

A *parfait media publication*

Monsoon Journal

VOL 9 ISSUE 5 OCTOBER 2014

Toronto's Tamil Community Donates \$150,000 to The Scarborough Hospital



The cheque presentation celebration of Tamil Community contributions to Scarborough Hospital's MRI campaign was held on Tuesday, Oct 7th at the Birchmount Campus of the Scarborough Hospital in the presence of many dignitaries and community partners.

Honourable Dr. Eric Hoskins, Minister of Health and Long Term Care, joined in the presentation of the cheque in the amount of \$150,740.85.

A special thanks was made at the event to the Sri Varasiththi Vinaayagar Temple of Toronto for spearheading this fundraising initiative.

(LtoR) Kula Sellathurai, Jeya Rajah, Dr. Sivasri Panchadchara Vijayakumara Kurukkal, Michael Mazza, Robert Biron, Sugumar Ganesan, Hon. Minister Tracey MacCharles, MPP Soo Wong, Minister of Health and Long Term Care Hon. Dr. Eric Hoskins, MPP Bas Balkisoon, Dr. Pon Sivaji, Stan Muthulingam

US Embassy Workshop on Self-Motivation Strategies and Personal Value Systems for Sri Lanka North Students

Students from the US Embassy's English Access Micro Scholarship Program in Killinochchi, Sri Lanka-North got a crash course recently in skateboarding at the American Center, Colombo. As part of the conclusion to their two-year program, the group of 39 students visited Colombo and got a surprise skateboarding lesson from Information Officer Joshua Shen. They also enjoyed a leadership skills workshop where they learned to develop self-motivation strategies and personal value systems to guide their choices in life. (Pics via US Embassy, Colombo Sri Lanka)



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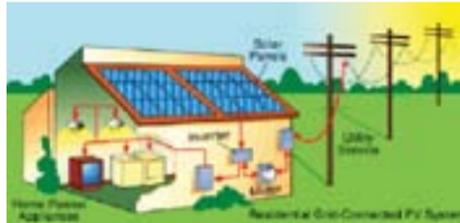
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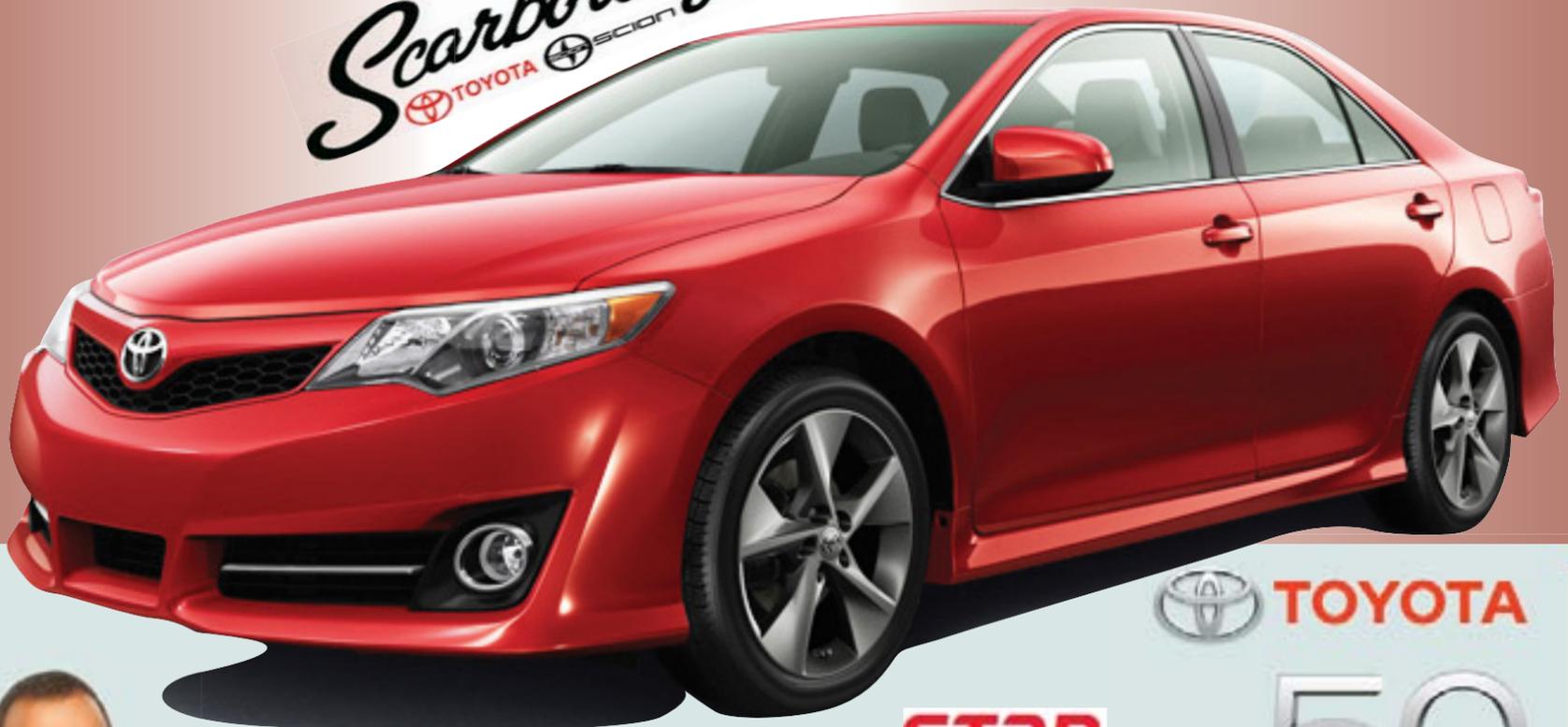


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Tamil youth make documentary movies selected for Filmi Toronto's South Asian Film Festival

Two of the documentary movies produced by Tamil youth as part of the YDocs-2014 program were selected for the 15th Annual Filmi Toronto's South Asian Film Festival which took place from September 25th -28th, 2014 at the Carleton Cinemas in Toronto.

YDocs is an annual program organized and managed by the Centre for Leadership and Innovation to promote visual media, project management and leadership skills amongst young Canadians.

Filmi Toronto's South Asian Film Festival is one of the nation's longest running festivals dedicated to promote, discover and celebrate cinematic endeavours by talented South Asian filmmakers, and highlight works with South Asian themes and artists that can be brought to mainstream audience.

The short documentary movies selected for Filmi Toronto's South Asian Film Festival are "Stressed" and "This is my life". Both movies premiered with eight other short documentaries, made entirely by youth between the age group of 10 to 18, at the YDocs-2014 Film Festival and Awards Gala in July 2014.

The film "Stressed" focus on the challenges of South Asian children struggling with high expectations of their parents. It incorporates elements



of a South Asian boy whose life stand between the cross-hairs of his dead mother's dream of becoming a doctor, and his father trying to fulfill her last wish. The second documentary "This is my life" focus on Puberty Ceremony, one of the controversial celebrations within the Hindu-Tamil culture. An analytical view of this controversial subject is presented from various perspectives.

"We are excited about the inclusion of Tamil youth made documentaries in the Filmi Toronto's South Asian Film Festival and looking forward to our continuing relationship with Filmi. The directors of the movies, Ganan Vakeesan and Roshan Naufaul are thrilled for the selection and we wish them continued success in their artistic and leadership aspirations," said co-founders of the Centre for Leadership and Innovation.

For more information about the Filmi Toronto's South Asian Film Festival or Centre for Leadership and Innovation, please visit their websites at <http://filmifestival.org/> and www.cficanada.ca respectively.

Canada Provides Humanitarian Assistance to Fight the Ebola Outbreak in West Africa

On September 25th the Honourable Christian Paradis, Minister of International Development and La Francophonie, announced additional humanitarian assistance to help meet the immediate needs of the people affected by the Ebola crisis in Guinea, Liberia and Sierra Leone, and neighbouring countries in West Africa. The assistance is in response to recent appeals issued by the United Nations and non-governmental organizations.

"Canada is deeply concerned with the unprecedented rate at which the Ebola virus is spreading and the dire effect that this outbreak is having on the people of West Africa," said Minister Paradis. "Canada is providing additional support to combat this terrible disease and address the urgent humanitarian needs of those affected."

The support is being provided to experienced humanitarian partners within the United Nations system, the International Red Cross and Red Crescent Movement—including the Canadian Red Cross Society—as well as other Canadian and international non-governmental organizations on the ground.

Canada's assistance to these partners will support three main areas:

- treatment of those affected by Ebola, including in community care locations for those without access to treatment;
- prevention efforts, including social mobilization and health education to prevent further spread of the disease; and

- support for the broader humanitarian implications of the crisis, including food and nutrition assistance and non-Ebola-related health services.

"Preventing further transmission of the Ebola virus is essential to controlling the current outbreak," said the Honourable Rona Ambrose, Minister of Health. "We continue to explore ways for Canada to make meaningful contributions to the global response, and work with the international community to contain and combat this outbreak."

Canada is deeply concerned by the outbreak of the Ebola Virus Disease (EVD) in West Africa, which risks undermining the foundations for economic prosperity, security and social stability in the region. The Government of Canada has therefore taken a number of actions to date to help bring the outbreak under control. These include financial contributions in support of humanitarian assistance by international and Canadian organizations such as the World Health Organization (WHO), Médecins Sans Frontières and the International Federation of Red Cross and Red Crescent Societies; financial contributions to the WHO to help address associated threats to health and



Honourable Christian Paradis

security; the deployment of a mobile laboratory and a rotating team of Canadian scientists to Sierra Leone; the donation of hundreds of doses of the experimental vaccine VSV-EBOV to the WHO; and the issuing of travel advisories for Guinea, Liberia, Sierra Leone and Nigeria.

"Canada welcomes international efforts to strengthen the coordination of response efforts, including through the establishment of the UN Mission for Ebola Emergency Response," said Minister Paradis. "However, we remain concerned that coordination efforts are not yet adequate and need to be urgently strengthened to deal with the magnitude and complexity of the crisis."

Quick Facts

- This EVD outbreak is the largest in history, eclipsing all other Ebola outbreaks combined since 1976, when the virus was discovered. It is also the first time that Ebola has become widely transmitted in urban areas.

- On September 16, 2014, the United Nations and the WHO released an appeal, which estimates that nearly US\$1 billion in global resources will be required over the next six months for the health response to stop the outbreak, treat the infected, ensure essential services, preserve stability, and prevent outbreaks in countries currently unaffected.

- The humanitarian situation in affected countries continues to deteriorate. The United Nations estimates that more than 22 million people, of whom 2.5 million are children under the age of five, are living in areas where active EVD transmission has been reported, with more than 4 million people living in areas where 20 or more fatalities have been reported.

- According to the WHO as of September 24, 2014, more than 6,200 cases and 2,900 deaths have been reported in Guinea, Liberia, Sierra Leone and Nigeria.

- As of September 24, 2014, 373 health care workers have been infected by Ebola, and 208 of them have died as a result of the disease.

(via - international.gc.ca)

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The need for a strong municipal voter turnout derived from a principled vote

Community livelihoods are heavily shaped by the honest policy commitments of a local government

The 2014 campaign race for Toronto's mayoralty is quickly approaching the finish line, with the election date of October 27th, only a few weeks away. As for the mayoral frontrunners, the latest election poll placed John Tory at 43.5%; Doug Ford at 32.4%; and Olivia Chow at 22.7% of those sampled on September 28. The three crucial candidates have now geared themselves towards full-scale campaign offensives in the closing leg of the race.

The long campaign trail has definitely experienced a great deal of drama and surprises. This seems to be best showcased with former Ward 2 municipal councillor, Doug Ford replacing his incumbent brother, Rob Ford, whom dropped out of the race after being diagnosed with cancer. Since September 12, Doug Ford has been competing against mayoral rivals, John Tory and Olivia Chow, in outreach efforts to finalize voter support among Torontonians.

Even with the days narrowing down, there are still plenty of undecided voters scattered across Ontario's capital city. As such, indecisive voters should strive to find the time to get informed on the municipal issues challenging Toronto, and which candidate they feel can achieve effective services for Canada's largest city. The focus of this mayoral campaign has been on the city's public transit systems, and concerns resembling all ongoing municipal campaigns in the province.

Ontario municipalities are responsible for many distinct issues on a daily basis, including matters such as affordable housing and local economic development. In terms of the latter, municipal governments are vital in attracting business investments that not only grow their communities, but also the country as a whole. Although it is considered the lowest form of government in Canada, it is the one that can most easily enable meaningful citizen participation as well.

Indeed, good decision-making in local government is genuinely dependent on the democratic activeness of its residents, which can contribute to a more prosperous and enduring municipality. The



remaining Toronto mayoral debates can be identified as those ideal opportunities for participation by residents, as some are formatted to allow residents to hear where a candidate stands on a civic concern they directly voice. These debates are also reasonable methods for one to gain insight on the municipal obstacles negatively affecting the city.

Moreover, alongside other voting municipalities, Torontonians can further ensure they cast a principled vote by learning of the policy platforms representing the candidates. Through modern forums like social media or, the Internet, doubtful voters have the ability to grasp the basic substance of candidates, despite the minimal time left in this vigorous campaign. Additionally, residents should try to engage with fellow undecided voters on the election's impact on them, and to get a better understanding of the issues from their peers' perspective.

A strong municipal voter turnout signals a true civic-minded electorate, knowing their community livelihoods are heavily shaped by the honest policy commitments of a local government at the fore of governance. Come October 27, both Torontonian voters, and the rest of Ontario should be prepared to determine what results they deserve out of their municipal representatives.

Contributed by: Harrish Thirukumaran (Currently in Third Year at Brock University, St. Catharines, Ontario)

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Monsoon Journal

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a Happy Thanksgiving (October 13)

and Happy Diwali - Deepavali (October 23)

“I cannot endure to waste anything so precious as autumnal sunshine by staying in the house.” - Nathaniel Hawthorne - (July 04, 1804 - May 19, 1864) American writer

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

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Torontonians don't want more years of division and chaos

By William Doyle-Marshall

John Tory, the leading candidate in the race for Mayor of the City of Toronto told a Sunday morning gathering on Broadview that social justice is very important to him and it will continue to be that when if he becomes the next mayor. As a volunteer Tory informed the assembly that he has devoted literally years of his life to making sure that "we can look ourselves in the mirror every morning and we can say we are true to our Canadian and Toronto values which is: we don't leave people behind". Responding to a question about the entire campaign focused on transit and very little had been said about social justice, he emphasized that is "very much a part of what I want to do as the mayor which is to ensure that we don't leave people behind".

Tory said the city council councilors have to really get going on making sure that they renew not just one or two or three priority neighbourhoods but rather renew all the neighbourhoods physically and socially. This has to be done in partnership with people who know what they are doing – government, non-profit and the private sector. Tory said that would be something he would devote his time to. That means getting on with building transit and it means getting on with being an ambassador with a proper reputation for this city, out selling this city as a place to create jobs, the mayoral aspirant concluded. Directing his attention to the Smart Track train campaign Tory reported being told by a resident of having to wait until three trains pass daily at the Davisville station. "This is just not the kind of city people want to live in. people deserve better than that.

The Sunday morning stop for Tory was immediately after addressing a church gathering. He went to bolster the campaign of Liz West for Ward 30 councilor and Maria Saras-Voutsinas for Ward 15 Toronto District School Board trustee. West almost captured the seat at the last municipal elections and has been encouraged to re-enter the race again this time. she wants to get rid of part politics at city hall so



council could work together and focus on the needs of its residents. Saras-Voutsinas, a young mother has two children who attend Toronto District School Board's schools. She wants transparency and fiscal accountability at City Hall.

In welcoming all the Tory supporters to her campaign office on Broadway West said it felt like being on a packed subway car and that reminded her of one of the reasons she was in the race to become a Toronto City Councilor. Her plan is to work on solutions to help ease congestion in the city. Every door West has knocked on, the aspiring councilor said she heard about people's frustration as they get around the city. She told the gathering of volunteers and media in a small crowded space she was in favour of electing a non-partisan council that is really going to work together on peoples' priorities. These are her reasons for supporting Tory whom she believes has similar goals. "Smart Track is going to bring three new stops to her ward which will give people an option right now who are waiting for streetcars, buses and subways that are packed and they can't get on them," West said.

She reported talking to a lady who waited on nine trains in the subway to go by on the Bloor Danforth line before she could get on. She considered this situation unreasonable. "I believe Smart Track is going to give us a solution in the short term, a quicker solution. It's going to help people all over the city which is fantastic."

Tory terms his approach in the campaign is to emerge with a unified council with the purpose of building a great

Momentum building up around Candidacy of Raj Subramaniam, City of Markham, Ward 5

Earlier in the month of September, Team Raj held a successful fundraising dinner at the Swagat Banquet Hall in Markham.

An astonishing turnout of nearly 300 residents, demonstrated the widespread momentum that has been building up since Raj Subramaniam filed his nomination papers to become Councillor for Ward 5 in The City of Markham several months ago. The intimate gathering featured speeches by community leaders who spoke of their support and vision of what Markham could become under Raj's leadership.

Team Raj has extended their sin-

cere appreciation to the Hon. Tobias C. Enverga Jr., Canadian Senator for Ontario, all other friends for their heartfelt endorsements and also Jack Greenberg and Jereen Ignatius for MC'ing the event.

Team Raj continues to work tirelessly knocking on thousands of doors in preparation of the October 27th election – and in a communiqué said that, "as always volunteers are invited to join our canvassing team to inform residents of our 20 point platform for a fresh face, strong voice, and big heart dedicated to serving all residents of Ward 5".



city. His dream is to take Toronto from being a "good city to a great one". That is going to require everybody working together, he stressed.

He praised West for putting her name on the ballot because it is a difficult decision which changes your life in many ways during the period of the campaign and afterwards if you hold public office. Despite its difficulties Tory said it is a wonderful, rewarding thing to do, to help build the city and to help make the city go forward. He said he is proud of Toronto and consid-

ers himself lucky to have lived here. Tory said he has been getting a lot of positive response to his call to unify the city. "We all live in Toronto. We all love Toronto. We all need transit to get built; we all need jobs to be created here; more jobs for our kids and for other people that don't have jobs. People downtown are responding to the fact that they don't want four more years of division and chaos. That's what's causing me to have a good response right across the city.

September 29, 2014



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Tamil Nadu Chief Minister Jayalalitha sentenced to four years imprisonment in the disproportionate assets case

Loses Chief Minister's post and cannot contest elections for six years

Violence erupts in several parts of Tamil Nadu

By Siva Sivapragasam

A special court in Bangalore has sentenced Tamil Nadu Chief Minister Jayaram Jayalalitha and her three associates - N Sasikalaa, J Elavarasi and V N Sudhakaran - to four years imprisonment in the Rs 66.65-crore disproportionate assets case. The Judge also imposed a fine of Rupees One Hundred crore.

The sentencing will mean that she loses her Chief Ministerial post and will not be able to contest elections for six years.

Jayalalitha was rushed to hospital in Parappana Agrahara jail as she felt giddiness and chest pain after the verdict.

The court of John Michael D'Cunha also imposed a fine of Rs 100 crore on Jayalalitha and Rs 10 crore on each of the other convicts. If they fail to pay the fine, they will have to serve an additional one year in jail.

Soon after the verdict was given, violence erupted in several parts of Tamil Nadu where state buses and vehicles were set on fire. DMK and AIDMK members clashed in several areas. All roads leading to DMK leader Muthuvel Karunanidhi's Gopalapuram residence have been cordoned off and special security has been given to him. Shops and establishments in several towns in Tamil Nadu have not opened as a precautionary measure.

Names of Tamil Nadu Finance Minister Paneerselvam and Ms. Visalatchi Neduncheliyan are being mentioned as



likely candidates for the Chief Minister's post.

The case was registered by the Directorate of Vigilance and Anti-Corruption (DVAC) of Tamil Nadu police in 1996, after the present BJP leader Subramanian Swamy moved courts and obtained necessary directions. Jayalalitha becomes first Chief Minister in the country to be found guilty under the provisions of the Prevention of Corruption Act.

By listing a total of 78 properties, kilos of gold and silver, besides diamonds, personal accessories and fraudulent transactions in ghost or benami companies numbering 32, the DVAC said she and her associates had amassed wealth worth Rs 66.65 crore disproportionate to her known sources of income as chief minister during 1991-96.

Jayalalitha and the others convicted have the right to appeal the sentencing.

Sri Lankan-born Rajan Anandan (Head of Google, India) is India's top Multi National Corporation CEO

Father was Kumar Anandan, better known as the "Palkstraits Swimmer"

Sri Lankan-born Rajan Anandan, the Head of Google India, has been ranked as India's Top Multi National Corporation (MNC) Chief Executive Officer. Rajan is the son of endurance swimmer and multi-Guinness record holder, the late Kumar Anandan, and Manel Anandan (nee Samaraweera). He is an MIT and Stanford alumni, and previously worked for McKinsey, Microsoft & Dell, and is a Founding Partner of Blue Ocean Ventures.

Rajan has beaten some of the top and senior names in India whilst Google at brands level had superseded some of the more established global

brands as well as per the ranking done by Economic Times of India.

Here is the impressive power list of Top 10 MNC CEOs in India:

1. Rajan Anandan, Head, Google India
2. D. Shivakumar, CEO Pepsico India
3. Sunil Kaushal, CEO Standard Chartered India
4. Sanjiv Mehta, CEO Hindustan Unilever
5. Martin Pieters, MD and CEO Vodafone India
6. Shinzo Nakanishi, CEO Maruti Suzuki
7. Kalpana Morparia, CEO JP Morgan India
8. Naina Lal Kidwai, Country Head HSBC India
9. Parmit Jhaveri, CEO Citi India
10. B.D. Park, President Samsung India

Influential Republican Eric Cantor rebounds from unpredictable electoral loss by officially joining Wall Street's financial industry



By: Harrish Thirukumaran

In the aftermath of his stunning electoral defeat against Tea I party-backed challenger, David Brat, in the 2014 House Republican primary in Virginia, Eric Cantor soon vacated his political seat in Washington DC to join a Wall Street investment firm.

On Sept. 2, the firm, Moelis and Company, reportedly hired the former Republican congressman as the new vice chairman and managing director. It was stated that Cantor would be elected to a position on the company's board of directors as well. He is intended to receive a combined total of US\$3.4 million from his estimated salary and other projected earnings throughout 2014 and 2015 for his services.

According to a Moelis and Company press release, Eric Cantor, among other duties, will, "provide strategic counsel to the Firm's corporate and institutional clients on key issues." While Cantor may certainly favour this opportunity, some individuals have essentially showcased skepticism when considering Moelis and Co.'s intentions.

As such, given the status he built within the Republican Party inside the House of Representatives, this recent career transition has been perceived as a major cause for concern.

After serving nine years in Virginia state politics from 1992 to 2001, Eric Cantor was soon elected to Virginia's seventh congressional district seat in January 2001, where he remained until his resignation on Aug. 18.

Within that timeframe, he performed various crucial legislative roles in the Republican-controlled House, eventually earning the post of House Majority Leader in 2011. Cantor and fellow Republican John Boehner, whom became Speaker of the House, asserted their political dominance over various legislative matters and issues, ranging from corporate taxation to immigration reform.

In general, the relatively low profile investment bank is being harshly accused of only appointing Cantor for the sole purpose of increasing their lobbying presence on Capitol Hill in Washington DC. Democratic Massachusetts

Senator, Elizabeth Warren, a potential contender in the 2016 presidential race, openly criticized him for the decision. She said people like Cantor, "head straight out into the industry, not because they bring great expertise and insight, but because they're selling access back in to their former colleagues who are still writing policy, who are still making laws." Sheila Krumholz, an executive director for the Center for Responsive Politics, a non-partisan organization that studies the dynamic of money and politics, shared similar sentiments when attempting to understand this event.

Cantor fits the description of an ex-elected official offering insider advice that can influence US legislation far more effectively than registered lobbyists, as expressed by Krumholz. Formerly a 13-year leading Member of Congress, it is now presumed that Cantor is perfectly positioned to utilize his distinct political insight to further Moelis and Co.'s business interests.

Eric Cantor was even considered a key legislative ally to Wall Street's financial industry. From a New York Times article, some of his pro-business actions included fighting any White House proposals that imposed higher taxation rates on private equity firms. Additionally, during this election period, he obtained US\$5.4 million in campaign contributions from firms like Goldman Sachs and Blackstone Group.

Despite these previous ties, opposition has been constructed to refute this claim that Cantor will virtually be a lobbyist to unfairly benefit Moelis and Co., or Wall Street for that matter. For legislation regarding financial regulation, Bloomberg View's Matt Levine argued if Cantor aggressively spearheaded financial deregulation it would negatively impact Moelis and Co., as they gain much of their business from delivering advice to clients related to navigating intricate regulations.

Overall, it seems appropriate to label Eric Cantor as a clear political insider, but it is yet to be determined how his new working relationship with Moelis and Company will truly unfold.

(via The Brock Press)



India's leader calls for genuine global partnership for peace and prosperity at UN Assembly

Indian Prime Minister Narendra Modi, speaking on September 27th in the name of 1.25 billion compatriots, issued a fervent plea from the podium of the United Nations General Assembly today for genuine global partnership to further peace, inclusive development and an environmentally sustainable world.

"No one country or group of countries can determine the course of this world," he told leaders of 193 nations on the fourth day of the Assembly's 69th annual high-level meeting.

"There has to be a genuine international partnership. This is not just a moral position, but a practical reality. We need a genuine dialogue and engagement between countries. Our efforts must begin here - in the United Nations."

Mr. Modi, whose country has been mentioned as a possible permanent member of an enlarged Security Council, the UN body that is now limited to 15 members, called for UN reform to reflect the current age. "Institutions that reflect the imperatives of 20th century won't be effective in the 21st," he said, stressing the need to make the Council

more democratic and participative.

He also called for concerted international efforts to combat terrorism and extremism and more stable and inclusive global development. "Globalization has created new poles of growth; new industries; and new source of employment," he said.

"At the same time, billions live on the edge of poverty and want; countries that are barely able to survive a global economic storm. There has never been a time when it has seemed more possible than now to change this."

Turning to environmental issues, he warned that "we need to change our lifestyles. Energy not consumed is the cleanest energy," he said. "We can achieve the same level of development, prosperity and well-being without necessarily going down the path of reckless consumption. It doesn't mean that economies will suffer; it will mean that our economies will take on a different character."

He highlighted the ancient Indian tradition of Yoga, embodying unity of mind and body, thought and action, restraint and fulfilment, as an active symbol of harmony between man and



Prime Minister Narendra Modi of India addresses the General Assembly. UN Photo/Cia Pak

nature. "It is not about exercise but to discover the sense of oneness with yourself, the world and the nature," he said.

"By changing our lifestyle and creating consciousness, it can help us deal with climate change. Let us work towards adopting an International Yoga Day."

Since September 24th speakers

have taken to the podium in the UN's renovated General Assembly Hall to address the 193 Member State on the theme of "Delivering on and Implementing a Transformative Post-2015 Development Agenda" as well as urgent crises ranging from the ongoing conflicts in Syria, Iraq, Ukraine and South Sudan.

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23 projects with Rs. 68 billion investment approved for the Northern Province in Sri Lanka

The Board of Investment (BOI) in Sri Lanka has approved 23 projects with an envisaged investment of Rs. 68 billion specifically for the Northern Province.

With the Board of Investment (BOI) setting up an office in Jaffna in 2010, a considerable amount of business and industrial activity has taken place since the end of the conflict.

“Private sector investment approved by the BOI for post-war Northern Province is Rs. 68.2 billion via 23 projects, especially in agriculture and fisheries. Additionally nine hotel projects consisting of 328 rooms have been approved for construction with an investment of Rs. 2.2 billion,” Investment Promotion Minister Lakshman Yapa Abeywardena told the Investor Forum organised in Jaffna recently.

In the banking sector, 20 State and private banks operating in the north have extended Rs. 4.6 billion worth of loans to 36,000 beneficiaries under different credit lines initiated by the Central Bank up to end of 2011.

“We are holding an Investor Forum in Jaffna in recognition of the fact that there are opportunities in the north and the greater need for economic activity, thereby generating jobs and income to people,” Minister Abeywardena said at the event organised by the BOI.

The forum saw around 80 prospective investors from overseas and Sri

Lanka who are keen to explore opportunities. It was revealed that one investor was keen to invest in the medical sector in Jaffna and several others were looking at ICT and hotel and tourism sectors.

The Forum also gave an opportunity to participants to take up some of the pending issues which stifle higher flow of investments. One was the high cost of production, electricity and transportation. Further development of infrastructure was emphasized if Jaffna were to maximize its potential for tourism, business and industrial activities.

Focusing on macro initiatives, Minister Abeywardena said that the Government has already developed a substantial amount of infrastructure since the end of the war.

Infrastructure developed include improvement to access roads, electricity, drinking and irrigation water, housing, sewerage and waste disposal, railway and public areas. Foreign financing secured included \$50.8 million grant from India, Australia and the Asian Development Bank and \$ 1.8 billion loans from China, India, Australia, ADB and the World Bank.

He also said the north needed a collective effort by the Government, Provincial and Local Councils and the private sector to further develop the region.

(Source “Daily FT”)

Peace will succeed only when people have a chance at a better life, Canada’s leader tells UN Assembly



Prime Minister Stephen Harper of Canada addresses the general Assembly.
UN Photo/Kim Haughton

Addressing the General Assembly on September 25th, Prime Minister of Canada, Stephen Harper, said his country had a strong record in serving humanity and upholding the values of the United Nations.

He said that Canada had always been ready and willing to partner with other civilized countries in combating affronts to human dignity and international order and would continue

to assist its allies in the international community to deal with today’s grave challenges.

But any effort would in vain, however, “if we cannot provide people with alternatives to a better way of life,” said Mr. Harper. Trade and the effective delivery of aid have become the signature of Canada’s outreach to the world. Canada is a case in point of how trade had made “great nations out of small

Panneerselvam becomes Tamil Nadu Chief Minister



By Siva Sivapragasam
Finance Minister Panneerselvam has been chosen as the new Chief Minister of Tamil Nadu.

Panneerselvam who has taken oaths as Chief Minister becomes the Chief Minister as a result of the vacancy created by the former Chief Minister Jayalalitha Jayaram who lost the position of Chief Minister due to a four year jail sentence imposed on her arising from the disproportionate assets case. Jayalalitha is now serving her jail sentence in Karnataka. She is due to move for a bail hearing and make an appeal against the sentencing. Panneerselvam also retained the old cabinet.

A meeting of the lawmakers of Tamil Nadu’s ruling All India Anna Dravida Munnetra Kazhagam (AIADMK) on Sunday unanimously elected Finance Minister Panneerselvam as the party’s Legislative Party leader and Chief Minister.

Mr. Panneerselvam described as Ms. Jayalalitha’s “Mr. Faithful” and loyal aide assumes office as Chief Minister for the second time. He was sworn in as the Chief Minister in September 2001, when then Chief Minister Jayalalitha was barred from holding office by the Supreme Court.

In March 2002, he resigned as

Chief Minister to make room for Jayalalitha after the Supreme Court overturned her conviction and she won a by-election. During that six-month stint, he was widely criticized for heading a puppet government closely micro-managed by Jayalalitha.

His name was understood to have been communicated by Jayalalitha in the court itself after the verdict was pronounced on Saturday. She also had a long conversation with him in the court before she was lodged in a Bangalore jail.

The soft-spoken and suave leader literally functioned as “interim chief minister” for about six months and duly vacated the post after Jayalalitha was acquitted in the case.

Panneerselvam had been camping in Bangalore since Saturday, when Jayalalitha travelled there for the verdict in the disproportionate assets case. He returned to Chennai on Sunday to take up the new responsibility as per her direction.

Panneerselvam took oaths before Tamil Nadu Governor Rosaiah. Even when Mr. Rosaiah extended customary greetings after the oath taking ceremony, Mr. Panneerselvam appeared deeply distressed and the Governor was seen comforting him.

(Picture Courtesy: The Hindu)

ones”, and created new opportunities for ordinary people and their families.

Looking towards the post-2015 development agenda, maternal, newborn and child health must once again become a top priority. Despite remarkable progress in these areas in recent years, thanks to vaccines and other simple techniques, millions of mothers and children who would have died in the past now had a chance to survive.

On this issue, he praised the Secretary-General’s “Every Woman, Every Child” initiative as it provided a clear

path forward to prevent the deaths of children from easily avoidable causes. It is within our power to create a better world for our children.

Since Wednesday, speakers have taken to the podium in the UN’s renovated General Assembly Hall to address the 193 Member State on the theme of “Delivering on and Implementing a Transformative Post-2015 Development Agenda” as well as urgent crises ranging from the ongoing conflicts in Syria, Iraq, Ukraine and South Sudan. – via UN.org



Around the World

Sri Lanka's President tells UN Assembly post - 2015 agenda must address structural obstacles to development

The President of Sri Lanka, Mahinda Rajapaksa in his address to world leaders at the United Nations on September 24th, said that the post-2015 agenda must focus on strengthening partnerships between developing and developed countries, which are essential for countries in the South to access financial resources and technology.

"It is vital that we also address structural obstacles and political barriers that prevented the realisation of the Millennium Development Goals, such as unfair trade and investment rules," he said.

Consistency of standards is required across the board without any perception of selectivity or discrimination. Human rights must be recognised by all as a moral and ethical concept rather than as a political tool which is sure to have destabilising effects.

"Post-conflict Sri Lanka has also become an unfortunate victim of ill-conceived agenda of some in the Human Rights Council, who pay scant regard to the substantial progress achieved by [the country's] reconstruction, rehabilitation and reconciliation within a short span of five years," Mr. Rajapaksa said.

He added that for multilateralism to remain relevant, the UN must be de-



President Mahinda Rajapaksa of Sri Lanka addresses the General Assembly. UN Photo/Hubi Hoffmann

politicized and stop being held hostage to different forms of funding. Mr. Rajapaksa also expressed support for an independent State of Palestine, an end to the financial embargo against Cuba and welcomed partnerships between Asia and Africa.

As a country that has suffered at the hands of terrorism, Sri Lanka looked forward to the early adoption of a UN comprehensive convention on international terrorism to help counter terrorist financing, piracy, and all forms of international organised crime. Mr. Rajapaksa also highlighted his country's achievement of most MDGs with the adoption of a national strategy "Vision for the Future" in areas of agriculture and literacy. - via UN.org

Yarl Devi comes to Jaffna



The one-time popular and well patronized Yarl Devi express train made its maiden test run last month from Pallai to Jaffna on the recently restored Northern railway line. Regular services are expected to begin from 13th of Oct 2014.

The trip from Colombo to Jaffna is expected to take about seven hours with important stops.

The test run train left Palai at 10.30 a.m. and arrived at Jaffna at 11.30 a.m. passing four main railway stations and

six train halts. The train service along the northern line was restricted to Vavuniya after the Yarl Devi express train came under attack during the war. However the train service was resumed in stages with the Government repairing and renovating the track.

According to Railway sources the Jaffna railway station was reconstructed at a cost of Rs.150 million and that the project included a communication system linked to the Colombo control room.



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“Super-flood” risk Pakistan

Late monsoon rains in northern Pakistan have washed away communities, devastated farmland, and brought the risk of a “super-flood” moving across the country, leaving millions of people potentially vulnerable.

The National Disaster Management Authority (NDMA) reports that more than 200 people have died since the flooding began in early September, with some 1,200 villages submerged so far, affecting 600,000 people. Thousands of homes have been destroyed, while almost 436,000 acres (176,443 hectares) of crops have been lost. The figures are rising daily.

“The biggest immediate challenge is to get people out of the inundated areas and to relief camps - then meeting their needs for shelter, food and water,” NDMA spokesman Ahmad Kamal told IRIN. Access to affected people is difficult owing to the sheer scale of the disaster.

The mountainous northern regions of Gilgit-Baltistan and Pakistani-administered Kashmir have already seen significant flood devastation: Scores of villages have been submerged and thousands of people displaced. Landslides and collapsing infrastructure, including thousands of homes, have claimed dozens of lives.

Swollen rivers flowing south from the mountains into Punjab, the country’s most populated province, have started to breach flood defences, unleashing further devastation as huge volumes of water surge into agricultural heartlands.

But it is not just farmland close to the rivers which has been affected. Parts of the provincial capital, Lahore, are under water, as is the nearby city of Wazirabad. Punjab declared a state of emergency a few days ago.

The NDMA and its counterparts at provincial and district levels are working jointly with the Pakistani armed forces, leading rescue efforts in which more than 2,300 troops and dozens of boats have been deployed, with helicopter support.

The immediate needs are search and rescue, restoration of access, drainage, food, drinking water, and emergency health and shelter requirements for the growing number of flood displaced people in the 271 camps dotted across Punjab.

“As reports are still coming in, the picture will only be clearer in the next couple of days,” said Ghulam Muhammad Awan, director of operations for the Pakistan Red Crescent Society. “At this point in time, with the knowledge that flooding is expected in Sindh in the next few days, it is anticipated

that this is a disaster that will figure between the flooding of 2013 which affected about 1.5 million people and the super floods of 2010 which affected some 20 million people.”

But the crisis had shown a number of positives. “Better capacity and systems to cope with flooding, along with earlier evacuation have saved people’s lives,” Kamal said, praising the efforts of local authorities and army rescue teams. Tens of thousands of people were evacuated ahead of the floods.

Meanwhile, rising water continues to put pressure on the TrimuHeadworks (a barrage system of sluices designed to control the flow of water), where the rivers Jhelum and Chenab meet near the city of Jhang, in central Punjab. Thousands of families are in the process of being evacuated from the surrounding area. Parts of Punjab are already three metres under water.

Describing the ongoing flood situation as an “evolving crisis”, Annette Hearn, acting head of the UN Office for the Coordination of Humanitarian Affairs (OCHA) in Pakistan, said: “We are monitoring the situation very closely and are in constant contact with the respective local and national government authorities.”

“An exceptionally high volume of water is moving south, through Punjab, and will converge at various points in the next few days. As the water moves, the impact of the situation will evolve,” she said.

She praised the actions of the authorities leading rescue and relief activities, acknowledging that lessons learned from wide-scale flooding in 2010, and investment in Disaster Risk Reduction (DRR), had paid dividends.

“Earlier evacuation of those at risk has been apparent, with effective early warning systems and experience from previous wide-scale flooding playing a part in saving people’s lives and safeguarding their assets,” she said.

The government has not made a formal request for assistance to the international humanitarian community.

The southern province of Sindh is on high alert, with the flood surge set to reach the region by the weekend. (Balochistan and Khyber Pakhtunkhwa – two of the country’s four provinces - are outside the major flooding zones).

Sources within the humanitarian community say worst-case scenarios envisage the number of those affected potentially running into many millions. The Pakistan Meteorological Department says more rain is likely. The next few days will be critical.

Meanwhile, the Pakistan Humanitarian Forum (PHF), which supports



A response team member of the Pakistan Red Crescent Society issues an alert on a mega phone to people near the junction of Jhelum and Neelum rivers in Muzaffarabad district – pic by: Pakistan Red Crescent Society

and represents more than 50 international NGOs in the country, said its members were mobilized and ready to respond, as required.

A PHF spokesperson said many of its members were already on the ground engaged in other projects: 27 organisations in Punjab; 12 in Pakistani-administered Kashmir; and 36 in Sindh.

“Some members are already re-

sponding in Punjab and Kashmir, initiating a Non-Food Item response, while in Sindh the DRR phone chains have been started to warn beneficiaries about the potential for rising waters, where [PHF] members are collaborating with local authorities as required.” (IRIN News - Humanitarian news and analysis service from the UN Office for the Coordination of Humanitarian Affairs)

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Gallbladder Stones vs. Kidney Stones: What's the Difference?



By: Jeavana Sritharan,
BHSc, MHSc,
PhD Student

GALLBLADDER STONES

The gallbladder sits right below the liver and helps store bile – a fluid produced by the liver. With every meal, the gallbladder releases bile into the small intestine which helps to digest fats in our body.

Sometimes, the fats are not easily dissolved in the bile and can cause the formation of solid crystals. These crystals clump together and are commonly known as gallstones. Gallstones can vary in size and type as they can be as small as sand like particles or even up to four centimeters wide.

There are also two other important factors related to gallbladder stones – how efficient the gallbladder contracts leading to incomplete emptying of the gallbladder and the presence of proteins in the bile and liver leading to cholesterol crystallization.

Gallstones are generally diagnosed with use of an abdominal ultrasound. Liver blood tests will also be performed and further tests may be administered depending on the severity and diagnosis of gallstones.

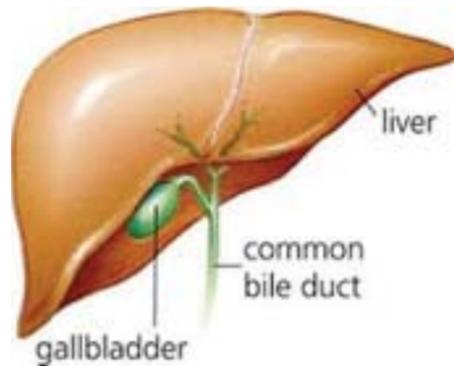
Who is at risk?

It occurs in up to 20% of Canadian females and 10% of Canadian males by the age of 60 years. Also, females are more likely to develop gallstones especially between the ages of 20 and 60 years and especially among those who had multiple pregnancies. Gallstones may be caused by many factors involving body weight, body chemistry, gallbladder motility, and diet. However, these factors alone do not determine an individual's risk for gallstones.

There is poor understanding of how diet is related to gallstones but having a significantly low fiber and high cholesterol diet can be a possible factor for gallstones. Other important factors include weight loss, eating fewer meals a day, low intake of nutrients, and constipation.

Symptoms

Symptoms can vary from mild to severe. Many individuals with gallstones do not experience any symptoms however those who have symptoms tend to present abdominal pain, jaundice, and inflammation of different organs like the gallbladder, liver, or pancreas. The pain can be around the abdominal

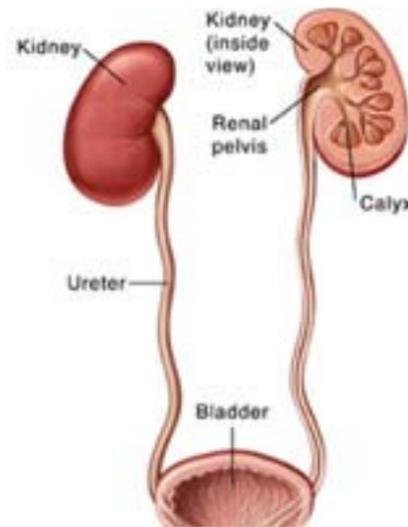


area, upper belly, back, and shoulder area. Sometimes the pain can vary in severity especially when eating. Individuals without any symptoms experience 'silent' gallstones and may opt for no treatment. Individuals who experience severe symptoms may opt for surgical removal of the gallstones and/or gallbladder if necessary.

Treatment

Gallstones can be dissolved and medication is provided in order for this to happen. Medication is advised to be taken over time and the stopping of medication may cause the gallstones to recur. There are also methods to break up the gallstones into tiny pieces which then can be effectively passed through feces. However, the methods to break up the gallstones are only applicable when there are minimal gallstones.

Surgical removal of the gallbladder can help significantly with the 99% chance of preventing the occurrence of cholelithiasis (gallstones) again. The surgical removal of the gallbladder can



be done through a laparoscopic surgery or open surgery. Laparoscopic surgery is safe, commonly used, and utilizes smaller cuts in the abdominal region whereas open surgery requires a larger cut. Laparoscopic surgery also has a faster recovery period.

The surgical removal of the gallbladder usually has no consequences but there are a portion of individuals who may develop postcholecystectomy syndrome. This syndrome can lead to distress in the gastrointestinal tract and pain in the abdominal area. Following surgery, individuals can return to regular activities usually after 7 to 10 days. The overall risk from surgery is quite low as well.

KIDNEY STONES

Kidney stones are crystal lumps that form in the kidney from dietary minerals in the urine. Typically, these stones

will pass through the urine stream and sometimes there are no symptoms associated with kidney stones. If the stones grow excessively they can obstruct areas of the urinary system creating severe pain. Diagnosis is generally made with a physical examination and urine analysis. Severe abdominal pain is commonly seen in many individuals affected by kidney stones which are hallmark for kidney stones. Urine samples over time and renal function tests may be administered to examine all aspects of the urinary tract.

Who is at risk?

Kidney stones can affect about 10-15% of the developed world, and up to 80% of those affected are males. The first episode in males is usually between the ages of 30 and 40 years, but in females it is much later. Low fluid intake or dehydration can also be a major factor and contributor to increased risk of kidney stones especially in hot climate areas of the world. High intake of protein and refined sugars can also increase the risk of stones. It is also more common in individuals affected by Crohn's disease or other metabolic diseases. Individuals who have recurring kidney stones may be screened for metabolic diseases with urine sample tests.

Symptoms

Symptoms can also vary with kidney stones. If no symptoms are present then the individual is advised to carefully watch for any presenting signs or symptoms. For those who experience symptoms, pain can vary but in many cases it can produce excruciating pain around the pelvis area as the kidney stones obstruct the ureter. This pain can cause urgent urination, sweating, nausea, vomiting, and restlessness. The pain usually lasts 20 to 60 minutes and can cause pain across the urinary tract region.

Treatment

Nonsteroidal anti-inflammatory drugs are administered for pain control until the stones pass through the urine. In some cases, the stones can be shattered into smaller pieces but in more severe cases, invasive surgery is necessary. Depending on each individual situation, different methods may be used.

Jeavana Sritharan is a PhD Student in Medical Science at the University of Toronto. She is currently working with Cancer Care Ontario with the Occupational Cancer Research Centre and she is the Co-Founder of the webpage, Health Perspectives. Contact email: info@healthperspectives.ca



Growth and integration leadership highlighted in Rouge Valley's annual report

What is Rouge Valley Health System's (RVHS) strategy to meet the needs of its growing Scarborough and Durham Region communities? The short answer: Expand current services, develop new ones; and find new ways to improve how patients can access health care more easily.

The more detailed answer is provided in the hospital's new annual report, which highlights how Rouge Valley is providing leadership in program growth and service integrations for its communities of Whitby, Pickering, Ajax and Scarborough.

Rouge Valley's staff, physicians, midwives and volunteers are committed to providing patients and their families with the best health care experience.

The 2014 annual report shares many examples of how the hospital system will continue providing the right care in the right place at the right time for patients and their families.

Highlights

Through year-end leadership reports and articles, Rouge Valley's Annual Report 2014: Growth & Integration highlights a year of achievements that the hospital will continue to build on as it plans for the future.

- The launch of new hospital services, including: Living Well chronic disease education clinics; paediatric allergy and constipation clinics; shoulder prehabilitation; and CATCH (care after the care in hospital) program to support patients after discharge from



hospital;

- Improvements to the patient experience, such as: the addition of American Sign Language (through the use of iPads) to Rouge Valley's interpretation services; rollout of Communicate with HEART patient experience/customer satisfaction training program for staff; and implementation of a new Bed Map that brings care services to patients rather than moving them to another bed when their needs change.

- Continued integration and expansion of regional programs, including: the redevelopment of the regional cardiac care centre at Rouge Valley Cen-

tenary hospital campus; the addition of new cardiovascular rehabilitation community-based sites throughout Durham Region; and the integration of services with Durham Mental Health Services for the staffing of community crisis services, including an additional full-time nurse.

The annual report can be downloaded from the hospital's website. It is also available onsite throughout both Rouge Valley hospital campuses, and is being distributed to physicians' offices and community organizations from Durham to Scarborough. Copies of the report in Tamil and Chinese languages will be posted on the website as well, and are available in print upon request to communityrelations@rougevalley.ca.

Truly a classic



From left, Mayors' Charity Golf Classic Co-Chair Bill Collier, Chairman Roger Anderson, Regional Councillor Shaun Collier, RVHS Foundation Chair Judith Barker, RVHS Chair Joan Wideman, Classic Co-Chair Jim Witty, Mayor Dave Ryan and RVHS Foundation President & CEO Chad Hanna.

The orthopaedic and plastic surgeons of Rouge Valley Ajax and Pickering hospital are well on their way to new technology that will change the lives of many patients thanks to the 2014 Mayors' Charity Golf Classic, with \$150,000 raised this year toward a C-arm portable scanner.

Event co-chairs, Jim Witty and Bill Collier, announced the Classic has now

reached a total of more than \$2.7 million raised for Rouge Valley Ajax and Pickering hospital, in 19 years.

There were a number of tributes in honour of Mr. Collier who stepped down from the organizing committee, having been with the group since he helped found the tournament 19 years ago.

Kia gift makes new vital signs monitor possible

Representatives from Bessada Kia Pickering visited Rouge Valley Ajax and Pickering hospital to see how their donation was used to purchase a new vital signs monitor for the maternal and newborns unit.

The funds were raised through the annual Drive Change event and Kia is a big supporter of children's programs at their community hospital.



Marcelle and Misty Bessada pull the ribbon off the new monitor while their colleagues, Dan Porter and Toney Alexander look on.

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

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



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INJURED CYCLIST CHOSE THE SCARBOROUGH HOSPITAL'S EMERGENCY DEPARTMENT



Bradley Campbell

Bradley Campbell was riding his bicycle along a bike path in Toronto this past Canada Day weekend, when a woman crossed his path, causing him to swerve and be thrown from his bike.

Suffering from many significant injuries including multiple cuts and bruises, Bradley decided to wait it out until he was back home in British Columbia where he was already scheduled to see his family physician the following week. However, a few days later, he changed his mind.

"While I originally thought I would simply suffer through the pain until I could see my Vancouver-based primary care provider the following week, I had to change that plan when I woke up a couple

of days later," says Bradley. "I started to have fluid building up in my right lung and it was making it difficult to breathe."

Knowing that **The Scarborough Hospital has the lowest overall Emergency Department (ED) wait times in the Greater Toronto Area**, Bradley drove straight to the Birchmount campus to have his breathing investigated. He was "so glad that he did".

At first, the doctor, Dr. David Borenstein, examined Bradley's breathing and thought it might be a collapsed lung; however, after further investigation of the condition of Bradley's lungs, Dr. Borenstein decided that he had bruised and cracked ribs that were causing the pain and inhibiting normal breathing. After some rest and relaxation, as well as anti-inflammatory medication, Bradley followed up with his family doctor back home in British Columbia and is doing much better now because of the efficiency and care demonstrated by staff in the ED at the Birchmount campus.

"The entire process – from triage to registration through to the examination, x-ray and discharge – was positive," says Bradley. "I did not experience any delays in care, and everyone I interacted with was professional and caring. I cannot identify any aspect of the care process that could have been improved. Your hospital is a well-oiled machine and you can see the organization's emphasis on quality of care."

DIVERSITY AND INCLUSION REPORT CELEBRATES HOSPITAL'S SUCCESSES IN SERVING THE GLOBAL COMMUNITY OF SCARBOROUGH

Five years ago, The Scarborough Hospital (TSH) set upon a new Vision: to be recognized as Canada's leader in providing the best health care for a global community. On September 10, TSH released its first Diversity and Inclusion Report, which celebrates the many ways the hospital has worked to achieve this Vision.

"It's truly an honour to be part of a hospital that is not only focused on delivering the highest quality patient care, but providing this care in the most equitable, respectful and responsive way possible," says Robert Biron, President and CEO of TSH.

"I am very proud of this report and all that we have accomplished in creating such a welcoming and inclusive environment for everyone at our hospital."

"TSH was one of the first hospitals in the province to dedicate a department to meet the changing needs of our community nearly 20 years ago," adds Rhonda Lewis, Vice President, Human Resources and Patient Relations at TSH.

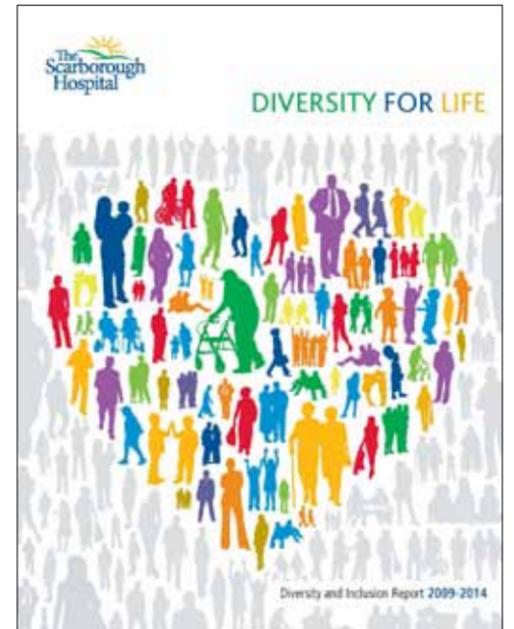
"Diversity took on even greater importance with the launch of our Strategic Plan in 2009, becoming a key strategic priority for the entire hospital. Through the dedication and hard work of our staff, physicians, volunteers and community partners, we have made diversity, equity and inclusion a fundamental part of how we operate at TSH."

The TSH Diversity and Inclusion Report describes the many initiatives that have contributed to this success over the last five years. Some notable examples include:

- A comprehensive program to assist patients who encounter language barriers at the hospital, including on-site, phone and sign language interpretation, as well as signage, wayfinding and patient materials in multiple languages;

- A Chronic Disease Prevention Model that provides an equitable approach to how care should be delivered based on each person's distinct needs;

- Engaging in a number of academic research studies to help the hospital better understand how to deliver care to a diverse community;



- A Performance Development and Review Process that includes evaluating staff on their 'Interpersonal and Diversity Fluency';

- A dynamic educational curriculum for staff and physicians to support education around diversity, equity and inclusion, including mandatory training for management staff on how to lead a diverse workforce;

- The opening of the Global Community Resource Centre in June 2012 in partnership with 14 community agencies in Scarborough in order to empower patients and families with increased health literacy and better access to community services; and

- Leading over 1,000 community outreach and engagement activities to help our community better understand their health care options, navigate services and provide input on hospital programs and service delivery.

The 2009-2014 Diversity and Inclusion Report is available on The Scarborough Hospital's website.

IT TAKES TWO. COUSINS SELFLESSLY WORK TOGETHER TO HELP ENSURE SENIOR'S SAFETY

Paige and Devan, both 17-years-old, are excited. They are getting ready to go to downtown Toronto to see if they can catch a glimpse of their favourite band, One Direction, who will be arriving at the Rogers Centre soon, ahead of the band's scheduled concert the following night.

They are like a lot of teenage girls their age. They radiate youthful energy as they candidly and unapologetically profess their love for their favourite One Direction members. And, they are not like other teenagers their age; in fact, they're not like a lot of people in general.

They are artists, but more importantly, humanitarians, and they have selflessly devoted their past two summers helping to improve the safety and well-being of seniors at The Scarborough Hospital (TSH).

Both gifted with a brush, the girls have painted two exit doors in the Specialized Geriatrics and Medicine unit at TSH's General campus to camouflage them, so patients with dementia and other behavioural concerns, can't try to escape the unit, and ultimately, the hospital.

But how did this idea come about and how did Paige and Devan get involved?

It all started with three ladies in the unit – Patient Care Manager for Specialized Geriatrics and Medicine, and Palliative Care, Meredith DePaulson, Nurse Practitioner Tabatha Bowers, and Registered Practical Nurse Julie Morse – who were thinking of ways to make the floor a safer and more attractive area.

"We are always looking for new strategies to keep our patients safe, while observing the hospital's Least Restraint policy, which outlines that all possible alternative interventions

are exhausted before deciding to use restraints on patients at risk of serious harm to themselves or others," says Tabatha. "Patients on this floor sometimes get confused where they are and it's dangerous for them leave the unit on their own. We came up with the idea to disguise the doors, so patients would have a harder time finding them, providing us with another alternative to restraints. As soon as this idea was suggested, Julie enthusiastically proclaimed, 'my daughter could do that!'"

An idea was born. Julie's daughter



left to right: Devan and Paige

Paige came into the hospital a while later, clutching a portfolio of her art and an extensive business proposal detailing what the project would entail.

"Paige presented her plan to us that she worked on with her cousin Devan," says Meredith. "Although I could tell that she was nervous presenting, she was professional and thorough, and she told us what she planned on painting on the doors and why, provided research about the unit and how the doors would benefit patients, what paint to use, and all associated costs."

Weeks later, Paige and her cousin Devan, brought in their painting supplies and blueprints, and got to work.

First starting with the door on the south side of the unit last year, the girls painted a topiary tree, which is reminiscent of trees in the Italian countryside. This past summer, the girls painted a window with a flower box overflowing with pink, yellow and red flowers, so patients on the north side can enjoy a window view, as the unit lacks a window on that side.

The finished results of the paintings are incredible, but Paige says the experience was more rewarding than the finished product.

"Not only did I get to paint; I got to spend a lot of time with my cousin, and I got to give back to the hospital," says Paige. "It especially made me happy when patients would come up to us and say 'we love the paintings'. I'm happy that we got to make other people happy."

Devan nods her head in agreement. "The first year, I saw it as helping out my cousin, but, by the second year, I looked forward to it," she says and adds "I think that this project shows that our

generation isn't as bad as it's cracked up to be. We may be young, but we're interested in making a difference too."

She isn't the only one who feels this way. The wife of a patient, whose room is near the north side door, echoed this sentiment.

"Young kids today get a bad reputation and it's unfair. Here, you have two young, cheerful kids, who care about other people and want to make a difference. They should be proud of what they did. They did this out of the goodness of their hearts," she says.

"It is easy to see where they get their compassionate and dedicated spirits from though, I mean, just look at their mom and aunt, Julie. They have a great role model to look up to."

Julie has been at TSH for 30 years. She attended the School of Nursing at the hospital and has worked there ever since. Many would say that throughout her career, Julie's focus has always been about providing excellent and compassionate care to patients.

"Julie is a great role model for her daughter and niece, and it's no wonder they are the exceptional, giving, young ladies that they are," says Meredith. "Before the girls even started volunteering here, they had already accumulated 520 of their mandatory community hours; that's 480 more hours than they need to graduate. These girls didn't do it for the hours; they did it to help out, like their mom and aunt does every day. They have made the unit a safer and prettier place for patients, and they should be proud."

Julie beams and adds "I'm really proud them."

Clear Skies for the Second Annual 'Providence Cup' Sailing Regatta

On September 17, there was nothing but clear skies and smooth sailing for the second annual Providence Cup Sailing Regatta held on Lake Ontario. With the help of skilled captains, members of Men Advancing Philanthropy for Providence (MAPP) took to the water aboard 16 sail boats, navigating a course in Toronto Harbour competing for the coveted 'Cup'.

Congratulations to first place winner 'Rouleur', second place 'Madam Caprice' and third place 'French Toast'.

At the awards dinner later that evening, MAPP welcomed new donors who signed up on the spot. The numbers for this important giving group keep on growing, with over 70 donors today. Last year alone, MAPP raised \$50,000 for Providence Healthcare.

The regatta would not have been possible without the support of generous sponsors. Thank you to:

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- And thank you to everyone involved for making it a memorable and special day of celebration.

ABOUT MAPP

Men Advancing Philanthropy for Providence (MAPP) is a group of philanthropic men who come together to network, socialize and mobilize through their support and ambassadorship of Providence Healthcare.

The group hosts regular events, enjoying rare experiences throughout the year geared towards male working professionals. All donations received through MAPP support essential programs and services at Providence Healthcare.

To learn more about MAPP, please contact Emily Dawson at 416-285-3666 x4032 or email edawson@providence.on.ca.



Ask a Pharmacist – Colds

by Sean Chai-Chong

"A family is a unit composed not only of children but of men, women, an occasional animal and the common cold." - Ogden Nash, American Poet

Cold and flu season has arrived, so here's some information about the common cold.

What's the best way to prevent a cold?

Good hand hygiene remains one of the best ways to prevent a cold. There are a few supplements that may help you defend against a cold, but none are as simple and easy as washing your hands frequently.

What are the symptoms of a cold?

Symptoms of a common cold include sore throat, sneezing, cough and a runny or stuffy nose.

What's the best treatment for a cold?

Lots of rest and lots of warm fluids are the best treatments for a cold. Beyond that, there are medications you can use to treat your cold symptoms. Feel free to come by Providence Healthcare's retail pharmacy and we will be happy to help you pick out something.

Can I take cold medication if I have high blood pressure?

Decongestants should be avoided if you have high blood pressure. There are decongestant-free cold remedies available that can be taken if you have high blood pressure.

Stay tuned for the next edition where I'll discuss flu shots.



Sean Chai-Chong is the Pharmacist for Providence Healthcare's retail Pharmacy. The Pharmacy is located on the 2nd floor of Providence Hospital and is open Monday to Friday, 9 a.m. to 5 p.m.

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'THOSAI' ON WHEELS AT WASHINGTON SQUARE PARK

C. Kamalaharan

During my recent visit to New York while strolling under a grove of trees at the Washington Square Park I happened to see a long queue of people purchasing food from a push cart. The name board NY DOSA MAN displayed on the cart urged me to get closer to see what was it all about. Arriving near the cart I saw a smart gentleman preparing and serving food. Moving closer I was thrilled to see him preparing our favorite thosai (a fermented crepe prepared from rice and black gram) and serving with sambol and chutney in spicy and mild form in disposable plates. His thosai is not greasy due to the lack of excessive oil thereby providing fine taste and flavour. Thosai is prepared and served by him in a variety of forms; sadha thosai, rava thosai, masala thosai and uthappam. Besides thosai he also serves idly, kottu rotti (a fried mixture of flour, vegetables and spice), vadai, samosa, vegetable rolls and a wide selection of cool drinks including our elephant brand ginger beer in cans. He also serves lunch with thosai as the main dish and curry which is a combination of vegetables, mushrooms, masala potatoes, lettuce leaves and moist soya beans as side dish. Take away facilities are also available for hectic customers.

Thiru Kumar runs his business from Monday to Saturday at Washington Square Park between 12.00 noon and 4.00 p.m. patronized by New York University (NYU) students, South Asian expatriates and visitors to the park. I was pleased to see most of his customers being Americans waiting patiently to purchase dosa as it is popularly known there. Moving much closer I observed him communicating with his customers in flawless fluent English without mincing words.

As I stood beside him after placing an order for thosai he asked me, "Are you from India?" My reply, "I'm from Sri Lanka," brightened his face with excitement. He continued, "Which part of Sri Lanka?" "From Jaffna," "From Jaffna! he enthusiastically began to reveal his identity, "I'm also from Jaffna, my mother is from Mathakal and my father is from Sandilipay, but I was born in Colombo." Amidst his brisk business I was able to gather facts about him.

He flew directly from Colombo to New York on winning the US Green Card Lottery in August 1995. Before taking up this successful enterprise he was engaged in construction work, worked as a mechanic and also managed a restaurant. With his experienced cooking skill he wanted to do something different. Being a strict vegetarian he decided to prepare vegetarian food without using any animal products including eggs. With this in mind he began his mobile unit to prepare and serve food in Washington Square Park from December 2001.

During peak hours a long queue could be seen standing patiently for



NY DOSA MAN LURES CUSTOMERS WITH HIS CRISP DOSA



the dosa prepared just in front of them. But the queue moves quickly as he prepares simultaneously three dosas and serves them with his endearing smile which makes the wait worthwhile. Once when a touring party had asked some Indian students about the whereabouts of the Dosa Man the students were unable to tell them. On hearing this the Dosa Man chuckled and replied, "You should have asked the American kids who are my best customers." The main attraction that draws crowd to his food cart is the rapport he maintains with his customers without displaying an iota of grin or displeasure in his face. He is just as calm even when the queue is long.

Thiru Kumar also caters on request whether it is a wedding or a function organised by the NYU campus. When asked whether he had any idea of expanding his business he replied, "I'm fully satisfied with the progress of my business, I have no intention of expanding it now." During winter too he continues his



business clad in warm clothing and there is no decline in the attendance of his customers. Being too busy with his tight schedule he stands on his feet continuously for four hours. But he doesn't get tired or feel fatigued as he loves the job preferring it to other jobs. He proudly says, "I'm the only one in the US and Canada doing this 100% vege food serving on the streets. To a question as to why he didn't employ an assistant to help him he replied, "I want to maintain the same standard all by myself."

But he has an assistant standing in front of the queue only to collect the cash from the customers.

Thiru Kumar is so popular that he was the recipient of the Vendy Cup Award for the best street food in 2007 and also the winner of the Best NY award presented by the New York magazine in 2003. It is really heart-warming to note that an expatriate on landing in the US is able to take up a job to his liking and blossom into a successful entrepreneur.



WORDS OF PEACE



Another Door

In this world, life can seem like a treadmill. At an early age, we're sent to school. The common mantra around the world is, "Study hard so you can become something." Then, once you graduate and get a job, it's, "Work hard, and you will go far." If you fall in love and have a family, there's a whole new set of responsibilities. People who think they have things under control will sooner or later find they don't. Jobs become obsolete. The stock market crashes, and savings disappear. The kids grow up and move away. Is that all there is to life?

There's much, much more to be explored, says Prem Rawat, know all over the world as an ambassador of peace. Since he was very young, he's talked

about a pathway to a deeper experience.

"There is a door to another world," Mr. Rawat says, "a door that needs to be opened. It's a door into a universe of understanding, a door that opens to a world where there is a gratitude for being alive, a wisdom that is innate to every single human being, a joy and a simplicity that's in contrast to a very complicated world.

"It's a place where a human being is pleasantly happy just being human. It's where the understanding of the self carries a deeper meaning: a message that is about celebrating life. It's a place where, instead of trying to find answers, you are bathed in answers—where instead of searching, there is

finding; instead of questioning, revealing in answers.

"Could it be that there is such a world? Could it be that there is a possibility for every single human being to enjoy the feeling of being alive—simply alive? Some people call that feeling peace."

Peace is a simple word, but it has a lot of interpretations. Everybody has an idea of what it is and how to get it.

"People say we would have peace if there were no wars," Mr. Rawat says. "If the absence of war were peace, then why do wars keep starting up again and again? No, war is a symptom. The disease is something else, and that disease needs to be cured.

"Some people say peace is when a person becomes a vegetable. I don't call that peace. I call that the state of okra-ness, the state of eggplant. To me, peace is a feeling of being alive. It's real—not imagined, but tangible. It's something that you can feel every single day, something that you can understand every single day: that this is who I am meant to be."

The self he talks about, he emphasizes, isn't that "somebody" people try to become through study or hard work. It's something much deeper and simpler than that: the understanding that right now, in this moment, you are

alive.

"I'm not talking about your problems," Mr. Rawat says. "I'm not talking about your goods, bads, rights, wrongs—but simply you. You are alive.

"It is the most amazing thing to be alive. It's fantastic! It's astounding—truly unbelievable. It's against all odds. Every day that you're alive is against all odds. It was against all odds that you even got into your mother's womb, but here you are.

"How am I qualified to say this? I'm not in any way suggesting that I'm not a part of this world. Believe me, I am. I have a family—need I say more? I have my responsibilities. Need I say more?"

"But I know that there is another reality that's real; that there is a truth that is unquestionable; that there is a truth that does not require anyone else saying, "Yes, that's the truth"—a truth inside as real as the sun that shines every day. We need to feel that reality, that peace, every single day.

"Where is peace? That's the good news. Peace is within you. It always has been and always will be."

To learn more about Prem Rawat
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SADHGURU

A special Vidyarambham will be held at Linga Bhairavi on Vijayadashami on October 3. This special ritual introduces young children to the process of learning. Sadhguru explains why education should always be accompanied by a process that creates a sense of inclusion within a person, because empowerment without awareness can and has become disastrous for humanity.

Sadhguru: If a child grows up without assuming anything, if he lives without the influence of other people upon him, by his own natural intelligence, turning spiritual is a very natural process. Spirituality is a far away thing in most people's lives only because most people are living by the education imposed upon them and not by their natural intelligence. If you are allowed to figure out things for yourself, when you start thinking about and looking at life, there is no other way but to turn inward to know things about life. Inward is naturally the only place to look.

Whether we are going to produce beautiful things on the planet, very destructive bombs on the planet, or something else more destructive than that, simply depends on how well-coordinated a human being's emotions and intelligence are. How well-coordinated a human being he is determines how well he will use his intelligence and that will ultimately decide what he will produce in the world.

The most intelligent people in the world have contributed to all the violence on the planet. A certain segment of people have always been essentially violent. Initially, when he was a cave-man he killed with stone, that is the Stone Age; Iron Age means he killed with iron; Bronze Age means he killed with bronze; Nuclear Age means he kills with nuclear weapons. Some people have always been essentially violent, but the scale of violence that can happen today has happened because the best brains in the world have worked to create the most violent ways to kill humanity. If the intelligent in the world had not cooperated, a violent man would kill one or two, with a stick or a stone. But only because the intelligent in the world have cooperated, a violent man can kill in millions.

Intelligence twisted out against our own wellbeing is no intelligence. Intelligence is the biggest blessing that a human being has, but right now it has become a curse upon humanity simply because the human being is not coming out as a well-coordinated being. He has dislocated the human being within himself. This intelligence is dangerous.

In Indian culture, education always started only after certain initiations, because education is seen as a power. Before you start your education, you go

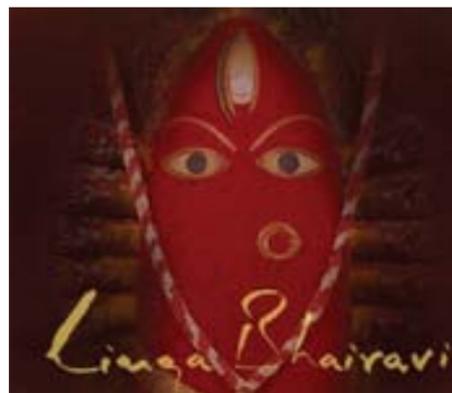


Sadhguru Vasudev is a realized master, yogi and mystic, who has founded Isha Foundation, an international public service organization that strives for ultimate human well-being. For world-wide program information, visit www.ishafoundation.org

through what is called Brahmopadesha, where the basic mantra which was taught to the child was Aham Brahmasmi, which means "I am the Brahman." One way of looking at this is, when you say "I am the Brahman," you are saying, "I am responsible for everything." So in some experiential way, it is brought about in the child's life that he feels for everything in the existence. Only then education is given.

The ritual of Vidyarambham introduces young children into the world of knowledge, letters, and the process of learning. It is exclusively designed for children to begin their education and brings forth the wealth of true knowledge.

This Vijayadashami (October 3rd), following the culmination of the Navaratri festivities, a special Vidyarambham ceremony will be held at Linga Bhairavi. This "Day of Victory" is known to be an auspicious occasion to initiate children into education, and performed in the presence of Devi, it is all the more a unique opportunity for children to make a fresh beginning.



Red is Devi's color for the first three days of Navaratri, and in today's article, Sadhguru explains why red is such a significant color for Devi. Plus, Sounds of Isha releases the first of three special Navaratri songs, based on Subramanya Bharathiyar's poem.

Sadhguru: What is color, first of all.

The color of any substance is not because of what it is, it is what it rejects or what it gives away or reflects. Something looks red not because it is red, but because it holds back everything that white light contains and reflects red. So red does not mean it is red. Red means it is not red! Whatever you give away, that will be your quality in the world also. So Devi's color is red because she gives away red.

If you walk in the forest, it is all green but there will be one spot of red – somewhere one red flower blossoming – that draws your attention because in your perception, red is the most vibrant of all the colors. All other colors may be pretty and nice but red is vibrant.

Many things which are significant to you are red. Red is the color of your blood. Red is the color of the rising sun. In human consciousness, colors have a big impact upon how you feel, and red creates maximum vibrance. Devi signifies that vibrance. Her energy is absolute vibrance and exuberance. Anything exuberant means red. You may have heard of "painting the town red!" Among the deities that you create, the feminine forms are the most exuberant. Because of that, Devi is red – not because she is red, because she is not red!

Chandiran Oliyil Avalai Kanden

The feminine has always been worshipped in Indian culture in various forms. This wonderful poem by the great Tamil poet, Mahakavi Bharathiyar, is in praise of the goddess and his experience of her.

Lyrics

*Chandiran oliyil avalai kanden
Sharanam endru puginthu konden
I saw her in the moonlight
and sought refuge in her
Indiriyangalai vendru vitten
Enadhenrasaiyai (enadhu endra*

acaiyai) kondru vitten

*I have controlled my senses
and destroyed the desire of 'mine'
Payan ennamal uzhaikka sonnal
She bade me to work unconcerned
about results*

*Bhakthi seydhru pizhaikka sonnal
She bade me to live in devotion
Thuyarilladhenai seidhu vittal
Thus, she has removed all affliction
Thunbam enbathai koydhu vittal
She has rooted out all pain and suffering*

*Meengal seiyyum oliyai seiydhal
She created starlight
Veesi nirkum valiyai seiydhal
She created the blowing whirlwind
Vanganulla veliyai seiydhal
She created space
Vaazhi nenjir kaliyai seiydhal
She created joy in our hearts*

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.

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TRIDEL'S ISLINGTON TERRACE A NEW SPIRIT OF LIVING

After the successes of its previous ventures, Tridel is now proud to introduce its latest project – Islington Terrace. This vibrant, modern community will be located in the heart of Etobicoke's Bloor and Islington area. It will roll out a total of three phases, with Tridel now launching phase one. Islington Terrace offers the perfect blend of location and stunning modern design.

The meeting point of business and leisure

Like many in our city, if it's connectivity you are looking for, Tridel's Islington Terrace is just for you. This ideally connected master-planned community puts the Islington Station at Bloor subway and the

bus terminal at your doorstep. Downtown Toronto is a short 20-minute ride away, while you could just as easily head west to



Mississauga from the adjacent transit.

There's a lot more! For those who love dining out and shopping, a short walk brings you to historic Islington Village with over 200 charming shops and restaurants. For more boutique style shopping and dining, head to the boutiques and dining establishments along the Kingsway on Bloor. Or, explore the nearby Queensway's nearly 300 unique stores and big box retailers, or the upscale lifestyle shopping at Sherway Gardens.

The location also serves as a home base for many established businesses in banking and investment, health, construction, transportation, food & beverages, real estate, and the government sectors. Mixing business with pleasure not only provides you with your ideal lifestyle, it is also close to corporations and job opportunities.

Relax in style

A leisure oasis of green surrounds Islington Terrace with something for everyone to enjoy. Golfing fans can enjoy downtime with 'tee time' – five magnificently maintained golf clubs are within easy reach of Islington



Terrace. Just across, Thomas Riley Park offers tennis courts along with the Etobicoke Lawn Bowling Club, soccer field, running track, swimming pool and skating arena. Young families can head to the gazebo, splash pool and children's playground in nearby Michael Power Park, or the children's playground in Kenway Park. Thomas Riley Park with the sparkling waters of Mimico Creek also offers over 100 kms of trails to hike and bike on; its winding trails actually cross Bloor Street near the Islington Subway Station, steps from Islington Terrace.

For those who love vintage, nearby is the charming and historic Islington Village, with stunning painted mural masterpieces for you to stroll among. For the shopping inclined, there are over 200 boutique shops, pubs and art galleries to keep you enthralled. The fashionable Kingsway on Bloor is also an easy walk from Islington Terrace. This buzzing, urban shopping district boasts trendy boutiques, dining establishments, and even a retro-cinema.

Redefining the Etobicoke skyline

Islington Terrace Tower 1 will rise up to a height of 45 storeys. It will have the distinction of being the tallest residential tower in the area, and will be an impressive sight on the skyline. Imagine looking out of your window from this lofty height. The views of the heart of the city will be a

breath-taking treat for the eyes, both during the day and in the shimmering night.

Poised at the entrance of Islington Terrace, the light-infused two-storey lobby will make a dramatic opening statement with its clean, linear design. All suites have been designed and finished in the renowned Tridel style. Only the best quality fittings will be used here, making it your ideal place to live in and enjoy for years to come.

Add to this the over 50,000 square feet of indulgent amenity spaces. The outdoor Grand Terrace features abundant green spaces mixed with lounging areas, a sun deck, splash pool, BBQ dining alcoves, children's Play Zone and communal gathering spots. Defined by seat walls, shade trees and urban furniture, the Retail Terrace offers places to mingle, grab a coffee or pick up last minute dinner items on the way home.

So whether you choose to be indoors or outdoors, the residences of Islington Terrace give you a vast array of choices to enjoy.

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Special Feature

By J.J. Atputharajah

Modern day kids have to be equipped with several skills if they have to succeed. Kids can have varied abilities but we cannot expect all of them to have identical abilities. Some kids have difficulty with classes that focussed on reading and writing. A kid could be poor in reading and writing but may have above average artistic and creative abilities. Many students, simply because they do not excel in certain subjects at school, are labelled as 'dumb' or 'slow' and are considered inferior to other 'better' students. There are educators who hold the view that everyone is smart. Irreparable damage is done to kids by labelling them stupid or slow. Language and mathematical skills are not altogether all inclusive

hance the expressive skills of the kids. Through school activities kids will also learn to persuade, entertain or instruct. Membership in local clubs and associations will also help in the cultivation of these skills. Word smartness will follow.

B. Logic Smartness:

As kids grow up they could learn to demonstrate the ability to reason, categorise and understand cause and effect relationship. Many school subjects like history, literature and civics give opportunities when they can master these skills. Some kids will demonstrate a natural inclination toward mathematics, science, statistics, puzzles and asking questions. Solving puzzles, participation in debates, mock parliament experience and other similar involvements enhance these skills.

of musical coaching like piano, guitar, drumming, violin and other such musical exercises. Such activities enrich their minds and also add to their personalities. They encourage them to polish their minds and prepare them for a successful life-style.

E. Body Smartness:

This is the art of learning to control body movements through physical activities such as sports or dancing but also sewing and carpentry. Schools give considerable importance to sports and games. Some schools have gymnasiums in addition. School administrators with forethought and prudence give opportunities for all kids to participate in some basic gymnastic activities. It is not just the kid with physical ability who takes part in games. It is essential for all. Some parents engage

door activities. Nature smartness has now become important and relevant in these times of global living and travel.

G. People Smartness:

People who understand, discern and respond to the moods, intentions and desires of others are reckoned as people smart. They enjoy working with and getting to know others and they invariably make good leaders. Schools have several clubs and activities to promote these skills. Team sports, literary clubs, scout troupes, cadet systems and prefect system are all geared to these goals.

H. Self Smart:

A person who likes to reflect and has good self understanding is supposed to be self-smart. These people are natural independent. They are not extroverts. They are comfortable by themselves.

Equipping our kids for future life

skills. There are six other skills beside these ones that make up the kinds of smartness necessary to succeed in life.

A. Word Smartness:

Most traditional educational programs aim at making children word smart. It must start from the time of pregnancy and must continue until the child is able to increase its word smartness on with the willingness to learn more and more. The child should be exposed to vocabulary and its uses. The mother should try and converse to the child even before it begins to speak. There are a variety of audio, video and TV aids to help the parents and teachers to help kids master vocabulary and become word smart. Saying things in courteous tones pleases and attracts listeners. Those who decide to succeed in family duties and save honour of the society have to overcome the evils of anger, envy, harsh words etc. speak soft, gain friendship and respect of others for a life of merit. Even in information technology, effective communication skills with a persuasive and delicate approach, refined manners of speech, convince and yield good results. The schools provide vast number of opportunities for kids to improve their acquisition of mastery of vocabulary and also get engaged in literary pursuits. Libraries maintain updated books and materials which are well designed for the purposes. However some advantages provided by technology tend to work at cross purposes. Kids become easily addicted to the computer and the internet, ignoring the value of the printed word. Wise parents guide their kids and encourage them to read books. 'Reading make the man' is an adoptable adage for all times. Kids should be given the opportunity to engage in conversations, debates, recitation and elocution. In addition participation in dramatic performances will also en-



C. Picture Smart:

People who think visually and enjoy creating art, paintings, designing, making crafts, photography, beauty, and making toys move toward mastering these types of skills. Kids engage in these activities in their tender ages viewing TV shows, drawing with crayons, video games and similar indulgences which promote picture smartness.

D. Music Smartness:

Music smartness is cultivated in through exposure to rhythms, melodies, with ability in music singing or having a musical ear. Nowadays most parents take their kids to some kind

of dancing which could give adequate exercise to all parts of the body. These types of activities not only give them exercises but also guide them to identify their vocations in a natural way.

F. Nature Smartness:

Kids also need interest in outdoor life. They could develop interest in animals, plants, rocks, stars, camping, hiking, and other facets of nature. Schools organise excursions, exhibitions and several other activities to develop such interest in children. Some schools have special rooms where they store collections of the artefacts they have collected during their out-

They are goal oriented and self-disciplined. They become great achievers and inventors. Self actualisation is their aim and they succeed immensely in their pursuits.

When we develop our smartness, we can use our abilities to achieve success. Great achievers like Thomas Alva Edison and Albert Einstein struggled with their learning at school, but flourished when they were able to fully develop other aspects of their intellect.

Hence our kids should be helped with all the facilities available for them to shape their personalities to make them capable of facing the chances and challenges of modern life-style.



Bl. Joseph Vaz, first saint to Sri Lanka

By Raymond Rajabalan

Recent announcement in late September from Vatican has brought Joy and Happiness to all Catholics in Jaffna Diocese, especially those from Sillalai whose First Parish Priest was Blessed Joseph Vaz. By providence Blessed Joseph Vaz came to Sillalai in disguise as a coolie from Goa India and the Parishioners recognized him as Priest of God and they harboured him for a long period of three years. Blessed Joseph Vaz found this village as the safest place in Jaffna Peninsula and from here he operated his missionary works. He went around the entire peninsula in barefoot and preached the word of God and converted many to Christianity. He appointed the laity to function as prayer leaders with titles such as Annavi, Mooppar etc.

Vaz entered Ceylon during the Dutch occupation, when Calvinism had been imposed as the official religion. He travelled throughout the island bringing the Eucharist and the sacraments to clandestine groups of Catholics. Later in his mission, he found shelter in the Kingdom of Kandy where he was able to work freely. By the time of his death, Vaz had managed to rebuild the Catholic Church on the island.

As a result of his labors, Vaz is known as the Apostle of Ceylon. On 21

Pope Francis' approval of the votes of the Ordinary Session of the Cardinals and Bishops in favor of canonization of Blessed Joseph Vaz attains special significance in the wake of the forthcoming visit of the Holy Father to Sri Lanka in January 2015.

January 1995, he was beatified by Pope John Paul II in Colombo. The parishioners of Sillalai, called "Little Rome" are proud to have their first Parish Priest to be Canonized as Saint by His Holiness Pope Francis in Sri Lanka on 14th January 2015.

Pope Francis' approval of the votes of the Ordinary Session of the Cardinals and Bishops in favor of canonization of Blessed Joseph Vaz attains special significance in the wake of the forthcoming visit of the Holy Father to Sri Lanka in January 2015.

Bl. Vaz was born in Goa, India, in 1651. As a priest he volunteered to work in Sri Lanka amid persecution of Catholics by Dutch colonial rulers, who were Calvinists. Catholic priests were forbidden to preach; it would mean imprisonment and even death if they

Blessed Father Joseph Vaz Born Goa 1651 ~ Died Sri Lanka 1711 Chronology on the Life of Blessed Fr. Joseph Vaz

1651	Joseph is born at Benaolim (Goa), on 21st. April
1676	Ordained Priest
1681 -84	Appointed Vicar of the Canara Mission, with seat in Mangalore.
1685	Back in Goa, joins a small community of Goan priests, who eventually form themselves into the first religious congregation of indigenous clergy, under the name of "Oratory of St. Phillip Neri". Father Vaz elected as their first Superior.
1687	Enters Jaffna, Sri Lanka, disguised as a migrant worker.
1692	Imprisoned in Kandy, as a Portuguese spy. Buddhist King of Kandy, impressed with the saintly life of Fr. Vaz, allows him to exercise his apostolate.
1696	Joined by three Oratorian priests. Eight Catholic communities flourish throughout the island. Admired by all for ministrations to the sick dying of smallpox epidemic.
1698 -1710	Fr. Joseph Vaz traverses Sri Lanka setting up churches, hospitals, schools and social centres.
1711	Dies, January 16th., and is buried in Kandy. Goan Oratorian Fathers continue to minister the Church in Sri Lanka.
1713	Bishop of Cochin initiates the process of Fr. Vaz's Beatification. These first efforts stalled.
1835	Oratorian order suppressed by anti-clerical regime in Portuguese Government.
1953	Beatification Process started by the Archdiocese of Goa completed and sent to the Vatican.
1989	The Vatican: Decree on Heroic of Virtues of Fr. Joseph Vaz is pronounced by the Congregation for the Causes of Saints.
1993	July 6th: Pope John Paul II promulgates the Decree on the miracle attributed to the intercession of Fr. Joseph Vaz, thus bringing to a close the Process of Beatification.



Blessed Joseph Vaz, Apostle of Sri Lanka

were caught.

Bl. Joseph Vaz arrived in Ceylon disguised as a laborer. After serving in Sillalai he proceeded to Kandy. He walked the rural paths through the tea-gardens, looking for Catholics, ministering to their needs, instructing them in the faith, regularizing their marriages, baptizing their children, and celebrating Holy Mass in their homes and villages. He was a veritable apostle for the Sri Lankan Church and he renewed the faith which had been affected by persecution. He also instrumental in converting a number of people to Christianity.

It was in 1693 that the Bl. Joseph Vaz worked a miracle of rain during a drought and the King of Kandy offered him protection and freedom to preach the Gospel in the Kingdom of Kandy. He used the missionary method of inculturation and composed a para-liturgy in Tamil and Sinhala. He educated

his servant John to be a priest. John belonged to the Kumbi tribe which at that time was not accepted for priesthood. During a small epidemic in Kandy, the king and other nobles fled but Bl. Joseph Vaz remained ministering to the dying and abandoned victims for almost 2 years. Bl. Joseph Vaz died in 1711 after 23 years of arduous missionary work in Sri Lanka.

There does seem to be a special role for Bl. Joseph Vaz to play at this moment of history. His life and ministry becomes very relevant specially now when we experience persecution against Christians in several countries specially in Asia.

Since Blessed Joseph Vaz was born, educated and ordained a priest in India and opted to be a missionary in Sri Lanka, both the countries have special significance at his being raised to the honours of the altar.



Future of Residential Lighting: Myth and Truth on Residential Light Sources

The Government of Canada, USA, European Union and other countries phased-out low-efficiency incandescent light bulbs. Their goal is to improve energy efficiency which reduces the amount of energy used and thus reduces greenhouse gas emissions. A recent poll showed that 65 percent of Americans would like to change energy efficient lighting such as compact fluorescent (CFL), light-emitting diode (LED) or halogen bulbs rather than defending the incandescent bulbs, many people were deeply concerned about what they saw as safety risks, high cost and poor performance of the new technologies. We are going to look at them in details.

1. The energy-saving replacements are too expensive.

The mere fact that incandescent bulbs we have used safely for decades at home, work, and in social settings, were relatively inexpensive for decades. One person complained that he had shopped for replacements for his 60-watt incandescent bulbs at Wal-Mart and was shocked by the price. "Forget it," he told. It is true that CFL and LED are often several times expensive than incandescent bulbs. LEDs prices have been dropping—remain more than 10 times as expensive. Keeping incandescent bulbs actually would cost consumers far more money over the long run.

2. CFL bulbs are dangerous because of their mercury content.

People were alarmed that CFL bulbs contained hazardous mercury, and were worried about being exposed to it if the bulbs broke. A research indicates that CFL bulbs do require more careful handling and disposal. According to the Environmental Health Perspectives scientific journal article, CFLs typically contain three to five milligrams of mercury—about one hundredth of the mercury content of the older thermostats that may still be found in some homes. Researchers have found that only a tiny fraction of that is actually released when bulbs break. When your CFL stops working put it in a Ziploc bag and take it to Home Depot or Lowe's, who will recycle it for you for free.

3. CFL bulbs are dangerous because of ultraviolet radiation leakage.

Stony Brook University Researchers found that most CFL bulbs have defects that allow UV radiation to leak at levels that could damage skin cells if a person is directly exposed at close range. They believe that the defects occur during manufacturing or shipping. In the meantime, they recommend that users shield the bulbs inside fixtures, stay one to two feet away from them,



and avoid staring directly into the CFL bulb. That advice is basically consistent with the U.S. Food and Drug Administration's safety recommendations.

4. The new CFL bulbs cannot be used with dimmer switches.

The new CFL bulbs either can't be used with dimmer switches, or don't work efficiently with them. That is true of the regular CFL bulbs sold in stores, but most of the LED bulbs on the market today are dimmable. Consumers are required to look for LEDs whose packaging indicates that they

work with dimmer switches.

5. CFLs won't light up, or are too dim, in cold temperatures.

The legitimate criticism of CFL is that it has a hard time starting up in extremely cold climates. If your bulb is located outdoors, say in your porch or canopy, you want an energy saving bulb, go with LEDs.

6. CFLs life time overstated.

CFL's lifetime is overstated by about a factor of at least three. The energy savings quoted does not include the energy required to make the bulbs.

The energy required to make a CFL must be significantly higher than for an incandescent bulb. LED life time is longer than any other bulbs if the LED has good thermal management.

7. Light sources and health issue.

People with macular degeneration problems the CFLs are way too harsh for them. They cannot bear to be around the light – they give a constant, exhausting, squint if the bulb is not covered by a shade. The Lupus Foundation of America says is that "regardless of the type of lighting used in your home or office, it is best to have lamps covered with a shade or filter. According to this 2009 medical journal article, unshielded conventional 60-watt incandescent bulbs also emit enough UV radiation to be a problem for lupus patients. Lupus patients should apparently keep on using the old bulbs for any close reading lamps to avoid outbreaks. Generic is NOT for everyone. LED come from warm 2700K to the coolest 6000K. People generally prefer 4000K which is a true neutral white light.

LED lights are the future of lighting.

You can change almost all lighting to LED in the house including porch, garage, bathroom, bedroom and living rooms, staircase, basement, you name it. You can replace them once and never again. Incandescent lights are super old technology. We do not cook over a wood or coal stove. You will love LED. Aside from using less energy and being friendly to the eyes, it gives a home a very modern and sophisticated feel. I am all about using LED lamps almost in any application.

Uthayan Thurairajah is a Senior Professional Engineer and Lighting Designer at MMM Group, and teaches Electrical Lighting Design in the Department of Communication and Design at Ryerson University. He is a registered Professional Engineer in Ontario, Alberta, British Columbia and Saskatchewan as well as a Member of Illuminating Engineering Society (IES), International Municipal Signal Association (IMSA), Professional Lighting Design Association (PLDA), American Holistic Medical Association (AHMA) and Ontario College of Trades. He has worked on numerous multi-disciplinary lighting and traffic signal projects for the Ministry of Transportation and various Towns, Municipalities, Regions and others. He is also Ministry of Transportation Ontario approved key personnel for the Major, Minor and Electrical inspection work.

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MANICCAVASAGAR CHELVATAMBY

(Senior Journalist)

of Puloly West Point Pedro. Husband of Yogeshwary (Retired Teacher Vada Hindu Girls School, father of Ganesharajan (District Judge Mullaitivu), the late Katpaharajan (Bank of Ceylon), Arambarajah (Canada), Ganesharani Arulanandam (Staff - Good Shepherd GMV Kotahena), son of the late Mr and Mrs Chelvatamby Proctor Thambasiddi, son-in-law of Mr & Mrs Ramalingam, brother of Srisikandarajah (UK), Mrs K. Pathmawathy (Puloly), Navaratnarajah (Canada), Tharmarajah (Netherlands), Anandanadarajah (Kilinochchi), Kularajah (Australia), Thurairajah (Lankem Ceylon PLC), Ganesharajah (USA), father-in-law of Srisivai Yogeshwary Kumareswary Dr Arulanandam (NARA)

VAMADEVAN JAYADEVAN

aged 60, from Sydney, Australia, born in Perumal Kovilady, Jaffna. Loving husband of Vimaladevi, devoted father of Gayathri Haridarshan and Janahan, son of the late Candiah Vamadevan (Superintendent of Surveys) and the late Savithri Vamadevan, brother of Jayaranjan, Jayamohan, Jayatheesan, Jayalakshman and Jayadharman, son-in-law of the late Sangarapillai Sandrasegarar and the late Ratnamal Sandrasegarar, father-in-law of Haridarshan Sathiamoorthy and most loving grandfather of Aaron Sathya and Aadhi Sai.

LOKANATHAN S.

Beloved husband of Betty (Licensed Surveyor), loving father of Logambikai, Siva Kadiravel, Nagambikai, Saravanamuttu, stepfather of Jini (Demark), Toni, Rohan and Marina (USA), expired.

KANAGASABAPATHY SHANMUGARAJAH

(Retired Station Master)

Beloved husband of the late Rajapoopathy, father of Sri Ranjani (former Staff of Holy Family Convent, Bambalapitiya) and Sri Skantha (Shan) (Scotia Bank, Canada), father-in-law of Dushy (Sumitomo Mitsui Bank, Canada), grandfather of Shivanthi (Staff - Tiny Tots School, Bambalapitiya), son of the late Mr. and Mrs. C.U. Kanagasabapathy of Batticaloa, brother of the late Yogeswary Pararajasingam and Parameswary Sivasubramaniam and of Manonnmani Thatchanamoorthy, the late Mangayakkarasi Sarvanantham, Laliththa Vivekananthan and Saravanabavan.

ARULIAH PANCHANAYAGAM

(Chartered Engineer)

Son of the late Thevathasan Packiyathan Aruliah and Muthamma (nee Kandiah), loving husband of Naomi (nee Cooke), beloved father of Anasuya, Jekhan, and Arasan, father-in-law of Sean and the late Kshirabdi, grandfather of Priya-Lakshmi, Jaya-Lakshman and Karnan, brother of the late Maruthanayagam, the late Arulanantham, the late Nesanayagam, the late Jayasunderam, the late Sornapoopathy, Thurairatnam and Rasan, passed away peacefully in London.

Email: panchan.aruliah@gmail.com

ARUMUGAM PATHMASANY

Former Principal of Manipai Ladies College, Vembady Girls High School, retired Director of Education, Mannar. Daughter of S. Arumugam & Arunthathi, sister of the late Sadanandan, Satchithanandam Pushpasani, Sri Anandan and Kamasany Sivanendran. Contact: Umopathy/Umesh 0773182538. 173714

NADARAJAH MRS HIMAPATHY DEVI

Beloved wife of Chelliah Nadarajah (Auditor General's Dept.), loving mother of Sulojana Rajkumar (Canada), Suneetha (Canada) and Sushjanthy (Australia), mother-in-law of Dr. Nantha (Canada), Aravintha (Canada) and Shunmuganathan (Australia), grandma of Archana, Archjun, Ajayvin and Garshana, passed away peacefully

THAMBIMUTTU FLAVIA CONSTANCE (nee Jordan)

5/10/1913 - 10/09/2014.

Peacefully gone to glory, aged 100. Beloved wife of the late Jim Thambimuttu, loving mother of Jeanne Sebastian, the late infant daughter Thambimuttu, June Aranwela and the late Bernard Thambimuttu, loving mother-in-law of Leslie Sebastian and Upali Aranwela, devoted grandmother of Padmini, Suresh, Duleeka, Nuwan, Lucille & Jude, caring sister and sister-in-law of the late Hilda, the late Dudley & the late Enid, Maurice & the late Ada, Joyce & the late Siva and Mavis & the late Thurai.

LOKANATHAN S.

Beloved husband of Betty (Licensed Surveyor), loving father of Logambikai, Siva Kadiravel, Nagambikai, Saravanamuttu, stepfather of Jini (Demark), Toni, Rohan and Marina (USA), expired.

THILAKA YOGANATHAN (THILAKADEVI)

Beloved wife of T. Yoganathan, daughter of the late Mr & Mrs A.V. Chinniah (Kaddudai), daughter-in-law of the late Mr & Mrs. A Thillaiyampalam (Sangarathai), loving mother of Niranjan and Dhakshi (Melbourne), much loved grandmother of Anisha, mother-in-law of Ravishankar, sister of the late Mrs Sitadevi Villavarayan, Yogendran, the late Mrs Yasodadevi Balabaskaran, Mrs Premila Sivadevan and the late Ganendran, expired.

ARASARETNAM SRIGNANALOGINI (LOGI) Nee KASINATHAN

Much loved daughter of Ramalingam Kasinathan and late Nesamani, beloved daughter-in-law of late Francis and Ida Zavier, beloved wife of Benny, devoted mother of Susan and Stella, loving sister of Gohila and Renuka, passed away peacefully on 21st September.

SWAMINATHAN ARIJUNAN

(Assistant Director - SOS Children's Village, Jaffna)

Beloved son of Nagalingam Swaminathan and Rajeswary Swaminathan of Irupalai Kopay, beloved son-in-law of the late Kanagasabai Krishnapillai and Luxmy Ammah Krishnapillai of Neerveli, loving husband of Mrs Selvarani Arijunan (Teacher, Jaffna Kanagaratnam Maha Vidyalayam) affectionate brother of Anojan and Ajanthi, brother-in-law of Sakthiwel, Kamilini Balanageswary Sivabalan, Sivarajah, the late Sivanandan and Gneswary. Tel: 011-2739408.



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MANAGING YOUR MONEY

Your retirement spending guidelines

David Joseph, M.A.(Economics), CFP®, CLU

How much should you spend when you're retired? Interesting question. Even if you have a high net worth, you will face uncertainty over how much you can afford to spend in retirement – especially if you are a retired business owner or professional because you may have little in the way of guaranteed pension income, thus presenting you with the challenge of determining a sustainable draw on your investments. Factors such as market variability, inflation and taxes only add to the uncertainty.

So ... whether you're already retired or soon to shut the office door for the last time, here is a six step plan to help put your retirement spending concerns to rest by determining your retirement income longevity.

Step 1 – Prepare a personal profile The level and frequency of income you will need (and/or the withdrawal rate from your investments held within Registered Retirement Savings Plans and other income-producing investments) depends on a number of factors:

- Your investment profile – for example, if you are a conservative investor, you would expect a lower return than a more aggressive investor, and therefore your withdrawals should be lower.

- Your years in retirement – your retirement could span 40 years and, generally, a longer duration requires a more prudent withdrawal strategy.

- Your income requirements – will you need to draw on investment in-

come every month or can you defer or decrease income to offset periodic declines in portfolio value?

Step 2 – Know your income from other sources Your retirement income will derive from sources other than your personal retirement savings such as the Canada Pension Plan/Québec Pension Plan (CPP/QPP), Old Age Security (OAS) and company pension plans. Add them all up.

Step 3 – Know your expenses Add up your expected expenses – both essential and discretionary.

Step 4 – Bridge the gap Calculate the gap between your income from all sources outside your personal retirement savings and your expenses.

Step 5 – Assess your withdrawal requirements Determine the amount you need to withdraw from your personal retirement savings/investments to bridge the gap between your income from 'other' sources and your expenses.

Step 6 – Make adjustments If your expected withdrawal rate is not sustainable, based on the projected returns from your current savings and investments, you will need to re-evaluate your registered and non-registered portfolio with the aim of improving returns – or you may need to reduce the scope of your retirement plans.

Work with your professional advisor to develop a personal plan that takes into account all of these factors and provides peace of mind. Very often, a high net worth individual will discover.

The retirement goal for most people

David Joseph, M.A.,CFP, CLU. Financial Consultant
Investors Group Financial Services

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is to have enough money to continue their previous standard of living without working. Between saving enough, being able to spend efficiently, affording your desired lifestyle and the possibility of outliving your money, running out of funds is likely your top retirement concern. It may seem overwhelming to live without working, but if you plan well, it can be possible. It's important to determine how much you will need to save, create a budget that

factors in reaching that amount of savings, and you should be able to live without this fear.

Disclaimer:

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

Bankruptcy for students and seniors

Like flu season, bankruptcy hits hardest at the youngest and oldest among us. Recent graduates often emerge from school with both a degree and a mountain of debt. Finances for most seniors are complex, with their best earning years well behind them, unpredictable health concerns, and often inadequate savings for our longer and longer lifespans.

For many students, leaving school burdened by debt is expected, and looked at simply as the price that must be paid, but even before you acquire debt through government student loans, you need to know that government loans, whether provincial or federal, get special treatment under the Bankruptcy and Insolvency Act. It says that government student loans can't be discharged until seven years after you are no longer a student. If you end up in dire financial straits and enter into a consumer proposal or declare bankruptcy before those

seven years are up, you'll still have to pay back the loan at the end of the bankruptcy or proposal.

On the other hand, if you used non-government loans, such as lines of credit or credit cards, to help fund your education and subsequently find yourself unable to manage the debt, you may be eligible for discharge from that debt. You should also know, however, that education loans and lines of credit borrowed from banks often end up excluded from discharge after successful petitioning by the lender. Seniors who find themselves making significant downgrades to the lifestyles they're used to may turn to credit cards to alleviate their discontent. Who wants to work their whole lives to end up eating no-name packaged foods when they're used to dining out a couple of times a week? More serious considerations, like a need for additional home-care outside of what public assistance or retirement benefits provide, can quickly

drive debts up by thousands.

Soon the cards are maxed out and with no additional income coming in, seniors may find they can only make minimum payments. (Have a look at your own credit card statement to make you very wary of this particular trap – they'll often say something like, "If you make only minimum payments on this account, it will take you 42 years to pay in full." And that's just for a modest debt.) The thought of squandering their children's inheritance alone can cause additional stress. Add in angry calls from credit card companies when payments start being skipped, and it's a recipe for a retirement that's anything but relaxing.

Fortunately, the same options open to any other adult are also open to seniors. With unmanageable credit card debt, no assets to be distributed to creditors, and an income below surplus levels, an insolvent senior can talk to a

credit counsellor like the professionals at GTA Credit Solutions about getting back on track, often by filing either consumer proposal or for bankruptcy.

Should bankruptcy turn out to be the best solution, seniors can expect to pay a modest monthly administration fee in each of the nine months prior to an uncontested bankruptcy's being discharged, to attend two credit counselling sessions, and to submit monthly reports.

Less than a year later, seniors whose stress level rivalled the most ambitious CEOs can be debt free and finally able to enjoy their well-earned retirement.

If you, your kids, or your parents are in financial trouble that's causing stress and compromising quality of life, contact a GTA Credit Solutions professional today. A free consultation could be the key to a better future.

For details of GTA Credit and the ad, please go to page 12



Community Watch

A short review on Mahavamsa

- A Review

Author: Thambu Kanagasabai, LL.M (Lond),
Former Lecturer in Law

Mahavamsa written in the sixth century by Mahanama Thero, a Buddhist monk in Pali is long considered as detailing the history of Ceylon from BC 483 to AD 352. In fact most of the historians value the book as containing mostly dubious materials which border on imagination and fiction.

The author of the book, a monk cannot be blamed for this serious lapse as author's objective and intent was to praise and honour Buddhism as well as the kings who served Buddhism. The author concludes each chapter with sentence, "Each chapter is compiled for the serene joy and emotion of the Pious." This sentence sums up the objectives of the book as being devoted only to the faithful religious Buddhists. The author in fact strained to paint Ceylon as a Buddhist country.

Accordingly the author omitted the history of Eelam Tamils, the existence of Saivism, the ancient Easwarams and even the northern and eastern provinces, their inhabitants, language and culture. However, incidents involving Tamil kings with Buddhist rulers found their mentions, like Dutugamunu, a naga Buddhist king's battle with a Tamil king Ellalan. Dutu-

gamunu (BC 101) was not a Sinhalese King as Sinhala language originated in Ceylon in the AD 7th to 8th century only.

There is no mention in Mahavamsa about the language used for communication between Ellalan and Dutugamunu or even others who ruled Ceylon. It could have been Tamil, Pali or Prakirit. Besides Dutugamunu's commander was a Tamilian named Velu Sumanan.

In short, this book seeks to highlight the historical facts omitted and detail the tales like incidents which were purely conceived in imagination, like miracles performed by bhikkus or bhikkus flying from North India to Sri Lanka.

As most Sinhala and foreign historians stated the history of Ceylon got proper recording only from the advent of Buddhism in the third century B.C with Sinhalese originating in the 7th century.

This book is not intended to criticize any religion, language or race, but only aimed at providing clear, true and honest analysis of its contents to enlighten the public as to its truthful contents.



Our Village Vallipuram - Book Release

The book release of "Our Village Vallipuram" by Muruga Ve. Paramanathan will take place at the Scarborough Civic Center, in the second week of October. For details, please contact Dr. E. Balasundaram : 416 267 5255.

Aazhkadalaan
Muruga Ve. Paramanathan's Books:

Our Village Vallipuram – A Search.....	2014
Enkal Ur Vallipuram – Oru Thedal.....	2010
Eezhathuth Thabothanarkal.....	2008
Eezhathu siththar Kudaic Swamykal	2000
Velava Vadivelava	2000
Aazhkadalaan.....	1983, 2000
Vallipura Aazhwar Swamy Aalaya Varalaru	1983, 2000
Ninaikka Ninaikka.....	2000
Navanatha Sithar	1996

Engal Gurunathar
Thiruvasaga Swamykal

Gnanath Thanthai,
Sabharathinamenum
Thiruvasakap Peruuttu.

Vallipuraththan
Thalapuranam.

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OUR VILLAGE VALLIPURAM
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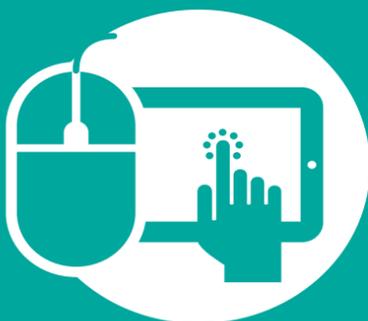


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Oxonian Heart foundation receives rupees fifteen lakhs donation from proceeds of a Dance recital sponsored by "Virakesari" newspaper

By Siva Sivapragasam

The Oxonian Heart Foundation which is primarily concerned with heart diseases among patients in Northern, Eastern and North central regions of Sri Lanka received a fifteen lakh rupees donation from the proceeds of a dance recital performed by Gayatri Sriram recently in Colombo.

The Dance recital was sponsored by "Virakesari", the premier Tamil newspaper in Sri Lanka.

The Oxonian Heart Foundation is a multi-ethnic organization registered in Sri Lanka and Britain and funded by private donations. The mission of the Foundation is to treat the impoverished and destitute with heart disease in the northern, north central and eastern regions of Sri Lanka. Their first project is to establish cardiac surgery at the Northern Central Hospital in Jaffna.

Addressing the audience after the Dance performance, Dr. Ravi Perumal Pillai, President of the Oxonian Foundation, spoke about the accomplish-

ments as well as the challenges ahead of the Oxonian Heart Foundation. A Consultant Cardiothoracic surgeon and Senior Lecturer at the University of Oxford for the last 25 years, Dr. Pillai was chairman of cardiac services at Oxford University from 1992-1997. He dwelt not only on the needs of the Foundation to establish well equipped facilities in the North but also of the pressing need to train doctors and nurses to man them. It will be the latter who make this venture sustainable, he told the audience.

Mr. Hari Selvanathan, Chairman of Express Newspapers Ltd., Publishers of "Virakesari", made a presentation to the Dancer Gayatri Sri Ram. Gayatri is a Kalakshetra trained accomplished Bharatha Natyam Dancer.

The Dance recital was held as a part of the ongoing festivities connected with the 85th anniversary of the "Virakesari" newspaper.

(Seen here are some pictures taken at the event)



Mr. Hari Selvanathan, Chairman of Express Newspapers Ltd. making a presentation to the Dancer Gayathri Sriram



Bharathanatya Arangetram of Gobeshia Sureshkumar and Oveyaa Thusiyantanthas

The Bharathanatya Arangetram of Gobeshia Sureshkumar and Oveyaa Thusiyantanthas Disciples of Guru Vasu Sinnarasa (founder, Sathangai Narthanalaya Dance Academy) was held at J. Clarke Collegiate Institute in Ajax on Saturday September 20th, 2014. The event started at 6: 00 pm with the first dance item Pushpanjali. This was followed by eleven more dances which were choreographed by Gobeshia's and Oveyaa's Guru. The final dance was titled Mangalam. In her tribute to her Guru, Oveyaa said: "Guru Vasu Sinnarasa has taught me and inspired me with his dedication to the fine arts and our culture. A good teacher can inspire hope, ignite the imagination, and instill a love of learning, and my Guru has done that exactly." Oveyaa a grade 10 student at Markham District High School, when she graduates, has aspirations of entering University to study Genetic Engineering.

Gobeshia's tribute: "A good teacher is like a candle – it consumes itself to light the way for others." She went on to say: "Guru Vasu Sinnarasa, has done so much more than just teach me dance, he has taught me the importance of culture, discipline and moral values. He has always encouraged me to try my best; and reach my full potential. He has inspired me with his

passion and devotion for Bharathanatya." Gobeshia, a first year student at the University of Ontario Institute of Technology, is studying Legal Studies.

Tribute from Guru Vasu Sinnarasa: "Today is a great privilege and pleasure to introduce Gobeshia and Oveyaa, who have both been members of my Dance Academy for eight years. Both girls are obedient, dedicated, and hardworking students when it comes to dance and their other studies. They show a superior level of skill in Bharatha Natyam, which has granted them the ability to perform on his auspicious day. On this great occasion I pray to Lord Nataraja to shower his blessings on Gobeshia and Oveyaa for their bright futures in this fine art." The Guru also offered his congratulations and best wishes to the dancer's parents, Mr. and Mrs. Sureshkumar and Mr. and Mrs. Thusianthas, who have provided all the support and encouragement throughout this journey to make it a success.

The Orchestra:

Nattuvangam/Guru: Sri Sinnarasa Nagathas (Vasu)

Vocal: "Isai Kala Viththakar" Sri Mohan Thiruchelvam

Miruthangam: "Miruthanga Kalai-venthar" Sri Rathiruban Paramasothy

Violin: "Sangeetha Kalavithagar" Lasanthi Rajkumar

Veena: "Gokulam Institute of Ori-

ental Music" Prabha Thayalan

Master of Ceremony: Sutharshan Thuraiappah

Chief Guest: Martyn Beckett, Director of Education, Durham District School Board. Other guests and dignitaries included: Mr. Steve Parish, Mayor, Town of Ajax, and Mr. Joe Dickson, MPP Ajax- Pickering.





Inaugural Ganesh Immersion (Chaturthi) Celebrations – Town of Ajax

By: Cecil Ramnauth

On Sunday September 7th, Sankat Mochan Hanuman Mandir and Cultural Centre is Ajax made history in celebrating the birth of Lord Ganesha at Paradise Park where a clay replica of that Hindu Deity was immersed in the Lake after a worship service attended by dignitaries and staff from all four levels of government, Durham Region Police Service, Faith and Community leaders, and the diversity of the broader community. This inaugural ribbon cutting event, spoke to diversity with inclusion as it was the first

of its kind to be held in partnership with the Town of Ajax where the unofficial attendance approached four hundred at its peak. Pandit Rabin-dranauth Tiwari who is the spiritual leader of the Temple led the service under the tents on a sunny afternoon with calm winds against the welcoming backdrop of glistening Lake Ontario. Mayor Steve Parish of the Town of Ajax, MP Chris Alexander – Minister of Citizenship and Immigration, MPP Joe Dickson, Regional Chair and CEO Roger Anderson, Mayor Dave Ryan of the City of Pickering, Division 19 Inspector Bruce Townley, and Audrey Andrews – Mgr. of Diversity and Immigration Program – Region of Durham, all spoke about the changing face of Ajax, the Region, and the Country, and the excitement it brings as we openly celebrate the traditions of our South Asian diaspora while we collectively journey towards building strong and vibrant neighborhoods. MC's for the event were Tracey Vaughan Barrett - Director of Recreation and Culture for Ajax and Cecil Ramnauth from the Sankat Mochan organisation. This immersion ceremony which is symbolic of a cleansing and renewal of the inner Self, will now become an annual event.

In Tracey's opening remarks she gave thanks for all of the good work that the Mandir has done in the area of community engagement, environmental sustainability, diversity and volunteerism. She stated that the Town feels a strong affinity with the devotees of the Mandir, and that they appreciate the work the Mandir is doing in assisting the Town towards making it a safe, welcoming and inclusive community. These common values between the Town and the temple has ensured fruitful partnerships where we have worked together to ensure that Ajax is a vibrant community where people of all backgrounds feel included and respected. She mentioned that the Paradise Park location for the inaugural event was perfect, taking place on the shores of our waterfront, one of most



Inspector Bruce Townley, Ajax Mayor Steve Parish, Regional Chair Roger Anderson, MPP Joe Dickson, MP Chris Alexander, Pandit Tiwari and Cecil Ramnauth.



Pandit Tiwari with Inspector Townsley and Tracey Vaughan Barrett



MPP Joe Dickson, MP Chris Alexander, Pandit Tiwari

precious natural assets, providing an opportunity to share the traditions of the Hindu faith with fellow Ajacians in a sacred place, outside the physical walls of the temple. That this event is intended to build stronger bonds with each other as fellow Ajax residents, building an understanding and appreciation of the diversity that we are all a part of.

In her introduction of Mayor Parish, Tracey spoke of Ajax Council's commitment to diversity and inclusion,

that they were the courageous leaders that championed the development of our Diversity and Community Engagement Plan (DACE). A plan that ensure that partnerships like this can be developed and sustained to contribute to the building of a better, stronger, more vibrant Ajax.

When she introduced Chris Alexander, Tracey spoke about how we are building a better Canada together, that we are embodying the values that are reflected in our national immigration



Omesh Persaud, Paul Ramsahoye, Lord Ganesha, Ashraf Ali, Khemraj Bisnauth



TalanaBlu Tassa Cru - From L-R: Raul Deoram, Junior Kumar, Bluez Kumar, Nathaniel Chotai, Dylan Bisnauth



MPP Joe Dickson, Insp Bruce Townley, Audrey Andrews, Councillor Pat Brown, Mayor Parish, Mayor Ryan, MP Chris Alexander, Tracey Vaughan Barrett

policy framework. To ensure that all Canadians have the opportunity to contribute to the vibrant tapestry that is our Canadian cultural landscape. That today's event is a wonderful example of how we as Canadians can generously share with each other, our heritage and traditions, welcoming new friends and neighbors into our communities, whether they are geographical, cultural, faith based, or other forms of community. That we recognize the role that we play together in shaping our collective future.

When she introduced Audrey Andrews, Tracey spoke of the leadership role the Region took in developing the Local Diversity and Immigration Partnership Council (LDIPC), to commit to ensuring that we put the needs of diverse populations at the forefront of our planning. That the LDIPC is a wonderful tool that ensures that all 8 municipalities, the faith community, ethno cultural community, service organizations, policing, business and education demonstrate their commitment to the creation of policies, programs and services that are accessible and responsive to our diverse community.

Pandit Rabin-dranauth Tiwari spared no moment to express a sincere and humble thank you to everyone including volunteers, and to the Town of Ajax for their valued partnership and contribution towards the inaugural launch of this auspicious and revered Lord Ganesha Immersion celebration.



USTPAC Welcomes the Oral Report of the High Commissioner for Human Rights on Sri Lanka

By United States Tamil Political Action Council

WASHINGTON, Sept. 24, 2014 - The US Tamil Political Action Council (USTPAC) welcomes the 22 September 2014 report of the UN High Commissioner for Human Rights on Promoting Reconciliation, Accountability and Human Rights in Sri Lanka. USTPAC commends the UN High Commissioner for a robust assessment of the challenges to justice, accountability, and human rights in Sri Lanka, and strongly supports his recommendations.

We join the High Commissioner in calling on the Government of Sri Lanka to “address (the) many root causes and structural issues that contributed to the conflict, and lay the basis for longer-term reconciliation” while also urging “the Government to end the climate of intimidation, threat and harassment against civil society actors advocating for justice and human rights, as well as incitement to hatred and violence against the country’s Muslim and Christian minorities, which will only undermine the prospects for peace and reconciliation.”

USTPAC remains committed to seeking justice for the grave crimes against humanity that took place during the Sri Lankan conflict and for ending the current abuses that remain to this day. We support the High Commissioner’s strong commitment to jus-

tice and accountability, and support all elements of the report fully.

In particular, USTPAC highlights the following key assessments and comments:

-The High Commissioner’s regrets concerning the Government of Sri Lanka’s rejection of Resolution 25/1 and its non-cooperation with the OHCHR investigation;

-The High Commissioner’s acknowledgment of the resolutions passed by the Northern Provincial Council in support of Resolution 25/1 and the OHCHR investigation;

- Sri Lanka’s obligations under international humanitarian and human rights law to conduct credible, independent investigations into past abuses;

- The nine outstanding requests to visit Sri Lanka by UN special rapporteurs and experts;

-The ongoing campaign of threats, harassment, intimidation, and reprisals against civil society groups, human rights defenders and victims’ organizations, including those who might engage with the international inquiry;

-Increased restrictions on the activities of non-governmental organizations, which “seems calculated to make the international investigation mandated by the Human Rights Council even more challenging and difficult”;

-The proscription of Tamil organiza-



tions and individuals which are mainstream Tamil diaspora groups that have been engaged with the Human Rights Council and other international human rights mechanisms. Such measures will have “far-reaching and negative impacts on freedom of expression and association and efforts for reconciliation in the country”;

-The draft bill requiring public officials to be present when witnesses testify from remote locations, how this bill severely constrains the possibilities for evidence to be taken by video-link from abroad;

-The need for a credible and transparent judicial process to be undertaken to investigate the new mass grave sites that have been discovered, on which exhumations and investigation have been very slow;

-The activities of the military to occupy and compulsorily acquire private land in the north, as well as involuntary relocation projects that have been “criticized for lacking transparency, public consultation and inadequately addressing disruption to livelihoods”; and

-The grave concern for the escalation in religious extremism and in-

creasing attacks against Muslim and Christian minorities, and lack of prosecutions of those responsible.

In the spirit of the High Commissioner’s report, USTPAC calls upon the US administration and the international community to exert pressure on President Rajapaksa and his Administration to not only cooperate with the High Commissioner’s investigation but also take tangible and demonstrable steps toward ending the climate of abuse and impunity that exists today.

As President Rajapaksa addresses the UN General Assembly on 24 September, the international community will be watching to measure his commitment to accountability and justice, and we join the High Commissioner in appealing to the Sri Lankan authorities “to cooperate fully with the (OHCHR) investigation, as well as with the relevant Special Procedures mandate holders, in the long-term interests of all Sri Lankans.”

We share the High Commissioner’s belief that “a more fundamental and far-reaching accountability process in Sri Lanka, addressing both past and ongoing violations, is absolutely necessary for Sri Lankans to come to terms with their past, end impunity, achieve reconciliation between communities and strengthen the rule of law.” (*Full Text of Press Release - Via - United States Tamil Political Action Council*)

President Obama Meets with Indian Prime Minister Narendra Modi

By David Hudson

On September 30th President Obama met with Indian Prime Minister Narendra Modi, marking the first bilateral summit between the two heads of state.

“It is an extraordinary pleasure to welcome Prime Minister Modi to the White House for the first time,” President Obama said in remarks after their meeting. The President recognized the Prime Minister’s historic victory in the Indian general election earlier this year, and the two leaders discussed the broad partnership that exists between the United States and India:

I think that the entire world has watched the historic election and mandate that the people of India delivered in the recent election. And I think everyone has been impressed with the energy and the determination with which the Prime Minister has looked to address not only India’s significant challenges, but more importantly, India’s enormous opportunities for success in the 21st century.

We have had an outstanding discussion around a range of issues. And we, during our discussions, reaffirmed

that as two of the world’s largest democracies, vibrant people-to-people contacts between India and the United States, including an incredible Indian American population that contributes so much, that we have so much in common it is critical for us to continue to deepen and broaden the existing framework of partnership and friendship that already exists.

Prime Minister Modi thanked the President for “his invitation and his warm and generous hospitality,” and also expressed his commitment to expanding the U.S.-India partnership:

This visit, especially my conversation with President Obama, has reinforced my conviction that India and the United States are natural global partners based on our shared values, interests, and strengths in the digital age. We already have the foundation of a strong partnership. We now have to revive the momentum and ensure that we get the best out of it for our people and for the world.

During the last four days in the U.S. I have seen extraordinary interest and excitement about India and India-U.S. partnership among the people of our two countries. We will



President Barack Obama talks with Prime Minister Narendra Modi of India during their bilateral meeting in the Oval Office, Sept. 30, 2014. (Official White House Photo by Pete Souza)

draw strength and inspiration from it as we start a more purposeful course in our ongoing journey.

Later in the day, President Obama and Prime Minister Modi visited the Martin Luther King, Jr. Memorial on the National Mall.

As the President and Prime Minister wrote in a joint Washington Post op-ed on September 30, “ties between the United States and India are rooted in the shared desire of our citizens for justice and equality” -- and they high-

lighted the connection between Dr. King and Mahatma Gandhi:

When Swami Vivekananda presented Hinduism as a world religion, he did so at the 1893 World’s Parliament of Religions in Chicago. When Martin Luther King Jr. sought to end discrimination and prejudice against African Americans, he was inspired by Mahatma Gandhi’s nonviolent teachings. Gandhiji himself drew upon the writings of Henry David Thoreau.

(-via whitehouse.gov)



ST. JOHN'S-CHUNDIKULI GIRLS' ALUMNI ASSOCIATION TORONTO

Vaani Vizha 2014

An evening full of traditional dances, devotional songs and instrumental scintillating music was presented by the above association on September 27th evening at Senator O'Connor collegiate auditorium in celebrating the spiritual greatness of Navarathiri. This was the 20th annual event being presented by the St. John's-Chundikuli Alum-

ni Association of Toronto. The program started with "Kadavul Vanakkam" and "Theepa Aarthi". There were altogether nine programs of classical dances, Classical musical songs and musical orchestra.

Dance programs were presented by Smt. Anushiya Jeyan, Ms. Kumuthini Srikanthan, Ms. Shantha Ponnudurai and Smt.

Lalithanjana Kathirgaman. Violin recitals of "Malarum Arumbugal" and "Vathya Bruntham" were presented by Thulasi Ragnathan and three vocal programs were presented by children of past students. Mostly all the participants were children of past students or the participant's teachers are members of the Alumni Association.



Yoga Arulnamby, Co - Chairperson SJCGAA

The evening event was sponsored by Dr. M. Illango who is a past pupil of St. John's College. The evening culminated with the serving of "Prasatham" to all guests. All In all, it was an evening of pious enjoyment highly appreciated by the hundreds of patrons who attended this annual event.



Master of Ceremony - Vaishna Muralee & Pon Ganeshalingam



Vote of Thanks - Walter A Dharmarajah - General Secretary SJCGAA



Vocal: Shahielan Nirmaiyan and Sahana Nirmaiyan



Classical Dance - Disciple of Ms. Shantha Ponnuthurai of "Sruti Laya Fine Arts Academy".
Keerthanam - Nadanam Aadinar by Maulika Nithyanandan, Kayathri Rajendram, Aishani Biswas, Aiswareeyah Lloydson, and Abisha Vignabalan



Vadya Bruntham - Orchestra - Disciples of "Isaikalaimani" Ms. Thulasi Ragnathan - Brunthalaya - School of South Asian Violin. ; Violin - Rohini Ragnathan, Yaminee Charavanabavan, Kalaban Thurai, Sahana Nirmaiyan, Mathush Muhunthan, Chandru Bahi, Anjali Bahi, Kaanchana Pradeep and Kaanchana Pradeep ; Flute - Ashvanth. Sritharan, Veena - Veenaah Muraleetharan; Key board - Mathav Muhunthan, Praven & Sajeen Selvakamalan and Swethen Dushi ; Miruthangam - Laxen Dushi;Gadam- Varnan Sarangan (Student of Sujeenthara Tharmalingam -Isai Kala Bharathi- Shri Sai Gana Saba)



This event supported by Dr Muttucumar Illango with Mrs (Dr) Illango & daughter with Thambiah Thavarasalingam and Yoga Arulnamby



Section of the participants



Section of the participants



Prasaatham - with Nalayini Sarvan, Dharini Renganathan, Vino Arulnamby and Anushiya Sandrasegaram



TAMIL CULTURAL AND ACADEMIC SOCIETY OF DURHAM AWARD CEREMONY EVENT

The Tamil Cultural and Academic Society of Durham (TCASD) celebrated the 2014 TCASD Award Ceremony on July 14, 2014 at the OPG Information Centre, 1675 Montgomery Road, Pickering, Ontario. The event was held to recognize the winners and participants of the third TCASD Academic Competition in the academic disciplines of Art, Tamil, English and Math, which were held on Sunday April 6, 2014 at the tutoring offices of IQ Brainers, 1801 Harwood Avenue, Ajax. Competitions were offered by TCASD for all grades from Junior Kindergarten to Grade 10.

The event was a resounding success. The venue was abuzz with excitement from the morning of the glorious sunny Saturday of July 14, 2014. It was well attended by the scores of participants, parents, members and well-wishers of TCASD, media, sponsors, other cultural community supports and many dignitaries and representatives of the federal, provincial, regional and municipal governments.

TCASD's Vision of providing opportunities for children to succeed in education, become good leaders and contribute socially is well respected and supported by the community at large. In attendance to support this TCASD initiative were respected dignitaries, Hon Tracy MacCharles, MPP (Pickering-Scarborough East), Regional Councillor Whitby Lorne Coe, and on behalf of federal M.P. Corneliu Chisu

(Pickering-Scarborough East) was Sashi Bhatia, of the Indo-Canadian Cultural Association of Durham, all on hand to grace the occasion with federal, provincial and municipal awards to the participants. Also in attendance were City Councillors David Pickles (City of Pickering), Renrick Ashby (City of Ajax), Roland Rutland (Ajax Baha'i Community) and Dr. C. Kirupanthan, Analaitivu Cultural Org. Cda).

Thereafter, was the formal awarding of TCASD competition and participation awards, accompanied by federal, provincial and municipal awards. A very proud moment for the award winners and participants and their families. The event came to a close with Vote of Thanks by Nilany Sinnathamby and a Grand Finale group song presented by TCASD children and youth "Best Day of My Life".

The TCASD 2014 Award ceremony was truly an uplifting and inspiring day of accomplishments for the many who attended and participated. Following refreshments and group photographs, the ceremony came to a close. The memories of this remarkable event however will linger, so will the inspiring theme of TCASD's vision. To this we borrow from the quote below,

"Every successful individual knows that his or her achievement depends on a community of persons working together" ... Paul Ryan



"AN EVENING IN VENICE" BY TAMIL CULTURAL AND ACADEMIC SOCIETY OF DURHAM



Once again, the Tamil Cultural and Academic Society of Durham (TCASD) presented a marvellous 5th Annual Lights of Hope Charity Gala Dinner "An Evening in Venice", on Friday June 6, 2014 at Chandni Banquet hall, Scarborough, Ontario.

Tamil Cultural and Academic Society of Durham's Gala is gets better every year due to the friendships TCASD has created along the way. This was the fifth year of the annual fundraiser Gala, which has repeatedly contributed to local hospitals, international community projects and Durham youth opportunities. This year, in addition, was a special focus on mental health.

This year's theme "An Evening in Venice" gave all the guests a wonderful experience of an exciting entrance though an Italian setting, complete with a full size gondola & canal photo opportunity, seating ambience as in a Venetian restaurant with a stunning stage background of a moonlit gondola ride through the canals. The event was co-hosted by our very own highly talented Durham Tamil youth, Laurina Mahendran and Abira Vaithilingam, who walked us through this golden experience the entire evening.

The program started with the traditional Tamil cultural programs, but quickly integrated into an Italian experience with an opening Opera style "Oh Canada" by Christina Karam followed by a riveting opera performance by Selvy Sathieswaran the

highly energetic La tarantella Du Zu Peppe dance, a co-presentation by our own Tamil youth girls, alongside the Oshawa Italian club youth. Speeches from guest speakers Dr. Kanna Vala, and Dr. V. Santhakumar, CAMH Daarrll L Gregersen, other dignitaries, and cheque presentations from fund raising events by TCASD Youth and a special fundraising effort by our 13 year old Taneeka Thiru were to follow. After a satisfying Indian-Italian dinner, guests were once again treated to the grand Puglia dance and Italy meets Kollywood Dance, along with recognition tributes to all who contributed to this marvellous effort. The closing event was the Deal or No Deal - Mystery Mafia Case game, hosted by Durham Tamil youth, where the audience actively participated to take home their own gifts.

Closing speeches by the Society's President Tom Thiru, youth tribute by the youth coordinator Kartik Tharmaratnam, and youth recognition by Vice-President Raveena Rajasingham, followed before the evening moved on to an open dance floor.

TCASD would like to thank all who made this Gala a resounding success; our community partners, our political dignitaries, the sponsors, the organizing committee, media partners, TCASD youth performers, business community and multicultural partners, A heartfelt thank you.



Durham Tamil Association's 13th Annual YOUTH FESTIVAL



Pickering High School

180 Church Street North, Ajax ON

Saturday November 15th, 2014 @ 5:00pm



“சிறு துளி பெரு வெள்ளம்”

“Small Drops Make An Ocean”

DTA will be collecting donations to send to the Sivananda Thabovanam Orphanage in Uppuveli, Trincomalee. Please kindly donate \$5 to the Gift Of Education for funds towards books, computers and supplies for the children.



Go Big and Go OM at Yogapalooza !



TEAM DTA Youth with Sonia Bhatia during Yogapalooza



DTA's Uma Suresh doing face painting Bhatia during Yogapalooza



Yogapalooza

This free, family-friendly outdoor yoga festival that was offered on two joyful days of movement, music and meditation was held in Toronto Harbour Front on August 16th and 17th. Live music boosted the tone for each class. Kids' Space catered to engage children and families in a healthy but fun way. The Wholesome Marketplace showcased goods to support the healthy lifestyle. There was something for everyone ! TEAM DTA Youth were invited to volunteer in this popular festival. 12 youth took over various duties including Kids' Space, Guest Guidance, Registration etc., Three adult volunteers of DTA volunteered to apply face painting and Henna Tattoo for guests and children.



University of Waterloo names Canadian business leader, Tom Jenkins, as 10th chancellor

The University of Waterloo has appointed Tom Jenkins, chair of OpenText Corporation and a noted Canadian technology leader, as the institution's 10th chancellor.

Tom Jenkins, 54, who served as president and chief executive officer of OpenText from 1994 to 2005, succeeds Prem Watsa, chair of Fairfax Holdings.

As CEO of OpenText, Jenkins took the company from a University of Waterloo startup company to the first Internet IPO in Canada, and only the third Internet IPO on the NASDAQ in the United States.

"Tom Jenkins has enjoyed an enviable career as a leading innovator and business leader that many students here at Waterloo can aspire to and can learn from," said Feridun Hamdullahpur, president and vice-chancellor of the University of Waterloo. "I can think of few people who embody the innovative and entrepreneurial spirit of this university to the extent that Tom does. Tom has taken a keen interest in the future of Canada through our students and I am delighted to welcome him as chancellor."

Prem Watsa will step down from the role of chancellor after six years in the position. Jenkins' term as chancellor begins May 1, 2015.

"As chancellor, Prem Watsa has seen this university advance through an exciting period of growth and change," said Hamdullahpur. "Prem is a business leader, a community builder and a strong supporter of Waterloo. I thank him for the advice, support and guidance he has provided to me and for his deep care for the students at Waterloo over the last six years."

Elected by the University's Senate to a three-year term, the chancellor presides over convocation ceremonies, conferring degrees, diplomas and certificates on graduating students. He also serves as a leading ambassador for the University.

Jenkins has been active for more than 30 years in innovation and economic development in both the private and public sectors in Canada. He is also a member of the board of Thomson Reuters Inc. and of TransAlta Corporation, a director of the C.D. Howe Institute, appointed member of the National Research Council of Canada and director of the Canadian Council of Chief Executives.

Prior to his work in the private sector, Mr. Jenkins served as a commissioned officer in the Canadian Forces Reserve and currently serves as honorary colonel of the Royal Highland



Tom Jenkins

Fusiliers of Canada (RHFC), a reserve infantry regiment in the Waterloo Region. Mr. Jenkins is a member of the board of the Canadian Forces Staff College Trust in Toronto.

Mr. Jenkins holds an Master of Business Administration (MBA) from the Schulich School of Business at York University, an Master of Applied Science (MAsc) in electrical engineering from the University of Toronto and a Bachelor of Engineering and Management (BEng. & Mgt) in engineering physics and commerce from McMaster University. Mr. Jenkins also received an honorary doctorate of laws (LLD) from the University of Waterloo and an honorary doctorate of philosophy (PhD) in military science from the Canadian Forces College (Royal Military College).

Mr. Jenkins was appointed an Officer of the Order of Canada (OC) in 2011 for his contributions to education and innovation in Canada and the Canadian Forces Decoration (CD) in 2013.

Past chancellors of the University of Waterloo include Mike Lazaridis, co-founder of Research In Motion (now BlackBerry) and Valentine O'Donovan, founder of COM DEV Intl.

About the University of Waterloo

In just half a century, the University of Waterloo, located at the heart of Canada's technology hub, has become one of Canada's leading comprehensive universities with 35,000 full- and part-time students in undergraduate and graduate programs. Waterloo, as home to the world's largest post-secondary co-operative education program, embraces its connections to the world and encourages enterprising partnerships in learning, research and discovery. In the next decade, the university is committed to building a better future for Canada and the world by championing innovation and collaboration to create solutions relevant to the needs of today and tomorrow. For more information about Waterloo, please visit www.uwaterloo.ca.

Info: uwaterloo.ca

Waterloo rises 11 spots in prestigious world university ranking

The University of Waterloo rose 11 places to be ranked 169th in the world in 2014, according to Quacquarelli Symonds (QS), a UK firm that released an annual ranking of world universities today.

QS Stars Waterloo also achieved the rating of five star plus in the QS Stars for outstanding performance in eight individual areas: research, employability, teaching, facilities, internationalization, innovation, engineering and technology, and access.

"This University works hard to make sure that our students get an outstanding education and that we are producing research that will transform the way we understand the world around us," said Feridun Hamdullahpur, president and vice-chancellor of Waterloo. "This ranking shows we are making progress to being recognized as one of the world's top innovation universities and we remain focused on that goal."

Waterloo is among 10 Canadian universities ranked in the top 200 in the world and is listed seventh of the Canadian schools. Waterloo is ranked third in Canada for Engineering and Technology and fifth in Canada for Natural Sciences.

QS introduced the star rating system in 2010 as a way for prospective students to make decisions about which school to attend, looking at criteria such as the employability of graduates, sports facilities and many others.

Universities are awarded with a star rating, ranging from one to five plus, depending on the number of points achieved through the evaluation.

More than 50 different indicators contribute towards the overall



assessment. These are grouped into 11 categories, from which each institution is evaluated in a total of eight.

Those awarded five stars must be world-class in a broad range of areas, enjoy an excellent reputation and have cutting-edge facilities and internationally renowned research and teaching faculty.

"Achieving a rating of five star plus in the QS Stars puts Waterloo in the same category of some of the world's most prestigious universities, such as MIT and Monash University in Australia," said Hamdullahpur. "Only 10 other institutions in the world have achieved this rating and we hope that it will help students as they make decisions on where to study."

Quacquarelli Symonds (QS) World University Rankings ranks approximately 700 universities overall and in five faculty areas: Engineering and Technology, Life Sciences and Medicine, Natural Sciences, Social Sciences, and Arts and Humanities.

The overall rankings come after QS ranked seven subjects at the University of Waterloo among the top 100 universities in the world in its subject rankings. Waterloo was ranked 24th in the world for its work in Computer Science and in Mathematics – second among Canadian universities in both subjects.

தமிழ் மாவட்டப் பொது
TAMIL CULTURAL NITE
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Saturday, October 25th
5.30 - 10.00pm
Humanities Theater
University of Waterloo

FREE ADMISSION

South Indian Dances
Tamil Classical Music
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2014 ACHIEVEMENT AND CIVIC RECOGNITION AWARD WINNERS HONOURED

17th Bi-annual Ceremony Held at Flato Markham Theatre September 15

Appadurai Muttulingam wins Cultural Award

Mayor Frank Scarpitti, Members of Council, special guests and Markham residents attended the 17th bi-annual Achievement & Civic Recognition Award (ACRA) Ceremony at the Flato Markham Theatre on Sept 15th. This event recognizes Markham residents, businesses and organizations that have made unique and outstanding contributions by bringing recognition to Markham in the categories of Business/Corporate, Cultural, Community Service, Environmental, and Sports and Recreation.

The 2014 ACRA winners are:

1. Mark Cullen, Business
2. Valerie Loker, Sports &

3. Dr. Devendra M. Mishra, Community Service
4. Appadurai Muttulingam, Cultural

"The City of Markham has so many outstanding individuals, businesses and organizations that help make our community the best place to live, work and play in all of Canada," said Mayor Frank Scarpitti. "We congratulate all those nominated, the finalists selected by the 2014 ACRA Committee, and the winners of this year's Achievement and Civic Recognition Award. The contributions they make on a daily basis

are invaluable and motivate others to follow in their footsteps."

Appadurai Muttulingam is a Sri Lankan by birth and a Chartered Accountant by profession. After emigrating in 1972, he has worked in many countries for the World Bank and the United Nations. He has published twenty books in Tamil, including short story collections, essays, novels, and interviews. One collection of short stories has been published in English and another one is in print. He has won many awards including the highest literary award in Tamil Nadu, India and Sahitya Academy award in Sri Lanka. He is also the recipient of the prestigious

S.R.M. University (India) literary award.

Appadurai is the founding member of the Tamil Literary Garden, a charitable organization in Canada that promotes literary excellence, community spirit, volunteerism, and leadership among youth. He is also a recipient of the Volunteer Service Awards 2010 - Ontario Ministry of Citizenship and Immigration.



GURU NANAK COMMUNITY SERVICES FOUNDATION COMPLETE \$250,000 PLEDGE TO OSLER

Group's popular annual car rally has raised funds for Brampton Civic since 2000

Guru Nanak Community Services Foundation (GNCSF) has crossed the finish line of its \$250,000 pledge to William Osler Health System (Osler) Foundation.

In 2000, the hardworking group generously pledged to raise \$250,000 for Brampton Civic Hospital. Every year since then, GNCSF has donated the proceeds from its popular car rallies to the hospital.

To mark the completion of the pledge, GNCSF volunteers, supporters and committee members – including Darshan Bilkhu, GNCSF Founder and Chairman, and Major Singh Nagra, GNCSF President – gathered in Brampton Civic's auditorium on September 21 to present a final cheque to Osler Foundation.

"Today, we celebrate a major milestone: we completed our \$250,000 commitment to Brampton Civic Hospital," said Major Singh Nagra, President of Guru Nanak Community Services Foundation. "Thank you to our



In celebration of the completion of their pledge to Brampton Civic Hospital, Guru Nanak Community Services Foundation presents a \$250,000 cheque to William Osler Health System Foundation.

volunteers, committee and sponsors for helping us get there. Without their support, this could not be possible. We look forward to future partnerships with Osler Foundation and continuing to raise money for our local hospital."

GNCSF has been a driving force for Osler Foundation. The group is the longest-serving Sikh-based community group supporting Osler, and has paved

the way for others in the community to make similar pledges.

"On behalf of all of the patients who receive life-saving and life-changing care at Brampton Civic every day, thank you to Guru Nanak Community Services Foundation, its committee and its supporters for their drive, leadership and generosity," said Ken Mayhew, President and CEO, William Osler

Health System Foundation.

"We couldn't do what we do without their incredible support, and we look forward to continuing to work with them down the road."

ABOUT WILLIAM OSLER HEALTH SYSTEM & OSLER FOUNDATION:

William Osler Health System is a hospital system 'Accredited with Exemplary Standing' that serves 1.3 million residents of Brampton, Etobicoke, and surrounding communities within the Central West Local Health Integration Network. Osler's emergency departments are among the busiest in Ontario and its labour and delivery program is one of the largest in Canada. William Osler Health System Foundation builds and fosters relationships in order to raise funds to support William Osler Health System's capital, education and research priorities at Brampton Civic Hospital, Etobicoke General Hospital and the new Peel Memorial Centre for Integrated Health & Wellness.

ROVEENA TO PERFORM LIVE AT HUGH'S ROOM ON OCT 7TH

Roveena, a young singer wins an opportunity as Roveena has been hand selected by Jane Harbury to be a part of her "Discoveries" Series Showcase!

She will be performing live at Hugh's Room on Tuesday, October 7th!!

You can catch all the details here on her latest vlog: <http://youtu.be/6K3tuaYWHR8>

This will be a fantastic night!

This event has folks from the industry/media attending and the goal is to sell out the venue with fans coming to see Roveena!!

Below you will find a link to the show with additional details:

<http://hughsroom.com/2014/09/jane-harbury-presents-discoveries-13/>

If you plan on attending, please pre-purchase your tickets and make sure to mention that you are coming to see Roveena!!

http://www.ticketbreak.com/event_details/816

About Roveena

Toronto based, vocal powerhouse, ROVEENA, initially grabbed attention with her riveting cover of Etta James classic, "At Last." Her YouTube video led to a CityTV Breakfast Television appearance that catapulted her music and profile. CBC Radio was quick to follow and touted, "a stunning new voice that needs to be heard," while Cheek Magazine named ROVEENA as "Canada's New Soulful Diva."

ROVEENA's current EP, Perfect World has been labelled as "intoxicating, dramatic and emotionally provocative" (Ponoka News) and due to a growing social media presence of over 7000 followers and 300,000+ views on Youtube, ROVEENA has received critical acclaim internationally. She has performed the national anthem for the Blue Jays at The Rogers Centre, as well as the Buffalo Bills at Ralph Wilson Stadium for the NFL and has had guest spots on CityTV, OMNI-TV, Slice Network, Rogers Daytime TV and TVI International.



AT LAST
DISCOVERIES SHOWCASE SERIES AND HUGH'S ROOM PRESENTS

ROVEENA

"Such a great voice.. a star has been discovered"
CityTV-Breakfast Television

Tuesday, October, 7th, 2014
2261 Dundas Street West, Toronto



An active advocate on women's issues and a strong supporter of Peel Region's Animal Services Shelter, ROVEENA's talent has been

compared to the industry's most powerful and influential voices, who very soon, will be taking her place in the world of music.



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NOTICE TO ALL MEMBERS OF THE ONTARIO SRI LANKAN PENSIONERS ASSOCIATION (OSPA)

The Board of Directors of the OSPA wish to notify all its members that facility is now available for them to make nominations for their Pension Accounts in the prescribed form and send it to their respective Banks to register and ensure that in the event of Death of the Pensioner or Widow, their nominees could draw the balances in those accounts.

OSPA members could obtain this form by contacting any one of the following.

- President: Regis: (647) 285-9336
- Vice Presidents: Stanley: (416) 293-8592
- Maya: (416) 291-6667
- Secretary: Ragu: (416) 431-4360

International Medical Health Organization Canada

IMHO Canada



invites you to an information session with

Dr. Judy Ramesh Jeyakumar
 Medical Officer & Psychiatrist
 Batticaloa, Sri Lanka

Thursday October 9 | 6:00pm
Princess Banquet Hall
 3330 Pharmacy Avenue, Scarborough
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Snacks and beverages will be served.
 This session is free to attend!

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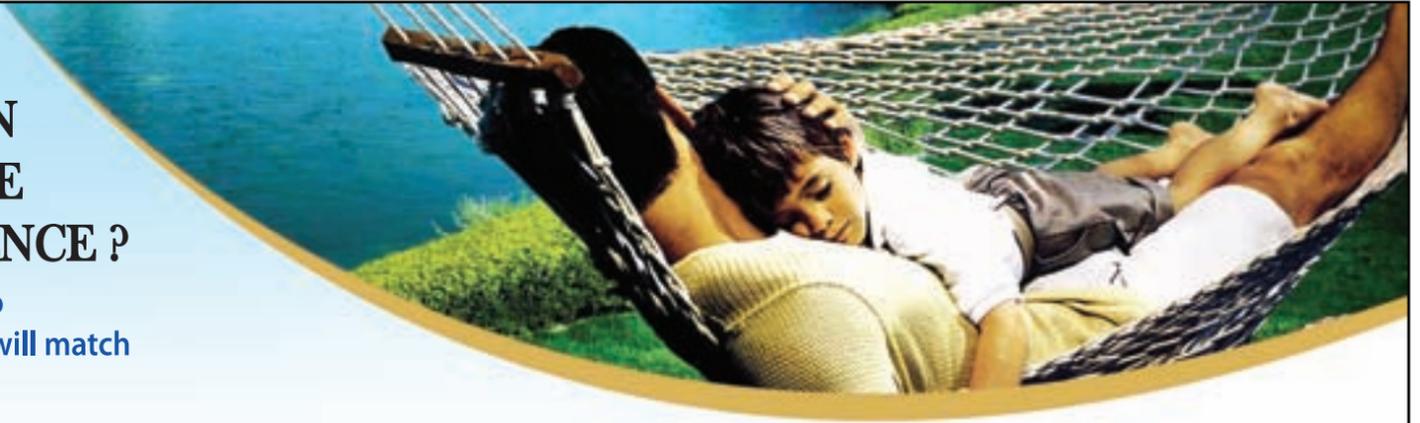
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At Age 90, Former President Jimmy Carter is Still Going Strong

by Kane Farabaugh

Former U.S. President Jimmy Carter celebrated his 90th birthday on October 1.

While not the oldest living president, Carter has set the record for the longest post-presidency of any former occupant of the White House, surpassing Herbert Hoover for the honor in 2012.

And he shows no signs of slowing down.

His vice president, Walter Mondale, believes Jimmy Carter stands apart among former presidents.

"He's got this part of him, this focus, this commitment. ... He gets on to something he wants to get it done, and it's impressive to watch," Mondale said.

The former president and 2002 Nobel Peace Prize laureate leads an active life, centered around The Carter Center, an Atlanta-based, nonprofit organization that "wages peace," "fights disease" and "builds hope" throughout the world.

Being called one of the most accomplished "ex-presidents" of the U.S. is a term his wife of 68 years, Rosalynn, is not fond of hearing.

"I don't like that. He was a great president. People are finding it out. I like them to say, well, he is the greatest ex-president, but he was a great president, too," Rosalynn Carter said.

The accomplishments of Jimmy Carter's presidency include normalizing relations with China, returning the Panama Canal to Panama and negotiating the Camp David Peace Accords between Egypt and Israel.

But those accomplishments tend to be overshadowed by the economic decline in the U.S. in the late 1970s and the Iran hostage crisis, which dominated much of his final years in office.

"I think it's clear that his presidency was not the greatest," said Joe Crespino, professor of 20th century American political history at Emory University.

"That's not all of his doing. That's not all of his fault. A lot of that had to do with the circumstances he inherited. But I don't think there's shame in being called the 'greatest ex-president,'" Crespino said.

Crespino said the path to the "greatest ex-presidency" began in the wake of Jimmy Carter's unsuccessful bid for re-election in 1980.

U.S. presidents since Hoover have libraries that catalog their official and personal documents.

After he left office in 1981, Carter wanted to create a different kind of presidential library and museum that could host conflict resolution, modeled after the successful Camp David Peace Accords.

The Carter Center was founded in 1982.

"But it's grown enormously and one

of our basic principles has been that we don't duplicate what other people are doing," Carter said, "and so we have filled vacuums in the world, you might say, and over a period of 30 years or more now we've gone into areas of international politics and alleviation of suffering and promoting democracy that others had never done."

The staff of the Carter Center has monitored more than 90 troubled elections, treated those suffering from neglected tropical diseases in many countries, and is on the verge of completely eradicating guinea worm disease.

Many see Jimmy Carter as a valued negotiator. Others see him as meddling.

"He's been criticized for talking to leaders around the world, that he'll go and talk to anyone," said Emory professor Crespino. "He always feels like the fundamental issue for him is to try to bring people together and have conversations about difficult problems."

One issue that presently frustrates Jimmy Carter is the unwillingness of the United States government to engage in direct talks with North Korea.

After several visits to the closed communist country, Carter said he is willing to go again to secure the release of three Americans detained there. But, so far, he has not been granted permission.

"There's no need for me to go unless I can get a designation from the U.S. government that I am speaking officially for the U.S. government, which I cannot do. That's the truth of the matter," Jimmy Carter said.

When Jimmy Carter isn't traveling the world or at his Atlanta headquarters, he may be found 160 miles south of Atlanta, in the rural town of Plains, Georgia, his birthplace.



President James Earl Carter,
39th President of USA
(b: October 24, 1924)

And it's there that the former president of the United States becomes one of the most world's most famous Sunday school teachers.

Jimmy Carter's faith is a central part of his life, both before he entered the White House in 1977 and after he left. He has taught some form of Sunday school since the age of 18. Now at age 90, his classroom is as big as ever, and more diverse.

U.S. Army Sergeant Sudhir Shrestha is a long way from his home country of Nepal to be among hundreds waiting in line to enter the Maranatha Baptist Church to hear Carter teach the Bible.

"It's really rewarding. A life-changing experience. A once in a lifetime opportunity," said Shrestha.

Maranatha is not the largest of the eight churches in this town of 766 people, but it is one of the biggest tourist attractions in Plains.

Jan Williams, a Maranatha member, said visitors get more than just a recitation of Bible verses.

"You get an up-to-date history lesson sometimes. I had never heard of the ISIS [a term used for the Islamic State group] until one of his Sunday

school lessons and maybe what action the United States should take," Williams said.

There are about 150 members registered at Maranatha Baptist Church. About 25 to 30 of them attend services on a given Sunday.

But on weeks when former President Carter is scheduled to teach Sunday school, it's hard to find an empty pew.

"When I teach, Plains prospers," Carter acknowledged. "A lot of those people tell me they've never been in a church before in their life and they just come to hear a politician teach the Bible."

"I just wanted to the opportunity to see him in person, not just watch him on TV or read his writings or listen to the news, but actually get a chance to see what he has to say in person," Shrestha said.

Though he has traveled to more than 140 countries and continues to lead an active life as head of the Carter Center, Jimmy Carter still lives in the same small town where he was born 90 years ago.

Visitors to Plains not only have a chance to see the place that shaped the man, but the man himself.

When he is not preparing for a Sunday school lesson, he might be behind an easel at his home in Plains creating his next painting. In addition to being a prolific artist, Jimmy Carter is also a best-selling author, currently working on his 29th book.

Looking back on 90 years, Carter is upbeat.

"It's been a very exciting and challenging and unpredictable and adventurous, and I would say a very gratifying life," he said.

- VOA News

Actor Kamal Haasan responds to Prime Minister Modi's call for "Clean India" campaign

Tamil Nadu's iconic actor and filmmaker Kamal Haasan has responded to Prime Minister Narendra Modi's call to be a part of the 'Clean India' campaign.

He posted a video on his social network and said, if possible, he would add nine million people more and not just nine.

The Prime Minister had nominated Kamal Haasan along with eight other noted citizens, including industrialist Anil Ambani, actor Salman Khan and former cricketer Sachin Tendulkar, in his message on Thursday.

In a two-minute video, Kamal said, "It's not a new duty, but recognition for what I have already been doing through my fan clubs in the last two decades. I thank the PMO for that. My work continues. The campaign is not connected to one party, but to one billion-plus popu-

lation of India. I would like to add nine million more, if I can."

The actor, who will celebrate his 60th birthday, next month, was in his Paapanasam look, sporting a moustache reminiscent of the look in his movies from the 80s. The video ended with a song from his film Nammavar in which he plays a professor who urges his college students to clean their campus.

Kamal is no stranger to social work, and has, in the past, used his 'welfare club' to undertake such social initiatives.

Even when The Hindu launched its 'Friends of Chennai' website, Kamal had said the city needed to do something about dumping of garbage in the marshlands of Pallikaranai, and called for speeding up the long-pending demand of cleaning up the Cooum river.

"I have seen vegetables being brought



on the Buckingham Canal and being sold to Brahmins in Mylapore. People have lost those facilities. The garbage from your home or your neighbour's home is still your garbage," he said.

It is expected that Kamal will soon nominate nine other people to take the 'Clean India' campaign forward. (Source & Picture Courtesy-The Hindu)



Tamil school summer school award ceremony

PHOTO JOURNAL



“AN EVENING IN VENICE” BY TAMIL CULTURAL AND ACADEMIC SOCIETY OF DURHAM

Please see page 42 for coverage. Some of the photos from the event can be seen her



Whitby Heritage Festival



By: Mathuran Chandramoha

On Saturday, September 20th, the town and its people took a step into Whitby’s past and discovered the town’s multicultural heritage and its hidden architectural gems. The festival featured folks of the past such as blacksmiths, farmers and, woodcarvers. TCASD took an active role at the Whitby Heritage Festival.

The Whitby Heritage Day Street Festival at Downtown was a free, large, one day event that was a blast for the crowd and the booths. The event was not just for the heritage, but also for the promotion and preservation of Whitby’s heritage and history. The town and maybe people beyond the region of Durham attended the festival.

The decorations, the food and even the booths; they were all amazing. The booths were so good; I heard a man say “Where was this neat booth when I was a kid”. The booths included pony rides, face painting, games, balloons, crafts and festive to entertain crowds of all ages. Markets placed their delicious delicacies across the sidewalks. The city put real effort into the operation and the volunteers did an equally well job in it as well.

In the end, everyone enjoyed the festival and even if no one learned about the heritage of the town, they sure had enjoyed themselves. They’ll be talking about it for a while till the 2015 heritage festival, hopefully, for fun.



Durham Tamil Association's contribution to Brooklin

It was a wonderful day in Brooklin when the residents gathered to celebrate the City's 40th Harvest Festival in Grass Park on September 13th. Durham Tamil Association was proud to be part of this Historical event and TEAM DTA Youth contributed to the Brooklin Community through their artistic Henna designs. The youth applied Henna designs and nail art to the guests throughout the day. Tharmela Ganendralingam presented a solo song which was appreciated by everyone. Our youth did a live presentation about the services and goals of DTA in nurturing the youth of Durham Community at large. Durham Regional Chair Roger Anderson, Mayor of Whitby Pat Perkins, MPP Christine Elliott and Councilor Lorne Coe were among the dignitaries who visited our booth and appreciated the TEAM DTA Youth for their weekly visibility in serving the Durham Community.



DTA's Thurga applying Henna for a young guest



Durham Region Chair Roger Anderson with Team DTA



TEAM DTA Youth @ Brooklin Harvest Festival



Mayor of Whitby Pat Perkins & MPP Christine Elliott with TEAM DTA Youth

DTA In The Community



DTA's Uma Suresh with Mayors of Durham & other community leaders during Durham Region Chair Roger Anderson's Election Campaign Launch



DTA TEAM Youth @ Minister Chris Alexander's Youth Forum



DTA's Uma Suresh with other community leaders during the award ceremony dinner



DTA's Josh Suresh during the flag raising event of the Filipino-Canadian Heritage & Resource of Durham



Leaders of Community Organisations of Durham with Canadian Armed Forces - Oshawa Regiment



Connecting Seniors to Their Communities

Ontario Funds Social Inclusion, Volunteerism and Community Engagement Projects

Ontario is helping seniors stay connected to their communities through the Seniors Community Grant Program, the province's first grant program dedicated solely to seniors.

Reduced social contact, or social isolation, has been associated with a lower quality of life for seniors and can also lead to poor health and depression.

The Seniors Community Grant Program, to date, is supporting 118 not-for-profit projects to help seniors stay connected, active and involved in their communities by encouraging greater social inclusion, volunteerism and community engagement.

Helping seniors stay active in their communities is also part of the government's plan to invest in people, build modern infrastructure and support a dynamic business climate.

By 2016, for the first time, people over 65 will account for a larger share of the population than children aged 0-14.

The Seniors Community Grant Program provides grants ranging from \$500 to \$10,000 to help support initiatives that will allow seniors to contribute to all aspects of community life.



Mario Sergio
Minister Responsible for Seniors Affairs, MPP York West

The 2014 Budget doubled the Seniors Community Grant Program from \$500,000 to \$1 million in 2014-15.

"Social isolation is something that is faced by many seniors in Ontario, especially in rural areas. Through the Seniors Community Grant Program we are helping seniors stay connected to their communities."

Mario Sergio



Charles Sousa
Minister of Finance, MPP Mississauga South

Minister Responsible for Seniors Affairs

"We're committed to ensuring that Ontario is one of the best places in the world in which to age actively and in good health. That's why we are doubling support for the Seniors Community Grant Program to \$1 million annually, making it easier for people to stay safe, active and engaged in their



Susan Eng
VP Advocacy, CARP

communities."

Charles Sousa, Minister of Finance

"CARP is committed to advocating for the best quality of life for all Canadians as we age. We commend the Government of Ontario for investing in programs to help build strong communities for seniors."

Susan Eng
VP Advocacy, CARP

General campus upgrades result in significant water and electricity efficiencies

Infrastructure upgrades at The Scarborough Hospital's (TSH) General campus are significantly reducing the amount of water and electricity the hospital uses.

Since August 2012, TSH has been working with Ameresco Canada Inc., a leading energy efficiency and renewable energy company, to implement an energy savings project for its General campus. The project is meant to create a more comfortable indoor environment, reduce long-term operating costs, and meet stringent environmental standards set by the Ontario Ministry of the Environment.

Changes to date include: replacing the chillers responsible for air conditioning with two energy-efficient models; installation of a heat exchanger that will provide cooling in the winter at a fraction of the previous costs; boiler plant upgrades to reduce boiler fan power consumption; better air-handling controls; replacement of faulty steam traps; installation of energy-efficient lighting in the visitor parking garage; and upgrading toilets, urinals and faucets to reduce water consumption.

"These efforts have resulted in some very impressive improvements that

have been well received by patients, staff and visitors," said Tyler Crocker, Director, Environment and Facilities at TSH.

"For instance, the hospital now uses 70% less energy in the General campus visitor parking garage and is reducing Green House Gas emissions in this area by 23 tonnes per year – the equivalent of taking five cars off the road.

The upgrades to toilets, urinals and faucets are saving over 22,600 cubic metres of water each year. This is equivalent to the annual water usage of 72 single family homes, nine Olympic sized swimming pools, or two per cent of the City of Toronto's average daily water use."

All of the upgrades were financed at no cost to the hospital and are funded solely by the energy cost-savings generated by the retrofits over the long term.

"We are delighted to work with The Scarborough Hospital to aid the hospital in meeting their efficiency and sustainability goals," said Mario Iusi, Senior Vice President of Sales, Ameresco Canada.

"These energy improvements have not only enhanced the comfort of the facility for patients and staff, but have also provided important environmental



benefits and energy cost-savings."

TSH and Ameresco will continue to implement a number of other energy and renewal measures at the General campus, including comprehensive lighting retrofits in all hospital wings and parking lots, energy savings strat-

egies to reduce costs associated with chilled water pumping, boiler plant upgrades to recover waste heat, and further improvements to the building's air-handling and pump controls. The entire project is scheduled to be completed by June 2015.



TORONTO 2015 has announced the Pan Am Games Torch Relay Route and Torchbearer contest, the Town of Ajax will be promoting this opportunity to residents

TORONTO 2015 Pan Am Games Torch Relay Route Announced, Canadians Invited to Be Torchbearers

**More than 130 communities and 3,000 torchbearers to take part in 41-day journey
Enter to be a torchbearer today at TORONTO2015.org/torch-relay**

TORONTO, Oct. 1, 2014 /CNW/ - Canadians from coast to coast are being invited to celebrate and share their Pan Am spirit by taking part in the TORONTO 2015 Pan Am Torch Relay, presented by President's Choice® and OLG.

The national event will be fuelled by local hometown pride, with stops planned in five Canadian cities: Calgary, Winnipeg, Montreal, Halifax and the Greater Vancouver Area, as well as 130 communities in all corners of Ontario. For the full list of communities, visit TORONTO2015.org/torch-relay.

"The TORONTO 2015 Pan Am Torch Relay is an invitation to the nation to join the journey, share the spirit and show community pride as we prepare to welcome the best to the biggest international multi-sport Games Canada has ever held," said Saäd Rafi, chief executive officer of the TORONTO 2015 Pan Am/Parapan Am Games Organizing Committee (TO2015).

"Anyone aged 13 and up by May 30, 2015, can enter to be a torchbearer. All they need is a sense of pride, an abundance of community spirit and an ability to inspire us with their joy."

TO2015 is proud to bring the relay to Canadian communities with the help of presenting partners President's Choice® and OLG, community partner CIBC and signature supporter Ontario Trillium Foundation to ensure it is a memorable experience for everyone involved.

Three-thousand torchbearers will proudly carry the flame and share the welcoming Pan Am spirit of the Games on its 41-day journey towards the lighting of the cauldron on July 10, 2015, in the exciting conclusion of the Opening Ceremony in downtown Toronto.

Enter to be a torchbearer today at TORONTO2015.org/torch-relay.

Along with the public application process, which opened today and closes December 1, 2014, at 11:59 p.m. (ET), torchbearers will also be chosen by torch relay route communities and other Games stakeholders.

To help kick off the search for torchbearers, TO2015 named its first honorary torchbearer today: famed Canadian astronaut Colonel Chris Hadfield.

"It's an amazing feeling to be a torchbearer and feel the spirit of the flame in your hands and the excite-

ment it brings to people as they cheer you along the route," said Olympic triathlon champion and CIBC Team Next mentor Simon Whitfield. "It's going to be an amazing and unforgettable journey for the 3,000 people who will be chosen for this awesome experience for the TORONTO 2015 Pan Am Games."

Whitfield shared duties as the first torchbearer with speed skater Catriona Le May Doan for the Vancouver 2010 Olympic Winter Games. Both were on hand for the announcement today in Toronto.

The highly-anticipated relay begins in May 2015 with the traditional Aztec lighting ceremony at the Pyramid of the Sun in Teotihuacan, Mexico. The flame represents the history and spirit of the Games and is a potent symbol that unites the 41 Pan American Sports Organization (PASO) member nations.

The Canadian journey for the flame starts with its arrival in Toronto on May 30, 2015. It will then travel to the five other Canadian cities and more than 130 Ontario communities.

Fifty-one of those Ontario communities, which will be hosting major torch relay celebrations that showcase their unique spirit, history and sporting pride, were highlighted at the announcement today. They include: Thunder Bay, Sarnia, Peterborough, Sudbury, Owen Sound, Niagara Falls and Ottawa.

Torchbearers must be a Canadian citizen or legal resident of Canada and 13 years of age or older (as of May 30, 2015). For a complete list of criteria, visit TORONTO2015.org/torch-relay.

In addition, a separate TORONTO 2015 Parapan Am Torch Relay will take place prior to the start of the Games on August 7, 2015. Details on the route and torchbearer application process will be released in April 2015.

The Honourable Bal Gosal, Minister of State (Sport):

"This highly anticipated event will be an opportunity to showcase our diverse culture, our accomplishments, our vast geography and our proud history. Our Government is proud to support the Toronto 2015 Pan American Games Torch Relay and we encourage all Canadians to take part in the celebration."

The Honorable Kathleen Wynne,



Premier of Ontario:

"The Pan Am Games Torch Relay will light its way across Canada on a journey that will be shared among 3,000 Canadian torchbearers, 130 Ontario communities and millions of spectators and fans. At each stop, our excitement will build as we get closer to the start of the Pan Am and Parapan Am Games. With these Games, Ontario will make all of Canada proud. We invite everyone to join in this celebration and apply to be a torch bearer and a part of Canadian history."

Councillor Mark Grimes, the City of Toronto's Pan Am Champion:

"The TORONTO 2015 Torch Relay brings together many of the same characteristics and values that are important to Torontonians — sport, culture, community, friendship and diversity. This is a great opportunity for Torontonians to come together to embrace the spirit of the Games and show our pride in being the Official Host City for the Pan Am and Parapan Am Games. I encourage everyone to apply to be a torchbearer and carry the flame with pride when it visits Toronto next summer."

Uwe Stueckmann, Senior Vice-President, Marketing, Loblaw Companies Limited:

"As a partner of the Pan Am Games, we are honoured to lend our PC name to the Pan Am Torch Relay and share in this moment of teamwork and commu-

nity spirit. We are similarly proud that PC was called upon to feed and fuel the thousands of athletes and volunteers who will be bringing the Games to life."

Stephen Forbes, Executive Vice-President, Brand, Corporate and Client Relationships, CIBC:

"The 3,000 Pan Am torchbearers will unite communities across the country signifying the beginning of an incredible event on home soil. We proudly support the torch relay that will allow Canadians to experience something extraordinary and ignite the spirit and energy of the Pan Am Games."

About the TORONTO 2015 Pan Am Games Torch Relay

The TORONTO 2015 Pan Am Games Torch Relay, presented by President's Choice® and OLG and supported by community partner CIBC, will invite Canadians to celebrate and share the Pan Am spirit throughout its 41-day journey towards Toronto, the Host City of the Games.

The torch relay starts May 30, 2015 and concludes July 10, 2015 with the dramatic lighting of the cauldron at the Opening Ceremony in downtown Toronto.

The TORONTO 2015 Games are funded by the Government of Canada, the Province of Ontario, as well as Lead Partner CIBC and other partners and sponsors.

For more information, visit TORONTO2015.org/torch-relay.

CICS EMPLOYMENT SUPPORT PROGRAMS FOR NEW IMMIGRANTS

Newcomers face a lot of challenges in landing their first job in Canada or entering in their professional field. CICS offers a wide range of programs that can help you be competitive and succeed in the job search. These programs are tailored to meet newcomers' needs whether they are looking for employment or building up their careers. Activities in October are as below:

1. "Job Readiness Clinic"

You might have attended several workshops on resume writing and interview skills, but still feel stuck and don't know where to start? Come join this two-days "Get it done" event. Let's share, learn and work together!

Day 1 :
October 20, 2014 (Monday) How to write an effective resume?

Day 2 :
October 21, 2014 (Tuesday) How to have a successful interview?

Time:
10:00 am – 4:00 pm

This session will be held at CICS Office.
 Location: Suite 403, 3850 Finch Ave. East (west of Kennedy), Scarborough

2. "Use LinkedIn in your job search- Have a job find you"

Do you know what LinkedIn is? Do you have a LinkedIn account? Come and learn how to create your LinkedIn profile and increase visibility and connection. Use LinkedIn to assist with your job search.

Date:
October 28, 2014 (Tuesday)

Time:
3:00pm-5:00pm

This session will be held at CICS-IRC office

Location:

2330 Midland Ave
(North of Highway401), Scarborough




Job Readiness Clinic

2 days **"GET IT DONE"** seminar for new immigrant job seekers in preparation for resumes and job interviews

*Are you feeling stuck?
 Are you tired of doing it alone?
 Don't know where to start?
 It's time to **get it done!***

Let's support each other in working on our most important "to do" items!

Day 1: Resume October 20, 2014 10:00 am – 4:00 pm	Day 2: Interview October 21, 2014 10:00 am – 4:00 pm
<ul style="list-style-type: none"> • Workshop on effective resume writing • Work on your own resume <input checked="" type="checkbox"/> How to transform your resume from boring to eye-catching <input checked="" type="checkbox"/> How to handle weaknesses and liabilities in your work history 	<ul style="list-style-type: none"> • Workshop on successful interview skills • Work on your own answers to interview questions <input checked="" type="checkbox"/> How to develop self introduction and learn essentials to make a good impression <input checked="" type="checkbox"/> Mock interviews that give you specific feedback and strategies

Location: Suite 403, 3850 Finch Ave. E (West of Kennedy), Scarborough
 Language: English

For enquiries and registration,
 contact 416-293-4565 ext. "0" or Email: settlement@cicscanada.com

New immigrants are requested to bring PR card or landing documents for attendance.
 For details of more events, visit www.cicscanada.com

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Have a job find you




Use LinkedIn in Your Job Search

October 28 (Tuesday) 2014
3:00 pm - 5:00 pm
Language: English



The LinkedIn Profile as a Digital Marketing Tool

- ⇒ What's LinkedIn
- ⇒ How to create your LinkedIn profile and increase your visibility & connection
- ⇒ How to use LinkedIn to assist with your job search



Immigrant Resource Centre
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For enquiries and registration,
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Community Watch

7TH ANNUAL GOLF CLASSIC HOSTED BY CANADIAN TAMILS' CHAMBER OF COMMERCE ON WEDNESDAY SEPTEMBER 3, 2014 AT DEER CREEK GOLF CLUB



Photo Journal



Community Watch

7TH ANNUAL GOLF CLASSIC HOSTED BY CANADIAN TAMILS' CHAMBER OF COMMERCE ON WEDNESDAY SEPTEMBER 3, 2014 AT DEER CREEK GOLF CLUB





TOWN OF AJAX RANKED TOP 10 IN “CANADA’S BEST TO INVEST 2014”

The Town of Ajax has been recognized in the “Canada’s Best to Invest” rankings compiled by US-based Site Selection magazine, which recognizes Canada’s top economic development leaders each year.

“The Town is entering into its fifth year of implementing its 10-year Economic Development & Tourism Strategy, and this honour confirms that we are moving in the right direction,” said Ajax Mayor Steve Parish. “Ajax is emerging as a national leader in supporting and encouraging private investment.”

Site Selection’s criteria for this category include the number of projects with a regional impact, the ability to generate partnerships, proactive initiatives, implementation of innovative programs, the quality of the economic information distributed, and the quality of web-based communication tools.

“We are pleased and honoured to be recognized by Site Selection Magazine,” said Lisa Hausz, Manager of Business Development & Marketing, Town of Ajax. “Our innovative programs, partnerships and initiatives continue to deliver excellent results and this further proves the Town’s readiness to compete for business investment in the North American market.”

The 10-year Economic Development & Tourism Strategy began with the incorporation of the Economic Development team into the Planning & Development Services Department to streamline the flow of information and collaboration. With that connection, to date, the Town’s Economic Development team has implemented several programs to support and promote investment, including: the award-winning Business Retention and Expansion (BRE) ‘First for Business Corporate Calling’ program; PriorityPath, an exclusive streamlined site plan approvals process - noted as an ISO ‘Best Practice’ process; Priority Property, Ontario’s first municipal ‘certified site’ program; On Track Ajax, the awareness campaign designed to promote the success of private business investment in Ajax and; Ajax is Canada’s first ‘Competitive Ready’ designated municipality, exceeding several criteria for being ready for investment.

About Ajax

The Town of Ajax is part of Durham Region, one of the fastest growing economic areas of Ontario. Situated on Lake Ontario just east of Toronto, the population of Ajax



is approximately 110,000. Ajax is a “Quality Community”, being the first ISO 9001 - 2000 registered municipality in Ontario and the first fully registered municipality in North America. The Town has a vibrant business community, with nearly 2,000 businesses and a workforce of close to 85,000, with a regional workforce of over 2 million people within a 45-minute drive. Ajax offers the Region of Durham’s strongest, award-winning economic development service team, with dedicated staff and customized processes to assist business in expansion and location. To learn more, visit www.AjaxFirstforBusiness.ca.

PUMPKINVILLE RETURNS OCTOBER 18 TO GREENWOOD CONSERVATION AREA



Ajax residents, visitors and ghoulish guests are invited to attend Pumpkinville at Greenwood Conservation Area (2290 Greenwood Rd.) on Saturday, October 18 from 11 a.m. to 5 p.m. Admission is free.

Family friendly activities include a haunted house, marshmallow roasting, Pickering Museum Village, Kids Zone, inflatable rides, hay jumping, pumpkin patch, train ride and learn to play zone. Nominal fees apply for some attractions as well as food and drinks.

Bank machines are available on site.

“This year’s featured entertainment is The Magic of Majinx with performances at 1:15, 2:15 and 3:15 p.m. And don’t miss Mental Floss Sideshow, which brings the charm & mystery of an old fashioned circus sideshow with hilarious spectacles and interactive entertainment with performances at 12:30, 1:30 and 3:30 p.m.”

- Stacy Toole, Festivals & Events Coordinator - Free Pumpkinville Express – a free shuttle service to and from the park. The shuttle leaves every 15 minutes from

two central locations and travels directly to the park – Ajax Town Hall (65 Harwood Ave. S) and J. Clarke Richardson Collegiate (1355 Harwood Ave. N.). Please note, parking is very limited at Greenwood Conservation Area and not guaranteed. Cars will enter and exit along the same route and drivers should be prepared for lengthy wait times. - Pumpkinville is sponsored by RBC Royal Bank, Bell, Ajax Mazda and Tom’s No Frills.

For more information, visit www.ajax.ca.

Ajax refuses to sign Veridian Shareholders’ Agreement

The Town of Ajax has refused to sign an agreement amending the Veridian Shareholders’ Agreement, as the Town does not agree with the size and composition of the Board of Directors.

A recent study, analyzing Ontario’s electricity distribution companies, shows Veridian’s board as being much larger and more expensive than its comparators. Veridian’s board also consists of a majority of politicians from the various shareholder municipalities.

In June 2014, Ajax Council passed a resolution, that the Town would not support the amended Veridian Shareholders’ Agreement. Ajax is in favour of better governance, including an appropriate size and composition of the board, equity among shareholders and reduction of political

representation, which would result in a reduction of cost to ratepayers.

Town of Ajax Council urged Veridian’s other shareholders – Pickering, Clarington and Belleville to significantly reduce both the size of the Board and the number of politicians. The other shareholders refused preferring instead to make minor adjustments.

Any reduction in the size of the costs of the Board goes directly to the bottom line and directly benefits ratepayers and shareholders.

Ajax’s refusal to sign the amended agreement does not prevent it from coming into effect. However, a new board must be appointed after the municipal elections by the newly elected Councils in Ajax, Pickering, Clarington and Belleville.





BRAMPTON
Flower City



Regional News

PRIME MINISTER STEPHEN HARPER PARTICIPATES IN A QUESTION AND ANSWER SESSION HOSTED BY THE MISSISSAUGA AND BRAMPTON BOARDS OF TRADE

Introduction

On Oct 2nd, Prime Minister Stephen Harper participated in a moderated question and answer (Q&A) session with members of both the Mississauga and boards of trade. The session took place at Millennium Gardens in Brampton and was moderated by Paul Woolford, Chair of the Mississauga Board of Trade. The Prime Minister was joined by Kyle Seeback, Member of Parliament for Brampton West.

During the Q&A session, the Prime Minister discussed the economy and measures that the Government is taking to help Canadian businesses succeed both at home and abroad, and allowing them to create jobs. Some of the measures that were highlighted included support for Canadian manufacturers in Economic Action Plan 2014, tax reduction, the elimination of unnecessary regulatory burdens, the Canada Job Grant, and the recently announced Small Business Job Credit.

The Prime Minister also underscored the Government's unprecedented efforts to increase Canadian businesses' access to international markets, including through the Canada-European Union Trade Agreement and the Canada-Korea Free Trade Agreement, which will greatly benefit Canadian businesses from a wide range of sectors across Canada, including the high-tech and manufacturing sectors in Ontario.

Quick Facts

Canadian businesses are the backbone of the Canadian economy, generating jobs, economic growth and long-term prosperity. That is why our Government is ensuring that they have the tools and opportunities they need to remain globally competitive, prosperous and successful.

The Canada-European Union Trade Agreement is by far the most ambitious trade agreement that Canada has ever reached, covering most aspects of the Canada-European Union (EU) bilateral economic relationship, including trade in goods and services, investment,

and government procurement. It also grants the flexibility to include areas of mutual interest beyond those that have traditionally been included in Canada's trade agreements, such as regulatory cooperation. The EU is the world's largest integrated economy, with more than 500 million consumers and an annual GDP of \$18 trillion.

A joint study conducted with the EU concluded that the Canada-European Union Trade Agreement could boost Canada's income by \$12 billion annually and bilateral trade by 20 per cent, which will create tens of thousands of new jobs.

Ontario stands to benefit significantly from this preferred access to the EU market. The EU is already Ontario's second-largest export destination and trading partner. When the Canada-European Union Trade Agreement comes into force, it will eliminate tariffs on almost all of Ontario's key exports and provide access to new market opportunities in the EU. Exporters in these sectors will also benefit from other provisions that will improve conditions for export provisions.

As Canada's largest city – approximately 5.5 million in the Greater Toronto Area (GTA) – and a hub of national manufacturing activity, Toronto stands to benefit enormously from the Canada-EU Trade Agreement. The sectors that will benefit the most in the GTA include manufacturing, professional, scientific and technical services. Toronto families will also benefit from greater access to European goods at lower costs given 98 per cent of EU tariff lines will be removed immediately upon implementation of this agreement.

Manufacturing, professional, scientific and technical services account for an estimated 23 per cent of the share of overall employment in the GTA. Manufacturing industries that stand to benefit include food processing, automotive and machinery.

The Canada-Korea Free Trade Agreement will provide Canadian businesses and workers with unprecedented access to the Republic of Korea, which has an annual GDP of \$1.3 trillion and a population of 50



Brampton, ON – Prime Minister Stephen Harper, joined by moderator Paul Woolford, Chair of the Mississauga Board of Trade, participates in a question and answer session with members of both the Mississauga and Brampton boards of trade. (PMO photo by Jason Ransom)

million people. When the Agreement is fully implemented, Korea will remove duties on 98.2 per cent of its tariff lines covering virtually all of Canada's imports. The Canada-Korea Free Trade Agreement is projected to increase exports by 32 per cent and boost the Canadian economy by \$1.7 billion annually.

Ontario stands to benefit significantly from preferred access to the Korean market. The agreement will make Canadian exports more competitive in the Korean market by levelling the playing field for Ontario businesses that are competing against exporters from countries that already have preferential access.

Since July 2009, employment in Canada has increased by over 1.1 million and is more than 675,000 above its pre-recession peak, resulting in one of the strongest job creation records in the G-7 over the recovery. Over 80% of all jobs created since July 2009 have been in full-time positions, roughly 80% are in the private sector, and over 65% are in high-growth industries.

Quotes

"I was pleased to have the opportunity today to discuss the many measures that our Government is taking to support the Canadian economy, including expanding our trade with new markets around the world through free trade agreements such as the Canada-European Union Agreement and the Canada-Korea Free Trade Agreement. These significant steps demonstrate our commitment to giving Canadian businesses, investors and exporters the tools and opportunities they need to compete and win in the global marketplace while creating jobs and opportunities across our country." – Prime Minister Stephen Harper

"Today's meeting with various business representatives from the Greater Toronto Area provided an excellent opportunity to discuss how we can work together towards an even brighter economic future for Ontario and Canada." – Prime Minister Stephen Harper

DANCE . DELIGHT . DHAMAKA .

CANADA DRY DIWALIFEST READY TO ENTERTAIN 150,000 VISITORS AT BRAMALEA CITY CENTRE



(Brampton, ON) Known as the festival of lights in the Hindu culture, Diwali is the most celebrated South Asian cultural festival in the world. Presented by Canada Dry, the inaugural DiwaliFest will be held at Bramalea City Centre (BCC) on October 24 to 26. This three-day festival promises to bring exciting family activities both on and off the stage.

Details of the event were announced at a press conference today at BCC. Brampton Mayor Susan Fennell, MPP Jagmeet Singh, D.P. Jain of Indo-Canada Chamber of Commerce

and representatives from various community organizations were in attendance.

"We want to create an event to celebrate the occasion and honour the community," says Henry Chiu of Purple Integration, the festival's co-organizer. "With Canada's 7th largest shopping centre as a partner, located in one of the most diverse communities in the country, having this event at BCC is a natural fit."

A four-sided stage will be built in the Pandora Court so visitors on both levels of BCC can enjoy exciting cultural performances, cooking

demonstrations and a fashion show. A dance competition will be a highlight on October 25 as teams compete for awards and cash prizes. The festival also offers many activities off the stage – free samplings, photo booth, henna stations, rangoli displays, Toronto 2015 PanAm game booth and other children activities.

Another feature of the festival is the Annakoot ('Food Mountain'). Traditionally built during Diwali as a religious offering, organizers are asking visitors to help build an Annakoot with non-perishable food and everything will be donated to Knights Table, one of Peel Region's busiest food banks.

"While the South Asian community appreciates a festive Diwali celebration, we also want to ensure activities are enjoyable for the entire community. We see this event as a way to build a greater appreciation for the different cultures in our society."

This inaugural DiwaliFest is receiving tremendous support from both the corporate and grassroots communities. In addition to Canada Dry (Presenting Sponsor), BCC (Venue Sponsor), CIBC (Platinum Sponsor) and OMNI TV (Exclusive TV Sponsor), business organizations such as Indo-

Canada Chamber of Commerce, Gerrard India Bazaar BIA are also lending their support. Platinum Media Sponsors include Anokhi Media and The Voice Group.

Admission is free for this event and visitors will receive complimentary souvenirs. Those who participate in all the festival highlights will get a chance to enter into the lucky draw, to be made throughout the event. For exciting details of the festival, please visit www.diwalifestival.ca.

About Purple Integration

Purple Integration, an affiliate of Prime Advertising, is a full-service event management and event marketing company with a strategic focus on ethnic markets. With extensive experience in organizing large-scale events, Purple Integration specializes in delivering impactful engagements that create brand awareness, enhance customer acquisition and retention, and generate publicity. The Purple Integration team builds the client's brand with creativity, professionalism and effectiveness.



WHITBY
ONTARIO • CANADA



Regional News

Town of Whitby appoints new Fire Chief

September 16, 2014—The Town of Whitby is very pleased to announce the appointment of David Speed as its new Fire Chief. David will join the Fire and Emergency Services Department on October 1, 2014.

Mr. Speed comes to the Town of Whitby from the City of Oshawa where he currently holds the position of Deputy Fire Chief. During his Fire Services career, the Town's new Fire Chief has had considerable and broad experience as a Chief Fire Prevention Officer, Captain, Training Officer and Fire Fighter.



David Speed

Robert Petrie, Chief Administrative Officer for the Town of Whitby said, "We couldn't be more pleased to have Dave join us as the new Fire Chief for the Town of Whitby, having previously been our Chief Fire Prevention Officer before he left to become a Deputy Fire Chief in the City of Oshawa. Dave's extensive knowledge and proven track record in the Fire Service along with his strong strategic and management abilities will be valuable assets for the

Town of Whitby. His guidance and solid forward - looking vision for our Fire and Emergency Services Department will advance Whitby's position as a municipal leader in the fire service in the Province."

With a population of 132,000 the Town of Whitby is one of the fastest growing communities in Canada. Its Fire and Emergency Services Department employs 119 staff with 104 firefighters working out of 5 fire stations.

Town of Whitby's Ethno-cultural and Diversity Advisory Committee wins Provincial Award

Town of Whitby's Ethno-cultural and Diversity Advisory Committee (EDAC) was honoured to be one of 15 recipients of the Newcomer Champion Award presented in Toronto.

This Provincial award from the Ministry of Citizenship, Immigration and International Trade, recognizes individuals and groups who celebrate and promote cultural heritage, foster an understanding of Ontario's cultural diversity and assist newcomers to successfully settle and integrate in their community and province.

The awards include the following three categories:

- Celebrating Inclusion and Diversity – Recognizes outstanding nominees who embrace inclusion and celebrate the rich dimensions of Ontario's diversity.
- Promoting Cultural Heritage – Recognizes nominees' contributions within a community to preserve the legacy and tradition of an ethnic group's cultural heritage.
- Integration of Immigrants – Recognizes nominees whose actions helped to welcome and integrate newcomers into communities across Ontario.

EDAC was recognized in the category of Celebrating Inclusion and Diversity.

The following highlights some of the 2014 programs and initiatives of EDAC:

- Scholarship Program – Leadership in Diversity and Social Justice Award
- Hosted the Diversity Art Event Whitby 2 Me
- Hosted a Cultural Celebration World Fest Whitby
- Participated in and or sponsored cultural performances at Brooklin Spring Fair, Canada Day, Harbour Day, Summer Art Fest, Harvest Festival and Heritage Day
- Developed an Inclusive Language Guide
- Recommendation to provide Translation Phone Services
- Delivery of school cultural programs
- Hosted Newcomer Bus Tour
- Conducted Focus Groups to follow up on the community diversity survey that was completed in 2013

For further information visit:
www.whitby.ca/diversity

WHITBY
ONTARIO • CANADA

2014 Municipal Election

Make your vote count
www.whitby.ca/vote2014

Voting Day
October 27, 2014. Polls will be open from 10:00 a.m.–8:00 p.m.

Vote Anywhere
New for the 2014 Municipal Election, residents can vote anywhere, at any designated voting location within the Town of Whitby.

Registered Candidates
The current list of 2014 Municipal Candidates for all positions can be viewed at www.whitby.ca/candidates.

Advance Vote Dates
For those who are unable to vote on Voting Day, there will be advance voting opportunities from October 16–19, 2014, between 1:00–8:00 p.m. inclusive. Visit www.whitby.ca/vote2014 for a list of locations.

Question on the Ballot
The following referendum question will be on this year's Municipal Election Ballot:
Are you in favour of the Council of the Town of Whitby passing a resolution requesting that the Council of the Region of Durham take the necessary steps to reduce the size of Regional Council by distributing the seats based on the population of each municipality?
Yes No

Direct Election of Regional Chair
New for 2014, residents will have the opportunity to directly vote for the Office of the Regional Chair of the Regional Municipality of Durham.

Town of Whitby Office of the Town Clerk
Phone: 905.430.4315 Email: elections@whitby.ca
Web: www.whitby.ca/vote2014



2014 Achievement and Civic Recognition Award Winners Honoured 17th Bi-annual Ceremony Held at Flato Markham Theatre September 15



2014 Markham ACRA winners (left to right) Dr. Devendra Mishra, Valerie Loker and Mark Cullen proudly display their awards at ceremony at Flato Markham Theatre. Not pictured: Appadurai Muttulingam.



Appadurai Muttulingam



Mark Cullen



Valerie Loker



Dr. Devendra Mishra

Mayor Frank Scarpitti, Members of Council, special guests and Markham residents attended the 17th bi-annual Achievement & Civic Recognition Award (ACRA) Ceremony at the Flato Markham Theatre on Sept 17 th. This event recognizes Markham residents, businesses and organizations that have made unique and outstanding contributions by bringing recognition to Markham in the categories of Business/Corporate, Cultural, Community Service, Environmental, and Sports and Recreation.

Nine finalists in four categories were selected by the 2014 ACRA Committee from the many nominations received for this year's awards. The award winner in each category was announced and formally recognized during the evening celebration hosted by the ACRA Committee and the City of Markham. The 2014 ACRA winners are:

1. **Mark Cullen, Business**
2. **Valerie Loker, Sports & Recreation**
3. **Dr. Devendra M. Mishra, Community Service**
4. **Appadurai Muttulingam, Cultural**

"The City of Markham has so many outstanding individuals, businesses and organizations that help make our community the best place to live, work and play in all of Canada," said Mayor Frank Scarpitti. "We congratulate all those nominated, the finalists selected by the 2014 ACRA Committee, and the winners of this year's Achievement and Civic Recognition Award. The contributions they make on a daily basis are invaluable and motivate others to follow in their footsteps."

The evening began with a Reception at 6:00 p.m., followed by the Award Ceremony at 7:00 p.m. The evening celebration included performances from Markham's finest talents.

"There were many nominees in each category for the 2014 awards. It was extremely difficult to narrow the field to just nine finalists and then to this year's four ACRA winners," said Regional Councillor Gordon Landon, Chair of the ACRA Committee. "We believe it is extremely important to honour the outstanding accomplishments of our past award recipients, and 2014 nominees and overall winners. They are valuable

members of our community and an inspiration to us all."

2014 ACRA Winners Biographies

Business

Mark Cullen

Mark Cullen is Canada's best known gardener connecting with over one million Canadians weekly through his many varied media outlets. He shares his gardening experiences in the CANADA AM weekly gardening segment on CTV, 'The Green File' on AM 680 News, his gardening feature newspaper column in the Toronto Star, his podcast 'The Garden Show with Mark Cullen', his blog, and his numerous books.

Mark is the President of Mark's Choice Ltd. - Horticultural Communications and Marketing and the Founding Chair of Trees for Life, Urban Tree Canopy Coalition. He is also a spokesperson for Home Hardware Canada and Premier Home and Garden, and a volunteer spokesperson for SHARE Agricultural Foundation, Canada Blooms Flower and Garden Festival.

Mark lives in his environmentally friendly dream home where he enjoys his ten acre garden and spending time with his wife and four children.

Sports & Recreation

Valerie Loker

Valerie Loker is a former Canadian National Badminton Team Member and Olympian. She started playing badminton at the age of 11 and has achieved many provincial, national, and international titles in her competitive career playing mixed and ladies doubles. International events she participated in include the 2008 Olympic Summer Games in Beijing, China, the 2007 Pan American Games in Rio de Janeiro, Brazil, and the 2006 Commonwealth Games in Melbourne, Australia. She has now retired from competition and is dedicating her love of badminton to coach athletes of all ages and levels in York Region. She is currently the Technical Director of the Federation of Badminton Clubs in York Region and also founded her own badminton academy.

Community Service

Dr. Devendra M. Mishra

Dr. Devendra M. Mishra is a former Professor of Asian History and a well-respected Indo-Canadian community leader. He holds a Ph.D. in African History, specializing in immigrant studies, and a Hon. B.A. and M.A. (Gold Medallist) in History. He has diverse teaching and research experiences in India, Ethiopia, Nigeria, U.K. and Kenya. As an advocate of multiculturalism, Dr. Mishra has rendered valuable voluntary services to the Markham community and beyond, for which he has received numerous awards, certificates, and other honours at the local, provincial, and federal levels. Dr. Mishra is also deeply committed to promoting diversity through radio, television, newspapers, and the internet. He received the Five Years Volunteer Service Award (2014), signed by Premier Kathleen Wynne and the Minister of Immigration, from the Government of Ontario for serving the Swami Mohan Das Seva Samiti of Canada, and the Life-Time Achievement Award from Vishwa Hindi Sansthan for outstanding contributions to the Hindi language and literature.

Cultural

Appadurai Muttulingam

Appadurai Muttulingam is a Sri Lankan by birth and a Chartered Accountant by profession. After emigrating in 1972, he has worked in many countries for the World Bank and the United Nations. He has published twenty books in Tamil, including short story collections, essays, novels, and interviews. One collection of short stories has been published in English and another one is in print. He has won many awards including the highest literary award in Tamil Nadu, India and Sahitya Academy award in Sri Lanka. He is also the recipient of the prestigious S.R.M. University (India) literary award.

Appadurai is the founding member of the Tamil Literary Garden, a charitable organization in Canada that promotes literary excellence, community spirit, volunteerism, and leadership among youth. He is also a recipient of the Volunteer Service Awards 2010 - Ontario Ministry of Citizenship and Immigration.

About Markham:

Markham, a municipality with more than 330,000 residents centrally located in the Greater Toronto area, is home to 400 corporate head offices and 900 high tech and life science companies. Founded in the 1790s, today Markham is Canada's most diverse community, enjoys a rich heritage, outstanding community planning and services, and a vibrant local economy. Markham has received the Excellence Canada PEP III Integrated and Accessibility Awards, and multiple heritage and environmental awards. Markham is proud to be an official Host City for the 2015 Pan American and Parapan American Games.

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