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A decorative magnet on a fridge [humanityashore.org]

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# Monsoon Journal

A parfait media publication

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## From a Dream to Making History OBAMA MADE IT

By Siva Sivapragasam

**"I have a Dream that my four little children will grow up in a nation which will judge them not by the color of their skin but by the content of their character"**

- Martin Luther King Jr.

At the stroke of the mid-night hour last Tuesday, Barack Obama had a tryst with Destiny.

His date with destiny made him the President of the United States of America and also the most powerful man in the world. The Black community which was brought into America to pick cotton also picked a President.

Martin Luther King Jr's dream forty years ago of equality of races became a reality when the American people, both white and black stood up and elected Barack Obama their President.

They have judged him not by the color of his skin but by the content of his character and ability.

"I came, I saw, I conquered...."

Barack Obama may well repeat these words of Julius Caesar in his victory over Pompei, when he walks into the oak-paneled oval shaped office in White House. Once he is seated in the White House, Obama has to grapple problems facing America.

His future priority Time-Table and To-Do-List can be summarized as follows:

- \* Measures to tackle the economic crisis
- \* America's future plans in the two wars in Afghanistan and Iraq.
- \* Health Insurance for all Americans and the rising cost of healthcare

The American economy is bleeding - loss of jobs and hous-

es, financial institutions collapsing and the Government bailing them out with billions of dollars of the tax payers' money.

The restlessness and frustration of the American people regarding the future of their country has made them want a change and they saw the change in the form of Barack Obama.

They felt that he would do a better job to pull the country out of the mess. Obama has already

started picking his team to assist him in running the country. The current situation demands an effective and efficient set of officials to salvage the country from it's present crisis.

No doubt Obama's election has changed the political landscape of the United States of America. Now it is left to him to tackle the challenges he faces and to prove that the people's choice was correct.



Portrait of 44th President of United States of America - Barack Hussein Obama, painted by Shan Sundaram, a Tamil American, from Pennsylvania, USA. [sundaram-art.com]

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# Canada Newsline

## RBC CREATES BANKING PACKAGE FOR NEWCOMERS TO CANADA



### Welcome to Canada Package provides financial advice and solutions

TORONTO, October 21, 2008 - RBC today announced that it has created a Welcome to Canada package focusing on the key financial decisions every newcomer faces in their first few months in Canada. The package includes introductory discounts on products and services to meet immediate banking needs while providing guidance and advice to achieve future financial goals.

"The RBC Welcome to Canada package helps newcomers start and build their financial life in Canada with confidence," said Mark Whitmell, director, Cultural Markets at RBC. "It includes introductory advice about Canadian banking products and services eliminating confusion about making the right financial choices."

According to RBC research, 41 per cent of newcomers open their

first bank account within a couple of days of moving to Canada; 31 per cent sign up for a credit card within their first month; 38 per cent start an RESP savings plan for their children's education within their first year in Canada; 36 per cent take out a mortgage to buy a home between one to three years. RBC research also shows newcomers have more questions about Canadian products and services and value guidance that reflects their circumstances.

The new Welcome to Canada package developed for new immigrants who have been in Canada for less than three years, addresses these needs and includes:

#### Financial Advice

" Quick how-to guides for newcomers looking to making decisions on opening their first bank account in Canada, buying a car or their first home, setting up a savings plan for their children's



education, investing for the future, and protecting their family with insurance. Available in 14 languages including Farsi, Punjabi, Tagalog, Russian, Spanish, Mandarin and Cantonese.

" A free copy of "Arrival Survival Canada: A Handbook for New Immigrants" by founders of

Canadian Immigrant Magazine and newcomer advocates Nick and Sabrina Noorani. The handbook addresses the immediate needs facing immigrants moving to Canada, with tips and advice on everything from finding a job to financial services, providing a base of information for newcomers to build their new lives.

#### Products and Services

" Monthly fees waived up to 6 months with RBC Signature No Limit Banking account, including features such as: unlimited banking transactions, monthly refunds for 3 non-RBC ATM transactions, 2 free monthly email money transfers, a \$50 annual travel certificate and more.

" Annual fee rebate for selected RBC Visa cards

" One-year free rental of standard safety deposit box

" Interest rate bonus on a non-redeemable GIC for one year

" Online and Telephone banking, including basic service in 150+ languages when calling 1-800 ROYAL 1-1 or dedicated service in Mandarin and Cantonese at 1-888 ROYAL 9-8.

Information on the new RBC Welcome to Canada package and other financial advice and solutions can be found at RBC's comprehensive web site for new Canadians at [www.rbc.com/canada](http://www.rbc.com/canada) or [www.rbc.com/wtccpackage](http://www.rbc.com/wtccpackage). Newcomers can also locate branches with representatives who speak their language of choice by visiting <http://maps.rbc.com>.

These are the findings of an RBC /Ipsos Reid survey conducted between

March 15 and April 30, 2007. The poll was based on a randomly selected sample of 1,000 new immigrants who are 18 years of age or older and have been in Canada for 10 years or less. With this sample size, the overall results are considered  $\pm 3.1$  percentage points, 19 time out of 20, of what they would have been if all new immigrants had been surveyed. The survey was conducted by telephone and the interviews were held in Mandarin, Cantonese, Hindi, Punjabi, Korean, English and French. The findings were weighted to reflect the actual regional distribution and ethnic composition of new Canadians immigrating to Canada within the past 10 years.



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around us  
All lands home, all men kin.

"Dreams that turn real I seek

And turn real soon I seek" -

**Subramaniya Bharathi (11 December  
1882 - 11 September 1921)**

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From the Publisher's Desk ...

## "Printing the winds of change" that President Elect Barack Obama brings...

The change and hope sur-  
rounding the humanity in the  
aftermath of the victory of Barack  
Obama, being elected as the 44th  
President in the United States of  
America, is a once in a life time  
moment. The Monsoon Journal is  
happy to be amidst and elated to  
put it in print.

We congratulate Sen. Barack  
Obama and the American people  
on his hard fought victory.

It is an enormously inspiring  
message of resilience, hope and

change for the betterment that is  
being felt around the world.

Senator Barack Hussein  
Obama's victory is hailed as 'an  
epic'; it makes 'the dream a his-  
tory,' - to finally celebrate civil  
rights leader Rev. Martin Luther  
King's envisioning in 'I have a  
dream....' speech; all of its citizens  
being equal and now also reach-  
ing to the highest elected office of  
the land.

For the people of the United  
States - electing a President for

them but sharing the change and  
hope for the millions of hearts and  
minds in the world has enacted  
them a great virtue.

In his victory speech President  
Elect Obama pledged to be the  
leader as echoed in The New  
Yorker magazine in their recent  
endorsement editorial: 'a leader  
temperamentally, intellectually  
and emotionally attuned to the  
complexities of our troubled  
globe'.

"Printing the winds of

change" is a masthead logo on  
the publisher's desk page of  
Monsoon Journal since its first  
issue in October 2006. The  
change we look for - a hope that  
it will bring more betterment in  
the lives of all of us.

And Monsoon Journal is also  
joining to echo the message the  
44th President Elect of United  
States Barack Obama is ushering  
in; "Change can happen" - to  
bring hope and happiness to  
everyone.

### LETTERS TO THE EDITOR AND OPINIONS

#### U.S. Perspectives on Sri Lanka

**Voice of America Editorial,  
Reflecting the views of The  
US Government**

U.S. Ambassador to Sri Lanka  
Robert Blake said, "America's  
experience in Iraq, Afghanistan  
and elsewhere has taught us that  
terrorism cannot be defeated by  
law enforcement and military  
measures alone."

That is why, said Ambassador  
Blake, "the U.S. and the other  
Donor Group Co-Chair countries  
have urged the government of Sri  
Lanka to adopt now a political  
solution to the conflict, within the  
framework of a united Sri Lanka  
that meets the aspirations of all  
Sri Lanka's communities."

More than 25 years of conflict  
between the Sri Lankan govern-  
ment and the Liberation Tigers of  
Tamil Eelam, or Tamil Tigers, sep-  
arartists have cost the lives of  
some 70,000 people in Sri Lanka.  
More than 200,000 have been  
made homeless by recent fighting  
in the north, and the human rights  
situation remains grim.

One way forward is for Sri  
Lanka to complete the work of the  
All Parties Representative  
Committee, which has reached  
agreement on 90 percent of a  
blueprint for constitutional reform  
that most Sri Lankans believe  
offers great promise. It remains  
for the country's 2 main Sinhalese

parties to agree on the document,  
which has proved a significant  
hurdle thus far.

In remarks given at the  
University of Madras, Ambassador  
Blake noted that one reason for  
the lack of progress on a consen-  
sus All Parties Representative  
Committee document, is that  
some in Sri Lanka believe that the  
government should first defeat  
the Tamil Tigers, and then pro-  
ceed with a political solution.

"The U.S. view," he said, "is  
that the government could further  
isolate and weaken the LTTE  
[Tamil Tigers] if it articulates now  
its vision for a political solution.  
This would reassure more than  
200,000 thousand internally dis-  
placed persons now in the [north-  
ern] Vanni [district] that they can  
move south, and aspire to a bet-  
ter future." This would also dis-  
prove the Tamil Tigers' claim that  
they are the sole representative of  
Sri Lanka's Tamils, and help dis-  
suade Tamils in the diaspora from  
funding the Tamil Tigers.

Ambassador Blake also noted  
that "the U.S. believes that an  
improvement in the human rights  
situation - that has disproportion-  
ately affected Tamils - would help  
hasten reconciliation, and give  
Tamils a greater sense that they  
will enjoy a future of hope and  
dignity within a united Sri Lanka."

#### Maldives Elections

**Voice of America Editorial,  
Reflecting the views of The  
US Government**

The Republic of Maldives held  
the second round of its first multi-  
party elections on October 28.  
Mohamed "Anni" Nasheed was  
elected president of the Indian  
Ocean nation, which is comprised  
of more than 1100 islands and has  
a population of about 370,000.  
Eighty-six percent of the country's  
more than 209,000 registered vot-  
ers cast their ballots.

The elections bring to a close  
President Maumoon Abdul  
Gayoom's 30-year rule. "In the life  
of a democracy this is a great  
example by Maldivians," said  
President Gayoom. "I accepted  
the will of the people," he said.  
President-elect Nasheed said  
Maldives "has courageously  
embarked on a momentous jour-  
ney."

U.S. State Department spokes-  
man Sean McCormack issued a  
statement expressing the U.S.  
government's congratulations to  
the Maldives people on the elec-  
tions. The results, he said, "mark  
a historic milestone in the transi-  
tion to political pluralism for  
Maldives." Mr. McCormack noted  
that the election "is the culmina-  
tion of decades of effort, including  
four years of work to rewrite the  
Maldives' constitution, introduce a  
multi-party system, and conduct  
free and fair elections."

President Gayoom's commit-  
ment to introduce political reforms  
in June 2004 was widely wel-



**Mohamed Nasheed addresses  
media in Male, Maldives,  
29 Oct 2008**

comed. In June 2005, the nation's  
parliament, the People's Majlis,  
unanimously voted to legally rec-  
ognize political parties. In March  
2006, the government introduced  
a "Roadmap for Reform", and sub-  
sequently introduced several bills  
in parliament. In August 2007,  
voters decided via referendum  
that the Maldives' new constitu-  
tion should provide for a presiden-  
tial system of government. The  
final version of the new constitu-  
tion was completed in June of this  
year and ratified by President  
Gayoom in August.

"The United States commends  
President Gayoom for bringing  
greater prosperity and democracy  
to the people of Maldives," said  
U.S. State Department spokesman  
Sean McCormack. He said the U.S.  
congratulates President-elect  
Nasheed on his victory, and looks  
forward "to working together to  
maintain the strong friendship and  
cooperation between Maldives  
and the United States."

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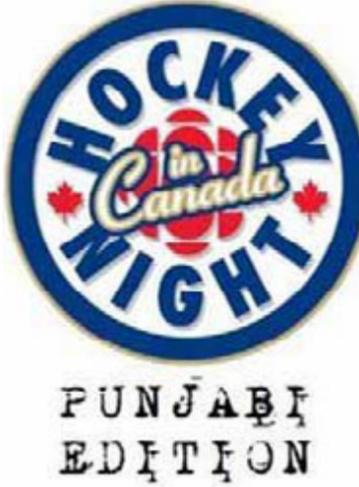
# Canada Newslines

## CBC's Hockey Night In Canada Select NHL Games in Punjabi Available on Rogers Digital Cable

Customers of Rogers Digital Cable can now enjoy 55 NHL games broadcast in Punjabi from CBC'S HOCKEY NIGHT IN CANADA 2008-2009 regular season schedule, including the 57th NHL All-Star Game in Montreal on Sunday, January 25th, 2009. Rogers will be offering these games FREE for all Digital Cable customers with a digital receiver in Ontario and New Brunswick on digital channel 401\*. Parminder Singh, host of OMNI Television's Punjabi-language program Chardi Kalaa, will handle the play-by-play for the Punjabi language broadcasts. He will be joined by Harnarayan Singh, a freelance

radio reporter with CBC Radio in Calgary, who will be the analyst on the games. Both also provided play-by-play for the Punjabi language broadcasts during the 2008 Stanley Cup Finals. Customers without a Rogers digital receiver wishing to tune in to the games should contact 1-888-ROGERS1. Customers with a digital receiver simply turn to Channel 401 and enjoy the game.

\*NOTE: digital channel 401 will only have CBC's Hockey Night in Canada in Punjabi during the respective games. Customers will see "Sports Preview Channel" content when there are no games in progress. The complete 2008-



2009 schedule can be obtained from Rogers.

## Statement by the Hon. Jason Kenney, PC, MP, Secretary of State on Diwali

As Secretary of State (Multiculturalism and Canadian Identity) and on behalf of Prime Minister Stephen Harper, I extend best wishes to people in Canada and around the world who are celebrating Diwali-the Festival of Light.

Diwali celebrates light's victory over darkness and the triumph of good over evil. Family, friends, and community join together to reflect on the past and look forward to the future.

This is also an excellent time for people in Canada to recognize the significant contribution that Indo Canadian culture and tradition have made to the strength of



our diverse and vibrant communities.

It is my great pleasure to wish everyone a Happy Diwali.

**Namaste.**

## Canadian Companies demand FTA with India

Canadian companies have demanded Free Trade Agreement (FTA) with India to enhance economic and political ties between the two countries.

"India is one of the largest and fastest growing markets in the world. We need India more than India needs us," Gary M Comerford, Senior Vice President of Sun Life said.

"Serious efforts should be made to accelerate the process to finalise the FTA that will enhance Canadian companies' access to the vast Indian market and further strengthen bilateral trade

and investment relations," Comerford said recently.

He was delivering a lecture on the success story of Sun Life in India at a meeting organised by the Canada India Business Council and Ontario Bar Association.

Urging Canadian companies to investment in India, Comerford said "Do not go to India unless you have a strategy, and you are focused, determined, prepared, and have a lot of patience."

Cliff Sosnow, international trade expert with one of Canada's largest law firm, Blake, Cassels

and Graydon, said that the FIPA agreement should be followed by a free trade agreement so that Canada-India trade relations were strengthened and move to a higher plateau.

He said "In the current economic situation, the threat of much slower global trade appears to be real. It is important India and Canada should sign free trade agreement to keep a crucial engine of growth running as it braces for fallout from the global financial crisis."

[PTI]

## Margosa Credit Union is now Open for Retail Banking Services

Margosa Credit Union, the first of its kind for the Sri Lankan community, has opened its doors for retail banking services to its customers.

The services currently offered are:

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- Cash services
- Wire services
- Acceptance of Cheque Deposits

The current office hours are from 9.30 a.m. to 5.30 p.m. The hours may change in the near future to serve customers better.

## Telephone call with Prime Minister of India, Dr. Manmohan Singh - Nov 3, 2008



Prime Minister Manmohan Singh and Prime Minister Stephen Harper spoke on November 3, 2008. PM Harper began by offering Canada's heartfelt condolences for the victims of the October 30th terrorist bombings in Assam, from where PM Singh had just returned.

The two Prime Ministers discussed the global financial crisis and the meeting of G20 leaders and heads of the UN, IMF and

World Bank on November 14-15 in Washington. As part of this exchange, the two leaders underscored the need for real dialogue and unity among the G20 nations at the Washington meeting, in order to send a strong signal to the global market. PM Harper and PM Singh also discussed several bilateral matters, noting the great depth and breadth of the long-standing relations that exist between Canada and India.

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# Monsoon Newsline

## Maliban Lemon Puff recalled in Canada

Maliban Lemon Puff recalled in Canada

Canadian authorities have recalled biscuits from Sri Lanka contaminated by the toxic chemical melamine. The Canadian Food Inspection Agency (CFIA) said Maliban Lemon Puff biscuits manufactured in Sri Lanka have higher concentration of melamine than the government set standards.

Speaking to BBC Sinhala language service, Food Security and Recall specialist of CFIA, Garfield Bolsam said melamine was found in the samples tested by the agency. "The product was recalled from two provinces in Canada" he added. According to the Canadian agency the biscuits were manufactured in August this year.

"We have confirmation that our products do not have any kind of melamine", Luxman Weerasuriya, Chief Executive Officer of Maliban Biscuit Manufactories Limited told BBC

Sinhala language service. He said that it has been confirmed by the CCFR Technology Ltd in UK and also by the Health Science Authority in Singapore that Maliban Lemon Puff Biscuits are not contaminated. Luxman Weerasuriya also added that the documentation has been forwarded to the Canadian CFIA for review.

The CFIA in Canada has listed seventeen products that have been recalled since the ban. Eleven of those are biscuits, cakes and dairy products manufactured in China. Apart from the Maliban Lemon Puff biscuits other products were from Taiwan, Macau, Malaysia and Hong Kong.

The food inspection agency says that it will continue to update the list depending on investigations. CFIA says that it is prepared to take further steps to protect consumer health in Canada.

[sandeshaya]

## Kilinochchi snakebite victims crowd small clinic for care

Daily upto 20 snakebite victims from the internally displaced persons (IDPs) are being brought to the Dharamapuram Medical Clinic for life saving urgent treatment, according to the Kilinochchi District Medical and Health Services officer Prathap Nayagam Brighton.

The Dharamapuram Clinic is primarily a Child Birth Centre and lacks space and facilities to see such large number of patients.

Kilinochchi is a Tamil town besieged by Sri Lanka armed forces, forcing thousands of civilians to find shelter in surrounding uncleared land amidst jungle areas.

Tamil Daily Thinakkural has quoted Kilinochchi Medical and Health officer's grim situation details on its website from his interview with the BBC Tamil Service.

He said snakebite victims have to be treated within an hour or two to avoid fatalities. But even on Friday Oct 17th a two year old baby girl succumbed to a venomous snakebite, he said. Most are victims of a poisonous snake called 'kanndan karuvai', according to the Kilinochchi Medical and Health officer.

Dr. Prathap Nayagam Brighton further said, there is a spike in the number of patients seeking urgent care at the Clinic. He said about 300 patients are in the clinic for long term care while about 900 come daily seeking outpatient



care. He pointed out there is no adequate space and facilities to provide needed care for such a large number of patients.

Several areas in Kilinochchi outskirts are infested with poisonous snakes. Many IDPs are living in here in open and previously uninhabited areas. Snakes had taken residence in the ant hills in the region, but when people began to farm and started using chemical and fertilizers, the snakes had disappeared. However interruption in cultivation due to war and shortage of fertilizers as they are a restricted item by Sri Lanka military, the snake population has multiplied.

There is also rise in diarrhea and related illnesses. Medicines to treat these patients are also in short supply due to restrictions.

## Barak Obama Googled Sri Lanka's conflict a year ago

"The problem of the 20th century, was the problem of the colour line," said now elected as America's 44th President - Barak Obama, answering a question on race, posed by Eric Schmidt of Google, when Obama went to Google headquarters at Mount View main campus to unveil his programme on technology.

"Now, if you expand that....the problem of the 21st century is the problem of the "other"..... "People who are not like us," explained Barak Obama when he was invited

in November 2007 as a candidate for Democratic presidential nominations, to a packed house of Googlers in T-shirts.

He then went on to explain, "In latest terms, if you go to Sri Lanka, what's been fueling a vicious civil war there, even though every one looks like exactly the same.....same in Northern Ireland...."

"So....part of what I believe I bring to this office is some body who tries to see the world with a variety of different races. My

mother was white. My father was African. I grew up in Hawaii. I have a sister who is part Indonesian. She's married to a Chinese Canadian.... We are able to see the world through other people's eyes. And that's what I think, I can provide....," Obama said in his discussion that was called a 'fire side' chat with Eric Schmidt, after his half hour plus speech that covered almost every topic.

## Asian Connections Newspaper was awarded the most representative News paper of the South Asian community

Asian Connections Newspaper was awarded the most representative News paper of the South Asian community by the National Ethnic Press and Media Council of Canada on Thursday, Oct 30'2008. Asian Connections Newspaper was awarded in

the Press and Media category for its Contents and Design. Media Director of Asian Connections received the award from Lt. Governor of Ontario Honorable David C. Onley at Lieutenant Governor's Suite, Ontario Legislative Building.

The award ceremony was attended by politicians in the three levels of government, officers and members of the Council and their families, and guests. "With its policy of fair and fearless Journalism, Asian Connections has made a mark for its independence and courage to report on issues which matter the most to the readers. Also working on their motto of Connecting People, Asian Connection has always strived to give balanced views and news

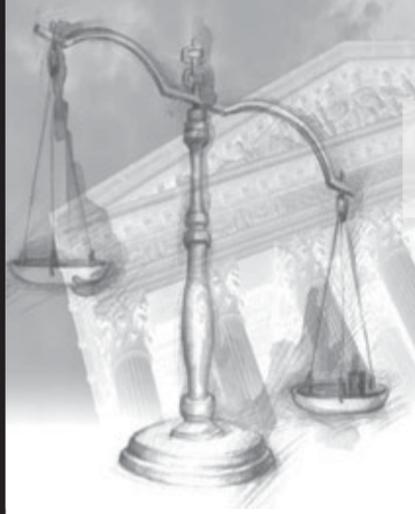


Ontario's Lieutenant Governor His Hon. David C. Onley confers the Award to Asian Connections Newspaper for being the most representative newspaper of the South Asian community in Canada.

with visuals that appeal to the readers", says Raina Sen.

Asian Connections Newspaper was launched on Sept 7th 2007 and in spite of being considered to be a young publication it has managed to gain the respect and trust of the members of the Canadian Indian community. Asian Connections is considered as pre-eminently the mouthpiece of the South Asian communities and yet

emphasizes its Canadian aspect. "The dedicated and focused team of Asian Connections Media Group has always worked towards making the paper appealing to readers of all age groups. The paper represents the community, they have always welcomed unbiased views and opinions from people of the Canadian-Indian community irrespective of their age", says CEO Ranbir Chauhan.



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# Monsoon Newslines

## Governor General of Canada voices for UN human rights office in Sri Lanka

"We strongly support the presence of the Office of the UN Commissioner for Human rights in Sri Lanka with a full mandate to report on the human rights situation", said The Governor General of Canada, Michaëlle Jean on the occasion of the presentation of credentials by Daya Perera, the new High Commissioner of Sri Lanka to Canada, on Oct 22nd. "It is important to ensure that civilians in conflict zones are protected, that they have access to humanitarian organizations, and that their human rights are respected", she said while conveying deep concern of her government "over the future of the Sri Lankan people".

The Governor General of Canada is the Head of State of that country, who is formally appointed by the British Monarch on the advice of the Prime Minister of Canada, who is Head of Government.

Mr. Daya Perera is a President's Counsel lawyer who earlier served as Sri Lanka's permanent representative to the UN in New York.

The Governor General of Canada, Michaëlle Jean, born in Port au Prince, Haiti, immigrated to Canada in 1968 with her family fleeing the dictatorial regime of the time, was a highly regarded journalist and anchor of information programs at Radio-Canada and CBC Newsworld. She has won numerous honours for reports of journalistic investigation. Michaëlle Jean became Canada's 27th governor general in 2005.

Full text of the official news release by the Office of the Secretary to the Governor General follows:

Her Excellency the Right Honourable Michaëlle Jean Speech on the Occasion of the Presentation of Credentials (Sri Lanka, Moldova, Andorra), Rideau Hall, Wednesday, October 22, 2008:

It gives me great pleasure to welcome you to Rideau Hall, especially at this time of the year, when the vibrant colours of fall are on such brilliant display.

We have come together this afternoon in the spirit of sharing, dialogue, and reconciliation among peoples, and I am delighted to be here with you.

Our perspective-long limited to our own village, region or country-has now expanded to global proportions. This openness calls for greater solidarity and more co-operation and opportuni-

ties for partnership. The actual economic crisis calls for more solidarity than ever and shared perspectives on possible solutions.

Furthermore, through our membership in the Commonwealth, Canada and Sri Lanka have strong bilateral ties.

In fact, Canada is home to 200 000 Canadians of Sri Lankan descent who are helping to make our society more dynamic and prosperous.

Of course, our friendship with the Sri Lankan people extends far beyond the diplomatic arena. Following the tsunami that devastated the region in December 2004, Canadians reached out to your people, offering unprecedented levels of assistance to support the relief, recovery and reconstruction efforts.

High Commissioner Perera, we are deeply concerned over the future of the Sri Lankan people. We hope to be able to continue supporting your government in its efforts to find viable solutions to the ongoing conflict, solutions that will fulfill the aspirations of your fellow citizens, regardless of language, religion, or ethnicity.

Canada believes it is important to ensure that civilians in conflict zones are protected, that they have access to humanitarian organizations, and that their human rights are respected.

We strongly support the presence of the Office of the UN Commissioner for Human rights in Sri Lanka with a full mandate to report on the human rights situation.

It is my understanding, Excellency, that your government is preparing to offer Sri Lankans services in Sinhalese and Tamil.

Canada has a great deal of experience with bilingualism, and I can assure you that we would be more than happy to share that experience with you during your mandate here in Canada.

Each of our countries could benefit from the best practices of the other as your country begins to make these services available.

The French language took root in Canada and is one of our official languages, which is how we came to be a part of the extended family of La Francophonie, to which Moldova also belongs.

Canada is delighted to have hosted a delegation from the Republic of Moldova at the Sommet de la Francophonie, which was held in the City of Québec as part of the 400th

anniversary celebrations and which just came to a close.

Ambassador Chirtoaca, Canada enjoys a solid bilateral relationship with the Republic of Moldova and hopes to strengthen its ties with your country, notably within the context of the Organisation internationale de la Francophonie (OIF) and the Organization for Security and Co-operation in Europe (OSCE).

And like the OSCE, we hope for a peaceful solution to the conflict in Transnistria.

We are certain that multilateral efforts like those deployed by the OSCE are the best solution.

I believe that the time has come to rethink the world in terms of the values we share and stop focusing on the borders that separate us.

The collaboration between Canada and the Principality of Andorra is an example of that willingness to share.

Ambassador Font Rossell, we are so pleased that a delegation from the Principality of Andorra also took part in the Sommet de la Francophonie this past weekend.

We are delighted to be able to work with you as part of that organization and to know that we can count on your support in various international forums, including the United Nations.

Moreover, we are grateful for the Principality of Andorra's support for Canada's membership on the United Nations Human Rights Council, the nomination of Ambassador Philippe Kirsch to the International Criminal Court, and Vancouver's bid to host the 2010 Olympic and Paralympic Games.

For its part, Canada is pleased to have supported the Principality of Andorra's bid to become a member of La Francophonie and is proud to support its bid to join the World Trade Organization.

I have no doubt that each of you will inject new vigour into the trade, diplomatic, cultural and social relations that unite us. You can henceforth count on the friendship and support of Canadians to forge and facilitate what we hope will be lasting ties. And so I urge you to take the opportunity to meet with them. You will find that they are open and share your hopes for peace, freedom and prosperity.

And you will discover that Canada contains the world and that we Canadians treasure our diversity, for it brings us unlimited possibilities.



[Her Excellency the Right Honourable Michaëlle Jean, C.C., C.M.M., C.O.M., C.D., Governor General and Commander-in-Chief of Canada inspects an Armed Forces parade at the Ottawa International Airport, July 2, 2008-Pic: Bruce MacRae]

You will see that the rule of law, respect for human dignity, equality between men and women, freedom of speech and the responsibility to act, good governance, and sustainable development are all values that we are committed to promoting, here at home and around the world, and that they are part and parcel of what our citizenship means to us and the role we want to play in the world.

Continuing our dialogue,

strengthening our ties and working together toward a common goal: this is what we should focus on throughout your mandate, strong in the friendship that binds us.

I believe profoundly in diplomacy at the human level, in friendship, dialogue, sharing and solidarity.

So let us work together on these premises, guided by the friendship, dialogue, sharing and spirit of solidarity that unite us.

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# Monsoon Newsline

## Kamal Haasan says no to birthday celebrations

In a letter to his fans, actor Kamal Haasan appealed to refrain from celebrating his birthday on Nov 7th.

The letter, addressed to all the members and card holders of "our welfare association," says that that "an individual's birthday loses credence or importance when genocide is practiced in our neighbouring island with renewed vigour." He was referring to the on-going conflict in Sri Lanka.

"Human civilization is 10,000 years old. It is not a job completed but a work in progress. Wars around the world are clear indica-

tions of this fact. Language, colour, caste or creed can no more be used as excuses for intolerance," the letter adds.

Mr. Haasan further admitted that though he was not qualified to offer solutions to the Sri Lankan problem, he "was sensible enough to refrain and restrain you from celebrations," and urged his fans to redirect their energies and enthusiasm towards human compassion on his birthday.

He ended the letter thus: "Many are dying for a reason so unbelievably simple. They speak the same language "Tamil" as I



do. If my birthday can be used as a tiny fulcrum to leverage public opinion against this genocide, apart from the honour of gaining your love, I would have one more reason to be proud of my birth."

## "Superstar" Rajinikanth wants equal rights for Sri Lankan Tamils

"Superstar" Rajinikanth directly addressed Sri Lankan President Mahinda Rajapakse and called onto halt the war that is killing many innocent ordinary civilians for so many years. He said stopping the war is good for everyone. He pointed out that even with a powerful army, navy and air force, Sri Lanka is unable to win the war.

Rajinikanth, a "Superstar" with mass popularity around the world, delivered his remarks in his distinguished stylized delivery of dialogue, on Friday, Nov 1st in Chennai at the Tamil film fraternity fast showing solidarity with Tamils in Sri Lanka. Apart from film career, Rajinikanth is well known for philanthropy and also has a notable political influence. His latest movie 'Sivaji' was mega hit around the globe.

English translation of "Superstar" Rajinikanth's speech:

Rules and mankind

I am speaking here amidst several rules in place on speaking and expressing our sentiments. But I believe the efforts of this event are success today only due to this self imposed rules. Without rules mankind cannot succeed or achieve anything. I thank the organizers for a wonderful job in arranging this event to show consciousness in a thought provoking manner.

Melody to ears

Many distinguished guests spoke here. Many things could be said about this matter. And I

thank every one of them.

I have met many Tamils from there, here and abroad. Even when they scold in their accent of Tamil dialect, it sounds melodious and musical. Not only their dialect. They are a wonderful people to be in company with. But it is a heart wrenching situation to see these people are forced to live away in other nations from their home country. Everyone here is aware of this.

Halt the war

They fought for their equal rights. They took up arms for this purpose. We all say that our Central and State Governments must take action, serious efforts to halt the war.

The actions and the voice we all raise will reach the President of Sri Lanka - Rajapakse and must be heard their Parliament. I only have one thing to tell them. The Tamil people only asked for equal rights there. You didn't grant those rights. They are fighting for it now.

Three decades of war

You have the facilities and comfort of all three forces. Not two, five or ten - for thirty - thirty five years you have been unable to break them. What sort of fighters you have? Are these really 'men' fighting in your armed forces? You are unable to accept your defeat. Because, for you, it is a question of ego. Accept the truth and grant them equal rights.

Seeds of Tomorrow



"Superstar" Rajinikanth at the Nov 1st fast Chennai

When poor and innocent people of suffer, a country will never improve. Children, women and elders are suffering in their own soil. Ordinary people must not be allowed to suffer in any country. The people there are dying in large numbers for the past several years. Do you think their dead bodies are just being buried; no they are being planted into the land. Even if you wipe them all out in your war, understand these seeds will grow again tomorrow!

Halt the war, without putting thy self in the forefront, without thinking about I - my and mine. If you don't agree, countries must take effort to make you understand.

## Thousands take part in human chain despite rain in Chennai



Students forming a human chain to express solidarity with Sri Lankan Tamils

Braving heavy rain, leaders of various political parties and thousands of people raised slogans and carried placards, as they formed a human chain to demonstrate support for the Sri Lankan Tamils and to press for India's intervention to stop the military

offensive against the Tamils, on Friday Oct 24th.

Chief Minister M. Karunanidhi, who gave the call for the human chain, visited the starting point opposite Chennai Collectorate and travelled up to Pallavaram.

## India's Technology Industry Fears Cuts in Outsourcing from US

By Anjana Pasricha

Over the last decade, Indian companies have flourished as overseas companies outsource work such as sales calls, technical help desks, accounting and software development to India. The country's huge pool of English-speaking graduates and software engineers work at a fraction of the wages paid in the West, helping to cut down the cost of doing business.

But there is some uncertainty if work will continue to flow from American companies at the same pace under a new U.S. administration. During his campaign, Senator Barack Obama said he will give incentives to companies that create jobs at home, and stop giving tax breaks to those that ship jobs overseas.

Indian finance minister, P. Chidambaram, remains optimistic that India's outsourcing sector will not be impacted.

"A comment here or a comment there about outsourcing etc. should not bother us," he said. "Once he is in office, he will realize that in an interconnected world, countries have to work together."

However, some industry analysts fear that U.S. businesses, already battling an economic crisis, will reduce work sent to countries

like India. Much of the work is farmed out by clients in the banking, financial services and insurance sector - many of which are hit hard by the financial meltdown.

Others are optimistic that any slowdown in outsourcing will be short lived. The president of Business Process Industries Association of India, Samir Chopra, says eventually economic pragmatism will prevail, ensuring that outsourcing continues to flourish.

"There is a little bit of uneasy wariness in this entire process, but it going to be very short term. Eventually what would take over is the economics of the business ... they would have to necessarily outsource to reduce the absolute cost of doing business. So outsourcing definitely would bounce back," said Chopra.

Nearly 400 of the world's 500 largest companies outsource some work to India - and a large chunk of this comes from U.S. clients. Rapid expansion in recent years has helped the technology and outsourcing sector's earnings to grow to \$50 billion annually. But in recent months, growth has begun to slow, and many IT and outsourcing companies expect lower profits this year.

[voa news]

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# Monsoon Health



## Diabetes

November 14 has been declared as World Diabetes Day, introduced in 1991 in response to the alarming rise of diabetes around the world. It is the world's fourth leading cause of death with numbers increasing daily, and affects an estimated 246 million people globally. More than two million Canadians have this disease. How does it impact you?

Most likely you have a family member who suffers from this disease. If you are of Aboriginal, Hispanic, Asian, South Asian or African descent, you belong to a high risk race. If you are over-

weight, it is especially important to be aware of the disease, symptoms and risk factors.

If left untreated or improperly managed, diabetes can result in a variety of complications, including heart/kidney or eye disease, impotence or nerve damage. The first step in preventing or delaying the onset of these complications is recognizing the risk factors, as well as signs and symptoms.

So that's the bad news...

Our body produces energy by converting foods such as sugar, bread and rice into glucose. Insulin is a hormone produced by the pancreas, responsible for

maintaining the appropriate glucose level in our blood. Those who suffer from Type 1 Diabetes do not produce insulin. They usually develop symptoms before the age of thirty and the cause is often not clearly defined. Those with Type 2 Diabetes have a pancreas that does not produce enough insulin, or their body does not properly use the insulin it makes. If you have Type 2 Diabetes, glucose builds up in your blood instead of being used for energy. High glucose levels lead to medical complications.

Signs and symptoms of diabetes include unusual thirst, frequent urination, weight change (gain or loss) or extreme fatigue.

The good news is...

With proper management and maintenance of appropriate glucose levels, you can lead a long, healthy life. If you are over 40, from a high risk race, family history and/or overweight, it is important to get tested at least every three years. Once diagnosed, it is essential to understand the disease and the factors that minimize further complications. Monitoring and controlling an appropriate level of glucose in your blood is important. Diet, therefore, is crucial in contributing to this factor. Understand that most of the foods in our culture

By Mithura Anandarajah, PT  
Registered Physiotherapist



consist of carbohydrates, all of which gets converted to sugar. Exercise and leading a healthy, active lifestyle also becomes an important factor. Exercise and activity burn energy, which in turn decreases the level of glucose in your blood. Medication which may include insulin can be used to regulate your sugar levels in

your blood.

Take action...

It is important that you discuss your risk factors with your family physician, get tested and appropriately treated if necessary. Watch your diet and get physically active. On November 14, became aware, educate those around you and take action.



**Mithura Anandarajah, PT, CAFCI**  
Clinical Director / Physiotherapist

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I will work hard and do my best to be a Member you can be proud of.

Thank you again for your support.

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# Scarborough Hospital opens new Central East Musculoskeletal Assessment Centre (CEMAC)



Physiotherapist Janet Law performs a comprehensive assessment on a patient's knee



Eleanor Mooney, third from left, who was the first patient in the new Central East Musculoskeletal Assessment Centre (CEMAC) at the Grace campus, helps cut the ribbon to officially open the facility. Mooney is joined by, from left, James Meloche, Senior Director, Planning, Integration and Community Engagement for the Central East LHIN, Councillor Chin Lee, Dr. Ali Pervez, Susan Evans, Vice President at The Scarborough Hospital, and MPP Gerry Phillips



Staff at the Centre: Fernanda Suck, Katherine Castrinos, Elaine Laine, Wendy Abbas, Joanne Villafloor and Janet Law



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# Monsoon Features

By: S. Balachandran

## The Spiritual Leader- Bhagawan Sri Sathya Sai Baba

"This article is published as Bhagawan Sri Sathya Sai Baba's 83rd Birthday celebrated On Nov 23rd all over the world. Sri Sathya Sai Baba Centre of Scarborough is celebrating Swam's birthday on Sunday Nov 23 rd at Metropolitan Centre (Finch/Kennedy). More info contact 416-609-1558/416-609-2525.

### Who is Sathya Sai Baba?

"Yes, I am God. And You too are God. The only difference between you and me is that while I am aware of it, you are completely unaware." This has been the response of Bhagawan Sri Sathya Sai Baba to people who question Him about His identity and divinity. This is the basic spiritual truth that Sai Baba is ceaselessly striving to inculcate in the mind of every man. Anybody who has been a witness to His miraculous powers and illuminating wisdom, and experienced His pure love would know that He is demonstrating to one and all what God is, and therefore, what man potentially and inherently is.

Bhagawan Baba's life has been an unending saga of pure selfless love. Millions of His devotees all over the world believe that He is an 'Avatar' (Divinity incarnate), the descent of God in human form. Speaking about the purpose of His advent, Bhagawan Baba says, "Sai has come in order to achieve the supreme task of uniting the entire mankind as one family through the bond of brotherhood, of affirming and illuminating the Atmic (Spiritual) Reality of each being, to reveal the Divine which is the basis on which the entire cosmos rests, and of instructing all to recognize the common Divine Heritage that binds man to man, so that man can rid himself of the animal in him and rise up to the Divine which is his goal."

Bhagawan Sri Sathya Sai Baba is an integral manifestation who combines two very significant roles. Firstly, He is a great spiritual master, famed for His simple and sweet exposition of the greatest and most intricate of spiritual truths which form the fundamental teachings of all the religions of the world. Talking about His mission, Bhagawan declares "I have come not to disturb or destroy any faith, but to confirm each in his own faith, so that the Christian becomes a better Christian, the Muslim a better Muslim and the Hindu a better Hindu." His formula for man to lead a meaningful life is the five-fold path of Sathya (Truth), Dharma (Righteousness), Shanthi (Peace), Prema (Love) and Ahimsa (Non-Violence). Love for God, fear of sin and morality in society - these are His prescriptions for our ailing world.

Secondly, He is an inexhaustible reservoir of pure love. His numerous service projects, be it free hospitals, free schools, free drinking water or free housing projects, each one stands as a testimony to His selfless love and compassion for the needy and less privileged. True to His declaration - "My Life is My Message," He has inspired and continues to inspire millions of His

devotees worldwide, by His personal example; to live the ideal that service to man is service to God.

### Birth

Bhagawan Sri Sathya Sai Baba was born on the 23rd day of November 1926, at a quiet little village, Puttaparthi, in the South Indian state of Andhra Pradesh, then a part of the Madras Presidency. The year was Akshaya, the Never-declining, and the Ever-full. It was the time of sunrise; and, the villagers were chanting the names of Lord Shiva, remembering that the day was still Karthika Somavara, a Monday of the Holy Month of Karthika, devoted to the puja (worship) of Shiva. That day was made even more auspicious for Shiva worship, because the ascendant star was Ardra (the star of Shiva). On this day, when these rare and propitious signs came together, the people thronged the temples of the Lord to offer special pujas and pray for His benediction.

### Signs of the Descent

Meanwhile, mysterious indications of the impending incarnation occurred in Pedda Venkama's house. For example, there was the twang of the tambura! Since the brothers and the father were all interested in the village operas, there was a big tambura (a string instrument) and a maddala (drum). As the birth of the Son for whom Mother Easwar-amma prayed, announced itself as imminent, the house was awakened at midnight, and sometimes even later, by the tambura twanging automatically, and the maddala beating rhythmically as if an expert Hand was playing on it! One Shastri (Vedic scholar), whom Pedda Venkama Raju approached for an explanation, said that it was an auspicious occurrence: it meant the presence of a Shakthi, a beneficent Power, conferring harmony, spiritual elevation and joy.

### The Sun rises above the horizon!

The Mother had also just finished her Sathya Narayana Puja in accordance with her vows, for, even while she was going through the final rituals, the pangs forewarned her. When Easwaramma announced the pangs, word was sent to the mother-in-law, Lakshamma, the pious lady of the house; but, it became known that she had gone to the house of the priest to perform the Puja of Sathya Narayana; the messenger discovered her there and urged her to return; but she was so confident of the Grace of Sathya Narayana, so steadfast in her devotion, so disciplined in her religious adherence, that she refused to be hustled! She sent word that she would bring with her the sacred offerings after the Puja and that on no account would she allow her prayers to be interrupted! She finished the entire ritual with full concentration, came home and gave her daughter-in-law the flowers and the sacred water. Easwaramma partook of the bless-



ings of the Lord. Next moment, the Lord was born and the Sun rose above the horizon!

### Sathyanarayana Raju

A very significant event occurred soon after the birth of the child, which revealed the divinity of the baby. One day, it was noticed that the bed of clothes on which the baby was lying was being moved up and down in a peculiar way by something underneath. They watched with bated breath and when they looked under the bed they found a cobra underneath! The snake was playing the role of Sessa to the Seshasai! [Sessa, according to Hindu belief, is the serpent on whose bed of coil Lord Vishnu rests.]

The baby was named Sathyanarayana because there seemed to be a significant relationship between the worship to that God and the realization of the mother's cherished desire. When the Namakaranam (Naming Ceremony) was performed and the name was whispered in the ear; it seems the baby smiled, for the suggestion to give that name must have emanated unobtrusively from Itself! The embodiment and exponent of Truth could not give Himself a more appropriate name.

### The Pandhari Bhajan group

When He was about ten years of age, Sathya formed a 'Pandhari Bhajan' group in the village of Puttaparthi. The group consisted of about sixteen to eighteen boys dressed uniformly in ochre clothes, holding each a flag in the hand and wearing jingling anklets. They all danced to the tune of folk-songs and ballads, describing the yearning of pilgrims for Lord Panduranga's Darshan. He also added some Bhagavatha songs of his own. It was noticed that he added to these traditional themes, songs on a pilgrimage to a new shrine of which no one had heard, and the majesty of a new Deity of whom they had not even the faintest idea, Shirdi and Sai!

Moreover, it was observed that when an infection of cholera swept like a poisonous miasma over the area and wiped out entire families in the surrounding villages, Puttaparthi did not feel the blast of death. Wise men told one another that the Divine Atmosphere generated by the Bhajan group was

responsible for saving their lives.

### First Signs

#### At Uravakonda

Sathya was also sought after by people who had lost articles of value, for He had brought with Him to Uravakonda the reputation for intuitive perception, which revealed to Him the place where anything was! Baba says that in those days, He used to give His friends only the first and last letters of the names of the persons with whom the lost articles could be found. He left them with their own resources to recover the goods.

Sathya then moved to Uravakonda for further studies. On March 8, 1940, the whole town was shocked to hear that a big black scorpion had stung Sathya in the twilight hours of the evening. However, Sathya slept that night without any sign of pain! Everyone felt relieved, only to become anxious once again when the next evening, Sathya fell unconscious and became stiff; He would not speak and breathing appeared faint. Seshama Raju brought in a doctor, who gave an injection and left behind a mixture. Sathya was apparently unconscious throughout the night. The doctor came again in the morning and declared that the boy was out of danger!

An incident happened in the night which showed that Sathya was not 'unconscious' but, that He was actually supraconscious! Someone suggested that the local deity be propitiated, because the condition of the boy may be due to some evil spirit that possessed Him. So, volunteers hurried to the temple and offered worship, placed flowers and incense, and broke a coconut at the altar. At that very moment, Sathya, who was to all intents 'unconscious', said, "The coconut has broken into three pieces," and when the volunteers came home with the offerings, they had with them three pieces and not the usual two!

Sathya got up in a day or two and began to behave in an extraordinary way. Baba has said that He Himself initiated the process of manifestation, for He could not wait any longer, playing about as a mere boy, with 'brother' and 'sister' and 'classmates' and other secular bonds. He wanted to demonstrate that He was beyond both 'Visha'

and 'Vishaya', that neither the poison of the scorpion nor worldly attractions could ever affect Him.

### Divine Fortitude

The parents were beside themselves with worry at the condition of Sathya; He sang and spoke and behaved in such a queer manner. It was all so mysterious. At that time, someone gave information to the worried parents that there was an expert exorcist before whom no evil spirit dare wag its poison tail! He will cure Sathya perfectly and make Him fit to go to school, they assured.

The exorcist was a gigantic figure, terrible to behold, with blood-red eyes and untamed manners. He tried all his craft which he dared not experiment even with strong adult patients! For example, he shaved the head of the boy and, with a sharp instrument scored three 'X' marks on the scalp, from the top towards the forehead.

Sathya sat through the pain without wilting. With the scalp injured and bleeding with those markings, the witch doctor poured on the open wound the juice of lime, garlic, and other acidic fruits. The parents who were watching the proceedings in utter despair were surprised, for there was not even a tear, or a gasp of pain from the boy! But the exorcist was unrelenting and put the boy through even more terrible trials until the parents could bear to see it no more. They wanted to save the boy from the jaws of that Yama (God of Death) in human form; they had seen and suffered enough. When asked later as to why He chose to go through this horrendous adventure, Bhagawan remarked, "Even after seeing all that fortitude and the miracle of a little boy passing unscathed through all that terror, even now, you are not convinced that I am Baba; how then would you have reacted if I just made the announcement one fine day? I wanted to make known that I am Divine, impervious to human suffering, pain or joy."

On 23rd May 1940, Sathya rose as usual, but after sometime, He called the members of the household around him, gave them sugar candy and flowers taken from nowhere. At this, the neighbors too rushed in. He gave them each a ball of rice cooked in milk, flowers and sugar candy concretized by a mere wave of hand. Meanwhile, Venkama Raju came and he was incensed by what he thought was a trick, hiding things somewhere and producing them by sleight of hand. He wanted the chapter to be closed before it lengthened into a tragedy. So arming himself with a stick, he accosted Sathya and asked, 'Are you a God, a ghost or a madcap? Tell me!' Prompt came the answer, the announcement, that had held back so long,

"I am Sai Baba" At this Venkama Raju was stunned into silence: the stick slid from his hands. He stood staring at Sathya trying to grasp the implications of that announcement.

Continued in page 18...

# Monsoon Newsline

## Sanyo Canada launches new Internet Radio product

Concord, ON, October 27, 2008 - Fifty-two years after it launched one of the world's first transistor radios, SANYO has unveiled in Canada its new Internet Radio, combining the convenience of Internet radio's plethora of crystal clear channels from around the world with wireless Internet efficacy.

The SANYO Internet Radio R227 with built-in WIFI provides an easy to use Internet audio interface that plays thousands of stations and podcasts from around the world without a subscription fee.

High resolution product images are available at [www.marketwire.com/sanyo/](http://www.marketwire.com/sanyo/)

Perfect for the bedroom, den, kitchen, office, even a hotel room, the Sanyo Internet Radio sports an easy network key entry when used on secured wireless networks. It enables search by country or genre, with eight Internet station presets. It also has an FM stereo digital tuner with eight sta-

tion presets.

"Canada is one of the most multicultural and urban concentrated countries in the world, and the SANYO Internet Radio R227 meets the needs of those radio aficionados perfectly," says Barry Richler, Vice President, Consumer Products, Sanyo Canada.

"Many radio stations in remote parts of the world cannot be consistently received on conventional shortwave radios. Also, it is difficult to receive AM signals in many downtown offices and condominiums.

The problem is easily solved by accessing a station's web stream instead," adds this industry veteran. "As well, you can listen to the eclectic music programming of such FM stations as WFUV out of New York City, or CKUA from Calgary, without having to turn on your computer, or sit at your desk for that matter. It will make you fall in love with radio all over again."

Loaded with clock radio func-

tionality, including wake-to-inter-net or FM radio, the R227 boasts excellent stereo audio with dual speakers.

A simple one-button on/off negates complex computer boot-up, player selection and shutdown issues, as well as provides easy background audio while working on a computer...without having to reboot after those too-frequent updates from software providers.

The unit is quite compact at 215 X 140 X 110 mm/8.6 X 5.6 X 4.4 inches (wxhxd). Complete with remote control, built-in WIFI, Ethernet socket, input for MP3/WMA players, headphone jack, and output to connect to an external audio system, the R227 will be available in Canada by late October, 2008.

It supports such audio files as AAC, AIFF, MP3, RM, WAV, WMA and playlists (M3V) stored on a networked computer. It will be initially marketed in a black wood gloss finish through selected retailers for a very affordable



Fifty-two years after launching one of the world's first transistor radios, SANYO has unveiled its new Internet/FM Stereo Radio. The R227 has built-in WIFI and an Ethernet jack, enabling users to access thousands of stations and podcasts from around the world with countless music and information formats, all without having to pay a fee or use a computer.

MSRP of \$219.99\*.

SANYO Canada, established in 1958, is based in Concord, Ontario (a business suburb north of Toronto). Founded in 1947 in Osaka, Japan, SANYO, which stands for "three oceans," has \$22 billion worldwide in sales.

The company provides a full range of SANYO consumer and industrial products including audio and video, digital cameras, wireless communication, LCD projectors and monitors, security video, air conditioning and home

appliance products. SANYO is also the world's largest manufacturer of rechargeable batteries.

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\* Retailers may sell for less.

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# Monsoon Features

## RBC Royal Bank Opens New Branch At Markham Rd./14th.Avenue

RBC Royal Bank has opened yet another new Branch located at Markham Rd. and 14th. Avenue. The new branch will be the availability of a Bank for the residents closer to their neighborhood. The Bank will provide valuable financial and banking services with a staff team that speaks 13 different languages.

Apart from the retail and business banking services provided, account holders can also have the facility of Safety Lockers. The

Bank is open Mondays-Wednesdays 9.30 a.m - 4.30 p.m, Thursdays- 9.30 a.m - 8.00 p.m, Fridays - 9.30 a.m - 6.00 p.m and Saturdays 9.00 a.m - 3.00 p.m.

Mr. Bala Narayan, who counts several years of Banking experience is the Manager of the new Branch. Long line-ups to open Accounts and to obtain other services were seen on the "soft" opening of the Branch last month.

Seen here are some pictures taken at the opening :



RBC New Branch Manager Bala Narayan with another RBC staff helping new customers



Front view of New RBC Branch



Long line up seen at the opening day on Oct 25th



RBC New Branch Manager Bala Narayan helping customers

## Bhagwan Sri Sathya Sai Baba

Page 16 story continued ...

"I am Sai Baba". But Sathya continued, "I belong to Apasthamba Sutra; I am of Bhardwaja Gothra; I am Sai Baba; I have come to ward of all your troubles; keep your houses clean and pure." The elder brother, Seshama Raju went near him and asked, "What do mean by Sai Baba?" He did not reply but only said this much. "Your Venkavadhootha prayed that I be born in your family. So I came." (There was a tradition in the family, of a great ancestral sage called Venkavadhootha, who was looked upon as a Guru in hundreds of villages around).

The father felt that Sai Baba was a Muslim spirit speaking through the boy and so, he asked, "What are we to do with you?" Prompt came answer: "Worship Me!" "When?" "Every Thursday! Keep your minds and houses pure".

One Thursday, someone challenged Sathyanarayana and asked Him, "If you are Sai Baba show us some proof, now!" Baba replied, "Yes, I shall" and asked for some jasmine flowers. With a quick gesture, He threw them on the floor and said "Look". They saw that the flowers had formed, while falling, the Telugu letters, 'Sai Baba'!

### The Mission Begins

On 20th October, 1940, the day after they all returned from Hampi, Sathyanarayana started for school as usual. However, within a few minutes, He returned to the house. Standing on the outer doorstep, He cast aside the books He was carrying and called out, "I am no longer your Sathya. I am Sai." The sister-in-law came from the kitchen, only to be blinded by the splendor of the halo around Baba's head! He addressed her, "I am going; I don't belong to you; Maya (delusion) has gone; My Bhaktas (devotees) are calling Me; I have My Work; I can't

stay here any longer." When the brother hurried home on hearing all this, Baba only told him, "Give up all your efforts to 'cure' Me. I am Sai; I do not consider Myself related to you."

In spite of repeated pleas, Sathya would not step into that building again. He moved into the garden of the Excise Inspector Sri Anjaneyulu's bungalow, and sat on a rock in the midst of trees. People came into the garden from all directions bringing flowers, fruits, incense and camphor to worship Him. The garden resonated to the voices of hundreds singing bhajans (devotional singing); following the lines of the first prayer that Sri Sathya Sai taught them.

"Manasa Bhajare Gurucharanam Dusthara Bhava Sagara Tharanam"

(Meditate on the Feet of the Guru in thy mind, which will take you across the wearisome sea of Samsara or worldly existence.)

### Sri Sathya Sai Avatar

Today people of all nationalities, professing different faiths, speaking different tongues and hailing from varied walks of life, throng Prasanthi Nilayam, the abode of Bhagawan Sri Sathya Sai Baba, to see the God that they worship, in flesh and blood. For has He not affirmed in a Discourse delivered on 17th May, 1968 at the First World Conference of the Sri Sathya Sai Seva Organizations held at Mumbai - "Sarvadevatha swaropaalanu dharinchina maanavaakaarame ee aakaaram." (This is a human form in which every Divine entity, every Divine Principle, that is to say, all the Names and Forms ascribed by man to God, are manifest.) Bhagawan declared in no uncertain terms the grand mission on which He has come and what He expects from us, His devotees, in a letter

that He wrote to His brother Sri Seshama Raju way back in 1947:

"I have a Task: To foster all mankind and ensure for all of them lives full of Ananda (Bliss).

I have a Vow: To lead all who stray away from the straight path, again into goodness and save them.

I am attached to a Work that I love: To remove the sufferings of the poor and grant them what they lack.

I have a reason to be proud, for I rescue all who worship and adore Me.

I have My definition of the devotion I expect; Those devoted to Me have to treat joy and grief, gain and loss, with equal fortitude."

These words of Bhagawan have concretized into the Sri Sathya Sai Seva Organisations spread over 170 nations, and the various service projects that He has undertaken in the fields of education, healthcare, drinking water supply and rural development. They have not only contributed to the social, economic and spiritual uplift of mankind, but also stand out as a beacon of hope and inspiration to others to emulate those values and ideals and thus sublimate their lives. Truly, Bhagawan's life has been a demonstration of His boundless and selfless love for His creation, for which mankind shall be grateful for all times to come.

In Canada, there are 33 Sai Centres of which 14 of these are in the GTA. The Scarborough Sai Centre is the largest outside India. More than 700 students regularly attend the Sri Sathya Sai Baba Educare program on Sundays and more than 500 members attend bhajan sessions held every other Sunday from 5:50 to 7:30 pm at Woburn Collegiate Institute.

Jai Sai Ram!

## Sri Lankan born Bahi Krishnakanthan wins "2008 Caring Canadian Award"



Bahi Krishnakanthan receives award from Michelle Jean, Governor General of Canada

The Governor General of Canada presented "2008 Caring Canadian Award" to Bahi Krishnakanthan of Ajax, Ontario on October 1st at Wellesley Community Centre in Toronto.

A passionate advocate for women and immigrants, Bahi Krishnakanthan has supported a diverse number of causes over many years, ranging from the Community Development Council of Durham to the YWCA. A dedicated spokesperson, she has delivered educational and inspirational messages about racism, domestic abuse and South Asian culture to a wide variety of organizations.

She has been a volunteer associate for the Ajax-Pickering COPE Mental Health Program since 1995, and was also actively involved in the Canadian Tamil

Women's Community Services. Her extensive board work with a number of not-for-profit agencies has given hope to many residents of the Durham region, and has helped to improve the quality of life for many newcomers to Canada.

Created in 1996 by the Right Honourable Roméo LeBlanc, the award is presented to individuals and groups whose unpaid, voluntary contributions provide extraordinary help or care to people in the community. Recipients have served over a number of years and normally have not been recognized previously by a national or provincial honour. The award consists of a framed certificate and a lapel pin for everyday wear. The award symbol represents Canadians who selflessly give of their time and energy to others.

# A Temple for Tamil Traditions

## "Kadhambhavanam"

A Showcase Centre for Tamil Culture in Madurai



A center named "Kadhambhavanam" (the former name for Madurai) which will be a one stop-center to showcase Tamil culture and traditions is coming up in the Temple city of Madurai in Tamilnadu. It is essentially meant to be a center for Tourist attraction and is being assisted by the Tamilnadu Industrial Investment Corporation. The brains behind the project are M.Ganapathy, an architect and his wife Chitra Ganapathy, a cost Accountant. It is a four crore rupee project showcasing all that is Tamil - culture, traditions, costumes, music, art, shopping stalls etc. There will be a yoga pavillion, well stocked library with also an auditorium having a seating capacity of 500 persons. According to Chitra, the center will be a "holistic treat to the mind, body and soul."

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E&O E

# Monsoon Arts



**Subramaniam  
Kanthaswamy**

Chennai, the city that has been historically anointed with the titles - "Gateway to the South", "Cultural Capital of South India" etc. plays host to an annual cultural event that is unequalled anywhere in the world. Every December, it celebrates in grand style a Music Festival that has hordes of artists and rasikas (connoisseurs) descending on the city from far and near to experience the enthralling performance of a galaxy of musicians. This performing arts extravaganza draws tourists and non-resident Indians by the hundreds and thousands to Chennai every year.

"Three thousand concerts in a month! Impressive!" exclaimed Zubin Mehta at the Music Academy, where he conducted the Bavarian State Orchestra in a special performance on December 26, 2005. This was the first time the Madras Music Festival had a large orchestra playing classical Western music.

Mehta's figures were slightly wrong, though. The over 3,000 concerts are part of the whole "December Season" as old Madras (now Chennai) named it, which spills back into November and forth into January. Still incredible, especially since this festival is conducted by private organisations without government funding. It is a festival with no central organisation or system, and surprisingly little advertisement. The city's streets do not swagger with festival hoardings or posters. Yet it is not an elitist event. In fact, the years have seen a democratisation in its content and quality.

Last year there were around seventy four sabhas operating in every part of the city. The cultural organisations are ubiquitously referred to as 'sabhas'. The term, one presumes, has its roots in the Natya Shastra, India's oldest extant treatise on the theatre arts, in which the sabha, or assembly before which the dancer-actor performs, is elaborately described.

The core programmes starts mid December and end in the first week of January, although, over the years, there have been time extensions both ways. These days the concerts start as early as the beginning of November and extend up to the end of January. The fine weather in Chennai during November to February would appear to favour the grouping of concerts during that period, particularly from the point of view of rasikas.

The Music Season has its roots in the Tamil month of Margazhi. According to the lunar Tamil calendar, the month of Margazhi falls approximately between December 15 and January 15. This is the most pleasant time of the year in Chennai. In a city where summer temperatures can barely be contained at 40 degrees Celsius, a milder season - where mornings start at 15 degrees and afternoons only reach 27 is fondly referred to as winter.

This 'winter' month is a time when weddings and other festivities are traditionally not scheduled. Harvest time is still some way off, marked by the festival of Pongal in

## CHENNAI MUSIC FESTIVAL

mid-January. The wise seers of old prescribed religious rituals during this month to make sure people got out of bed early in the cold mornings to join in the group singing and to reach the temple in time for worship.

The precursor of today's crowded performance calendar, explain Chennai old-timers, is the custom of singing devotional songs and listening to religious discourses in this month. This is not surprising, since Indian classical dance and music have a strong spiritual connection. The Margazhi hymn singers were essentially groups of friends going down the quiet streets, singing in the misty pre-sunrise hours. The hymns were Tiruvembavai and Thirupavai. Such neighbourhood singing groups still exist, but there is a lot of parallel activity, and it does not limit itself to morning hours.

Nama sankirtanam or community chants and singing is very much part of the December festival and many sabhas begin the day with bhajanai and discourse. In recent years, Visakha Hari excelled in harikatha, drawing mega crowds in the cutcheri slots. Narrating myths with fluency, scholarship and good taste, Visakha vivified them with her singing, steeped in melody and classical to the core. Her sun-rise programmes at Krisna Gana Saba saw crowds overflowing the auditorium into the terraces.

The venue for the festival varies from modern air-conditioned auditoriums to non air-conditioned ones, partly enclosed set-ups or open air theatres. With so many sabhas scattered around the city and hundreds of artistes participating in the festival, it becomes quite an exercise for rasikas to plan their schedules for the month. Every musician considers it an honour to participate in the Markali festival. For the veterans, it is a chance to prove that they still reign supreme. For the young it is a platform to showcase their skills.

The beginnings of the festival tradition could be traced to the 1920s. The festival was conducted by a few sabhas in specially erected pandals on school playgrounds. There were only a few musicians. The stars, to name a few, Ariyakudi Ramanuja Iyengar, Chembai Vaidyanatha Bhagavathar, Semmangudi Srinivasa Iyer, Madurai Mani Iyer, Maharajapuram Visvanatha Iyar - packed the halls a half hour before the show began. The recitals lasted four hours or more and the audience sat spell-bound listening to these Greats. Many years later this list of Greats were joined by M.S. Subbulakshmi, D.K. Pattammal, M.L. Vasanthakumai, N.C. Vasanthakumilam, G.N. Balasubramaniam, M.K. Thyaga-rajah Bhagavathar, K.B. Sundar-ambal and others. This was probably the Golden Age of carnatic music.

Presently, the season offers great variety in music. Veterans like T.N. Krishnan, N. Ramani, M.S. Gopalakrishnan, T.K. Murthy,



Rajesh Vadhya



Sudha Raghunathan

Umayalpuram Sivaraman, Tiruchi Sankaran, R.K. Srikantan, Nudunuri Krishnamurti, Madurai G.S. Mani, R. Vedavalli and Suguna Purushothaman could show that vintage stuff is still available for the seekers.

Among the popular vocalists today are Sudha Raghunathan, Aruna Sayeeram, Nithyasri Mahadeva, Bombay Jayashree, Sanjay Subrahmanianyam, T.M. Krishna, Vijay Siva, Madurai Seshagopalan, Neyveli Santhanagopalan, O.S. Thigarajan and Malladi Brothers. Among the popular concert artists for violin are Ganesh-Kumaresh brothers, M. Chandrasekar and his daughter, Lalgudi J. Krishnan and his sister Vijayalakshmi and of course the evergreen T.N. Krishna. The leading flute players are, Dr Ramani, Sikill Sisters, and Shashank. The lone concert artiste for that most ancient and revered of South Indian instruments, Veena, is E.Gayatri. Meanwhile, musicians like U. Srinivas (mandolin) and Ravi Kiran (chitra veena) have grown from child prodigies into middle aged stars. (This list, of course, is by no means complete)

For old-timers like me who were mesmerised by the Nadeswaram recitals of Rajaratnampillai, Karukuruchi Arunasalam, Namakiripettai Krishnan, Shikh Moulana and others at various sabhas in Chennai many many years ago, it is disheartening to note that the 'Raja Vadiyam' does not figure prominently in the programmes today. May be one has to go to Jaffna to listen to high class nadeswaram music. Three years ago I was at a temple festival there and the mallari played for over an hour during the procession of the deities transported me to another world.

By mid-December, the season is in full swing with the Music Academy and its close parallel, the Narada Gana Sabha, having begun their festivals. Artistes and audiences have a tough time keeping track of various concert dates and programmes. The bigger sabhas have full day programmes with the mornings devoted to lecture demonstrations. Afternoon concerts are free and showcase young talent, while evening concerts are ticketed and feature the big stars.

The Music Academy is always abuzz with activity early in the mornings with lecture demonstrations and discussions. Most of the prestigious Sabhas conduct lecture demonstrations. For the last few years my daily routine had been to be at the Music Academy at eight in the morning for the lecture demonstration then hurry to the canteen for an excellent breakfast and then to be seated comfortably in the main auditorium, listening to the old timers and the new-comers, of course dozing off once in a way. One of my favourite places for the main katcheri in the evenings is the Raja Annamalai Mantram. All the programmes of the 'Tamil Isai Sangam' are in Tamil, and in addition, it is probably the only sabha which offers Thirumurai programmes by leading othuvars (traditional hymn singers) like Tharmapuram Swaminathan, Tiruthani Swaminathan and others.

The Music Academy is arguably the most prestigious platform of the Season, both for music and for dance. Their annual award of the title 'Sangeetha Kalanidhi' has generally been considered to be the prime musical award. Every year, this event is eagerly looked forward to by the music community. Generations of leading musicians

have been conferred this accolade, and have thereby established a musical niche for themselves. This year (2008) the Music Academy, at its 82nd annual conference, will confer the 'Sangita Kalanidhi' award on clarinet maestro A.K.C. Natarajan. Shri Natarajan will preside over the Academy's annual conference in December 2008 and receive the Sangita Kalanidhi title on the first of January 2009.

The Narada Gana Sabha bestows the title 'Nadabrahmam', Nungambakkam Cultural Academy Trust confers 'Sangeetha Kala Siromani', Parthasarathy Swamy Sabha awards 'Sangeetha Kala Sarathy', Sarigamapadani Foundation gives 'Nadasree' title and Thyagabrahma Gana Sabha honours the chosen artiste as 'Vani Kala Sudhakar'.

Admission to most of the day programmes are free. Season tickets for a particular sabha could be bought in advance. While some purchase season tickets at a sabha close to their home, several decide on their programme for the day after scanning the newspapers and go sabha-hopping accordingly. This could mean turning up at Music Academy at 8 am, Narada Gana Sabha at 2 p.m. and Raja Annamalai Tamil Isai Manram at 4.45 p.m. This restlessness may be due to the eagerness to listen to as many vocalists as possible.

The newspapers and periodicals bring out special supplements on the festival. Websites devoted to music provide schedules online. All sabhas bring out booklets comprising their own schedules. Kannan's Season Comprehensive Guide is an integral part of the season. It lists concerts by dates, venue and artistes. There are many reference books of songs that help lay audiences identify ragas, talas and composer names.

Canteens, the makeshift snack bars, set up exclusively for the duration of each sabha's festival, are a major attraction. The bigger sabhas have established themselves on the strength of their culinary and musical fare. These are the Music Academy, the Narada Gana Sabha, the Mylapore Fine Arts Club and the Sri Parthasarathy Swami Sabha. Hot crumply dosais, soft idlis, crisp vadas, sustaining pongal, steaming coffee perfect setting to feed an animated discussion on the merits and demerits of the performance just witnessed.

The first week of December sees the influx of Indians from abroad. Earlier such visitors had to perforce stay with relatives and friends, But, now there is a proliferation of hotels and paying guest accommodations. The New Woodlands Hotel is very popular with Indians from abroad. It is close to the Music Academy and the Narada Gana Saba.

December is that time of the year when Carnatic music makes a statement and manages to hold its own against television, cricket, cinema, TV serials, and other entertainment. Even if only once a year, it resurrects itself and stands out, testifying to the eternal nature of its appeal.

(More in the next issue)

# Monsoon Business

## World Economic Centre of Gravity - From Western Nations to Asian Countries

**Arun Senathirajah**

Who in the world could lay a 'Road Map to Democracy'? An example symbol - the USA has tarnished its image by its war involvement in Iraq. The plain truth - purpose of the war is known to all of us. Again financial market crisis has led the US to lose its guidance in economic issues to other countries. The purpose of writing this page is not to shift to international political issues. As an economic power symbolized with democracy the United States of America has started to loose its grips. British philosopher - Mastermind of Thatcherism, John Gray has said 'The era of American Global Leadership is over.'

### Declining GDP and Signals for Recession

Losing jobs, shrinking nest eggs and falling home values are holding consumer spending tight as disposable income fell at an annual rate of 8.7% in the quarter. The US government reported

on October 30, 2008 the US GDP declined at an annual rate of 0.3% in the July- September period and the consumer disposable income dropped to as the largest in records since 1947. Further economic decline is expected anywhere from 1% to 2% rate during the current September - December period. When that takes place it would meet the classic definition of a recession - two straight quarters of shrinking GDP. This would be a worst economic downturn since the Great Depression.

### Inflated Economic Worth and Deleveraging

Investing in derivative products which relied for its value on underlying assets and leveraging beyond capacity have caused most of the companies to build up their balance sheets reflecting inflated assets. In February 2000, Henry Paulson the most powerful of Goldman Sachs executive fought to raise leverage - more debts in the name of 'Net Capital

Rule' with SEC (Securities Exchange Commission) arguing, 'the single most independent factor in driving significant part of our business offshore'. In 2004 SEC complied with the request and allowed firms to borrow with excessive leverage - beyond their capacity up to the level of 30 to 1 - (debt to equity). The same Henry Paulson as the US Treasury Secretary now has to curtail this level and bring deleveraging to firms, in order to avoid collapse of the financial systems.

When the underlying assets value melt down as happened to CDOs and companies are unable to meet their borrowing obligations they started to face liquidity crisis. When the acuteness of the problem grows to more serious levels, and when there is no one to inject more funds or bail out then there no alternative other than to go into liquidation. This has happened to giant investment banks and large insurers. When the main street banks that are



affected by the defaulted mortgages started to crunching credits or grant it on higher rates of interests problem started to aggravate and affect all the sectors of the economy. It is widely expected that another 100 banks may go failing in 2009. The FDIC - Federal Deposit Insurance Corporation a federal agency that insures deposits to certain extent will likely run out of money. Job losses increased and consumer spending started to narrow. The US jobless rate is projected to soar from its current 6.1% to 9% next year. Another 4 million may face foreclosure in 2009. The world's biggest economy is facing a

'spending strike'. Home owners are feared of their negative net equity. Investors on retirement plans are hit by 36% plunge in DJIA. Auto, mining and farm sectors are also affected by the low level of consumer spending. The situation moved from bad to worse. Federal Reserve Chairman Ben Bernanke called this as 'adverse-reaction loop' as consumers spend less, the economy weakens more, unemployment rises, mortgage foreclosures increase, putting more pressures on the financial system and on the downward spiral goes.

Continued on Page 45

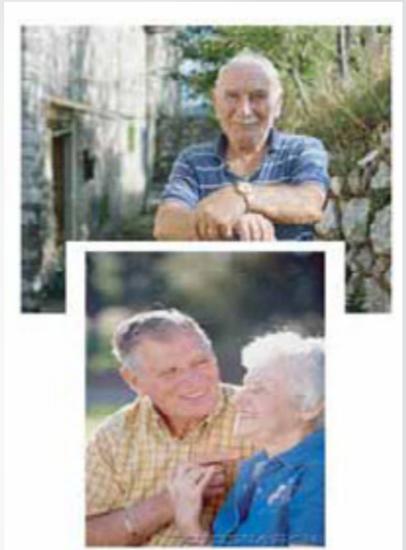


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# Monsoon Features

## Highland Funeral Homes

### Serving Communities with Respect for their Faith and Culture...

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In an hour-long interview with "Monsoon Journal", the team of Directors from Highland Funeral Homes spelt out details of the full-scale quality services they provide with their emphasis on pre-planned funeral packages they have.

All staff hired at Highland Funeral Homes are provided a complete training in conducting a funeral to the best satisfaction of their customers and also experience a "mock funeral" to ensure that nothing goes wrong when the actual event takes place.

Included in their complete range of services are also their offer, if the client needs and desires, to insert obituary notices in Newspapers and other Media, collection of ashes for performing later funeral rites, arranging a priest to officiate in the funeral

rites etc. The junior staff work under the supervision of experienced funeral Directors who are trained in specialized services.

Director & Pre-Arrangement Director, Sheila M. Zister (Funeral Director & Pre Arrangement Specialist), along with other members of their staff are dedicated to the services they are performing and are certainly trusted specialists in this field.

Highland Funeral Homes becomes an obvious choice at a time of need or when planning

ahead.

They are certainly proud in serving the community and making the "last journey" comfortable.

ahead.

They are certainly proud in serving the community and making the "last journey" comfortable.

**Stephen Betts**  
Managing Director



Born and raised in Toronto. He received Embalmers License in 1973 and Funeral Director License in 1978. Previously for 24 years he has owned and operated 5 funeral homes successfully. Later he sold all funeral homes in 1997 and started to work for Arbor from 1997 as a Cemetery Counsellor. He also managed a funeral home in London. At present Managing Director of Highland Funeral Home.

**Mike Stanghi**  
Assistant Manager



Born in East York and raised in Scarborough (Just behind Highland Funeral Home is located now). Mike graduated from Niagara College in 1991 with an Ambulance and Emergency Program and then started in the Funeral Business in 1992. Mike successfully obtained his Funeral Director's License in 1996. He speaks Italian and has always worked at busy funeral homes and enjoys serving all faiths.

**Eric J. Sibley**  
Funeral Director & Pre-Arrangement Director



Born and raised in Toronto. He graduated from Humber College in 1978 with Honours. He is a former classical musician. He is involved in every aspect for 21 years arranging and directing funerals, etc. For the past 10 years he is working as pre-arrangement specialist and helping people to choose the program that fits them best. He has 3 children, 13 year old boy, 10 year old twins, a boy and a girl. He enjoys skiing, cycling and music.

**Sheila Zester**  
Funeral Director & Pre-Arrangement Director

Sheila grew up in Waterloo area, lived in Japan for many



years and has traveled throughout many parts of Asia. She became a licensed Funeral Director after graduating from the Funeral Service Education Program at Humber College in 1991. She has worked at funeral homes in Ontario and as well as in Japan. Sheila is the pre-arrangement specialist for the Advanced Planning Program at Highland Funeral Homes in Scarborough as well as Markham. She is dedicated to helping people create an individualized funeral before the need arises. Through group presentations and reaching out to caregivers she educates others in the benefits of pre-planning.

## OBITUARY NOTICES

Rajasunderam, Thangaratnam

Subramaniam, Mrs.

August 13, 1934 -

October 9, 2008

Kanakalingam, Sembar

Velayutham, Mr.

January 22, 1940 -

October 7, 2008

Jeyachandran,  
Chandrika, Ms.

February 25, 1966 -

October 2, 2008

Arasaratham,  
Packialuxmy, Mrs.

December 2, 1931 -

September 29, 2008

Theivendram,  
Renganathan, Mr.

February 21, 1953 -

September 23, 2008

Srikantha, Sel, Mrs.

April 15, 1959 -

September 22, 2008

Amarasingam,  
Gunasegaram, Mr.

September 23, 1916 -

September 13, 2008

Sabaratham,  
Thevagy, Mrs.

February 7, 1907 -

September 10, 2008

Information by:

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rites etc. The junior staff work under the supervision of experienced funeral Directors who are trained in specialized services.

The Directors at the Scarborough Chapel are paying special attention to the needs of the Sri Lankan Tamil community and now have two staff members Mr. Emmanuel Sathasivam and Ms. Christeen Seevaratnam who

Director & Pre-Arrangement Director, Sheila M. Zister (Funeral Director & Pre Arrangement Specialist), along with other members of their staff are dedicated to the services they are performing and are certainly trusted specialists in this field.

Highland Funeral Homes becomes an obvious choice at a time of need or when planning



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# Canadian Medical Dental Development Association

## Lights of Healing Gala 2008 on Nov 21st 2008

### Message from Chair, Dr. V. Santhakumar

Dear Friends,

As Canadian Medical Dental Development Association (CMMDA) embarks into its 10th year, I feel greatly privileged to head this esteemed organization into this landmark. The association is empowered by diligent, enthusiastic Medical, other professionals and committed community members. Since its inception in November 1998, the members' past and present, have worked tirelessly to achieve our goals.

I extend my sincere gratitude to all the individuals and corporation who have come forward with open hearts and donated towards accomplishing our missions. CMDDA activity report is also attached on this issue for your perusal. You could also visit our web site at [www.cmdda.ca](http://www.cmdda.ca) for further details.

To celebrate our milestone, CMDDA, has joined hands with other

diaspora medical organization to collectively fundraise towards the establishment of a Cardiac Catheterization Laboratory Unit, in the Northern Province in Sri Lanka. It will facilitate early diagnose of potential heart attacks through intervention and investigation. We have committed to Cdn. \$ 200,000 towards this project which has an anticipated cost of approximately US. \$ 1,000,000. The completed project in the Northern Province, will add to the existing eight other units being operated successfully in Sri Lanka.

We are hoping to have the presence of Dr. Surendrakumaran who will join us from Jaffna, Sri Lanka. Dr. Surendrakumaran is a community medicine lecturer at the Faculty of Medicine, University of Jaffna. He is very much involved with the community health issues in the Northern Province.



Please be generous in your pledges as we campaign towards making our vision a reality.

Sincerely,  
**Dr. V. Santhakumar**  
Chairman, CMDDA



CMDDA members at the Save a Heart launch



Dr. Raviraj, Surgeon and Lecturer from University of Jaffna appealing at the Save a Heart Launch



Few committee members of CMDDA



President, Dr. V. Santhakumar addressing



Some of the seniors from Tamil Community participated to show their support for the Save a Heart campaign

### CMDDA LIGHTS OF HEALING- Nov 21,2008 ANNUAL FUNDRAISER GALA

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- Acknowledgement in CMDDA website

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**Dr. A. Selvarajah**  
416-696-2273



# Canadian Medical Dental Development Association

## SOME OF THE ACHIEVEMENTS BY CMDDDA

- |  |  |  |  |
|--|--|--|--|
| <p><b>Projects in Canada</b></p> <ul style="list-style-type: none"> <li>· Nalamthana' "Are you in good health?" An annual Magazine on health education focused mainly on the needs of the Tamil Community.</li> <li>· \$120,000 - Tsunami fundraising Gala</li> <li>· Conducted clinics with proceeds donated to CMDDDA.</li> <li>· \$50,000 - 'Lights of Healing' fundraising gala for Providence Health Care Foundation Alzheimer Day Program</li> <li>· Medical &amp; Dental forums, Health education seminars. Dental Health forum focusing on, Geriatric Dentistry Oral health campaign. Collaborated with South Asian Dental Association on Dental forums. Cost free Dental screenings.</li> <li>· Annual walk-a-thon -</li> </ul> | <p>partnership with Canadian Tamils' Chamber of Commerce for Scarborough Hospitals and Providence Healthcare Foundation.</p> <ul style="list-style-type: none"> <li>· Tamil Nurses Association of Ontario - partially sponsored their community activities.</li> <li>· \$12,500 - Providence Healthcare Foundation, Tamil Caregiver project - help line for the Tamil Community assist in health, financial, emotional distress.</li> <li>· \$1,500 - Providence Healthcare Foundation, Tamil Caregiver project, annual Autumn Bowlathon - Sponsor a lane.</li> </ul> <p><b>Social Events:</b></p> <ul style="list-style-type: none"> <li>· Canada Day Parade with Toronto's East Dental Society</li> <li>· Annual picnic for members</li> </ul> | <p><b>Projects overseas</b></p> <ul style="list-style-type: none"> <li>· Sri Lanka, North and North East</li> <li>· \$ 5,000.00 - Jaffna Teaching Hospital, CT Scanner</li> <li>· 1st Medical Mission to Sri Lanka:</li> <li>The 10 member Medical &amp; Dental team donated the following to Kilinochchi Hospitals: a generator, dental compressor, pressure cookers (for sterilization), water filter, medical textbooks, an amalgamator; curing light; cavitron; funds to install solar panels to provide electricity to refrigerate drugs/vaccines in peripheral clinics. The team performed clinical work at Ponnampalam Memorial Hospital, &amp; other Kilinochchi hospitals. The group met with the Minister of Rehabilitation for the North Eastern Province, to improve rehabilitation in the Northeast.</li> </ul> | <ul style="list-style-type: none"> <li>· 2nd Medical Mission to Sri Lanka:</li> <li>The four member Medical and Dental team visited and treated patients in Kilinochchi Hospitals, Myuri Illam and the war torn communities Four anesthetic machines from Toronto hospitals were donated and utilized there. The team also met with the Canadian consulate, creating awareness of their mission.</li> <li>· Two, Post Tsunami Mission:</li> <li>Within 48 hours an eleven member team departed to Vaalaichenai and Kalluvanchikudi in the Batticaloa district. Serviced several refugee camps. The medications and surgical supplies were donated by the community organizations comprising of Medical, Dental and private groups. We were the 1st medical teams to visit and serve the effected areas. The second group which followed was well prepared and organized based on the feed back received from the first group.</li> <li>· \$ 50,000 - Renovate Ponnampalam Memorial Hospital Medical, Surgical ward.</li> <li>· \$ 20,000 - Ambulance donated to Pansenai Primary Care Centre</li> <li>· \$ 5,000 - Improve the Medical library at Kilinochchi Hospital</li> <li>· Blood Analyzer - Moolai hospital</li> <li>· Jaffna Teaching Hospital - Cardiac monitor, defibrillator for the Medical ward</li> <li>· \$ 5,000 - Renovate and re-establish dental services</li> <li>· Cuba: Personally visited and donated Dental equipments.</li> </ul> |
|--|--|--|--|

### SAVE A HEART



Improved heart treatment for the Northern Province residence by establishing a Cardiac Catheterization Unit at the Jaffna Teaching Hospital Project to be Coordinated by the Jaffna Hospital Development Association

Dr. Raviraj (Jaffna Teaching Hospital)

Dr. Raviraj- Surgeon-Consultant/Professor at University of Jaffna.

To make a donation please call:  
905-949-5656 or 905-273-7946

Direct deposit

Bank of Montreal  
Transit No: 29862  
Account No: 8140197  
Payable to: CMDDDA-Save a Heart Project  
(Please write to Dr. Mohan if you are making a direct deposit indicating the same)

By mail

Dr.R. Mohan -Treasurer  
CMDDDA  
206-3033 Palstan Road  
Mississauga ON L4Y 4E7

You may also call us to make arrangements for donation directly in Sri Lankan Rupees to the Jaffna Hospital Development Association

Canadian Medical Dental Development Organization

Registered Charity #823467279RR0001

A project to be completed in collaboration with other diaspora Medical Organizations





## சுகவாழ்வு நிவாரணம் 2008

### Annual Fundraising Gala 2008

by  
**Canadian Medical Dental Development Association**  
தமிழ் வைத்தியர் நிறுவனம் - கனடா

November  
**21**  
Friday  
6:30 pm

**Ticket \$100.00 - Dinner & Entertainment**  
**Woodbine Banquet & Convention Hall**  
30 Vice Regent Blvd. Etobicoke, ON 416-743-0003



**2008 Projects**

- Save a heart project-donation towards heart Catheterization unit for The Jaffna Teaching Hospital. Reached 55% of our goal of \$200,000 To continue your Donation please call: 905-949-5656 or 905-273-7946
- Health forums - Seminars for health education and awareness for the Sri Lankan community in Canada.
- Funding through Providence Health Care foundation to develop a phone help line for the Sri Lankan community in Canada.
- Release of health education magazine "Nalamthana" annually.
- Funding for CARE projects.
- Donation to Saivaite Council for spiritual counseling.
- Donation to The Tamil Nurse's Association project.
- Sponsored a lane at "Bowl a Thon" to raise fund for Tamil care giver projects through Providence care.

**Mail your donations to:**  
Dr. R. Mohan -Treasurer  
CMDDDA  
206-3033 Palstan Road  
Mississauga ON L4Y 4E7

*Please give generously for our ongoing Medical/Humanitarian projects in Canada and Overseas*



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# Monsoon Features

## Victory with Vision but the Battle is not Over

"This is the time for us all to put aside political differences and partisan considerations and to work cooperatively for the benefit of Canada" Steven Harper said on the evening of, 14th October 2008 at the victory celebration in Calgary. Mr. Steven Harper is a rare political leader who is down to the earth in both his political views and actions, for example, from the very beginning of the campaign, he predicted that next government would also be a minority government. At the peak of the campaign, on the last weekend, he expressed the belief that the next government would be a minority government formed by either by the Liberals or Conservatives. Whereas the leader of another party was very ambitious, unrealistic, and frequently proclaimed that Harper would make his exit from the prime minister's chair and he would occupy the seat. As usual, his party was pushed into fourth place in the election results though his party did gain more votes in some unexpected places. Harper's prediction has come true, that we would elect another minority government with some unexpected gains.

Harper is a man of vision for Canada and is able to tackle the many multidimensional aspects of our country. As I mentioned in a previous article, Harper was concerned about Arctic sovereignty, the rest of the political leaders did not have the depth of knowledge and focus on this issue. The National Anthem has been sung millions of times, but Harper has given true meaning to the phrase "True North strong and free". Likewise, when all of the other parties were engaged in the beginning of the campaign in various other issues, Harper had foreseen worldwide economic instability and slow down even before the collapse of some American financial institutions. In the middle of the campaign, the other parties were able to realize that what Harper was saying was true and adjusted their campaign messages accordingly.

This minority government is quite different from the other 12 minority governments that we have had in the past. Though this is the second consecutive minority government since Lester B. Pearson, there are some crucial differences. This minority government actually has a mandate which is what Mr. Harper wanted to achieve. For those of us who ask why an election was called, it was clear to Mr. Harper that the previous minority government could not function as freely as what it would have liked. In addition,

Mr. Harper wanted to have a clear mandate which would allow the government to do its job more effectively.

It was disappointing to see such a low voter turnout, both in the advance polls and on Election Day. Generally speaking, the voter turnout in Canada has never been less than 60%. In this election, the percentage of eligible voters who cast a ballot fell well below this number. There are many possible reasons for this happening and I could discuss this issue for hours on end. If the turnout had been better, the Conservatives might have won a majority in terms of the voting patterns.

This minority government is facing the major issue of keeping the Canadian economy strong and stable. This is a national issue, and therefore all of the political parties must come out in full force to tackle this challenge head on regardless of their partisan views. Since the international economy is weak, this will not be an easy task; therefore the Opposition should not play politics and focus on the task at hand. It is the moral obligation of every patriotic Canadian particularly those who are elected to public office, to put the country's interest first at this critical time. If so, the government can carry out its plans smoothly without any fear of revolt. I am certain that this is what Canadians want. It is interesting to note that the previous Harper minority government has ruled longer than any other minority government. I am convinced that Mr. Harper with his experience will be in power longer.

Whether we like it or not, the economic cyclone continues to hit hard in many parts of the world. This is not the case in Canada, but we would be fooling ourselves to think that what is happening globally does not affect us here. We understand that our banking system is one of the best in the world and we do not have to panic. Our 1.5 trillion dollars in the economy is safe and sound. And thanks to the previous minority government, our national debt was reduced by almost 40 billion dollars. The interest that has been paid can be used for other purposes such as social amenities. This does not guarantee that the effects of the economic slowdown will not be felt but we have to be prepared.

The Provincial governments have to play their role in improving the economy. This involves motivating investors particularly in the manufacturing sector which has taken a big hit especially in



Ontario and Quebec. The Provincial governments must also try to balance their budgets without increasing taxes and not reducing their services.

In this election, the topic of immigration was not emphasized. I found this very surprising. During several media interviews and appearances only one person asked me about this issue. Other than the Conservative Party, other parties did not give prominence to this issue. Immigrants form a very large part of our country and contribute vast amounts of dollars to our economy-why was this not given much air time?

The Election results in Quebec were very interesting. The results show that the people of Quebec

place a strong emphasis on their cultural identity and this was reflected in the victory speech of Gilles Duceppe. This shift in votes does not reflect any animosity towards the previous government in fact Harper has done a great job in building a strong relationship with Quebec.

The main opposition party, the Liberals are certainly going to have a leadership review performed at some point in time. There are 2 issues at stake, the first being that having a leadership review will dominate their platform and there will be less focus on parliamentary matters. The second issue is that there might be a complete change in the leadership of the party. The

### Samy Appadurai

new leader might be more concerned about national issues or more interested in bringing down the minority government and call for an election assuming that he could be the next Prime Minister. This is something that we need to pay close attention to.

Sometimes we need a strong policy; sometimes we need a strong leader. This is the time for a strong leader. There is no doubt that Harper is a strong leader, he has proven this many times. What Harper has done in less than 3 years in a minority government would not have been accomplished by any other leader in a majority government. His determination, skills, and experience coupled with his vision for a better Canada will certainly make a very positive change and place Canada on the top of the world map.

In conclusion, bad times are ahead but the strong leader is here to transform it for the better.

*Samy Appadurai is a renowned broadcast journalist, author, educator and public speaker who makes his home in Toronto.*

## Fly Me to the Deity

By Tunku Varadarajan

AN unmanned spacecraft from India - that most worldly and yet otherworldly of nations - is on its way to the moon. For the first time since man and his rockets began trespassing on outer space, a vessel has gone up from a country whose people actually regard the moon as a god.

The Chandrayaan (or "moon craft") is the closest India has got to the moon since the epic Hindu sage, Narada, tried to reach it on a ladder of considerable (but insufficient) length - as my grandmother's bedtime version of events would have it. So think of this as a modern Indian pilgrimage to the moon.

As it happens, a week before the launching, millions of Hindu women embarked on a customary daylong fast, broken at night on the first sighting of the moon's reflection in a bowl of oil. (This fast is done to ensure a husband's welfare.) But reverence for the moon is not confined to traditional Indian housewives: The Web site of the Indian Space Research Organization - the body that launched the Chandrayaan - includes a verse from the Rig Veda, a sacred Hindu text that dates back some 4,000 years: "O Moon! We should be able to know you through our intellect, / You enlighten us through the right path."

One is tempted, in all this, to dwell on the seeming contradiction between religion and science, between reason and superstition.



And yet, anyone who has been to India will have noted also its "modernity of tradition." The phrase, borrowed from the political scientists Lloyd and Susanne Rudolph, might explain the ability of devout Hindus - many of them, no doubt, rocket scientists - to see no disharmony between ancient Vedic beliefs and contemporary scientific practice.

The Hindu astrological system is predicated on lunar movements: so the moon is a big deal in astrology-obsessed India. That said, the genius of modern Hinduism lies in its comfort with, and imperviousness to, science. A friend tells me of an episode from his childhood in Varanasi, the sacred Hindu city. Days after Apollo 11 landed on the moon, a model of the lunar module was placed in a courtyard of the most venerable temple in the city. The Hindu faithful were hailing man-on-the-moon;

there was no suggestion that the Americans had committed sacrilege. (Here, I might add - with a caveat against exaggeration - that science sometimes struggles to co-exist with faith in the United States in ways that would disconcert many Indians.)

Of course, the Chandrayaan is also a grand political gesture - space exploration in the service of national pride. This kind of excursion may provoke yawns at NASA, but judging from round-the-clock local coverage it has received, the mission has clearly inflamed the imagination and ambition of Indians. Yes, even moon-worshipping ones.

[courtesy: NYTimes.com]

[Tunku Varadarajan, a professor of business at New York University and a research fellow at Stanford's Hoover Institution, is the opinion editor at Forbes.com.]

# Monsoon Features

## Prayers and Affirmations for Peace in Sri Lanka

By: Devadas Chelvam

Due to the ethnic conflict, the people of Sri Lanka have suffered much during the last fifty years, and still continue to suffer. Many sacrificed their lives so that others may live with dignity and freedom. Such suffering and sacrifice should not be in vain. The only hope seems to be sincerely hope-filled prayers, said with fervent faith.

Mother Teresa was once asked by a group of people to join a demonstration against war. She replied that she would rather participate in a demonstration for peace. When caring people are concerned about the horrors of war, naturally they gather in groups to protest against it. Yet Mother Teresa was unwilling to join such a protest. Instead, she opted to demonstrate her genuine concern through deep prayer for peace.

There is some wisdom in her option. She seemed to acknowledge a commonly forgotten fact, namely that condemnation of evil more often perpetuates and increases the evil. It is probably due to the silent acts of persons like Mother Teresa who may be relatively unknown that wars end, and people are positively transformed.

Numerous scientific experiments have been conducted and studies published proving the effectiveness of prayers and affirmations to produce significant changes in the world. Thoughts are vibrations. When they are energetic and powerful, they can bring about a radical transformation in others. Negative thoughts have harmful effects whereas positive thoughts lead to valuable results. An act of condemnation is a negative thought; its focus on evil gives the evil added strength and energy. Worry and anxiety also concentrate on the evil, and thus aggravate it.

On the other hand, indifference toward evil and ignoring the consequent suffering of people implies a cold and dead heart. A heart that is alive naturally feels the agony of others as its own, and acts to alleviate it. A compassionate heart cries with those who cry and looks for ways to wipe their tears and bring them relief.

Perhaps the most important and effective way is deep and sincerely heartfelt prayer. "More things are wrought by prayer than this world dreams of", said poet Tennyson. We need to pray morning, noon and night or more often for peace in Sri Lanka. Accept the trials you encounter on a daily basis gracefully and make small sacrifices, offering them all to God



for the sake of peace. Fasting joined to prayer can be quite powerful, if it is undertaken wisely.

Imagine the people in Sri Lanka as being peaceful, kind, courageous and compassionate, celebrating the sacredness of life with a sense of awe and wonder, appreciating the absolute unity of all humanity and the beauty of cultural diversity, forgiving and forgetting the past mistakes and cooperating generously with each other.

It is necessary to mentally maintain such a hopeful and vivid image while praying for peace. Those who are unable to pray can keep in mind the image given above and do frequent affirmations. Both prayers and repeated affirmations have the same effect in the real world.

It may be rather difficult or almost impossible for some people to say that the Sri Lankans are peaceful and compassionate. The people who pray for healing are often instructed to imagine the sick person as being already healed and healthy, while they pray. A positive image is indeed needed for prayer to succeed. The same principle holds for a country sick with fear, hatred, greed, and violence. It too must be seen in a wholesome light to effect a genuine transformation.

Vedanta teaches us that our essential nature is perfection, meaning peace, love, and wisdom. The evil habits arise from ignorance of our essential reality, and are superficial or external to the innate truth of our being. Moreover affirming perfection leads to its realization. Hence it is truer than merely stating the obvious facts of decadence.

Another advantage of positive affirmations is the profound change in the hearts of the people engaged in such acts. Those who still find the affirmations too hard

may change it to state: "May all the Sri Lankans be peaceful, kind, and compassionate." It should be repeated often like a mantra in order to be effective.

Given below are some statements that may be used as affirmations or to compose your prayer for peace. They can be copied separately in order to do the affirmations daily with concentration and faith. You are free to modify them or you may add more affirmations of your own.

When you follow these suggestions faithfully, your contribution towards peace in Sri Lanka would be very significant. Its extent may not be known to others or even to you. What you are certain to know would be an abiding sense of inner peace.

Lokaha Samastaha Sukhino Bhavantu

May all beings prosper and be happy

### SHANTI SHANTI SHANTI

Sri Lankans are cultivating peace internally and externally.

They are willing to forgive themselves and others.

They are able to forget the past mistakes after learning the needed lessons.

They are able to feel others' suffering as their own

They are determined to control their lower impulses and purify themselves.

They are courageous enough to be truthful always.

They foster freedom in themselves and for others.

They are willing to be friendly towards everyone.

They face life with a sense of wonder, reverence, and gratitude.

They delight in cooperating with each other to build a humane society and a peaceful world.

The people of Sri Lanka are full of love and joy

May all the Sri Lankans be peaceful, kind, and compassionate.

## Living with Saints and Sages

Raymond Rajabalan

It was indeed a great challenge yet a pleasant task for me to review a masterpiece titled "Living with Saints and Sages" authored by Devadas Chelvam, a former Sri Lankan Tamil Catholic priest who later in life adopted agnosticism before exploring various spiritual paths.

It will be a relatively easier task to comment on the contents of a book written about one single religion. However it is an uphill task to read through a collection of informative essays encompassing all major religions in the world and comprehend the central theme.

Having read the book from cover to cover in order to comprehend the complexity of various religious beliefs, I was amazed to note that some one who was raised in Roman Catholic family and had his education in a Catholic institution, has developed the courage and wisdom to have a broader look at the lives and teachings of various sages and saints with diverse views and to conclude that all religions have so much in common.

The author is bold enough to pinpoint the flaws in Catholicism and the need for introducing changes required to meeting the challenges facing modern man. Catholic Church or for that matter any religion that fails to address the deep spiritual hunger of people will become increasingly irrelevant.

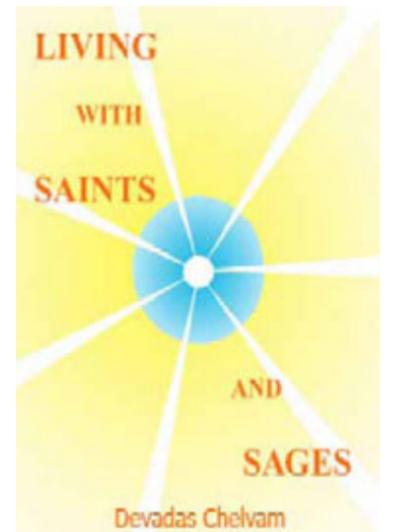
Just adhering to century old rituals alone will not do. However the author's analytical approach to understanding the Bible is sure to create opposition from many Christians.

At the very beginning of the book the author has chosen a most appropriate quotation from the Hindu scripture Srimad Bhagavatam: "Like the bee gathering honey from different flowers, the wise man accepts the essence of different scriptures and sees only the good in all religions."

Quoting extensively from the lives of a number of blessed persons including Lord Jesus Christ, Lord Krishna, Lord Buddha, and Prophet Mohammed, the author has done a commendable job in proving the existence of a common element among all of them.

It is one thing to just chronicle the teachings and beliefs of all these mostly well known figures but to interlink their teachings in a coherent manner proves beyond any doubt the encyclopedic knowledge of the author.

The author is quite right in stating in the preface that "a deeper knowledge of their lives, and continued contemplation on the words of the sages can inspire and move us, beyond doubts, to a



life full of bliss and love."

Living with saints and sages, is a book worth reading to understand the teachings of various spiritual Masters so that one can develop a wider vision of world religions and enhance the quality of our lives.

This book is available for sale at Murugan's Bookstore in Toronto.

**LIVING WITH SAINTS AND SAGES**  
**WRITTEN BY DEVADAS CHELVAM**

"The joy and love that pervades these individual narratives seems so natural and immediate that we can't help feeling that this is how our Creator would wish to deal with each and every one of us... To read this book is to sense that God is offering us a 'Romance with the Infinite'"

-Dr. Quincy Howe, Author, Professor of Classics and Religion

Living with Saints and Sages is a mystical bridge that spans various religions revealing their sublime beauty, and extends beyond them. It can inspire us to connect with the saints, yearn for God, and realize the truth of our being.

Clarifying the common confusions concerning religion, this book provides the reader with the clear concepts conducive to steady progress on the spiritual path.

Devadas Chelvam learned philosophy and theology in Sri Lanka and was ordained a Catholic priest in 1960. After ten years of ministry he came to the U.S., earned Master's degrees in theology and sociology, but became an agnostic. Six years later profound personal experiences made him resume his spiritual journey exploring other religious paths, while he worked as a social service supervisor in New York City.

Retired now, he lives with his wife in Bethlehem, PA., and enjoys conducting workshops that facilitate psychological and spiritual awareness.

Price: \$14.95 Available at bbotw.com or Amazon.com  
Author: (610)-882-1032  
E-mail: Chelvamosdev@yahoo.com  
www.dchelvam.com

# Monsoon Features

## WORDS OF PEACE

### A Seed of Peace

Throughout the ages, wise men have said peace and fulfillment can be found within the heart of every human being. If that's true, then why doesn't everyone experience it?

Maharaji, who has devoted his life to helping as many people as possible find that peace within, compares the process to nurturing a seed.

"Suppose you have a seed," he says. "Potentially, if you were to take care of it, there would be a tree, and if you took care of it further, there would be fruit on the tree.

"Now I ask you, is the tree in the seed or not? It's a very tricky question, because it is and it isn't. If you take that seed and put it on a counter, do you think it will germinate? No. Why not?

"The answer is very simple: the seed is a potential, but it requires other things. It requires sunshine, water, minerals. When all of those elements are brought together at the same time, then this potentiality can begin to take place."

It's the same with peace, Maharaji says. It's a potential that requires nurturing—a process that begins with simple acknowledgment of the fulfillment life can offer.

"Acknowledgement is an incredible thing," he says. "If you don't acknowledge what you have, it will dissipate. To acknowledge is to take upon yourself an understanding. It is saying, 'Okay. I understand. This is how it is.'"

Acknowledgment doesn't have to be something big and dramatic, Maharaji says.

If a gardener sows a seed, he says, and it sprouts, "the gardener acknowledges that it's there, and maybe builds a fence around it to protect it.

"If you go outside and it's sunny, you feel the warmth and you take your jacket off. What do you think that is? In the simplest way, it is acknowledgment."

To those who can acknowledge the need for fulfillment in their lives, Maharaji offers assistance in nurturing the seed of peace.



Maharaji frequently answers questions from those who are interested in finding out more about what he offers.

Q: Why do we need help to acknowledge something that's already within?

A: Because as long as we in our lives weigh and measure what is going on, we will be in turmoil. Those people who try to help have always said, "Just look at it in its entirety. Don't look at just a part of it; look at it as it is."

So then, how is it? It's like this: we're given this chance to be alive; we're given this chance to be conscious; we're given this chance to feel. You realize feeling is an incredible thing. If you have no feeling, it becomes very, very dangerous. There are people who lose feeling in

their hands and feet, and they have to be very careful. They may burn themselves and not know it.

Q: Sometimes I'm afraid to feel, because what I feel might be pain or sadness.

A: Welcome to the world! Every day you have the capacity to feel, to experience—and what you plug into is what you will feel. Plug into this world and you will feel this world.

How is it? Up and down. One day, it's good; one day, it's bad. Peel off the label of that which appears to bring you joy and it says sadness. If you want the real joy in your life, take this feeling machine and plug it into that which is real.

Q: Then if I plug into what is real, what I feel will be positive?

A: There's only one thing that is guaranteed: that you can be fulfilled. That's all that's guaranteed-by design.

What will you feel? Again, nothing is guaranteed, but turn within, and it is guaranteed that there is a silence. Within you is stillness. I can help to make it possible for you to feel, again and again, its priority in your life—to be content, to be in that place of joy. To be fulfilled.

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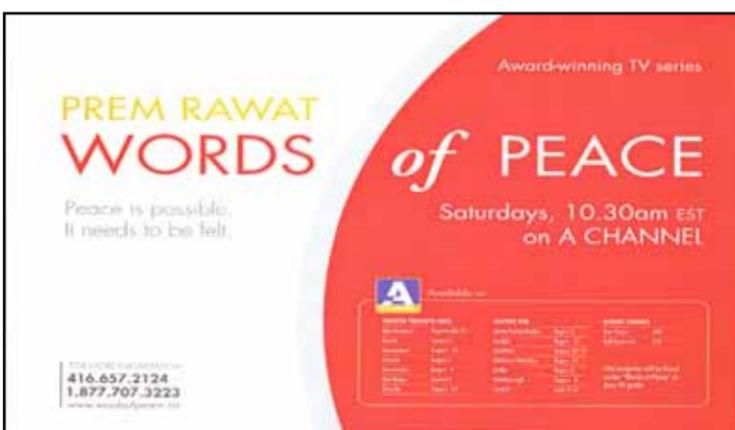
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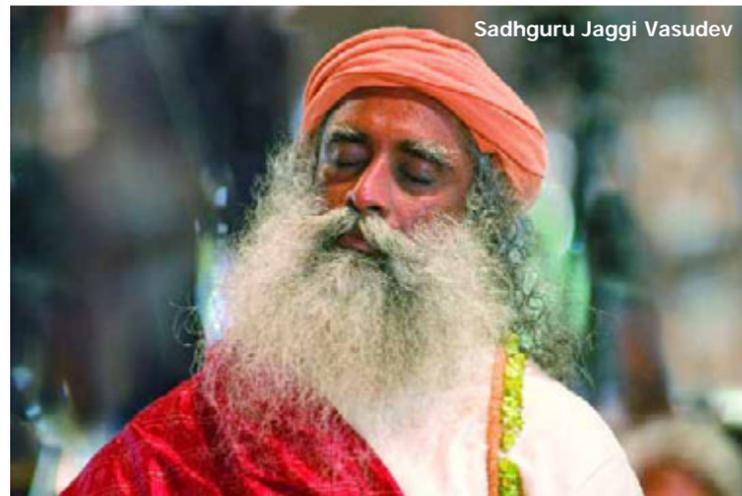
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## Become willing...

When can you become willing? Only when you have no will of your own, you become willing. When you have a will of your own you stand up like a stone, isn't it? It is just that this world, the people, your education, has always tried to teach you how to conquer. You can conquer stones, you can conquer patches of lands, may be you can conquer physical bodies. The physical, you can conquer to a certain extent. If you want to know the ultimate, the only way is to surrender; you cannot conquer. But in the logical mind surrender is disgraceful; surren-

der is one thing that I don't want to do, because in surrender you will end, so the whole need to conquer is coming from the fear of losing yourself. The very need to conquer something or somebody has come to you because there is a deep fear of losing yourself, losing yourself on many levels. To put it very simply, it is death.



Sadhguru Jaggi Vasudev

der is one thing that I don't want to do, because in surrender you will end, so the whole need to conquer is coming from the fear of losing yourself. The very need to conquer something or somebody has come to you because there is a deep fear of losing yourself, losing yourself on many levels. To put it very simply, it is death.

There is a fear; because you do not know how to handle that fear, you want to conquer people, you want to conquer more and more things, you want to acquire more and more and more because otherwise you feel inadequate. You feel so inadequate that somehow the way you're created is not enough, without all the things that you have gathered around yourself. Without it you are not enough, isn't it? You're insufficient. And you also say you believe in God. If he's the Creator and if he created such a lousy being who feels insufficient all the time, there is something wrong with him, isn't it? If God created you and you even say that he created you in his own image, and if his image is such a poor image which constantly feels insufficient and inadequate in life, poor God. It's not you who needs to be saved; it's him who needs to be saved!

This inadequacy has come, not because that's the way you're made. It is because you have identified yourself with little things. When you look at the vastness of the existence you feel so small and lost. When your whole identification fundamentally is rooted in this little bit of flesh that walks on this planet, then naturally you feel very, very inadequate. You have to prove yourself every moment. People around you have to praise you, have to tell you you're special, and constantly boost you all the time, otherwise you'll feel lost.

Now, to become willing means not to identify yourself with the limited, that's all it means. "How do I do that? That's all I know." It is to handle this

looking at the back of the device, the device will not function anymore. New devices have to be created, because the device itself is of no importance; how well it works is all that matters, isn't it? This is just like, I say, "Look at the flower," but you got stuck with my finger, because I used the finger to point at the flower.

So shifting your identification from one to another, another thing to another are tricky and dangerous sometimes. This may take a whole lifetime to release yourself from the next level of identity, unless there is a live guru around you who constantly keeps breaking you, breaking you, breaking you. And if by some fortune you don't run away, the process can be hastened. You don't like people who break you, you like people who boost you, isn't it? So if you don't happen to run away, and you allow yourself to be broken in different, different steps, the process can be hastened.

But if the whole game is such that he has to do the job with you very diplomatically, that he can't directly break you, he has to go around you, create a whole situation before he knocks you once on your head, then it takes a long time. He's patient because he's not in a hurry but you better be in a hurry. Don't try to become willing; just stop identifying yourself with what you consider as yourself.

"Then what else should I do?" You can't simply be, because your mind goes on identifying itself with anything and everything, so identify with that which breaks you, don't identify with that which boosts you.

Sadhguru Jaggi Vasudev is a realized master, yogi and mystic, who has founded Isha Foundation, an international public service organization that strives for ultimate human well-being. For world-wide program information, visit [www.ishafoundation.org](http://www.ishafoundation.org) Toronto local contact 416 300 3010 or email [Toronto@ishafoundation.org](mailto:Toronto@ishafoundation.org)

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# Monsoon Features

## Energy, Enthusiasm and Excellence marks 7th Annual Durham Tamil Youth Festival

By: Kumar Punithavel

Saturday September 20, 2008 virtually every Tamil youth of Durham converged on the J. Clark Richardson Collegiate, Ajax all agog with a celebratory spirit. Naturally with such a spirit overflowing, the hall was packed and several of them had to stand in the porch for at least to enjoy the sweet sounds of melody and rhythm to float over to them.

The evening was graced by Mr. Mark Holland MP Ajax-Pickering who delivered the message of the evening from Mr. Dan McTeague MP Pickering-Scarborough East to Ms Kalyani Nathan, the president of Durham Tamil Association. Mr. Wayne Arthurs

MPP Pickering-Scarborough East presented greetings from the Ontario Premier Dalton McGuinty and also from Mr. Joe Dickson MPP Ajax-Pickering.

The City of Pickering was represented by Councilor Mr. Doug Dickerson, and the Town of Ajax by councilor Mr. Renrick Ashby. The Town of Whitby was represented by councilor Mr. Lorne Coe.

The Councilors brought greetings from their mayors and respective councils. President of Multicultural Council of Oshawa and Durham, Mr. Lyril Browne together with several officers from Durham Regional police Services were also present.

Supervisor Mr. Keith Richards brought greetings from Durham Region Police Chief, Mr. Mike Ewles.

The evening's rich array of cultural programs was delightfully entertaining and excellently produced and performed by the Tamil youth of Durham. All in all, one hundred and thirty four children participated in these events. The gala was started with the lighting of the traditional Oil Lamp by Messrs Thampiah Siripathy, Mark Holland and Ms. Melani David.

Keynote and motivational speeches were given by two of the young people. Ms. Dawn David spoke about her experience

as a volunteer in South America and India which was well received by the audience.

She explained that in volunteering not only the recipients of that service gain but also the volunteer too benefits immensely by this experience.

Not to be outdone, Mr. Crispin Duenas Canada's top archer hit a Bull's Eye on the hearts of every one with his wonderful speech. Presentation of trophies to the recent University Undergraduates among the Durham Tamil community was a great encouragement for the younger generation of Tamil youths.

The cultural show with a variety of seventeen items covered a

wide spectrum from the traditional to the contemporary, and practically mesmerized the audience. The teachers and choreographers spared nothing to ensure that the performance was of the highest standards. It was indeed a wonderful evening of entertainment.

The Durham Tamil Association true to its theme, 'Unity is strength' has united the whole Tamil community and established itself as a great organization within these Eight years.

Our congratulations go to the organization for the great evening of gala by the youth for the youth. The Tamil youth of Durham must be lauded for their enthusiasm, energy, initiative and talent.



## JUBILEE CELEBRATIONS JAFFNA COLLEGE 185TH YEAR

Jaffna College Alumni Association of Ontario celebrated the 185th. year of the founding of the college. This college was a pioneering venture of American Missionaries during British rule. The college had its beginning in 1823 at Vaddukoddai, Jaffna when it was called the Batticotta Seminary and later to be the lineal successor to the seminary was named Jaffna College in 1872. The Ontario Alumni Association was founded in 1986 in Toronto. Today it counts 325 alumni in its fold.

On October 25th. the

Association celebrated the Jubilee at the Radisson Hotel Toronto East. Tables were laid for 205 at dinner. Alumni from Vancouver, Winnipeg, Ottawa, Montreal and Toronto together with Alumni from the U.S.A., England, Sri Lanka, and Australia joined in this festive occasion. A good time was had by all.

Prof. S.T. Ariaratnam, Ph.D Engineering (Cambridge), D.Sc.Maths. (London). D.Sc.Engineering (Cambridge), Prof. Emeritus, University of Waterloo, also an alumni of Jaffna College was the Chief Guest.



Photo Courtesy: Dinesh Wijayanayagam & Shiyamala Sridevan



Satha Wijayanayagam seen speaking



Guests at the Dinner



Mr.R. Kanagaratnam & Mr.A.I. Sinniah - Retired Former Teachers of Jaffna College



The Manager of the Banquet Hall Arun with Dr. Sarweswaran - President and Satha Wijayanayagam



Chief Guest Prof. S. T. Ariaratnam, Prof. Emeritus, University of Waterloo and an alumni of Jaffna College addressing



Tony Nagendran & Dr. Sarweswaran, President with other guests

# Waterloo News



## Multicultural fabric makes Tamil Arts & Culture alive

The strength of Multiculturalism was alive during the month of October in the Waterloo region. The Germans celebrated Oktoberfest, Thanksgiving by Canadians, Deepavali by Indians and Sri Lankans and the local Tamil community celebrated the "Tamil Cultural Nite 2008".

Waterloo region and the City of Guelph Tamil community showcased their 8th Annual Tamil performing Arts Festival on the 18th of October at the Humanities Theater, University of Waterloo. The TAMIL CULTURAL NITE was hosted by the Tamil Cultural Association of Waterloo Region (TCAWR) to reflect cultural diversity in the region. The Chief Guest was Hon. John Milloy, Minister of Training, Colleges and Universities and the Ontario Member of parliament for Kitchener. The special guest was Dr. Lambotharan of Toronto.

The event was introduced to the guests by the Secretary, Mrs. Rajivi Nadarajah followed by a moment of silence for world peace. The program started with a tribute to Tamil language and to Canada. The students of Laya Lasya studio of Cambridge performed a beautiful South Indian Classical dance, "Pushpanjali".

Mr. Sivakumar Somasundram, the President of TCAWR, welcomed all Guests and stressed the need for the community to do more in preserving Arts and culture in the Waterloo region and City of Guelph. He highlighted involvement of parents, particularly the role of a mother in developing the cultural and language in a child. He appealed the need the

community to come together to help the orphaned Sri Lankan children in Batticaloa district. TCAWR is raising funds for shelters operated by the Ramakrishna Mission of Batticaloa and to support build a library for the children.

The students of Sri Abiramy Dance academy of Waterloo performed "Laya Kavithai", south Indian classical dance program. It's a rhythmic poem in which the musical notes are dominated by the beats of Miruthangam instrument.

The Chief Guest, Hon. John Milloy, Minister of Training, Colleges and Universities and Kitchener MPP congratulated the local Tamil community for preserving the Tamil culture in this multicultural society. He reminded the Ontario government's commitment in helping new immigrants to settle in the Waterloo region. Dr. Lambotharan of Toronto was the Tamil guest speaker. He highlighted what a writer should and should not do to the sensitive of the reader based on Tamil literature the Tholkapiyam.

The golden melody songs were presented by Mr & Mrs. Saravanabhavan of Toronto. TCAWR presented an award of recognition to the Monsoon Journal for help the Waterloo Region Tamil community to promote the arts and culture in the region and Toronto. Mr. Siva Sivapragasam, the editorial consultant received the award from Mr. Sivakumar, the president.

The local Tamil children performed "Thenali Raman", a dram

epic from Tamil literature. The audience were very appreciative to see the children speaking the language and the acting the script flawless. The drama was produced by Mrs. Ramay Joseph. The students of Mrs. Vasantha Daniel, "Natyakalalayam" provided a Bharath Natiyam to end the first half of the festival.

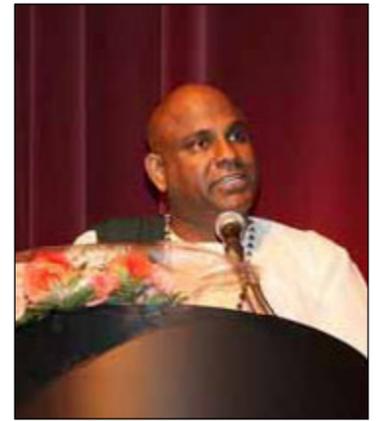
To help local artists to understand other cultures and vice versa, TCAWR invites other community to be part of the Cultural nite. This year the Caribbean community was invited to perform a steel band recital. The Panwaves Steel Band of Cambridge showcased Calypso, Reggae and classics drum beats. It was followed by a South Indian instrumental music by the students of Miruthanga Seshathiram of Toronto. The young students did an exemplary performance with Miruthangam, Gaddam, Thavil and Morsing.

The students of Shyamala Ramachandran of Kitchener provided a Tamil classical music followed by a cine dance. The twin couple Ramya, Dennis, Madu and Hari performed the colorful folk dance. The finale was a vocal and instrumental program by local artists lead by Narmatha Rajagopal.

A large number of audiences from Waterloo region and Toronto stayed till late to enjoy this annual event. The event was sponsored by the City of Waterloo, City of Kitchener, City of Cambridge, Sri Lankan Airlines and Delta Hotels of Kitchener-Waterloo.



The Chief Guest Hon. John Milloy, Minister of Training, Colleges and Universities presenting an Award to the President of TCAWR, Mr. Sivakumar Somasundram



Dr. Lambotharan, Physician, the Guest Speaker is seen addressing the audience.



Mr & Mrs. Sivakumar receiving the Award on behalf of the Minister, Hon. John Milloy on his arrival



Mr. Siva Sivapragasam, Editor of "Monsoon Journal", is receiving an Award on behalf of "Monsoon Journal", from the President, Mr. Sivakumar Somasundram.

### Music and Dance items at the Function



Music and Dance items at the Function

# Waterloo News



## President's speech at the Tamil Multicultural Arts & Culture night

Distinguished guests, ladies and gentlemen,

On behalf of the Tamil Cultural Association of Waterloo region, I warmly welcome the chief guest Honorable John Milloy - Minister of Training, Colleges and Universities and Kitchener area Ontario Member of Parliament, Special guest Dr. Lambotharan, Siva and Logan from the Monsoon Journal, The deputy chief of the Waterloo Regional Police Mr. Michal Mann, guests from Toronto, Artists and you the supportive members of the public to our eight annual Tamil cultural nite, performing Arts festival.

It is a pleasure to see all of you to spend this evening with us. I also see non-Tamils in the audience. Thank you for supporting us. You will enjoy our rich culture, this evening. For my friends from out of town, its a big thank you. We, very much appreciate your support.

I take this opportunity, to recognize and show my appreciation to a small group of volunteers who have been the pillar of this association for a long period of time. They do not pay much attention the service they do at home or give back to the commu-

nity. It is well worth our community and the association recognizes the role they play in the society.

Yes, they are the mothers sitting beside you. They have worked very hard to make sure their children learn our language, culture and make friends within the Tamil community. I have seen mothers spending 2 to 3 hours during dance or drama practice, leave home late and start making dinner for their family. All they care is, the children learn the culture and excel in studies.

Believe me; behind every young artist you will see a woman's supporting role and encouragement. So, ladies and gentlemen, give a big applause for all the mums, without whom we will not be having this Arts festival.

This year, our Global Relief fund is helping the children orphaned by the civil conflict in Batticaloa, Sri Lanka. It is shelter run by the Ramakrishna Mission. Our goal is to collect \$2000.00 by end of this year for their education and to build a small library. We have so far collected \$1200; rest is in your hands. They need your support. They need hope



and a brighter future.

For those, who are not aware, in previous years we have donated funds to victims of fire in Thrichy, South India, A children's orphanage in Jaffna and to the Canadian Red Cross during Tsunami, for the victims in Sri Lanka and India.

Next year, we will be celebrating our 20th anniversary in this Region. You can look forward a different kind of celebrations in summer of 2009.

Finally, I wish to thank all volunteers, Artists and our executive members. They have given their best to the association and to me. Thank you and enjoy the rest of the evening.

## "An English Newspaper like "Monsoon Journal" will bring more recognition for the Sri Lankan community", says it's Editor

Mr.Siva Sivapragasam, Chief Editor of "Monsoon Journal", in his speech at the Waterloo Tamil Association Event remarked that an English Newspaper like "Monsoon Journal" will certainly make our community more and better known among the Canadian society and will bring more recognition for the community.

He initially thanked the Waterloo Tamil Cultural Association for having recognized "Monsoon Journal" and given an Award for the meritorious service performed by "Monsoon Journal" for the Tamil community. He stated that the two reasons for running a newspaper like "Monsoon Journal" was to make other communities know more about our community and our culture and also for the younger generation to know about our culture and customs through the medium of an English newspaper. He referred to the fact that members of the Sri Lankan community had integrated well into the mainstream and now holding responsible and important positions in the professional, and business services. He remarked that the Business sector is doing



very well in spite of the fact that they came to a country where both the climate and culture were foreign to them. He stressed on the fact that it was a small step that these men and women took, but it was a giant leap for the community. He further stated that these achievements of the community can be better conveyed through an English Newspaper to the rest of the Canadian society.

He thanked the Waterloo Tamil Cultural Association for providing "Monsoon Journal" regular updates of the activities of the Association and the personal interest taken by it's President Mr. Sivakumar in making the paper available in Waterloo.

## John Milloy's speech at the Tamil Multicultural Arts & Culture Night

Honour and a pleasure to be here this evening to be your Chief Guest

· Many of you may ask why politicians are invited to speak at an event like this when they are not directly connected with the group or organization. The answer is simple. Because when we are chosen by our community to be their representative, one of the tasks we are given is to speak, from time to time, on behalf of the entire community.

· And it is in that vein that I want to thank the Tamil Cultural Association of Waterloo Region on behalf of my community.

· I want to thank you for promoting and preserving your culture and language – particularly among young people

· I want to thank you for sharing your culture through events like these and adding to our region's overall cultural life

· And finally, I want to thank you for your good works on behalf of charitable causes both here and abroad

· One of the great strengths of Waterloo Region is that it is a growing and diverse community – thank you for playing such an important role

· Supporting this growth is the key role of the Provincial govern-

ment and we have tried to respond in two key ways

· First, by ensuring that we have strong public services through significant investments in things like education, healthcare and infrastructure. We also continue to make the economy a priority through our five point plan: reducing business costs; investing in innovation; partnerships with businesses; investing in infrastructure; and investing in the knowledge and skills of our people.

· The second way we support this growth is by making sure that everyone benefits, especially those on the margins of our society as well as newcomers.

· I have been very proud to be a member of the government's poverty committee which is right now developing a strategy to reduce poverty, especially among Ontario's children.

· I am also proud of the investments we have made to support new Canadians in our area. A little over a year ago, Waterloo Region was designated a Regional Immigration Gateway for Ontario. This means that our area is now officially recognized as a popular location for new Canadians. As part of this designation, the government invested



\$1.5 million for various programs and services. We have also adopted policies that promote multiculturalism and strategies that make it easier for new Canadians to get their credentials recognized, including the appointment of a Fairness Commissioner to help facilitate the work of the various regulatory bodies.

· I am proud that our government supports community agencies involved in promoting multiculturalism and that we have signed an agreement with the Federal Government to more than quadruple spending on settlement and language programs.

· At the end of the day, however, we can't do it alone. It is all about partnerships and I and the McGuinty government continue to look forward to continuing to work together with groups like the Tamil Cultural Association.

## CineSiege Awards 2008

# CineSIEGE

CineSiege is an annual showcase screening of outstanding productions of the previous year by students in the Department of Film at York University.

CineSiege features a juried selection of short films, chosen by leading lights of the Canadian film and media scene. The winning films are picked by the jury from a shortlist of up to two dozen productions, nominated from all the films produced by students in all levels of the program each year.

The nominated films run the gamut from dramatic fiction to documentary, diarist and experimental. Those chosen for CineSiege are honoured for exceptional achievement in the art and craft of film production, such as direction, writing, cinematography, sound and editing.

CineSiege is presented each year at a cinema in downtown Toronto. Jurors are on hand to introduce the CineSiege picks and explain why they were selected.

**Best Documentary**  
**Maria Saroja Ponnambalam**  
Waterloo, Ontario  
La Consecuencia de La Lluvia

(17 min)  
Director: Maria Saroja Ponnambalam

Director of Photography: Maria Saroja Ponnambalam

Editors: Maria Saroja Ponnambalam, Aliyyah Fazil

Since the presidency of Hugo Chavez, the poor in Venezuela have received more attention than ever before. A journey through an impoverished barrio of Caracas explores the communication gap between the community's inhabitants and their Communal Council leaders.

**Best Documentary - Honourable Mention**

**Aliyyah Fazil**

Criterion Cell (15 min)

Director: Aliyyah Fazil

Director of Photography: Noah Bingham

Sound: Maria Saroja Ponnambalam

Editors: Samantha Shute, Aliyyah Fazil

Sound Editor: Brandon Lane

Composer: Maria Saroja Ponnambalam

Imprisonment through two

different perspectives.

# Canada Newslines

## Senior Tamils Centre of Ontario celebrates Deepavali

Significance, Seriousness & Service glorifies Ontario Tamil Seniors celebrating the Deepavali Festival at the Atlanta Banquet Hall in a packed gathering of four hundred and more on Saturday October 25, 2008. That evening was scheduled to start at 5.30 PM; the President Mr. Maya Kandiah pardoned to the crowd for the delay of six minutes and inaugurated the function. Lighting

of the traditional oil lamp, followed by the National Anthem, Tamil Thai Vanakkam & Mantra Geetham sung by our members, two minutes silence was observed. President's welcome speech was followed by a rich of cultural programs produced by talented members and performed by energetic and artistic hands.

Baratha Natyam performed by the students of Srimathi

Niranjana Chandru highlighted for the highest standard by the audience. Next, the occasion was graced by the Chief Guest, Dr. Pon Shivaji who delivered the message of the Deepavali Greetings and emphasized more on the significance of Deepavali in both languages English & Tamil.

Key Board Music was played by Miss Neeraj Shankar followed by a play let, "Nanmaiku

Kalamillai" by our seniors, endorsed a boost to keep the audience in order. Our Guest Speaker Mr. Naga Ramalingham, Community Development Officer-Family Services, Toronto addressed on "New Strategies for Seniors". This was followed by "An interview with Dr. Muthu", two of them narrating among themselves, a piece of lost experiences.

Lastly, a butterfly dance "Pattam Poochigal" by our members, brought a momentum to close up the program. Secretary's vote of thanks followed the well organized dinner. This function is leaving behind the senior's Significance, Seriousness & Sacrifice.

Editor, S.T.C, Ontario.



Dance item at the function



Mr. Maya Kandiah, President of the Centre



Dr. Pon Sivaji-Chief Guest addresses the guests



Guests at the function



Dance item at the function



Ms. Neeraj Shankar performing at the Key Board



A scene from a deama



President Maya Kandiah with two other guests



Butterfly Dance by women members

## THE HEART AND STROKE FOUNDATION OF ONTARIO ADDRESSES HEALTH NEEDS OF SOUTH ASIANS

The changing face of our communities has changed the face of heart disease and stroke in Ontario. What this means for your readers within the South Asian community is clear, given the evidence.

" South Asians have a 3 to 5 fold increase risk of heart attack and death from cardiovascular disease compared to other ethnic populations

" South Asians are prone to developing heart disease at a younger age and often before the age of 40 in men. This is explained largely by higher occurrence of risk factors, such as diabetes at younger ages.

" Research has found that

members of the South Asian community may have a genetic predisposition to developing cardiovascular disease.

The Heart and Stroke Foundation is committed to the development and delivery of initiatives that address the specific health needs of South Asian communities in Ontario. We've already begun with the creation of public health forums where we share best practices and facilitate the exchange of knowledge between healthcare providers and allied professionals who service diverse communities.

Last April, we celebrated with Sri Lankans and Indo-Canadians in supporting their participation in

Canadian Multicultural Council's Asian Heritage Month celebrations that provided a myriad of opportunities to deliver key health messages and information support at a number of events in connection with the Young Asian Singing Competition.

In May, the Foundation's South Asian Heart Health Symposium in Brampton was a success, educating many South Asians with insightful guest speakers and helpful seminars, reinforcing the messaging "Healthy hearts begin at home," focusing on the importance of involving the whole family to achieve a heart healthy lifestyle.

The Heart and Stroke

Foundation was also proud to be associated with Masala Mehndi Masti, and the Festival of South Asia, and was the exclusive health partner for the Toronto stop for Amitabh Bachchan's Unforgettable Tour.

The Foundation has worked with a number of medical, community volunteers and media partners to develop public service announcements to get these messages out into the community. This information kit contains these PSAs, along with results from a research study, and some South Asian story ideas. We urge you and your editorial staff to learn more about how the Foundation can help your commu-

nity by going to [www.heartand-stroke.ca/southasian](http://www.heartand-stroke.ca/southasian). Materials are provided in Hindi, Punjabi, Urdu and Tamil.

We hope that you will look to us for ongoing information and news related to the health of your readers. If you wish to speak with a researcher or other spokesperson, media interviews can be arranged through Stacy O'Rourke at [sorourke@hsf.on.ca](mailto:sorourke@hsf.on.ca) or by calling 416.489.7111 ext. 482

Thank you so very much for your attention and helping us deliver a vital message to your readers.

**Rocco Rossi**

CEO Heart and Stroke Foundation of Ontario.

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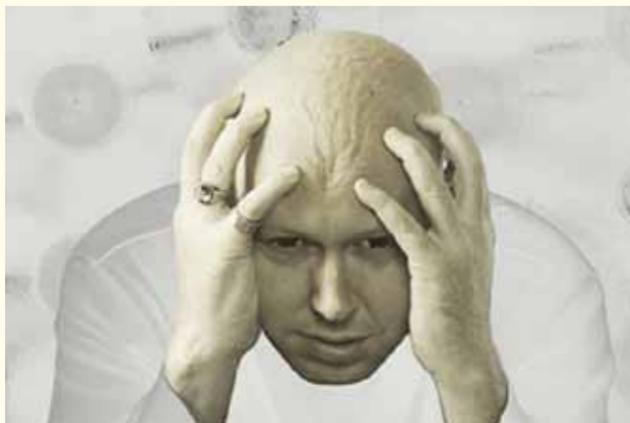
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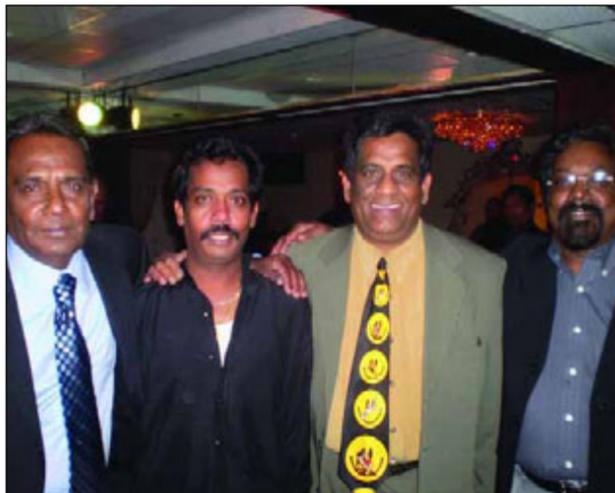
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# Grand Opening of Victoria Banquet

In appreciation to celebrate the Grand Opening of Victoria Banquet Hall, the owners hosted an appreciation evening to their friends, relatives and clients. Almost 150 of them attended the evening and all had an enjoyable evening with dinner and dance. The DJ played excellent music through out the evening and also few songs were sung by live singers who happened to be owners friends. All the guests enjoyed the evening and thanked the owners for the hospitality provided by great service and serving with cocktails, delicious food and desert.



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**Sat & Sun: 10 a.m. to 6 p.m.**

## Lawyer Gary Anandasangaree re-elected as President for Tamils' Chamber



Lawyer Gary Anandasangaree addressing his Presidential speech at the Annual General Meeting (AGM). The AGM of Canadian Tamils' Chamber of Commerce (CTCC) was held on November 8th at Embassy Banquet Hall. CTCC was established to foster entrepreneurship by business people from Tamil Community in 1991.



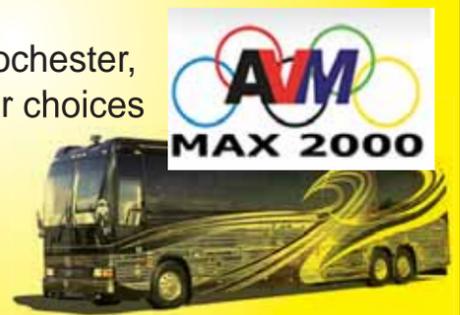
New Committee: L-R: Logan Velumailum-Past President, Sam Thiru-Director, Santha Panchalingam-Director, Ken Kirupa-Vice President, Ragavan Ramanathan-Director, Gary Anandasangaree-President, Krishni Loganathan-Executive Assistant, Sriharan Thuraiarah-Secretary, Sinnadurai Jeyakumar-Treasurer, Mike Ahilan-Director, Sathiasoruban Navaratnam-Director, Stanley Jeyakumar-Internal Auditor. (Raj Rajasri-Internal Auditor, missing in the picture)  
Picture courtesy: Ken Photo

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# Aarathie Super Centre Grand Opening

Many distinguished guests attended the grand opening of Aarathie Super Centre especially, Hon. MP for Scarborough Agincourt - Jim Karygiannis, Bank Manager, Tamils Guide CEO-Senthi Chelliah, Uthayan Editor & Publisher - Mr. Logendralingam, Monsoon Journal Chief Editor-Siva Sivaparagasam & Logan Velumailum, Embassy Restaurant owner - Mr. Kuna, Gnanams Studio owner and Real Estate Rep-Kathir Subramaniam, Accent Property Management Services Owner & Real Estate Broker-Dirresh Krishnapillai.

The event started with the lighting of the traditional lamp by many distinguished guests around 10.30 a.m. It was followed with light refreshments catered professionally by J & J

Swagat Banquet Hall. It should be noted that the co-owner Tenison Joseph, who is well experienced Restaurant & Banquet Hall expert and his Manager Vinod were personally present to make sure that all the guests were taken care of with refreshments.

There were so many different departments consisting of Jewellery, Textile, Giftware and Fancy Items and so much of counter space to serve the customers. They hired several experienced sales staff as well as young sales people to serve the many customers on this special Grand opening day celebration.

The showroom at Aarathie Super Centre is occupying around 4000 sq. ft space with Mezzanine level office. The deco and display with models were excellently

done at the showroom.

One of the owners stated that they have an exclusive collection of Jewellery representing Indian traditions, exclusive and latest sarees and other items.

The guests were given token gift supplied by Cesto Creations Inc. whose CEO is Sri Haran. Aarathie also offered valuable prices for guests who purchased items for \$200 or more. Aarathie is located conveniently near McDonalds & Elephant Pass Restaurant at Markham & Finch with ample parking space. The event was filmed by one of the pioneers in Audio & Video from the community, Mr. Baskaran of DigiFx photo-video-media. Mr. S. G. Shankar of Quick Snaps also photographed the event.



Photo Courtesy: S.G.Shankar of Quick Snaps

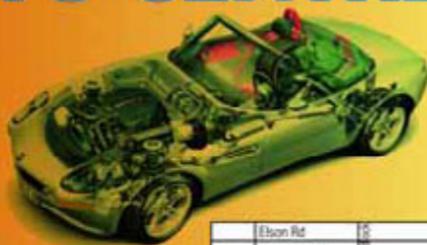
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# Monsoon Features

## Meditation - a path towards utter freedom - VII

# Be what you are!

**Prof. Saran Ghai**

Don't pretend to be someone else just to please others. Be what you are. You are in your best form when you are what you are. When you try to be someone else, you lie. Popeye said, "I am what I am and that's all what I am." Follow this. This saying will make you a perfect person.

When we try to be in someone else's disguise, we do not remain original, we act. Acting is not reality. Acting is playing other's characters. So why to play the role of some body else? Play your own role, your own character.

Shakespeare wrote - 'the world is a big stage and each one of us incarnate to play our characters.' And when we are done with our role, we return backstage. That is the biggest truth. Shakespeare specifically mentioned that we take birth to play the role which God has assigned to us. Till we are playing our own role, we are a true person. When we start playing someone other's role, we become an actor who plays the roles of other people but on the stage, not in their real life. In their real life they are what they are. So, be what you are.

Sometimes circumstances compel us to pretend. Yes, if it is needed and it is good for yourself or for someone else, there is no harm in pretending but don't make pretending your profession. I have come across many such personalities who you can't believe ever. They are always pretending. They are always busy in conveying you that they are your best friends but as a matter of fact they are wolves in disguise. If you meditate, you can recognize



such people and can manage to keep away from them. Meditating minds can easily differentiate between a true and a false friend.

Just do one thing. Find a calm place, sit down, relax, close your eyes, take a deep breathe, concentrate your mind and start recollecting memories of all those people who were always there when you needed them. Also find out people who you requested for their help but they had one thousand excuses to make. They were never there where and when you needed them. Such people live their life happily in their eyes but are not respected much in the society. People stop depending upon them as they realize that this person is not trustworthy. One day it may also happen to them that when they are in need, there is no one to help them as it is said - "If you help less, one day you will be helpless." As a matter of fact the selfish always suffer. The only thing is when their turn to suffer would arrive, no one

knows.

Here you may ask, "Should the terrorists, thieves, corrupt people, rapists and smugglers remain what they are, as they are also exactly what they are? May I ask you, "What do you think the people you just referred did actually want to be like the way they are?" No. Isn't it? That is my answer. Either they are not in the assigned character as they have chosen or are constrained to choose a wrong character. They are not the same as they wanted to be. Ask any one of such persons if they wanted to be like that? They will say - No. Same is the thing with prostitutes. Ask a prostitute if she wanted to be a prostitute. She will say - Never. She wanted to be something else but circumstances compelled her to be a prostitute. So, if you are performing a wrong character, you definitely did never ever wanted to be playing that character. Character of an anti-social element can never be a role liked

to be performed by anyone.

If you yourself are in a wrong character, you may momentarily enjoy that character but one day you will repent why did you become that kind of person you would never want to be. To know or to find out what is right and what is wrong, ask your conscience. Your conscience, as a matter of fact, the God living in you will tell you everything about that. If you are doing any such act which is against the law or the established traditions of the society or the religion, your inner conscience will never approve it. On the contrary if you are doing something good for your own self, your family, your community, your country or for the universe, your inner conscience will encourage you to go ahead. That go ahead signal is the sign that you are on the right path.

Go ahead and do what is right,

Start loving all and shun the fight,

Your goal is to be known for good deeds,

Then why to grow dispute generating seeds,

Be kind and virtuous to all,

Be it a big personality or very small,

Your good deeds will make you immortal,

Keep on making bigger your good deeds total,

Live a life which is good for you and for others,

Always respect your father, mother, sisters and brothers,

Respect the law of the country you live in,

Grow a better person always within,

Make your life a readable matter, as

Your role is to make this world from good to better.

If a person going out of the

law of the society, one day the law will bring him back to live within the norms of society and of course for his come back he has to accept punishment enforced by the law. So, this clearly indicates that if you are doing an act unacceptable to the law, you are not playing a correct character. You have to think about it. If you are on a wrong track, as early as possible mend your ways and come back to the track set by the society. No one is permitted to break the law and also everybody should get this fixed in his mind that no one is above the law. If you cross your barriers, you have to suffer. So, why should you be that person who breaks the laws? Be a nice person. This world respects only those who are good for society. Those who are engaged in damaging the society, they are always unwelcome.

So, be what you if you are good person or if in any corner of your heart you find that you are not being in the society as a welcome person, mend your ways. Be a better person. If you do not know how to be a better person, don't ask anyone else but to your own self. And if you do not know how to ask yourself, meditate. Only by means of meditation without discussing with anyone else, you will find out the right way. Try it. You can do it. Believe in Meditation.

- Continued...

*(Prof. Saran Ghai is an author, editor and publisher of a number of books, magazines and newspapers. He is also a palm reader and a numerologist. Readers of Monsoon Journal can contact Prof. Ghai at (416) 816-5559, E-mail: muktupath@muktupathmeditation.com, and website: www.muktupathmeditation.com*

# Tribute to the Salvation Army



Major Barbara Champ, left, Director of Spiritual and Religious Care at The Scarborough Hospital, lowers The Salvation Army flag for the last time at the Grace campus with Chaplain Vi Barrow.



From I-r: Rob Devitt, Supervisor of TSH, unveils commemorative plaques that pay tribute to The Salvation Army's role at the Grace campus over the years, along with Major Barbara Champ and TSH president and CEO Dr. John Wright.



Cutting the cake to mark a new era in The Salvation Army's role at The Scarborough Hospital are, from I-r: Rob Devitt, Supervisor of TSH; Dr. John Wrigh, President and CEO of TSH; Lt. Col. Irene Stickland, former CEO of the Grace campus; Major Barbara Champ, Director of Spiritual and Religious Care at TSH; and Commissioner William Francis, Commander of The Salvation Army Canada and Bermuda Territory.

# Monsoon Features

Continued from October Issue

He also started a series of public lectures in Jaffna's Temples, like the Christian circuit preachers, to rationalize the real Saiva concepts to local audiences, in a meaningful and simple manner. Listeners flocked from all age groups and different classes of society, and they sat mesmerised by his inspiring talks, for hours, and started

logic and debating as parts of the curricula, in schools that he founded. He had turned oratory into a productive art form. Reports adduce that even his opponents often attended his lectures, and could never even attempt to beat his arguments. He had all the facts and figures at the tip of his tongue. It is possible that, had he chosen,

that he founded. 3. He himself learnt and taught printing. Some of his pupils later worked in his own presses in Jaffna (1850) and Chennai (1860). (4)

Naavalor's Inherently Humanitarian Disposition and Services

Naavalor was a positivist, a pacifist, and a humanist who understood human nature and human beings. The type of Saivism he was evolving was humanistic. He loved all human beings. He was only against their wrong, harmful actions. When he found anyone doing wrong, he never spared criticism - of the person's act, not of the person. He had never spoken or written disparagingly of any other religion, or of their priests as individuals, but only of their crooked, selfish, one-sided, unreasonable actions. That is how this Author views Arumuga-Naavalor.

As a humanist and philanthropist, he mustered support from people like Lawyer S. Britto during the 1876 Famine (referred to earlier), also collected 'handfuls of rice' from the population themselves, and fed hungry thousands in Jaffna with his 'Rice-Porridge Tubs' till the government brought the situation under control.

He extended his services in the field of education beyond his own country, to South India, which could be considered a humanitarian act. He sent petitions to the Governor General of Ceylon about human problems faced by the common people of Jaffna, on a regular basis. Although he opposed in principle, and fought against the enforced conversion of Saivites into Christianity, he willingly, faithfully and expertly translated the Bible into Tamil, and thus broadmindedly assisted in the propagation of that 'rival' religion. This was a supra-human act. During the bitter court action he brought against Ramalinga Swamigal who was alleged to have defamed Arumuga-Naavalor, Naavalor magnanimously forgave the defendant once he regretted his action and made suitable amends. This is yet another example of Naavalor's humanness. The fact is that while some Brahmin Saivite priests themselves protested against Naavalor when he declared that some of them were not qualified to act as priests, he was never criticised by any member of the so-called lower castes although Naavalor was a high-caste Vellala by birth and nominally upheld the caste system until his death. This is ample evidence that his disposition was approved and accepted by all sectors of society.

**Did Arumuga-Naavalor Have A Seventh Hazy Facet?**

As a follower of the orthodox and ongoing Saiva doctrines, Naavalor was said to have adhered to Manu's Scheme of Social Justice, and hence had looked down on women and the so-called lower castes, in general. No women are known to have brought out this allegation during his lifetime. It is only in the 20th and 21st Centuries that one or two



feminists have raised this issue. Again, it is these same feminists, in order to make their case appear stronger, included the caste issue as well, in their writings. Let us consider this matter cool-headedly, and not brush it aside rashly. Let us examine Arumuga-Naavalor's life and actions as a whole.

Records show that Naavalor had spoken up for women's rights and welfare in many ways, even interpreting the provisions of old Manu's Scheme intelligently and humanely, in their favour. In the same way he had declared that anyone from any so-called lower castes could rise to highest positions of religious and social acceptance if they become sufficiently learned, and conducted themselves as provided in the religious doctrines. Besides, while discussing society as a whole, it is impossible not to mention women who form half of any society. (5)

And when women's actions are discussed, aspects peculiar only to their sex group would naturally have to be discussed. Right is right, and wrong is wrong, be it for men or for women. But it is unavoidable that Naavalor would have been occasionally critical of certain types of women, based on their actions, as equal members of society, rather than of women as a whole. Hence it is considered rather malicious and irresponsible to make an issue of such trivia while assessing the contributions of a great persona who lived in an admittedly less liberal and less enlightened era than today, in general, and who died almost 130 years ago. Dear Brothers and Sisters! Let us not split hairs!! Let us give Naavalor his due respect and recognition, and our gratitude for his noble, overall achievements!!!

## Conclusion

Arumuga Naavalor was a devout student of Tamil, English and later, Sanskrit, as well as of Saivism, Christianity, and other religions generally. He soon became a master of quite a few of them. He chose to remain a strict bachelor throughout his life, in order to pursue his chosen goal of reforming and developing Saivism and Tamil to beyond their former glories, which he did, dedicatedly. To achieve these goals, he wrote many books. He published over 75 of his own and others' works, in all. He rebuilt and also newly

founded and inspired a dozen schools in Ceylon and India. He translated the Holy Bible into Tamil. He made several visits to India and spent years at a stretch there, thus creating a vibrant cultural link between the island of Ceylon, now called Sri Lanka, and the subcontinent.

He was thus an intellectual, humanitarian ambassador cum diplomat, and a successful Karma Yogi. Thereby, within his brief lifespan of 56 years plus, he had almost single-handedly and constructively achieved, more than governments with authority, manpower and funds, towards building up a peaceful, purposeful world. It is said that he studied day and night for 24 years, and, for the next 32 years, put into practice what he studied, as his contribution to his human society, without idling or wasting a single day in his life. His performance was like that of the 'perfect human machine' of the types we view in modern science fiction films. He is regarded as the Father of Ceylon (Eelam) Tamil Literature, the Father of Modern Tamil Prose, and also as the Father of the Saiva-Tamil Schools System. Being one of the outstanding orators in history, he was awarded the unique title of Naavalor. He also came to be known, rather modestly, as One Proficient in Prosaic Writing (trdeil ifte:j ty:yhsH). His 125th Death Anniversary was celebrated in 2004, in several countries of the world where the Tamils have been forced to spread their wings today. Half a dozen statues have been erected in Arumuga Naavalor's honour in different continents of the world (including in his town of birth, Nallur, Jaffna) and enshrined, quite fittingly, in Saiva temples.

He is regarded by many present day Saivites as a true reincarnation of one of the foremost four Saiva saints, namely, Sunthara-Moorthy Nayanaar. He is already regarded by many of his admirers as the Fifth Great Saiva Saint, although it is just a matter of time, indeed, before that recognition is officially and suitably accomplished. May his image, with his holy-ash smeared forehead and prayer-beads-adorned scalp and neck, live on in the minds and hearts of the followers of Saivism, everywhere, for millennia to come! May Saivism survive forever!!

## HEXAHERAL ORATOR WITH A HAZY 7th FACET?

**Prof. Kopan Mahadeva M.Sc, PhD, Hon. D.Litt, FIET, FCMI, FSH**

taking his teachings seriously.

Many hundreds gave up eating meat thereby, stopped drinking alcohol, and started attending temples regularly. His topics included: temple worship, unity of God, Saiva concepts, alms-giving, festivity in temples such as fire-works and notch-girl dances, conduct of women, cardinal sins like felony, alcoholism and getting drunk, adultery, meat-eating, disrespect for one's teachers, seniors and elders, and also protection of the cow, bribery, corruption, bad social manners, basic human rights, courteous speech, mental purity, vegetarianism, health, and hygiene. He even lectured to them about possible government grants and incentives and how best to utilise them. (3)

### A Master of the Arts of Debating and Oratory

Naavalor excelled as a powerful and unchallenged debater and orator. He is said to have been the first to start the practice of public discourses in temples. He spoke on religious, moral and socio-ethical topics as relevant to the times. These were pioneered in Jaffna on Fridays at the Vaiththeswara Temple hall in 1847. From these platforms, he rebuked the poaching Christian missionaries who tried to convert Hindu Tamils to their own religions. He was not really against any self-sought conversions on comparative religious merits alone. But when the western priests pushily solicited, declaring Saivism as evil, without any knowledge-based understanding of the basis of its age-old rituals and practices, Naavalor stood up and fought tooth-and-nail for his hereditary faith, vociferously, and by writing.

He had a melodious voice. He had written poetry. He sang his devotional poems, with traditional hymns, during his orations. He could tell sad, funny, heroic, or awesome stories, or quote credible anecdotes to reinforce the points he wished to emphasise. He deliberately and consistently practised the art of oratory, and included

he could have been a successful lawyer, even a vote-winning politician, nay, statesman. In fact, in 1879, just before he died, he had found a successor to speak up for Saivism, by getting Sir Ponnampalam Ramanathan elected to Ceylon's Legislative Council, through his own silver-tongued oratory. The local foreigners from different nations, and India's Tamil Saivites as well as non-Tamil Hindus, all accepted Naavalor as an unparalleled orator and debater.

### Patriotic Services for Ceylon's Development and Prosperity

In fighting against the damage that foreign missionaries were causing to Tamil and to Saivism, Naavalor had also constructively supported the struggles that the Sinhala Buddhists were similarly waging in South Ceylon. No traces in historical records indicate that Naavalor had at any time campaigned against the sisterly Sinhala language or to the detriment of Buddhism. This was the reason why the later SLFP-led Sri Lanka government of 1971 honoured him as a patriot, by printing his head on a postage stamp, knowing very well that he had been the virtual spiritual guru of Sir P. Ramanathan whom the First (UNP) Prime Minister of independent Ceylon, D. S. Senanayake had hailed as, 'the greatest Ceylonese of all times'. His image as a national hero had swelled after his death.

Three ways how Naavalor contributed towards the agricultural and industrial development of his country are on record. 1. He leased agricultural lands from the government in Kanthalai, in Ceylon's Eastern Province, and formed and led a Jaffna-Batticaloa Commercial Farming Association to promote the production of food, as part of the country's economic drive, after the infamous Drought & Famine of 1876 when he did yeoman service through his 'rice porridge charity'. 2. He introduced practical trade subjects into the latter-day curricula of the schools

# Monsoon Features

## Sri Abiramy Dance Academy Waterloo Division entertained the Western Region Ministry of Correctional Services Conference

The Ministry of Community Safety and Correctional Services Western Region Diversity Steering Committee hosted the region's first conference.

The Celebrating Diversity: Moving Forward Together conference was held in Kitchener Delta Hotel, on October 29 and 30 for 100 staff from Probation and Parole offices across southwestern Ontario. To recognize and celebrate Diwali, the planning committee invited the Sri Abiramy Dance Academy to perform.

The performance was beautiful and elicited a standing ovation from the crowd. The Diversity conference also included keynote speakers, and several interactive cultural workshops.

The students were honored at the end of their performance by the Ministry of Correctional services. First two Classical dance programs was performed by Sarah Sureswaran and for the final program "Laya Kavithai" Classical dance was performed by the Waterloo division students, Sachita Subramanian, Teena Samanthapudi, Rahavi Gnana-segar, Vivega Ruthirathasan, Arushi Swarup, Vidushi Swarup, Bavithra Naguleswaran, Sarah Sureswaran.

All Dancers were choreographed by the Director of the institute Selvi Sureswaran following pictures was taken by the Academy in Delta Hotel in Kitchener Ontario.



Peace and human rights activists, politicians, leaders from various community groups, and community members gathered on Friday, November 7, 2008 at the Dundas square in Toronto to conclude the 72 Hours Internally Displaced Persons (IDP) Vigil. The 72 hours vigil was held as part of Canadian Humanitarian Appeal for Relief of Tamils' (CanadianHART) - for immediate intervention to save half-a-million Internally Displaced People in northern Sri Lanka. The Vigil started on Wednesday, November 5, 2008.  
**WWW/TAMILIDPCRSIS.ORG (Open your Eyes for Hart)**

## Eliyathamby Thevaseervatham' just and devout man'-Mercer

Rev. Dr. Dean Mercer, Presbyterian at the St. Paul's La Ameroux Anglican Church, speaking at the committal service of the late Thevaseervatham compared him to Simeon who received Jesus into the Jewish community and asserted that he was a just and devout man.

The death occurred of Eliyathamby Thevaseervatham on the 15th of October and the funeral on the 18th. He died at the age of 81 leaving behind his wife and four daughters with their families to mourn his loss. He is a son of the late Mr. Eliyathamby,

former head-master of the primary section of St.John's, Jaffna and a brother of the late Dr. E.S. Thevasagayam.

Theva was a self-made man and his twin passions were faith and family. Yoga Rajasingam, a son-in-law mentioned that he was an inspiration and example for him in his Christian religious observances.

He practised the ideals of Christianity in his daily life and inculcated the same values to his children. Theva also had the love for Tamil music which was well evident when he sang with his

family at public functions. In Toronto he had been an editor of the Seniors Tamil Newsletter for several years.

He has also been an active member at all the Christian churches he worshipped. It could be rightly claimed that Theva used his talents and resources to help his family, faith and fraternity. Tributes to his life were paid by members of his family.

The homily was preached by Rev.Dr. Dean Mercer of the St. Paul's La Ameroux Church, where he worshipped. A large number of relatives and friends were there to give their respects to the departed soul.

By: jja

## IFJ and IPI Call For International Attention on Landmark Journalists' Rights Case in Sri Lanka

The International Federation of Journalists (IFJ) and the International Press Institute (IPI) has called upon colleagues in South Asia and international press to report loudly and widely on the current trial of senior Tamil journalist J.S. Tissainayagam who is defending himself against terrorism charges in the Colombo High Court.

In what will become a landmark case in the history of press freedom in Sri Lanka and beyond, Tissainayagam will this week give evidence on two charges of writing to bring discredit to the government and inciting ethnic and racial disharmony and printing and publishing such material in the North Eastern Monthly between June 2006 and June 2007 under the Prevention of Terrorism Act (1979) and one

charge of violating the 2006 Emergency Regulations with regard to allegations of aiding and abetting terrorist organisations through raising money for the magazine.

A representative of the International Commission of Jurists (ICJ) is attending the trial in Sri Lanka as an independent legal observer.

Tissainayagam was arrested on March 7 2008 by the Terrorist Investigation Division (TID) of the Sri Lankan police force and spent over five months in detention without charge, before a formal indictment was issued on August 25. Two other media workers, E-Kwality Printers owner N. Jesiharan and his wife Valamarthi, also continue to be held.

The IFJ and IPI appeal to journalists and editors to report the



Journalist J.S. Tissainayagam (C) is escorted to High Court by prison officers in Colombo November 5, 2008, Reuters Pic: Buddhika Weerasinghe

proceedings of Tissainayagam's trial to ensure that the international spotlight remains on this watershed case that will have ramifications worldwide.

## Canadian defence advisor tours Jaffna

Canadian Defence Advisor Colonel Richard Ryaer Burbidge toured Sri Lanka Army occupied town of Jaffna, in the country's Northern Province in order to get the firsthand experience of the humanitarian activities being carried out by the Security Forces in Jaffna.

Several independent humanitarian organizations have reported persistent shortage for essentials in Jaffna after Sri Lanka government closed the main highway linking the town to other parts of the country.

The town of Jaffna, described

as 'virtual prison' by several independent newspapers and human rights organizations is amidst continuing human rights violations, including involuntary disappearances of Tamil civilians at the hands of Sri Lankan security forces or their para military.

A civil society source said Jaffna Commander Major General G.A. Chandrasiri is taking diplomats and dignitaries on guided tours in and around town to alleviate concerns raised by human rights groups.

Later Canadian Defence Advisor Colonel Richard Ryaer



Burbidge visited the Jaffna Fort, Nallur Hindu temple and a few other places of importance.

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# Monsoon Features

## 2008 Federal Election Analysis

### Raymond Rajabalan

On Oct 14th Canadians went to the polls in the 40th General Election. Once the ballots were in, the Conservatives renewed their minority government and the other parties saw a shuffling of seats.

The Tories picked up 16 seats finishing the election with 143, which was just shy of the 155 seats needed to secure a majority. Bloc Québécois Leader Gilles Duceppe takes credit for preventing a Conservative majority by claiming 50 seats in Quebec. Mr. Duceppe believed that Quebecers disliked the Conservative's arts and culture cuts as well as their tougher approach to youth crime preventing the Tories from making any gains in that province.

Stéphane Dion's Liberals lost 19 seats from the 95 they held when parliament dissolved. Popular vote only had the Grits at 26.2%, the lowest they've ever earned, though not as bad as some Liberals had predicted. These results has already raised the call for Mr. Dion to step down and he has wisely decided to do

so of his own accord, although after gracefully accepting the results Mr. Dion talked of his plans to work cooperatively in the new Parliament.

Already a number of candidates have begun to canvass support to become the next leader of opposition. Though there are many, the two main contenders are Bob Rae and Michael Ignatieff. However by the time the May 2009 convention of Liberal Party is held the equation might change unpredictably and new heavy weight candidates may emerge as front runners. Unless a strong leader emerges it will be very difficult to lead the party out of its political wilderness. Who is going to be the Moses?

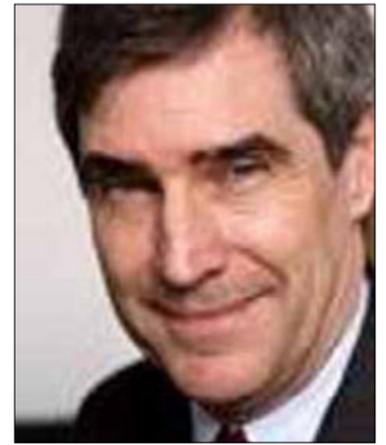
Jack Layton, the leader of the New Democrats, who campaigned to become prime minister, fell short of even replacing the Liberals as official opposition. They picked up eight seats for a final count of 37, second only to the 43 seats they won in the 1988 election.

The Green party leader Elizabeth May lost her riding to

Conservative Peter MacKay, Canada's Minister of National Defense. The Greens fared no better nationally than their leader did, with the party earning no seats. On a positive note this election marked the first time the Green Party was allowed to participate in the leaders' debate, and they earned their highest percentage of the popular vote to date.

For all the record change seen for each party the end result was another Conservative minority government. Early opinion polls suggest that Canadians felt this election was a waste of time and money when it simply renewed the Tory minority. That may explain a record low in voter turnout, 13,832,972 voting of 23,401,064 registered electors, or 59.1 per cent. Over the past 50 years voter turnout has been declining with the sixties seeing turnout of nearly 80 per cent.

Coming through an election to return to a minority doesn't please Stephen Harper, who called the election looking for a stronger mandate but nevertheless was elated with his larger,



back to back, minority win.

During his victory speech Harper guaranteed that he will fulfill his party platform and, in a tone unique for his political reputation, he expressed a desire to work cooperatively with other parties. "This is a time for us all to

put aside political differences and partisan considerations and to work cooperatively for the benefit of Canada. We have shown that minority government can work, and at this time of global economic instability we owe it to Canadians to demonstrate this once again."

37 days from start to finish, the 40th Federal election campaign may have started out slow but after global bank failures, stock market uncertainty and fears for a recession, the economy became the hot button issue. In the end Canadians put more value in the Conservative's modest platform, but kept the Tories from total power by providing a stronger mandate but one just shy of a majority.

## SRI SATHYA SAI BABA Akhand Bhajan

As part of the birthday celebrations of Bhagawan Baba, on the second Saturday-Sunday in November, Bhajans (devotional singing) are conducted continuously for 24 hours at all Sathya Sai Centres on a global level praying for peace, harmony and bliss to all mankind.

The significance of community singing is immense, according to Baba. It is the easiest way to reach God in the present age. Speaking on the efficacy of Bhajans, Baba says, "The spiritual vibrations produced by Bhajans confer great joy both on those who sing them and on those who hear the songs. Bhajans remove all negative thoughts, soothe the nerves, purify the mind and fill the body and the heart with sweet love for the divine. As one sings Bhajans, the mind is saturated with God Consciousness

and a great ecstasy wells up from within. No mental or intellectual effort is called for, as there is no need to understand anything while uttering the holy names of God and singing His glory. The singing and the atmosphere created by Bhajans takes one beyond the realms of the body, mind and intellect and helps to establish communion with the Higher Self (consciousness) within. Therefore, singing Bhajans becomes a beautiful and blissful experience. Many great composers and musicians like Thyagaraja established communion with God through devotional music."

Excerpts from Bhagawan's Discourses:

"Today we are having the Akhand Bhajan. This is being done not for the sake of one individual, one nation or one commu-



nity. It is for the welfare of humanity as a whole.

The bhajans that are sung permeate the ether in the form of sound waves and fill the entire atmosphere. Thereby, the whole environment is purified. Breathing in this purified atmosphere, our hearts get purified. Reciting the Lord's name is a process of give and take. Singing the Lord's name should become an exercise in mutual sharing of joy and holiness. It should be remembered that the sounds we produce

reverberate in the atmosphere. They remain permanently in the ether as waves and outlast the individual uttering the sounds.

Community bhajans should not be treated as a pastime. When thousands of persons join in singing bhajans, they should be fully absorbed in the devotion and the ecstasy of that experience. The singing should be vibrant and soulful and not mechanical or uninspiring. It should combine bhava (feeling), raga (melody) and tala (rhythm). What delight can be experienced when all sing in chorus, with the same feeling, in the same tune and to the same timing! When there is such unity the Divine can be experienced.

Not all realize the potency and efficacy of reciting the Lord's name. The first requisite is purity of thought, word and deed. The name that is uttered by the tongue should be meditated upon by the mind. What is uttered and dwelt upon should be hailed by clapping the hands. This threefold concentration on the Divine name - unity of mind, speech and action

- purifies the heart and nourishes the feeling of devotion.

When the chanting of the Name is done in community singing, it should be in a form in which the entire group can participate easily. The tune, the rhythm, etc. should be such that all can follow the bhajan. If the lead singer takes up a song that is not familiar to others, the response from the group will be poor. There will be no enthusiasm or genuine participation. Their minds will be distracted. When all the devotees participate in the bhajan, the vibrations that are produced will generate joy and harmony."

- Divine Discourse on Akhand Bhajan day on November 8,

This year The Akhand Bhajan will be held on November 8, 2008, Saturday 6.00 p.m. to November 9, 2008 Sunday 6.00 p.m. at Centennial College GYM at Markham & Progress Campus. All are welcome to join the Bhajan. More info contact 905-944-1611/416-609-1558.

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# Vaani Vizha

'Vaani Vizha' is a celebration of the powers of the three Hindu Goddesses: Durgha, Lukshmi and Saraswathi.

The annual Vaani Vizha celebrations event was held on October 4th, 2008 at Senator O'Connor Collegiate with an auditorium overflowing with guests. The programs were meticulously organized by the committee and were well received by the audience. There were around 70 performers who showcased their cultural talents in Bharathanatyam, Tamil classical singing, violin, veena, miruthangam, keyboarding and public speaking. All performers and their teachers were presented with certificates and plaques respectively. The program was compered by Pon Ganeshalingam, a past pupil of St. John's College and the Vote of Thanks was presented by Co-Chairperson Yoga Arulnamby. Traditional food items donated by the committee members were distributed to the guests, who not only enjoyed the food, but also enjoyed mingling with their new and old friends after the program ended. The appreciations go to the committee members who volunteered their precious time to make this yet another successful event organized by the alumni.

The committee urge all past pupils to contact them, if you or your children would be interested to take part in our future celebrations.



# Monsoon Kids Corner

## Color Me Competition - 9

Dead Line for entries:

November 25, 2008

Entries have to be made on original paper, photo copies not accepted.

The Winner will be selected and posted in the December issue.

Please mail to:

**Monsoon Journal**

3107 Sheppard Ave East

Toronto, ON. M1T 3J7

Winners for October 2008

Color Me competition-8

Congratulations from

**Monsoon Journal**

\$10 will be mailed to the winners.

Once again we have selected more winners for this issue too.

Rishi Chandrakumar - Scarborough

Anjana Chandrakumar - Scarborough

Abu George - Scarborough

Renu Shah - Waterloo

Anu Singh - Brampton

Lavan Gurdev - Vaughan

Sonia Singh - Pickering

Akash Patel - Toronto

Color me Competition - 9



Entry Form: November 2008

Name: .....

Address: .....

Tel No: ..... E-Mail: .....

# Monsoon Events

## "Mystical Twilight"

St. Bridget's Convent Past Pupils Association

### New Year Eve's Dinner/Dance

Dec. 31st. at Radisson Hotel, Dixon Rd, Toronto

St. Bridget's Convent Past Pupils Association will hold their Annual New Year Eve's Dinner/Dance this year at the Radisson Hotel in Dixon Rd, Toronto on Dec. 31st. The highlights of this year's function will be music from Mignonne Fernando of the Jetliners, the Skyliners and DJ Contempo.

Parking will be free to the guests.

Tickets for the Dinner/Dance priced at \$ 75.00 per person can be obtained from the following:

**Pushpa Collure: 416 674 0585**

**Lohani Pethawadu: 905 773 0737**

**Mallika Mahendran: 905 826 8320**

**Chris Pelpola: 905 775 2567**

## Annual Dinner 2008 of Association of Sri Lankan Graduates of Canada

Saturday, November 15, 2008  
at

J & J Swagat Banquet Hall  
415 Hood Road  
Markham

Tickets: \$25 per person  
More info:

**Yoga: 416-727-6603**

**Ram: 416-949-3157**

## SAVE THE DATE: BLACK HISTORY MONTH

The Ontario Black History Society (OBHS) is the organization that successfully petitioned the City of Toronto for the first ever official proclamation in Canada for

February as Black History Month.

To commemorate this celebration - that has grown into a national

celebration through the initiative of the OBHS, the OBHS will host a brunch to mark this 30th commemoration of BHM. It will be at

the Westin Harbour Castle Hotel on Sunday, January 25, 2009! All

are invited!!! More details to follow or contact the OBHS at 416 867-9420 or [admin@blackhistorysociety.ca](mailto:admin@blackhistorysociety.ca) for sponsorship opportunities or to order tickets.

Regards,

**Rosemary Sadlier, President**

**Ontario Black History Society**

10 Adelaide St. E. Suite 402

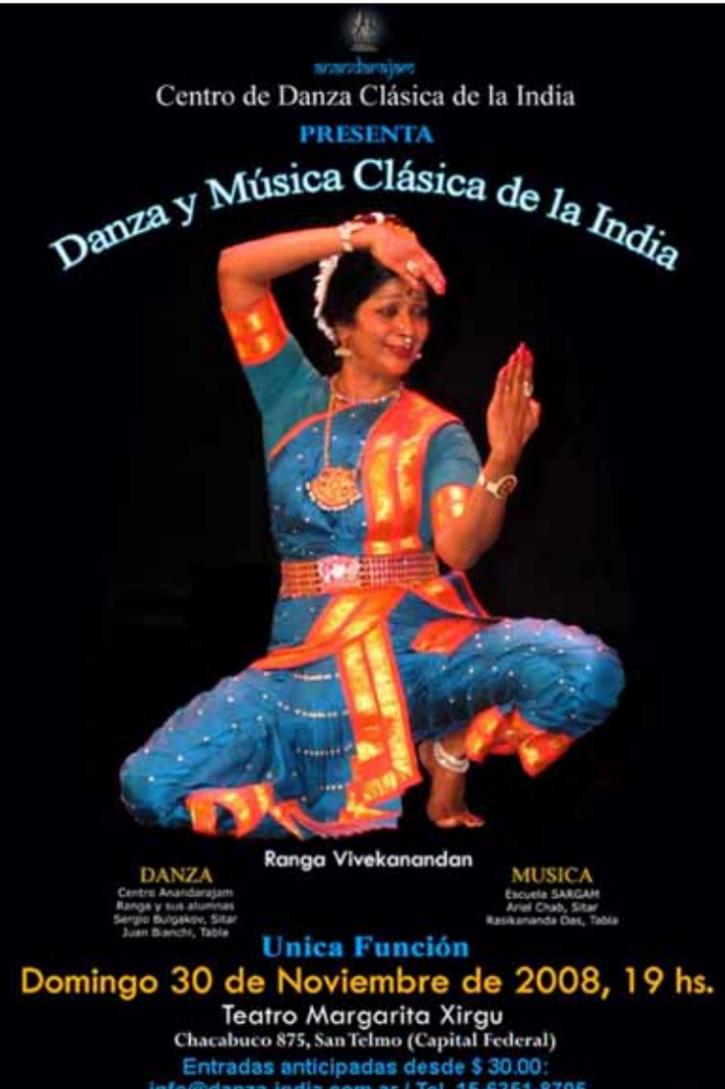
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Sadlier direct: [president@blackhistorysociety.ca](mailto:president@blackhistorysociety.ca)

OBHS office: [admin@blackhistorysociety.ca](mailto:admin@blackhistorysociety.ca)/416 867-9420

SAVE THE DATE: The OBHS Annual kick-off brunch to launch the 30th celebration of February as Black History Month will be on

Sunday, January 25th at the Westin Harbour Castle Hotel, Toronto. All are invited!!!



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Teatro Margarita Xirgu  
Chacabuco 875, San Telmo (Capital Federal)  
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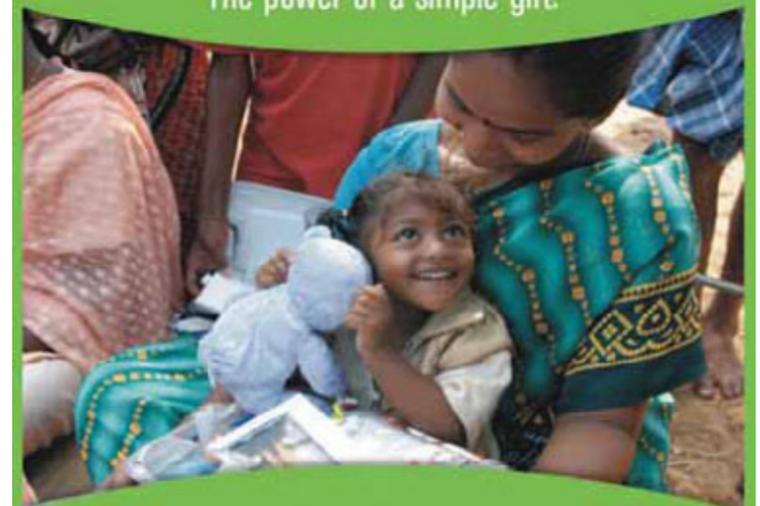
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## Sangam AGM

The Ilankai Tamil Sangam USA is holding the Annual General Meeting on November 15, 2008 in Somerset, New Jersey, USA. Members and guests are welcome to attend.

Full details, registration and accomodation information are at [www.sangamevents.org/](http://www.sangamevents.org/)

Questions to [ilankaitamilsangamusa@yahoo.com](mailto:ilankaitamilsangamusa@yahoo.com) <<mailto:ilankaitamilsangamusa@yahoo.com>>

Guest Speaker:

**Anita Pratap**

Author of Island of Blood



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Meena Chopra

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# Town of Richmond Hill Mayor's Diwali Dinner Celebration

For the very first time on October 30th, Town of Richmond Hill Council celebrated Diwali with the community in a grand scale, at Sheraton Parkway Hotel.

"Richmond Hill is blessed with a rich diversity of ethnic cultures, faiths and celebrations" said the Chair for event, Mayor Dave Barrow.

Co-chair Raj Sethi thanked Mayor Barrow, the entire council and the staff of the Richmond Hill council for their support in organizing this event. He further stated that all the proceeds from the event will go to the Mayor's Endowment Fund for the Arts.

To bring about awareness among school children of this festival, an essay competition on Diwali had been conducted in some Richmond Hill schools and the winner of the competition, Anish Chopra was recognized by the Mayor at the event.

There was also recognition for others in the community for the following:

**Excellence in Arts:**

**Ravi Jain**

Excellence in Sports:

**Ashish Bagai**

Excellence in Writing:

**Keldip Sandhu**

Excellence in Dance:

**Anchal Sharma**

Michael Grit, Theatre Manager for The Richmond Hill Centre for the Performing Arts express thanks in his speech for the overwhelming support for the event as the Mayor's fund supports the Arts in the community. He also said that the fund is important for the new center as it is scheduled to open in early 2009 and the new centre will help the artists from the community and from around the world to give performances to the public.

The guests were entertained with Diya Dance organized by "Natyā Ratha" Nirothini Pararajasingam, Artistic Director, producer and Choreographer of Niruthya Kalanjali Academy of Fine Arts. The 8 participants gave an excellent performance and

won loud applause at the end of their routine.

The guests were also entertained with a Fashion Show organized by Silver Tulip Group, Kathak Dance choreographed by Mr. Hemant and Mrs. Vaishali Panwar, who are the lead instructors at the Academy of Vishnu Mandir, Bollywood Dance by Anchal Sharma and Deseree Panday and live music performed by Jitender Sharma-Flute, Kunal Sharma-Tabla and Dhol. Prior to the commencement of the main event, a special VIP reception was held to thank and recognize the sponsors. In appreciation of their contribution, commemorative plaques were given to RBC Insurance, Rubicon, Host Fine Indian Cuisine, Sheraton Parkway Toronto North, Cellular Point, Scotiabank, Pamela Bharwaj Law Office, and many others.

The guests enjoyed a sumptuous south Asian menu dinner catered by Host Fine Indian Cuisine which was followed by lots of dance and music.



## World Economic Centre of Gravity...

Continued from Page 21

Deleveraging process finally has to bail out the economy. Companies rely on their own cash flows and with less borrowing have to create economic worth in the long run. Similarly consumers confined to their own bank balances would ultimately be able to create some savings in the future. Economist Ashworth predicts US savings rate will increase to 5% in couple of years. 'Save more, less spending is the choice' he says, and figures savings to \$1 trillion in the near future. To boost the weak demand usual mechanism is to use thorough interest rates, as short term interest rates are easier to calibrate than fiscal meas-

ures. On October 29th 2008 Fed has cut its policy rate by half point to 1%. It is expected ECB (European Central Bank) and Bank of England to follow suit.

Since the banks in US have already trying to hoard the bailout \$700 billion in strengthening their balance sheets, rather than lending to the public, it is would be less effective further interest rate cuts. Next step is to embark into fiscal measures in order to avoid severity of the recession. Economist John Maynard Keynes's way of government deficit spending may rescue the situation. Increase government spending and cutting taxes can

increase demand and employment and put extra cash into public hands. European countries have already taken actions in this direction. In Europe five major financial firms - Bradford & Bingley, Dexia, Fortis, Glitnir and Hypo Real estate are facing vulnerability. Britain's Chancellor of Exchequer announced on October 29th to scrap old fiscal rules, Spain has already presented a package. Germany is considering one too. Japan has decided to push \$51 million package to benefit families and small firms.

Loosening Grip of the US Economic and Political Power

It is the British Government first understood the recapitalization of financial institutions was the key to short term amelioration of the crisis. The US president George W. Bush has endorsed the French (Led) suggestion of holding a conference that might lead

to new arrangement to govern the international financial system. Long time American favorite French Foreign Minister Bernard Kouchner told to International Herald Tribune, 'the magic is over, and it will never be the same as it was before even the US rebuilds its damaged reputation'. Failure of leadership with Iraq's war, branding of equal rights seeking ethnic groups as 'terrorists' - Sri Lanka is an example and helping the chauvinistic policy makers, denial of democracy for minority groups are all reasons beyond economic catastrophic events to tarnish America's future leadership role in the world. Sweden although a rich western nation it was not captivated by the American way of building the society. Now the Asia has become a most dynamic part of the world. India and China have annual growth rate of more than 8%.

Social and economic attributes of modernity have taken shape without the trappings of democracy in China and Russia. They did not follow the path of the US.

Current Washington policy makers have largely ignored the power of American consumers and obsessed with financial institutions with their \$700 billion bailout plan. They thought that the banks are going to increase lending. But they have cheated the policy makers by hoarding to strengthen their balance sheets. Now the Fed needs another measure to regulate the bailout funding. President - elect Barack Obama has huge challenges in rebuilding economy and encouraging consumer spending. Anyhow shift of the world economic centre of gravity from Atlantic to Asian countries has already begun, and that would lead to a new economic order.

# Kollywood Film Review



by Anand. J

## AEGAN

Expectations soar high when you deliver a hit like 'Billa' and fans through the theatres to see their favorite star performing electrically after a thunderous hit. Does 'Aegan' live up to the expectations? Does it give what Ajith's fans need? Does it satisfy an average film goer's entertainment thirst? Does Aegan live up to its hype? With lots of questions lingering your mind, you enter the theatres to view Debutant Director Raju Sundaram's 'Aegan'. Aegan is a



until the interval.

The Story- Shiva (Ajith) is a dare devil cop, whose introduction scene is in Hong Kong, where he single handedly kills a mafia chief, and proves as his father the commissioner Karthik (Nassar) says- "He is a one-man army, who trusts only his gun". Now he is on a different mission- he has to eliminate the international criminal John Chinnapa (Suman), who is trying to kill his former aide Ram Prasad (Devan), who has turned police approver. Ram is in hiding somewhere in Ooty where his daughter Priya (Piaa) is studying in a co-ed college. Shiva's new assignment is to go undercover as a student to the college to protect Priya and also a lead to her father's whereabouts.

Shiva joins the college where you have a funny principal (Jayaram) and a peon (Sathyan) and host of students including Priya's lover Narain (Navdeep), who

adheres to Ajith's larger than life image. There are four long drawn out, well choreographed fight scenes where the hero fights a dozen baddies and comes out unscathed.

The music of Yuvan is ok, thanks to the picturisation of Raju Sundaram. The camera of debutant Arjunjena is eye-catching. Ajith is at his best but looks plump and stiff in some scenes where he needs to be relaxed and natural (The Billa hang-over?)

Nayanthara looks perfect as Mallika, a role that fits her like a glove. Her make-up and costumes, especially the chiffon sarees and halter-neck blouses, rock. Piaa is promising. Jayaram as Principal and Haneefa as Ajith's side-kick are a riot. But the same cannot be said about Suman who looks like a caricature with a weird wig.

The trouble with the film is that it looks like an amateurish attempt by debutant director Raju Sundaram especially the lead towards the climax which is a colossal embarrassment. No film is perfect and Aegan is no exception. But it delivers entertainment in reasonable doses.

*Verdict: Average and Avoidable*

## SEVAL

If Hari's Seval should have been made decades ago and competed against the likes of 'Paasa Malar', may be it could have had a decent run. So many decades have passed by with so many similar stories like this, the viewers will never be impressed. The movie is a stale weepy story of 'Thankachi Pasam' and huge sacrifices leaving very little scope for laughter entertainment.

It is a steamy tearjerker woven into a doomed romance. It questions the basic intellect of the audiences, and the second half slides down the slippery slope of half-baked melodrama laced with blood. Hari has helped himself to Bollywood director Sooraj Barajatiya's, library and taken the basic thread from Hum Aap Ke Hai Kaun and Maine Pyaar Kiya. He has mixed it with his usual formula and packaging, but added too much of sentiments which makes the film highly melodramatic and gives it a 60's glycerin tearjerker feel and look.

The film opens in 2008 with Murugesan (Bharat) coming out of

jail, and the flashback begins at Sivasailam village somewhere near Ambasamudram in southern Tamilnadu and tells the story of the protagonist from 1989 to 1991. Murugesan is a vagabond who is not serious in life and spends most of his time loitering around with his uncle Thapal Thangavel (Vadivel), the village postman. His father (Rajesh) is a hardworking wholesale flower seller who has his own flower garden.

One day Murugesan meets Parijatam (Poonam Bajwa) a beautiful Brahmin girl and daughter of the local temple priest (Y.G Mahendran) and falls for her. Parijatam has been brought up by her elder sister Gayathri (Simran) who marries a guy (Prem) chosen by her father. At the same time there is local feudal landlord and village head (Sampath), who has an eye on Parijatam, which leads to a conflict with Murugesan, who has now turned a new leaf to win over his girl!

Meanwhile after delivery Gayathri suffering from cancer dies

Totally devoid of any original snatches of writing, the film plods along for nearly 2 hours and 45 minutes. In the first half there are some comedy scenes between Vadivel and Bharat which raises a few laughs, but after some time it becomes repetitive.

Vadivel is present throughout the film, as the postman who is more interested in playing cupid between the hero and heroine. Simran's character and her make-up (post interval) has not been well etched. New girl Poonam is just ok as she lacks screen presence in a meaty role.

Bharat does what Hari's heroes have done in the past with style but has been let down by a poor script as some of the characters action is



rip-off of Farah Khan's Main Hoon Na. Amidst false claims that it was 'inspired' by Back To School, it surely looks a rip off from Shah Rukh Khan's 'Main Hoon Na'.

To begin with we should say that this Tamil movie doesn't match up its Hindi original in any way. Albeit the first half of the movie is a rip roaring rocker, the second half drags, limps and towards the climax just fails completely to impress the viewers.

Leave your logical mind at home, and don't ask doubts regarding story and plotline because none exists. Most of the movies these days are in this genre and so you cannot blame Aegan's team squarely for such a illogical plot but you are sure to have a good time up

turns out to be our hero's foster brother! The best scene in the film is when Ajith meets Nayan for the first time and the way he bursts out into his favourite song Unne Paartha Pinpu Naan...(Kathal Mannan) ! It is a really a scream and a genuine gut-buster.

There are few other outrageous over-the-top depiction of Tamil film stereotypes like Jayaram, Cochin Haneefa and Sriman's comedy scenes. There is some kind of chemistry between Ajith and Nayan in some stupid moments, which make you chuckle. Raju Sundaram has concentrated only on these one-liners, the silver lining in the film. In Main Hoon Na Farah Khan made Shah Rukh Khan lampoon conventional notions of macho heroism, but in Aegan, Raju strictly



leaving Parijatam holding the baby. The orthodox Brahmin Agharam relatives and friends force her to marry her brother-in-law! On a parallel track, a heart broken Murugesan tries to save her from a lusting relative (Krishna) and the village head. Want to hear more of this dumb story?

The film just drives you crazy, and story telling itself is confusing with a lot of plot holes. At times it is hard to tell what the film is about, though it is very predictable at every turn as Hari has taken certain scenes and situations from his earlier films!

not justifiable.

On the technical side Priyan's camera is a plus point and the locales are lush and he used the Jimmy-Jip crane to the maximum, to get top-angle shots.

One of the biggest disappointments is the music of G.V Prakash, who has not been able to churn out a single melody.

Sense, style and story is missing in Seval All in all a very disappointing venture from Hari who has given entertaining films in the past.

*Verdict : Tests your patience and tortures.*

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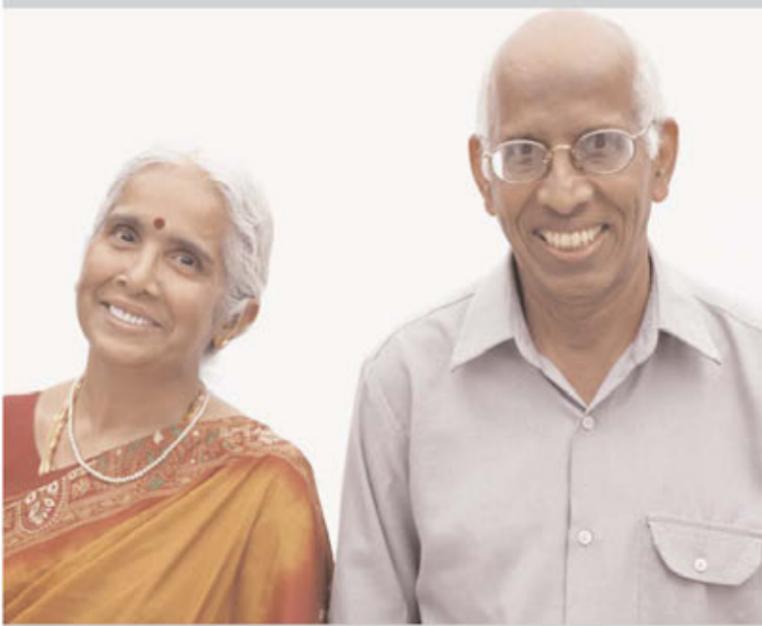
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