscape package and a paved driveway.

Currently John Boddy Homes is offering an incentive package of \$3,000 in free upgrades or 5 appliances to all new home purchasers. Also included is one year of Rogers' services for free! Included in this package are home phone with 150 long distance minutes and 2 calling features, personal TV with free rental of a standard definition box, a HD digital box, VIP package, free on demand programming, Canadian timeshifting channels as well as Rogers Hi-Speed internet service and all are installed for free.

The 'Eagle Glen' community offers many important neighbourhood amenities such as a brand new on-site public elementary school, places of worship, fully equipped parks and easy access to both Ajax and Go-Transit Services. Toronto is easily accessible from nearby Highways 401 and 407. Located just north of a host of shopping and recreation centres, 'Eagle Glen' allows residents all the amenities of the urban lifestyle while providing the beauty and tranquility of the neighbouring countryside.

Since 1955, John Boddy has been involved in the construction of thousands of new homes throughout Ontario, and has earned a reputation as an accom-

plished builder of fine residential communities. Of significance are the award winning 1000-acre 'Bridlewood Community' developed during the 1960's and 1970's in Scarborough, the 'Forestbrook' Community' in Pickering developed in the 1980's, 'Willowcreek' in Peterborough, and 'Eagle Ridge on the Green' in Ajax developed in the 1990's and early 2000's.

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

With three fully furnished model homes a visit to 'Eagle Glen' is a must. Drop by the Sales Presentation Centre located on Stevensgate Drive, north of Rossland Road West, one half kilometre west of Westney Road three kilometres north of Hwy. 401. Sales office hours are Monday through Thursday 1:00 p.m. to 8:00 p.m.; Saturday, Sunday and Holidays 11:00 a.m. to 6:00p.m; closed Friday. Let their friendly knowledgeable staff help you determine which of the many home styles available is perfect for you and your family and get set to join the ever-growing 'Eagle Glen' family community. For more information, please call (905) 619-1777 or visit their website at [www.johnboddyhomes.com](http://www.johnboddyhomes.com).

**3  
FURNISHED  
MODELS TO  
VIEW**



**JOHN BODDY**  
H O M E S  
Eagle  
Glen

**\$3,000  
IN FREE  
UPGRADES**

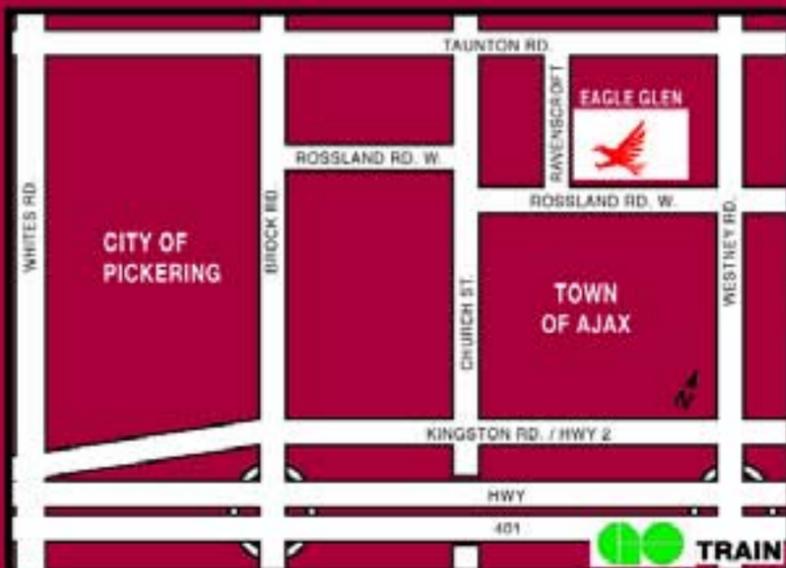
LOCATED JUST MINUTES EAST OF TORONTO



**WINNER  
BEST BUILDER  
14 YEARS IN A ROW**

**THE TUDOR GATE 2,553 SQ. FT.**

**JOHN BODDY HOMES GIVES YOU MORE!**



- FULL DEPTH LOTS
- 2 STOREY, BACKSPLIT, SEMI'S AND TOWNHOMES
- \$2,000 IN FREE ROGERS SERVICES INCLUDING HOME PHONE, PERSONAL TV AND HI-SPEED INTERNET FOR 1 YEAR
- CLOSE TO GO STATION, HWY 401 & HWY 407
- NO HIDDEN CLOSING COSTS
- NO CITY OF TORONTO LAND TRANSFER TAX

**ALSO AVAILABLE:**

- CORNER HOUSES
- EXTRA DEEP LOTS
- PIE SHAPED LOTS
- WALK OUT BASEMENTS
- WOOD LOT

PHONE: 905-619-1777  
Sales office on Rossland Road, 1/2 km west of Westney Road  
Office hours: Mon. to Thurs.: 1pm to 8pm  
Sat., Sun. and Holidays: 11am to 6pm  
Closed Fridays

Rendering is artist concept only. Prices and specifications subject to change without notice. E. & O. E.

**TOWNHOME MODEL TO VIEW!**  
[www.johnboddyhomes.com](http://www.johnboddyhomes.com)

# Accidents

Unfortunate Events...

THE LAW OFFICE OF  
**MELANI DAVID**  
is here to help YOU



The # 1 Law Firm dealing with  
Accident Benefits in the community

- Over 35 years of combined experience in the field
- Serving the community successfully for the past 7 years
- 4 Lawyers, 3 Students-at-Law, 2 Sri Lankan-trained Medical Doctors and over 35 Trained Legal Assistants at your service
- Award recipient, 2010 Tamil Chamber of Commerce Awards

Call with complete confidence

**MDLAW.CA**

HOTLINE

**416.271.5992**

**885 PROGRESS AVE SUITE 110**

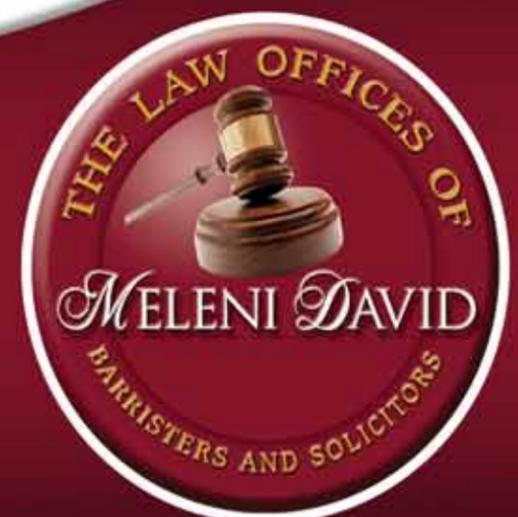
TORONTO, ON M1H 3G3

CONTACT RECEPTIONIST  
PHONE 416.430.0044

**5200 DIXIE RD SUITE 114**

MISSISSAUGA, ON L4W 1E4

CONTACT MARINA  
PHONE 905.232.3004





**Neethan Shan**

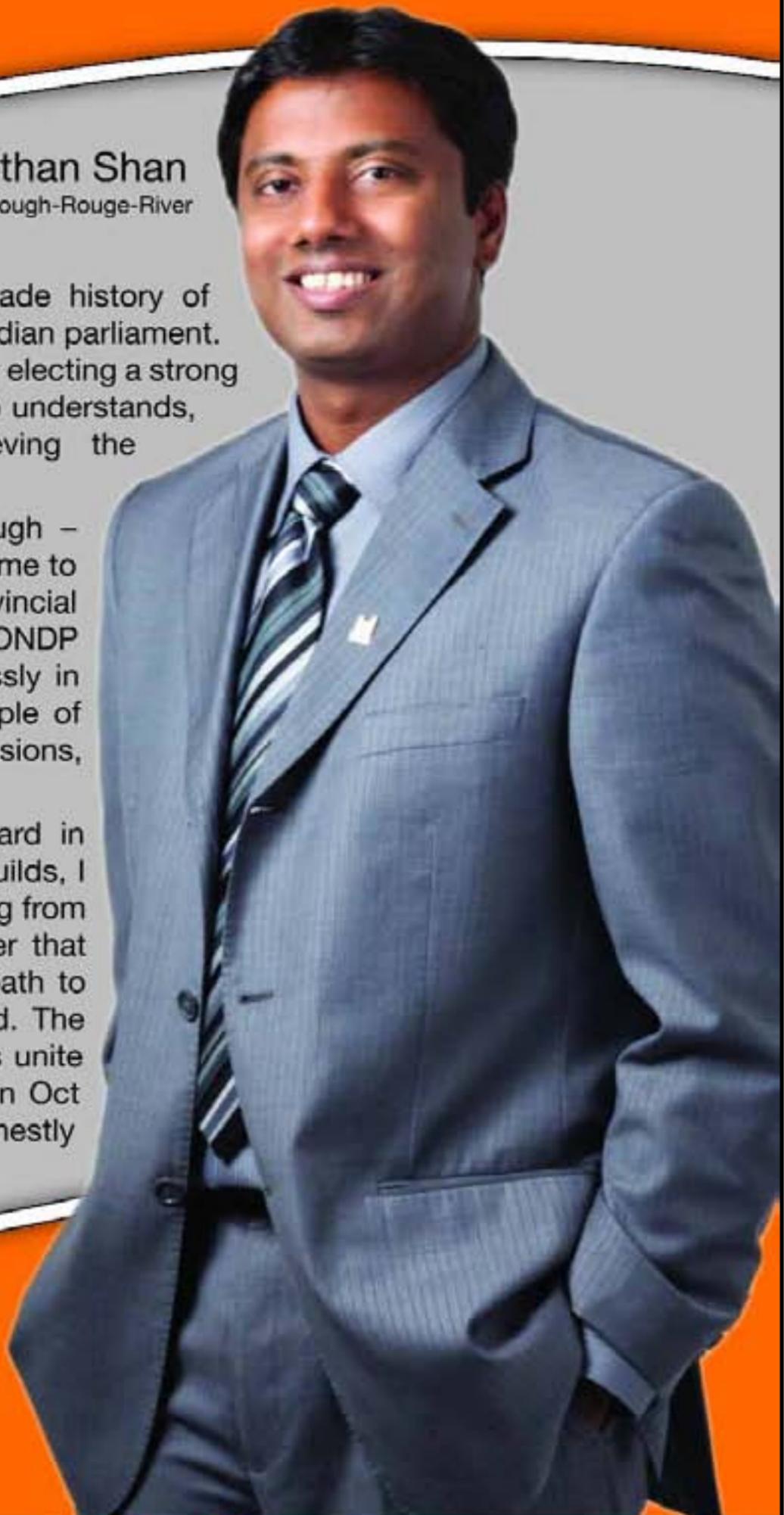
ONDP candidate for Scarborough-Rouge-River

In the past federal election, we have made history of electing the first Tamil NDP MP in the Canadian parliament. It is time for us to strengthen our position by electing a strong representation in provincial parliament who understands, believes in and works towards achieving the aspirations of people.

I am the ONDP candidate for Scarborough – Rouge River and it would be an honour for me to serve as your new member of provincial parliament. Only Andrea Horwath and the ONDP have been working continuously and tirelessly in support of the everyday concerns of people of affordable housing, rising energy prices, pensions, daycare, jobs and environment.

If elected I will ensure your voice is heard in provincial parliament. As the momentum builds, I am truly touched by the support I am getting from the people of Scarborough - Rouge River that clearly demonstrates that we are on the path to provide people with the change they need. The time is now for us to make change. Let us unite and work together to ensure our victory on Oct 6th. I am counting on your support and earnestly appeal for your vote.

**Thank you**



VOTE FOR CHANGE ON OCT, 6<sup>TH</sup>

**Neethan**

**SHAN**

Scarborough-Rouge River

[youtube.com/neethantv](http://youtube.com/neethantv)
[facebook.com/NeethanS](http://facebook.com/NeethanS)
[twitter.com/NeethanShan](http://twitter.com/NeethanShan)

[www.neethanshan.ca](http://www.neethanshan.ca) | 416.637.6925 | [info@neethanshan.ca](mailto:info@neethanshan.ca)

Be a part of the fastest growing Century 21 Brokerage...



Sameem Mohamed & Century 21 Innovative Realty Inc.'s Staff

Cordially invite

fellow Realtors, friends, clients & well wishers and their families to  
the Grand Opening of their branch in Mississauga



*Innovative Realty Inc., Brokerage*

**Saturday, November 5th, 2011 - from 10:00 a.m. to 3:00 p.m.**

**1001 Meyerside Dr., Unit 3, Mississauga (Meyerside & Tomken)**

# Miss Tamil Toronto



*Queen of Angels 2011*

PRESENTED BY

*Arajen*  
BEAUTY CENTRE

நிகழ்ச்சியில் பங்குபெற ஆர்வமுள்ளவர்கள்

October 01 வரை விண்ணப்பிக்கலாம்

To participate & for more info

416 509 7978

துள்ளிவசப் பாடல்களும்  
கண்ணைக் கவரும் நடனங்களும்  
கூடம் பெறுகின்றன

இந்த நிகழ்ச்சியில் பங்குபெற்றும் தமிழ் இளம் பெண்கள் தமிழ் கலாச்சார உடையிலேயே  
மேடையில் தோன்றுவார்கள். தமிழ் பேசும் ஆற்றல், உடைணியும் நேர்த்தி,  
மற்றும் தமிழ் கலாச்சாரத்தில் உள்ள ஈடுபாடுகளின் தன்மைக்கேற்ப  
அழகுராணி தேர்ந்தெடுக்கப்படுவர்.

OCTOBER

30

SUNDAY

2011

AT 5.00 PM

டிக்கட்டுகளுக்கு - 416 509 7978, 416 414 0027

**J&J SWAGAT CONVENTION CENTRE**

415 HOOD ROAD, MARKHAM, ON L3R 3W2 (WARDEN & DENISON)

# Kenyan Nobel Prize Winner Maathai Dies at 71

By Cathy Majtenyi

Environmentalist and Nobel Prize Laureate Wangari Maathai died in Kenya's capital late Sunday, Sep 25th after a long battle with cancer.

Even in the midst of jubilation over winning the Nobel Peace Prize, environmentalist Wangari Maathai put her beloved Kenya first.

Shortly after receiving the honor in 2004, Maathai described to VOA what the victory meant for efforts to halt the massive deforestation in her

Wageni most remembers. Wageni is deputy executive director of the Green Belt Movement, an environmental, civic, and women's rights advocacy group Maathai founded in 1977.

"What we have lost is somebody who has the courage of conviction, a person who focuses on an issue, who doesn't really look at the people who are going to be applauding her," said Wageni.

Wangari Muta Maathai was born in central Kenya in 1940. At a time when it was rare for

headed up several international efforts, including a United Nations' campaign to plant one billion trees as part of a global effort to fight climate change.

But for all the accolades, awards, and honorary degrees she has received, colleagues and friends say Wangari Maathai had her two feet firmly planted in the ground.

"She was very, very much connected to the grassroots - a person who would be able to interact with the lowest person at the grassroots, but at the

same time be able to speak at the highest levels," said Green Belt Movement colleague Edward Wageni. "So she was able to link the two - the international stage, and sitting down under a tree with women discussing issues at that level."

Dr. Catherine Lore is a Ugandan doctor whose office is near the Green Belt Movement office in Nairobi. She says her neighbor was forthright, down-to-earth, and inspiring.

"I reflected back [on] the day that she received the Nobel

Prize," she said. "I came running here with palm leaves in a long, tall pot, which I put in front of the door there. So today, I'm shedding tears of joy, because today we are celebrating the life of a truly actualized African woman."

Wangari Maathai died in Nairobi September 25 while undergoing treatment for cancer. She was 71 years old. Maathai leaves behind three children and a grandchild.

[VOA News]



Nobel Peace Prize laureate Wangari Maathai participates in a discussion at the University of Nairobi in the Kenyan capital Nairobi, March 8, 2010-Reuters pic.

country.

"This recognition in many way[s] endorses the campaign and brings it to the forefront so that leaders in this country can really realize that protecting the forest in this country is a matter of life and death," said Maathai.

Her life's work has been to protect Kenya's forests from politically-elite land grabbers. Maathai also spoke out for the rights of women at a time when most Kenyan women had little public presence beyond the homestead.

Maathai was a major figure in the pro-democracy struggles of the 1980s and 1990s. During her work, she was routinely harassed, beaten, tear-gassed and jailed.

But she also achieved a litany of firsts: the first woman in east and central Africa to earn a Ph.D; the first woman to chair a department at the University of Nairobi; the first woman in east and central Africa to be appointed as a professor; the first African woman and environmentalist to win the Nobel Peace Prize.

It is this spirit of perseverance that her colleague Edward

Kenyan girls to go to school, she graduated from Loreto Girls' High School in 1959 and went on to complete a bachelor's degree in biological sciences from Mount St. Scholastica (now Benedictine College) in Atchison, Kansas. She then earned a master's degree at the University of Pittsburgh and a Ph.D at the University of Nairobi.

In the 1970s, Maathai became active in several environmental and humanitarian groups in Nairobi, consulting widely with women in rural areas. It was then that her passion for tree-planting took root. Ever since the creation of the Green Belt Movement, more than 47 million trees have been planted in Kenya.

Her work also involved education campaigns and linking environmental degradation with bad governance.

Following the pro-democracy struggles, Maathai was elected a member of parliament for Tetu in the 2002 elections and was appointed deputy minister for the environment. Two years later came the Nobel Peace Prize. Since then, Maathai has

Michael Chan

for Markham-Unionville

905-604-4180

www.voteMichaelChan.ca

Ontario Liberals Proven Record of Success

HEALTH	EDUCATION	JOBS	INFRASTRUCTURE
<ul style="list-style-type: none"> <li>✓ Shortest wait times in Canada</li> <li>✓ Opened 18 new hospitals</li> <li>✓ Hired 11,000 new nurses</li> </ul>	<ul style="list-style-type: none"> <li>✓ Best Schools in the English-speaking world (McKinsey &amp; Co.)</li> <li>✓ Introduced Full-Day Kindergarten</li> <li>✓ 30% off undergrad tuition</li> </ul>	<ul style="list-style-type: none"> <li>✓ Created more full-time jobs this year than the rest of Canada combined (Statistics Canada)</li> <li>✓ North American leader in attracting foreign investment to create jobs</li> </ul>	<ul style="list-style-type: none"> <li>✓ Over \$62 billion invested in infrastructure</li> <li>✓ Built, expanded and improved highways and roads</li> </ul>

Forward. Together. >

Conservative Record of Cuts and Chaos

HEALTH	EDUCATION	JOBS	INFRASTRUCTURE
<ul style="list-style-type: none"> <li>X Worst wait times in Canada</li> <li>X Closed 28 hospitals and 5,000 beds</li> <li>X Fired 6,000 nurses</li> </ul>	<ul style="list-style-type: none"> <li>X Fired 15,000 teachers</li> <li>X 26,000,000 teaching days lost to labour unrest</li> <li>X Voted against Full-Day Kindergarten</li> </ul>	<ul style="list-style-type: none"> <li>X Left a \$5.6 billion hidden deficit</li> <li>X Job killing plan to reject foreign investments</li> </ul>	<ul style="list-style-type: none"> <li>X Highway 407 sold to privatized interest groups, raising fees for families</li> <li>X Left our infrastructure to crumble</li> </ul>

with Ontario PCs and NDPs

In this election, a vote for NDP is a vote for PC

# Tribute

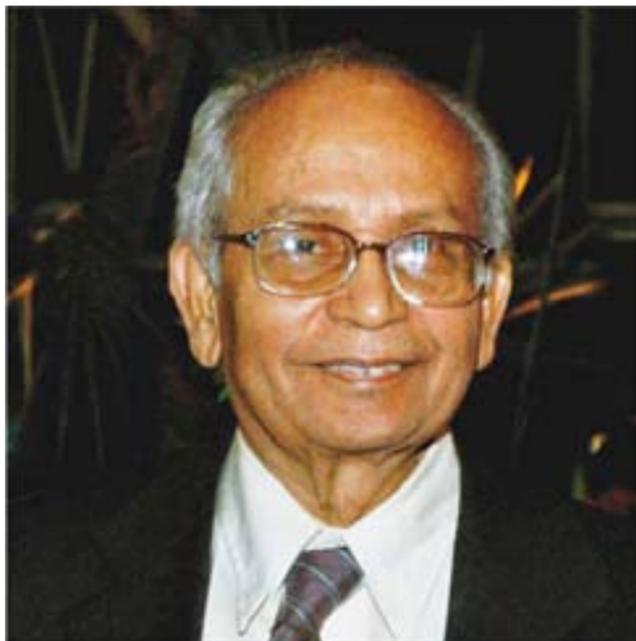
*Dr. Kumariah Balasubramaniam:*

## PHARMACOLOGIST AND ACTIVIST FOR ACCESS TO ESSENTIAL MEDICINES.

**Born in Sandilipay, Sri Lanka, on Sept 12, 1926, he died in Colombo, Sri Lanka, on April 19, 2011, aged 84 years.**

Kumariah Balasubramaniam was one of the world's most knowledgeable and resolute health activists. But his long and influential career could easily have been over before it even began. In 1947, while in his second year at the University of Ceylon Medical School, the 20-year-old Balasubramaniam contracted tuberculosis, a drug-resistant strain that could have killed him. That illness offered a lot of time for contemplation, notes his colleague Shila Kaur, Coordinator of Health Action International-Asia Pacific. "During his prolonged hospitalisation, he was constantly in touch with people from the poorer parts of society in Sri Lanka. That really made him see things differently. It really made him think that there needed to be more focus on accessible medication for the poor. That was one of the things that influenced his future career direction."

Only in 1952 was Balasubramaniam—known widely as Bala—declared free of the disease and allowed to recommence his studies. After graduating with high marks in pharmacology, he joined the Department of Pharmacology at the University of Colombo led by Seneka Bibile, who went on to found Sri Lanka's drug policy that has been used as a model internationally for the development of



*Dr. Kumariah Balasubramaniam*

policies based on rational drug use. For Bala, Bibile was a personal role model and mentor. When Bibile moved to the University of Peradeniya a few years later, Bala moved with him. Then, in 1968, Bala travelled to the UK for 2 years to undertake a Diploma in Clinical Pharmacology and a PhD. When he returned to Sri Lanka, he was the sole permanent member of the academic faculty in the department—Bibile having been appointed chair of the State Pharmaceuticals Corporation. "By this time, Seneka Bibile had introduced Bala to the social, economic, cultural and political dimensions of pharmaceuticals

and health care delivery", the editor of the Ceylon Medical Journal, Colvin Gooneratne, wrote in 2009. "And so, Bala knew by then what he must do."

The rest of Bala's career was focused on promoting rational drug use, social justice, and equity in health care. He began in 1978, at the United Nations Conference on Trade and Development in Geneva, where he was part of an inter-agency task force working on the involvement of the pharmaceutical sector in low-income countries. After the task force submitted its report, Bala continued to work at the UN agency, helping develop policy

documents to strengthen the drugs sectors in Ethiopia, Nepal, Cuba, the Philippines, and Tanzania. In 1981, he took part in a UN seminar on pharmaceuticals in Geneva. At that meeting, an organisation called Health Action International was born—a global network of non-profit groups representing the interests of consumers in drug policy and lobbying for increased access to essential medicines. "He was one of the people who inspired us to have a people's health movement", recalls Zafrullah Chowdhury, the driving force behind the formulation of Bangladesh's

national drug policy in the early 1980s. In the late 1980s, Bala took a position as adviser and coordinator at Health Action International Asia-Pacific (HAIAP), and relocated to Penang in Malaysia. There he began working for access to essential medicines lobbying for change. "He inspired thousands of people, made them understand what rational drug use is", said Chowdhury. "And told everybody it's not a one-time game. It needs persistent and continuous movement, persuasion of the government, and persuasion of the WHO. That is where really he made a tremendous contribution." According to Kaur, who began working with Bala in the 1980s, "The expertise and advice he gave in terms of national drug policy development in countries in the Asia-Pacific region was essential. His career with the NGO world was devoted towards ensuring that rational drug use and access to medications is something that would be a priority for the poor."

Bala consulted for WHO on many occasions, and received the Commonwealth Vice-Chancellors' Fellowship Award in 1994 and the Olle Hanson Award in 2006. His insights and advice were delivered softly, with gentleness and a generosity of spirit that inspired those who knew him. "There was never a day that went by without a generation of kindness on his part", says Kaur. "He really epitomised what a doctor should be." He is survived by his wife Kamala and their four sons.

*This Tribute first appeared in The Lancet, a leading Medical Journal published from London, England.*

## Highland Creek Heritage Festival Seeks Volunteers

Lend a Hand and Your Time for This Great Community Celebration

For 26 years the community of Highland Creek Village, established in 1852, has celebrated the rich history and character of one of Toronto's founding neighbourhoods. Entering into their 27th year of celebration, The Highland Creek Festival and Parade committee is asking neighbours and GTA residents to volunteer their time to help support what promises to be Highland Creek's biggest and most exciting festival and parade yet! The upcoming festival will be taking place on Saturday June 16th, 2012 preceded by the fundraiser Rock and Roll Dinner and Dance on Friday June 1st.

Attracting crowds of spectators and vendors, and playing host to a beer garden, tea room, craft market, and even a Karaoke competition, the Festival and Parade is proud to represent a diverse and exciting community of dedicated residents. Closed to traffic, the village becomes a hubbub of pedestrians; multi-cultural food stalls, international dance performances, live music, a children's activity area and loads more fun and interesting things to do on a lazy Summer Saturday.

Bearing the title "Biggest Little Parade

in Toronto," The Highland Creek Parade boasts over 30 floats and vintage vehicles as well as bagpipers, drum and steel bands, and all the other trimmings of the perfect parade. Highland Creek Festival and Parade is always looking for those interested in participating and supporting the efforts of this jam-packed march down Lawson Rd. To volunteer or showcase your club, vintage car, or musical talents, contact Vesi at 416-287-9755

If you are looking to donate your time and energies to a wonderful community cause and to be a part of a team of exciting and creative thinkers, consider volunteering to help organize the festival events for the coming year. Get to know your neighbours while you're contributing to the community. And don't worry, you can commit as much time as you have to offer. High School students are always welcome and you will receive community hours. The



preparations for 2012 have already begun! Any assistance would help!

Please email us at [highlandcreekfestival@gmail.com](mailto:highlandcreekfestival@gmail.com) or call Clancy at 416-281-8147 or drop in to our 7pm meeting, the first

Wednesday of each month at the Legion, 45 Lawson Rd., Scarborough.

For more information or to peruse past festivities visit [www.fleurcom.on.ca/Heritage/](http://www.fleurcom.on.ca/Heritage/).



# NEW LIFE FRESH START

உங்கள் கடன் அட்டை, வங்கிக் கடன்களில் 80% வரையிலான கழிவு

**We will reduce your debts up to 80%**

**(ViSA, MasterCard, AMEX, Personal Loans, Line of Credit, Income Tax, HST, GST Owing, Car or House Repossessed, Student Loan Outstanding for 7 years )**

கடன் அட்டை, வங்கிக் கடன்களுக்கு விதிக்கப்பட்ட சகல வட்டிகளும் நிறுத்தப்படும்

**We will stop all interest on your debts immediately**

கடன் தொடர்பாக விடுக்கப்படும் தொலைபேசி அழைப்புகள், சம்பளப் பறிமுதல் போன்ற சட்ட நடவடிக்கைகள் நிறுத்தப்படும்

**We will stop collection calls, court action & wage garnishments immediately**

உங்கள் சொத்துகள், முதலீடுகள் பாதுகாக்கப்படும்

**We will protect all your assets (House, Car, RRSP, RESP, TFSA, GIC, Life Insurance, Stocks, Bonds & Shares)**

மாதாந்த ரீதியில் ஒரே கட்டுப் பணத்தில் எல்லாக் கடனையும் தீர்க்க வசதி செய்தல்

**We will make one monthly payment to all your creditors**

வங்குரோத்துக்கு செல்லாமல் தீர்வுகாண ஏற்பாடு செய்யப்படும்

**No need to file for Bankruptcy**

பலவருடகால அனுபவமுள்ள

**Suren Sornalingam BBA**

Post Graduate Diploma in Business Management

Federal Government Registered & Certified (BIA) Insolvency Counsellor

Member of Canadian Insolvency Foundation

**CREDIT RECOVERY CANADA**

55 Town Centre Court, Suite 700,  
Scarborough, ON.  
M1P 4X4

**Tel: 416-264-1272**

**Fax: 416-332-0914**

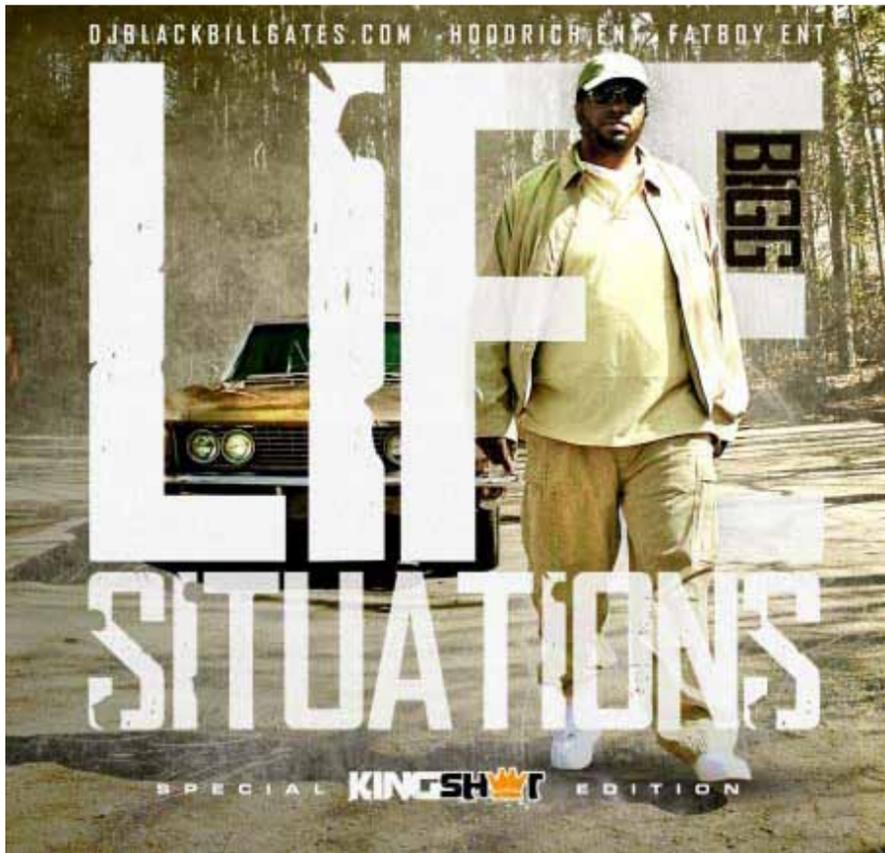
Web: [www.creditrecoverycanada.com](http://www.creditrecoverycanada.com)





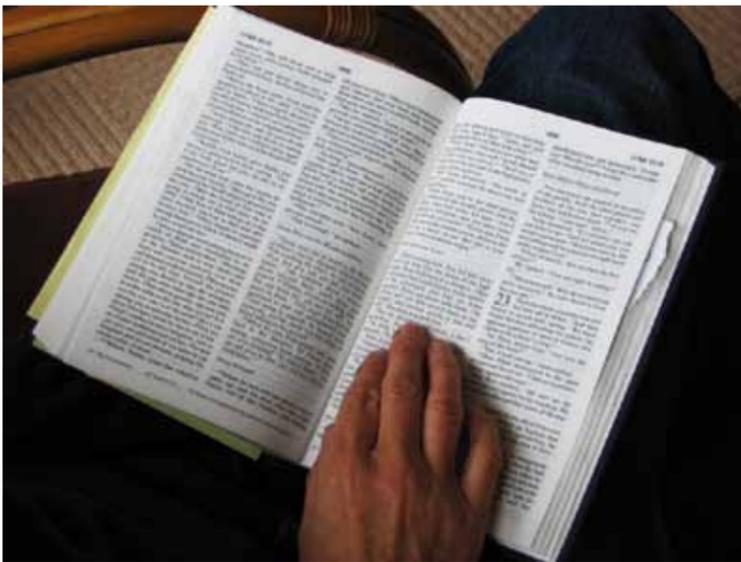
# Spirituality

## The Sermon-what people expect of it?



By: J.J. Atputharajah

We as Christians expect a lot out of sermons. Most of us attend services regularly to revive our faith and improve our relationships with God. Though hymns, prayers and bible readings provide the conducive atmosphere for services, it is the sermon that forms the backbone of our observance. All these are related to the sermon. Pastors adopt several methods to deliver the sermons. Normally they base the sermon on a text, explain its meaning and its context, tell an incident to illustrate its application and celebrate the good news presented in



The Bible

the sermon. However some pastors make it a point to conform to a particular time duration and spend more time to go into the details of theology and linguistics. Sermons are not bible studies; they are veritable glimpses of heaven and sublime heavenly living. They give a foretaste of things to come as well as help us to find our 'heavens' here on earth. The Sermon on the Mount by Jesus is a veritable of example of such a great presentation. It provided food for the spiritually or hungry souls. It satiated their taste for righteousness or right living.

A sermon must have a spiritual message. It should be simple enough for even a newcomer to understand and apply. Once I went to a church and they gave me a paper and a pencil to take down notes while the preacher expounded his message going deeply into the biblical quotes expecting the congregation to take down notes. A sermon should be to the mind and not to the intellect. It should move our spirit and cleanse

our minds and actions. If we just take down notes it is of no use. It does not give us spiritual strength that we badly need. We should be able to absorb it straight away and it should become part and parcel of our body, mind and spirit. The pastor should be guided by the Holy Spirit in the preparation of his sermons.

The sermons should be illustrated with true to life incidents and stories revealing the application of the biblical teachings to modern life. Many preachers appear to be scholars delving into old testament stories and spend most of the time trying to impress the congregation of their scholarship and familiarity with just pure theology. Some deal at length with biblical linguistics. Besides there are a few who depend purely on rhetoric (with emphatic articulations) and high sounding vocabulary without much substance.

They must understand that they are doing the work of God and not their's. The purpose is wasted if the sermon cannot help us to apply biblical knowledge to our lives.

Jesus made his sermons very simple. He related every thing to the life style of the people of contemporary society. The parable of the Sower, the parable of the Lost Son and the parable the Good Samaritan are wonderful examples of simple stories familiar and comprehensible to the listeners proving the meaning of Christian principles. The Sower with the theme of evangelism, the Lost Son with the main idea of forgiveness and the Good Samaritan with the theme of brotherly kindness are immortal illustrations of effective sermons. His words have the dynamism to exalt our horizons to eternity. Our pastors should emulate the example of the Lord and Master Jesus Christ to make their sermons lively and satiate the spiritual appetites of their congregations wherever they serve.

**ADVERTISE IN THIS SPACE TO  
PROMOTE YOUR BUSINESS**

A parfait media publication  
**Monsoon**  
Journal  
VOL 6 ISSUE 4 SEPTEMBER 2011

**WHY? PLEASE READ TO FIND  
THE REASONS!**

- COVERS MANY VARIETY OF ARTICLES FOR READING
- KEPT AT OFFICES AND HOMES FOR LONGER PERIOD
- MANY LOCAL AND CORPORATE EVENTS ARE COVERED
- SUBSCRIBE FREE TO GET NOTIFICATION BY E-MAIL WHEN ISSUES ARE READY

Notification in social networks like  
Facebook & Twitter



**ADVTs ARE  
PROMINENTLY  
PLACED TO  
PROMOTE  
YOUR  
PRODUCTS  
OR SERVICES**

**CALL: 416-358-3235**

E-MAIL: [TORONTO@MONSOONJOURNAL.COM](mailto:TORONTO@MONSOONJOURNAL.COM)

WEB: [WWW.MONSOONJOURNAL.COM](http://WWW.MONSOONJOURNAL.COM)



# Spirituality

## WORDS OF PEACE



# A Simple Recognition

While it's fine to talk about peace, it's better to experience it.

Delegates to an assembly sponsored by the European Parliament heard that message in a special address given by Maharaji, who travels the world speaking about peace as a personal issue rather than a political issue.

"I am a person who believes that it's good to talk about peace, but it's better to feel it," Maharaji told representatives of member nations in attendance. "It's okay to talk about human progress, but it's better to actually make progress."

Maharaji began speaking publicly about an innate human need for peace and fulfillment when he was very young, and has spent a lifetime bringing this message to millions of people in every corner of the world. As his reputation as a nonpartisan voice for peace grows, he is frequently invited to attend such key events as a celebration of the opening of the border between Italy and Slovenia. He's given parliamentary addresses in Australia and New Zealand to help mark the United Nations International Day of Peace, and has spoken at events held in his honor at London's Guildhall. He has also been a guest speaker at Oxford and Harvard universities and the Universal Forum of Cultures in Spain, among other prestigious venues.

No matter how influential his audience, Maharaji's message remains focused on the need for peace within the heart of the individual.

"There are people who say that the planet will be destroyed," he told the European Union delegates. "When we hear that, we feel concerned. It's natural.

Right now, in the world economy, there



are people who are wondering what's going to happen to them. Wars continue. They are justified by explanations, ideas and ideals that people have created.

"It is from the hearts of human beings that peace will be created. It begins when there is a simple recognition of one another, when people recognize that we may speak and look differently, but we have the same fundamental needs."

As founder of The Prem Rawat Foundation, Maharaji responds to calls for assistance in areas of the world where people's basic human needs are compromised by calamities. In addition to nourishing food, clean water and basic medical care, he says, those needs include living with dignity and peace.

"In my opinion," Maharaji says, "the ideal should be to have peace, to have it where people feel and celebrate peace.

We talk about prosperity. In my formula—and this is only because I have observed it—prosperity without peace is chaos. Everybody still wonders what's going on.

"If we want to avoid that chaos, then we have to work toward peace based on what peace really is. Peace is not about living in a monastery. Peace is not the absence of noise. Peace is not just the absence of war. Peace is not something we can declare. Peace is a fundamental human need, and it needs to be felt from within."

Maharaji reminds audiences that peace as well as war begins within human beings.

"We need to understand the importance of getting along with each other, of accepting each other's differences," he says. "We are part of a much greater world than we realize. Much more fundamental things are afoot here.

"We don't recognize that peace is as universal as the sun. We don't recognize

that peace is as fundamental as water. We don't recognize that peace is as essential as the air. What we are busy doing instead is defining peace based on our expectations."

Maharaji stresses that peace is not just a concept, but something that can be felt. On an individual basis, he offers a practical way to tap into the experience of peace within.

"The question remains whether it is something that we want to do or not," he says, "because peace begins with every individual. It's individual human beings in whom the desire for peace resides, and it's on an individual human being's stage that peace needs to dance."

To know more about a practical way to go within, call

1 877 707 3221 English Toll Free

416 431 5000 Tamil

416 264 7700 Hindi

To learn more about Maharaji, visit:

[www.wopg.org](http://www.wopg.org)

[www.tprf.org](http://www.tprf.org)

Award-winning TV series

# WORDS *of* PEACE

Saturdays, 11:00am ET  
on 'A' Television

Peace is possible.  
It needs to  
be felt.

www.wopg.org  
www.tprf.org



# Spirituality

*Dr. Kanayalal Raina*

Ganesh Chaturthi was celebrated by members of Hindu Federation on 10 September 2011. A boat cruise was arranged on this day as usual and it made a 4 hours cruise across Lake Ontario with over 260 persons, dressed in colourful Indian attire, who were on board on this beautiful sunny afternoon. Vigneshwara, is one of the most popular deities worshipped by members of most Indian religions. It is Hindu's most important festival. Ganapathy is also the God of Knowledge and is invoked at the commencement of any function. He is the god that protects his devotees from any obstacles (vighnam). Hence the name Vighneswara. He is also described as the Supreme Leader (Vinayaka).

Hindus assembled at different temples and came in buses to the lakeshore. Some came in their own cars. They all enjoyed this day when pooja was performed to Ganesh Moorti by the offerings of milk, sweets, fruits & arti. Pooja were performed by priest of Mandirs and then Ganesh Moorti was formally immersed (visarjan) in the lake amongst chanting of mantras, led by Pandit Roopnauth Sharma the president of Hindu Federation, asking Ganesh Ji to remove all misfortunes from the devotees and come again next year.

After offerings were made to Ganesh the sharing of sweets was distributed among the devotees. Immersion in water means giving up the old to welcome the new, a practice followed by devotees of Ganesha as well as Durga.

During Ganesh Chaturthi, my grandma often narrates a story. "Once upon a time," she would say, "there was an old woman who worshipped Ganesha and painstakingly

## HINDUS CELEBRATE GANESH CHATURTHI AT LAKE ONTARIO



performed all the rituals for the Deva. One day, she had to go away, so she requested Sheila, her daughter-in-law to take good care of Ganapati."

At this point, grandma pauses, for her voice is now quivering with emotion — so overcome is she with devotion. "But Sheila was very busy with the household chores, so she decided to treat the deity like one of her

own children... every time she would bathe her children, she would say, 'come Ganesha, it's time for a bath' and Ganesha would come, bathe and go back to the puja room.

"She would do the same, calling out to him at lunch and dinner and Ganesha would oblige," says grandma. "When the mother-in-law came back, she was astounded to learn of the routine shared by Sheila and Ganesha. How come Ganapati did not reveal himself to her? When the time for Ganapati's visarjan or immersion neared, Sheila was sad, so Ganesha told her not to worry as he would be back the following year."

Grandma would end the story, saying, "If you love Ganesha, he will reciprocate. He will come to your home, stay for a few days, bless you and then he will go away, only to come back as he does every year to spend time with you; hence he is immersed in water." A lunch buffet was served and bhajans were sung to the delight of every one by the kirtan Mandli of Devi Mandir and Shi Ram Mandir to celebrate this auspicious day. It was a day of joy among the devotees.

Ganapathy is said to have had two spouses. Buddhi (intellect) and Siddhi (achievement). Thus, he is the master of knowledge and achievement.

His parents were Siva and Parvati.

Legend has it that Ganapathy himself wrote the Mahabharata, to the dictation of Guru Veda Vyasa. He is also considered the most intelligent. A challenge was thrown to brothers Ganapathy and Karthikeya by Sage Narada. The challenge was whoever went around the globe first would have the fruit first. Karthikeya went around the world which took quite some time while Ganapathy went round his parents thrice and claimed the fruit. The logic he gave was that since his parents represented the universe he had gone round them.

Now do not look at this story as a rational logical person but try and understand the thought behind it. It is to do with the use of the Intellect. Ganapathy used it to know



what the Sage meant while his brother took the Sage ka order at face value. Similarly in our lives we must learn to use our Intellect (the ability to discriminate between right and wrong) and look at the deeper meanings of things. Using our intellect will force us to make decisions, right or wrong, time will tell. If wrong, so what, we will learn by our mistakes. The key is to try.

Ganesh Puja was prevalent in India since the ancient times. Its popularity has only grown in recent times.

As Ekadanta, the Lord has limitless powers. As Heramba, he removes obstacles. As Lambodara, He protects all worlds. As Surpa Karna, He shows compassion by giving the highest knowledge. All these names for Lord Vinayaka, who is the Lord of all. The Lord has four hands. In one hand he has a rope while in another he has an axe. With the axe he cuts off the attachment of his devotees to the world of plurality and thus end all the sorrows that go with it.

The rope is used to pull the devotee close and closer to the Truth. In a third hand he holds a rice ball that represents the joys of Sadhana. With the other hand he blesses his devotees and protects them from obstacles that they may encounter on their Spiritual path of seeking the Supreme.





# Spirituality

## Saturday Night Fever

Today, it has become a common phenomenon in society that everybody is in some level of neurosis. This is simply because your energy is not worked out; it's trapped.

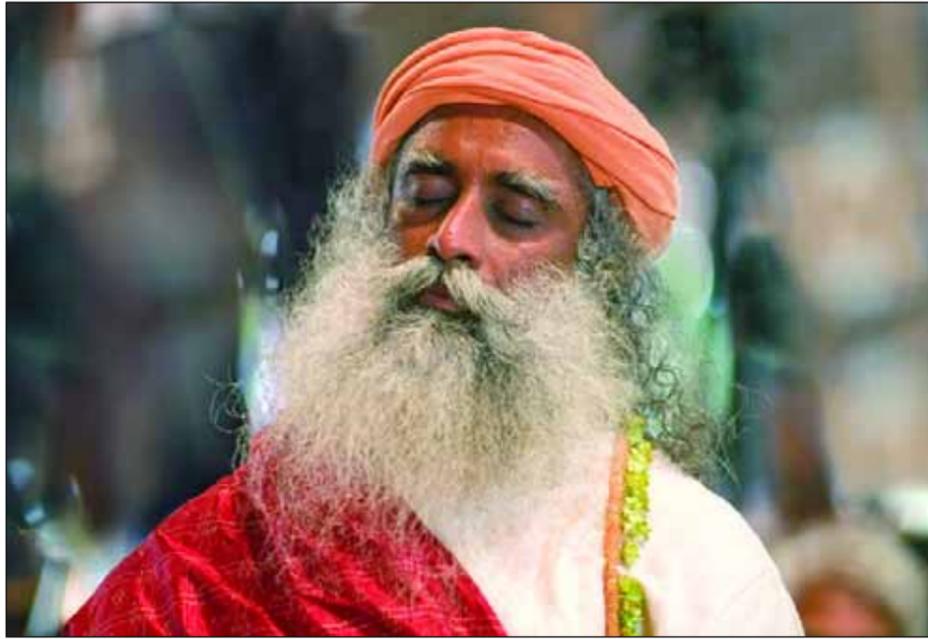
The whole world is going through a unique kind of neurosis, which was not there in the past. This is simply because modern man has stopped using his body to a large extent. In the past, when you intensely involved yourself in physical activity, a lot of your neurosis was worked out. Your nervous energy got spent. I know many people, especially young people, who had psychological problems. They just started swimming or playing some sport daily and then everything became okay; because of enough activity, the energy was expended.

Today, man has become physically inactive like never before – he could not afford to be so physically inactive before, he had to do so many things physically, just to survive. He has become more neurotic than in the past. As a general phenomenon, there were neurotic people then also, but not in these numbers. Today, it has become a common phenomenon in society that everybody is in some level of neurosis. This is simply because your energy is not worked out; it's trapped. You have not transcended your madness and at the same time you're not working it out. The therapy also is not there. If you went out and chopped wood for the whole day – if you chopped a hundred logs a day – a lot of your energy would be spent, and life would be peaceful; but today it's not like that. You are not using your body the way it used to be used, so you go on generating all kinds of diseases, like never before.

This builds up into your system over a period of time. Then your physical and emotional energy needs some outlet. That is how your bars, your clubs and your discotheques have come into place. People have to work out their neurosis somewhere, somehow. These discos look like madness, you can't even breathe inside. They are full of smoke and sweat but people are just going wild. You can't even dance, everybody is bumping into everybody else, but it doesn't matter, you have to work it out, otherwise you will go crazy. So on Saturday, you go work out your neurosis for the week. Then the piling up starts once more and once again the Saturday night fever comes.

There is another way to drop this madness and go ahead. Completely leaving it behind and going ahead where you are no more a part of it. This is what meditation is all about. Now, if you dance, you simply dance for the joy of it, and not because there is something to work out. If you're dancing to work out something, maybe it is therapeutic. It is good therapy, alright, but there is a certain ugliness about it. It is lusty; you cannot dance out of love. You can only dance out of lust.

Do you know the difference between love and lust? Lust is a strong need, love is not a need. When you love, you settle down, nothing more is needed. You can



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)

Toronto local contact 1-866-424-ISHA (4742) or email [Toronto@ishafoundation.org](mailto:Toronto@ishafoundation.org)

just sit here for a lifetime. With lust you can't sit anywhere, you either get into some mad action, or you are bound to go crazy. When there is a certain neurosis, a certain madness within yourself, you can only be in lust. Your lust can be for sex, for food or for some particular activity or some hobby, it doesn't matter what it is, but you develop lust for something. Without that lust you cannot live. Even your work is an effective way of throwing out your lust. It's just that it is the most popular and accepted way in the world. Today people just go on working, working and working. Not because they are creating something fantastic, but simply because they have to work, otherwise

they don't know what to do with themselves. You have to guard that madness cautiously. Nobody ever knows that you have this within yourself and you yourself would like to forget it. You do everything possible to forget it. All the entertainment in the world has come just to hide your madness. If you were perfectly sane, you would not need entertainment. You need entertainment just to cover your madness. If we take away your entertainment, you will go crazy. Man needs entertainment simply to hide his madness. If he was perfectly sane, he would not need entertainment. He could just sit and watch the bamboo grow. He would not really need entertainment.

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. To learn more, view the free Introductory Talk, or to register visit [www.InnerEngineering.com](http://www.InnerEngineering.com)

### Yogi Says It's Time to Raise Human Consciousness Before Our Scientific Advancements Become a Curse for This Planet and Humanity

Sadhguru Vasudev, a realized yogi and India's revered spiritual figure, will be conducting a meditation program in Toronto on November 12 – 13, 2011 as part of his global effort in raising human consciousness.

A contemporary guru and humanitarian, Sadhguru emphasizes the need for everyone to invest considerable time and effort to explore their inner wellbeing. He explains, "Today, with the tools of science and technology we have brought ourselves to a self-threatening situation that everybody in the society needs to invest in their inner wellbeing and live with a sense of peace and joy in their hearts. Modern technology has tremendous capability for both: creating wellbeing or total destruction. Without deepening the inner experience and becoming all-inclusive individuals, it will surely bring destruction – not just to humanity, but the planet itself.

"We have reached a significant moment in the history of humanity. For the first time, we have the necessary

capability, technology and resources to address almost every fundamental problem on this planet, including concerns about nourishment, health, education and the environment. Never before was this possible. Everything is in place, but the only thing missing is human consciousness. Raising human consciousness in the world is the most important thing that needs to happen right now."

Voted as one of the 50 most influential people in India, Sadhguru has been invited to speak at the United Nations, the World Economic Forum, and the House of Lords, and has been featured in CNN International, CNBC and the Huffington Post.

He aims to ignite waves of consciousness in various parts of the world. Sadhguru states, "Even if one percent of the population in the world becomes meditative, significant social changes will happen across the globe."

Over 2 million people have attended his meditation and yoga sessions in the

last year alone. During his up-coming visit to Toronto, Sadhguru is expected to draw over a thousand enthusiasts for his signature program, Inner Engineering. It is a simple step-by-step process gleaned from the science of yoga that helps one to attain higher levels of consciousness effortlessly. Inner Engineering also purifies and rejuvenates the body and mind which prior participants have found very effective in relieving chronic ailments, stress, addictions and burnout. After completing the initial phase online, participants will join Sadhguru live at the Metro Toronto Convention Center on November 12 and 13 to learn the powerful Shambhavi Mahamudra kriya. Hundreds of volunteers in the Greater Toronto area are gearing up for his visit and preparing to support the program.

To reach Sadhguru, his volunteer teachers or prior participants for an interview, contact Gomathy Swamy at 416-528-9816. Email: [gomathy.swamy@ishafoundation.org](mailto:gomathy.swamy@ishafoundation.org)



# Recent Event

## RUGBY IN TORONTO BY ROYAL-THOMIAN



Royal/Thomian team with officials

Rugby Sevens tournament between OBA's of Royal & Thomian in Canada was held on September 4, 2011 at Crusaders Rugby Club in Oakville.

Rugby is another popular sport in Colombo, Sri Lanka played in schools and clubs. The Royal Thomian rugby encounter held annually in the Michaelmas Term of St. Thomas and between the two sessions of Bradby Shield Encounter of Royal since 1955. Second only to the Bradby Shield Encounter in prestigious rugby match in the country. It is played for the Michael Gunaratne Trophy.

*Some of the photos taken on Sept 4th can be seen here.*



Royal College OBA team



Section of the spectators



Section of Royal college tent



Royal College OBA team



# Sports

## 2nd Annual Mississauga Mayor's Cricket Festival presented by Corporate Canada Cricket Club

The 2nd Annual Mississauga Mayor's Cricket Festival was held on Sunday, Sept 25th at Courtney Park Cricket Field in Mississauga.

"Renowned cricketer Sir John Bradman once said, "May cricket continue to flourish and spread its wings.

The world can only be richer for it.

"The sport of Cricket is played across the globe and it continues to grow in popularity in Mississauga" quoted Mississauga Mayor Hazel McCallion in her message. The results and some of the highlights can be seen here.

**Winner: TD Bank Group**

**1st Runner-up: CIBC**

For more info: [www.corporatecricket.ca](http://www.corporatecricket.ca)



# Sports



## 2nd Annual Brampton Mayor's Cricket Festival presented by Corporate Canada Cricket Club

The 2nd Annual Brampton Mayor's Cricket Festival was held on Saturday, Sept 17th at Creditview-Sandlewood Cricket Field in Brampton. "Our community has a rich history dating back over 150 years and our present-day blend of exciting cultures gives Brampton an unmatched international character and unique world perspective" quoted Brampton Mayor Susan Fennell in her message.

The results and some of the highlights can be seen here.

**Winner: CIBC**

**1st Runner-up: SAP**

**2nd Runner-up: BMO**

For more info: [www.corporatecricket.ca](http://www.corporatecricket.ca)





# Sports

## Inaugural Ajax Mayor's Cricket Festival presented by Corporate Canada Cricket Club

The Inaugural Ajax Mayor's Cricket Festival was held on Saturday, July 30th at Ajax Cricket Club, 615 Monach Ave. Ajax Mayor Steve Parish in his message quoted that, Cricket is one of the fastest growing sports in Canada and Ajax is just one of the communities that have an avid following of this exceptional sport. The Town recognizes cricket's ability to engage the community and youth, while promoting good health, sportsmanship, and camaraderie. Cricket tournaments assist in developing cross-cultural relationships within our communities and beyond.

The results and some of the highlights can be seen here.

**Winner: BMO**

**1st Runner-up: CIBC**

**2nd Runner-up: LOBLAW**

For more info: [www.corporatecricket.ca](http://www.corporatecricket.ca)



# Sports



# The Score On Cricket

By Tashvir Narine

October will start off on a bang in the cricket world with the Champions League of Twenty-Over Cricket taking place in India. The question would be what kind of bang will erupt from this competition. Indian cricket buffs may think of this as repetitive, with four top IPL teams this year, but tournament organizers are hoping that this breaks these barriers for mainly-Indian audience. As always, the top twenty-over teams worldwide will come together in a tournament style competition for the title of best in the world.

The format gives seven confirmed and three qualifier spots. The seven confirmed teams are formed from the top three from the IPL, and the top two squads from the Australian Big Bash along with the South African Pro20 tournaments. This includes the Chennai SuperKings, Bangalore Challengers,

Mumbai Indians together with the South Australia Redbacks and New South Wales Blues, and finally the Cape Cobras and Warriors from South Africa. At this point the qualifying rounds have also been completed and Trinidad & Tobago has qualified once again representing the West Indies, along with Somerset and the Kolkata Knight Riders for the final three spots. There is much debate as to the non-representation of Pakistan and Sri Lanka in the tournament, however the Champions League is evolving each year and once other cricket markets expand, there is definitely the possibility of seeing more representation from these nations.

The ten teams will now be divided into two groups in the group stage, which will culminate into a 4 team semi-final playoff for the final match on October 9th from Chennai. The Royal Challengers of Bangalore will face off against the Warriors of South Africa in the first

match of the tournament. It proves to be a highlight itself, with top batsmen like Chris Gayle going up against a tough Warrior bowling side. Names such as Sachin Tendulkar and Rohit Sharma would not be shouted by fans

due to respective injuries at this time, but pay attention for new stars such as Ambati Rayudu and Daniel Harris. This competition is great chance for new talent to emerge, such as Kieron Pollard last year for Trinidad & Tobago, who became an overnight IPL star because of his Champions League highlights. Look out for the same this year, as it seems

that cricket is a global endeavour and twenty over matches are leading the way for its ambassadors.

Elsewhere around the world, the West Indies are playing a couple of twenty over matches against England at the Oval, and Chris Gayle has still been excluded so expect to see him in the Bangalore Challengers uniform more often, instead of his West Indies colours. Sri Lanka and Australia have also completed their series, with Australia getting the better of the home team, claiming the test series one-nil.



Can Dhoni lead another side to tournament victory this year?



Ruhuna Rhinos captain takes catch to dismiss Trinidad & Tobago batsman in qualifying round



Usually in a Trinidad uniform, Kieron Pollard will suit for Mumbai instead

# DEBT PROBLEMS???



JOINTLY SERVING ALL COMMUNITIES UNDER ONE ROOF

Unsettled Life due to Credit Problems!

Is Your Daily Life affected?

Worried that you will lose your House or Car!

Phone harassment from Collection Agencies !

Concern that your wages will be garnished by your creditors!

[www.creditsolutioncanada.com](http://www.creditsolutioncanada.com)

For All Your Problems, call for a free consultation

## SRI

### CREDIT SOLUTION CENTRE

Services of Trustee is available

80 Corporate Drive, Suite 309

Scarborough, ON M1H 3G5

Tel: **416.439.0224**

Fax: 416.439.0226

[creditsolutioncentre@gmail.com](mailto:creditsolutioncentre@gmail.com)



# MORTGAGE SPECIALISTS

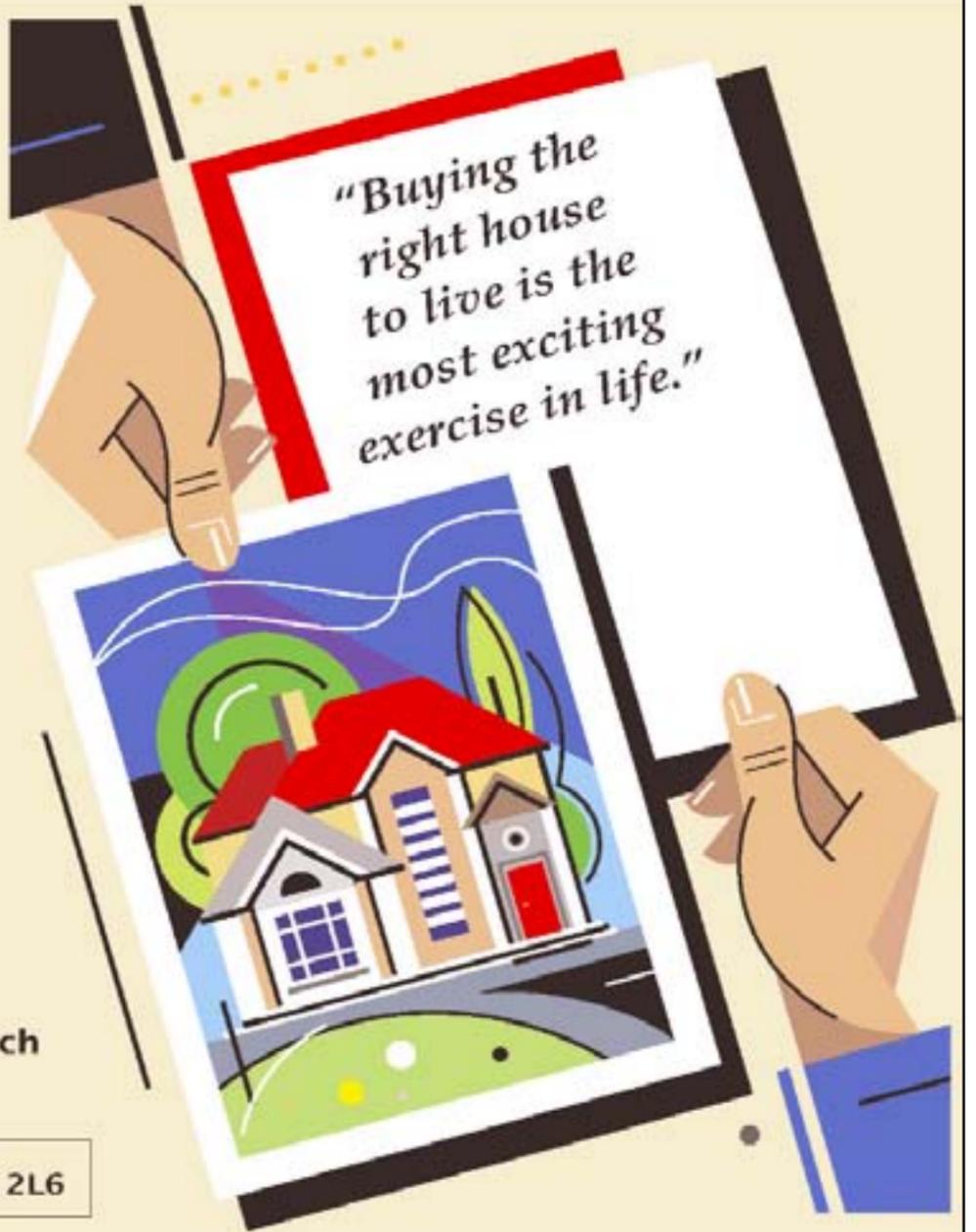
*We are always there to determine your both current financial mortgage needs and future personal needs*

**MIKE AHILAN**  
 SENIOR ACCOUNTS MANAGER  
 RESIDENTIAL MORTGAGES  
 416-220-1184



Royal Bank of Canada  
 Kennedy & Ellesmere Branch

1421 Kennedy Road, Scarborough, ON M1P 2L6



# A1 STUDIO

For all occasions and instant passport or visa photos



GTA Square  
 5215 Finch Ave East  
 Middlefield & Finch  
**416-587-5583**

## Chandam

Institute of Percussive Studies

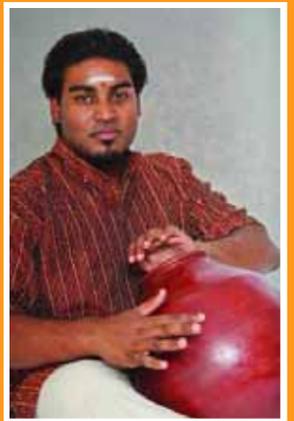
### Percussive Classes

Miridangam, Ghatam, Khanjira, Morsing, Tabla and more

Locations: Toronto, Mississauga, Brampton, Markham, Ajax & Waterloo

'Miridanga Jyothi' **Shri Ramana Indrakumar**  
**647-295-9942**

info@chandam.com www.chandam.com

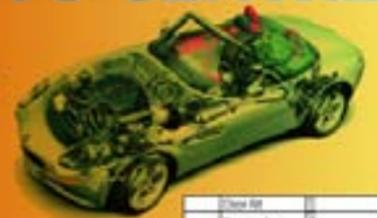


## MILLIKEN AUTO CENTRE

*One Stop Service Centre*

All Kinds of Mechanical & Body Works  
**UNDER ONE ROOF**

- Oil Changes
- Tune Ups
- Tire / Balancing
- Wheel Alignments
- Shocks / Mufflers
- Brake Jobs
- Paint Jobs
- Rust Proofing
- Insurance Claims



96 State Crown Blvd  
 Scarborough, ON

**416.888.5557 / 647.435.8561**

This space is only  
 \$50 per month for  
 over 50,000 visits



# Recent Event

## Canadian Tamils' Chamber of Commerce hosts 4th Annual Golf Classic and donates proceeds to The Scarborough Hospital Foundation



Team - Ravi Kanagasabay, Ruban Ratnasingam, Minaz Rattansi, Suresh Kumar & Navajeevan Anantharaj



Team - Usman Khan, Michael Unwin & Sam Thiru



Mike Ahilan, President, CTCC & Mark Beckles, Regional Vice President, RBC, presenting the 1st Place Trophy to Team NJ



Mike Ahilan & Sri T. Sridharan, Scotiabank presenting trophy for Closest to the Hole winner Greg Seator, Vice President, RBC Investments



Dr. Giri presenting trophy for Longest Drive to winner NJ Nadarajah



Michael Mazza, President & CEO of The Scarborough Hospital Foundation and Santha Panchalingam present door prize to winner



Guy Bonnell, Vice President of Community Development at The Scarborough Hospital Foundation, Ken Kirupa present door prize to winner



Sam Thiru winner of the 50/50 draw donates money back to The Scarborough Hospital Foundation



Michael Mazza, President & CEO of The Scarborough Hospital Foundation presents prize



Murali Sivaguru presents prize to winner Frank Barbosa



Past President of the CTCC, Ken Kirupa, Michael Mazza, President & CEO of The Scarborough Hospital Foundation, Mike Ahilan, President of the CTCC



Krishni Loganathan, Executive Assistant of the CTCC with the volunteers for the Golf Tournament

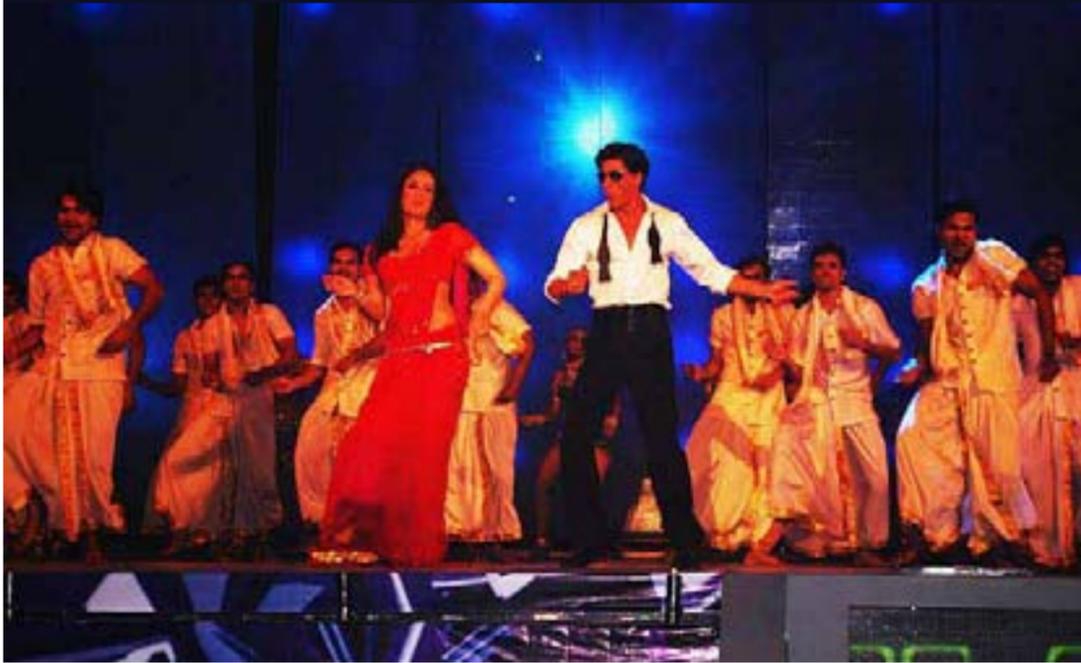


Michael Mazza thanks the Canadian Tamils' Chamber of Commerce for all of their support towards The Scarborough Hospital as all donations go towards the purchase of vital medical equipment



# Cinema World

## BONDING WITH CO-STARS WORKS FOR ROMANTIC FILM: SRK



RA.One Music Launch

Be it Juhi Chawla, Kajol, Priyanka Chopra or Kareena Kapoor - Shah Rukh Khan has shared beautiful onscreen chemistry with most of his co-stars and the Bollywood superstar says the secret lies in his bonding with his co-stars.

"People think that I am working for so many years, so maybe I am used to working with every co-actor. I have so much respect for my coactresses that I really enjoy working with them. Also, as 99 percent of my films are romantic, you need a lot of bonding, a lot of sharing with each other, this brings out the goodness of scenes we produce," Shah Rukh said at an event.

The 45-year-old, known as a perfect on-screen lover, has appeared in romantic sagas like Dilwale Dulhania Le Jayenge, Dil To Pagal Hai, Kuch Kuch Hota Hai and Kal Ho Naa Ho. Shah Rukh who wooed newcomer Anushka Sharma in Rab Ne Bana Di Jodi said: "My first film with Anushka was Rab Ne Bana

Di Jodi and I felt that she is a good actress. She is young, sweet, bubbly, energetic and really wonderful to be with. I look forward to working with her and she has a different way of acting. I really like it. She has a robust style of acting. Very carefree and I like that a lot."

Now, the lover boy image of Shah Rukh is on hold for some time, as the dimpled-smile actor has been busy with projects RA.One and Don 2.

RA.One, a superhero film, has been directed by Anubhav Sinha and stars Shah Rukh, Kareena Kapoor and Arjun Rampal. The film is slated for release Oct 26.

Don 2: The Chase Continues, an action thriller starring Priyanka Chopra, will release December 23.

Recently, SRK said that he is looking forward to doing a soft romantic film.

## 'MAUSAM' IS MY FIRST LOVE STORY: Sonam Kapoor

She is a fan of classic romances of Jane Austen and the Bronte sisters and Sonam Kapoor says that portraying the coy beauty Ayaat, a Kashmiri girl, in Mausam felt like being part of a period novel.

The 26-year-old also calls the film her first love story and her most difficult role so far.

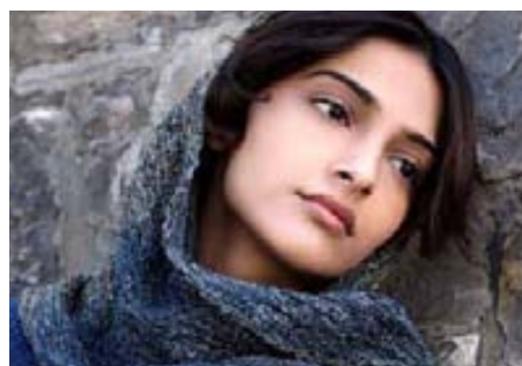
She stars opposite Shahid Kapoor in the movie, which got delayed following objections from Indian Air Force regarding some action scenes. The film is now released.

The actress, who is most remembered for her bubbly avatars of Bittu in 'Delhi 6' and 'Aisha', says 'Mausam', set 15-years back, reinstated her faith in love.

"The character is complete opposite of who I am. It is very difficult to say something with just one look or one gesture. This is tough acting. My characters in Delhi 6 and Aisha were loud and had lots of props but this role was difficult," Sonam told PTI in an interview. "I am a very romantic person and the film, which is about four seasons of love, reinstated my faith in love. This is why when I was in Edinburgh, which is the second season in the movie, I felt like I was a part of Emily Bronte's 'Wuthering Heights'," says Sonam.

Ever the romantic, the actress enjoyed the languidness and the innocence of her character in the movie. "My character in this film has a lot of depth, nobility and subtlety. Every tear and expression says something and if there is a line, it has to convey a wealth of meaning. I was like 'Nutan used to do it'. So I watched all the old movies of Nutan so that I could learn something from her," says the actress.

Veteran actor Pankaj Kapur, who turns director with the movie, set in the backdrop of Air Force, told Sonam and Shahid to write letters and Sonam says it was a difficult exercise.



Sonam-Shahid's romance in Mausam: Sonam seen in feminine and vintage ensembles

"It reminded me of our school days when we used to make cards on Rose day and Valentine's day but it was so long back. We have email now which is like SMSes. I did not know where to put 'dear', sincerely or 'lots of love'. I had to relearn it," says Sonam.

Though the actress is part of the tech-savvy generation, she retains a fascination for the old world. "So much has changed so fast but what is lost is the personal touch. There used to be a lot of thought and little sensitivity but we have become callous, cynical. Technology has given us a lot but it has also taken the humanity out of us," says Sonam.

The actress, who started her Bollywood journey only four years ago, says she does not like doing two-three films together and would rather enjoy each character that she plays.

"I never do two-three films together. My characters in Delhi 6 and Aisha are Delhi girls but I worked hard to make them different. I prefer having female fans because they identify with someone, who is strong, does not care what people think and has an opinion. I don't want to be a show-piece in a movie," says Sonam.

- PTI

## I am open to Bollywood movies: Camilla Belle

By Ayesha Mouza



Camilla Belle

She is a well known face in Hollywood with films like The Lost World: Jurassic Park and 10,000 BC in her kitty and now actress Camilla Belle is eyeing Bollywood. The 24-year-old stars in Akshay Kumar's recently released Indo-Canadian production Speedy Singhs, and says she loves watching Hindi films and is open to work in one.

"I am open to work in Bollywood films if a right opportunity comes along with a right project. I have watched a few Bollywood films. I watched Dhoom 2

and I was glued to the movie throughout and it became my obsession for long. I like all the singing and dancing too," Camilla told PTI.

The actress who has come to India for the first time says she always wanted to visit the country and enjoyed her trip.

"It's been a great experience coming to India. There are so many places to see and go I am just having a great time. I always wanted to come to India, I think it is a photographers dream. It's a beautiful country," she added.

Camilla says the thing which hooked her to the script of Speedy Singhs, was the cultural family element. "What made me say yes to the script was the cultural element. Their is a father-son relationship in the film which is very touching. I come from a multi-cultural background, my mom is Brazilian, and I have been raised in west and I have always struggled to find who am I? This film is about love and bond in a family which has been missing in the west," she added.

Camilla says working with Indian actors was an enriching experience and she got to learn a lot about the Indian culture.

"I was very excited to work with Indian actors. I got to learn about the Indian culture. Their was always a family environment on the sets and Vinay's mother would come and treat us with Indian food. It was so good to see all of that which rarely happens on the sets of a Hollywood film," she said.

Ask her about working with Anupam Kher she said, "I like Anupam as an actor, he is so professional and dedicated as an actor. I really learnt a lot from him and was amazed by his knowledge and zest." - PTI

## Vidya Balan plays Silk Smitha in the upcoming biopic The Dirty Picture

Director Milan Luthria says Vidya Balan's classic Indian look made her the perfect choice to portray the role of southern siren, Silk Smitha in the upcoming biopic The Dirty Picture.

Balan's aesthetic body display in the first trailer of the movie has gone down well with the audience and Luthria says she has given a new soul to the character of Silk.

"We were looking for a strong performer and not someone who could merely look sexy and Vidya is a great actor. Also, she has the body of a classic voluptuous Indian beauty, something not many Bollywood actresses can boast of. Silk was never pencil thin," Luthria told PTI.

The director says that there was much thought and debate before Vidya's name was zeroed down for the part. "To have someone like her play a character of this sort is enough to create curiosity. There is a certain grace, class and credibility that Vidya brings and she is a South Indian herself," says Luthria.

The director of films like Kacheche Dhaage, Taxi Number 9211 and Once Upon a Time In Mumbai, Luthria says a lot has gone into transforming Vidya into Silk Smitha.

"A lot of work has gone into her transformation. It requires a great deal of effort to present a lady in a manner that looks sensuous but not vulgar. I am sure that people are standing up and noticing her and the film for that very reason. The fact that she can hold that innocent expression despite being a part of a bold scene is a facet of only great actors. The kind of character that she is playing, someone who has a harsh exterior but a soft inner, isn't easy, but Vidya does it effortlessly," says Luthria.





# Short Story

He was lying still staring at the roof. 'Son, my son Kesava' only mothers can call like that with so much of love and affection in a word or two. I was standing inside the room like a cat which disturbed the tranquility of the place, by jumping in. Some moments in life are unavoidable. At the same time those are unbearable to ponder over. These sometime appear in our thoughts and overwhelm us. I was with that feeling at that moment.

Kesavan's mother was seated on his bed after shoving the mosquito net to a side. "Kesa look who is here. Agilan is

ORIGINAL IN TAMIL by T. AGILAN  
ENGLISH VERSION BY THURAIYOORAN

I could not wait any more in that motionless room. I had no patience. I could not look at my speechless friend any more. 'Hi machchan come we go to the pond' so saying I used to punch his stomach. Now I am unable to do that. I felt like crying out loudly and so left the room suddenly.

My mother was a government employee. Since she was a teacher, she was transferred to various schools. Hence I was forced to go to different

Those days when it came to competitive games, fights were a part of it. It started with KIlithattu (indigenous traditional folk game) in Grade six and went on to soccer in higher grades. If it is with another school team the fights were a normal feature. And on a such soccer game ordinary Kesavan got the nickname "penalty Kesavan". That was a small love story. You must be wondering as to the connection between love and penalty. For a long time our school had

running all over the grounds, is now unable to stand on his feet and lying still. He will never come to my rescue when I am in trouble. He is unable to drive away even a mosquito biting him. I am unable to comprehend all this. For the last five, six years he has been in this state. I am now living in a foreign land and he is in the same state.

I fear to remember that day. That was the last day of our final examination. We were busy writing the exam in the hall. It was filled with the sound of turning of papers and the sound of examiners walking up and down. That day we had

## The Last day of a motionless body

here". I moved closer to his bed to show my face to him. His head and eyes seemed to move. Man is able to convey everything by his eyes. He is able to smile, get angry, get sad and able to embrace. As soon as he saw me, I saw his eyes glittering and I was searching for my childhood friend Kesavan in his eyes. Sometimes the eyes don't do anything. They are like the mirror without it's coating. I was unable to distinguish whether he identified me or not. My eyes were filled with the short boy who shook hands with me on the day, I won the speech competition. Here I am unable to identify my friend, who is motionless and without any trace of life in his eyes. I was feeling that I should have not visited him after many years. I had many pressing thoughts.

'Ah, my son is crying' his mother shouted. Yes he cried.

"Don't you cry my son. Everything will be ok soon. Look your best friend Agilan is here to see you". She was trying to smile while crying. I went near him and took his hand in mine. I was trying to instill hope in him by that. She said "He is able to see slightly. At the beginning he was unable to see anything and now he is able to hear too. Sometimes he attempts to talk by slightly moving his mouth"

"Every thing will be ok soon", she was repeating this many times. She has been repeating this for the last five years. Mothers don't easily give up. He has been motionless and without speech, sight, feelings, smile and no food and unable to control his urine or bowel movements for the last five years. He has lost all his feelings except his life. Even after all this his mother expect him to come back to normal life and run around. He is able to drink a bit of rice porridge and most of it coming out by the side of the mouth. She is fasting without eating rice for the recovery of his son. No God is listening to her prayers. Still her praying never stops. He has stopped crying. I pressed his fingers. I had the crying feeling. I could not control it. 'Hi machchan (buddy) "his usual shouting then, was still ringing in my ears and creating an uneasy feeling.

schools with her. She was very keen in having control over me not only at home but also at school. This she felt will make me to grow to be a good natured person. While in grade six, I changed 3 schools and on the first day at the third school, I was looking for a place to sit. Kesavan smiled at me and gave a seat beside him. This smile was enough for me to get friendly with him. After that it was my permanent seat until I left that school.

Even to get food from neighbors was forbidden by my mother. But I learnt to steal rose apple fruits from Murugupillai master's backyard with Kesavan. Also I lied to mother that we have tuition classes and went and played cricket at Varaivar temple grounds. Kesavan showed me a control free youth life, which was enjoyable. There were many mango trees and a big rose apple tree with a swing in his backyard. More than those, he had permission to play with friends. Around five in the evenings, he went out to the field to bring home his cows. At that time he was wearing shorts and had his shirt tied on hid head like a turban. That time I was reminded of Lord Krishna with a flute mesmerizing all the cows in that area. Kesavan was lacking a flute.

After my mother got a promotion and I grew up, I was spending most of the time out of the house. I was mostly at Kesavan's house. I was living at Kesavan's house when I was preparing for my grade eleven common exam. I was eating and sleeping there. Both of us went to the examination hall in the same bicycle. I was a skinny guy and I had the nicknames of stick and mosquito. My friends use to tease me by saying that they could tell what my breakfast was, by looking at my stomach. But I had a strong verbal power. My words made others angry and also found fault with others. Before befriending Kesavan I received many blows from others. Even though I was returning those blows but at the end I was forced to withdraw due to safety reasons. Kesavan was well built and stronger than me. As a result I got into troubles more, but were victorious in our fights. Hence I was forced to divide my life into period before and after Kesavan.



School children in Vavuniya, Sri Lanka - pic: UN Sri Lanka

soccer games with another school team. But that year's competition was different. Instead of the two teams the competition was between the captain of that team Senthuran and our team captain Kesavan.

There were many coeducation schools in our district, where girls and boys studied together. But there was only one school specially for girls. Anoja studied there. Even though the school was different all the students attended the same tuition house in the evenings. There Senthuran and Kesavan loved Anoja but she never knew this. Whether she knew it or not love means love. Since Senthuran was loving Anoja, he became our enemy. So we were determined to defeat his team in the soccer match. At the commencement of the game we scored a goal and was leading. After that for a long period of time no one was able to score a goal. So we were shouting out as the winners. But just a few seconds before the final whistle, Senthuran scored a goal. We were all stunned. The game was tied. So the referee gave more time. No one scored. So it went to penalty goals. Senthuran's team scored two goals and our Kesavan scored all five goals and won the match. Senthuran's goal keeper was distraught and speechless. We celebrated our victory in a grand style. From that day Kesavan was called "Penalty Kesavan."

Dancing feet and singing mouth never stops but here is Kesavan who was

English examination. That morning Kesavan told me "what is the point in writing this exam since the university admission is on the marks of the other three subjects. We are only going to copy the question paper and we don't need three hours for that ". I replied "Machchan, what ever we do we must do it properly. Further more the girl by the side of me looks beautiful and I thought of speaking to her today. You have your Anoja and you must consider my situation." He said, "Do what ever you want to do" and punched me in the stomach gently as usual.

After an hour during the examination, there was a loud explosion. We were thrown out from our seats. Kesavan shouted "Let us run to the bunker" and holding my hand we headed towards it. There was another bomb and we were thrown out in different directions. I had a gaping wound in my leg. I felt the warm blood running along my leg. I felt as though my father was calling me. When I woke up, I was on the verandah of a local hospital. I was told that since Kesavan is serious he was taken to Vavuniya hospital. It took me six months to walk. Both of us had passed all the subjects except English and was selected for university. But my sister invited me to go to Canada. So I chose the most lucrative occupation of going to a foreign land, which brought a thumping dowry too. After that I gradually lost the memories of Kesavan. I

Contd. on page 52...

# Special Feature



## Prof M Sinnathamby on Education and Social Justice in Sri Lanka

**Arun Senathirajah**

In memory of 'Kaalam' Tamil journal founder and writer late Mr Kumar Moorthy, 10th series of Memorial talk held at Scarborough Community Centre on September 03, 2011. It was sponsored by Mr Selvam current editor of 'Kaalam' journal. Professor M Sinnathamby of University of Jaffna delivered the key note address on the topic of 'Education and Social Justice in Sri Lanka'. He is a professor in education and Head of Department of Law at University of Jaffna. The event was chaired by N K Mahalingam, writer. The main excerpts of Prof M. Sinnathamby's speech are as follows:

The concept of education is being identified as certifying the knowledge gained through the formal education system and process. But in practice people have tacit knowledge which has been gained through practical experiences and application of knowledge in procedures and living process. In the system, organizations, curriculum, teaching and learning promotes human knowledge, skills and attitudes. By nature human being is very weak compared to all other live beings. By nature all other life beings have their inborn skills to survive. They use these skills successfully to achieve their maximum needs. But human being has to use their brain power to survive or to achieve their life goals. Contribution of education enhances brain power which provides opportunities for development of the human society. In formal education system there are certain measurements or indicators to evaluate the achievement of the educational merits and knowledge. For this purpose they use efficiency, effectiveness and productivity criteria. Another concept accepted recently at global level related to social justice is 'equity and equality'.

The parameters are applicable to measure to evaluate level and status of social justice. 'Equity' means equal respect and dignity for every human being. 'Equality' means providing opportunity and resources individually and to social groups in equal basis. Important thing here we can note that even resources are available the opportunities are closed or limited.

Opportunities are only available to affluent society. From here we are going to look at the social justice. For all the groups of the society generally resources are available adequately, but opportunities to develop have been blocked or curtailed to them. This leads to social injustice and underdevelopment in excluded

or suppressed communities. Social justice depends on the policy and decision making process and the stake holder of the system. Mostly stake holders are from the elite groups who control these resources. They make decisions in relation to the distribution of educational resources and allocation of opportunities in the higher educational institutions. To ensure the social justice in the educational system the vulnerable groups should empower themselves through education to become decision makers in the key areas of the system.

In fact the system itself creates social injustice through its weaknesses and limitations. Equity related issues in the prevailing system are in fact consist roots of weaknesses and limitations which cause injustice in the society. Examples are: (a) Medical and Engineering faculty admissions unjustly favour affluent society only. (b) Under the higher education system free education is available in all 10,000 schools in Sri Lanka. But only 700 are categorised as 1AB type schools which provide science subjects at collegiate or Advance Level education level. These 700 schools are not equally distributed island wide. This unjust distribution automatically blocks a student from disadvantaged communities studying the required science modules.

This systemic arrangement crafts social injustice in the education system. (c) Entering law faculty is not actually related to the level of the knowledge in the field of study. This is where the power is concentrated. Decision makers



of the state mostly come out of this faculty. For a very prolonged period of time since the independence the country, had only one university, one faculty, and one department for field of law education. The system helps to preserve the power within the affluent and high elites of the society. (d) Funding cost for a graduate in agriculture faculty is very much higher than a medical graduate. Many do not want to be an agriculture graduate merely because on graduation they are expected to go back to the peasants where vulnerable groups are arrested. Either they prefer to avoid studying agriculture or use the degree to get white collar jobs. They are not prepared to interact with rural community to resolve their issues

or promote their life.

Education system should be developed with justice in the long run at each recent of education and in every level of the society. The vulnerable group of the people should be consulted appropriately when educational development projects, programs and plans are formulated and implemented. Positive Discriminatory Actions such as Affirmative Actions could be designed to safeguard social justice in the short run. In addition long run programs should be designed in order to alleviate the injustice prevailing in the current educational system with the support of the excluded, deprived, and poor communities of the country.

**Contd. from page 51...**

almost forgot about him.

I never imagined that Kesavan will be in this vegetable state. I have seen many a war victims who had their body parts below the waist motionless or without feelings.

I have seen many of our heroes being pushed on wheel chairs by their spouses. They received this for their heroic deeds and I salute them for their valor. But Kesavan received this at the examination hall. He went into the hall with a vision of his future. I am unable to fathom the nature of this cruel war which brings death to the examination hall.

I went to the rose apple tree, where we had our swing those days at the end of his backyard. His mother came there after sometime. "What to do son, this is our fate" she said to me. Instead of me trying to console her she was doing it.

I asked her "What about taking him

to India for treatment?"

She replied "No son. We had him at Colombo Appolo hospital for six months. We were paying Rs. 8,000 thousand a day for the room and medicine. Except for this land, we have sold all of our properties. There they said it will be ok on its own. I also feel that he is getting better. Our Astrologer Ponnambalam said that it will be ok after the movement of Jupiter. We are hoping that our God Vairavar will not let us down. Even my father went into a trance at the temple and said our miseries will be over soon."

I told her "I will come and see him until I leave, aunty".

She said "You see how he started crying today when he saw you. Both of you were like twins going everywhere those days".

I felt that my continued stay there, may cause her pain and misery and hence left that place without even ask-

ing for permission. I thought of seeing Kesavan before leaving but my weak mind told me not to. Hence I left the place.

The next day my Periyappa (father's older brother) woke me up even before six AM and told me someone has come to see me. So I went out to see him.

"Agilan Annai"

"Yes, tell me"

"Kesavan Annai passed away early morning"

I felt something churning in my throat. But I felt a deep relief in my mind. For the last six years he has been suffering with bed sores, unable to say his feelings or move about. So I felt all his sufferings have come to an end. But is there any assurance that more Kesavans will not appear in future? This is a never ending question torturing my mind. This is not known even to people who worship guns and how do you expect me to know the answer.



# Durham Tamil Association

## Durham Tamil Association summer activity

**August 16th DTA Youth Meeting with Famous South Indian Comedian Vivek**



Tamil Comedian and Actor Vivek met with DTA Youth as per their request. During the meeting, Vivek inquired about the fine done by the DTA Youth and congratulated them on their contribution to Tamil and Tamil Culture. DTA Youth also used the Opportunity to discuss some of their Ideas for the Upcoming Youth Festival. DTA's 2011 Youth Festival is truly a Youth Event. It is 100% planned by the Youth and for the Youth. Vivek patiently listened to their ideas and made some suggestions and recommendations.

**September 18th Ocala Winery Harvest Festival organized by DTA Ladies Club**



DTA's Love Your Life Ladies Club organized day trip to Ocala Winery and Harvest Festival. The gracious staff of Ocala took the members on a wagon tour. During the tour, the staff explained in detail the process of wine making and the types of wines produced at the Winery. Members also participated in the Wine tasting Event. Overall, it was a fun day in the sun for everyone and they all went home knowing a bit more about Ontario's Wines and Wineries.

### Upcoming Events:

November 5th at J. Clarke auditorium in Ajax:

Durham Tamil Youth present our 10th annual Youth Festival, showcasing the Talents of all Durham Tamil Youth! Everyone's welcome to participate. It will be a Red Carpet Premiere event, Be Part of it!  
[www.durhamtamils.com](http://www.durhamtamils.com) <<http://www.durhamtamils.com>>

### Important Message from Durham District School Board (Durham Continuing Education-International Languages Program)

Durham Continuing Education is very pleased to confirm that in association with the Durham Tamil Association we are offering Tamil Language Elementary Classes at Pine Ridge Secondary School starting on October 06, 2011.

There is NO FEE for the course.

Children must be attending (or eligible to attend) Junior Kindergarten to Grade 8 classes.

**To REGISTER:**

For the quick link to see the complete instructions to register for Tamil Language Elementary classes please visit [www.dce.ca](http://www.dce.ca) <<http://www.dce.ca>> and click on International languages

The Durham Tamil Association website is available visiting [www.durhamtamils.com](http://www.durhamtamils.com) <<http://www.durhamtamils.com>> Tel 905.428.7007

**ADVERTISE YOUR BUSINESS HERE**

Advertise in this space to promote your business

**For Advertisements in Monsoon Journal**  
**Call 416.358.3235**

# Short Story



By: SIVAGAMI

**Sleep Apnea:** too fancy a diagnosis for Jaffna, a backwater that it was. But for the US trained doctor, it was crucial; no treatment available in Jaffna, the doctor claimed; no help for Kumar with his insomnia though. He had to endure this silently; and strangely it was afflicting him during the longest period of peace he had ever known. When LTTE was finally rooted out, the large scale expatriate tourism had commenced, but the repatriation called for by the President of Sri Lanka appeared a little far-fetched; yet some took up on the offer--- Rajan was one. Considered a harakiri for a Tamil, Rajan, after going through all the struggle to secure a teaching position at the university of Toronto, wished he did it

"I meant to ask you something that I hear a lot lately; that is more and more Sinhalese are apparently moving up North; Is that true?" Kumar felt that he asked the right person.

"May be, may be not; even if it is, I don't have any problem; do you?; as a matter of fact I lived all my life with Sinhalese in Colombo"

"I don't have any problem----- as long as they pay the fair prize for the land" Kumar couldn't resist revealing his feelings.

"Let me ask you; did LTTE pay fair prize? ---- you have no answer, aha"

"The situation was different then--no?; now with all these talks of liberation and fairness; they have to be fair--no?"

"Talking about land, they should do something about the absentee land own-

extra care to present themselves at the soirees, but because of his lack of "status", they remained invisible for ever. During these evenings, out of ennui, Rajan would drink himself to oblivion; the homebound drives were filled with antics, customary to hard drinking; but Kumar's family seemed to have taken it in stride.

The visit after the annihilation of LTTE by the Defence Minister to Jaffna would change everything for the couple. In the middle of the boisterous party, thrown in honour of the minister, Rajan was pulled out by the Maitre d' to a well secluded area away from all commotion, unbeknownst to many. Seated in the Presidential suite was the Deputy Defence Minister.

"Sorry to have disrupted your pleas-

"Listen, we have a better plan, we want you to identify the major agitators there and we can get hold of their close relatives here and through whom we believe we can influence them better, more over, serendipitously if we encounter them on our soil, we can talk them out of it, you know what I mean; to that end we will furnish you with the names coming through the Colombo airport and through your contacts you can identify the important players; I assure you that you will be rewarded for your services"

"I will be at your service, you can count on me, sir"

This was the seminal event that opened the seemingly impregnable doors for the couple. In a short span of time, they got acquainted to higher officials on

# RECONCILIATION

earlier or never went to Canada at all. Pampered by servants and spoiled by flattery in Colombo; for Rajan, it was demeaning to perform odd jobs to make ends meet; on top of this was the litany of exams, immigration, and Sumitra's "stupid job" in a Sri Lankan restaurant in Toronto. Dealing with his countrymen, especially during the last days of LTTE in Vanni was the worst, he claimed, and mocked an embarrassing spectacle of their blocking the freeway 401 during the rush hours in support of LTTE, a proscribed terrorist group by the Canadian government. He ridiculed the argument put forth by the Canadian Tamils in support of the peasants caught in the middle of that carnage. Sri Lankans with dignity would never stay in a foreign land as second class citizens; the good doctor had summed up during Kumar's physical exam.

The Tamil community, on the other hand, in Canada claimed that Kumar's sister Sumitra married Rajan because of the ongoing strife in Jaffna and of Kumar's family's paltry dowry; if not, how on earth two polar opposites were brought together by the Jaffna's match making machinery, they jeered. A born head turner for her rare attributes, Sumitra being tall and fair and lithe, turned heads for the wrong reason after her marriage to Rajan --- short and dark and potbellied. But Kumar's family was happy when Rajan accepted the teaching position at the Jaffna University; they praised his conservative ways when he poured a lot of Canadian dollars to bring in modern amenities in to their dilapidated ancestral house before moved in. With Kumar's parents, the wife and three children; it appeared a big happy family reunion.

Something that Muthu, Kumar's friend at the Jaffna post office, told that morning worked its way up when Kumar ran in to Rajan that evening.

ers in Jaffna; like what they did for the expatriate pensioners"

"How about the absentee land owners in the South? -----I didn't even know what they did to the expatriate pensioners"

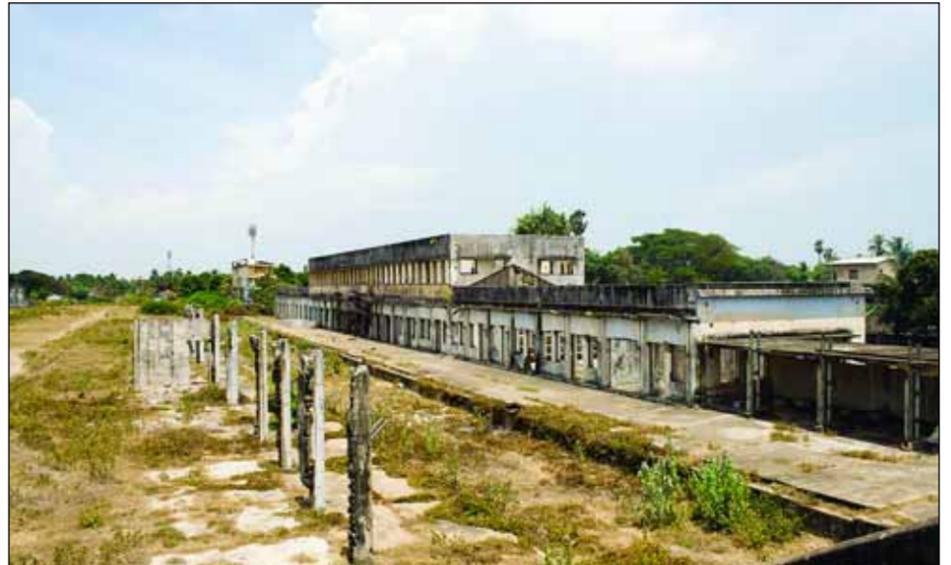
"Our President is a genius, he made the access to their pensions extremely difficult; thereby chocked off part of the funding for terrorism"

"I can't believe he even thought that the elderly will be waiting for this meager sum, especially in Dollars, every month to finance nefarious activities"

"It's not that meager after a few months accumulation to peddle influence locally; by the way I'm a little late for my meeting; we'll pickup more on this some other time; you have an interesting perspective" with that Rajan rushed out of the house, while Kumar was wishing the truth lied in the middle with the ordinary people of Sri Lanka, regardless of their ethnicity.

Rebuilding of the demolished Jaffna Fort with Dutch funds not only resurrected the colonial past but also brought back the good old times for the super elite of Sri Lanka. The breath taking ocean views, the mahogany paneled bar and dining areas, the plush leather upholstery, and the Italian marble floors recreated the ambience of the days of yore. The liveried bartenders and butlers with their choreographed moves danced around the upper echelon, while holding the silver trays in their white-gloved hands deftly. Lately rumour had it that lower level officers from the military were being allowed in especially after the imprisonment of their former General to quell dissent. Selected Tamils also gained entry coincidentally when the foreign press was finally allowed in to the Northern Sri Lanka.

Rajan couldn't wait to beat his own drums when he was chosen from the Tamil side; he and Sumitra would take



Abandoned Jaffna Railway Station - Picture by: Gerald Pereira

ant evening; The Defence Minister is extending his kind regards to you, Mr. Rajan; he regrets not being able to do so in person; we hear a lot of good things about you; a good friend of the government and a loyal citizen of mother Lanka"

"It's my pleasure and I'm honoured and humbled, sir"

"Let me cut to the chase; we hear that you lived in Canada for a number of years"

"Six years to be precise, sir"

"Well, then we need your help in a very important government matter; to make the long story short--- there is a lot of foolishness going through the heads of your people in Canada; war crimes and devolution of power and that sort of thing; let me tell you; in any given war there will be collateral losses, they are unavoidable, especially in a one that used extensive human shield; it's the LTTE that should be prosecuted; not the government that liberated the Tamil people, you understand"

"Absolutely, sir; I tried to talk some sense in to them when I was in Canada, but they wouldn't listen"

a first name basis; the more parties they attended, the closer they came to who is who of the power structure, and the more dependent Rajan became on alcohol. Consequently, the word about his dependency would somehow leak, despite admonition to the household employees to be tight-lipped.

While Jaffna gossiped, Rajan gained popularity in Canada that he never dreamed about. He became an inevitable item in every Tamil's travel plan to Sri Lanka. By this time his negotiating skills had become legendary; his interventions not only brought the Tamils back to Canada from their captivity for ransom, but also made the ransoms themselves palatable. He claimed he had the knack to prod the sleeping giant-- the Sri Lankan security apparatus--to do the right thing; but doing the right thing always fell short of eliminating the problem altogether. While he was feverishly negotiating, his duties towards the university fell by the wayside; his conspicuous absence brought numerous complaints, that went up the chain and inexplicably got sucked into a black hole. Instead commendations would appear in

# Short Story



his personal dossier out of the blue; so would his name among major publications; the change of heart of his vocal critics would confound everyone; and in no time he would become a professor.

The latest news about sending more troops to North and East two years after the end of hostilities baffled even the army in Jaffna. The arrival of General Cyril Mathew, the ruthless architect of Vanni battle, to oversee the resettlement of the displaced sent a shock wave among Jaffna citizens. From the get-go, Sumitra didn't like the imperious demeanour and the contemptuous attitude of the General; people lacking in the looks department usually compensate by gallantries or sense of humour; but having deficiency in all made his presence repulsive to many, especially to the fairer sex, but his stature seemed to have extenuated it or people in time learned to feign cordiality around him.

After the arrival of the General, slowly, Rajan found his celebrated skills losing steam; abductions mostly ended in disappearances; how ever much he prodded the sleeping giant, it would refuse to budge; his perks and privileges started waning while his dependence on alcohol was waxing. General Mathew's strange insistence on meeting the couple privately on "business matters" many times a week would have raised eyebrows in any sensible person, but by this time Rajan's senses were helplessly inebriated.

"So, Professor Rajan, do you miss anything about Canada?" General Mathew quipped.

"To be honest, I don't miss anything; you won't believe I couldn't wait to get out"

"Having lived for six years, you must be missing something" General was persistent.

"On a second thought I must admit I miss their "Tim Horton" coffee"

"Come on, don't tell me you miss some stupid coffee; ---- how about you, Mrs. Rajan, you may have something interesting to share"

"I may say my friends" Sumitra volunteered.

"There you go, that makes good sense, I hear you people have a great network in Canada, in support of the LTTE"

"We were not part of any of those, and as a matter of fact, most Tamils in Toronto never supported the LTTE" Rajan and Sumitra competed with each other to reinforce this fact.

"It's hard to believe that there was scanty support from Toronto, the largest Tamil diaspora, for LTTE; where else the funds would have come from to carry on a war for twenty six years?" they could sense indignation in General's tone.

"General, believe it or not that's the truth, it's like any insurgency, take for instance the Iraqi reprisals: do you think the whole country is involved against the US; no, it's a handful of groups with rudimentary IED's, and they are successful against the mighty US army; it's always a small group determined to sacrifice their lives and they become lethal and unstoppable" Rajan couldn't believe that



Jaffna Fort - Picture by: Gerald Pereira

he was defending his brethren in Canada.

"Wow, Professor, you are in the wrong profession, you should be a lawyer; waiter please take care of our good Professor"

"Single malt double shot on the rocks coming up sir"

"Every one around here seemed to know your preferences, Professor" a tinge of sarcasm was noticeable in General's voice.

"You left out our young lady, waiter"

"I am not much of a drinker" Sumitra quickly intervened.

"Don't be a prude, Mrs. Rajan; think as if you're in Toronto and relax; what ever happens in the Fort stays in the Fort; am I right people?" General raised his voice jubilantly to be heard by the people around and most of them agreed in chorus without bothering to know the details and Sumitra became crimson and took the wine silently.

"Cheers, for your health and your exquisite Jaffna beauty"

Sumitra quietly raised the glass and took a sip with out an eye contact. After the second glass she could feel the warmth gripping her body and her tongue loosened to engage in banter with the General. Half way into the forth glass, the General held her wrist and took away the glass and playfully whispered into her ears; "Don't tell me you aren't much of a dancer"

Sumitra came to her senses for a fleeting moment. She turned and looked at Rajan who was busy nursing his drink and oblivious as ever. She could feel General's tightening grip and beckoning eyes; her indecisiveness would demolish the last modicum of protest. She would look at Rajan again and this time she wasn't sure if he was deliberately avoiding eye contact. She would let the General lead her out of the bar towards the dance floor and be struck by the blaring music when the General held the door open.

In the mean time, Rajan's erratic behaviour and having to have daily eye opener clinched the realization that time was of the essence; but timely intervention would backfire for different reasons: the violent cravings on the part of Rajan and the refusal to face the painful reality on Sumitra's part. When Rajan behaved unreasonably, calling names and threatening to evict Kumar's family, Sumitra

stood by silently; this emboldened Rajan and pushed him to do the unthinkable. Kumar's family had to leave their ancestral home and move into an annex that Kumar could afford with his meager salary.

Ironically more troops brought more violence and disappearances became routine. Muthu had to muster his courage to confront Kumar when tragedy struck his family.

"What happened, you look like you have seen the ghost" Kumar never saw his friend so distraught.

"Worse, my brother is missing for one week"

"I'm so sorry, you need money to pay the ransom"

"I wish someone asked, no, ---- no news at all"

"Oh' God, what are you going to do?"

"I need your help"

"How can I help you?"

"Can you ask Sumitra to pull some stirrings"

"You know I don't talk to Rajan"

"I want you to talk to Sumitra"

"What do you mean?"

"I'm sorry, --- we are desperate; ---- you will be the last person I'll ever resort innuendos about; it's an open secret that Sumitra has more pull in the army than Rajan"

When Muthu's brother's body was found in the morgue among other decomposing bodies, the friendship between Kumar and Muthu suffered an irreparable setback. The three o'clock Friday afternoon calls between Kumar and Sumitra would become an irritant at the post office and Muthu would take off early on Fridays. Instead of reprimanding, Kumar welcomed this silently, as this had become a ritual between the siblings lately. Sumitra would religiously call to inquire about her parents and his children as if she found a viable alternative to go to the Hindu temple on Fridays to pay penance.

Jaffna was bracing for the elections: first time in it's checkered history Tamils would go to the polls devoid of LTTE influence. Expediently a Tamil resettlement was to be inaugurated by the Minister of Defence; UN representatives and dignitaries were heading to Jaffna for the occasion. Jaffna post office was busier than usual that Friday but the three o'clock call didn't come that day.

Instead a strange news spread like a wild fire that the Minister of Defence had to rush back to Colombo with his family; no one knew the exact reason; many speculated on health reasons and some even suggested military coup.

By seven o'clock Kumar felt an uneasiness and foreboding; he didn't even know how he reached Sumitra's house. The servant's nonchalant reply that she was called to see the Minister of Defence two days back and their indifference about her absence made his blood boil. As he was about to leave he saw an apparition appeared at the doorway: a listless, lethargic, emaciated figure held on to the door frame. Kumar couldn't believe how unrecognizable Rajan had become; their eyes stared at each other and a complete silence prevailed for a while. Rajan whispered something barely audible to Kumar, but he could hear the chuckles from the servants clearly. While he was peddling his bicycle away, it sank in that Rajan was calling his sister a whore.

The mortuary attendant's five foot specimen was easily overwhelmed by the tempestuous stupendous six foot two inch stature, when Kumar demanded an access at that hour.

"Please, don't tell anybody that I opened the morgue at this hour, be quick--the new ones are on the right--you need to be in the first room for females---I can't take the smell, I'll stand out side---you don't talk much, do you?"

By the time the attendant finished his third cigarette, he saw Kumar coming out.

"Any luck; sorry, slip of my tongue; you found what you came for?"

"Yes"

"Which one, I'll confirm the name for you, by the way the cause of death for young females is always suicide lately, isn't it strange?"

"Not necessary"

"You want to do something for me, not that I'm demanding"

"Yea, sorry" Kumar pulled a fifty rupee note and the attendant snatched it. The commander in charge for the Jaffna Fort was petrified when the thought occurred to him as to how he was going to explain the security breach, while standing next to the General's body in a pool of blood with the face bludgeoned to pulp. In the next room a tall figure lying peacefully in bed, fooling everyone even after death as if in deep slumber, if one didn't pay much attention to the blood under the sheets and the General's revolver on the floor. When the General's private phone started ringing, he almost lost his control over bodily functions; with trepidation he picked up the phone and then made a great sigh of relief. In the other end he heard the voice of the head Monk inquiring about what time he could expect the General for the noon prayers at the Buddhist temple, and it suddenly dawned on him how pious the General was. He politely asked the head Monk to go ahead with the noon prayers without the General that day.

# Tamil Cultural & Academic Society of Durham



## TCASD Presents Cheques to the R.S. McLaughlin Durham Regional Cancer Centre and Ajax-Pickering Hospital

On August 10th Tamil Cultural and Academic Society of Durham (TCASD) members and youth presented the cheques to R.S. McLaughlin Durham Regional Cancer Centre and Ajax-Pickering Hospital towards the MRI campaign. The funds were raised from June 4th Lights of Hope Charity Gala. In addition women's wing from TCASD presented the last year's gala proceeds to Rouge Valley Ajax and Pickering's Women's and Children Health Program, serving mothers and babies in west Durham.



Acting CEO of the Lake Hospital Foundation Andrea Russell and the TCASD members



TCASD members presenting cheque to Maureen from Ajax-Pickering Hospital, Manager, Special Events for MRI unit



Andrea Russell and President of Seniors Club



Andrea Russell and TCASD youth



TCASD Women's wing presenting fetal doppler to Maternity Ward

Tamil Cultural and Academic Society of Durham  
 இந்த தமிழ் கலாச்சார அறங்காவலர் சங்கம்  
 invites you to celebrate Canada's Culture Days

*Believe in You*  
 SHOWCASING CHILDREN AND YOUTH TALENTS  
 THROUGH CULTURAL PERFORMANCES **2011**

Date: Saturday, October 1st, 2011  
 Time: Open Reception 5:00 pm  
 Doors Open 6:00 pm  
 Show Starts 6:15 pm  
 Venue: J. Clarke/Notre Dame Community Theatre  
 1355 Harwood Ave. N., Ajax, ON  
 (North of Rossland)

EVENT PARTNER  
**Ajax**  
 By the Lake

ADMISSION: **\$5.00/PERSON**  
 TICKETS AVAILABLE AT DOOR  
 FOOD AVAILABLE FOR PURCHASE

For advance ticket purchase  
 & more information  
 Contact: 416-857-0846

Event Sponsors

Mega Financial Group  
 the co-operatives  
 SANAANIA DRIVING SCHOOL  
 VERIDIAN

www.tamilociety.ca  
 Thank You For Your Support!

### Tamil Cultural and Academic Society of Durham October 2011 Events

Oct 1st, 2011: "Believe in You 2011". Celebrating Canada's Culture Days showcasing youth talent through cultural performances.

Where: J. Clarke/Notre Dame Community Theatre  
 Time: 6 PM

Oct 8th, 2011: Navarathri Pooja

Oct 22nd, 2011: Spooky Halloween Literacy Day in partnership with Ajax Library at Mcleans Community Centre

From 2-5 PM

Enjoy the afternoon with spooky storytelling, writing, crafts and pumpkin carving

*Children and youth are welcome.*

For more information:

Tel: 416-857-0846

or email: info@tamilocietydurham.com



# Impact of Debt Crisis on Developing Countries

**Arun Senathirajah**

ACIB, MBA (Banking Mgmt)

The spirits of the seventies in financial and economic arenas was best captured in the famous slogan by the Citibank chairman at the time, Walter Wriston, that 'lending to governments is safe banking because sovereign nations do not default on their debts.' Now in early twenty first centuries the sovereign debt crisis and nations debt management are the main issues aggravating the countries with the threat of devastating impact. In previous two issues of Monsoon Journal we have looked at impact of debt burden of the USA and the sovereign debt crisis of Eurozone (EZ) countries on the global economies generally. Impact of the crisis on developing countries and third world countries are another category of nations from where most vulnerable and some prospective economies are inescapably to be get affected.

## Warning from World Bank President

Protectionism and populist policies in the developing world could rise as countries face increasing head winds from a growing European sovereign debt crisis and a weakening economic recovery in the United States, World Bank President Robert Zoellick said at the Annual Meeting of the IMF and the World Bank in September 2011. He warned another crisis was building at a time when the budgets of many developing economies had not fully recovered from the 2008 financial storm, adding to their fiscal strains.

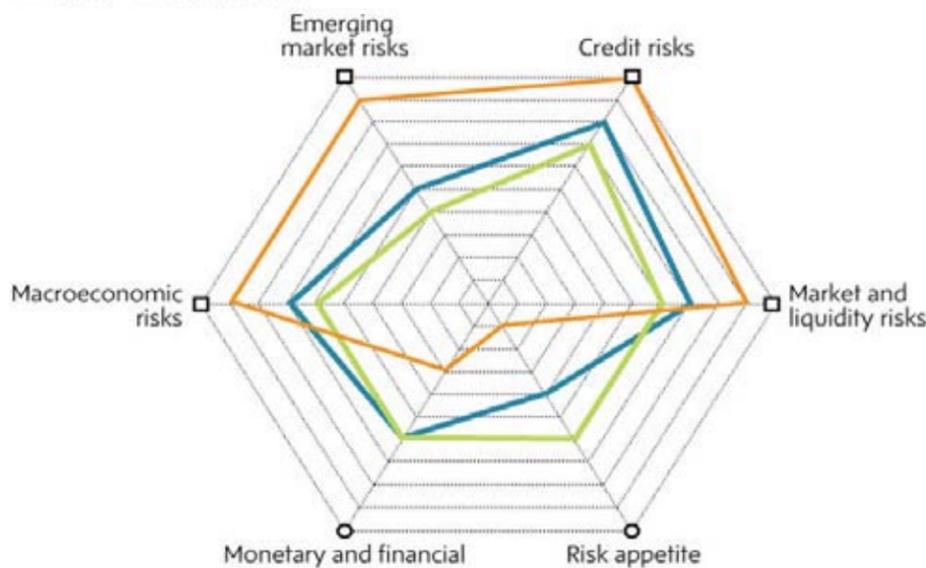
He told in an interview more than half of developing countries' budgets have deteriorated by 2 percent of gross domestic product since 2007, and more than 40 percent of developing nations now have government deficits in excess of 4 percent of GDP. "If the situation deteriorates further, then developing countries' growth could turn down, their asset prices could drop and then their non-performing loans could increase," Zoellick said. While he still believed advanced economies could avoid a double-dip recession, Zoellick said his concerns were growing unless they acted forcefully to tackle their problems.

"A crisis made in the developed world could become a crisis for developing countries," he said. "Europe, Japan and the United States must act to address their big economic problems before they become bigger problems for the rest of the world. Developing economies, he said, had grown more resilient over the past decade and were in a better position to withstand another crisis but they were still concerned about the spillover effects

## Global financial stability

Further away from centre signifies higher risks, easier monetary and financial conditions, or higher risk appetite.

— April 2009 — April 2011 — September 2011  
□ Risks ○ Conditions



THE GLOBE AND MAIL » SOURCE: IMF STAFF ESTIMATES

from troubled advanced economies. Some of the largest impacts to poorer countries would be felt through a decline in global demand, which would affect trade and commodity prices. Zoellick said \$6.1 trillion was wiped out globally in stock market declines over the past couple of months, which is equivalent to 10 percent of global GDP.

## Impact by Major Economies

As stocks plunged, credit markets froze and major financial institutions collapsed, economies around the world went into free-fall. The North America, EU (European Union) and BRICS countries economic blocs are considered important to boost the global economic growth, but they face serious challenges ahead. Those economies have started to show flaws.

### North America

US Economy is slumping. The US government and THE Federal Reserve have almost used up all the available tools to stimulate growth. They have brought down the interest rate almost to zero. TSX and DOW indices plunged to more than 3% on September 21, 2011. Canada is considered strong in economic and stability at current turbulence. But it faces sharply lower prices for its key commodities. Mining and energy stocks were hammered due to fear that demand for these products will drop due to slumping global economy. Borrower countries such as the U.S. need to spur short-term growth and gradually get their debt loads down. US is also heavily dependent on China and other foreign countries to bridge their budgetary deficits.

### Impact of Eurozone Debt Crisis

The inability of EU leaders to tackle the debt crisis is threatening the union.

Big banks are struggling. There was a warning that entire euro currency bloc would be in peril if more countries were to seek emergency funds. In addition to PIIGS (Portugal, Ireland, Italy, Greece and Spain) nation's debt crisis, strong members Germany and France also face economic predicament and credit down grading warning respectively. Dean Baker Director of the Washington based Centre for Economic and Policy Research says, "There is, of course, the obvious – the self-imposed austerity spreading across the Eurozone limiting the market the region represents to the developing world." The euro currency is used by 332 million people in 17 of the 27 member countries of the EU. Mauro Guillen, director of Lauder Institute at the Wharton School of Business at the University of Pennsylvania says, "Structural crisis in the EZ would provoke turmoil in global financial markets and hurt developing countries as well." He points out the impact of EZ debt crisis on the developing countries in several ways. Current debt crisis of the may result in shrinking markets and cuts in development aid used by the developing countries. It will harm even more severely the LCD countries. Similar situation prevailed aftermath of 2008/09 financial crisis. Since EZ is a big market developing and other countries exporting to the EZ countries would be harmed. The EU countries face difference of opinions and squabbling in addressing euro crisis. If it is not properly controlled and managed it does any more damage to the global economy.

### BRICS Nations (Brazil, Russia, India, China and South Africa)

Russia, China, and in the least degree



India and Brazil, have invested heavily in European sovereign bonds will probably have a most negative impact on BRIC countries. High growth in China and India was possible without pumping paper money into the economic system. China's manufacturing sector which has spurred demand for a range of commodities and many economies out of the most recent recession, is gearing down as global slows. This impacts Canada, Australia and Brazil other countries which rely on China's import of raw materials from them. The Asian economic superpower led the world out of the downturn, as its rapid growth helped global recovery and helped Europe and North America get back on track during 2008/09 financial crisis. China was caught in the storm too, as demand for its exports sank. China's economy is losing steam.

Spiking labour and production costs, along with fast-rising competition, are grinding China's manufacturing engine. Countries such as China that are running trade surpluses are expected need to spur domestic demand to help drive global growth, and let their currencies rise demand instead of engaging in competitive devaluation. "The best role for the BRICS (Brazil, Russia, India, China and South Africa) countries is the same as the best role for any country, which is to focus on what they need to do at home to get through the current financial dangers and to move on to long-term growth," says World Bank President Robert Zoellick.

## Worst Impact

UN Secretary General Ban Ki-moon warned during 2008 turmoil that the resolution of the crisis must not come out at the expense of solving other critical problems, such as hunger, the food crisis and climate change. He added there is a need to recognize the fierce urgency of protecting the livelihoods of millions around the world. The United Nations has designed a goal to eliminate extreme poverty and hunger worldwide by 2015. Latest developments as portrayed on the economic outlook and market conditions cast doubts whether really the world economy could move to near the goal. Rob Vos, Director of the Development Policy and Analysis Division at the UN's Department of Economic and Social Affairs (UN-DESA) has pointed out that severe austerity measures will further hold back the European and US economies and this in turn will make fiscal adjustment and debt reduction the more difficult. The ripple effects of these major economies have started to spread over to economies of the developing countries and to have tsunami impact on Less Developed Countries (LCDs).

# Business



**David Joseph M.A. (Economics)**

Does the fluctuating value of your investment portfolio cause you great discomfort? Are you confident the value of your investment will be sufficient when you need it? These are but a few questions you may want to consider as you look towards your financial future. Investing for the future can be a tricky business as there are so many things to consider — and who better understands the amount of investment risk you are comfortable with than you? But with so many different types of investment products, different asset classes, different

through the process of identifying how comfortable you are with investment risk is our investment questionnaire to get you thinking about how much potential investment risk you are prepared to assume. Answers in the questionnaire help us to create a framework that we use to construct a sound, well-diversified strategy for you. Completing the questionnaire with your Consultant tends to be the best approach. Regardless of your own personal investment experiences or investment knowledge many investors feel they benefit from having the opportunity to further discuss certain points or have a professional expand on some of

answers before proceeding. The type of questions that appear on the questionnaire are both factual and feeling based. Fact based questions are used to gauge the period of time you are expecting to be invested and the length of time you expect to be withdrawing your assets. If your investment time frame is less than four years, you really should not be invested in any asset riskier than a T-Bill. That is because market volatility can be quite severe in the short term and an investment portfolio requires sufficient time to recover from that short term volatility.

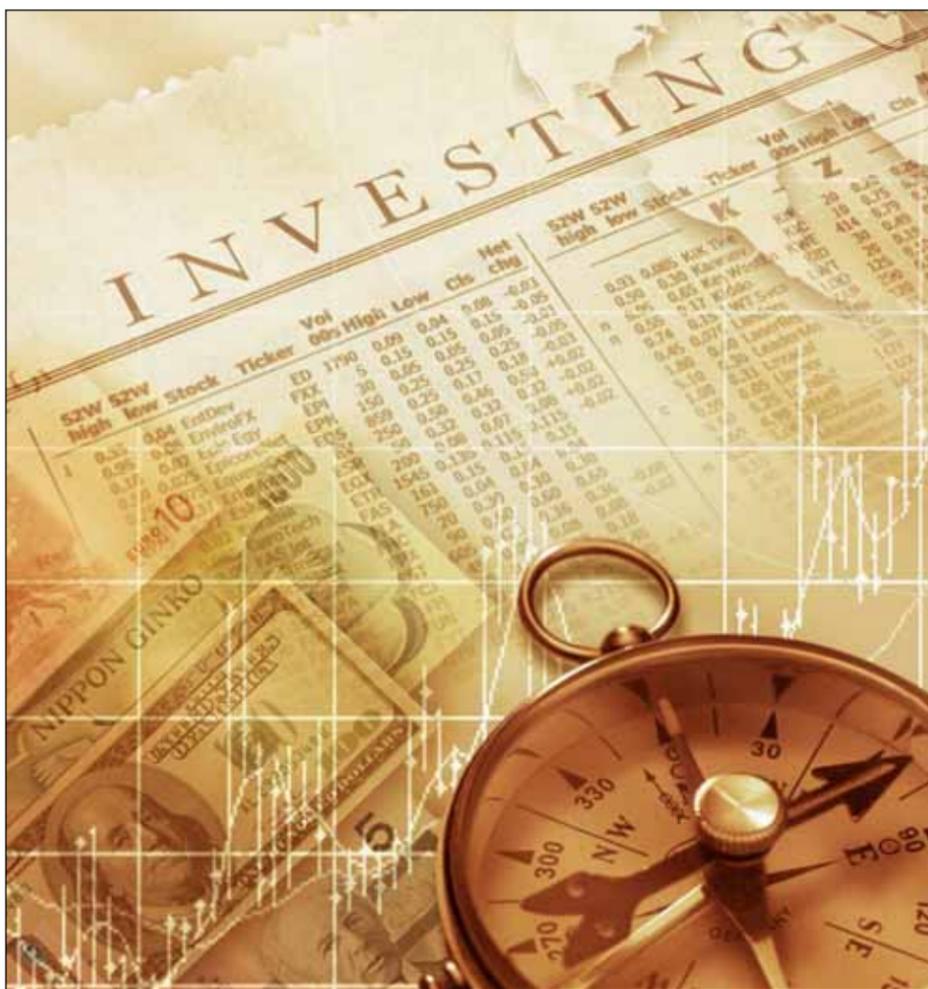
**Comprehensive**

market volatility. Choose the right strategy from the start and stick with it. Over the long term you will be rewarded.

Perhaps you completed a questionnaire some time ago but are uncomfortable with how the market is behaving. This is not an uncommon reaction to the market volatility that has been prevalent in recent years. As a result of this volatility many investors now have a far better understanding of what to expect from their investment and what they are comfortable with. It is human nature to assume more risk when things are moving along quite well. The late 90s were a prime example where investment mar-

## Separating facts and feelings to create the right portfolio for you

# Identifying your comfort level with investment risk



industries and countries, determining the right strategy becomes a daunting task. Taking the time to make the right decisions is imperative, as this will determine the manner in which your investment portfolio is constructed. For instance if you are uncomfortable with investment risk, an appropriate investment portfolio would be comprised mainly of the more stable fixed income type investments. The focus is on capital preservation and income generation. As equities are added to a portfolio the potential for a higher rate of return increases, but so too does the volatility of your investment.

One of the best tools to assist you

the questions. Although the questions are vital, the discussion around them is just as important as you develop solutions on how best to achieve an investment goal. Another approach is to complete a questionnaire on your own. There are some who see this as an advantage as they would otherwise feel a sense of urgency to complete the questionnaire without having ample time to reflect on a question or consult with other family members.

The downside is if you are an inexperienced investor with limited investment knowledge then you may have questions. Should you choose this latter approach, it is highly recommended that you seek

Some experts believe that if you have a long investment time horizon — beyond ten years — you should invest in a more aggressive portfolio. The logic stems from historical trends that have shown over the long term you will benefit from a higher rate of return because you will have ample time to recover from short term volatility. While this may be true, the fact remains that a lengthy time frame will not change the way you feel in the short term when the markets go through a severe decline. That is why the feeling based questions make up such a large portion of a questionnaire. The purpose of these questions is twofold. First, they serve as a tool to prepare you for what you should expect. Second, they focus on your logic and emotions specifically designed to identify a consistent pattern of how you perceive investment risk and what you are capable of realistically withstanding. Often risk is measured by your ability to withstand investment losses. This is such an important indicator because it does not matter if you are a conservative investor or an aggressive investor, it takes time for an investment strategy to work. The biggest mistake you can make is to overstate your comfort level with risk, as this is often a precursor to abandoning your investment strategy at the first sign of

markets were steadily moving upwards and more investors were willing to assume greater risk by investing in a more aggressive portfolio. This was because the concept of risk seemed so far removed. Now that we are coming out of a bear market, many investors have had time to reflect on what investment risk means to them. Situations such as these certainly warrant a review of your investment goals as well as the completion of a new investment questionnaire. For new investors, it is highly recommended that you take adequate time to complete an investment questionnaire. If you have been invested for some time but are uncomfortable with the behavior of the markets there is no time like the present to work through a questionnaire and realign your investment portfolio with your investment goals. Many valuable lessons have been learned through experience and many investors have come to learn they are actually more risk averse than they once thought.

#### **Disclaimer:**

This report specifically written and published as a general source of information only, and is not intended as a solicitation to buy or sell specific investments, nor is it intended to provide investment advice.

**David Joseph,** M.A. (Economics)  
Consultant

**Investors Group Financial Services**

300 – 200 Yorkland Blvd., North York, ON M2J 5C1

website: <http://www.investorsgroup.com/consult/david.joseph>

[david.joseph@investorsgroup.com](mailto:david.joseph@investorsgroup.com)

**Ph. (416) 491-7400 Ext. 674**



# Small Business Venture

## ALPHONZA VIRGINI TISSEVERASINGHE TRAINS STUDENTS AT ALPHONZA CAKE DECORATING ACADEMY

By Eduarda - CSSA

Alphonza is usually one of the first members to arrive for our Sunday meetings. She sits quietly at the front of the room eagerly waiting for the demo to start. Every time I look at her, full attention is on the demonstrator and you can see her mind turning over on how to apply these new techniques. That's Alphonza Tisseverasinghe.

Born in Sri Lanka in the Eastern Province, Alphonza started at the young age of 18 to do things with her hands. Cooking, sewing, Knitting, Crocheting, drawing, painting sculpture – if it could be done with the hands, she had an interest. Her full time career was as a teacher, but that did not stop her from pursuing her hobbies. While teaching, Alphonza also created all things bridal, from sewing wedding dresses to making the cake. A successful side business, a busy career, husband and son, Alphonza's life is full.

Alphonza credits her desire for knowledge as something passed down from her mother. She calls her mother, "my role model", as her mother also had many interests. Alphonza's mother passed away in 2009 at 90 years of age, still on her own and doing things for herself! Alphonza's three brothers and three sisters are all good cooks and bakers, thanks to Mom and Dad.



Scarborough to Etobicoke to get lessons on all things cake.

Then in 1999 another opportunity presented itself. Alphonza heard about this cake competition happening at Scarborough Town Centre. She entered

District School Board. On Saturdays she has her private classes at Alphonza Cake Decorating Academy on any subjects her students are interested in – Flower making, figure modelling, buttercream etc. these are her own classes where she can create her own curriculum. Alphonza says this is the most rewarding part of what she does in that she can impart her knowledge to others.

This comment provided me with the opportunity to ask Alphonza if she would do a demo for our Society. She would be delighted she says. She loves to model figures and has made several including all the characters from Little Red Riding Hood, Donald duck &

Caillou. She starts with a rice crispies base and covers with fondant.

I had the chance to observe Alphonza in the workshops in March. She chose to do Rebecca's class on icing flowers and created a beautiful plaque of roses, filler flowers and a bow, as you can see from the photograph.

Alphonza's husband is away at many occasions to Vancouver dealing with immigration issues for his job and Alphonza is in her own in Toronto. She really appreciates the camaraderie and education she receives from coming to CSSA and would like to thank her fellow members for making this a happy experience for her.



Alphonza's husband, Douglas, is an accomplished linguist of 3 languages. When war broke out in their native Sri Lanka, Douglas & Alphonza knew it was time to leave. In 1991, Douglas came to Canada and immediately got a job in Immigration. Alphonza and their toddler son joined him a year later. Becoming familiar with their new country, she quickly established herself within the Sri Lankan community and became a baker of cakes for banquet halls within the community. Wanting to update her knowledge, Alphonza turned to McCalls and travelled from

for the first time and placed second in her category. Way to go! This led to her membership in CSSA and again travelling from Scarborough to Etobicoke for our meetings. Getting to know Merlyn MacGregor provided Alphonza with the opportunity to become a Wilton Method Instructor. She has trained in the Wilton method and in 2003 became a full fledged instructor. Alphonza is a Wilton Hall of Fame inductee as she has taught over 1000 students. Wow!

Currently Alphonza teaches 3 nights a week, in Scarborough for the Toronto



# Children's Corner



## A SHORT STORY

# THE DEER AND ITS FRIENDS

(A Story from Sri Lanka retold)  
By Chandrani Warnasuriya

Once in a certain country, there was a great drought. The rivers and tanks dried up. But at a single rock hole, water bubbled up and a deer came to drink water each day.

One hot day, as the deer headed to the rock, he met a crow. Crow said, "Ané friend!, I am so thirsty and you look so well, can you help me?"

"What can I do for you," asked Deer.

"You will accrue much merit if only you show me the place where you drink water."

where are you going?"

The four friends said, "We are going to drink water."

The jackal licked his chops, hoping for a cool drink and a big meal. He said "Ané! You will accrue much merit, show me also the place where you drink water."

The four friends having showed the path to the jackal he also went to the rock hole. While they were drinking water, a veddha man gone hunting saw the water hole. He saw the deer drinking water, and decided he must catch it. He set up a snare to catch the deer.

The next day when Deer went to the water hole to drink water, he got caught

friends knew that the veddha man would come the next day and find Deer in his trap.

"Do not be afraid," Turtle said to Deer, "We will not leave you, just as you saved us, we will save you."

At dawn Crow turned to Woodpecker, "You know the veddha folk are afraid of your drumming, go and make an evil omen, when the veddha is preparing to come." So Woodpecker flew away to find the man.

Veddha now called his wife and said, "Cook a packet of rice and give it to me. I have set a noose. I want to go and look at it." Just then the woodpecker cried out

Then the veddha came and seeing that the deer was caught, hung the packet of cooked rice on a tree, and taking the axe came near the deer. As he was coming Crow tore open the packet of cooked rice and when the veddha went over, Crow flew away. When the veddha went near Deer, Crow again tore the packet of cooked rice. Then the veddha getting angry, threw the axe to strike Crow. Crow again flew away. The axe struck Jackal, and he got badly wounded. Jackal now began howling and screaming, asking for help. Meanwhile Deer breaking the deer-hide cord bounded off and joined his friends.

The friends said to Jackal, "Good for you, you did not help your friend in need as he helped you. If you think evil, evil will come back on you. Bye!" they said, and went away happily.

(Text from FAVORITE FOLKTALES of SRI LANKA)

<http://www.funchildsbbooks.com>



In Trincomalee, Sri Lanka - pic: Drs.Sarajevo

"Come along said Deer," and he showed Crow the path to the rock hole.

The next day as Deer and Crow were walking along, they met a woodpecker. He said, "Ané friends! I am so thirsty and you look so fresh, where do you drink water? You will accrue much merit if you would share with me."

"Come along," said Deer and Crow, and together they went to the water hole.

When Deer, Crow and Woodpecker were going along, they met a turtle. Turtle asked, "Friends where do you drink water? I am dying of thirst. You will accrue much merit, if you will share with me." Then the friends showed Turtle also the path to the water hole.

When Deer, Crow, Woodpecker and Turtle were going along, they met a jackal. The jackal was hungry and thirsty. He thought the friends looked tasty, but first he said, "Friends, you look so happy,

in the deer-hide noose trap. When the other animals came to drink water, they saw Deer caught in the noose.

"Ané Friends!" Deer called, "Please help me."

"Don't worry," said Turtle, "as you helped us, we will help you." And he began to chew the deer-hide snare.

"Jackal!" called Crow, "You could quickly bite this snare, you must help Deer."

But Jackal decided he would wait until the friends had given up and he would eat Deer up. So he shivered and whined and said slyly, "Ané Friends! I cannot bite the snare because me teeth are shaking about," and he went and lay down at the edge of the jungle and licked his chops.

Turtle then bit and bit the cord as much as he could, but the hide was tough. Finally it became dark, and the

and the veddha man said to his wife, "There is a bad omen, wait a little time and then cook."

After waiting for a while, the woman got up. Then also the woodpecker cried. When she took the rice to cook also the woodpecker cried. But the woman cooked the rice and gave the veddha.

The veddha took his axe and the packet of rice and set out. Then Woodpecker came flying and told the other friends, "Ané Friends! now then we cannot save him, I made evil omens as much as I could; without hearkening to them, the veddha set out towards the noose."

Then the three friends beseeched Jackal again and told him to bite the cord. Still Jackal did not bite it, happily saying to himself, "I shall obtain the stomach." Then without saying a word, he remained lying down.

## My Image

My body is made of many parts,  
That makes me a wholesome child;  
With a head just right for me  
A tiny nose, a mouth, ears and eyes,  
Plugged into it neat and nice.  
A left hand and a right hand  
And legs to go with these;  
As I was made to belong to a family.  
Some say that I am like my mom,  
Others say I am like my dad;  
They also say I am the image of my sister,  
With my aunt coming next in line.  
But sure I have an image,  
Quite unlike any of these;  
Just like the five fingers, are unique,  
And different from each one.  
In the toy store I love to visit,  
And the gift shop mom takes me around,  
There are images of superstars and  
superheroes,  
I really admire, looking at them with my eyes.  
But still I am looking for an image,  
I think I want to be....  
When I am bigger and stronger,  
Somebody really smart....  
Somebody to be admired...  
Somebody great and unique,  
Somebody slowly being carved inside of me....  
The image I am meant to be....



# Children's Corner

# Children and the Media

Today, all members of our society are influenced both directly and indirectly by powerful media vehicles, including printed materials, television, sound recordings, and the Internet. Publicists, promoters, and sales personnel have at some point used all of these media to advocate what people should wear, what they should eat, and what values they should hold. Vivid colors and language tell us what is happening in the world and how to react to the events shown. Although much of our society's media seems dominated by superficial chitchat, hyped news events, and depictions of violence, it is also a source of education, humor, and nonviolent entertainment. Just remember that the effect of media will vary with a child's age and stage of development.

Most realize that although the different media forms can be used elegantly for mediated learning, their major objectives are entertainment and product promotion. In the following section, we discuss what we broadly term the entertainment industry in its role as a general, society-wide influence on young children. We first discuss two of its primary forms, print and television, and then treat other current media under the rubric of the industry in general.

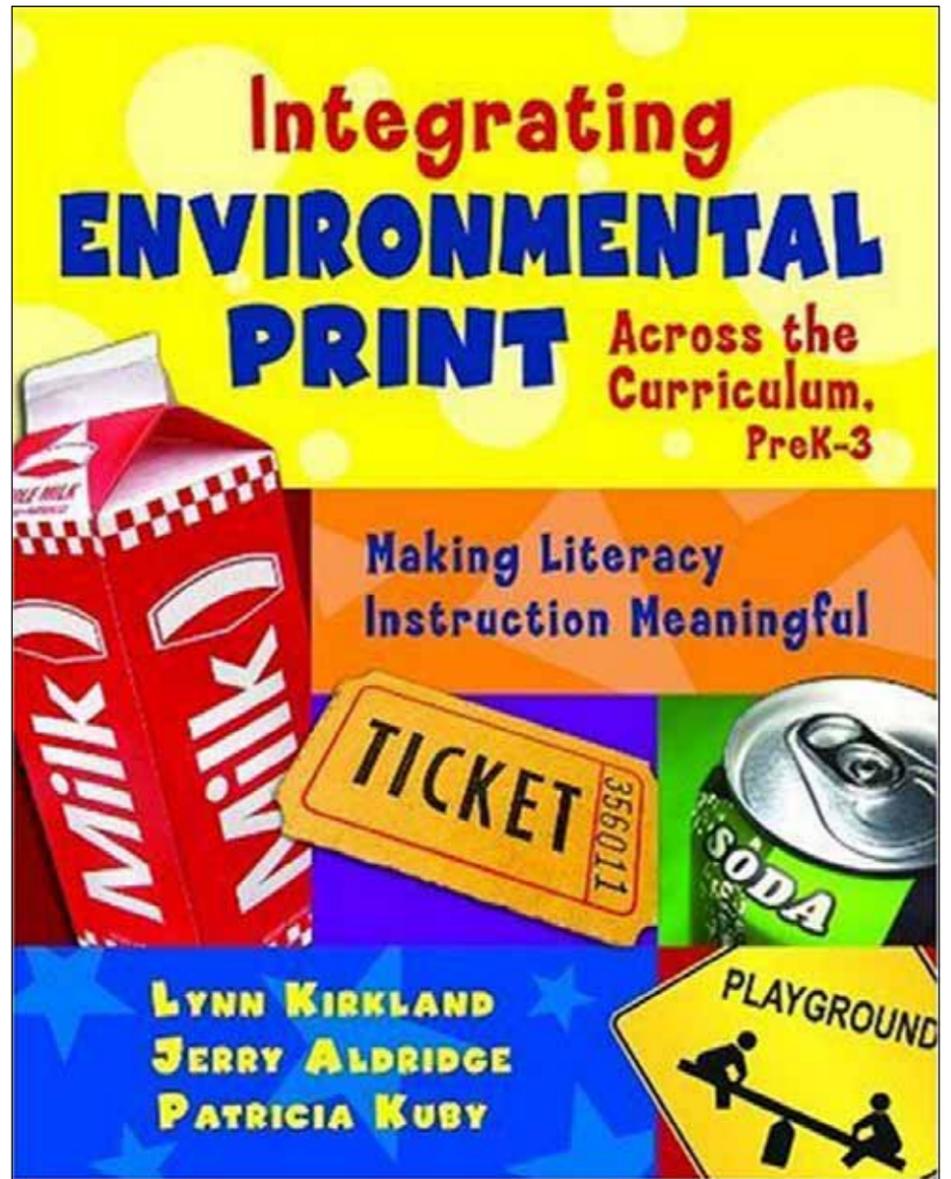
### Print Materials

The kind of books and other print media that children read and have read to them influences and supports their emotional, social, and intellectual development both directly and indirectly.

Print materials, such as books, magazines, and newspapers, reach the child indirectly, through parents, caregivers, and teachers, and directly, such as when children participate in a library presentation or select particular publications to buy or borrow. The printed material made available to children implies the values of the home, school, and community (Aldridge & Kirkland, 2006).

Print media affect children's development indirectly through the publications their parents read. Books and magazines inform adults how to lead healthy and productive lives and proclaim the dangers of unhealthy practices. Advertising affects the types of clothing, food, and (especially) toys bought for children. Some toys engage children's imagination and are designed for groups of children playing together. Other toys are more suitable for children playing alone. Children's potential for social and intellectual development is affected by which type of toy adults are motivated to buy.

Studies on early literacy indicate that the amount and types of printed materials that adults have in the home, as well as how adults interact with these materials around children, affect the children's interest and literacy achievement (Desmond, 2001). From the books that adults read to children, children internalize attitudes, feelings, and biases about their own and other cultures. Zach, in the chapter's opening vignette, had a chance to express aggression in acceptable ways through Three Billy Goats



Gruff. He was influenced in the kind of clothes he wanted by the story Max's Dragon Shirt. Books, like peers, provide children with a vision of their world that sometimes reaffirms their own lives and sometimes challenges their perspectives.

## A Million Dollars Raised at AIM for SEVA Gala

Toronto, Sept. 20 2011: It was a million-dollar weekend for AIM for Seva Canada.

Donors committed a million dollars to the Ontario-registered charity, which works toward educating underprivileged children in India, at the annual fundraising gala held at the Toronto Pearson Convention Centre this past weekend.

Mike Lakhani, donor of a student home in Khatagaon near Indore, Madhya Pradesh, committed \$500,000 for an endowment fund to meet the home's ongoing expenses.

"In my early days, working with CA firms, I used to audit large charitable organizations and average funds going to the cause after expenses were around 50 per cent," he said, explaining why he made such a large donation. "What a difference here, as most of the expenses are paid by volunteers and sponsors and a 100 per cent goes to the cause. This is absolutely amazing," said Mr. Lakhani.

There was overwhelming support

from community members who pledged their wedding and anniversary gifts to the charity. Sam and Arti Patel donated a student home. They pledged a total of \$125,000 to build it and also pledged \$11,000, their 25th wedding anniversary gift, to the charity.

Mr. Patel said, "All my friends know that I demand value for every dollar I spend. Well, with Aim for Seva, I feel I am getting the biggest bang for my buck as 100 per cent of the donations are used for the charity."

Inder Sharma committed \$10,000 to the endowment fund, while the children of Fern Hill School, Oakville, raised \$2,500 during Diwali with the efforts of parent Dr. Priya Walia

The gala was attended by 650 people, with every person attending sponsoring a child for \$500. About 585 children were sponsored this year as \$325,000 was raised in child sponsorships alone.

This was AIM's 10th anniversary in Canada. Dr. Terry Papneja, President of AIM for Seva Canada said, "The support



Dr. Terry Papneja, President of AIM for Seva Canada

we have received this year is a testimony to the credibility of the organization. It's a befitting tribute to the 10th anniversary milestone we have reached."

The AIM for Seva model for educating children is based on building student homes or hostels close to existing schools. Children are offered economic and social support at these homes,



which keeps them in school.

AIM has gained increasing popularity among South Asian donors as their favourite charity, due the strength of the cause it supports and its zero-administrative-costs model.

### About AIM

AIM for Seva Canada is a charity registered in Ontario that works toward educating underprivileged children in India. It is known for zero administrative costs. For more information please visit [www.aimforseva.ca](http://www.aimforseva.ca)



# News from Waterloo

## Waterloo District School Board commences a language class for Tamil Community

Cambridge: The first in the Waterloo region, the Waterloo District School Board inaugurated a language class for the local Tamil community on Sept. 24 at Hespeler Public school in Cambridge. About 30 students and their parents attended the inaugural class.

Waterloo Region and City of Guelph has a large population of Tamil community. The school project will be a blessing

for the community. It was facilitated by the Tamil Cultural Association of Waterloo Region with the help of the school board. Mr. Nagul Sundaram, the Treasurer of the association said "Tamil association and the school board have co-operated and opened a pathway to our children. One day we can be a powerful voice in the Canadian educational system. Our next goal is to bring a credit

course to our children. This is a project reflects the unity of our small community. Our past President, Mr. Prakash Venkataraman initiated the class project and today it is bearing fruit."

A parent, Mr. Rajan Thurayrasasingam, thanked the support given by the association. It is a great opportunity for our new generation to learn our mother tongue. Co-operation

and support for the successful growth and development of our Tamil language classes in the Waterloo Region is very essential, he said. There were a couple of students who remember their previous Tamil language school in the City of Guelph. It was the first Tamil language class initiated by the members of the association in the year 2001 at the International Languages Program, Wellington Catholic District School Board. The school principal and Tamil teacher, Mrs. Kunamalar thanked the association and parents for the successful educational project. Mrs. Dharini Sivakumar, the Secretary was in hand to represent the association.



## Tamils join in hand with the East Indian Community for a worthy cause

Waterloo: The annual walkathon for St. Mary's hospital was revived after a lapse of three years with the participation of the Waterloo region and Guelph Tamil community on September 18th at the University of Waterloo. The annual 5 Km and 10 Km is a fundraising project initiated by the East Indian community for a number of years. This year, an invitation was extended to the Tamil Cultural Association of Waterloo Region to be one of the partners.

A large turnout including representatives from the City of Kitchener, Kitchener MPP Elizabeth Witmer, St. Mary's Hospital president and staff attended the function. Dr. Kerr Bunduk of the East Indian community welcomed

the participants, donors, sponsors and partners of the event. He stressed the need for giving back to the community and thanked South Asians in this region for helping the cardiac centre. This year, the proceeds have been directed to cardiac renewal project in support of a new catheterization camera used in the diagnosis of heart disease. The walk raised about \$ 25,000 for the hospital. HSBC Bank and Comfort Inn of Kitchener were the leading sponsors of the event.

Mrs. Indra Logendran - the President, Mrs. Dharini Sivakumar - the Secretary and Mr. Nagul Sundaram - the Treasurer represented Tamil cultural association of Waterloo region and the Tamil community.



TAMIL CULTURAL ASSOCIATION OF WATERLOO REGION PRESENTS

### Tamil Cultural Nite

Experience the splendor of Sri Lankan & Indian Arts and Culture

Saturday, October 15th 2011

University of Waterloo Humanities Theater 5.30 - 10.00 pm

Award winning South Indian Artists performing Nathaswaram & Thavil Music Super Singers Musical Group, Fashion Show, Dances

FREE ADMISSION

தமிழ் மாலைப் பொழுது

Waterloo HSBC REMIX REDRAGON

# Arts and Forms



by Malarvilly Janagan,  
Artistic Director and the  
writer of this article .

## SNEAK PEEK OF PAST EVENTS



Photo by Paul & Will Photography and Make-up by MG Enhancement

Photoshoot for a documentary "Voice of an Artists". I am one among who were frustrated with the way how schools mold the dancers and how event co-ordinators expect artists to perform as a volunteer. Let's not take it personal, it is a fact that not everyone who perform are professionals. But to those who are, what does the

community has to offer. I know lot of great dancers in Toronto. They dedicate their time, creativity, money and more for the passion they have for the art. Does it mean you burden them with the word "Its for the community". Let's not forget, for the art to grow the artists need to be free of other issues of a common man. The struggles

of teachers who have to deal with parents' replacement of puberty ceremony with Arangetram. Where is our beautiful art going? Well when I interviewed dance teachers (gurus) and dancers for the documentary, I had answers to most of the questions.



Malarvilly Janagan with her son Ariyan



Photo by Gana Arumugam – www.ninaivukal.com

Students of Ariya Dance Academy and guest dancers. Contemporary Bharathanatyam on "Global Warming". As a dancer and choreographer, I believe the art form can contribute to the community, and its growth. It is a media to teach and educate about any social issues that is taking place currently.

"Malarvilly Varatharajah has been selected as the best choice for this award because of her ability, sincerity, hard work, community involvement and great talent as a dancer. In addition, her vision to pursue dance as a professional career raises her to the highest score." – Menaka Thakkar

"Malarvilly differs from other Bharathanatyam dancers in that she continues to perform despite facing many social difficulties as being a performer while being wife and mother. Malarvilly has persisted, overcome these challenges and has not forgone dancing despite this; she has continued to dance and has served as a positive role models for dancers who may often forgo dancing once married or pregnant." - CTYA

Last year 2010, I was awarded "Top Talents 2010, Achievement in Classical Dance". A moment where I felt the art in the community is not taken as a volunteer but as a profession. Guru Menaka Thakkar giving such a positive and motive words, it definitely boosted my confidence and made me work harder for the arts community. As a result, there will be an outreach from Ontario Arts Council for Indian Classical Dancers in Markham and Scarborough. If you are a struggling dancer, choreographer or a teacher there is an opportunity for your voice to be heard. Contact me at Malarvilly@hotmail.com

The Top Talents Awards Gala and Dinner aims to showcase the achievements of Canadian Tamil Youth and reward those who have accomplished and shown distinction in their respective fields. CTYA is to present the winners with \$500 bursaries and provide them with recognition in hopes that they will continue and be motivated to succeed. CTYA hopes this inspires other youth to strive for success while providing an avenue to acknowledge their hard work and dedication. The gala is sure to be a memorable night filled with performances and inspiration to youth and adults alike.

The Arts, Academics, Athletics, and Achievements such as; Youth Volunteer, Outstanding Leadership, Youth Entrepreneur, and Youth Activist are just some examples of award categories.

Canadian Tamil Youth are encouraged to enter the Top Talents nominations. Nominees must be Canadian Tamils of Tamil heritage, culture and language backgrounds. They must also be between the ages of 17 to 30. Nomination packages, specific award categories and requirement details are available on the CTYA website at [www.ctya.org/toptalents](http://www.ctya.org/toptalents).



The winner of "Top Talents 2011 –Anojini Kumaradasan" received the award from Malarvilly Janagan.



# Ceycan Transcontinental Shipping Inc.

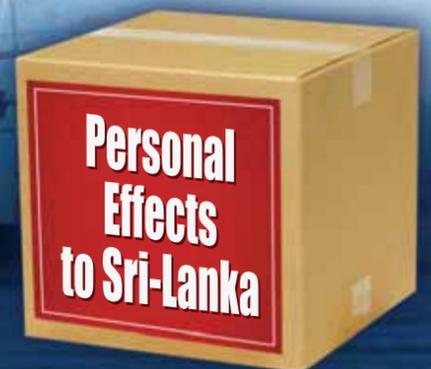
*Sole agents for Ceylon Shipping Lines in Canada*

## INTERNATIONAL FORWARDING & LOGISTICS

SRI LANKA'S BEST CLEARING FACILITIES IN COLOMBO & KANDY

For further information contact

**Kumar @ 905 673 9873**



Vancouver : Randy - 604 273 4911 / Edmonton : Desmond - 780 918 2501  
 Calgary : Felix - 403 616 7527 / Montreal/Ottawa : Ranga - 514 571 0588  
 Windsor/Michigan : Paradise Foods 734 657 5484 / 734 961 7518

### INTERNATIONAL OFFICES :

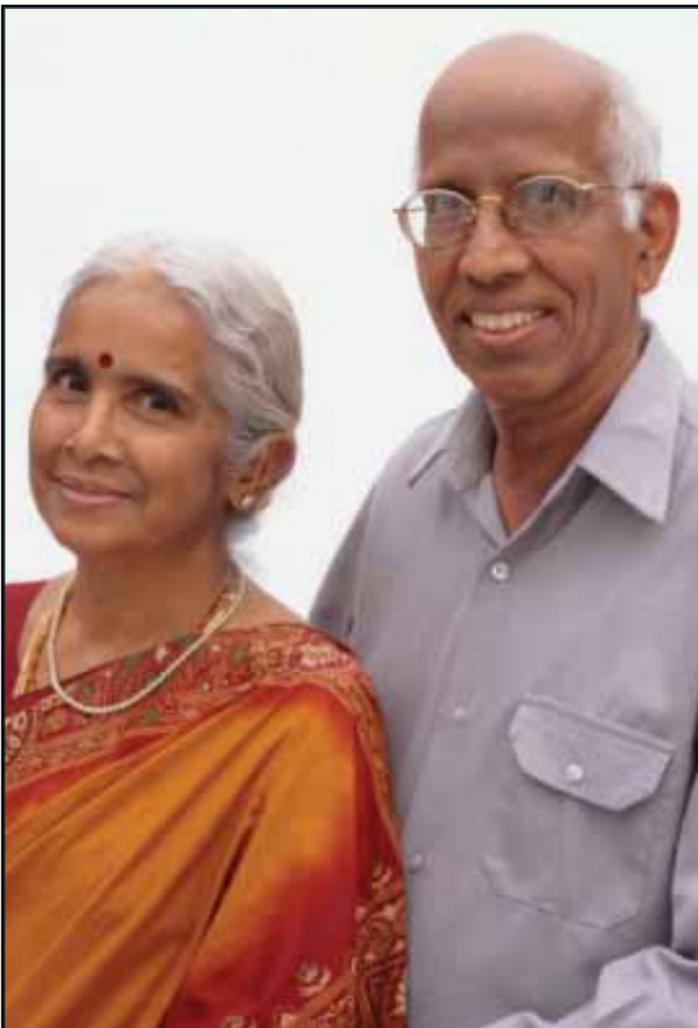
**United Kingdom**  
**Transcontinental Shipping**  
 Ashley House, 235 High Road  
 Suite 412, Woodgreen, London  
 0208 889 8486

**Sri Lanka, Colombo**  
**Ceylon Shipping Lines**  
 294/10 D. R. Wijewardena Mawatha,  
 Colombo 10  
 94 11 2459234

**Sri Lanka, Kandy**  
**Ceylon Shipping Lines**  
 175 Paranagantota Road,  
 Mawilmada, Kandy  
 94 08 2234356

1981 Boylen Road, Unit #9, Mississauga, Ontario L5S 1R9

Email : [ceycantrans@gmail.com](mailto:ceycantrans@gmail.com)  
 web: [ceycantranship.com](http://ceycantranship.com)



**More options. More choice. More control.  
 The choice is yours.**

**Permanent life insurance is available for anyone who is 85  
 years old or younger.**

Are you looking for simple answers to your questions about life insurance? When it comes to insurance, it's nice to know you have clear options. You can tailor your policy to your needs, and the needs of your family. Call me and I'll show you why permanent life insurance may be the right choice to protect your family.



**Ajith Sabaratnam**  
 Bus 416-439-2800  
 Cell 647-401-5800  
[ajith.sabaratnam@sunlife.com](mailto:ajith.sabaratnam@sunlife.com)  
[www.sunlife.ca/ajith.sabaratnam](http://www.sunlife.ca/ajith.sabaratnam)

**Sun**   
**Life Financial**