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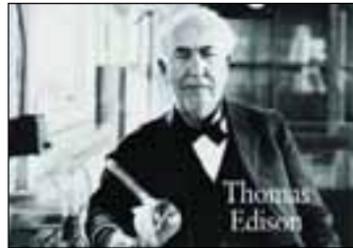
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Canadian Tamils' Chamber Donates Funds to The Scarborough Hospital Foundation



Canadian Tamils' Chamber President Ken Kirupa, Past President Gary Anandasangaree conversing with The Scarborough Hospital Foundation President & CEO, Michael Mazza during the Presentation of the cheque. *Courtesy Ken Photo.* *Details in Page 4*

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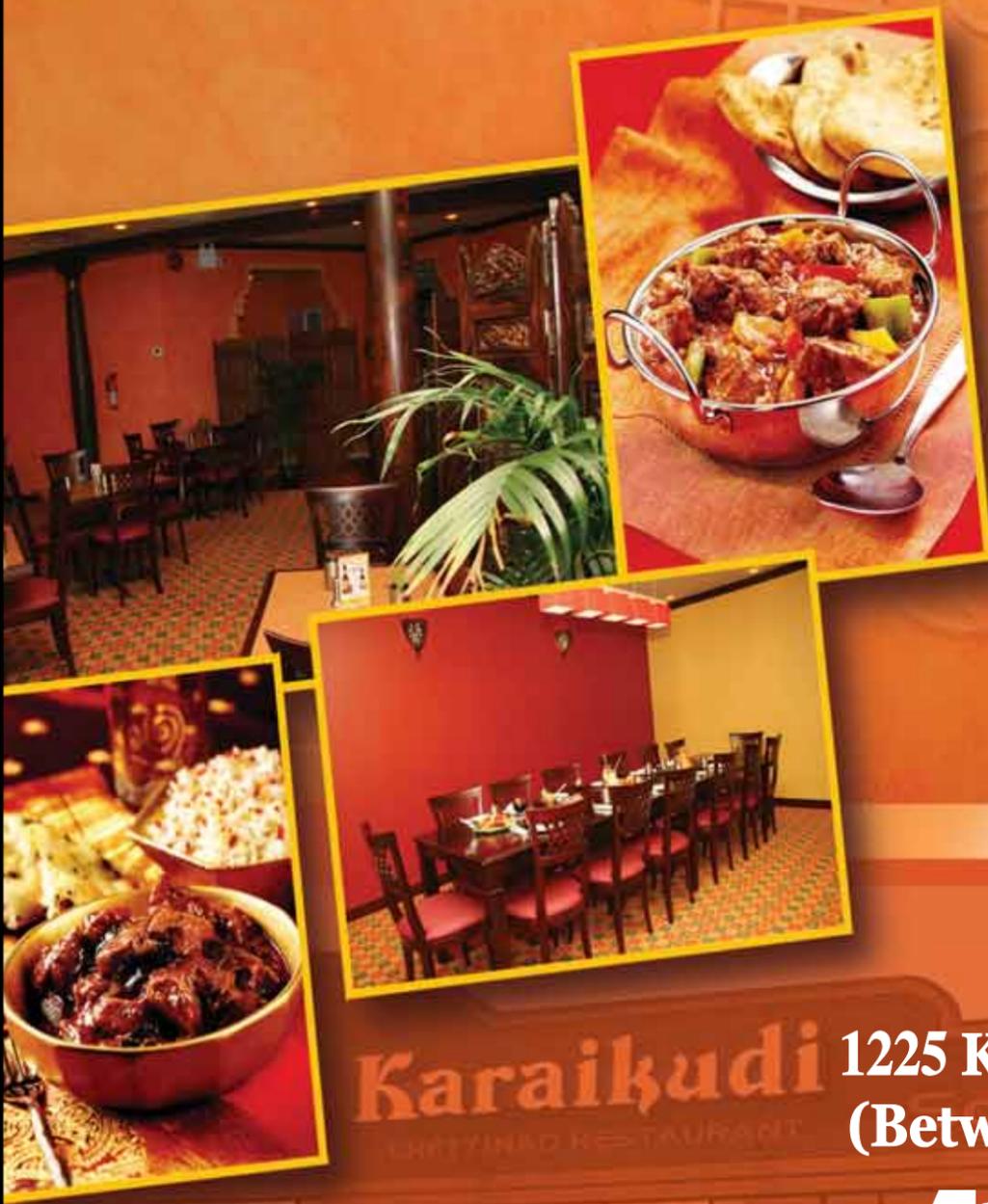
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Good news for Indo-Canadians with uncontrolled high blood pressure

Major study shows adding therapy almost halves risk of stroke and other cardiovascular events

Dorval, Quebec - Data from the independent KYOTO HEART study shows that adding Diovan (valsartan) to conventional treatment to improve blood pressure control may improve cardiovascular outcomes in patients with high blood pressure at high risk of cardiovascular events.

Presented recently at the European Society of Cardiology (ESC) Congress in Barcelona, Spain, and published online in the European Heart Journal, the study showed that Diovan* (valsartan) added to conventional treatment, provided a significant 45% relative risk reduction in cardiovascular events, including stroke, compared to conventional treatment.¹

"This study followed high risk patients commonly seen in clinical practice and while the results reinforce that getting blood pressure down is important, choosing the right treatment to get there is vital because some medicines have additional protective benefits," said Dr. Parmjit Sohal, MD, PhD, CCFP, FCFP, a family physician and a clinical assistant professor at the University of British Columbia, Vancouver, B.C.

Diovan* (valsartan) is an angiotensin II receptor blocker (ARB), which is a class of medication used for controlling high blood pressure. It controls high blood pressure by blocking the action of angiotensin II. As a result, the blood vessels dilate and blood pressure is reduced.

Details about the study

A total of 3,031 Japanese patients with uncontrolled high blood pressure either with no treatment or on a previous non-ARB-based regimen and with one or more pre-defined cardiovascular risk factors (e.g. existing diabetes, obesity, smokers, or a history of cardiovascular disease) took part in the study. Patients were randomized to receive either additional treatment with Diovan* (valsartan) or a non-ARB conventional therapy.

The primary study endpoint was a composite of defined cardio- and cerebrovascular events including stroke, myocardial infarction (heart attack), and hospitalization for heart failure or angina (chest pain).² Compared with the non-ARB arm, fewer individuals in the valsartan arm reached the primary end-



point.

The reduction in the composite primary endpoint was largely due to a 45% reduction observed in the risk of stroke and a 49% reduction in the risk of angina.¹

What does this mean for Indo-Canadians?

General changes in lifestyle throughout East Asia in recent years has resulted in the Japanese risk profile becoming more similar to that of other populations. "KYOTO HEART enrolled patients with high rates of metabolic syndrome and obesity, and numerous smokers," said Dr. Sohal.

"For this reason, the results of this study may not only be relevant to patients with high blood pressure in Japan, but also other populations like Indo-Canadians where such risk factors are highly prevalent."

The study was prematurely stopped after a median observation time of 3.27 years. This was for ethical reasons because of unequivocal benefit in the

Diovan* (valsartan) group.

More details on Diovan*

Approved in Canada in 1997, Diovan* (valsartan) is a selective ARB, and is indicated for the treatment of mild to moderate essential hypertension. Diovan* may be administered alone, or in combination with thiazide diuretics or as a fixed dose combination called Diovan*-HCT. Diovan* is also approved to reduce cardiovascular mortality in clinically stable patients with signs and symptoms of left ventricular dysfunction in conjunction with acute myocardial infarction when the use of an angiotensin-converting enzyme inhibitor (ACEI) is not appropriate. Diovan* is also approved for use in patients with chronic heart failure who have been shown to be intolerant to an angiotensin converting enzyme inhibitor. There is no evidence that Diovan* provides added benefits when it is used with ACE inhibitors. Diovan* is not approved to reduce the risk of stroke or angina pectoris.



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*Diovan is a registered trademark

Preventive measures for H1N1 by Dr. Goyal

Dr. Vinay Goyal is an MBBS, DRM, DNB (Intensivist and Thyroid specialist), having clinical experience of over 20 years.

The following message given by him and is important for all to know.

The only portals of entry are the nostrils and mouth/throat. In a global epidemic of this nature, it's almost impossible not coming into contact with H1N1 in spite of all precautions. Contact with H1N1 is not so much of a problem as proliferation is.

While you are still healthy and not showing any symptoms of H1N1 infection, in order to prevent proliferation, aggravation of symptoms and development of secondary infections, some very simple steps, not fully highlighted in most official communications, can be practiced (instead of focusing on how to stock N95 or Tamiflu):

1. Frequent hand-washing (well highlighted in all official communications).
2. "Hands-off-the-face" approach. Resist all temptations to touch any part of face (unless you want to eat, bathe or slap).
3. *Gargle twice a day with warm salt water (use Listerine if you don't trust salt). *H1N1 takes 2-3 days after initial infection in the throat/nasal cavity to



proliferate and show characteristic symptoms. Simple gargling prevents proliferation. In a way, gargling with salt water has the same effect on a healthy individual that Tamiflu has on an infected one. Don't underestimate this simple, inexpensive and powerful preventative method.

4. Similar to 3 above, *clean your nostrils at least once every day with warm salt water. *Not everybody may be good at using a Neti pot, but *blowing the nose hard once a day and swabbing both nostrils with cotton swabs dipped in warm salt water is very effective in bringing down viral

population.*

5. *Boost your natural immunity with foods that are rich in Vitamin C. *If you have to supplement with Vitamin C tablets, make sure that it also has Zinc to boost absorption.
6. *Drink as much of warm

liquids (tea, coffee, etc) as you can. *Drinking warm liquids has the same effect as gargling, but in the reverse direction. They wash off proliferating viruses from the throat into the stomach where they cannot survive, proliferate or do any harm.

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- Holy Mother Sri Sarada Devi
(1853—1920)

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From the Publisher's Desk ...

World Diabetes Day

World Diabetes Day (WDD) is celebrated every year on November 14.

The Monsoon Journal joins the International Diabetes Federation (IDF) on marking the day and reiterates the importance of prevention, seeking care and treatment for that is often called one of the "silent killer" diseases and highlights the excerpts from www.worlddiabetesday.org about this annual event:

"World Diabetes Day is a campaign that features a new theme chosen by the International Diabetes Federation each year to address issues facing the global diabetes community. While the themed campaigns last the whole year, the day itself is celebrated on November 14, to mark the birthday of Frederick Banting who, along with Charles Best, first conceived the idea which led to the discovery of insulin in 1922.

Diabetes Education and Prevention is the World Diabetes Day theme for the period 2009-2013. The campaign slogan for 2009 is "Understand Diabetes and Take Control". Diabetes is difficult. The disease imposes life-long demands on the 285 million people now living with diabetes and their families. People with diabetes must deliver 95% of their own care, so it is of paramount importance that they receive ongoing, high-quality diabetes education that is tailored to their needs and delivered by skilled health professionals. In addition, IDF estimates that over 344 million people worldwide are at risk for type 2 diabetes. Type 2 diabetes can be prevented in the many cases by helping and encouraging those at risk to maintain a healthy weight and take regular exercise. The key messages for everyone are:

-Know the diabetes risks and know the warning signs

-Know how to respond to diabetes and who to turn to

-Know how to manage diabetes and take control

-Where is it celebrated?

Each year World Diabetes Day is centred on a theme related to diabetes.

Topics covered in the past have included diabetes and human rights, diabetes and lifestyle, and the costs of diabetes. Themes for 2009-2013 is Diabetes Education and Prevention.

According to the IDF, The warning signs of diabetes include:

Frequent urination, excessive thirst, increased hunger, weight loss, tiredness lack of interest and concentration, vomiting and stomach pain (often mistaken as the flu), a tingling sensation or numbness in the hands

or feet, blurred vision, frequent infections, slow-healing wounds; however these can be mild or absent in people with type 2 diabetes. If you show these signs, seek medical attention, says the International Diabetes Federation.

The IDF further says, there are many risk factors for type 2 diabetes. They include:

Obesity and overweight, Lack of exercise, Previously identified glucose intolerance Unhealthy diet, Increased age, High blood pressure and high cholesterol, A family history of diabetes, A history of gestational diabetes, Ethnicity - higher rates of diabetes have been reported in Asians, Hispanics, Indigenous peoples (USA, Canada, Australia) and African Americans. And - if you think you are at risk of type 2 diabetes, get tested!

Canadian Tamils' Chamber Donates Funds to The Scarborough Hospital Foundation

The Canadian Tamils Chamber of Commerce (CTCC) handed over funds raised from the 2nd Annual Golf Classic to The Scarborough Hospital Foundation at an event held on Monday, November 2nd.

The special event was held with several members of The Canadian Tamils Chamber of Commerce and officials from The Scarborough Hospital Foundation in attendance. Ken Kirupa, President of CTCC presided over the event and handed over the Charity proceeds raised from CTCC's 2nd Annual Golf Classic held on Sept 16th 2009 to The Scarborough Hospital Foundation.

CTCC President Ken Kirupa and Past President Gary Anandasangaree handed over a cheque for the donated funds to Michael Mazza, President & CEO of The Scarborough Hospital Foundation.

The event took place at Karaikudi Chettinad Restaurant located at 1225 Kennedy Road, Scarborough. Several media including TVI and TamilOne

attended the event.

Ken Kirupa - President of Canadian Tamils' Chamber of Commerce spoke about why Chamber is continuing to support the Hospital, Gary Anandasangaree - Past President of Canadian Tamils' Chamber of Commerce spoke about the need for this type of help for the healthcare centres, Michael Mazza - President & CEO of The Scarborough Hospital Foundation thanked the Chamber for the longstanding partnership and finally Vote of Thanks was delivered by Bala Jeganathan - Former Walkathon Chair of Canadian Tamils' Chamber of Commerce.

The Tamil Community in Toronto is continuing to actively organize several events to raise funds for Canadian charitable causes and institutions that serve all Canadians. Many Walkathons have been held by Tamil Community organizations during the past several years and many more are continuously being arranged passionately throughout the year by Tamil

Associations.

Raising funds by way of Walkathon notably brings out many people to participate in a healthy walk while bringing wider awareness to the cause. The Tamil business community also exhibits the giving spirit of our community by organizing events like the Annual Walkathon and Golf Tournament. In 1999, Canadian Tamils' Chamber of Commerce (CTCC) inaugurated the Walkathon and raised funds for The Scarborough Hospital by Walkathons and is still continuing to raise funds through other methods including the CTCC's Annual Golf Classic, which raised over \$4000 since it was initiated in 2008. So far CTCC has raised over \$100,000 and in recognition, The Scarborough Hospital New Emergency Wing has named an ICU Unit as "Canadian Tamils' Chamber of Commerce."

Canadian Tamils Chamber of Commerce also holds the pride in initiating on record as being the first Tamil Community Organization to host

a Walkathon with wider participation in the communities towards raising funds for a Canadian charitable institution. The Golf Tournament that began in 2008 was initiated with the intention of becoming another fundraiser for a charitable organization that brought together people of the business community and other sectors for a fun filled day of golf.

The CTCC believes that a local charity is important as the whole community uses the many facilities on a daily basis. Since 1999, the Walkathon has raised approximately \$150,000 for Scarborough hospitals (General and Birchmount campuses) and Providence Healthcare.

The fundraising and volunteering spirit of the Canadian Tamils' Chamber of Commerce Walkathon and Golf Tournament has been recognized as one that enables everyone to gain something meaningful in addition to having a great time along the way. Many members of the community look forward to these annual events.

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

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President of Tamils' Chamber Ken Kirupa addressing



Tamils' Chamber Past President Gary Anandasangaree addressing



TSHF President & CEO addressing



Former Chair of Walkathon Bala Jeganathan addressing



Cheque presentation, Tamils' Chamber President and Board Members with TSHF President

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Ontario to Fine Illegal Colleges

McGuinty Government Protecting Students, Strengthening Education

Starting November 1, 2009, illegal Private Career Colleges in Ontario will face financial penalties of up to \$250,000 for taking advantage of students.

The fines will be levied on businesses that misrepresent themselves as colleges and on private colleges that offer unapproved programs and fail to comply with the Private Career Colleges Act.

To further protect students, the province is also:

Appointing new provincial offences officers to inspect Private Career Colleges.

Launching a student awareness campaign to help students choose a government-approved Private Career College program before enrolling.

Students can search for approved programs and registered Private Career Colleges at Ontario.ca/pcc, call 1-866-410-PCCS or check out the Private Career Colleges in Ontario page on Facebook.

QUOTES

"We will use every enforcement tool at our disposal to protect students and put a stop to illegal businesses masquerading as legitimate colleges. Most Private Career Colleges offer



John Milloy

excellent training and education. We're taking action to make sure these businesses put student protection first."

- John Milloy

Minister of Training, Colleges and Universities and Minister of Research and Innovation

QUICK FACTS

Penalties will range from \$250 to \$1,000 for a first offence. The penalties can be imposed daily and can escalate with repeat offences to a maximum of \$250,000.

There are 580 registered Private Career College campuses in about 70 communities across Ontario.

Students at Private Career Colleges can train for jobs in a range of fields, from marketing and graphic design to welding and dental hygiene.

Dechert Encourages Mississauga Residents to Get the H1N1 Vaccination

Peel Public Health H1N1 Vaccine Early Clinics Began on Oct 28th

Mississauga, Ontario - Bob Dechert, MP for Mississauga-Erindale encourages residents to take advantage of the H1N1 Vaccine Clinics in Mississauga and get their shot. Peel Public Health Early Clinics began on Oct 28th and ran for 2 days for priority groups and the Clinics for everyone; began on Monday, Nov. 2, 2009.

Mississauga - Early Clinic for Priority Groups included for the following:

- " People under 65 with chronic health conditions *
- " Pregnant women
- " Children 6 months to less than 5 years of age
- " People living in remote and isolated settings or communities
- " Health-care workers involved in pandemic response or the delivery of essential health care services
- " Household contacts and care providers of persons at high risk who cannot be immunized or may not respond to vaccines

" Populations otherwise identified as high risk

* Early clinics were for residents under 65 years of age with chronic medical conditions (asthma, diabetes, heart, lung or kidney disease or those receiving treatments for cancer or other illnesses that might affect the immune system) and their caregivers.

Mississauga - Clinics for Everyone

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11, 2009

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To learn more about H1N1 Flu Virus please also visit: <http://www.peelregion.ca/health/topics/comm disease/flu-swine.htm>



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Donors are increasingly concerned over the conditions in Sri Lanka's camps for internally displaced people (IDPs) and are less likely to provide funding if they continue to restrict IDPs' freedom

Donor frustration over IDP camps in Sri Lanka

Report by UN Office for the Coordination of Humanitarian Affairs

of movement, say UN officials.

Neil Buhne, the UN Resident and Humanitarian Coordinator for Sri Lanka, said the response from donors to humanitarian needs had been good, but there was frustration over the closed nature of the camps.

"Among the donors we talked to, there is a hesitation in terms of their assistance to camps over the next three or four months if there's not significant progress on people returning, or larger numbers of people being allowed to leave," Buhne told IRIN.

"Donor fatigue is really in respect to continuing these closed camps... Donors have not said no, but they have indicated their concerns to us," he said.

Nearly 300,000 people fled the fighting in the country's northeast in the final months of the 26-year civil war between the government and the rebel Liberation Tigers of Tamil Eelam (LTTE) in May.

More than 245,000 people are still in temporary camps in the north, according to the latest humanitarian update from the UN on 9 October. Only 13,336 people have been released from temporary camps to host families and another 13,502 have returned to their places of origin in the country's north and east.

Resettlement commitment

The government has steadfastly said it is committed to resettling the IDPs, but is under growing pressure from the international community over the rate and manner that people are being released.

It has said it will resettle up to 80 percent of the IDPs by year's end, and defended the pace of releases by saying it had to screen people to filter out any LTTE rebels, or those with links to rebels, in the camps.

The government announced on 22 October that it had begun resettling 41,685 IDPs in the former LTTE-controlled districts of Vavuniya, Mullaitivu, Mannar and Kilinochchi in the north.

Criticism growing

Even so, disquiet from the international community over the lack of what donors say are basic

humanitarian principles of care in the camps has become increasingly vocal in recent weeks.

Citing concerns over the closed nature of the camps and their living conditions, David Miliband, the British Foreign Secretary, on 14 October said his government would withdraw all funding except for life-saving emergency interventions in camps.

Donors say they want to see a number of benchmarks achieved

by the government in the treatment of IDPs and camp conditions. These include freedom of movement for the IDPs, unhindered access for aid agencies to the camps, transparency in the government's resettlement process and plans, and the assurance of a voluntary and safe return for the IDPs.

"There have been numerous promises, but there needs to be tangible change. We want concrete action instead of promises," a senior official from a western donor agency told IRIN.

"If the camps open, then I think there will be a lot of donors willing to give more. But as it stands, the concerns are too great to continue to support a closed camp scenario," the official added, speaking on condition of anonymity.

Future funding

Besides direct donor funding for agencies and their projects, money for the humanitarian response in Sri Lanka has been channelled through the 2009 Common Humanitarian Action Plan (CHAP).

With the large influx of IDPs in the last months of the war, a revised CHAP in July identified funding requirements of about US\$270 million for 185 projects, and Buhne said the donor response had been "pretty good".

The best funded sectors are food, shelter and water and sanitation, while health and education are lagging, he said.

As of 23 October, \$155,092,037, or more than 57 percent of the funding requested for the CHAP had been secured, while total humanitarian funding stood at \$209,758,256, with uncommitted pledges of \$7,194,828.

Agencies are now preparing for the 2010 CHAP, and Buhne said donors were shifting their emphasis to helping people pick up their lives, and moving away dependence on outside assistance.

"The message we're getting is that it may be difficult to sustain the amount of funding we've had over the last months into 2010," he said.

By IRIN News

Economy sprouts under guard in Jaffna, Sri Lanka's north

By Shihar Aneez

JAFFNA, Sri Lanka, Oct 20 (Reuters) - The highway is open, prices are up and business is growing in post-war northern Sri Lanka, but traders say a legacy of tight security left by a 25-year conflict is holding back the region's full potential.

The northern Jaffna district has been all but cut off from most of Sri Lanka since war with the Liberation Tigers of Tamil Eelam (LTTE) separatists broke out in 1983.

Now small-time traders and entrepreneurs, from paintshop salesmen to electronics sellers and fisherman, say sales have nearly doubled with eased restrictions and the opening of the main highway after the Tigers' defeat in May.

The Tigers' control of parts of northern Sri Lanka just south of military-controlled Jaffna meant that the peninsula and its namesake city were virtual islands -- with goods only coming by boat or by air.

The military opened the main north-south A-9 road in July and is now permitting transport under close watch. All of Jaffna remains under military control.

"In bad times, I had to sell a kilo of grapes at 30 rupees... now I am getting a wholesale price of 200 rupees per kilo," K. Devendrarasa, a 56-year old grape farmer, said recently.

Sri Lanka's only native-grown grapes come from Jaffna, and street hawkers for the first time in years are now selling them in southern Sri Lanka.

"We need more finance for expansion and investment," he said after receiving a 100,000 rupee loan from Hatton National Bank HNB.CM to finance the planting of a one-acre crop.

Central Bank Governor Ajith Nivard Cabraal visited on Monday



More than five months after the Sri Lankan government officially declared the war over, thousands of Tamil civilians continue to languish in IDP camps such as this one in Vavuniya



Conditions inside the camps are poor and access limited. Residents at this camp in Vavuniya sleep on the concrete floor of a school

and Tuesday, and met with Jaffna business leaders and bankers.

The central bank has been expediting approvals for dozens of new bank branches in the north to speed up access to credit. Many Jaffna residents kept their money out of the banking system under LTTE rule, opting to convert it to gold or outside investments.

Already, prices of consumer goods have fallen by about 15 percent in Jaffna, while the market price for goods produced or grown there have at least doubled, traders say.

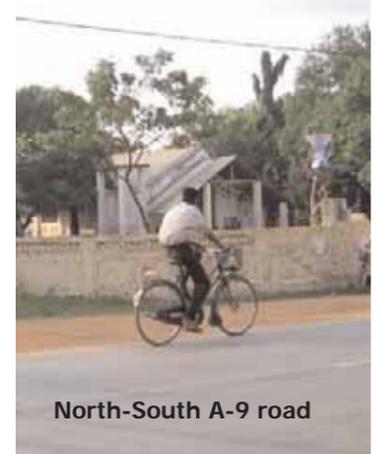
"Earlier we paid 500,000 rupees (\$4,350) for a truckload for shipping, but now we only pay 100,000," Perambalam Naharathnam, the owner of a hardware and cycle shop, told Reuters after making a deposit at a new National Development Bank NDB.CM branch.

Poor links with the south during the war have turned most of Jaffna's businesspeople toward trade, primarily financed through remittances from family members abroad.

More than two-thirds of Jaffna residents have relatives living outside Sri Lanka who regularly send money home, according to private-sector estimates.

Motor vehicle dealer C.J. Paul said he had sold more than 120 motorcycles and 15 motorised three-wheelers for cash since his outlet opened on Sept. 9.

Fishermen said their fortunes have been on the rise since the government relaxed a fishing ban. That has helped them meet



North-South A-9 road

strong demand for Jaffna's prawns, crabs, lobsters and cuttlefish -- traditionally considered among Sri Lanka's tastiest.

Despite early positive signs, most entrepreneurs privately complain that security is still too tight and transport options limited to a handful of politically-connected people.

"We can't send goods from here. There is a huge security process. All the transport business is monopolised by some influential parties," one entrepreneur told Reuters.

Most traders said Jaffna trucks have not been allowed to go out of town, while those from the outside with Defence Ministry approval can travel in both directions.

The government has pledged to ease security once it gets a proper state administration in place. (Editing by Bryson Hull and Ron Popeski)

[courtesy: Reuters]

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MJ10020091101

Human rights record could cost textile concession for Sri Lanka

By IRIN News

Thousands of jobs in Sri Lanka's crucial textile industry are under threat following a European Union (EU) report over alleged human rights abuses and the failure to implement human rights conventions in the country.

As a result, a key trade concession worth more than US\$100 million could be withdrawn, EU officials suggest.

"It's like foreign aid. It was there to help people like us get better pay," Suwana Malkanthi, a 27-year-old garment worker, said in the factory town of Katunayake, about 30km north of the capital, Colombo.

"We appeal to those who are going to make a decision to think twice about suspending it. If they do that a lot of jobs will be lost and some of our families will lose all income."

On 19 October, the EU released an investigative report examining whether Sri Lanka should continue receiving tariff concessions known as the Generalized System of Preference Plus (GSP+).

The report refers to the lack of freedom of movement of civilians in camps: Serious restrictions have been placed on freedom of movement, notably concerning the thousands of persons interned in IDP camps.

According to the report, the Sri Lankan government was in breach of implementing the International Covenant on Civil and Political Rights, the Convention against Torture and the Convention on the Rights of the Child.

Sri Lanka has been given time to make representations to the EU and a final decision on the tariff's extension will be taken in the next two months (Nov-Dec 2009), EU spokesman for trade, Lutz Güllner, said.

The EU was the single largest importer of Sri Lankan apparel products in 2008, with trade worth \$1.6 billion, and the GSP+ tariff concession helped to make the EU its biggest market, surpassing the US, according to the World Bank's latest Economic Update.

If the facility is suspended, it could raise the cost of the exports by 10-12 percent, one factory owner said.

Livelihoods threatened

More than 250,000 people are employed in the garment industry - a sector accounting for 10 per-



By 2008, the EU became Sri Lanka's biggest export destination for garments



International pressure over the plight of thousands of Tamil civilians now in camps continues more than five months after the war was officially declared over [pic: Save the Children]

cent of GDP. Many work 12 hours a day, six days a week, in mundane jobs paying just \$150 per month. Their very livelihoods depend on the decision.

"I really don't know much about GSP+," Anusha Kumari, 29, a factory worker at the Katunayake Free Trade Zone, one of 12, with more than 100,000 employees, told IRIN.

"But we are nervous about what we hear and read in newspapers, that it can be removed and factories will close," she said.

Achila Mapalagama, head of Stand-up, an activist group, said there were fears that withdrawal of GSP+ could affect 50,000 jobs.

"There is no clear data, but the small and medium factories will definitely feel the pinch. The larger ones with better and established buyers will survive," she told IRIN.

Government under fire

The EU says it is still not clear what will happen in the coming weeks.

"We certainly want to keep the open dialogue going and discuss how we can work together," Bernard Savage, EU Ambassador to Sri Lanka, told IRIN.

Meanwhile, the government says it is studying the report;

During an invited lecture at the School of Oriental and African Studies (SOAS) of London University, Noam Chomsky, one of the world's well known intellectual and professor emeritus of linguistics at MIT, said on Sri Lanka,



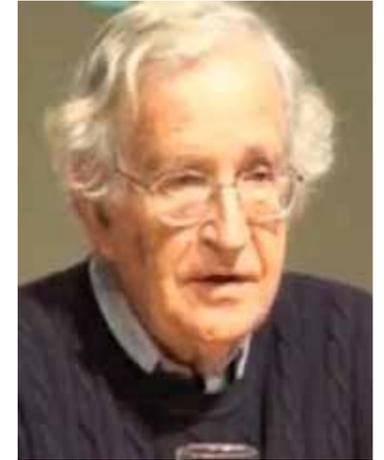
Chomsky: West's self-interest reduces R2P to "noble rhetoric"

that although there's "a lot of noble rhetoric about Responsibility to Protect (R2P), there is no particular Western advantage in protecting people who are being slaughtered, and are being thrown into concentration camps. Somehow these didn't make it in the noble rhetoric," and added Sri Lanka was a "horror story, especially towards the end."

Chomsky added that in the way West acts, "there is no protection for any people who it doesn't do any good [to the West] to protect, and basically Sri Lankans [Tamils] are in that unfortunate position."

On China's engagement with Sri Lanka, Chomsky said, "they [China] don't gain anything by supporting the Tamil refugees in concentration camps, so why should they do it [help]?"

"Infact, most of the South



Noam Chomsky, Professor Emeritus of linguistics at MIT

supported the Sri Lankan Government. That's who they are," Chomsky said.

On R2P, Chomsky referred to a discussion he had this summer in the UN General Assembly, and said the "hypocrisy was so profound, it was suffocating."

[Tamilnet]

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The Sri Lankan government's proposal to create a committee of experts to examine allegations of laws-of-war violations during the conflict between the government and the separatist Liberation Tigers of Tamil Eelam (LTTE) is an attempt to avoid an independent international inquiry, Human Rights Watch said in a statement on October 27th.

The government made its proposal in response to a report by the US State Department, published on October 22, 2009, that detailed hundreds of incidents of alleged laws-of-war violations in Sri Lanka from January through May. According to conservative UN estimates, 7,000 civilians were killed and more than 13,000 injured during that period, the final months of fighting.

"The government is once again creating a smokescreen inquiry to avoid accountability for abuses," said Brad Adams, Asia director at Human Rights Watch. "Only an independent international investigation will uncover the truth about this brutal war and ensure justice for the victims. The UN and US should not play along with the government's pretense that it will conduct its own inves-

Sri Lanka's Inquiry into Abuses a Smokescreen-HRW

tigation."

Human Rights Watch urged the United Nations secretary-general, Ban Ki-moon, to establish an independent international investigation into alleged laws-of-war violations in Sri Lanka. The United States, the EU and other international actors should emphasize to the Sri Lankan government that because of its proposed committee's lack of independence and the failure of past government commissions, a government inquiry is unacceptable as a substitute for an independent international investigation.

The current political climate, in which the government frequently persecutes critics, branding them LTTE supporters, makes a credible and impartial domestic investigation unlikely, Human Rights Watch said.

On May 23, soon after the end of the fighting, the Sri Lankan president, Mahinda Rajapaksa, and Secretary-General Ban issued a joint statement that promised there would be credible national investigations. The government had taken no steps to open an investigation until the State Department report was released.

The UN Office of the High Commissioner for Human Rights

issued a statement on October 23 calling for an independent international investigation, which Human Rights Watch supported. A spokesperson for the office told reporters: "We still believe that something like the Gaza fact-finding mission is certainly warranted given the widespread concerns about the conduct of the war in Sri Lanka."

On October 26, President Rajapaksa announced that he would appoint a committee of experts to "examine carefully" allegations of violations of the laws of war during the final stages of the 26-year-long armed conflict. On October 27, the European Union, during its foreign ministers' meeting in Luxembourg, repeated its call for an independent inquiry into violations of international humanitarian and human right law.

Since independence in 1948, Sri Lanka has established nine presidential commissions and various other bodies tasked with investigating allegations of human rights violations. None of the commissions have produced significant results, either in providing new information or leading to prosecutions.

The most recent Presidential

Commission of Inquiry, appointed in November 2006, to investigate serious cases of alleged human rights abuses was a complete failure. A group of international experts, appointed to ensure the investigation was being conducted according to international norms and standards, resigned in 2008 because it had "not been able to conclude...that the proceedings of the Commission have been transparent or have satisfied basic international norms and standards." The experts included: Justice P.N. Bhagwati (India); Bernard Kouchner (France); Prof. Sir Nigel Rodley (UK), Prof. Yozo Yokota (Japan); and Kamal Hussein (Bangladesh).

In June 2009, Rajapaksa dissolved the Commission of Inquiry, even though it had conducted investigations in just seven of its 16 mandated major human rights cases. The president has not published the report.

Among the cases it investigated was the August 2006 execution-style killing of 17 Sri Lankan aid workers for the Paris-based humanitarian agency Action Contre la Faim. Despite strong evidence of involvement by government security forces in the killings, leaked findings of the

commission exonerated the Sri Lankan army and navy on the basis of limited testimony from witnesses.

Earlier this year the UN Human Rights Council mandated an international fact-finding mission into abuses during the recent Gaza conflict. On October 16, Secretary-General Ban ordered an international commission of inquiry into human rights violations in Guinea after approximately 150 people were killed during anti-government demonstrations.

Although the UN High Commissioner for Human Rights and other senior UN officials have called for an international investigation in Sri Lanka, Secretary-General Ban has refrained from making such a call. Inexplicably, the US State Department has indicated support for the Sri Lankan government's committee of experts.

"The government's committee is merely an effort to buy time and hope the world will forget the bloodbath that civilians suffered at the end of the war," Adams said. "Pretending that this is a serious attempt to investigate would betray the memory of the victims of war crimes and other abuses."



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Fight Flu

By Mithura Anandarajah, PT
Registered Physiotherapist

There has been a lot of information, media and attention focused on the outbreak of H1N1 flu virus. Watching the news, you are inundated with images of people lining up or being turned away from the vaccination clinics. While the deaths highlighted are incredibly tragic, one has to remember that different strains of

influenza result in about 2,000 to 8,000 Canadian deaths a year. All strains, whether it is the H1N1 virus or the seasonal flu should be taken seriously. What is different about this strain is that it can impact younger healthy individuals, whereas the seasonal flu usually impacts the elderly or the very young.

The H1N1 virus is a new strain which emerged in April 2009 and therefore, we do not have the natural immunity towards it. It is a respiratory illness, affecting the nose, throat and lung. It is contagious and can be spread exactly like the seasonal flu.

It can be spread when the infected person coughs or sneezes and the germs enter the other person. The germs can also rest on hard surfaces like counters or doorknobs. Symptoms include fever, cough, fatigue and sometimes nausea, headaches and diarrhea.

It is important to know the facts, put things in perspective and make common sense decisions. The best way to deal with the outbreak is to practice good infection control. Wash your hands regularly; clean countertops and surfaces. Cough or sneeze into your arm or sleeve.

If you are sick, stay at home to avoid infecting others. Remember that most healthy individuals could stay at home if infected and recover over a couple of days. If you seek medical attention within 48 hours you may benefit from antiviral medications that could minimize the flu-like symptoms. They may reduce the length of illness, but will not prevent you from getting ill.

Getting an H1N1 vaccine will further protect you against the virus. Those who are high risk should get the vaccine first. This includes pregnant mothers, young children or those with underlying chronic medical conditions where



immunity or respiratory function may be impaired.

The best way to deal with this outbreak is to be prepared as you should be during every flu season. Always have Tylenol and Advil at home if needed to manage the fever. Make sure you have some non-perishable groceries at home in case you are too unwell to go to the grocery store. Make sure that your caregiver does not fall into the high risk category. Be informed about the condition and the choices to be made. For more information access the www.fightflu.ca website. This flu season, remember that practicality more than panic will promote your health.



Mithura Anandarajah, PT, CAFCI
Clinical Director / Physiotherapist

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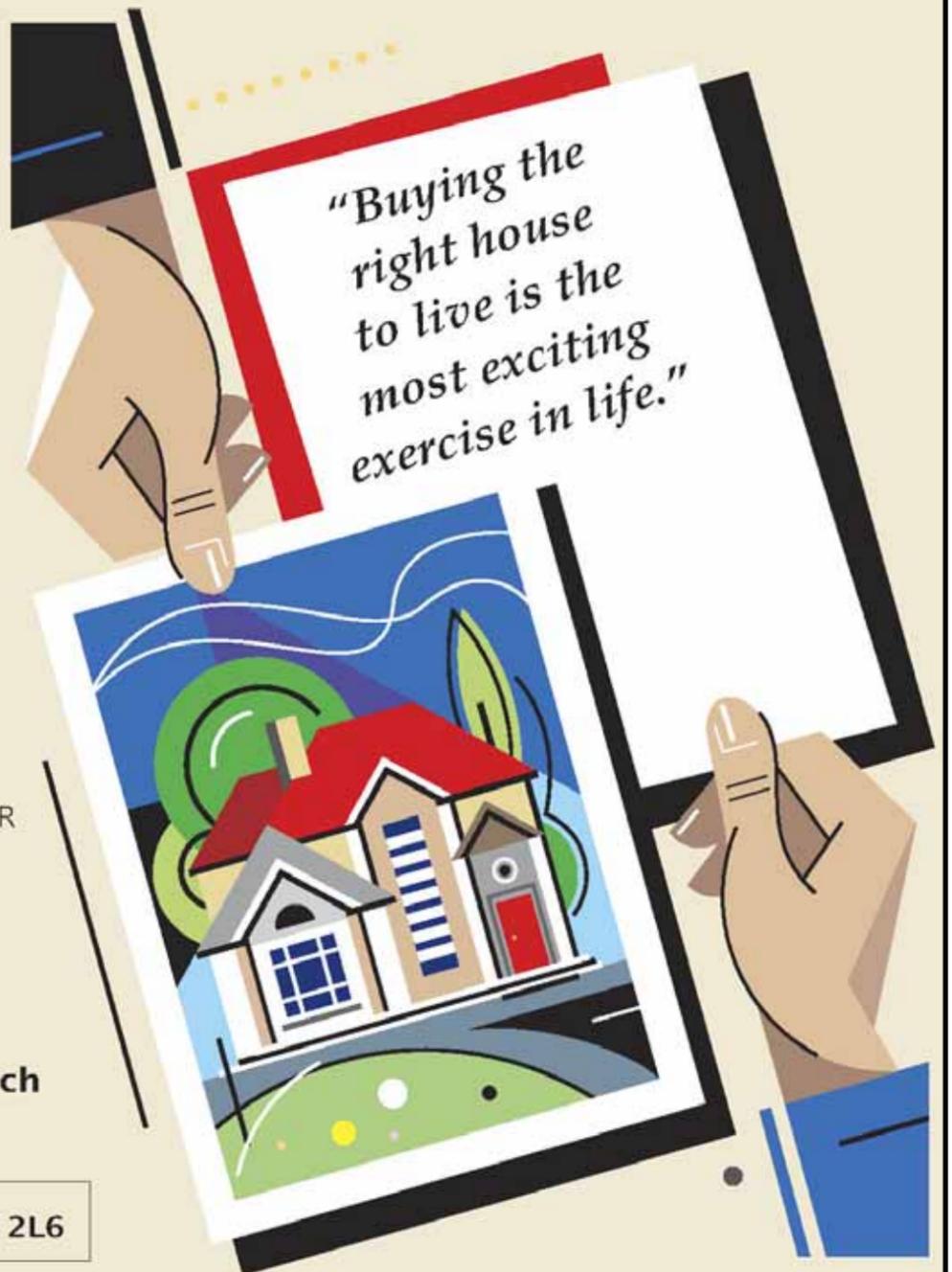
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**MONSOON
FEATURE**

Town of Richmond Hill Celebrates Character Community at Hillcrest Mall

In demonstrating and honouring good character at the Town's 6th annual Character Community Week, on Wednesday, October 28th from 4:30 to 9 p.m. at Hillcrest Mall in Centre Court (9350 Yonge Street, located at the northwest corner of Yonge Street & 16th Avenue intersection) the celebrations went on with lively music, engaging mini stage productions, guest speakers, organization exhibits and official greetings and presentations by Mayor Dave Barrow at 7 p.m.

This informative evening showcased many registered Character Community Organizations, Mayor and Council presenting certificates and character

packages to all participating organizations. Attendees had the opportunity to speak with Character Organizations and hear stories of character in the local community. The Town is a leader in the Character Community Initiative, receiving the Community of Character award in 2006 at York Region's first annual Character Community Awards.

As a Character Community, the Town has successfully promoted the initiative both internally and externally with events, guest speakers, a monthly e-letter, networking nights, Town vehicle decals, and logo printing on all

recycling bins to highlight a few. To learn more about the Town's Character Community initiative, visit www.richmondhill.ca/charactercommunity.

A Character Community is one in which elected officials, community leaders and citizens-at-large recognize and promote the importance of good character by nurturing positive character attributes. Each month, a different character attribute is highlighted in the community.

Risa Healey, Character Community Committee Co-chair, can be contacted for more info at (905) 771-5489.



George Koshy and David Yang from Green Contributor



Mayor Dave Barrow entering raffle at a booth



Musical performance taking place



Singing performance



Left to Right: Greg Beros (Ward 1 Councillor), Brenda Hogg, (Deputy Mayor and Regional and Local Councillor), Godwin Chan (Ward 6 Councillor), David L. Cohen (Ward 3 Councillor), Dave Barrow (Mayor), Nick Papa (Ward 5 Councillor), Lynn Foster (Ward 4 Councillor), Vito Spatafora (Regional and Local Councillor) and Arnie Warner (Ward 2 Councillor).

On behalf of the Members of Council we extend best wishes to everyone in our community celebrating DIWALI.

Yours very truly,

Dave Barrow
Mayor

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New physicians join Rouge Valley

Part of hospital's plan to continue bringing quality services to the community

Oct. 20, 2009 - The latest physicians to join the Rouge Valley Health System (RVHS) medical team will help to continue the hospital's commitment to quality patient care in its communities.

"We are pleased with the addition of Dr. Mohamed Abounaja and Dr. Allan Eckhaus to our medical team. As our patient communities in east Toronto and west Durham region continue to expand and develop, so will our hospital. We look forward to their contribution to our patient community," says Dr. Naresh Mohan, chief of staff.

NEW PHYSICIAN JOINS EMERGENCY

Emergency physician Dr. Mohamed Abounaja, who began at RVHS earlier this spring, is seeing patients at the emergency departments at Rouge Valley's two hospital campuses; Rouge Valley Centenary (RVC) in east Toronto, and Rouge Valley Ajax and Pickering (RVAP) in west Durham Region. He enjoys the variety of patients often seen in the emergency department.

"Emergency medicine is fascinating, as you never know what kind of patient will come through the door. For many patients without a family physician, an emergency physician or nurse is the healthcare professional that they will see when they have a health concern. I am delighted to help address their concerns, and to be a member of the emergency department at Rouge Valley," says Dr. Abounaja.

Later this fall, Dr. Abounaja will begin seeing patients at RVAP's newly-expanded emergency department. Construction will provide space for the anticipated 60,000 patient visits a year. Currently, staff and physicians care for 42,000-plus patients a year in a space designed for 20,000. When complete, the entire redevelopment project will mean about 140,000 square feet of new and renovated space for services. The redevelopment project at RVAP is a great start on addressing current needs of the community.

Dr. Abounaja, who is originally from Libya, came to Canada in 2002 and speaks Arabic fluently. Before joining Rouge Valley, Dr. Abounaja spent three years in Newfoundland working at a number of local health care facilities. Most recently, he was a general practitioner at the Black Marsh Family Care Centre in St. John's, Newfoundland. He was also an emergency room officer at the Health Science Centre; St. Clair's Hospital; Cabonear General Hospital; Gander General Hospital in St. John's; and the Western Region Health Authority in Cornerbrook, Newfoundland.

Dr. Abounaja earned his bachelor's degree in medicine and general surgery at

Al Fateh University in Libya. He is a married father of one young daughter. His wife, who was a dentist in Libya, hopes to open a practice in Canada.

PLASTIC SURGEON JOINS RVAP

Plastic surgeon Dr. Allan Eckhaus recently began seeing patients at RVAP. The surgeon, who treats both adult and paediatric patients, sees a variety of different patients, from traumas in the emergency department, skin cancers, carpal tunnel, to breast reconstruction patients. Although he is based at RVAP, he sees some patients at RVC every second Monday at the minor surgery clinic.

"I have been impressed with the community here. There is a great mix of people who are new to the area and others who have lived here their whole lives. There is a real sense of pride in this community," says Dr. Eckhaus.

Dr. Eckhaus has expertise and clinical interest in breast reconstruction, particularly for women who have had mastectomies. "Many patients are unaware that breast reconstruction is available after they have had a mastectomy and that it is covered by OHIP," he says.

Dr. Eckhaus studied microbiology and immunology at McGill University, and his medical degree from the University of Toronto. He completed his residency in plastic surgery through the University of Toronto, and his fellowship at the Linley Clinic in Australia. He has also earned a master's of science degree through the University of Toronto's Institute of Medical Surgeon Scientist program, and Clinician Investigator program. Prior to joining RVHS, he had staff privileges at St. Joseph's Health Centre; St. Michael's; Humber River; and Toronto East General Hospital.

Dr. Eckhaus is married with two young sons, and lives in Toronto.

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

RVHS is an excellent acute care community hospital with many programs, including 24/7/365 emergency, cardiac care and mental health. Rouge Valley consists of several health sites, including two community hospital campuses: Rouge Valley Centenary in east Toronto; and Rouge Valley Ajax and Pickering in west Durham. Together, a team of physicians (224 general practitioners and 325 specialists), 1,000 nurses and many other professionals care for a broad spectrum of health conditions. Working in consultation and partnership with community members, other hospitals, health care organizations, the Central East Local Health Integration Network and the Ministry of Health and Long-Term Care, Rouge Valley continues to improve its programs and cater to the needs of the growing communities of east Toronto, Ajax, Pickering and Whitby.



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Top-Earning Dead Celebrities

Forbes' Ninth Annual Ranking - 2009 Results

The money might be drying up in Hollywood, but there's still plenty of cash to be made in the graveyard. The 13 iconic figures on Forbes' list of the Top-Earning Dead Celebrities grossed a collective \$886 million in the past 12 months.

Yves Saint Laurent bests Michael Jackson to top Forbes' ninth annual ranking of the highest-earning celebrity estates.

The 2009 Results are given below:

No. 1: Yves Saint Laurent \$350 million

Fashion designer
Died: June 1, 2008
Age: 71

Cause: Brain cancer

Collectors and art lovers clamored to buy Mondrians and Matisse's once owned

by the pantsuit pioneer and his partner, Pierre Bergé, during a three-day auction in February. The sale netted \$443 million, to be divided between two charitable foundations. Another sale, expected to be much smaller, will be held in next month. On the block: Saint Laurent's Mercedes Benz and Greek and Etruscan antiques. His Moroccan house is also on the market separately.

Yves Saint Laurent's Growing Millions

After commissions, the cash was split between the Pierre Bergé-Yves Saint Laurent Foundation and a soon-to-be-created philanthropic group aimed at scientific research and the fight against AIDS.

No. 2: Richard Rodgers and Oscar Hammerstein \$235 million (combined)

Musical composer (Rodgers); Playwright/songwriter/producer (Hammerstein)

Died: Dec. 30, 1979 (Rodgers); Aug. 23, 1960 (Hammerstein)

Age: 77 (Rodgers); 65 (Hammerstein)

Cause: Chronic illness (Rodgers); stomach cancer (Hammerstein)

The musical duo's usual income from catalog licensing fees got a boost this year from the reported \$200 million acquisition by Imagem Music Group of The Rodgers and Hammerstein Organization and the rights to the pair's creations. That sale gives Imagem, which is owned by a Dutch pension fund, ownership of musicals like Oklahoma!, The King and I and South Pacific. What wasn't sold: ownership of their individual works.

No. 3: Michael Jackson \$90 million

Musician
Died: June 25, 2009
Age: 50

Cause: Homicide

The King of Pop passed away just weeks before he would have taken the stage for his grand finale, scheduled for London's O2 arena in July. Jackson's posthumous earn-

ings were bolstered by a merchandising deal and the rights to the use of his name and likeness in the Sony film *This Is It*. The gloved one also earned millions from album sales, radio airplay and music video marathons in the weeks following his death. Jackson's estate has solid earning potential in the future due to his valuable stake in the Sony/ATV catalog as well as the publishing rights to his own catalog of music.

No. 4: Elvis Presley \$55 million

Singer, actor
Died: Aug. 16, 1977
Age: 42

Cause: Heart attack

The King of Rock 'n' Roll watched his income swell \$3 million to \$55 million this year thanks to both Graceland admissions and an immense portfolio of licensing and merchandise deals. Elvis returned to the Mattel lineup this year with a collectors' edition Jailhouse Rock-themed Barbie doll. Expect Presley's fortune to grow still more next year as Graceland celebrates 75 years of Elvis, complete with new exhibits and a birthday celebration. Also in its final stages of preparation: an Elvis Presley Cirque du Soleil spectacular in Las Vegas.

No. 5: J.R.R. Tolkien \$50 million

Author
Died: Sept. 2, 1973
Age: 81

Cause: Bleeding ulcer

The creator of hobbits and Middle Earth languages left a lasting legacy for his fans and family with The Lord of the Rings franchise. The Tolkien estate and publisher HarperCollins recently reached a settlement with New Line Cinema over allegedly unpaid royalties from the Lord of the Rings movies. September's agreement was reported at over \$100 million, meaning J.R.R. Tolkien earned a sizable income in the last year. His earning potential isn't dimming: The Hobbit is rumored for release in 2011, with directors Guillermo del Toro and Peter Jackson at the helm.

No. 6: Charles Schulz \$35 million

Cartoonist
Died: Feb. 12, 2000
Age: 77

Cause: Colon cancer

As the creator of Charlie Brown, Snoopy and the gang, Charles Schulz has been a fixture in the funny pages for decades. The cartoon was recently revisited in a line of New Balance sneakers for kids this fall. The Peanuts catalog was purchased by Warner Brothers after years with Paramount Pictures, resulting in new releases which include all six of the Peanuts television specials on a single DVD for the first time.

No. 7: John Lennon \$15 million

Musician

Died: Dec. 8, 1980

Age: 40

Cause: Murder

It was a big year for the Beatles, especially for the songwriter behind many of the band's most famous songs. In September, Electronic Arts and MTV Games released *The Beatles: Rock Band*, allowing fans to jam along with a virtual version of the band and



Elvis Presley



J.R.R. Tolkien



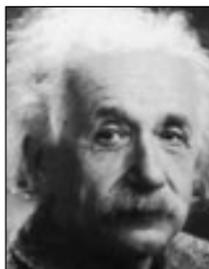
Charles Schulz



John Lennon



Dr. John Seuss



Albert Einstein



Michael Crichton



Jimi Hendrix



Aaron Spelling



Andy Warhol

download additional albums for \$17. As well, the Fab Four's music was repackaged and remastered in a 16-disc box set that went on sale in September. LOVE, the Las Vegas Cirque du Soleil show featuring the group's music, still reels fans into The Mirage.

No. 8: Dr. Seuss (Theodor Geisel) \$15 million

Author
Died: Sept. 24, 1991
Age: 87

Cause: Natural Causes

The all-time best-selling children's author remains on the charts nearly two decades after his death. In 2008, the author sold 5 million books, and he's on track to do the same in 2009. His next silver screen incarnation is slated to hit theaters in 2012: a 3-D animated version of *The Lorax*. Next fall, PBS will debut a science learning series geared toward children, titled *The Cat in the Hat Knows About That*.

No. 9: Albert Einstein \$10 million

Scientist
Died: April 18, 1955
Age: 76

Cause: Natural causes

Earlier this year, Einstein turned up in perhaps the unlikeliest spot of all: a McDonald's happy meal. As part of a Night at the Museum: Battle of the Smithsonian tie-in, the late genius lent his image to a bobble-head toy. Einstein's name continues to be used to peddle Baby Einstein products, a majority Disney-owned venture designed to make infants smarter. International licensing deals with both Nestlé and the Toyota Prius in Japan, and a mall, aptly named Das Einstein, in Germany, have further beefed up his portfolio. More recently, The scientist's estate has expanded into



Yves Saint Laurent



Rodgers and Oscar Hammerstein



Michael Jackson

the videogame and digital arena with a slate of upcoming brain games.

No. 10: Michael Crichton \$9 million

Author
Died: Nov. 4, 2008
Age: 66

Cause: Cancer

Crichton's death last year came as a shock to fans who were unaware the author was fighting cancer. But like many writers, Crichton continues to publish after his death. His latest book, *Pirate Latitudes*, was discovered by Crichton's assistant and will be published next month. Steven Spielberg has already acquired the rights to turn the book into a movie. Crichton had one more unfinished novel on his hard drive at the time of his death; the tome is slated to be published next fall.

No. 11: Jimi Hendrix \$8 million

Musician
Died: Sept. 18, 1970
Age: 27

Cause: Barbiturate overdose

Jimi Hendrix returns to the list of top-earning celebrities this year, thanks to solid annual sales and a new publishing deal with Universal after years with Sony. A new catalog licensing deal was also inked with Sony. In February, the Hendrix estate was awarded \$3.2 million in a trademark infringement case after Seattle businessman Craig Diffenback and Hendrix's brother Leon created a product called Hendrix Electric Vodka without permission of the Hendrix estate, which is controlled by sister Janie.

No. 12: Aaron Spelling \$8 million

TV Producer
Died: June 23, 2006
Age: 83

Cause: Stroke

As the creator of shows as diverse as *Dynasty*, *Starsky and Hutch* and *7th Heaven*, Spelling helped usher in modern television. He was also the father of perpetual famous person Tori Spelling, who in the past years has engaged in some nasty fights with her mother, Candy Spelling, over Aaron's estate. Despite his death, Spelling remains a powerful force. The CW is currently airing remakes of his shows *Beverly Hills 90210* and *Melrose Place*.

No. 13: Andy Warhol \$6 million

Artist
Died: Feb. 22, 1987
Age: 58

Cause: Complications from gall-bladder surgery

The man who helped define what it was to be a brand is still a hot licensing target. Last November, Diane von Furstenberg launched a line of swimwear featuring Warhol images. Earlier this year, Pepe Jeans London opened an entire shop dedicated to Warhol-inspired jeans. The artist's foundation says it is happy to license his works as long as the licensee understands Warhol's "relevance to the advancement of visual and consumer culture."

Courtesy: By: Lacey Rose, Dorothy Pomerantz, Lauren Streib and Marie Thibault for Forbes

In the previous last 8 years the top earner is given below. Singer and Actor Elvis Presley topped 7 times in the last nine years.

Elvis Presley \$52 million - 2008
Elvis Presley \$49 million - 2007
Kurt Cobain \$50 million - 2006
Elvis Presley \$45 million - 2005
Elvis Presley \$40 million - 2004
Elvis Presley \$40 million - 2003
Elvis Presley \$37 million - 2002
Elvis Presley \$35 million - 2001

Campaign for Sunnybrook injects \$800M into health care for Ontario

TORONTO

Sunnybrook Health Sciences Centre today launched the most ambitious fundraising campaign in its history. The Campaign for Sunnybrook seeks to raise \$470 million, along with \$300 million in matching government support, to accelerate the pace of medical research, promote the translation of scientific advances into new life-saving treatments, and expand its ability to provide life-saving care to the people of Toronto, the GTA and Ontario.

"The pace of medical discovery has never been faster than it is right now," said Dr. Barry

McLellan, president and CEO of Sunnybrook Health Sciences Centre. "At the same time,

the health care needs of the people we serve are growing at an unprecedented rate.

Sunnybrook has kept ahead of that pace with world-class innovations. But we have to keep going. Our community needs more and they need it now."

"The needs of the people served by Sunnybrook are significant," said David Leslie, chair of Sunnybrook's board of directors. "The chemotherapy suites at Sunnybrook's Odette Cancer Centre treat 18,000 patients a year. They

were designed for 5,000. One in 10 women in Canada with breast cancer will be treated at Sunnybrook. These women need a centre dedicated to the research and treatment of their disease. The cardiac intensive care unit at the Schulich Heart Centre is over 40 years old. Our neonatal intensive care unit is overcrowded. Sometimes there's room for only one parent to visit a critically ill baby."

The Campaign for Sunnybrook will support four critical areas: \$212 million for new facilities; \$116 million for research; \$100 million technology; and \$42 million for the Sunnybrook Fund which will support the most pressing needs and promising developments at Sunnybrook. The federal and provincial governments will provide \$300 million in matching funding for capital and research.

In declaring the launch of the campaign, Jennifer Tory, chair of the Campaign for Sunnybrook, announced a \$10-million gift from Seymour Schulich, one of Canada's most influential philanthropists.

"About a year ago," Ms. Tory said, "Mr. Schulich challenged Sunnybrook Foundation to raise \$10 million by the end of 2008 to rebuild the Schulich Heart Centre at Sunnybrook. The Foundation did



Pamela Davis-Ross, VP, Communications, Sunnybrook Health Sciences Centre Foundation on far left with some of the Sunnybrook Health Sciences Centre Patients from all sections

just that and Mr. Schulich has made this \$10-million gift to match those donations dollar-for-dollar. This transformational gift follows a long history of investment Mr. Schulich has made in Sunnybrook."

Also announced at the campaign launch was a \$1.5-million gift from donors David and Sheryl Kerr. Mr. Kerr's life was saved at Sunnybrook in 2008. Their gift was made as part of Mr. Schulich's matching challenge.

To date, \$265 million has been raised for the Campaign for Sunnybrook, leaving \$205 million to be raised through fundraising in the community.

"Sunnybrook has a long history of translating donor investments into medical innovations," Ms. Tory said. "Sunnybrook invented digital mammography. We invented 'one-day' breast cancer radiation therapy. We performed Toronto's first-ever minimally invasive heart

bypass. Sunnybrook has an exceptional ability to take donor investment and put it directly to work, literally saving lives. This gives our donors a profound sense of making real impact right here, right now, in our community."

Gifts from the public will fund a number of new and expanded areas of the hospital. These include a neonatal intensive care unit as the centerpiece of a new women and babies facility; the largest Breast Cancer Centre in Canada; the Dr. Brian W. Gilbert Cardiac Acute Care Unit; a major stroke prevention and recovery research centre; the expanded Tory Regional Trauma Centre; expanded chemotherapy suites at the Odette Cancer Centre; new operating and patient rooms that will double capacity for hip and knee replacements at the Holland Orthopaedic & Arthritic Centre; and, the most advanced imaging-based medical research facilities in North



America.

"We are truly thankful for the generosity of our donors," said Dr. McLellan. "Philanthropy is the engine that drives innovation at Sunnybrook. We are counting on the people of Toronto, the GTA and Ontario to give generously to the Campaign for Sunnybrook so that we can be there when it matters most, for them and all the people they love."

Gifts to the Campaign for Sunnybrook can be made at www.sunnybrook.ca or by calling 416-480-GIVE (4483) or 1-800-696-2008.

About Sunnybrook Health Sciences Centre:

Sunnybrook Health Sciences Centre is inventing the future of health care through the dedication of its more than 10,000 staff and volunteers. An internationally recognized leader in research and education and fully affiliated with the University of Toronto, Sunnybrook is one of Canada's premier academic health sciences centres. Sunnybrook specializes in caring for Canada's war veterans, high-risk pregnancies, critically-ill newborns, treating and preventing cancer, cardiovascular disease, neurological disorders, orthopaedic and arthritic conditions and traumatic injuries.

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MONSOON FEATURE

Indira Gandhi was gunned down by her bodyguards on 25 years ago, on Oct 31, 1984. Ramachandra Guha looks at the legacy of India's most controversial and best-known politician.

In the summer of 1965, Indira Gandhi was thinking of shifting base from Delhi to London.

She was then serving as a

Indira Gandhi's death remembered

the former maharajas; and comprehensively won the general elections of 1971 on the stirring slogan of "Garibi Hatao" (Remove Poverty).

The elections were held in January; in the last month of the same year, Mrs Gandhi played a key role in India's military victory over Pakistan, which led to the dismemberment of that country and the formation of an independent Bangladesh.

Among a certain section of the middle class, Mrs Gandhi remains

malpractices.

Mrs Gandhi's response to this twin challenge, political and judicial, was to declare a state of emergency, censor the press, and put hundreds of opposition politicians in jail.

The emergency lasted until January 1977. In elections held in March, the Congress were routed by the Janata Party, a coalition of four previously distinct entities.

However, the new government lasted less than three years, collapsing under the weight of its



Indira Gandhi remains very popular among many Indians

Since Mrs Gandhi knew she was not immortal, and since she could not bring herself to wholly trust anyone who was not related to her, she brought her sons into politics.

Family politics

From 1976 Sanjay Gandhi worked closely with her, on the understanding that he would succeed her when she retired or passed on.

When it was Sanjay who unexpectedly died in June 1980, his elder brother Rajiv was drafted into politics, on the same understanding.

(The conversion of the Congress into a family firm has been emulated by other parties. Had Mrs Gandhi not showed the way, it is impossible to conceive of the Akali Dal or the Dravidra Munnetra Kazhagam [both state-based parties in India], for example, becoming, as they have now, captives of the interests of a single family.)

These criticisms are not merely retrospective.

They were made at the time, as indeed were criticisms of her economic policies.

By the late 1960s, India had built industrial capacity and a technological base through promoting self-sufficient economic growth.

Leading economists such as Jagdish Bhagwati now urged a dismantling of the industrial licensing system and an encouragement of foreign trade. However, instead of freeing the economy from government control, Mrs Gandhi instead further increased the stranglehold of the state, which caused (as might have been expected) gross inefficiency and corruption.

Although the economy was finally liberalised in 1991, two decades had been lost to ideological dogma and personal expediency.

Great patriot, but deeply flawed democrat - that is how history should remember Indira Gandhi, prime minister of India from 1966 to 1977 and again from 1980 to 1984. [courtesy:bbc.co.uk]

Ramachandra Guha is the author of India after Gandhi: The History of the World's Largest Democracy. He lives in Bangalore.

[courtesy: bbc.co.uk]



Mrs Gandhi refused to remove Sikh guards from her security detail (Photo: Ashok Vahie)



Mrs Gandhi's decision to send the army into the Golden Temple alienated Sikhs



Sanjay Gandhi was a very controversial politician

junior minister in the cabinet of Lal Bahadur Shastri, who had succeeded her father Jawaharlal Nehru as prime minister of India.

With her political prospects fairly bleak, she was attracted to England for personal reasons. Her sons Rajiv and Sanjay were both studying in the United Kingdom; besides, living in London would allow her to further her interest in culture and the arts.

In the end, Mrs Gandhi chose to remain in her homeland and would reap a wholly unexpected reward.

When Mr Shastri died of a heart attack in January 1966, she was asked to replace him as prime minister. The choice was made by the "Syndicate", the group of crafty old men who ran the ruling Congress party.

Hesitant start

They calculated that the elevation of Nehru's daughter would reassure a nation reeling from the deaths in quick succession of two prime ministers; besides, as a novice in politics she could be easily manipulated.

After a hesitant start in office, Mrs Gandhi grew in confidence.

In 1969 she cut herself loose from the "Syndicate" by portraying them as a bunch of reactionaries while she represented the progressive forces of history.

She nationalised banks, mines, and oil companies; abolished the titles and privileges of

very popular.

In polls conducted by English-language magazines she is usually chosen as "India's best-ever prime minister". This endorsement is principally based on her performance during the 1971 war, invariably contrasted with her father's disastrous leadership during India's border war with China in 1962.

Lukewarm

Others admire her for her identification with the whole of India (although a northerner by birth and background she had a special affection for the south). Socialists sympathise with her pro-poor rhetoric.

On the other hand, there remain many Indians who are lukewarm about Mrs Gandhi's legacy.

They point to her authoritarian tendencies, which came to the fore after her annus mirabilis: 1971.

At this point she asked for a "committed bureaucracy" and "committed judiciary", seeking to make these previously autonomous institutions subject to the whims and fancies of politicians in power.

In 1974, the respected Gandhian politician Jayaprakash Narayan launched a countrywide movement against corruption in government. In June 1975 the Allahabad High Court found the prime minister guilty of electoral



Mrs Gandhi's assassination was a traumatic moment in Indian history (Photo: Ashok Vahie)



Mrs Gandhi has been accused by critics of promoting dynastic politics

contradictions. In 1980 Mrs Gandhi and the Congress were voted back to power on the plank of "stability".

Stoking trouble

The first two years of her fourth term were uneventful, but then, almost at once, Mrs Gandhi was confronted with discontent in the state of Andhra Pradesh, secessionist stirrings in the north-east, and a fully-fledged insurgency in the Punjab.

It was claimed at the time that the prime minister deliberately stoked the troubles in the Punjab, so that when elections were held in 1985 she could put herself forward as the one person standing between India and anarchy.

In June 1984 she ordered the army to storm the Golden Temple, where a band of Sikh extremists were holed up. The "terrorists" were killed, but the action also led to the destruction of the second holiest building in the complex.

Five months later, two Sikh security guards gunned down Mrs Gandhi in an apparent act of revenge.

"I see that marble conceals a multitude of sins," remarked Aldous Huxley on seeing the Taj Mahal.

That was not all.

Survivors have had little justice

Nearly 3,000 members of India's Sikh community were massacred after the assassination of Prime Minister Indira Gandhi by her two Sikh bodyguards on 31 October 1984. Rahul Bedi, one of the first journalists to reach the affected areas in the capital, Delhi, recalls events.

The 25th anniversary of Indira Gandhi's assassination revives stark memories of some 3,000 Sikhs killed brutally in the orderly pogrom that followed her killing.

The wave of ethnic cleansing which raged unhindered across the country, especially in Delhi, after Mrs Gandhi was shot dead ended only with her cremation on 2 November.

During these three days droves of Sikhs were determinedly hunted down by Hindu mobs from their homes, corralled and slaughtered like animals.

The trigger for Mrs Gandhi's killing was the storming of the Golden Temple in Sikhism's holy city Amritsar four months earlier to flush out Sikh militants fighting for an independent homeland of Khalistan or Land of the Pure.

The heavily-armed militants - many of them former soldiers - had barricaded themselves inside the temple and were dislodged only after three days of bitter fighting. Some 1,000 people, including women and children pilgrims and about 157 soldiers, died.

Tanks too were employed to end the siege, leaving Sikhs highly aggrieved.

The eventual and possibly avoidable storming of the Golden Temple generated a wave of violence leading to Mrs Gandhi's assassination, the anti-Sikh riots and a vicious insurgency across Punjab that was eventually stamped out by the military around 1993, although not without widespread human rights abuses.

But the 1984 Delhi riots rocked the world, more so for the state's direct involvement and public justification of the blood-letting.

'Earth shakes'

Reacting to the continuing Sikh killings in Delhi and other places, newly appointed Prime Minister Rajiv Gandhi declared at a massive rally in the capital that "once a mighty tree falls, it is only natural that the earth around it shakes".

One of the worst massacres took place in two narrow alleys in the city's poor Trilokpuri colony where some 350 Sikhs, including women and children, were casually butchered over 72 hours.

The charred and hacked remains of the hundreds that perished in Trilokpuri's Block 32 on the smoky and dank evening of 2 November 1984 were stark testimony to the unimpeded and seemingly endless massacre.



Sikh shops and establishments were targeted and burnt



Sikhs were killed in the main railway station (Photo: Ashok Vahie)

Soon after news of Mrs Gandhi's killing by her Sikh bodyguards spread, Hindu mobs swung into action - like they did elsewhere in the city armed with voters' lists - in Trilokpuri against the low caste Sikhs inhabiting one-roomed tenements on either side of two narrow alleyways barely 150 yards long.

With local police connivance they blocked entry to the neighbourhood with massive concrete water pipes and stationed guards armed with sticks atop them.

For the next three days marauding groups armed with cleavers, scythes, kitchen knives and scissors took breaks to eat and regroup in between executing their bloodthirsty mission.

When as a reporter then with the Indian Express newspaper I along with two other colleagues visited the area on the eve of Mrs Gandhi's funeral, both lanes were littered with bodies, body parts and hair brutally hacked off, forcing us to walk precariously on tiptoe.

It was impossible to place one's foot flat on the ground for fear of stepping on either a severed limb or a body.

Earlier in the day two policemen on a motorcycle had emerged from Block 32 and reassured us that shanti or calm prevailed inside it and no untoward incident had occurred.

A few hours later on returning to the spot we saw that the entire area was awash with blood, a large proportion of it black coagulated mounds over which flies buzzed lazily.

Abject terror

It was also piled high in the open drains on either side of the



Survivors have had little justice. Only 20 people have been convicted for the killings (Photo: Soutik Biswas)



Nearly 3,000 Sikhs were killed in the massacres (Photo: Soutik Biswas)



Riot victims have been waiting for justice for 25 years (Photo: Soutik Biswas)

tenements, never efficient at the best of times, alongside other human remains.

As we walked through this implausible slaughter in the light of hurricane lamps provided by some residents, the complete silence despite the large mob surrounding us was eerie.

No one spoke and nothing, except the bizarre, dancing shadows moved during this surrealistic

interlude.

Even one of the only survivors - a young polio-afflicted mother - holding her new born in her arms gazed sightlessly upon us.

Her blank look momentarily changed into one of abject terror as we bent down to take her child to whom she fiercely clung.

She probably took us to be the butchers who had massacred her entire family piled up high in



the room behind her.

A whimper led us to a barely conscious young Sikh, hiding under a heap of bodies, his slashed stomach wrapped crudely around with a turban.

All he wanted was water, parched after over 36 hours of concealing himself under the mound of corpses and bleeding steadily. He died soon after in hospital.

Some doors down a two-year-old girl, unmindful of the bodies, walked lazily over to us holding out her arms asking to be taken home.

Unfortunately, she was home; but one littered with the bloated bodies of her parents and siblings killed two nights earlier.

Police arrived in Trilokpuri 24 hours later when the Indian Express revealed the horrific massacre.

Sadly, there were no Sikhs left to protect.

Two inquiry commissions and seven investigative committees into the 1984 Sikh riots later no one has been held guilty for the Trilokpuri killings.

Of the 2,733 officially admitted murders, only nine cases have so far led to the conviction of 20 people in 25 years; a conviction rate of less than 1%.

But Manmohan Singh's elevation to India's prime minister in 2004 was looked upon by the flamboyant Sikh community as the vindication of its destiny of being born to rule.

Previous transgressions by his Congress party were forgiven but not forgotten and his casually tied trademark blue turban represented a collective crown for the enterprising but persecuted Sikh community. Mr Singh, they said, was king.

Rahul Bedi is based in Delhi and works as the India correspondent for Jane's Defence Weekly and the Irish Times. During the 1984 riots he was with the Indian Express.

[courtesy: bbc.co.uk]



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By D.B.S. Jeyaraj

Members of the extended family were inundated with messages of sympathy, solidarity and support from relatives, friends and well-wishers when New York based Hedge fund billionaire and philanthropist Raj (Rajakumar) Rajaratnam was arrested and produced in a Manhattan court on Friday October 16th.

Raj Rajaratnam

The beleaguered billionaire whose net worth was estimated by "Forbes" to be US\$ 1.3 billion faced four charges of conspiracy to commit securities fraud and nine counts of securities fraud.

He was released on US \$100 million bail with \$20 million as collateral. Rajaratnam's travel documents were also impounded. He was forbidden to travel more than 110 miles of his Manhattan residence.

The 52 year old Tamil tycoon is the founder and managing general partner of the Galleon group of funds. According to "Forbes" Rajaratnam is the 551st richest man in the world and 236th richest in the USA.

FIGHTER

A senior family member while acknowledging and responding gratefully to the supportive messages had this observation about Raj: "His spirits are high. He is a fighter and plans to fight these allegations all the way".

Rajaratnam who went to work on Monday Oct 19th made a passionate speech to employees declaring his innocence. He then issued a short statement from his Madison Avenue office addressing employees and investors. Emphasising his innocence, Rajaratnam stated that he would fight back resolutely and clear himself of charges.

This is what he said in that note:

Dear Galleon Employees, Clients and Friends:

During this challenging time, I wanted to take a moment to address you directly. As I am sure you understand, I am not able to respond in detail to the charges recently brought against me. But let me be clear: they are, without exception, entirely baseless. I am innocent and will vigorously defend myself and our firm.

As I move forward on my defense, I want to assure you that our commitment to our investors and employees will remain unwavering. I will continue to be here working for Galleon, and the firm will continue to serve its clients with effectiveness and integrity. Thank you for your ongoing support.

Sincerely,

Raj

INNOCENT

Two days later on Wednesday Oct 21st, Rajaratnam issued a second note to employees, clients and friends. This is what it said:

Dear Galleon Employees, Clients and Friends,

I have decided that it is now in

US Tamil Tycoon Rajaratnam fights tough legal battle

the best interest of our investors and employees to conduct an orderly wind down of Galleon's funds while we explore various alternatives for our business. At this important time, I want to reassure investors of the liquidity of our funds and assure Galleon employees that we are seeking the best way to keep together what I believe is the best long / short equity team in the business.

As many of you know, we have built our business on the fundamental belief in rigorous investment analysis combined with active trading around core positions. We have encouraged and invited our investors to attend our daily research morning meetings. Many of you have done so and got a first hand look at our process. This research process is the core of our investment and trading strategy.

The privilege of managing investors' capital is a responsibility that I have always taken very seriously. I want to reiterate that I am innocent of all charges and will defend myself against these accusations with the same intensity and focus I have brought to managing our investors' capital.

For those who have been my partners and supporters over the last 17 years, I sincerely thank you. I also want to thank you for the innumerable expressions of support I have received from you over the past few days.

Sincerely

Raj Rajaratnam

Rajaratnam's intention of an "orderly wind down of Galleon's funds" while exploring "various alternatives for our business" seemed the most responsible and prudent course to be adopted in view of prevailing circumstances.

LIQUIDATION

Despite the overwhelming expression of support and loyalty by employees and clients there was a painful reality to deal with. Although the charges against Rajaratnam were at present mere "accusations" and he was presumed to be innocent unless otherwise proven guilty, the harsh world of hedge funds was not prepared to hedge its bets on this count.

At least three of the chief 14 brokerage firms with which Galleon did business had broken off relations. Many clients had begun making redemption claims. It was roughly estimated that redemption requests in three days amounted to about 1.3 billion of the total 3.7 billion in funds. The fate of employees was also in the balance.

Under those circumstances the best available option was to begin a process of liquidation thereby protecting investor clients on the one hand and negotiate a sale of the group on the other thus ensuring jobs for the employees.

If this could be accomplished with minimum damage as possible Rajaratnam could emerge "singed" but not "burnt" from this ordeal. Thereafter he could face the charges against him in court and prove if possible his innocence. If Rajaratnam could do so there is always the chance of him bouncing back in a few years with his reputation intact.

By Oct 27th 90% of funds had been liquidated.

It is to be noted that the securities fraud charges against Rajaratnam relate to unfair advantages gained through insider trading. He is not facing any charge of de-frauding clients, employees or investors.

Arguably the insider trading charges can also be construed as a manifestation of excessive zeal on the part of Rajaratnam to procure for his clients the best possible returns on their investment.

JUSTICE DEPT

The US dept of Justice issued on Oct 16th a press release on the arrests of six persons including Raj Rajaratnam. Here are some excerpts:

Preet Bharara, the U.S. Attorney for the Southern District of New York, and Joseph Demarest, Jr., Assistant Director-in-Charge of the New York Office of the FBI, today announced charges against six individuals arising out of their alleged involvement in the largest hedge fund insider trading case in history.

The defendants include: Raj Rajaratnam, the Managing Member of Galleon Management, LLC (Galleon), and a portfolio manager for Galleon Technology Offshore, Ltd.; Danielle Chiesi, an employee of New Castle Funds, LLC (New Castle), formerly the equity hedge fund group of Bear Stearns Asset Management, Inc.; Mark Kurland, a top executive at New Castle; Rajiv Goel, a Director in Strategic Investments at Intel Capital, the investment arm of Intel Corporation (Intel); Anil Kumar, a Director at McKinsey & Company, Inc. (McKinsey), a global management consulting firm; and Robert Moffat, Senior Vice President and Group Executive at International Business Machines Corporation (IBM).

All are charged with participating in insider trading schemes that together netted more than \$20 million in illegal profits. This case represents the first time that court-authorized wiretaps have been used to target significant insider trading on Wall Street.

According to the two complaints unsealed today in Manhattan federal court:

Rajaratnam, Kurland, Chiesi, and others repeatedly traded on material, nonpublic information given as tips by insiders and others at hedge funds, public companies, and investor relations firms including Intel, IBM, McKinsey, Moody's Investors Services Inc. (Moody's), Market Street Partners, Akamai Technologies, Inc. (Akamai) and Polycom, Inc. (Polycom). As a result of their insider trading, Rajaratnam, Chiesi, Kurland and others earned millions of dollars of illegal profits for themselves and the hedge funds with which they were affiliated. One of the insiders, Kumar, profited from investments in Galleon. Goel, also an insider, received profitable trades in a personal account managed by Rajaratnam.

Telephone conversations between Rajaratnam and Chiesi, intercepted based on court-authorized wiretaps of phones, as well as consensually recorded conversations with an individual who subsequently became a cooperating government witness (the CW), revealed that Rajaratnam, Kurland, Chiesi and the CW routinely received



inside information directly or indirectly from insiders and provided it to each other for the purpose of trading based on the information. The material, nonpublic information pertained to upcoming earnings forecasts, mergers, acquisitions, or other business combinations (the Inside Information).

This case is being supervised by the Office's Securities and Commodities Fraud Task Force. Assistant U.S. Attorneys Josh Klein and Jonathan Streeter and Special Assistant U.S. Attorney Andrew Michaelson are in charge of the prosecutions.

CHARGES

The charges contained in the complaints are merely accusations, and the defendants are presumed innocent unless and until proven guilty.

United States v. Raj Rajaratnam, et al. (09 Mag. 2306)

COUNT CHARGE DEFENDANT
MAXIMUM POTENTIAL PENALTIES

1. Conspiracy to Commit Securities Fraud RAJ RAJARATNAM 5 years; \$250,000 or twice the gross gain or loss

2. Conspiracy to Commit Securities Fraud RAJ RAJARATNAM RAJIV GOEL 5 years; \$250,000 or twice the gross gain or loss

3. Conspiracy to Commit Securities Fraud RAJ RAJARATNAM 5 years; \$250,000 or twice the gross gain or loss

4. Conspiracy to Commit Securities Fraud RAJ RAJARATNAM ANIL KUMAR 5 years; \$250,000 or twice the gross gain or loss

5. Securities Fraud RAJ RAJARATNAM

RAJIV GOEL 20 years; \$5 million or twice the gross gain or loss

6. Securities Fraud RAJ RAJARATNAM

RAJIV GOEL 20 years; \$5 million or twice the gross gain or loss

7. Securities Fraud RAJ RAJARATNAM 20 years; \$5 million or twice the gross gain or loss

8. Securities Fraud RAJ RAJARATNAM 20 years; \$5 million or twice the gross gain or loss

9. Securities Fraud RAJ RAJARATNAM 20 years; \$5 million or twice the gross gain or loss

10. Securities Fraud RAJ RAJARATNAM

ANIL KUMAR 20 years; \$5 million or twice the gross gain or loss

11. Securities Fraud RAJ RAJARATNAM

ANIL KUMAR 20 years; \$5 million or twice the gross gain or loss

12. Securities Fraud RAJ RAJARATNAM

ANIL KUMAR 20 years; \$5 million or twice the gross gain or loss

13. Securities Fraud RAJ RAJARATNAM 20 years; \$5 million or twice the gross gain or loss

United States v. Danielle Chiesi, et al. (09 Mag. 2307)

COUNT CHARGE DEFEN-



DANT MAXIMUM POTENTIAL PENALTIES

1. Conspiracy to Commit Securities Fraud DANIELLE CHIESI MARK KURLAND 5 years; \$250,000 or twice the gross gain or loss

2. Conspiracy to Commit Securities Fraud DANIELLE CHIESI ROBERT MOFFAT 5 years; \$250,000 or twice the gross gain or loss

3. Conspiracy to Commit Securities Fraud DANIELLE CHIESI 5 years; \$250,000 or twice the gross gain or loss.

4. Securities Fraud DANIELLE CHIESI 20 years; \$5 million or twice the gross gain or loss.

5. Securities Fraud DANIELLE CHIESI 20 years; \$5 million or twice the gross gain or loss.

6. Securities Fraud DANIELLE CHIESI 20 years; \$5 million or twice the gross gain or loss.

SOUTH ASIAN

Whether by accident or design there prevails an interesting South Asian dimension to the case. Three of those charged (Rajaratnam, Goel & Kumar) are of South Asian origin. So too is govt attorney Preet Bharara. Some sources of inside information for the accused are also of South Asian origin. The chief witness for the prosecution described as "Tipper A" has also been identified as Romy Khan a woman of Bangla Deshi origin.

The charges against Rajaratnam relate to eight instances of trade undertaken by him where he allegedly profited illegally on the basis of non-public information procured through dubious means. A brief summary of the "trades" according to "Fortune" is as follows"

1. Polycom

On Jan. 10, 2006, the unnamed source identified in the complaint as "Tipper A" told Galleon's Rajaratnam that, based on information received from a Polycom insider, revenues at the video-conferencing company for the fourth-quarter of 2005 were about to beat Wall Street estimates. Polycom was set to announce its earnings more than two weeks later.

Rajaratnam sent an instant message to his trader instructing him to "buy 60 [thousand shares] PLCM" for certain Galleon Tech funds. All told, from Jan. 10 through Jan. 25, the date of the Polycom earnings release, Rajaratnam and Galleon bought 245,000 shares of Polycom and 500 Polycom call-option contracts. Polycom did beat the Street, and collectively, the Galleon Tech funds made over \$570,000 in connection with their Polycom trades based on Tipper A's tip.

The same scenario was repeated for Polycom's first-quarter 2006 earnings, the complaint says. Galleon made \$165,000 on the information. Tipper A made \$22,000.

2. The Hilton

Tipper A allegedly obtained confidential information in advance of a July 3, 2007, announcement that a



private equity group would be buying Hilton for \$47.50 per share, a premium of \$11.45 over the July 3 closing price. Tipper A obtained the information from an analyst who, at the time, was working at Moody's, a rating agency that was evaluating Hilton's debt in connection with the planned buyout. Tipper A bought call option contracts based on the information, and passed on the tip to Rajaratnam.

On July 3, Rajaratnam and Galleon bought 400,000 shares of Hilton in the Galleon Tech funds. That evening, the Hilton transaction was announced. Tipper A sold all of the Hilton call option contracts for a profit of more than \$630,000, the complaint says. To compensate the source for the Hilton tip, Tipper A paid the source \$10,000. The Galleon Tech funds sold their Hilton shares after the July 3 announcement for a profit of more than \$4 million.

3. Google

Around July 10, 2007, a PR consultant to Google allegedly told Tipper A that Google's second-quarter earnings per share would be down about 25 cents. The Street had estimated yet another strong quarter for the search giant, which was scheduled to report earnings July 19.

Two days later Tipper A bought put options in Google and passed along details of the pending Google miss to Rajaratnam. He and Galleon began buying Google put options for the Galleon Tech funds, and continued buying them through July 19. In addition, Galleon funds bought other options betting on a fall in Google shares and sold short Google stock beginning July 17.

On July 19, Google announced its earnings results, disclosing that its earnings-per-share was indeed 25 cents lower than the prior quarter. Google's share price fell from over \$548 per share to almost \$520 per share. The Galleon Tech funds' profits from the Google tip were almost \$8 million. Tipper A sold all of the put options the day after the July 19 announcement for a profit of over \$500,000.

4. Intel

Rajaratnam allegedly tapped Intel executive Rajiv Goel just before Intel's (INTL) scheduled fourth-quarter 2006 earnings announcement to get inside information on the world's largest chip-maker. On Jan. 8, 2007, Rajaratnam contacted Intel's Goel. The next day, Rajaratnam bought 1 million shares of Intel at \$21.08 per share. On Jan. 11, he bought 500,000 more at \$21.65 per share.

Goel and Rajaratnam communicated again multiple times over the Martin Luther King Day weekend that followed. On Tuesday, Jan. 16, the day the markets reopened, Rajaratnam reversed course, selling the Galleon Tech funds' entire 1.5 million share long position in Intel at \$22.03 per share, and making a profit of a little over \$1 million.

Later that day, after the markets closed, Intel released its fourth-quarter 2006 earnings. Although the company's earnings beat analysts' projections, its guidance was below expectations. Intel's stock price fell nearly 5% on the news, but Rajaratnam was already out of the stock.

According to Intel officials, Goel has been placed on administrative leave pending the court case.

5. Clearwire

In early February 2008, Goel allegedly tipped Rajaratnam that there was a pending joint venture between wireless broadband company Clearwire and Sprint (S). Intel was a huge shareholder in Clearwire. Over the next three months, Galleon Tech funds bought and sold Clearwire shares on three occasions. Each time, the Galleon Tech funds traded in advance of news reports relating to the deal between Clearwire and Sprint, and shortly after calls between Goel and Rajaratnam.

Overall, the Galleon Tech funds realized gains of about \$780,000 on their Clearwire trading between February and May 2008. On May 8, the joint venture between Sprint and Clearwire was publicly announced.

As payback for Goel's tips, Rajaratnam (or someone acting on his behalf) allegedly executed trades in Goel's personal brokerage account based on inside information concerning Hilton and PeopleSupport (the government notes that a Galleon director sits on the PeopleSupport's board of directors though no charges of wrongdoing have been brought against that person), which resulted in nearly \$250,000 in profits for Goel.

6. Akamai

Another hedge fund executive, New Castle's Danielle Chiesi, is an acquaintance of Rajaratnam. When an Akamai executive told her that the Internet infrastructure company would trend lower in the company's second-quarter 2008 guidance to investors, the government claims she passed along the information to Rajaratnam. The consensus among Akamai's management was that Akamai's stock price would decline in the wake of the lowered guidance scheduled for July 30.

Chiesi and the Akamai source spoke multiple times between July 2 and July 24. Chiesi told what she had learned from the Akamai source to her colleague at New Castle, Mark Kurland. On July 25, several New Castle funds took short positions in Akamai shares. The positions grew through July 30. Rajaratnam's Galleon funds also built up a short position during the same period.

In its second-quarter 2008 earnings announcement on July 30, Akamai's results disappointed investors. The stock fell nearly 20% following the announcement. New Castle made \$2.4 million. The Galleon Tech funds took home more than \$3.2 million.

7. IBM-Sun

In January 2009, IBM was conducting due diligence on Sun Microsystems in preparation for an offer to buy it (Sun was ultimately bought by Oracle (ORCL). As part of that process, Sun opened its books to IBM, providing its second-quarter 2009 results in advance of the scheduled Jan. 27 announcement.

Because much of Sun's business is hardware, IBM's top hardware executive Robert Moffat was involved in the evaluation of Sun. Moffat allegedly had access to Sun's earnings results. He and Chiesi were also friends and contacted each other repeatedly during January 2009. The frequency of contact between the two increased just prior to the Sun earnings release, investigators say.

On Jan. 26, New Castle began

acquiring a substantial long position in Sun. On Jan. 27, after the market close, Sun reported earnings that exceeded Wall Street's estimates, posting a two-cent per-share profit when analysts had expected a loss. Sun shares soared 21% on the news. New Castle made almost \$1 million.

8. A.M. Devices

On June 1, 2008, McKinsey & Co. began advising Advanced Micro Devices (AMD) over its negotiations with two Abu Dhabi sovereign entities. One, a joint venture with the Abu Dhabi government, Advanced Technology Investment Co., would take over AMD's chip manufacturing. The other, an Abu Dhabi sovereign wealth fund, Mubadala Investment Co., would provide a large investment in AMD (in the end, it would total \$314 million). According to the SEC, Anil Kumar was one of the McKinsey team briefed on the negotiations. Kumar also knew Rajaratnam.

On Aug. 14, Kumar learned that the two deals were finally getting done. The next day he told Rajaratnam, investigators say. Almost immediately, Rajaratnam and Galleon increased their long position in AMD by buying more than 2.5 million shares in Galleon funds and continuing to build their long position until just before the announcement of the AMD transactions. Rajaratnam and Galleon bought 4 million AMD shares on Sept. 25 and 26, and 1.65 million more on Oct. 3. On Oct. 8, the deals were announced publicly. AMD's stock price increased by about 25%. All told, the value of Galleon's entire position in AMD increased approximately \$9.5 million in Oct. 6-7.

However, the allegedly gained profits via inside trading was wiped out by the financial crisis of the time. Because the Galleon Tech funds had accumulated much of their AMD position beginning in August, before the crisis sent stock prices, including AMD's, tumbling in September and October, the funds lost about \$30 million on the overall trade.

LAWYERS

As stated earlier Rajaratnam intended fighting the charges against him and clearing himself. This of course meant that the best legal services available had to be obtained.

Earlier the law firm Gibson, Dunn & Crutcher had represented him with James Walden as chief defence counsel. But Rajaratnam kept his options open and scouted around for additional legal representation.

After discussions with firms like Kasowitz, Benson, Torres & Friedman and Paul, Weiss, Rifkind, Wharton & Garrison, Rajaratnam opted for Akin, Gump, Strauss, Hauer & Feld to represent himself.

The Galleon management company was represented by Shearman & Sterling while legal advice to employees was provided by Boies, Schiller & Flexner.

JOHN R. DOWD

Rajaratnam's new defence lawyer after the change was John R Dowd. He is a partner of the law firm in the Washington DC office.

It was Dowd who represented last year's Republican presidential candidate Senator John McCain in 1990-91 during the Senate Ethics Investigations known as the "Keating 5?". McCain received the mildest punishment of the five senators charged then and credit for that went to Dowd.

John R Dowd also represented former Arizona governor Fife Symington when tried on charges of extortion. Dowd is also representing high profile Monica M Goodling in her fifth amendment challenge to speaking before Congress regarding the firing of nine US attorneys.

Apparently Rajaratnam's decision to change lawyers did not miff his previous counsel. His earlier counsel James Walden issued a statement welcoming the change:

"Raj has retained John Dowd of the Washington, D.C.-based firm Akin Gump to represent him going forward, and we are pleased Raj will continue to get great legal representation from such a fine group of lawyers. Rest assured, his team will not miss a beat and is already well prepared to help him fight these charges and clear his name", Walden said.

LETTER

On Thursday Oct 29th Rajaratnam's new counsel John R Dowd fired his opening shot. He filed a letter in court on Rajaratnam's behalf seeking reduction of his bail to \$25 million from \$100 million and allow him to travel within the continental United States.

According to news reports Lawyers for Rajaratnam argued that his flight risk is minimal because of his deep financial and family ties to New York City, as well as his eagerness to fight the government's charges against him. They emphasized that nearly all of Mr. Rajaratnam's family lives in the United States, including his three children, his parents, his wife of 21 years and his two brothers and two sisters.

In addition to family connections, lawyers argued that Mr. Rajaratnam was highly unlikely to abandon his considerable real estate holdings, including a \$17.5 million apartment in Manhattan, a \$10.5 million house in Connecticut and a \$1.4 million Florida condominium.

Lawyers also argued the government relied on "incomplete information to suggest that Mr. Rajaratnam intended to flee the

United States on the morning of his arrest." Apparently Rajaratnam had planned to fly out to Europe and return much earlier and was not plotting to flee as authorities suspected.

Mr. Rajaratnam's lawyers also took their first swipe against the government's case, saying it relied heavily on a single cooperating witness, Roomy Kahn, who is not only a convicted felon but also found to have fabricated evidence in another case last August.

GALLEON

"The lawyers noted the government did not subpoena Galleon's trading records until 10 days after the arrest, which supports some experts' suggestions that the government was rushed to make the arrests.

The lawyers also requested that Mr. Rajaratnam's travel restrictions, currently at 110 miles from New York City, be extended to include the entire continental United States so he can, among other things, entertain offers to buy Galleon.

According to news reports Rajaratnam's lead lawyer, John Dowd, said his client was being treated worse than epic swindler Bernard Madoff, who was released on \$10 million bail last December after his initial confession to a multi-billion-dollar fraud.

"The idea that Mr Rajaratnam would simply abandon his properties in the US to avoid a trial that he is confident of winning is neither realistic nor credible," Dowd, said in the letter to Magistrate Judge Frank Maas.

The letter described Rajaratnam as "intensely focused" on Galleon business and "has no intention of abandoning Galleon and its employees." It said that after his arrest, Rajaratnam ordered document preservation at Galleon and "that all shredders be removed from the office."

"The case is at its earliest stages, and the Government does not yet have the critical information that will place its current allegations in the proper context and dispel any allegation of criminal conduct," Dowd and lawyers at law firm Akin Gump said in the letter.

The ball now is in the "court" of the court. A hearing is likely to be scheduled to decide on relaxation of bail condition requests.

This however is only the preliminary.

A long legal battle lies ahead for Raj Rajaratnam. It appears that the tough Tamil tycoon is gearing up to face it defiantly. [dbsjeyaraj.com]

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Public Forum on War Crimes in Reference to Sri Lanka

The public forum on war crimes in reference to Sri Lanka was held on October 15, 2009 at CWVHR center. The keynote speakers were lawyer Lorne Waldman, and Amnesty International Sri Lanka coordinator John Argue.

Mr. Waldman is an expert in human rights and refugees laws. He has more than 30 years experience, and recently known for "having successfully acted as co counsel for Maher Arar at the public inquiry into the circumstances behind his deportation from the United States to Syria where he was subjected to brutal torture."

<http://www.lornewaldman.ca>

John Argue has been an activist on the Sri Lanka issue for more than 20 years, and recently attended the AI Sri Lankan coordinators meeting in London.

The event started with a brief intro by CWVHR president Anton Philip.

Mr. Waldman began his speech by describing the continuing tragedy in Sri Lanka. He firmly concluded that the indiscriminate bombing, use of illegal weapons, mass killings, imprison-

ment and torture of refugees are clear violations of international humanitarian law, and evidence for war crimes.

He compared the tragedy in Sri Lanka to other similar tragedies in recent history. He said, it is important to learn the lessons from others.

His speech focused on the strategies that Tamil community must develop, and tasks that it should carry out.

The first main task is to campaign the Canadian government to DENOUNCE the human rights violations by the Sri Lankan government. In order to do this he suggested, we must bring the issue to the attention of politicians of all parties. Issue of human rights is not political, thus should be easier for politicians to embrace.

He noted the Argentina's experience of bringing its military dictatorship's crimes to justice. He described the ways Argentinians regime erased all evidence. Still, the diligent work done by AI and others to document the human rights violations brought many to justice even after 20 years.

Another important strategy is

to build support with the help of natural allies. He noted the Labour movement (Canadian Labour Congress) and other similar groups such as Student unions as potential allies.

He stressed the importance of unity among Tamils in voicing their concern to the Canadian government. He said to engage the parliamentary committees, and even volunteered himself as a participant. But he cautioned the Tamil community to be clear about what they are asking for.

1. Canadian government to recognize and condemn the war crimes committed by SL

2. To call the Sri Lankan ambassador/and the SL government to respect human rights

3. To help bring those accountable to justice

4. Aid tied to human rights

Along with the political pressure, he urged the Tamil community to develop legal strategies.

1. To challenge the Canadian government not to give aid to SL according to the foreign aid accountability act, because SL is a major Human Rights violator

2. To pursue legal actions against perpetrators who visit or immigrate to Canada or other

Western countries.

3. Take action through parliamentary committees

He identified the SL government as a "GENOCIDAL government".

He acknowledge the importance of documentation of these human rights violations in accordance with international standards. He stressed the need for standard interview procedures, and the enlisting the help of organizations such as AI. He noted that documentation should happen not just in Western countries, but in Indian where significant populations of Sri Lankan Tamil refugees live.

He stressed that the documentation is a long term project. He said collecting critical mass of evidence will bring definite results.

Next Amnesty International's Sri Lanka coordinator John Argue spoke about the London meeting of all AI coordinators for Sri Lanka. He expressed the collective frustration about the Sri Lankan situation. Argue noted that the same abuses experienced by Tamils can soon be used against the Sinhalese. He has talked about the CWVHR docu-

mentation work in London. He noted that many were supportive of the effort.

Mr. Argue noted November 17, 2009, the day president Rajapaksha said he will release all the prisoners. There is no chance even half of the population would be released by this date. He noted that even if they were released from one camp, they were being dumped into other camps. All the prisoners are being closely monitored even after the release, and there is no return to normalcy. He urged to support the AI's Unlock the Camps campaign.

(<http://www.amnesty.org/en/news-and-updates/news/unlock-camps-sri-lanka-20090807>).

He said there will be intense activities as the date nears such as letter writing campaigns, conferences, and protests. He particularly noted the conference on Nov 21, 2009 organized by Canadian Academics for Tamil Rights.

Argue agreed to maintain contact with CWVHR about the campaign, and other activities.

After Aruge's speech, CWVHR member Kesavan gave a presentation about CWVHR documentation efforts. The event ended with brief discussion, vote of thanks by Sivajini, and refreshments.



Lorne Waldman, John Argue and Anton Philip



Mr. Kesavan addressing



Ms. Sivajini with Vote of Thanks



Section of the Participants



Section of the attendees

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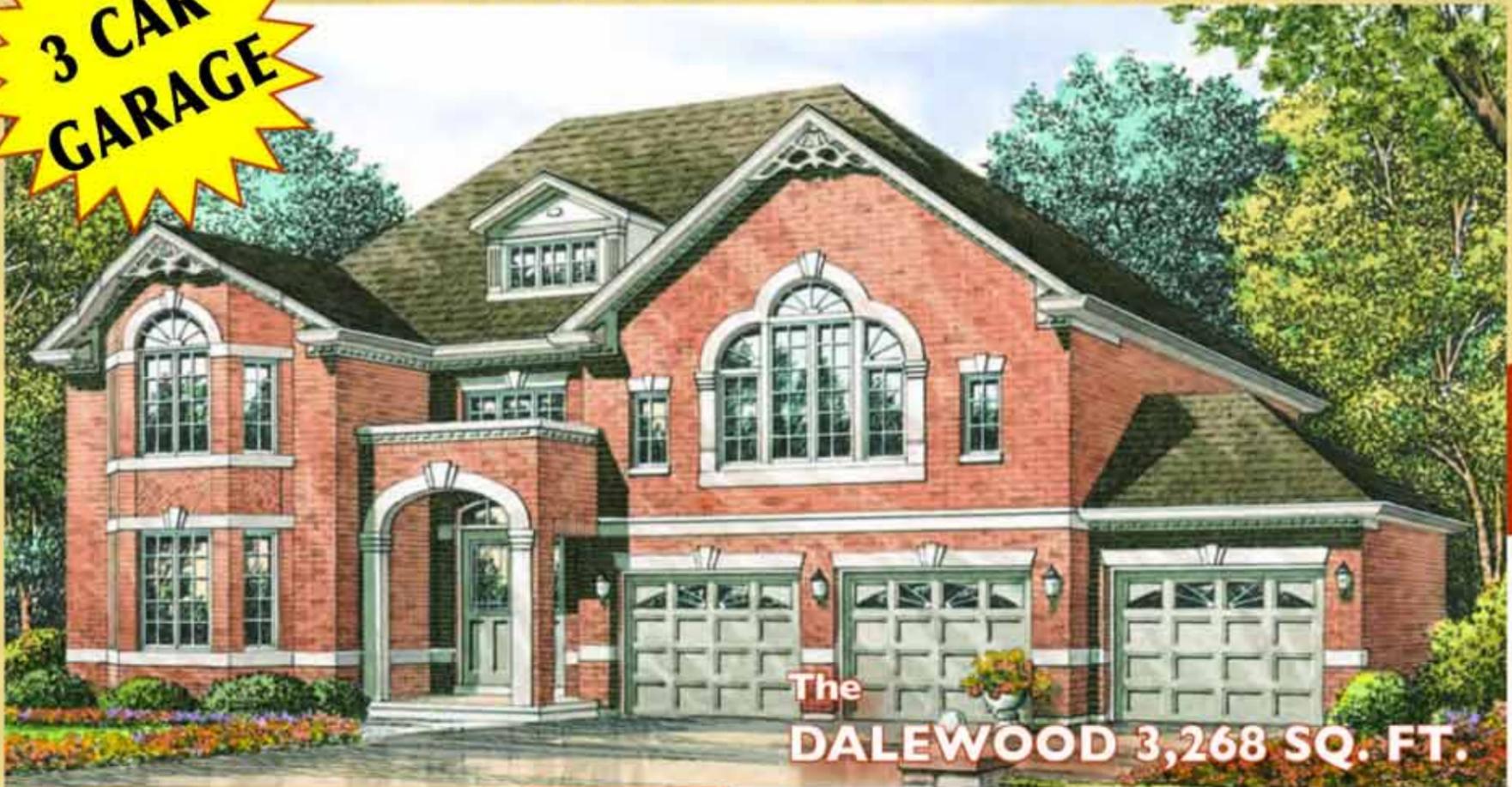


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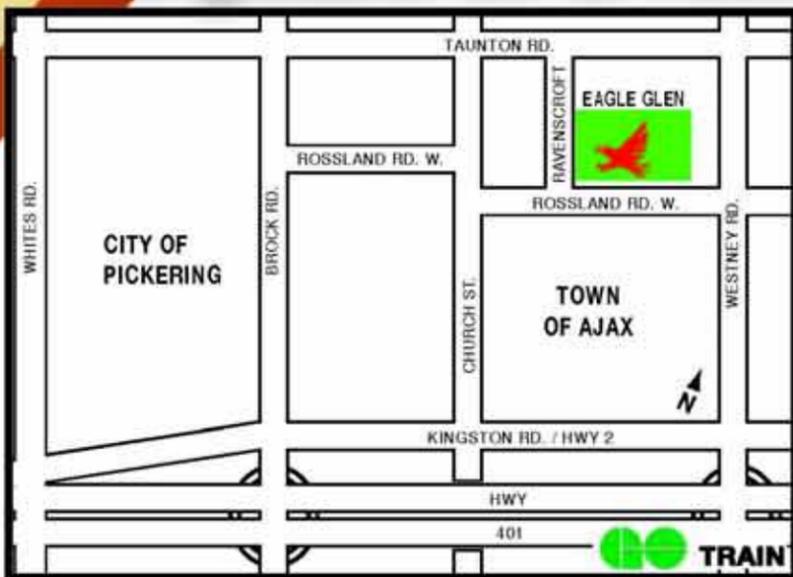
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**MONSOON
FEATURE**

EAGLE GLEN

A FAMILY COMMUNITY BY JOHN BODDY HOMES

John Boddy Homes has been voted 'Best Builder' in Ajax/Pickering for the thirteenth year in a row in this year's Readers' Choice Awards and will be releasing its final phase early next year at their Eagle Glen community in Ajax. Located just minutes east of Toronto Eagle Glen combines the closeness and convenience of city living with a suburban feel, and its prime location makes it a great place to call home. Classic two-storey homes are available, as well as side and back splits, bungalows, and future semi-detached and townhomes. Homes start at 1,701 square feet and range up to a spacious 3,858 square feet, some with three car garages. John Boddy Homes offers traditional size lots with a minimum of 105 feet in depth and a limited selection of wide shallow lots and pond lots. With such a broad range of house sizes and



styles Eagle Glen has the ideal home to suit every preference. From the unique exteriors and charming streetscapes to the elegant interiors, various John Boddy Homes include such impressive standard features as vaulted ceilings, double door entries, décor columns, mirrored sliding closet doors, ceramic kitchen backsplashes, double basin bathroom vanities with make-up counters and so much more. Their gourmet kitchens, welcoming great rooms with cozy gas fireplaces and elegant dining rooms with coffered ceilings are all spacious and comfortable, making them the perfect location to enjoy time together with family or entertaining friends. In addition, some models include such impressive extras as classic french doors, transom windows and custom octagonal skylights allowing light to travel throughout the home for a bright and spacious feel.

For their homeowner's convenience, most John Boddy Homes include main floor laundry rooms, laundry chutes, kitchen breakfast bars, private water clos-

ets, interior garage access, high efficiency furnaces and basement rough-ins for future bathrooms. Also, windows are vinyl clad wood which allows for interior custom colours with a maintenance free exterior. Other features include arched entryways, custom millwork, window mullions on all front and rear facades and decorative garage doors featuring appealing window lites. Custom landscaping packages and paved driveways are also included in all homes providing the renowned curb appeal that enhances the entire Eagle Glen community.

Innovative floorplan designs combined with an extensive array of standard features included with every new home have become a corporate trademark of John Boddy Homes and 'Eagle Glen'. Not only does a John Boddy Home offer such striking standard features, there are also a wealth of opportunities to upgrade, making their homes as unique as each individual homeowner. The 'Eagle Glen' Sales Office features a Décor Centre that contains a wide range of upgrade items to select from in order to customize your

home. Their high-tech electrical and décor consultants allow homebuyer's to make upgrade selections on site, enabling them to conveniently personalize their home.

In fact John Boddy Homes has been the proud recipient of "Best New Home Builder" in the annual Reader's Choice Awards for Ajax/Pickering for the past thirteen years in a row!

When you purchase a new home in Eagle Glen there are no hidden closing costs. John Boddy Homes pays for education levies, development charges, water and hydro meter hookup fees, boulevard tree planting, landscape package and a paved driveway.

For a limited time only John Boddy Homes is offering an incentive package including an upgrade master ensuite with separate shower and upgrade tub plus \$5,000 in free upgrades.

Also currently available is one year of Rogers services for free! Included in this package are home phone with 150 long distance minutes and 2 calling features, personal TV with free rental of a standard definition box, a HD digital box, VIP package, free on demand programming, Canadian timeshifting channels as well as Rogers Hi-Speed internet service and all are installed for free.

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

neighbouring countryside.

Since 1955, John Boddy has been involved in the construction of thousands of new homes throughout Ontario, and has earned a reputation as an accomplished builder of fine residential communities. Of significance are the award winning 1000-acre 'Bridlewood Community' developed during the 1960's and 1970's in Scarborough, the 'Forestbrook Community' in Pickering developed in the 1980's, 'Willowcreek' in Peterborough, and 'Eagle Ridge on the Green' in Ajax developed in the 1990's and early 2000's.

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

With five fully furnished model homes to view, a visit to Eagle Glen is a must. Drop by the Sales Presentation Centre located on Stevensgate Drive, north of Rossland Road West, one half kilometre west of Westney Road three kilometres north of Hwy 401.

Sales office hours are Monday through Thursday 1:00 p.m. to 8:00 p.m.; Friday, Saturday, Sunday and Holidays 11:00 a.m. to 6:00 p.m. Let their friendly knowledgeable staff help you determine which of the many home styles available is perfect for you and your family and get set to join the ever-growing 'Eagle Glen' family community. For more information, please call (905) 619-1777 or visit the website at www.johnboddyhomes.com.

Rendering of Model
Homes designed by
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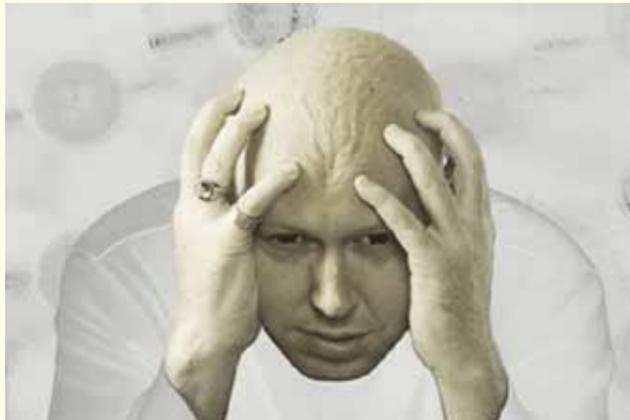
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WORDS OF PEACE

Peace Is Not a Fairy Tale

Feeling peace within is not, as some may think, a fairy tale—quite the contrary, says Maharaji, a prominent voice for peace worldwide. Not only is peace and contentment possible for each individual, he says—it is vital.

"Peace in our lives has to be real," Maharaji says. "It's not a novelty. Peace is innate and necessary for our survival, for our well-being."

Maharaji points out that every human being, no matter how old or young, wants to be happy, to feel peace in their lives. That peace is not something that we should merely talk about or think about, he says. Rather, it is an integral part of us. Indeed, he says, it is who we are.

He tells a story about the pursuit of happiness that begins with a man who inherits a beautiful island. The problem with this island was that he could see it, but he had no way to get to it.

"He wanted to go to this island," Maharaji says. "He said to himself, 'I can't swim. What am I going to do?' He took a boat, but he was not successful because there was a reef he couldn't cross.

"Then he had a brilliant idea: 'I'll make a bridge.' Of course, he didn't know how to make a bridge. So he enrolled in a good college, and he learned how to build a bridge.

"Then he realized that he needed money to build this bridge, and he didn't have any money. So he went back to school to learn how to make money. He got a degree in business management and started a business so that he could make money, so that he could build the bridge, so that he could get to the island he had inherited.

"He tried one venture after another. Some succeeded; some failed. By the time he'd made enough money, he was so old he could hardly see the island."

The point of this story,



peace. However, that peace has been elusive because people have sought for it in the wrong direction—outside of themselves, where everything changes, and not within, where he says the experience of peace is constant and lasting until the very last breath.

"The peace that I am talking about does not come from outside," he says. "It is not a result of the things on the outside. The peace that I am talking about is the result of searching for something that is within us.

"What I really, really want is not somewhere out there. For that, I have to turn within. I have to acknowledge my own feeling, my own thirst for peace. I have to

Maharaji says, is that every human being thinks they know what they need to be happy, "but if one little element is taken away, a person will ultimately stop enjoying everything. Success will look like failure. Failure will look like even bigger failure. Everything that we are comes unglued.

"There has to come a point at which people can retreat within themselves and feel the tranquility, the peace, the joy in their lives."

The idea of peace is not new, Maharaji says, and down through the ages every single civilization has attempted to know and have

acknowledge that longing inside of me that is saying, 'Be in peace.'

"I need to find peace every day in my life; you need to find that peace every day in your life. The possibility is there. Feel the desire to be fulfilled that is inside of you. This is your time—not tomorrow, not the day after tomorrow. Be in peace now. This is your time to be content. This is your time to be happy. This is your time to find peace in your life."

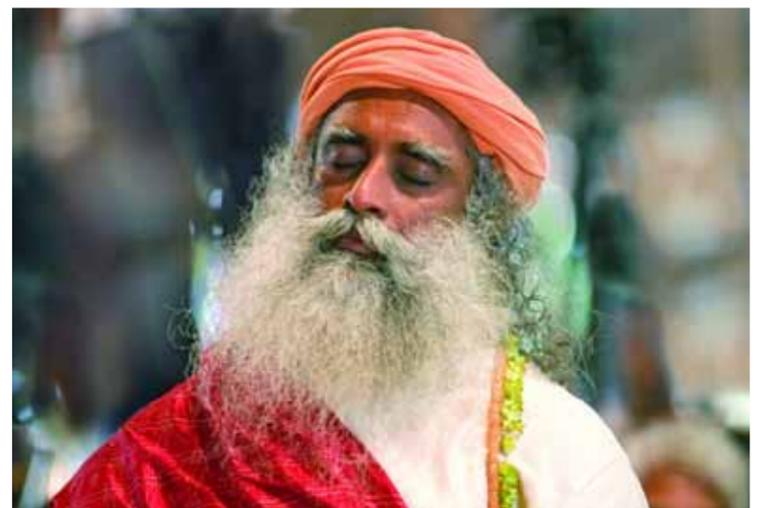
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www.wordsofpeace.ca
www.wopg.org
www.tprf.org



you get scattered.

That is how deep the bondage with the body is. It is the source of all attachments. You don't have to go on searching for non-attachment somewhere else. You don't have to go about distancing this and that in your life, but once you get scattered, your destiny becomes predestined. Whichever way your karma, it just goes that way. If you become an individual, the significance of Sanyasin or Bhramhacharya is just this: shifting your whole focus to you. When I say 'you', it is just 'you', not even your body or your mind. If you are unable to be like that, you just

Destiny



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

your wife, your child, your pet, your education, your position, your power and your other identities. If I strip you of all these things, including your body and mind, which are just accumulations, you will feel like a nobody, yes or no? So what you call 'myself' is spread around you right now.

When I say 'you', it is you, not this carpet, not this wall, not your child, not something else. When I say 'you', it's just you. If it shifts to this, you can rewrite your destiny whichever way you want. Right now, what is 'you' is spread out; you are a scattered being. You're not an established being; you are a scattered being. You still have to gather all this mess, put it aside. Then it becomes you. You still have not become you; you are a crowd, isn't it? The crowd's destiny is always predestined. Once you become an individual - individual means, it comes from 'indivisible'. It cannot be divided anymore; it is this. It cannot be here and there.

Once you become a true individual, your destiny is yours. I want you to understand this. Why in the spiritual process people who are in a hurry for spiritual growth are not getting into marriage, children and relationships, is because the moment you have a wife or a husband, you cannot help it, 'me' gets identified with the other. Otherwise, they will not let you live, isn't it? Once you get identified with things that you are not, when that which you accumulated becomes you, in your experience,

choose one more identity. When you say 'you', make it 'you and your 'Guru'. You attach yourself to the Guru without any hesitation, because you have no entanglements from the other side. You can get as entangled as you want with him; he is not going to get entangled. The moment you are ripe, you can drop it. With other relationships, it is never so. If you get entangled, even if you want to become free, the other will not let you go. Either you can rewrite your own destiny or, if such awareness does not come, we can very easily rewrite destiny if you can just give yourself to me. So don't worry about the predestined thing. You just create a longing to grow, to dissolve, to know. What has to happen; will happen. Why are you worried about all those things?

Once you become an individual, your destiny becomes yours. If your destiny is in your hands, will you choose bondage or freedom? What would you choose? Freedom, because the very longing of life, the deepest longing of every life is to become free, to become free from the very process that we refer to as life or death, to become free from that itself. So once your destiny is happening in awareness, the next step will just happen by itself, because life within you has the intelligence to choose freedom, not bondage. Only because your destiny is being created in unawareness, you go about weaving bondages around yourself.

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by Kanayalal Raina

It is an irony indeed that the nomination for the Nobel Peace Prize for Barack Obama was filed within 11 days after his inauguration as the President of the United States earlier this year. By that token, the conferment of the coveted award on him purportedly "for his extraordinary efforts to strengthen international diplomacy and cooperation between peoples" is actually for his words rather than his deeds. That this is odd and there is understandable surprise and consternation over it is borne out by a quick online poll in his hometown of Chicago which showed that over 70 per cent of the respondents felt that he did not deserve the honour just yet. This sentiment has been widely expressed elsewhere too.

The world may have been surprised by the award of Nobel Prize for Peace to American President Barack Obama --- the man has yet to prove himself. There is

Nobel Peace Prize for Obama

hope, however, that he will live up to the honour. For, going by his recent utterances, it is obvious that he believes in Mahatma Gandhi's philosophy. Only recently he has observed: "The America of today has its roots in the India of Mahatma Gandhi and the non-violent social action movement for Indian independence which he led. The biggest black mark on it has been the non-conferment of the award on Mahatma Gandhi whose contribution to world peace has been beyond parallel. The western bias in the selections is unmistakable. We must renew our commitment to live his ideals and to celebrate the dignity of all human beings...Gandhi's teachings and ideals shared with Martin Luther King Jr on his 1959 pilgrimage to India, transformed American society through our civil rights movement." Asked by students of a school which person, alive or dead, he would like to dine with Mr Obama has said: "I think it might be Gandhi, who's a real hero of mine. It would probably be a really small meal because he didn't eat a lot." His

remark confirms the growing legend of the Mahatma --- a matter of pride for us. It is ironical, however, that while many of the Mahatma's followers have been conferred with the Nobel Peace Prize he has been missing from the distinguished list. Dalai Lama, Nelson Mandela, Martin Luther King Jr and Aung San Sui Kyi all the winners in the past have been inspired by the apostle of peace and non-violence. Dalai Lama, while accepting the award, has thus paid tribute to the Mahatma: "I accept it as a tribute to the man who founded the modern tradition of non-violent action for change Mahatma Gandhi whose life taught and inspired me." Nelson Mandela has written: "At a time when Freud was liberating sex, Gandhi was reining it in; when Marx was pitting worker against capitalist, Gandhi was reconciling them; when the dominant European thought had dropped God and soul out of the social reckoning, he was centralising society in God and soul; at a time when the colonised had ceased to think and control, he

dared to think and control; and when the ideologies of the colonised had virtually disappeared, he revived them and empowered them with a potency that liberated and redeemed." It is well known that Martin Luther King Jr was inspired by the Mahatma after a deep study of his ideology. He was struck by Gandhi's words: "Through our pain we will make them see their injustice." Out of this he evolved a stirring challenge for his American detractors: "We will wear you down by our capacity to suffer."

For her peaceful struggle in Myanmar Sui Kyi has also been honoured with an international award instituted in the name of the Mahatma himself. It will, therefore, not be an exaggeration to say that there is a club of Gandhians among the Nobel laureates. The Norwegian Nobel Committee, which gives the award, is left with a perpetual regret. It has admitted, while decorating the Dalai Lama: "The people have occasionally wondered why Gandhi himself was never awarded the Nobel Peace Prize,



and the present Nobel Committee can with impunity share this surprise, while regarding this year's award of the prize as in part a tribute to the memory of Mahatma Gandhi."

Now that the award for Mr Obama has been announced, one can only hope that it will inspire the American president to spread peace and goodwill across the world and shed the bossy attitude of the US towards other countries. If that happens, the award, though prematurely given, would have served some purpose.

Are women more religious?

by Kanayalal Raina

God is the author of this world. He is the creator, preserver and destroyer of every creature. There are diverse groups of people on this earth forming societies, communities, religions, cults etc. and their boundaries are seen to exist all over. Different people worship god with their own beliefs and in various ways. Whatever the method you choose to pray Him, He accepts and saves you. But one must pray with dedication, faith and holy heart.

Since religion can be a source of emotional comfort and stability, it hasn't surprised me when I learnt that there have been some well-designed studies showing that women find greater value in religion than men do, on average.

My daughter, a 33 year old woman says, "Everyday I go to temple and light the ghee lamps. I find more women around the place doing the same. But there are fewer men. Are men less god fearing? Even her husband sometimes may pray".

"This is because, for a woman, religion is not just something linked to a god but a cultural practice that she is supposed to preserve. Women by nature have patience and interest in devotion since they are brought up in this way" says my other younger daughter, a housewife, who recently visited Canada and saw us immensely involved in Mandir activities.

I, myself 65 year old was of the opinion that traditionally men have been the breadwinners and



women have been the one to take care of the family. Not any more now. There seems to be sharing an equal responsibility. But in earlier times after completing their household duties, they used to form small associations where they would discuss their problems, worship and occupy themselves and the same has been followed even now except that in addition to this, they work full time.

In my opinion faith and fear are common to men and women.

Reverence to Almighty makes everyone feel secure and protected. Men may not exactly light ghee lamps like women, (though many of them do) but there are many other things they do to appease gods. Though women by nature have endurance and interest in devotion since they are brought up in this way, still both men and women can be a good devotees. A good devotee is not limited to females only. We have many famous saints who have enlightened our paths and they

include both men and women.

While men usually give emphasis to such issues as career attainment, achieving financial independence for the family and decision-making competence, most women place a premium on matters of faith. While men try to use logic and reasoning in spirituality, the women generally consider the subject of spirituality beyond logic. The benefits of spirituality cannot be obtained with reasoning. A person gets them if he/she has faith. My mother was of the opinion that women are considered superior to men in spirituality since they have subtler senses; they are more sensitive, compassionate, affectionate, more mystic and get easily enlightened.

Through the ages, it seems as if women have taken religious faith to a level due to the pressures of family life, raising children, economic stress and family crisis etc. They have always needed a savoir and in order to turn to someone in times of distress she turned to a faith in the Supreme Being for help.

This has been so deeply inculcated into the lives of women folk that now some schools of thought consider it to be genetic. As the Myers-Briggs personality test powerfully confirms, men are more 'Thinking', and women are more 'Feeling'.

On a deep level, then, men are more inclined to want some hard proof that religious claims are true, while women are more willing to take religious teachings on faith because they sound

pleasant, blissful and peaceful. My friend Prem, employed in Mississauga private firm says, "Actually I do believe this. God has made women like this. They have soft hearts; they are more devoted and dedicated. I mean to say they can easily understand the right path. Men are little harsh in it. May Be...Just My Thinking..."

In today's age of science and modern marvels there are many men who ask, "Why do we still need religion?" Science has shown a clear path towards answering all kinds of questions that once were the domain of magic and religion. The psychological, sociological and anthropological research on the subject of religion has provided rich information as to why religion is still an important part of many people's lives and will remain so.

One of the principal reasons found was that religion provides what in essence is a security blanket and a sense of certainty in an uncertain world. When an individual has absolute faith in something, for that person it is, for all practical purposes, true. Human beings in just about every culture studied have a tendency to latch on to an ideology or religion as Truth.

Though the studies have revealed women to be more religious minded than men, however, there is still a good percentage of men who are pious, devout and sanctimonious. On the other hand, the impact of women liberation, education and urbanization has produced tremendous changes in the religious practices of women all over the globe and has affected their religious status too.

Psychological Services in Ontario

An Introduction to obtain Rehabilitation Psychological Services in Tamil, Hindi, Urdu, Malayalam, English and many other languages

Compiled by:

Dr. Pushpa Kanagaratnam,

Dr. Arunkumar Thankappan

Pillai & Dr. J. Douglas Salmon Jr.

Rajeswary was in the car with her spouse late one night in June 2007. They were returning back home from a tiresome day working at their restaurant. Her spouse Mahalingam was behind the wheel. They were busily discussing things that happened at work that day. Rajeswary called home and checked on the children to see if they were ok and told them that they will be home in a few minutes. She was happy that tomorrow was a Sunday. She usually stays home on Sundays and she was longing to have a free and relaxing day at home. It was not fully dark outside; the weather was a bit cool and pleasant and the roads were surprisingly not so busy. She was watching outside, enjoying the ride, when she suddenly saw a pick-up truck right in front of them! She remembers telling her spouse to slow down, and Mahalingam tried to hit hard on the brakes but lost control. Their car then struck another car coming in the opposite direction, went through a guardrail on to the other side of highway 401, and hit a tree before it caught fire. Rajeswary has vivid recollections of the flames surrounding her, the heat, and of her husband lying on the steering wheel. Her next memory is of being cut out of the vehicle and of lying underneath a helicopter about to be boarded. The next thing she recalls is waking up in Hospital.....

Two years had passed since this horrible incident. But life had turned upside down for Rajeswary, Mahalingam and their kids. Mahalingam had never been

properly assessed for a brain injury through neuropsychological assessment and he was still experiencing severe memory problems. Rajeswary had ongoing chronic pain symptoms, headaches and nightmares. The disability of the parents had an impact on the children and they were now for the first time ever having problems at school both socially and academically. This created strains in the relationship between Rajeswary and Mahalingam. Unfortunately, the parents had not yet received a referral to a Tamil speaking psychologist to help address these treatable concerns and for strategies to help the children to overcome their own emotional suffering in response to the parents' injuries.*

Psychological Treatment

Psychology is defined as the study of biological, cognitive, affective, social and cultural aspects of behavior. Psychologists are concerned with how people think, feel and conduct themselves in particular situations and in society generally.

Psychological treatment may play a vital role in recovery from a motor vehicle or workplace accident. When such events are particularly traumatic, the individual may begin to re-live the event through nightmares or flashbacks, and/or the person may become fearful of driving in the case of a car accident, or fearful of certain machines that were involved in a work injury. Specialized psychological treatment aims to directly address the traumatic effects.

Over the course of time as the individual's physical injury recovery becomes more prolonged, it is not uncommon for the individual to begin to experience increased anxiety, depression, anger and irritability, particularly with mounting financial and family pressures from being off work. The development of such emotional distress can in turn aggra-



vate the individual's underlying physical injuries and even slow healing from those injuries. Specialized psychological treatment may focus upon helping the individual to overcome this emotional distress and to develop positive coping techniques to better manage related symptoms such as chronic pain, headaches, sleep disturbance and concentration and memory difficulties. Psychological treatment can also help the patient to become less reliant on medication (where medically appropriate) and less dependent upon alcohol, and can help to mend strained social and family relationships resulting from the accident.

Who are we?

Dr. J. Douglas Salmon Jr. specializes in rehabilitation and neuropsychology. He is the author and co-author of numerous rehabilitation assessment and outcome evaluation instruments. He is also the author of Recovery from Whiplash, Concussion and Brain Injury, the Rehabilitation Education and Coping Series, and treatment resource materials including the Neuropsychological

Evaluation Summary & Rehabilitation Strategies Series, among others.

Dr. Pushpa Kanagaratnam completed her doctoral degree in psychology and had practiced as a psychologist since 1996. She has experience working internationally with diverse ethno cultural groups, and has published peer-reviewed articles and done numerous presentations on war trauma and intimate partner violence. Dr. Kanagaratnam is licensed to practice as a psychologist in the province of Ontario and she currently provides psychological assessments and treatments to accident victims, in English and Tamil.

Dr. Arunkumar Thankappan Pillai obtained his Psychology doctoral degree from the University of Kerala. Dr. Pillai has many years of experience in psychological assessments, therapeutics, and clinical management of multicultural clientele. Presently, he provides psychological assessments and treatments to adults and couples suffering from the sequelae of motor vehicle and workplace accident related trauma, in English, Tamil, Hindi, Urdu and Malayalam.

How can we help you?*

We will be writing monthly articles to help readers better understand and become aware of psychological problems in general



and mental health issues as a result of a work place injury or motor vehicle accident, in particular. Many of the psychological problems following an accident or injury and the approaches taken to provide treatment for the symptoms, are more or less similar to the issues and approaches taken in dealing with any kind of trauma or emotional distress. A woman victimized by severe physical abuse, a family experiencing grief following loss of a loved one, a man having severe work stress, a serious workplace injury or having survived through a natural disaster, are all situations in which mental health difficulties may arise. Across these situations, although different incidents with different psychological impact, the underlying major principles for psychological treatment have much in common. You will therefore find our articles practical in addressing many different issues related to your mental well being.

The following are some of the topics we are planning to address in the future:

Why does recovery from injury become prolonged at times?

Anxiety, moodiness, irritability, and sadness

What do you know about mental health professionals?

Why psychotherapy/counseling?

Communicating your symptoms to others

Dealing with driving/passenger phobia

Coping with pain and negative thinking

Stress and support systems in recovery

Anger management

Thinking difficulties following injury

Muscle contraction or pressure headache following injury

Work and retirement related issues

*Names given in the case scenario of this article are fictitious

** Services are not covered by the Ontario Health Insurance Plan (OHIP)

TAMIL PSYCHOLOGISTS

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WATERLOO NEWS

Waterloo: Multiculturalism was very much alive during TAMIL CULTURAL NITE festival in the Waterloo region. Based on the theme, CULTURE FOR ALL, the Sri Lankan and Indian community from Kitchener, Waterloo, Cambridge and Guelph area invited the local Chinese community to be part of their cultural mosaic. The concept blended different ethnic artists to be ambassadors of their own culture to build bonds.

The 9th annual "Tamil Cultural Nite" was held on Saturday, Oct. 17th at the Humanities Theatre, University of Waterloo. This performing arts festival is an annual event, held to reflect the rich cultures primarily from Sri Lanka and

Exchange of culture, Tamil Cultural Nite makes a difference

India. The chief guest was Dr. Michael Lawrie, Chief of Staff of the Cambridge Memorial Hospital and special guest speakers were Dr. V. John Figurado of Mississauga and Mr. Peter Braid, MP for Kitchener-Waterloo.

The evening was inaugurated with flute music by Dilshaayee Prabaharan and Dananjay Prabaharan. The recital was performed under the guidance of Dr. S.Thayaparan, who himself is a distinguished and acclaimed flute artist from Sri Lanka. Dr. Selvanayagam Thayaparan is the son of late Suntharam Selvanayagam. In 1998, he was bestowed with the title of "Venuganavarithi" for his achievements within the Carnatic Music society by the Hindu Maamantram of Canada. The festival included Bharatha Natyam Dances presented by the students of Selvi Sureshwaren of Sri Abiramy dance academy of Waterloo and the students of Suneetha

Prakash, Laya Lasya Dance studio of Cambridge.

The artists from "Mridanga Shesthiram" of Toronto presented "LAYA LAVANYAM". They are students of "Mridanga Gnnavaruthy" Vasuthevan Rajalingam. Their beautiful instrumental melody along with violinist "ISAI GNNA POOBATHY" R. S. Kesavamoorthy was inspirational. Mr. Kesavamoorthy is a very popular and respected artist from Sri Lanka, now residing in Toronto. A guitar music recital was presented by Selvan Navenan Tharmasrirajan. This talented young artist played old Tamil movie songs with western touch which stole the hearts of many.

One of the highlight of the event was the inclusion of other cultures along with Sri Lankan & Indian. The KW Chinese cultural association performers provided "Jasmine" Flower Dance. This particular piece was played many times during the 2008 Beijing

Olympics. Jasmine flowers are a symbol of elegance, pureness and fragrance in Chinese culture. The dancers represent jasmine flowers that are blooming in the beautiful garden. A solo fan dance by Jing Tang accompanied by Dr. Charles Zhang on the GuZheng was also took place. This was followed by a Bharatha Natyam solo performance of "Pushpanjali with Devaram" by Suneetha Prakash of Cambridge.

Mr. Prakash Venkataraman, the president, welcomed all guests and thanked the sponsors for supporting the festival. His speech reflected the association's non political commitment and a strong vision to promote TAMIL culture in the region. This year, it is celebrating its 20th anniversary. TCAWR encourages local children to learn the language, arts, music and drama. This year, the association is donating funds to the ROTARY CLUB of Cambridge instead of presenting awards to

the artists. This donation will help eradicate polio for 10 children in countries around the world in the name of each participant. This is in addition to a donation of Rs. 200,000 given to the Ramakrishna Mission of Batticaloa, Sri Lanka in the beginning of the year for the welfare of orphaned children.

The cultural nite was sponsored by the City of Waterloo, City of Kitchener, City of Cambridge, Scotia Bank, Re/Max Real Estate, Challenger Freight, and Sri Lankan Airlines. This year's festival attracted around 600 guests in and around the Waterloo Region and GTA. The festival is an admission free event conducted by the Tamil Cultural Association of Waterloo Region. Thayani.Gunanathan and Miss. Nithya Abraham was MC's for the event. The photographs are available for viewing on www.tamilculturewaterloo.org



Sri Lanka and counter insurgency wars

by Ernie Regehr

Does the Sri Lankan Government's defeat of the Tamil Tigers call for a reassessment of the prevailing wisdom that military counter-insurgency campaigns rarely work?

In some wars, victory is as devastating as the alternative. In Pakistan's Swat Valley, according to the UN, 2.6 million people have fled their homes in the face of the recent military action that the Government says has largely driven out Taliban insurgents and brought the major centres in the valley back into Government hands. In Sri Lanka estimates of civilians killed in the final few months of fighting range from 7,000 to 20,000, with some 300,000 driven from their homes.

Both involve desperate measures to do what the evidence suggests can't really be done. The prevailing wisdom, repeated from time to time in this space, is that insurgencies are rarely defeated on the battlefield; rather, insurgencies most often end through political negotiation and accommodation. Consider the evidence gathered in three separate reports.

The well known and oft quoted study by Seth Jones for the Rand Corporation, How Terrorist Groups End, examined almost 650 terrorist groups from 1968 to 2008. Of

those, 268 ended during that period, and the report offers what its authors call "stark" results: "Terrorist groups end for two major reasons: members decided to adopt nonviolent tactics and join the political process (43 percent), or local law-enforcement agencies arrest or kill key members of the group (40 percent) (pp. 18-19). Only seven percent of the groups were defeated by military means. Most groups in the study were relatively small urban organizations and thus not amenable to military action or attacks, but clearly amenable to police and law-enforcement action.

In 10 percent of the cases the "terrorist" groups achieved their aims (an example of the latter being the ANC of South Africa). Indeed, the larger the groups were, the more likely they were to achieve their goals - among large and very large groups, 35 percent and 20 percent respectively achieved their aims.

The study also found that the prospects for effective military action against groups increased the larger the groups were. So, larger groups, like the Tamil Tigers and the Taliban of Pakistan and Afghanistan, are at the same time more vulnerable to military defeat and more likely to achieve their goals. Even so, the Rand study found that among large and very

large groups, only 12 percent and 15 percent respectively ended because they were militarily defeated.

The 2008 edition of the annual peace process yearbook produced at the University of Barcelona comes to similar conclusions in its examination of 78 armed conflicts dating from the 1970s, of which 33 had ended (another 15 were in the process of being resolved, while the rest remained active). Of the 33 that had ended, 27 (or 82%) ended through negotiated peace agreements, while 6 (or 18%) were ended militarily (in five cases the Governments won, and in one the "rebel force" won - that case being the Rwandan Patriotic Front).

And a 2004 issue of the Journal of Peace Research, focused on the "duration and termination of civil war," also concluded that the military defeat of rebel groups is the exception in civil wars. Many factors are obviously involved, but because rebels or insurgents can win by not losing - that is, to be successful in pressing their case they have to be able to prolong war, not win it - they are able to force governments into negotiations and then to continue the pursuit of their objectives through political processes. And, by the way, the evidence also suggests that as insurgent or rebel groups enter into negotiations, their



Ernie Regehr

demands tend to moderate over time, yielding to accommodation and compromise.

After a quarter century of fighting - a full generation of violence that was not appreciably mitigated by the declared, but not honored, ceasefire of 2002 - the Government of Sri Lanka launched a heightened and brutal campaign to deliver the final blow and thus avoid political compromise - at least for now.

Not all believe it is the final blow. As the International Crisis Group has observed, "the deaths of tens of thousands of innocent Tamil civilians - while their family members watch from afar [in the Diaspora] - is a recipe for another, possibly more explosive generation of terrorism."

Sadly, talk of "victory" is premature. Recidivism in civil wars can be as high as 25 percent in the first five years after a war. In Sri Lanka

the dangers of renewed war must be taken seriously. The Tamil Tigers have been defeated as a conventional armed force, but their capacity for guerilla war probably remains strong. They may well continue to be supported by a dedicated international Diaspora and the Tamil community's grievances remain, and it is likely that their aspirations for some level of self government also continue.

The Government of Sri Lanka has yet to set out a concrete program for dealing with the immediate humanitarian crisis that is the aftermath of war, let alone any movement toward reconciliation and addressing ongoing Tamil grievances and aspirations.

Notwithstanding the public characterization of Sri Lanka's recent military campaign as the defeat of a 25-year insurgency, it hardly meets the requirements for a compelling counterinsurgency model.

CIGI Fellow Ernie Regehr is co-founder of Project Ploughshares and adjunct associate professor of Peace and Conflict Studies at Conrad Grebel University College, University of Waterloo. Current research includes nuclear nonproliferation issues, and work on a "limits to force" project examining the role and utility of the resort to collective force to reverse state failure and protect vulnerable people. He is an Officer of the Order of Canada.

Cultural centre hosts dress rehearsal for Diwali show

By Mirko Petricevic,
Record staff

Some people believe the path to God runs straight through Bollywood - India's glitzy star-making film industry.

So as Hindus around the world this week geared up to celebrate their annual Festival of Lights called Diwali, the basement of a Cambridge temple throbbed with the sound of contemporary Indian pop music.

About half a dozen girls in saris and street clothes danced and twirled. When the music died and spinning bodies froze in a pose on cue, parents on the sidelines cheered and applauded.

Welcome to the Dharmic Cultural Centre and Mandir which opened on King Street East in the Preston area of Cambridge one year ago.

Upstairs, idols of gods and goddesses line an altar at one end of the prayer room.

Downstairs, a dance floor serves as a classroom for the culture of India - the cradle of Hinduism.

Children of Hindu parents being raised in Canada often don't



take much interest in Indian culture, said Sharmela Inderdeo, the centre's president.

"They see it as too boring," she said. "We're trying to make it exciting."

"We have to make it more contemporary to bridge the Indian-Canadian gap," added Inderdeo, who came to Canada from Guyana when she was one year old. "I know how to bridge that gap."

At the centre, the path to their forefathers' religion and culture is



partly paved with the kind of upbeat music and dancing that plastered smiles on the faces of dozens of kids there.

The children, and a few adults, held a dress rehearsal for a Diwali show that was to be held Friday at the Galt Little Theatre.

During Diwali, Hindus light lamps and give their homes a good scrub in hopes of welcoming Lakshmi, the goddess of wealth and prosperity.

The celebration commemorates the ancient story of how



devotees of Lord Ram laid rows of lamps to welcome him home after 14 years of exile.

Members of the Hindu cultural centre in Cambridge, one of two Hindu temples in Cambridge (there's also one in Kitchener), planned to dramatize Lord Ram's homecoming during Friday's show.

The skit and songs in Hindi, one of the major official languages in India, were among traditional aspects of the Diwali celebrations. A fashion show and



Bollywood-inspired dance routines injected some modern-day spice into the program.

Devi Brigmohan, whose father and uncle are Hindu priests in New York and their native Guyana, said she brings her two children to the centre to help teach them the Hindu religion.

"I just wanted them to know about their culture," she said.

Brigmohan doesn't speak Hindi.

But her eight-year-old son, taking classes at the centre, is learning to sing songs in Hindi. Brigmohan hopes he will eventually be able to take Hindi language classes at the centre.

"The kids will pick it up faster," she said. "They learn a lot."

Monica Baichan, Brigmohan's sister, nods in agreement.

"They start teaching us stuff we didn't know," she said.

Today (Saturday) the Dharmic Cultural Centre and Mandir, 1264 King St. E. in Cambridge, will hold rituals, chanting and a lecture beginning at 6 p.m.

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Local African Canadian still fights for equality after 50 years

By Liz Monteiro,
Record staff

WATERLOO REGION - Edwin Laryea has been in Canada almost 50 years but says there are times where he doesn't feel like he belongs here.

The retired educator says he still gets awkward stares and last month while walking in Uptown Waterloo with his sister who was visiting from Ghana someone asking for spare change said, "You people are in my country."

"It makes you feel like you are not part of society," said the 69-year-old Waterloo man who came to Canada in 1962 on a scholarship to attend McMaster University in Hamilton.

"It's a constant reminder that you don't fit," Laryea said.

When Laryea ran unsuccessfully in the Waterloo municipal election in 2003 and then federally as a New Democrat candidate in 2004 and 2006, he felt like he was losing the battle.

Laryea wants a serious debate to begin on inclusion of everyone when it comes to entering politics. "We are frustrated," said Laryea. "We look around and we don't see people of colour who are successful."

On Saturday, Laryea will be among four panellists discussing the issues of African Canadian Blacks in Politics. The panellists are looking at the challenges and the successes of those who have entered politics. The discussion will be held at Federation Hall at the University of Waterloo at 7:30 p.m. The session is free and open to the

public.

Laryea said he hopes a public discussion will encourage people to think about a society "where we all have equal access regardless of colour. "We don't see people of colour in positions of power, not in the House of Commons or in municipal politics," he said.

As a high school French immersion teacher and vice principal, Laryea said he was often passed over for plum positions and watched other colleagues get promoted above him.

But Laryea says he refuses to give up and continues to push for equality. The African Canadian Association, which he is the president of, along with the African Women's Alliance, the Caribbean Canadian Association of Waterloo Region and the Congress of Black Women came together to organize the weekend discussion.

Other panellists include Howard McCurdy, MP for Windsor from 1984 to 1993, Zanana Akande, the first African-Canadian woman elected to the Ontario legislature and current Toronto councillor Michael Thompson.

Thompson was first elected in 2003 and represents Scarborough Centre. In 2006, he was re-elected and received the highest number of votes of any councillor, he said. Thompson said in order to succeed in politics, candidates must be known in the community they are running in, have a network of motivated volunteers to help through the campaign and financial resources.

"You need to look at all the components, not just race," said

Students give UW, WLU top marks for education quality

By Luisa D'Amato,
Record staff

WATERLOO - University of Waterloo offers the highest-quality education of any large university in Canada, according to a national poll of 38,000 university students.

The Globe and Mail's annual Canadian University Report gives students a chance to grade their schools on a range of factors, including campus atmosphere, the relationship between students and professors and ease of registering for courses.

University of Waterloo got an A from its students for quality of education, tying for first place with the University of Western Ontario in the category of universities with 22,000 or more students.

Waterloo also achieved first place, tied with McGill University in Montreal, for its academic reputation.

"We owe this to our dedicated faculty members, our staff, and our students," said UW's vice-president academic, Feridun Hamdullahpur.

Part of the reason University

of Waterloo is continually honoured for its quality of education is the "fantastic" co-op program, which allows students to combine on-the-job experience with classroom study. UW has the largest such program in the world, he said.

Wilfrid Laurier University in Waterloo, which is in the medium-sized category with 12,000 to 22,000 students, stood out for its campus atmosphere, satisfied students and class size, getting an A from students on all these counts.

Laurier and University of Guelph both received an A-minus for quality of education, second only to Queen's University in their category.

As for campus atmosphere, Guelph was tops in its category with an A-plus, while Laurier received an A, and Waterloo a B-plus. "I'm very pleased" with the results overall, said Wilfrid Laurier president Max Blouw. "That reflects a commitment from staff and faculty."

He said the results confirm for him the benefits of keeping limits on student growth, ensuring that

classes don't get too big, and fostering good relationships between professors and students.

"Students, when they're in more intimate settings, feel more engaged with the learning environment," said Blouw.

But it's not all paradise on campus in Waterloo. Students here weren't quite as pleased with other parts of their campus experience.

The University of Waterloo got two Cs - one for food services and one for environmental commitment.

Laurier did even worse on environmentalism, getting a D. It also received a C-minus for food services.

Blouw said he has been pushing for environmental reform on campus, but "it's going to take time," he said.

For example, there is no central heating and cooling plant at Laurier. Instead, each building has its own temperature system, which isn't as efficient.

To see the full report, plus other information on university life, go to www.globecampus.ca

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Thompson, 49, who came to Canada from Jamaica when he was 11 years old. "You need credibility. A lot of work has to be done before the campaign."

Thompson said the lack of African-Canadians in politics is not solely because of the colour of their skin.

"I have been called names at doors so I move to the next door. I

don't feel malice about it," he said. Thompson said his ward is 60 per cent white and 40 per cent diverse, with small percentage of African-Canadian constituents.

For some, ethnicity is important and it becomes "the elephant in the room," he said.

But Thompson said he's pragmatic and said those running must ask themselves whether they are

ready and qualified to run for public office.

"It isn't about colour. It's about who is suited to do the best job," said Thompson, who is considering running for mayor of Toronto. Mayor David Miller announced he won't run for office in the 2010 municipal election.

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By Displaced Sri Lankan Pensioner

Confusion surrounds the payment of monthly pension to pensioners living abroad with the Government of Sri Lanka imposing new procedures with no direct or indirect intimation given to the recipients of pensions. These changes that involve substantial departure from the pre-existing method of payments have been announced by Pension Circular 16 of September 2009 issued by the Director General of Pensions and published in the Sri Lanka's Department of Pensions website (www.pensions.gov.lk).

Although many pensioners living abroad do not know that a new Circular has been issued, what is surprising is that its provisions are declared to be applicable immediately, that is October 2009. Not many have access to computers and also do not know how to use a computer

According to the Pension Circular, at present "there are nearly 25,000 Sri Lankan pensioners living abroad, mostly in Australia (including New Zealand), India, Canada, United Kingdom and United States of America. A considerable number of them are also living in Middle East and few other countries as well."

In an apparent attempt to justify the changes, the Circular confesses that "payment of pension in the past has proceeded (sic) without appropriate information of them in the Department of Pensions and without proper method of payment or management." What a self-confessed indictment of the functioning of a government department that has been in the public eye for several decades? Despite its failings, one must accept that the old system of pension payments had served the retired government servants as well as many widows and orphans honourably who had joined government service because of the guaranteed pension benefit after retirement and in case of early death some assured income for their direct dependants.

New Procedure

Under the new procedures, payment of Civil Pension or Widows' & Orphans' pension are to be made to pensioners resident abroad through Sri Lanka overseas Missions or through a special bank account in a local (Sri Lanka) bank. Further facility will be made to draw the pension via Divisional Secretariats subject to certain conditions.

The new procedures set out indicate a substantial increase in the paper work and possible delay

Denial of Rights of Sri Lanka Pensioners Abroad - New Payment Procedures

in payments. Moreover, the additional cost to the government both in Colombo and in overseas Sri Lankan Embassies and High Commissions because of the extra work involved will be considerable.

Via Embassies and High Commissions

With regard to the pension payments to be made through Embassies/and High Commissions of Sri Lanka, the circular states that this facility will be available only in five countries, namely, "United States of America, United Kingdom, Canada, India and Australia. Payments to pensioners in New Zealand will be made through High Commission of Sri Lanka in Canberra, Australia".

* Pension file for each country will be prepared and maintained by the Department of Pensions in Colombo. The payment file prepared will be sent to the specified Missions monthly.

* Embassy/High Commission will take action to pay pension accordingly and after verification of his/her existence. Payments will be made by cheques or by crediting to the relevant bank account of the pensioner. A life certificate must be submitted by the pensioner to the embassy every three months.

* The money needed by the overseas Missions for monthly pension payments will be sent through the Ministry of Foreign Affairs in Colombo. However, monthly payment details should be sent by the Missions to the Department of Pensions.

* Hereafter, all pension payments should be made only in compliance with the file prepared by the Department of Pensions in Colombo.

General instructions to Sri Lankan Embassies / High Commissions/Missions

* Monthly pension file will be prepared by the Department of Pensions and dispatched to Missions from October 2009. Relevant data will be available in the official website www.pensions.gov.lk. This raises the question of the right to privacy of the pensioners. "The monthly pension file will be prepared in accordance with the information provided by pensioners via 'Data Entry Forms'. Pension of pensioners who have not submitted the required information" will be temporarily nullified. These will be paid together with arrears from the approaching months on receipt of information". Therefore, all pensioners resident abroad must, without fail, submit the necessary information via Data entry Forms to The Department of Elections, Colombo.



* The Missions must collect the Life Certificate of each pensioner at least once in three months to ascertain that the pensioner is living. Monthly pensions should be paid by the Missions only after verifying whether or not the pensioner is still living. Life Certificate may be prepared (as in Annexure 2) or as preferred by Heads of Missions in the specified countries. It should be certified by an officer in the Mission, Chief Incumbent or a Priest of other religions, officer in the (Sri Lankan) Army, Navy and Air Force or any other government officer, Doctor, Engineer, Accountant or Notary Public/Justice of Peace. Ratification by the pensioner himself/herself is adequate "if the pensioner personally calls in the Mission to submit the life certificate".

* After verification, pension payments will be made by the relevant Sri Lankan missions either by cheques or direct credit to the relevant bank accounts of pensioners as appropriate.

* In the case of widows' & orphans' pension, it is necessary to verify whether the pensioner has not remarried at the time when the pension is paid. The Embassies / High Commissions/Missions should get an affidavit from the widow/widower once in each year to ensure the pensioner is not remarried.

Payments through approved special bank account

i. The special account may be opened only at People's Bank - Queen's Branch' Facilities are available for pensioners to open this bank account having arrived in Sri Lanka or while overseas.

ii. In order to open this account, pensioners are required

to submit duly filled Data Entry Form, Mandate form, Affidavit, Letter of Consent, Documents submitted by pensioners resident abroad should have been ratified by Head of Embassy/High Commission/ Mission.

iii. The following conditions are applicable to this account:

Joint accounts or ATM cards may not be used. Money may be drawn by pensioners themselves having arrived in Sri Lanka. (Money in this account is not transferable, however this will be considered in due course).

iv. Pensions will be directly credited to this pensioner's bank account and pensioners are required to submit life certificates to this department (Department of Pensions, Colombo) once in three months.

v. This Department will take action to instruct bank officials regarding recollection of money of expired pensioners or overpayments and making payments to heirs. (The writer's comment: The readers should fathom the bureaucratic work involved).

Comments

The requirement that a bank account to be opened in a specified branch of a stipulated bank (People's Bank, Queen's Branch) and conditions imposed on the right of the pensioner to operate his/her bank account are unduly restrictive, plainly unreasonable and legally questionable. It seems to limit the right of the account holder who is resident abroad to withdraw his/her own money only when in Sri Lanka. It also seems to prohibit the right of the account holder to place a standing order via this account to meet a regular expenditure, or meet expenses in Sri Lanka by issuing cheques while being abroad. It also makes it impossible for pen-

sioners, resident abroad to use their pension money from this account to financially help their kith and kin on a regular basis, or make arrangements with the bank to meet their financial obligations within Sri Lanka.

At a time when the country needs to conserve foreign exchange, the rationale for the Government's decision to pay pensioners living abroad their pensions in foreign currency is inexplicable.

If the proposed methods are to prevent the abuse of the pension rights by fraudsters, it is very doubtful whether there will be any financial benefit to the government. If the existing system has been properly administered with proper checking procedures, the overpayments would not have happened. The extent of this loss is not known. There are many areas where the waste of public funds is huge. These do not require elaborate administrative arrangements as in the case of pension payments to expatriates and the saving can be achieved just by policy changes, eradication of corruption and improved performances. Is the focus on the pensions of Sri Lankan retired officers and widows of government officers resident abroad would appear to be a diversion away from other important reforms needed to improve the efficiency of the public service, which now lacks proper controlling mechanisms as in the good old days when many of the present pensioners were serving the elected governments and the public honourably.

Those who wish to fill in the forms are advised to logon to the website www.pensions.gov.lk

MOVING BEYOND DOUBTS

By Devadas Chelvam

Here we propose to deal with some common doubts and questions in order to help the reader to move beyond them, and not waste more time and energy, and be caught up in a play of the mind. Inner peace is found when we leave the mind behind, and live in our heart.

1. If God created the universe, then who created God?

This question arises due to imagining God as a particular entity, located somewhere up there. Then it is meaningful to ask how God came to be, or what or who created God. But God cannot be an object of imagination. As human beings, we cannot help but imagine God, yet we must realize that He is far, far beyond any imagination or thought.

Curvature of space cannot be an object of imagination, yet physicists following Einstein accept it as real to explain gravitational forces. Similarly God cannot be imagined or even thought of properly, since images and thoughts are naturally limited. Saints say that we must leave words and thoughts behind, in order to find God.

God is not a particular entity, or a being among many beings. He is the essence of all beings. Every being derives its reality from God, Who is the absolute reality or pure Existence itself. He is the Supreme Consciousness giving reality and meaning to our thoughts, sustaining everything, the Life behind all lives, the unmoved Mover, the Ultimate Truth whom we glimpse very slightly through all the amazing truths that are revealed to our little minds.

Past and future are not in God. He is ever present or eternal. Time and space are being created by God. It is more correct to say that God is presently creating the universe than that He created it. The concept of God implies that He has no beginning or end, since He is absolute or pure existence.

If we imagine God to be a being among other beings, though first and supreme, other beings will limit the first being by their very existence. But God is not a being among other beings, an entity that comes first, and is limited by entities that follow later. For God to be first, there should be a second or third thing

that is separate from God. Creator and the created are not separate, but one; creation is a manifestation of the Creator. Nothing can be real, if separated from God.

God is infinite and eternal, has no beginning or end, no past or future; He is ever now. Therefore God cannot be created. With a proper concept of God, the question "who created God?" becomes meaningless.

2. God is impersonal, intelligent universal energy. Belief in a personal God seems to be a superstition.

Joseph Campbell is well known for his joyful discovery of spiritual themes in world mythology. Albert Einstein was in a state of wonder, as he explored the universe and delved deep into physics and mathematics, to formulate the theory of relativity and other laws that fundamentally shifted the outlook of modern science.

Campbell, Einstein and many other thoughtful people accept God as an impersonal, intelligent, universal force or energy, but are definite in their opposition to belief in a personal God. Most religious people on the other hand, are firm believers in a personal God, and are opposed to thinking or speaking about God in impersonal terms.

Both sides are right in their affirmation, but wrong in the negation. God is actually impersonal as well as personal. Mystics and Masters testify to this fact from their experience. It is not difficult to see a personal and impersonal aspect in our own being, as we introspect deeply.

The great Indian philosopher and saintly sage, Sankara affirmed that Absolute Reality or pure Self is impersonal, transcending the distinctions of knower, knowing and known. He also experienced, wrote and spoke about God as personal, praising and thanking Him or Her in deeply devotional poems.

Since we are personal beings, most of us have to relate to God in a personal way, and God will respond to us in a personal manner. This has been the experience of man throughout history, and will continue so.

3. If God knows the future of man, then man's future is determined, and he cannot have freewill. But we are conscious of having a free-will. Then how can



you affirm the existence of an omniscient or all knowing God?

The famous American spiritual teacher, Ram Das, was taking about forty young men and women by bus, on a tour in North India. He had not seen his guru Neem Karoli Baba for more than a month, and didn't know where he could be. When the bus came to a fork on the road, the driver asked whether to turn left or right. Ram Das thought for a while and decided to turn left.

As it was noon, they stopped

the bus in a small town to try to get lunch. When they alighted from the bus, they were received by Neem Karoli Baba, who told them that lunch was ready for forty people, and they could wash up beforehand. The saint manifested clear foreknowledge of an event that depended on many free decisions of Ram Das and forty others.

To cite another example, Sri Yukteswar told Yogananda many years earlier in India, that one day, he would be served straw-



berries by a lady in America and he would find them bitter. Then she would mash them, adding heavy cream and sugar, he would taste them and say "how delicious these strawberries are!", and remember the Guru foretelling him about it. It happened exactly as predicted by Sri Yukteswar, according to the Autobiography of a Yogi.

The foreknowledge of saints is a well known fact, as they share in the omniscience of God to a greater extent. Freedom of man and God's foreknowledge are facts that cannot be reconciled, given our present understanding.

Light should be either a wave or a particle; logically it cannot be both at the same. But modern physicists accept as a fact that light is both wave and particle. In the same manner, we accept omniscient God and man's freedom. Man's will is participation in God's will. Human freedom is relative, and depends on God's freedom. If there is much mystery in matter, should we not expect more mystery in spirit?

(Extracted from the book 'Living with Saints and Sages' by Devadas Chelvam)

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Dalai Lama Accuses China of Misleading World About Tibet

Exiled Tibetan spiritual leader the Dalai Lama has criticized Chinese leaders for misleading the world about the situation in Tibet. His comments came in an address to foreign journalists in Tokyo on 31st of Oct.

The Dalai Lama came to Japan to take part in panel discussions with scientists but the exiled Tibetan leader did not shy away from the political spotlight. In an address to foreign correspondents in Tokyo, the Tibetan spiritual leader criticized what he called Chinese government propaganda regarding Tibet. He said Beijing was fooling the world into thinking the situation between the Tibetan people and the Chinese had improved.

"Please go to Tibet and see if things are really good as the Chinese government says," said the Tibetan spiritual leader. "Then tell us that our view is wrong. Then we will apolo-

gize - no problem."

The Dalai Lama's criticism came in response to a question from the Xinhua agency - the official news agency of the Chinese government. The reporter suggested that Tibetan culture had become popular among the Chinese - that both sides were learning to co-exist peacefully. The Dalai Lama dismissed that notion and suggested that was the image Chinese government was trying to sell to the world. He said they had done so by censoring anyone who questioned them.

"People should have full knowledge of reality whether good or bad," he said. "For that reason transparency is very essential. That is lacking in all these authoritarian governments. Particularly in the People's Republic of China."

Tensions between the Tibetan people and

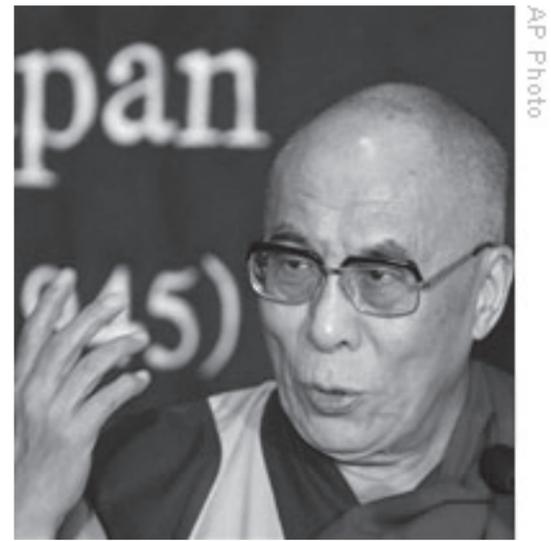
Chinese government led to violent clashes in March last year. The unrest in the Tibetan capital, Lhasa, began with demonstrations that marked the 49th anniversary of Tibet's failed uprising against China. But it turned into an anti-government protest with Tibetans attacking Chinese migrants and shops. The Chinese government has said more than 20 people died in the riots, but Tibetans argue that number was much higher.

In his address on Oct 31st, the Dalai Lama said Chinese police never tried to stop the violence.

Beijing has accused the Tibetan spiritual leader of instigating the violence in Lhasa, but he has denied those allegations.

Two Tibetans were executed earlier this week for their roles in the riots.

[voa news]



Tibetan spiritual leader the Dalai Lama speaks during a press conference in Tokyo, Japan, 31 Oct 2009

Foreign Investment Flows Into India Again



By Anjana Pasricha

As India's economy recovers from the global financial crisis, foreign investment is flowing back into the country, and stock markets - as in many other countries, are again buoyant.

There has been good news in recent weeks for investors who watched stock markets decline sharply amid the global financial crisis. India's benchmark stock indexes have more than doubled in the last six months, driven in part by foreign investors who are returning to the country.

Foreign investors had pulled out billions of dollars last year as credit dried up.

But the trend has reversed. From April to June, India received about \$15 billion in

foreign direct investment, the highest since 2007.

Analysts say foreign investors are motivated by growing confidence that the global recovery will be driven by countries like India and China.

Rajesh Jain, a stock market analyst in Mumbai, says there is widespread optimism that India's economy, which is largely driven by domestic demand, will return to high growth rates faster than other countries.

"Naturally, when the risk appetite has come back, and the risk aversion has disappeared, India is getting a better share of investment," Jain said.

But some analysts are skeptical whether the buoyancy in India's stock markets is sustainable. Among them is Prithvi Haldea, who

heads New Delhi-based Prime Database, which tracks the stock market. He says the economy is accelerating, but there is little to justify the huge rally in the stock markets.

"This is totally unsustainable," Haldea said. "The markets have obviously gone much ahead of the fundamentals. It is a combination of future expectations and too much of liquidity again back in the market."

Analysts also say that any setback in the global economy could see overseas investors pulling out quickly again. But for the time being, investors, both domestic and foreign, are undeterred by such worries, and are putting their faith in the Indian economy.

[voa news]

ICANN Vote Paves Way for More Multilingual Internet

By Kurt Achin

The organization that coordinates the world's Internet traffic has taken a big step toward a more multilingual Web. Internet domain names are about to start speaking local languages around the world.

The non-profit corporation known as ICANN acts as a clearinghouse for Internet addresses around the world. It handles the details that make it possible to navigate the Web.

In Seoul on Friday Oct 30th, the ICANN board approved what it says is the biggest change of the Internet since it was invented 40 years ago.

ICANN has agreed to introduce what it calls "internationalized domain names" to the Web. Up until now, Web users have had to type Web-site domain names - the "dot com" - using the Roman alphabet. Country codes, too, are written in the alphabet, such as "CN" in China or "KR" here in South Korea.

Soon, speakers of non-Western languages can begin typing domain names completely in their own scripts, such as Arabic, Cyrillic or Chinese characters.

ICANN board member Roberto Gaetano views the vote as a global shift.

"This is ... a cultural change," Gaetano said. "A complete different way in which certain countries will see the Internet, the possibility to open to new users that have been on the other

side of the digital divide."

Another ICANN board member, Rajasekhar Ramaraj, says the vote has special significance for his native India.

"Coming from a country where we have 22 languages, this is definitely a welcome move," Ramaraj said.

The vote represents only a first step. ICANN will begin by replacing two-letter country codes with native language alternatives. Replacing other domains, like the familiar "dot com" or "dot org" with native script will take longer.

Still, ICANN's chief executive officer, Rod Beckstrom, says just getting to this point is a major milestone.

"Technically, politically, globally, internationally, culturally, I mean, the amount of work that's had to go on all over this world to push this project through is quite colossal," Beckstrom said. "And to watch it actually fall over the finish line, I think, is quite an emotional moment."

Internet experts say the new domain names may open up a whole new set of challenges, as governments seek to assert sovereignty over language domains. Rebecca Mackinnon is a Hong Kong University professor who specializes in Internet governance.

"If somebody who lives in Vancouver wants to register 'dot Tibet,' what's the process for objecting to that, if the Chinese government feels that's inappropriate? And who decides what's



Rod Beckstrom, president and CEO of ICANN (Internet Corporation for Assigned Names and Numbers), delivers speech in Seoul, 26 Oct 2009

appropriate and what's not?" Mackinnon noted.

ICANN expects country codes in non-Roman scripts start becoming available by the end of the year, and domain names will come into use next year.

[voa news]

UN Report Predicts Trade, Economic Growth for Asia in 2010

By Ron Corben

A U.N. report forecasts a return to growth in Asian economies and trade in 2010. But U.N. economists recommend Asian governments increase trade within the region and become less dependent on markets such as the United States and Europe.

The report by the U.N. Economic and Social Commission for Asia and the Pacific says Asia's growth strategy needs to refocus on increasing trade within the region.

The report recommends reducing Asia's high dependence on global export markets. Exports to developed economies such as Europe and the United States have driven growth in the past five decades, but U.N. economists say it is time to increase regional trade and domestic consumption.

The report comes as Asia is showing signs of a recovery after the sharp decline in trade during the past year due to the global financial crisis.

Ravi Ratnayake, an economist and director at UNESCAP, says the outlook for Asia next year is

upbeat, with China's economy expected to lead the way in gross domestic product growth.

"Well, 2010 we are looking very positively, in fact most of these countries in the region going to see some positive signs in GDP growth as well as export growth," Ratnayake said. "We are forecasting the whole region will have growth, export growth, of 6.3 percent, while some countries like China will have higher rates of export growth."

The report also highlights China's growing role in the region, with its contribution to regional trade "almost doubling" during the past decade.

But the report cautions that despite strong growth in India and China, the global financial crisis is "far from over". It warns that financial markets remain volatile and large budget deficits and excessive foreign exchange reserves remain in many countries.

The report also expresses concern about the strength of growth after governments phase out economic-stimulus programs in the coming months.

The report says the outlook for foreign direct

investment in Asia is good, especially in Thailand and Vietnam. But it warns the trade slump during the past year has led to massive unemployment and pushed more people below the poverty line.

Ratnayake says governments need to maintain open trade and reduce tariffs to help lift millions of people out of poverty.

"We believe that still in the region there are high barriers," Ratnayake said. "If you reduce these tariffs substantially in the region within the intra-regional trade, if you reduce the barriers from that, it will lead to a reduction of poverty by 43-million people. So intraregional trade, coming from basically removing tariff barriers can lift many millions out of poverty."

The United Nations says governments should play a larger role in ensuring more balanced growth.

It also says that inclusive and sustainable development can only be achieved by keeping national economies "as integral parts of regional and global economies".

[voa news]

INDIA GRAPPLES WITH PROSPECT OF HIGH INFLATION

By Anjana Pasricha

As India faces the prospect of high inflation in the coming months, the government may soon begin scaling back on measures taken to cope with the global financial crisis. India's economy is expected to grow by about six per cent this year.

The warning that inflation is rising faster than expected has come from India's Central Bank.

In a statement this week, the Central Bank said inflation could rise to six point five per cent by March next year - more than double its target of about three per cent.

Experts say Inflation is rising because a widespread drought this monsoon season affected crop production and pushed up food prices in the country. Commodity prices such as steel, which had fallen due to the global financial crisis, are rising again.

Economist P.K. Chowdhury, with domestic rating agency ICRA, says high inflation is worrisome for a country with a vast poor population.

"The daily necessities like clothing, food item etc. these are becoming very expensive for common man," said P.K. Chowdhury. "So that is a cause of anxiety. Purchasing power of the common man is not very encouraging at this point of time."

Economists say the Central Bank will soon begin repealing some of the emergency measures put in place in wake of the global financial crisis, in an effort to control inflation. As in most other countries, the government had pumped in billions of dollars, and lowered interest rates to boost consumer demand, and revive the economy.

Although interest rates have not yet been raised, some experts anticipate a rate increase early next year. So far, Australia is the only country that has raised interest rates to control inflation.

Indian industry leaders say they are concerned about the prospect of higher interest rates, saying it could impact an economy on the path to recovery.

However, economist Chowdhury says that is unlikely to happen. He says India's economy is doing better than expected, with forecasts of a rise of six per cent this year.

"What was being estimated earlier, even that has been re-estimated and revised upward," he said. "So that shows lot of positive things happening. If you look at global recession also, the signs that are coming are improvement everywhere. So that will also have a cascading effect on Indian economy."

The impact of the global financial crisis was less severe on India compared to other Asian economies because Indian industry relies more on domestic demand than exports.

[voa news]

SENSEI SRIRAM'S VISIT TO INDIA



Founder and Chief Technical Director of Budo Martial Arts Academy with accredited centers, in Canada, USA, India and Switzerland, recently visited Chennai, Jaipur, New Delhi and Mumbai for the development of Karate classes as well as attend the Tournament jointly organized by Budo Martial Arts Academy India and World Funokoshi Shotokan Karate in Jaipur, Rajasthan. During his visit in Chennai, He appointed S. Palani

and R. Parthiban as the South India Chief Instructors of Budo Martial Arts Academy and also meet with Karate Thayagarajan, The President of All India Karate Federation and initiated the process of becoming a member of AIKF, During his stay in Chennai he also visited Sensei Kangaraj Technical Director of AIKF and Shihan Kothandan, who is the South Asian Chairman for the World Union of Karate Federation (WUKO) and offered his respects

to senior masters of Karate in India. In the tournament jointly conducted by Budo Martial Arts Academy and World Funokoshi Shotokan Karate Do, Sensei Sriram was honoured for his 28 dedication in Karate.

He also appointed Sensei Sunil Jediya as the chief instructor of Rajasthan. Sensei Sriram also presented Sensei Hassan Ismail, President of World Funokoshi Shotokan Karate do with a memento for his dedication and

commitment towards the development of Karate In India.

After his Rajasthan Vist, Sensei Sriram Visited Delhi and appointed Rajender Tanwar as the Chief Instructor of Delhi, In Mumbai, Sensei Sriram attended various Budo Martial Arts Dojo, conducted gradings, issued certificates and also appointed Ravi.P Sharma as the chief Instructor of India.

Sensei Sriram also presented an moment to Mrs. Gayathir

Kehmani Coordinator of Budo Karate classes for her hard work and deidication in promoting Budo Martial Arts Academy.

With over 2000 students in various states Budo Martial Arts Academy in India is growing in a positive direction while making a positive impact on students' lives.



Appreciation award in Rajasthan



Chennai Group



With Karate Thygarajan



Mumbai Students



With Sensei Hassan Ismail



With Shihan Kothandan



Welcome by Rajasthan Instructors



With Karate Co-ordinators



With Rajasthan students

Chinmaya Mission Sri Lanka seeks donations for Youth Camp

Chinmaya Mission of Sri Lanka will be conducting a camp for Hindu Tamil speaking youth in Sri Lanka in December 2009. The purpose of this camp is to impart spiritual values and build the character of the participating youth so that they become useful to themselves and the society at large.

The Chinmaya Mission is looking for donations to conduct the camp from well wishers, full details are as follows:

Chinmaya Mission Sri Lanka National Youth Camp Background

Chinmaya Yuva Kendra (CHYK) has conducted several camps and workshops around Sri Lanka. The National Youth Camp has almost become an annual event in the CHYK calendar. CHYK has conducted 5 such National Youth Camps in the past in

the years 2002, 2004, 2005, 2007 and 2008 respectively. More than 2000 youth from all over Sri Lanka participated in and benefited from these camps. This year too CHYK plans to conduct the CHYK National Youth Camp in keeping with its vision.

Vision
As the nation building is the need of the hour, to enable and empower the youth with knowledge to transform their lives so that they can build a nation with harmony and peace in keeping with the motto of CHYK - "Harnessing Youth Potential through Dynamic Spirituality" and its vision of "To empower youth with the vision, values, and dynamism for success in all fields" is our vision for this camp.

Beneficiaries
Approximately 150 youth in the age group 14 to 30 years from

Colombo, Upcountry, Negombo, Trincomalee and Batticaloa will be the beneficiaries of this program.

Benefits
We want to enable and empower the youth transform their lives through character building.

Through this transformation they can build a nation with peace and harmony. In order to achieve this we plan to provide knowledge and practical means of achieving the following through a series of lectures, workshops and games during this camp:

- o Personality un-foldment, through enlightenment of the intellect and enrichment of character
- o A systematic and deliberate preparation, to enable the youth to face the challenges and realities of life with a smile
- o To cultivate qualities necessary

to win the game of life such as:

- o Clarity of vision
- o Team spirit
- o Capacity to rise above one's weaknesses
- o Equipoise and creativity
- o To develop new habits, trends, goals and ways of living

The youth who took part in the camps earlier have been inspired from such programs and we believe that this camp too will enable the youth to transform their lives.

Venue & Time
It is intended to hold this camp at facility at the MAS Fabric Park at Warakapola, Sri Lanka - from 23rd to 27th of December 2009.

The background of this youth is such that The Chinmaya Mission will not be charging the cost of this camp to the youth.

The Chinmaya Mission therefore is looking for financial donations and sponsorships from well wishers.

The Chinmaya Mission greatly appreciates everyone's assistance towards running the youth camp; bank account details as follows:

Beneficiary - Chinmaya Mission of Sri Lanka
Bank Name - Hatton National Bank Ltd - Colombo - 03
Account No - **115010055831**
Swift Code **HBLILKX**

Please be kind enough to intimate the details of remittance to Chinmaya Mission in Sri Lanka by email so that the funds are kept track of and channeled specifically towards this project.

The email address is darshan@chinmayalanka.org

Postal Address: Chinmaya Mission of Sri Lanka, Chinmaya Pragati, 32, 10th Lane, Off Schofield Place, Colombo 3, 00300, Sri Lanka.

Music for heart and soul in dew filled Lahore night

By Dushiyanthini
Kanagasabapathipillai
dushi.pillai@gmail.com
courtesy: humanityAshore.org

“Music is expression of harmony in sound; Love is the expression of harmony in life”-Stephen Gaskin
Sain Zahoor Ahmad is a leading Sufi singer in Pakistan. He performed

at Peeru's Café in Lahore on October 10th 2009 in front of the 200 visiting female journalist delegates (South Asian Women in Media) from eight South Asian countries- Afghanistan, Bangla-

desh, Bhutan, India, Maldives, Nepal, Pakistan, Sri Lanka.

It was a surprise treat for us, given by SAFMA (South Asian Free Media Association). The concert began at night and went on till late night, chilled by dew.

We were welcome with fresh Red rose at the main entrance. We heard the sounds of tunes were being set, and the rehearsal, as we walked into the open air on the passage surrounded by green grass on either side.

He was dressed in Black colour long Kurtha with Gold thread embroidered work all over the top of his Kurtha. Tightly bound matching Black colour turban added more elegance to his charming and spiritual face. He has a beard and a long untied hair.

Various colours of bead rings, and bead chains added more colour to his appearance. A pair of Black and Gold matching Khusay, Lahori traditional shoes was kept on the floor in front of him. He sits on a low level wooden stage which was covered with a piece of white cloth, and fresh flower petals sprinkled in two triangle shape. Another four instrumentalists accompanied him on the stage.

Sain Zahoor Ahmad



“Sain Zahoor Ahmad” - Music has no boundaries or borders

slowly began to sing. The women journalists began to capture him.

He often sings at Dargahs (Sufi shrines and tombs). Sain performs at music festivals as well. He has adopted the folk instrument Ektara (ek-one, tar – string), in its three-stringed version called Tumbi as his main instrument. He indulges himself completely while singing. Sain Zahoor Ahmad is a passionate singer, whose earthy tone vibrates the vicinity.

Sain Zahoor Ahmad won the “Best BBC Voice of the Year 2006”. He was born in 1945 in Okara/ Sahiwal in Punjab Province. He was the youngest in the family, and started to sing at the age of five. He had dreamt of a hand beckoning him towards a shrine. He left home at the age of thirteen, roaming the Sufi shrines of Sind, Punjab and liberated Kashmir.

Eventually, Sain Zahoor Ahmad was walking past a small shrine in the south Punjab town of Uch Sharif which is known for its Sufi traditions. At the age of five, I dreamt of a hand rising up from a grave that directed me towards a shrine. I saw the same dream every night for three years. It made me restless and I could not sleep at night.

Once in a month of Ramazan I came across mystically and spiritually well reputed person Ustad Sain Ranuka Ali who

lived at a shrine and used to play with Ektara. Someone waved at me with his hand, inviting me in, and I suddenly realised that it was this hand which I saw in my dream. There I met Ustad Sain Raunka Ali of Patiala.” said Sain Zahoor Ahmad, while tears filled his eyes, and his voice cracked through an Urdu speaking woman journalist.

His first lesson in the Sufi Kalam was under Ustad Sain Ranuka Ali. He mostly sings compositions of the major Sufi poets such as Bulleh Shah, Mullah Shah Badakshi, Muhammad Buksh and others. The Kalam are verses of poetry redolent with devotional love, which are sung with the passion and power needed to give listeners a chance of actually knowing the mystery of God.

Sain Zahoor Ahmad was invited to the All Pakistan Music Conference in 1989 where he performed on a stage for the first time in front of a big audience. About 2000 audience enjoyed his Sufi songs emotionally. He has given concerts in United Kingdom, Ireland, USA, Canada, UAE, Dubai, Norway, Europe, Denmark, Brussels, Belgium, Brazil, England, China, Japan, India, Britain, Malaysia and South Africa. He has acquired international recognition in the recent years. He cannot read or write, in order to memorise lyrics, he developed his own language of symbols. He draws dolls and sketches and interprets them with their postures.

“I devoted my heart and soul to music. Shukria (Thank you), Al-Hafeez (May Almighty Allah Bless You)” said gently Sain Zahoor Ahmad, when I bid Good Bye.



Once he starts reciting Sufi Kalam he forgets his physical being

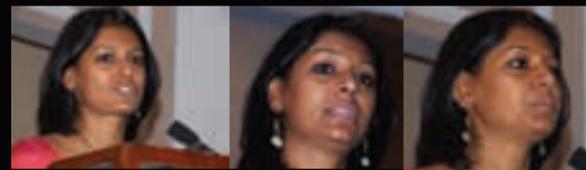
Nandita Das: “CITIZEN OF THE WORLD”



“It’s a wonderful feeling to expand beyond your national boundary” and “it’s easier to find solutions when we come together, having faith in one’s own conviction is what is needed to overcome challenges.”

Sharing her “own dilemma and confusions” of identities, Nandita Das says the most bothersome identity is that are thrust on us to feel either proud or ashamed of ourselves but we had no part in choosing.

An ideal identity is that of a “citizen of the world.” Award winning actress and independent film maker Nandita Das said while speaking on the “Politics of Identity”, at the At The First Regional Conference of SAWM (South Asian Women in Media), on Oct 10, 2009 held in Lahore, Pakistan.



[Pictures by: Dushiyanthini Kanagasabapathipillai]



Canadian Tamil Aid raises \$15,000 for HUDEC Program



Canadian Tamil Aid hosted a fundraising Dinner on Friday, Oct 23rd and collected \$15,000 and donating the fund to HUDEC – Caritas programs specifically for IDPs. Father Jeyakumar is the Director of HUDEC.

The is a project chaired by Jude Aloysius under the Tamil Catholic Community of Toronto.

The President of TCCT, Anton Philip spoke about this humanitar-

ian and emergency program and how TCCT is reaching out to help the displaced along with their normal programs.

Canadian Tamil Aid is a fund established by the Tamil Catholic Community of Toronto (TCCT) for the sole purpose of helping the Tamil people living in the north eastern parts of Sri Lanka.

TCCT is a social and charitable Christian organization established

in 1989. Registered as a charitable organization with the province of Ontario, TCCT have been the forefront of helping the less fortunate people in Canada and Northern and Eastern parts of Sri Lanka, said President of the organisation, Anton Philip.

Father Jeyakumar from Jaffna, Sri Lanka was connected by wireless phone who explained the details about the need, require-

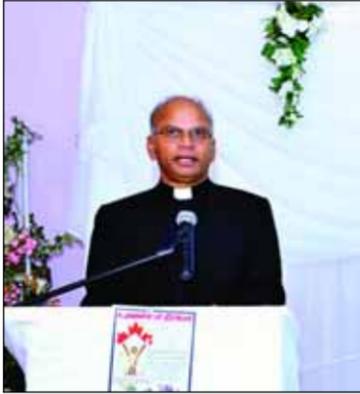
ment and how all of them appreciate for the donations from abroad.

It was so emotional when they heard directly from Father Jeyakumar about the situation the urgent need in Vanni Camps, and the donating spirit was visible at the event as the guests and members contributed more towards the fund for the Canadian Tamil Aid to reach a reasonable target.

The event was held at Nu Royal Palace located at Markham & Eglinton who served sumptuous varieties of Hoppers dinner for everyone.



Canadian Tamil Aid Chair Jude Aloysius addressing



Father Peter Gitendran with Prayers



Emsee Quintus Thuraisingam



Section of the Guests



TCCT President Anton Philip addressing



Saro Jeyaratnam singing Tamil Thai Vaalthu



Patricia Philip singing National Anthem



Mahindan Seevaratnam with Vote of Thanks



Banner at Event

Grand Opening of New Project by Gunesh & Vasa Couple

Gunesh and Vasa couple said this is their 4th line of business when they opened this hardwood/tiling flooring business at Markham & Denison.

They have been operating Liberty Tax franchises at 2 locations, shareholder at Restaurant business and investment business for the last few years.

On the grand opening day on Sunday, Oct 25th several of their friends, relatives and customers showed up to wish them success in their business. Live Radio broadcast was also going on entertaining the attendees and to relay the greetings. Attendees were served with refreshments throughout the day.

Monsoon Journal also joins with readers and wish them success in their new venture. Some of the pictures taken at the event is given.



Ideal new Owners Gunesh and Vasa



Mr. Sathiyamoorthy master lighting lamp

Aishwarya celebrates 36th birthday with family



Bollywood actress Aishwarya Rai Bachchan attends a promotional event of a watch company in the southern Indian city of Hyderabad August 22, 2009 [Reuters pic]

Bollywood star Aishwarya Rai Bachchan ushered in her 36th birthday with family members and close friends on Nov 1, 2009.

The actress, who has completed shooting for Mani Ratnam's bilingual film 'Raavana' had taken a break for a few days to start work on Sanjay Leela Bhansali's 'Guzarish' with Hrithik Roshan from Nov 2.

The former Miss World's other projects -- 'Action Reply' with Akshay Kumar and 'Robot' with Rajnikant (Endhiran in Tamil) -- are almost complete with a song and few scenes remaining.

"We have also just brought in Aishwarya's birthday and wished her love and happiness and a long prosperous life. It was just the family," the actress's father-in-law mega star Amitabh Bachchan wrote on his blog posted in the wee hours of the morning of Nov 1st.

Vikram, Selva come together

Actor Vikram and filmmaker Selvaraghavan will come together for an untitled flick to be produced by S Ramesh Babu for Kanakarathana Movies.

Ramesh Babu, who produced films including Pokiri, a Telugu movie starring Pawan Kalyan, is bringing together Vikram and Selvaraghavan.

He says, 'it was my desire to do a movie with Vikram, known for doing varied roles and Selvaraghavan for his daring themes'.

Subramaniapuram fame Swathi is Vikram's heroine in the film. She played Trisha's sister in Telugu super hit Adavari Matalaku Ardhalu Verule, directed by Selvaraghavan before.

Swathi who was flooded with offers in Tamil after the runaway success of Subramaniapuram is very choosy, but Selva's script convinced her of doing this untitled film where she has a meaty role.

Ismail Durbar, who scored music for Hindi hit Devadas is making his debut in Tamil with the movie. The other credits are Ramji (cinematography) and Kola Baskar (editing). The shooting for the movie



began at Ladakh.

Vikram's Ravan, directed by Mani Ratnam is completed and ready for release and Selvaraghavan's Ayirathil Oruvan too would hit the screens soon. [newstodaynet]

V vs V for Pongal

Vishal's Theeradha Vilayattu Pillai (TVP) is to join the Pongal 2010 race along with Vijay's Vetaikaran.

Theeradha Vilayaatu Pillai showcases Vishal as a playboy for the first time. Says Vishal: 'I play Karthik, a playboy who has this habit of always choosing only from the three best options, even when it comes to his marriage.'

Tanushree Dutta, Sarah Jane and Neetu Chandra play heroines. The movie also has Santhanam and Sudha Chandran, apart from Prakash Raj, who will be making a guest appearance. The music has been composed by Yuvan Shankar Raja. Yuvan's songs are the highlight of this film, he adds.



Bold and beautiful

Vasundhara is a trained athlete and a nature lover. However these credentials were hardly put to use in her roles in Vattaram and Jayamkondan. Then Peranmai happened and Vasundhara got to play the gutsy role of an NCC cadet.

The role has more than made up for the earlier 'lapses' and with a credible performance to boot, the young lass has a lot to cheer about. Appreciation is pouring in from various quarters for her character in the film (directed by Jananathan) and Vasundhara says, 'I am extremely happy that my hard work is being recognised,' and adds that she quite enjoyed working in the movie which is about five girls who go trekking deep inside the jungles.

In a tete-a-tete with newstodaynet of Chennai, Vasundhara opens up on her experiences shooting for the movie.

Excerpts from her interview

Q: How does it feel to be part of Peranmai?

A: I have no words to describe the feeling. Everyone of us in the unit worked hard and the film's success has enthused our spirits. Now I am more serious about my profession.

Q: Playing a NCC Cadet, trekking in the forest, might have been very emanding physically and mentally?

A: It was very much demanding not physically but mentally. Initially we had difficulty adjusting to the climate in the forest, but such difficult situations brought the best out of us. I am an athlete and I love nature, so I had no complaints.

Q: Did you undergo training for the role, especially for the stunt sequences?

A: Yes. We did undergo special training in the NCC, martial arts, archery and swimming. It prepared us for the role.

Q: How was it to work with Jananathan and sharing the screen with Jayam Ravi?

A: Jananathan is an award-winning director. It was nice to be part of his project which gave us insights into several aspects of film-making. We had this responsibility to live up to the standard

My first break

By S.R. Ashok Kumar

Sudha Raghunathan

How it happened

I started learning Carnatic music at a young age. My first break came when I won the first prize at the Indian Fine Arts Society — a tambura — in the late 70s. My first song for an album was recorded for Meltrack Audios; I was delighted when Maharajapuram Santhanam spoke about me and my rendition. Another record, a collection of slokas rendered by me, was launched at the same time by AVM. My first film song was for Evan under Ilaiyaraja's direction.

How it felt

I might have recorded hundreds of songs, but when I got a call from Ilaiyaraja I was thrilled. I was to sing 'Enna enna seithai' for the late Soundarya, who played a Carnatic singer in the film. After the song was recorded (Ilaiyaraja had composed it, combining half a dozen ragas) Soundarya requested me to send a CD of my Carnatic concert so that she could study it and play the role accordingly. It was inspiring to get another good number 'Anal maele' from Harris Jayaraj for Vaaranam Aayiram. It became a hit. Both songs have rich lyrics.

How life changed

My life changed the day I became a disciple of M. L. Vasanthakumari. She was not only a great Carnatic musician, but also made a name for herself in films. I have so far sung a dozen film songs, including one for Shabana Azmi in Morning Raga. My song 'Yeno yeno panithuli' in Ad havan is widely appreciated. I have given hundreds of Carnatic concerts and am now visiting places across the world such as Tunis and Israel where Carnatic music concerts have not been held for quite some time.

[Hindu.com]



Solo art show 2009 'Citta'



Solo art show 2009 'Citta' in Toronto to be held on the 14th of November 2009 at Fraser Studios, 115 Danforth Avenue, in Toronto, Canada. The artist will be exhibiting a collection of paintings on canvas, paper and fabric. 'Citta' means basic mind or consciousness.

"Citta" will open on November 14th 3 pm and continue through same day 8.00 pm. An opening reception will be held on 4:00 p.m. to 07:00 p.m.

He is a classically trained artist. He paints in oil, acrylic, and pastels creating introspective and enthralling paintings. Some of the pieces included in the "Citta" exhibit will be never-before-seen paintings and drawings, as well as personal pieces created specifically for the show. He has always been passionate about the arts. This deep passion in his manifests itself into love for painting.

Nuwan Fonseka, a Toronto-based mix media artist and doing his works in North America says the following;

I enjoy pastels due to the fact that I get to blend the colours with my fingertips; I love the feel of being closer to and becoming part of what I create. I even find

myself using my fingers while painting with acrylics on canvas.

I prefer to work with the human figure and have moved on from realistic figures to dynamic, figurative abstracts that reflect the very specific colours and organic lines inspiring much of my work.

My objective is to capture the emotion and dynamics of human life and it spared to difference concepts of life. Sometimes I target to discuss religion, philosophy, sex and usual concepts of our life. Usually I am confidence with mixed media on canvas and fabric arts.

Abstract art, it is picture of human emotions, with its deep texture and earth tones, seems to live and breathe emotion almost as much as figurative. When you communicate with my art you will be in a better place within yourself. All bad influences will be washed away and your outlook on the mundane nature of daily activity will change.

If you are a sensitive and emotional person you will enjoy my art. I believe it is great opportunity to understand an existence philosophy of life and beauty of human mind.

Painting Plaque - "Women in Conversation"

A painting "Women in Conversation" was donated by Rowena Dias and was displayed recently on the 9th floor, lobby of the cardiac unit, Centenary Hospital. This was donated where

Donor Rowena Dias's father was being cared for, and the plaque says "In memory of Thomas Dias".

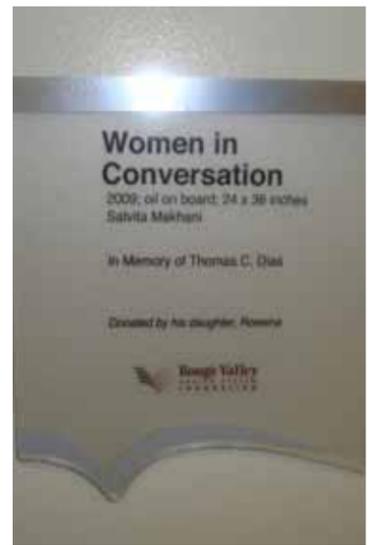
The painting was done by Salvita Makhani (designtree).



Painting display at 9th Floor Waiting Area



Jennifer R. Collins, Special Projects Officer from Rouge Valley Health System Foundation thanked Rowena for her generosity and said the painting looks great.





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கனடிய தமிழ் வைத்திய நிறுவனம்
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நலவாழ்வுகூடுதல் கருத்தரங்கு/Health Forum

Topics

- Rescure's CPR /சுமார் முந்தானை சிவசா வின்காரம் பரிந்துரை
- மனக்காற்றம் பேணல் - Dr. Sunathy Selva
- மனவலுத்தம்/Stress கட்டுப்படுத்தும் வழிமுறைகள்
Dr. A. Gnanaswaran, Psychiatrist, Ajax Hospital
- Chronic Disease நிர்வாகம், இருதய, சிறுநீரக விவாதி பேணல்
Dr. Jega Puspabalan, Medical Specialist, Ajax Hospital
- வயிற்று நோய் பற்றிய கண்மொட்டம்
Dr. Bshee Rajendran, Gastr. enterologist, Peterborough Hospital
- Flu/Swine flu பற்றிய கண்மொட்டம்

இடம்: கனடா ஸ்ரீ ஐயப்பன் ஆலயம் - Canada Sri Iyappan Temple
635 Middle Field Rd, Scarborough (Middle Field/Finch)

காலை: Sunday November 08, 2009
நேரம்: 2:30 p.m. – 6:00 p.m.

அனுமதி இலவசம் - Admission free
சிறுநீரகம் வழங்கப்படும் - Refreshments will be provided

தொடர்புக்கு:
Dr. Rajes Logan - (905) 944-0100
Dr. Santhakumar - (905) 273-7946

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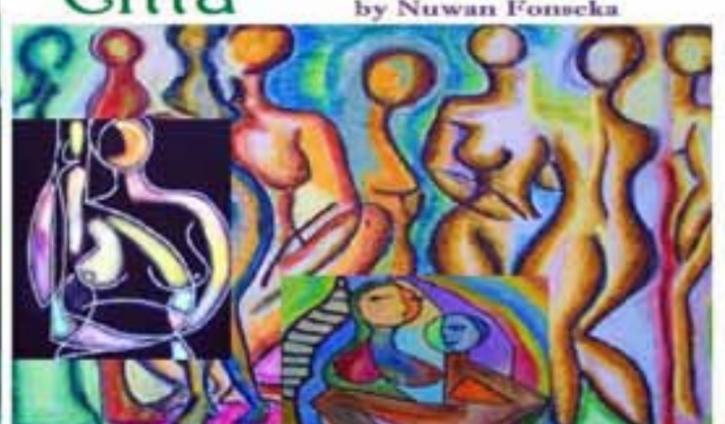
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There is Hope

The Journey Of Hope

'Citta' Mixed Media Paintings
by Nuwan Fonseka



November 14th, 2009
3-5 pm

Fraser Studios
115 Danforth Avenue
Suite 203
Toronto, Ontario
M4K 1N2
(Broadview Avenue & Danforth)

dnuwan@comcast.net
416-537-7917





Education Expo and Recognition

The following were recognized at the program held on Friday, Oct 30th at the venue of the Education Expo and the Expo was also successfully participated by many exhibitors, students and parents on Saturday, Oct 31st

The details about the Award Recipients are given below along with some of their photographs.

Bill Hogarth (Photo 1)

He was appointed Director of Education for York Region District School Board in 1993, after serving as a Superintendent of schools in the former North York Board of Education for over 10 years.

He has dedicated his working life to the teaching profession and is deeply committed to the principle of lifelong learning. He has been active, not only as a teacher, principal, university instructor and education administrator, but also as a faculty advisor in the faculty of education and member of the senate at York University. He currently serves on the Board of Directors of Seneca College.

Bill holds a Masters degree in Education from the University of Toronto. He is passionate about the importance of developing community capacity, not only in education but in all facets of social service. He also serves as co-chair of the York Region Human Services Planning Coalition.

Cecil Roach

In his 29 year career as a high school educator, Mr. Cecil Roach has always maintained that as a classroom teacher, school administrator and secondary school superintendent he has had the opportunity to have a very profound impact on the lives of young people.

Cecil Roach was born on the tiny Caribbean island of Montserrat (now sadly devastated by a continuously erupting volcano). He arrived in Canada in his early teens and completed most of his schooling in Montreal. Cecil holds both Bachelor and Masters degrees from Concordia University. He completed his teacher training at McGill University. He maintains that his time as one who has been termed the "barrel children" (children whose parents left them behind with a grandparent while they prepare for their reunion in Canada) has given him a special insight into the dynamics of immigration and its effect on student achievement. This experience has also strengthened Mr. Roach's belief that schools are places

where students regardless of their ethnic background or socio-economic status can expand dreams on their journey towards full participation in Canadian society.

Mr. Roach also served as Board Leader for the York Region District School Board's Student Success initiative and Special Assistant to Director of Education. He is currently Superintendent of Education who has supervisory responsibilities for nine secondary schools in the east area of the Board.

Pundit M.S. Alexander

He is well renowned for his work in academic and professional teaching, writing, and the evaluation of the Tamil language. He completed his inter-arts examination in Oriental subjects, Tamil, Pali, and Sanskrit, which helped him to write textbooks for teachers in Tamil language through distance education in Sri Lanka. He was one of the writers of the Tamil textbooks for the Toronto District School Board. He also served as the chief writer for three books for the Toronto District Catholic School Board.

Pundit Alexander taught Tamil language and grammar at secondary schools and teachers' colleges. He was also the head of the Tamil section for seven years at the Tamil Academy of Culture and Technology. He taught Tamil for senior level classes, and poetry writing for B.A. Tamil Studies.

Pundit M.S. Alexander volunteered his time to teach prosody to interested writers of poetry at the Scarborough Centre. He has earned commendation for being a writer, examiner and chief examination controller for Tamil in Sri Lanka.

He has conducted seminars on teaching the Tamil language in Sri Lanka and Toronto. He was a teacher, lecturer and the deputy director for distance education. He has also conducted seminars on the 'Integration and Teaching of the Tamil Language' for principals and model teachers.

His volunteer services, books and work as the editor for "Dear People" in Tamil, are just a few of his many accomplishments.

Dr. V. Manivannan (Photo 4) His wife is receiving the award

Dr. Manivannan currently works as the Head of Science Department at Jarvis Collegiate Institute. He also serves as the secretary of the Association of Sri Lankan Graduates of Canada.

Dr. Manivannan graduated from University of Peradeniya, Sri Lanka

with a Bachelor of Science degree. He received his Ph.D. from McMaster University. Dr. Manivannan began his high school teaching career at Central Commerce Collegiate in the early 1990s. Since that time he has been helping Tamil students to adapt to the school culture and to the community by being the school staff advisor of Tamil Students' Associations. He has helped CanTYD to organize after-school activities for Tamil students at Jarvis Collegiate.

Dr. Manivannan's other involvement to the betterment of the education of the high school students in the GTA has been achieved through the Career Counselling workshops organized by the Association of Sri Lankan Graduates Association in partnership with the various School Boards. He has been instrumental in organizing these workshops since year 2001 with TDSB, YRDSB and Peel District School Board.

In addition he has been a regular contributor on educational issues on TVI.

Ponniah Kanagasabapathy (Photo 5) His daughter is receiving the award

He was well known early in his career as a teacher in advanced level zoology classes. He was also a much respected principal of Mahajana College in Tellippallai, Sri Lanka. Mr. Kanagasabapathy continued to contribute to the field of education in his role as Inspector of Schools with the Ministry of Education in Sokoto State, Nigeria.

Upon coming to Canada, Ponniah Kanagasabapathy served as the multi-cultural consultant with the North York Board of Education. He continued in this role in the Scarborough Office, after the amalgamation of the six boards. He has been instrumental in initiating the Tamil credit program in North York, which later spread to the other boards. Mr. Kanagasabapathy also played a role in preparing the curriculum guide to teach Tamil as a subject in Grades 10 to 12.

As a subject leader in Tamil and the support of the North York Board of Education, Ponniah Kanagasabapathy led a team of teachers to prepare textbooks for Grades 1 to 8. He has published six books to date, which comprise of 2 books on short stories for middle school children, three books on parenting, educational psychology and school systems, and one on science. He continues to write articles and short stories in magazines and newspapers in Canada, Germany,

India, and Sri Lanka. He is also actively involved in community activities.

Initha Subramaniam (Photo 6)

She completed her degree in bio-chemistry and her teaching degree at the University of Toronto. She has taught for five years at Canley Vale High School in Sydney, Australia. Upon her return to Canada, she moved to the Ebametoong First Nations reserve, near James Bay to teach a community of 648 Ojibway students. While living in temperatures of -50 degrees, she understood that poverty does exist in Canada. As she boarded the Cessna, she returned to Toronto with a different perspective on life.

For the last three years, Initha has been teaching at Cedarwood Public School in Markham. At Cedarwood P.S., she helped to organize the Cedarwood Tamil Parents Association, which has a strong voice with their School Council. This association has successfully organized many fundraising and cultural events for the school. Initha is also part of the transition team for students moving into Grade 9. She assists with Student Council and is also the volunteer coordinator for C-REP (Children Rehabilitation Education Program), where her free time is spent fundraising for her brothers and sisters in her homeland.

Mrs. Nadarajah (Photo 7)

She completed her Bachelor of Arts degree in England and her Master of Education degree in Sri Lanka. She is a great asset to our community as she has been a teacher for over 47 years in Sri Lanka and Canada, where she has taught for over 20 years in Toronto alone. Mrs. Nadarajah worked as an ESL teacher and a guidance counsellor at Yorkdale Secondary School. She also taught ESL and Geography at Earl Hill Secondary School. She was also an instructor for ESL Part 2 Additional Qualification Course at the University of Toronto. Mrs. Nadarajah's publications discuss problems faced by Sri Lankan students. She has also been a member of a committee that released a language profile and a country profile for schools in the Toronto District School Board. She has been awarded a gold medal by Tamil Info for her monthly articles on education related issues. She has been actively involved in the community by conducting workshops on the school system for Tamil people.

TACT Bio (Photo 8)

Tamil Academy of Culture and

Technology is an authentic Tamil institute in Canada, working to preserve the Tamil language and identity among the younger Tamil Canadians. The Tamil Academy teaches Tamil language classes from kindergarten to university level in three divisions, namely primary (kindergarten - grade 8), Secondary (grade 9-12), and University level (BA, MA). The Academy also produces successful Tamil teachers for the future, through degree programs in Concurrent Education studies and workshops. The academy provides the Tamil Canadian community with necessary tools such as computer courses, quality assurance programs, and administrative assistance programs, to ensure that they are successful in the Canadian education system and labour market. The academy also showcases the talents of the Tamil Canadian youth through various events including Natrumedai, Aruvadai, and Aandu Vizha. The Tamil Academy further motivates students through examinations in Tamil, Math, English, and Fine Arts.

CanTYD (Photo 9)

Since 1999, CanTYD has been serving Tamil youth, aiding them in addressing some of the fundamental challenges confronted by the Tamil community. Much of CanTYD's work involves outreach, mentorship, working one-on-one, and advocating for youth. Currently, the Tamil community is facing multiple challenges that need to be addressed. Issues such as youth violence and drug abuse are of growing concern among youth in the Tamil community.

The political, economical, and social struggles faced by the Canadian Tamil community still have yet to be resolved. As a community, CanTYD believes that it is crucial that we invest in ourselves, in our future, and in Canada, beginning with our young people. CanTYD aims to work collaboratively with the community and other organizations to create much-needed dialogue in addressing these emerging concerns amongst Tamil Canadian youth.

Since its formation, CanTYD has grown to be a successful organization. Part of CanTYD's success and popularity is a result of the many exciting events organized to celebrate, engage, and educate our youth. In supporting CanTYD, you are supporting the youth in our community. CanTYD believes that with the success of our youth, our community as a whole achieves success.



PHOTO 1



PHOTO 4



PHOTO 5



PHOTO 6



PHOTO 7



PHOTO 8



PHOTO 9



Performance



Audience

The Dragon and the Elephant Under the Rising Sun

Samy Appadurai

My friends invited me for dinner in honor of the launching of my recent book entitled "Canada the Meat of the World Sandwich" at a local Chinese restaurant along with a massive crowd of multi ethnic supporters at Victoria Park Avenue and Sheppard Avenue East, Scarborough. I honored the invitation and while I was enjoying my meal at this particular place, I noticed to my surprise that the spicy meal from the soup to the main course had a mixture of flavors from both the Indian and Chinese cultures. I ended up wondering about the combination of the two cultures in the meal in contrast to their political rivalries. Later on I discovered that the owner of the restaurant and the staff were born and raised in the state of Bengal in India, descendants of the Chinese who had been residing in India over many generations. The delicious meal that I had there, prompted me to write this article.

The proliferation of Chinese goods and Indian services are rampant even in remote villages around the world and the visible and invisible exports of these two potential world powers are rising at lightning fast speed. Last year, the President of Mexico once warned the American President and the Prime Minister of Canada that the time had come to enforce some trade restrictions regarding the importing of Chinese products. There was a concern that domestic industries would face serious challenges. The recent "Buy America" policy of US President Barrack Obama indiscriminately made some changes in American trade policies to allow for recovery from the recession. However, Chinese products still dominate the shelves.

It is inevitable that these two nations are booming rapidly and there is a growing shift in the world economic power from the west to the east with the exception of Brazil in South America. While the sun sets in the west, it rises in the east and the powerful rays of the sun fall on China and India. With that additional energy they are flourishing and have reached the stage of prominent world powers and the focus has shifted from painting these 2 countries with the proverbial brushes of poverty in India and human rights violations in China. Of course the domination of economic power does not in any way erase the issues of poverty and human rights violations and as these 2 countries grow in their economic strength these issues will have to be addressed.

The progress rate and the patterns of these two countries have many similarities and contrasts. Both of them have very rich and old civilizations that are still being

analyzed and studied with the help of archeologists and anthropologists. In India the recently discovered Mohenjo-Daro and Harappa settlements at the Indian border with Pakistan, and the Lemurian civilization that sank into the Indian ocean at the southern tip of India have yet to be fully recognized by historians in India. Along with Chinese settlements are around 5000 years old and the beauty of them is that the core elements of those civilization never died out even during the suppressing colonial rule of the west for almost 500 years. Although they were paralyzed during the colonial era, after gaining independence from the British on 15th August 1946 in a non violent resistance led by Mahatma Gandhi in India and establishment of a socialist system of government based on Marxist philosophy in China on October 1st, 1949, and their people began to revive and they are proud of what they are, and made the world recognize their identity and respect it's values and merits.

Both the nations are the richest in terms of human resources which encompasses almost one third of the entire global population. Today, it has not been considered as an economic burden as it used to be in the recent past. The age distribution of China has more of a middle aged population and the working age population is going to reach one billion and the rest of the population will be seniors and children. Furthermore, based on the current trend will reach its peak in 2015 and then it will shrink steadily. If China does not adapt the policy of one child per family (the maximum established in 1979) today China would have had 400 million additions to the current population. That is more than the combined population of Canada and the USA.

The population growth rate and the age distribution of the Indian population has evolved somewhat differently. Though family planning has been a pressing issue since the 1960's, and the message was delivered to the masses along with incentives by the government; the objectives could not be achieved as planned. One of the reasons for this is that many in India are illiterate and unlike China the life of the common people is very much influenced by religious beliefs. None of the religious groups were in favor of artificial or natural ways of family planning particularly the Muslim community and orthodox Hindus. In India, the government does not have the authority to enforce compulsory sterilization or abortion to control the population increase. The government also does not have the power to force anyone to use condoms and



in turn, this has contributed to an increase in the number of people infected with HIV/AIDS. In China it is very hard to obtain independent statistics regarding HIV/AIDS other than those provided by the government. Whereas in India, one can easily obtain the numbers as there are many local and national health agencies keeping up to date statistics.

The type of government also matters in their development. India is the most populous democratic government in the world and exercises their duties along with employing a wide range of fundamental freedoms to the masses such as freedom of expression, freedom of the press and private ownership of property. In India after achieving independence, the India Congress (one of the major political parties) was in power for a long time and there appeared to be a one party system of government. Later on the JBP joined and the government turned into a two party system.

The practice of the multi-party system of government has its own pros and cons but it is most widely accepted by the common person. To get the full level of benefits in a democracy, the masses have to be somewhat educated to be able to decide and cast their vote in an election. But in many parts of India election malpractice and the tendency towards hero worship amongst the undereducated of the electorate, has allowed corrupt politicians to abuse the system. The essence of the democracy has been diluted and mixed with unwanted elements.

In contrast to the western democratic system of government, in China the system of government is a centralized proletarian dictatorship ruled by the Communist Party and there is no room for the existence of another party. No one has the right to question the ideology or advocate for an alternative system. The economic system is almost a monopoly system. According to Karl Marx even the optimum level of capitalism leads to a private monopoly, and it is better to have a state own the monopoly rather

than the private sector. The wealth of the nation belongs to the state and private enterprises are not welcomed or encouraged. It would be easy for the government to push the plans without wasting time in the debates and taking time in implementation. People have to undergo a lot of sacrifices for the nation.

A striking example of this is that on June 4th, 1989 a million post-secondary students and supporters gathered on Tiananmen Square and on that Saturday night it has been said that thousands of them were mercilessly killed. On the following day, the local and state media were prohibited from reporting about this event. Even to this very day, the Chinese government keeps a tight leash on what is said or not said about the events on Tiananmen Square.

Both these nations have deviated from their original paths. China was for a long time isolated by the western world. The entire world criticized its suppression of human rights and poverty. The closed door system was as impenetrable as The Great Wall for it did not allow the outside world to gain any authentic information other than what was given by government officials. Then Dr. Henry Kissinger in the 1970s knocked at the gate and it opened. He employed a triangular political maneuver in which he wanted to weaken the enemy by becoming friendly with the enemy of his enemy. In order to attack the Soviet Union, America became close to the enemy of the Soviet Union even though both of them practiced the same ideology. As a result, many countries began to recognize the Chinese government and established diplomatic relationships.

India was inclined towards the former Soviet Union against America while Pakistan was backed by the USA against India. The United States meanwhile kept a superficial friendly relationship with India. Drastic changes in the global system occurred after the disintegration of the Soviet Union and the dismantling of Socialist governments in Eastern Europe. America became



the only superpower in the world. India had no other choice but to turn to the USA and had come to the stage of reaching an agreement regarding atomic energy. China does not criticize the capitalistic system as the former Soviet Union did. China allowed foreign investment and established bilateral economic activities. These days the water tight compartments of west and east and the right wing and the left wing has come down to a mixed economic system and intricate levels of diplomacy and global communication.

It is inevitable that every country, whether big or small, developed or developing, free-market, or socialist, to a certain degree has to embrace the concept of globalization. It is evident to witness that economic co operations such as European Union, the G20, the United Nations, NATO, NAFTA, and other organizations are some of the grounds for it.

These two nations have an excessive number of skilled professionals and their man power is in high demand by developed countries such as the USA, UK, Canada, Germany, France, and Australia. The countries that receive these skilled workers do not make any investment in them. Whereas the governments of India and China have invested much time and money in developing these skilled workers. In the next 20 years exports from India and China will remain stable. Later on the high growth of their economies at a rapid rate and the high percentage of the aging population will absorb these highly skilled workers. However, as the local economy improves, the migration of these skilled workers will decrease even though the developed nations will still have a demand for them.

The pulling force of the migration of manpower is the higher wages and better standard of living in western countries and Australia and the main pushing force is mass unemployment. The rapid economic and infrastructure development eventually cause a decline in the exporting of skilled man power. Even today some of these skilled workers migrate to Canada work for a short period of time, obtain Canadian citizenship and go back to their home with their new sophisticated experience and remain. For example, quite a few Chinese migrated from Hong Kong to Canada in the late 1990s just before the British handing over of the island to China. They were afraid that the Chinese government would interfere and place restrictions on their business activities.

Contd. in Pg 42...



Canadian Tamil Congress Press conference held on Oct 22, 2009 regarding the plight of Refugees from the Ocean Lady

Day and night, we have been taking calls from many of the 76 people who fled to Canada on the Ocean Lady. In their voices and that of their families, we have heard the pain, confusion, and desperation of their suffering. That is why we are here today, we are urging you to support the newcomers who might be destined to become victims of Rajapakse government if we turn our backs to them.

Many of them have arrived in Canada after much difficulty. Some have families, but many of them have come here alone and don't know or have anyone in Canada. We are in the midst of a dark year where often times we felt helpless in the face of the arbitrary killing of tens of thousands of Tamils and the internment of 250,000 more. We stood on the streets of the country, helpless and unheard. But these Tamil refugees who have arrived on our shores give us a chance to actually save some Tamils, to

An appeal to the Tamil Community Members

make a difference. We need not remind you if they are returned to Sri Lanka what the government will do to them and as a community, we have a responsibility to do what we can to not let these individuals end up as statistics.

At the Canadian Tamil Congress, we are doing everything in our power to assist the newcomers. Earlier this week, we sent legal and media representatives to Vancouver. There, we actively worked to help brief legal counsel in the region and translated the refugee process into Tamil documents for the newcomers. CTC also met with some of the newcomers. We also conducted multiple interviews and held a press conference in Vancouver, which was attended by major media outlets. In our interviews, we asked the government to show compassion to Tamil newcomers and informed the public and media about the plight of Tamils in Sri Lanka (including the 250,000 IDPs trapped in camps). Additionally, we have set up a hotline and are currently taking calls from inmates and helping connect those, who have families, to their relatives in Canada and around the world. We are also working directly with the relatives who we have been in contact with and are holding meetings to

inform them about the newcomers' legal rights. In addition, we are working alongside with elected leaders, political leaders and parties to raise awareness about the plight of the newcomers. We also gave \$1,500 to help pay for phone cards for the newcomers, to help them connect with relatives if they have any and lawyers.

But in the coming days, we humbly ask you to stand with us in helping the newcomers. We are currently arranging for housing for the refugees in Vancouver and Toronto, once they are released, and we asking you to come forth to help provide temporary shelter for these individuals when the time comes in these two cities. Shelter is immensely needed particularly for those who have no one in this country. We are also asking for those who can provide licensed translation services in Vancouver and Toronto to come forth to help assist these migrants. Furthermore, sureties and bonds are needed for Tamil refugees with no family in the country to be released from the detention centre.

As a Diaspora, we watched with pain as thousands died and those in the international community failed to hear our plea. Now, we have a direct chance to make



a difference in the lives of these Tamils, who are fleeing persecution. Our time to act has come. We have a responsibility to help as directly as we can to save our fellow Tamils. We urge you to join us in helping our fellow Tamils at

this much needed time. Please contact us at 416 240 0078 if you wish to help these Tamil newcomers.

Info by: Canadian Tamil Congress

Ignorance cannot lead to liberation!

Again and again we confuse spirituality with religion. As I have said before, at the very basic level, spirituality is flowering of internal awareness. Religion is a very poor external tool that pretends to achieve this.

Religions, as they evolve, can converge towards spirituality. But this happens at the individual level, through individual effort, and not through any institutional support. The institutional support may help, if you see many others moving in the same path with the right qualities, but it can never substitute individual effort that we call sadhana or tapas, practice and penance.

At the lowest level, religions can be based on ignorance. Unfortunately, many religions are. They force you into believing what they say without questioning. They say this is what God said. They do not give you the freedom to approach God.

Ignorance based religions subjugate you. Their only purpose is to control you. The problem with unquestioning faith is that there is no awareness behind it and it can be destroyed in a second. Secondly, there is no God who is interested in laying down dos and don'ts for you. That is the job of control-freak humans, not an all seeing compassionate God. Neither He has time to lay down

regulations for you nor the inclination to watch over your movements to check whether you are doing right or wrong.

Unquestioning beliefs, based on regulations, can only lead to bondage. Such bondage leads to intolerance of others and beliefs of others. It leads to the fanatic belief that I am alone right. That is what leads to terrorism and all other negative acts against humanity.

Shedding of this ignorance and moving to a greater level of awareness about ourselves and all that exists around us helps to move to higher planes of existence. This can only be done at the plane of aloneness, the plane when you are all in one. When the 'I' merges into a compassionate embrace with the 'all' in this universe, you move up and you are liberated. Yes, it can and will happen.

Institutions cannot do this for you. They create boundaries, whereas liberation is breaking down boundaries. Institutions fragment so that they can control, but spirituality is about integration. Question your beliefs? If those beliefs do not work in this time and space, you have nothing to lose by losing them.

That will be your first step in moving towards Nithyananda, eternal bliss.

Nithyananda, www.nithyananda.org, <http://www.youtube.com/lifeblissfoundation>

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The Dragon and the Elephant...

Contd. from Pg 41

After a few years, many of these business people, some of whom obtained Canadian citizenship, regained their confidence and moved back to Hong Kong.

Having a bulk of the local population and the high rate of economic growth broadens the local market for their products and it is another added advantage. The global market for their products will have some changes. The quality of their goods will have a marked improvement by years of experience and with the use of high technology will fetch better market. The prices of their exports might not remain cheap as it is today due to the fact that the standard of living and cost of living are rising and the inflation rate is also shooting up. Labor costs will certainly increase and it will push the cost of production higher and the export prices also will go up. China has a very high market for low cost consumer goods around the world and the prices might not remain the same. Some countries have placed restrictions on these imports to protect local producers and due to the poor quality of these goods according to their standards.

These two countries have not only contributed positively but also adversely to the globe in some ways such as in climate change, and global warming. These two countries consume a high percentage of cheap sources of energy and it adds a high percentage to air pollution and global warming. China burns fuel five times less effectively than the west and it also added to the death toll in millions. Low levels of literacy in the rural areas, neglect of compulsory universal education for children between the age of 5-14, child labor, inaccessibility of medical facilities and poor health services also attribute to this.

The rivalry at the regional level is

not a healthy sign. The border states such as Bhutan, Nepal, Tibet and Sri Lanka are caught in between. And when the dragons and elephants fight, those caught on the field will suffer although in some cases they get undue advantages. For example, China wants to get Sri Lanka on its side by using the Buddhist sentiments of the majority population in Sri Lanka to help them win more political influence over the Tamil population. China is doing to Sri Lanka what the Soviet Union did to the U.S.A by influencing Cuba. Already there is an undeclared war in infiltrating these small nations. Tibet was invaded by China, the Maoist influence is very high in Nepal and there is an uneasy situation at the Indian border with China and according to the Indian government, the huge number of soldiers brought to the border is an indication that tensions are mounting. The friendly and close relationship with Pakistan by China is viewed with suspicion by India. This current situation is reminiscent of how during the colonial era, France and the United Kingdom fought each other, and of the Soviet Union and USA during the Cold War. Though these super powers are working together, the playing cards are not always on full display.

The gates of the Great Wall of China are no longer closed and locked and they are slowly opening and the Taj Mahal, the monument of love has turned to a love of growth and power. The effects of these changes have brought not only changes within the Elephant and the Dragon but have shifted the focus of the world towards the East.

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

Jenny Craig: Box Grove branch celebrates 1st Anniversary

Jenny Craig's Box Grove branch celebrated its 1st anniversary on Saturday, Oct 31st

in grand scale. It was fun filled event and guests were offered for free draws for fabulous prizes. Many showed up for the event including Markham Mayor Frank Scarpitty and Ward Councilor Logan Kanapathi. Monsoon Journal also joined the celebration and gathered details about Jenny Craig and glad to share to all the readers.

Jenny Craig is more than just a diet. Our approach targets weight loss in a unique way to help you not only lose your desired weight, but more importantly, keep it off!

Jenny Craig addresses three key areas critical to effective weight loss: Food, Body, and Mind. During your weekly (15 minute) consultations with your own personal consultant, you will walk away with all of the knowledge and tools you need to be successful, and ultimately, live your best life.

Jenny Craig also realizes that each client is unique! Jenny Craig's programs aim to personalize weight loss to meet your lifestyle needs. With over 80 menu options, you will have the opportunity to eat the foods you enjoy and still lose weight - without ever getting bored. Jenny's Cuisine is a model for balance, variety and moderation, and it's an essential part of your success while on the Jenny Craig program. *We also accommodate for clients that prefer a vegetarian menu*

Another unique feature about us is that we value maintenance.

An import learning the skills necessary to plan and prepare meals on your own. In your Food consultation, you'll take a "Food Confidence Quiz" to understand your strengths and opportunities regarding menu planning and your eating style. You will also have time to practice menu planning first, to ensure that you are very comfortable before trying it on your own. Then you'll start to include meals using your own foods one day per week - and, as you feel more comfortable, two days per week. If you'd like to eat out with family or friends, we'll provide helpful tips as well as our Dining Out Guide so you can make healthy choices. Be assured that you will have the skills and information needed to support your consistent weight loss. Your Consultant is there for you, to share motivational strategies to help you work past any hurdles that might arise during your Halfway process.

Jenny Craig works! In a recent clinical trial, Jenny Craig participants lost over five times as much



(L-R) Sheryl Pond, Pam Veitch, Michelle Osburn, Michelle Morris and Lenna Boyrazian



Amanda W, Before and After losing 185 lbs*

weight as those who dieted on their own*. Since 1983, hundreds of thousands of people have lost weight using Jenny Craig's safe, effective Program. But what happens when you reach your weight loss goal?

By the time you reach your goal weight, you'll have learned the skills to plan and prepare your own delicious meals through healthy cooking techniques and recipes and you will have developed a healthier relationship with food, becoming a more balanced eater. Within a month, you will reduce the number of days you eat Jenny's Cuisine™ and transition to the Maintenance menu. You'll also find that physical activity has become a normal part

of your daily routine. With the help of your personal Jenny Craig Consultant, you'll have learned healthy new habits and ways to live a more balanced lifestyle while creating a support system that can help you maintain your weight loss!

**** Here is a success story**

Dear Jenny,

Let me begin by thanking you so very much for the wonderful program. There are no words that could tell you how much I appreciate it and how I feel is beyond any worldly pleasure I could possibly imagine.

My family and I migrated to the USA 6 years ago. It was very hard starting a new life with no friends or

family. We came here for a better life and to educate our daughter. It wasn't easy adjusting, especially since we came from a completely different culture and background. I was so alone and miserable. Without a friend in the world I turned to food. I started eating so much and did not want to accept the fact that I was extremely over weight. I did not even know how much I weighed because I knew what the scale would tell me and I did not want to face it. It was easier being the way I was just eating not caring about anything. Food made me content for a while.

One day I was sitting on the couch at home watching TV- by the way, that's all I did. I would come home after work, sit on the couch and not move until it was bedtime. I started thinking ??? why am I doing this to myself, I have a beautiful daughter and a good husband.' My daughter needed me as a mother and a friend to go to the mall, run in the park and just hang around with her. I could not do any of these things, as I could hardly walk. Just walking became a difficult task because I was so heavy.

I had heard about Jenny Craig by reading magazines and from people at work. So I picked up the phone and called the Jenny Craig Centre and made an appointment with a consultant. When I met with my consultant, I was very emotional but she was very understanding and supportive. When I got on that scale I realized I was 334 lbs*! I was in shock and could not believe that I had done this to myself.

My consultant explained the program to me very patiently and assured me that I could do it. I wasn't sure at that point because I did not trust myself. My husband and daughter sacrificed so much since we were struggling financially. But now I know that all the money in the world cannot compare to how I feel. I am a new human being. My self-esteem is way up and I am confident and most of all extremely happy and I owe it all to you dear Jenny.

I want to help others because I know how much it hurt to be that fat person I used to be. It was a very dark and a lonely place and now I am living the life I deserve. Thank you again and again! I can't stop thanking you enough. When I started to exercise, all I could do was walk.

I started walking just 10 minutes a day. That's all I could do, as I was so heavy. Then I increased to 15 minutes and then 20 and so on. In a month or so I started walking 5 miles a day. I would get up at 4:30AM and walk 3 miles and then come home go to work, comeback after work and walk another 2 miles every single day. Because I was so heavy my ankles would swell and I would cry in pain all night but I did not give up! I was driven.



In December I was ready to join a gym. At the beginning I was so embarrassed to go to the gym alone, since I felt so heavy and conscious about how I looked. Nevertheless, I had no choice. I had to go alone. I started walking on the treadmill (slow as ever). I had to teach myself to ignore everyone - just as they ignored me. I felt as if people were so unfriendly, except for the few who made my day by telling me "great job." Just those little words helped me so much to go on. I told myself "YOU'RE HERE FOR YOU NOT FOR THEM!"

I started going to the gym 7 days a week 2 times a day. I would go to the gym before I went to work at 5 am, then after work again for a total of 3 hours a day. I did so much cardio walking on the treadmill and the elliptical machine. I was very dedicated and worked very hard to lose weight. Seeing the weight loss each week motivated me more and more and I worked harder and harder and I even incorporated weight training.

I never once cheated on the Jenny Craig program!! I followed Jenny's plan and never felt starved or hungry. The food was so good and I loved every bit of it. Then I gradually started cooking on my own, as I knew exactly what to eat because my consultant had educated me. Even on maintenance, I still choose to buy some Jenny meals and snacks.

I have lost a total of 185 lbs* I am only 5 lbs* away from my goal! I am a whole new person. I am content and not afraid of society or to mingle with people. I have friends and so many people come up to me at the gym and at my work place and tell me how incredibly good I look. They cannot believe how much I've shrunk. I never forget to tell them about Jenny Craig's awesome program! I have already inspired many people to join Jenny Craig and one person I know has lost over 50 lbs* with the program.

Please give me an opportunity to share my story with millions of people who think they will be miserable for the rest of their lives because of their weight. I know now it does not have to be that way. The mind is stronger than anything and if I can do it then anyone can. All you need is Jenny Craig, support and a strong mind and you can achieve almost anything. I know people will listen to me, as I am a working class simple human being who changed my life forever!

Thank you again! Jenny, you truly saved me!

Sincerely, Amanda

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Hockey: Staying in the Game

Do you enjoy a good game of pick-up hockey or belong to a league? Do your children participate in youth hockey? Hockey is gaining popularity as a recreational sport for players of all ages and abilities, who enjoy the fitness and social benefits of a fast-paced team sport.

Due to the high speed and aggressive play involved, hockey has been called a dangerous sport. One researcher compared hockey sticks to clubs, skate blades to knives, and fast moving pucks to bullets. Most of us can probably remember hearing about hockey-related injuries, either at the professional or recreational level. Some basic information can help you develop preventive strategies to make the sport safer.

Common Causes of Hockey Injuries

Although sticks, pucks, and skate blades can do damage, most hockey-related injuries occur due to collisions with other players and the boards. Fatigue and low energy of players due to poor endurance, insufficient rest, or too much ice time can also make them more likely to get hurt.

Who Gets Hurt?

Alarmingly, nearly half of hockey-related emergency room visits involve recreational players between the ages of twelve and seventeen. Worse still, players under the age of twenty account for half of all hockey-related spinal cord injuries, caused mainly by colliding with the boards after being checked from behind. Interestingly, studies show there is no significant difference in injury rates and causes between men's and women's hockey leagues.

What are the Most Common Injuries?

Most hockey injuries involve the upper body, and can include fractures, sprains and strains of the collarbones, hands, arms, elbows, neck, and shoulders. Concussions are the most common type of head injury, followed by facial cuts, dental and eye injuries. Low back, groin, hip, knee, and ankle injuries also occur frequently.

Since hockey players are susceptible

to such a wide range of injuries, you may be asking if there is anything you can do to minimize your risk of getting hurt? Yes! Some simple tips may be helpful in keeping you on the ice:

Training

A good training program should involve cardiovascular, stretching, and strengthening exercises. Cardiovascular training will increase endurance and decrease fatigue, which has been linked to injuries. Even the fittest players should take breaks often to rest, drink fluids, and stretch stiff muscles. A comprehensive stretching program for the back, arms, shoulders, thighs, and legs should be performed both before and after games to keep muscles limber and prevent stiffness and soreness.

Strengthening programs have been shown to prevent muscle strains in professional hockey players. A study of fifty National League Ice Hockey players showed that players were seventeen times more likely to experience debilitating groin pulls and inner thigh injuries if these muscles were significantly weaker than those of the outer thigh. A second study showed that a six-week strengthening program was effective in preventing groin injuries in professional players.

Finally, low levels of off-season hockey training predispose players to injuries of the thighs and groin, so it's wise to play hockey year-round, even if summer hockey is limited to pick-up games.

Equipment

Although hockey equipment is expensive, properly fitting gear, including helmets, mouth guards, shoulder, and elbow pads, can make a world of difference when it comes to avoiding injury. Helmets have a life span of three to five years, depending on how often they are used [5]. When purchasing a helmet, make sure to choose one with a full face shield, since face shields have been proven to reduce the severity of concussions regardless of the wearer's experience level and position when compared to visors alone.

Ten Tips for Preventing Hockey-Related Injuries

1. Stretch both before and after the game.
2. Participate regularly in an exercise program to improve your strength and endurance.
3. Play year-round.
4. Obtain proper treatment for old injuries before returning to play.
5. Choose a helmet with full face shields.
6. Make sure all your equipment fits properly.
7. Replace worn out equipment.
8. Make sure your rink temperature and ice surface are well-maintained.
9. Play fair and support a zero tolerance rule for illegal checks and maneuvers.
10. Consult your chiropractor if you are injured or experience pain while playing.

If you experience pain while playing or if you are injured, seek care immediately. Doctors of chiropractic are trained to diagnose and treat many sports-related injuries, and proper early treatment of an injury will help you get back on the ice sooner. Your chiropractor can also help you develop a sport-specific training and exercise program and give you tips and advice on how to stay in the game.

For more information on chiropractic or back care, visit the Ontario Chiropractic Association website at or call 1-877-327-2273. Dr. George I. Traitses 416 499 5656, www.infinite-health.com.

Coldwell Banker Exceptional Real Estate Services office Celebrates Halloween Party

Some of the pictures taken at the Halloween Party on Friday, Oct 30th



Coldwell Banker Admin Staff, Administrator Toni Collela and support staff Liza Franses and Jennifer Savage



Coldwell Banker Agents and staff at Halloween Party and Broker of Record Dale Thom at the back. Photo Courtesy: Toni Collela and Jennifer Savage

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Diwali - Darkness to Light celebrated in Canada

By Kanayalal Raina

On 17th October, Hindus, Jains and Sikhs celebrated Diwali in Canada. Earlier on 8th October Prime Minister of Canada attended Diwali function organised at Parliament Hill, Ottawa. This "festival of lights" invariably warrants lightening of inner lamps to dispel darkness of ignorance of inner being and then to celebrate Diwali in the rejoice of awareness of the inner light (Atman) or the Supreme reality (Param Purush). He who sees outside, dreams; he who sees inside, awakens. Several organisation celebrate Diwali in Canada as elsewhere in the world. The festival of Diwali marks the victory of good over evil. It is the most cherished and eagerly awaited gala festival of the year.

The assembled guests included federal ministers, ambassadors, Counsel generals and other various dignitaries, business men.

Later in Mississauga Ontario, Ram Mandir staged Ramleela. The dazzling decor, the spectacular entertainment, the rhythm of the beating dhol and a flair of colourful Indian saris and dress sparked a spirit of celebration with panache. The event was well attended by mayor of Mississauga and elected political leaders. Mayor Hazel McCallion captured the hearts of every one by her eloquent message and charismatic demeanour.

Diwali or more aptly Deepavali is very enthusiastically celebrated for five continuous days and each day has its significance with a number of myths, legends and beliefs..

This festival is celebrated by Hindus and non-Hindus in all parts of the world men and women, children and seniors, rich and poor all observe this festival of light to ward off the darkness and welcome light into their lives. Diwali leads us into Truth and Light and is celebrated all over the world on a wide scale on Naraka chaturthasi day just on the dawn of (September /October) every year.

A popular prayer of Rig-Veda says; " Tam so ma jyotirgamayam; mrityormaritam gamay."(Take me from darkness to light and from mortal worlds of recurring birth and death to immortality. The very essence of our philosophy is the assertion that there is something beyond the physical body and mind which is pure, infinite, and eternal, called the Atman. Just as we celebrate the birth of our physical being, Diwali is to be celebrated as awakening of Inner Light. This knowledge outshines all darkness, awakens individual's true nature, not as the body, but as the unchanging, infinite, immanent and transcendent reality. With the realization of the Atman, comes universal compassion (atamvat saravbhooteshu) love and the awareness of the oneness of all

things .This brings Inner Joy or bliss (Ananda).

Various significant events like return of Lord Rama to Ayodhya after victory over Lanka, killing of demon Narakasur and annihilation of Indra by Shri Krishna are associated with the celebrations of Diwali.

Skanda Purana marks it for the accomplishment of 'kedara gauri vrata' (austerity) by Maa Shakti. Worship of Goddess Lakshmi symbolizing wealth and prosperity is done on this day to invoke her blessings for the year ahead. According to a legend, it was on this day that Goddess Lakshmi emerged from the Ocean of Milk (Kshira Sagar) during the great churning of the oceans (Samudra-manthan). Another popular legend relates to Vaman Avatar (incarnation) of Vishnu on this day to kill the demon king Bali. Thereafter it was on this day, that Vishnu came back to his abode (Vaikunth).

The festival, nevertheless, has a far greater spiritual significance. Celebrations of Diwali cannot end up barely by lighting candles and bursting crackers or making merriments.

But how to tread on this journey of attaining inner bliss (Ananda) For this ,first we should understand and realize that the entire existence is based on duality .Every reality has an opposite and an illusion("Viloma").Even modern scientists tend to acknowledge this fact. Third Law of motion of Isaac Newton is a law of "Maya" : "To every action there is always an equal and contrary reaction; the mutual actions of any two bodies are always equal and oppositely directed." Action and reaction are thus exactly equal. "To have a single force is impossible. There must be, and always is, a pair of forces equal and opposite."

Fundamental natural activities all betray their Mayic origin. The very texture and structure of creation herself is "Maya". In her own domain, she is eternal and inexhaustible. A common man, that too ridden with so much of ignorance in the height of this Kalyuga is busy in external pursuits of illusion. He hardly knows anything about himself and has been constantly groping in the dark. Thus he remains in a perpetual flux, unable to reach finality; fit indeed to formulate the laws of an already existing and functioning cosmos, but powerless to detect the Law Framer and Sale Operator. The majestic manifestations of gravitation and electricity have become known, but what gravitation and electricity are, no mortal knows. The essence of spirituality is to tear the veil of "Maya" and to pierce the secret of creation. As long as man remains clung to "Maya", he is subjected to the dualistic delusions of nature, ; he cannot be enlightened. Celebration of Diwali



would just be one of the social rituals for him. This "Maya" or avidya can never be destroyed through intellectual conviction or analysis.Only interior enlightenment lead to its realms

This implies that if truth (Satya) exists, untruth or illusion (Maya)should also exist in equal quantum .If happiness exists, gloom too should exist. If there is life; there is death too . Our intellect cannot illumine or know God

as an object of knowledge .The central focus in the scriptures, namely, Sankhya, Yoga, Nyaya, Vasisheshika, Purva Mimamsa, and Uttar Mimamsa or Vodanta, is to answer this question and present the nature of man, universe and God, or the triad of Jeev-Jagat-Ishwar Brahman is defined in the Vedas as one that presents itself as absolute truth - onewithout second; eternal, omniscient and self-illuminating, as absolute

bliss or joy. Scriptures too ultimately declare 'neti,neri,neti'(We don't know) about the Supreme reality. The cognitive power of intellect is unable to illumine the ultimate reality but the same intellect can know him if its ignorance is dispelled after being illumined by the knowledge as the lamp illumines the objects surrounding it. In this process, we require a Sadguru who has known God as the Absolute Reality. It is only then that reality presents itself as our own pure and infinite Self.

Thus, a true enlightenment can be attained only by the grace of Sadguru. Then nothing remains to be known or defined. Once Atman realizes his absolute entity, it reaches the state of perfection. Such a soul reaches and attains this abode of immortality. He is free of all bondages. For him it is the unchanging existence. He is immortal, without beginning, endless, infinitude beyond time, space and causation. He attains total bliss and blessedness. Such is the state of immortal world. This is the world of immortality; the ultimate abode of the Sant (Sadguru). This domain is the abode of Atma where they go and finally rest. "Mahram hoi so janey santo aisa desh hamara, bin badal vahan bijli chamke,bin suraj ujjiara"(only those who know the intimate secrets of spirituality are aware of that world. Thunders occur there without lightening and there is light without sun).Then there is Diwali forever.

Ram Mandir Diwali celebrations at Living Arts Centre Mississauga

By Kanayalal Raina

A long convey of 67 cars beautifully decorated and a truck (float) carrying Lords Rama, Sita, Lakshman, Hanuman and Viaisthta were seen proceeding from Erindale go-station towards the Living Arts Centre, Mississauga, the location of

Diwali show, where Mayor and other dignitaries received them with aarti. A strong crowd of over 1500 witnessed the diwali show, hosted first time by Shri Ram Mandir in open area of west of Square One. The event was filled with lots of entertainment, bhajans, songs, dance concert

and musical show.

Gratitude unlocks the fullness of life. It turns what we have into enough, and more.

It turns denial into acceptance, chaos to order, confusion to clarity.





GEMS: Purposes and Influence on Human Life (3)

SCORPIO

(October 24 to November 21)

Lucky Gem: Red Coral

Lucky Color: Maroon

Gems are one of the biggest treasures of the nature made available to the human being. A few of the true gems are most expensive and are hard to find. They can only be read about in books. As the gems possess significant qualities so do some living beings. Some people in this world possess most extraordinary and very special qualities. They are honoured as gems among the human beings or diamonds.

Since ages human being has a crush on gems. Their aura, their colour, their designing, their cutting, and of course their cost has always been stealing hearts of men and women. The true gems are long lasting, possess good smell, and are most attractive but being expensive, are almost out of the reach of common people. On the other hand, this is also a fact that man hunts such things which are hard to obtain. That is the reason why wearing gems is a status symbol as this shows the superior choice of the person wearing them. Last but not the least, they add to the beauty that is why men and women both have attraction for the gems.

Beauty of the gems itself is one aspect. The other aspect is their mysterious powers which add to their prestige and significance. This results in their sky high cost. The gems also have hidden divine powers and are very helpful in treatments of certain diseases. From centuries Ayurvedic practitioners have been using the gems in the form of powder or chemicals for treatment.

Gems have proved a boon for the astrologers and palm readers as they advice their clients to wear certain kind of gems suitable for their specific sign and of



course keeping in mind their contemporary circumstances. These gems certainly help the clients to come out of their problems which ultimately results in stronger belief about their astrologer or palm reader. As a result they become their permanent customers that definitely helps the lucky stones advisors to make more and more money.

There are three specific qualities of gems:

1. Beauty
2. Unavailability
3. Permanency

At the time of buying a gem, the purchaser must look at the shape and colour of the gem.

Again there are three things to be observed about the colour of the gem:

1. Colourlessness: The gems which have no colour at all.
2. Very light colour: The gem is colourful but dull. It is not bright coloured and can be seen through partially.
3. Very dark colour: So dark that cannot be seen across like Phiroza.

It is to be noted that colourlessness, dull colours or dense colours are not the scale of to fix their price. This is their hard to find and specific qualities which fix their price.

Now let us discuss about this

article's specific gem - Coral which is advised to be worn by scorpions, born between the dates October 24th and November 21st.

Coral: In Indian parlance Coral is known as Moonga, Pravalak, Praval, Bhoumartna, Vidrum, Angarak Mani, Lata Mani, and Sinduja. Persians call it Majaan or Miranga, Chinese call it Sahuhochi and Burmese know Coral as Taadaa. It is called Coral or Moonga because of its red, orange or maroon colour. Among the planets, Mars is known as the Commander-in-Chief. Therefore, its choice gem Coral is given to the chief of the royal forces to wear, so that it can demolish all adversaries and enemies and emerge victorious and valorous. The scorpions are advised to wear Coral. Acquarions, Capricornions, and people of Pisces sign can also wear Coral, but should do it with the advice of an astrologist.

Defected Corals: A defected Coral should never be worn as it will cause troubles and losses in place of profits. The corals should not be spotted, white dotted, pierced, split, double coloured and with any kind of depression.

Utility of Corals: Corals are mostly used in rings, necklaces and ear-rings. Putting on the coral garland is very much auspicious

By Prof. Saran Ghai

while making prayers. Coral (Rata) also pacifies the defects of the Mars. It can remove night-fever of the diseased if worn on the wrist or in a garland around the neck after adequately been purified by the incense on a Tuesday, Saturday or Sunday.

Please note: You can wear less expensive or low quality gems but you should not expect the same results as you can expect from the true and purified gems. You can contact me in case you are looking for a ring, necklace or ear-ring having a particular gem in it.

(Continued in the next issue.)

(Palm Reader and Meditation Guru Prof. Saran Ghai thoughtfully understands your circumstances, family and financial conditions and advises energized lucky stones accordingly. Readers of 'Monsoon Journal' can contact to join Meditation Sessions with Prof. Saran.

If you are an entrepreneur and want to add to your family income or you are a business per-



son/professional/service provider and want to speak about and share your business/profession/service/product to get clients or strengthen your tem of likeminded people, join 'Universal Business Chambers' and learn new businesses in workshops and mini trade shows to be held every alternate Sunday from Nov. 15 onwards.

For all services contact Prof. Saran Ghai. Ph: (905) 794-4488, (416) 816-5559, E-mail: business-chambers@gmail.com Website: www.muktipathmeditation.com.

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K.S.BALACHANDRAN AS AKILAN'S GRANDFATHER, KETHEESWARAN AS ANPU'S FATHER, M. SUTHAN AS ANPU, K.K. KAANDEE AS AKILAN, MADONA AS UDUMPA, IMMAN AS KUMAR,
T. GOBI AS KANNAN, VINCE JERAD AS MATHAN, MANOGE AS MURALI, AGITH AS NANTHAN, T. JERON AS GEEVAN, SUTHA SHAN AS AAVI, VISHNU AS MARANAN'S BROTHER, THAVAM AS SUGANTHAN,
SATHEES AS SOONAN, ANOJAN AS SAKTHI, LATHEEPAN AS KIRUBAN, DEVA AS MODDAYAN, LUXI AS GEETHA
CHOREOGRAPHY: LLS BOYS, SINGERS: S.P.BALASUBRAMANIAM, KARTHIC, TIPU AND HARINI, LYRICS: SUTHARSHAN, SOUND ENGINEERING: RAMESH SELVARAJAH,
PRODUCTION MANAGER: RAMESH SELLADURAI, MUSIC DIRECTOR: RAJKUMAR THILLAIYAMPALAM, ASSISTANT DIRECTORS: VINCE JERAD AND SUTHA SHAN,
CINEMATOGRAPHER: SABESAN JEYARAJASINGAM, SOUNDTRACKS: LYRICALLY STRAPPED & 20WAVEPRODUCTIONS, DIRECTION: LENIN M. SIVAM
EXECUTIVE PRODUCER: SABESAN JEYARAJASINGAM, PRODUCERS: K.K. KAANDEE, SABESAN, AND LENIN

Photos from Networking Meeting host by RBC on Oct 14th



Networking event took place at Markham and 14th Ave. Branch



Punitha Ganesh, Mina Khurana and Vipul from Denison Discount Pharmacy



RBC Branch Managers and on left is Maria Bosnjak, Regional VP

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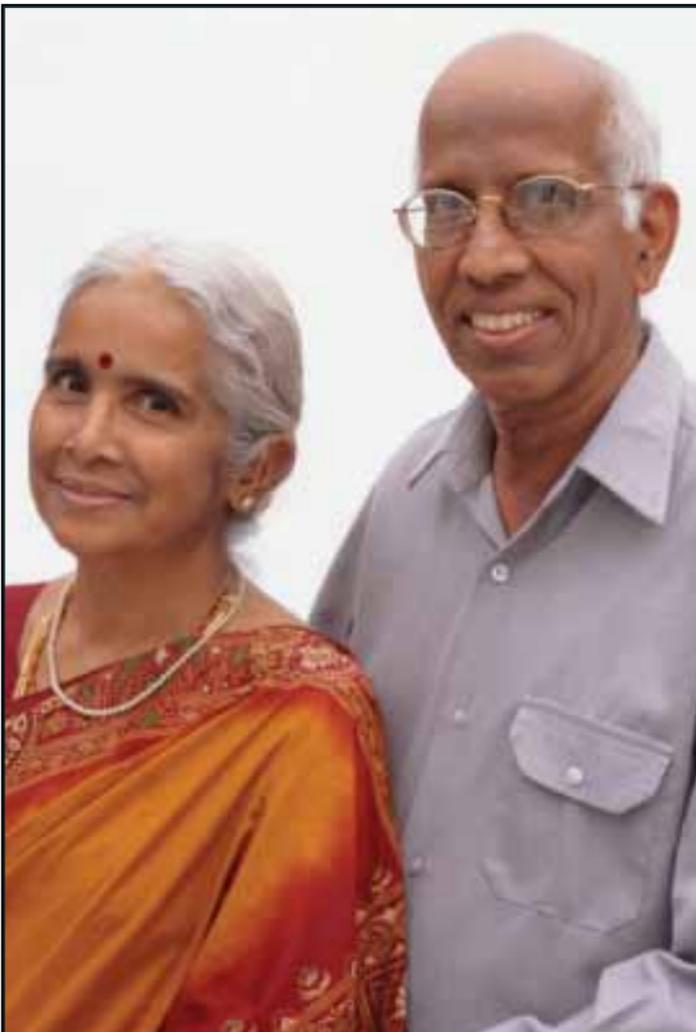
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Tridel Metrogate Townhomes and Ventus

PRESENTING TRIDEL'S METROGATE COMMUNITY IN SCARBOROUGH, BUILT GREEN & BUILT FOR LIFE

Grand Opening Event on November 15, Sunday



Toronto, Ontario... Look no further for proof of the red-hot real estate market than Tridel's newest condominium community, Réve. It's over 86% sold on the grand opening weekend in October. No other developer can achieve such exceptional sales.

Following the overwhelming success of Réve, now Tridel is pleased to announce the Grand Opening Event of Metrogate's Townhomes Collection and Ventus on Sunday, November 15. Metrogate community has proven to be the most popular, award-winning community. Phase 1 Solaris is under construction. The limited collection of Townhomes and the newest edition, Ventus can definitely create another wave of skyrocketing demand.

Jim Ritchie, Senior VP, Sales and Marketing of Tridel says: "It is fitting that Tridel, who has been building in Scarborough for almost 30 years and has developed award winning neighbourhoods with almost 10,000 condominium homes in the area, creates the next generation of world world-

class community design in Scarborough, all with sustainability in mind. To be located just north of the 401 at Kennedy Road in Scarborough, this 'Naturally Better' green community recently was honoured by the Building Industry and Land Development Association (BILD) as Community of the Year - High-rise. This reflects our dedication and commitment to creating a better, healthier and more enjoyable pace to live."

Ventus, a Brilliant New Condominium Residence
Ventus at Metrogate is the newest edition to the master-planned community. Facing the ever-changing colors of Metrogate's vibrant central park, Ventus' two dramatic curved towers feature the latest in sustainable green building design. The suites at Ventus feature superior features and finishing details. Tridel's professional design team has created three elegant design themes -- Natural Collection, Classic Collection and Urban Collection from which to choose your new home's finishing touches. With a wide variety of

layouts -- 1-bedroom, 1-bedroom+den, 2-bedroom, 2-bedroom+den and 3-bedroom and prices only start from \$199,900.

All homes at Ventus have a gourmet kitchen with custom-style cabinetry, granite countertop and a full complement of Energy Star® appliances. Naturally, these homes will include a diverse range of state-of-the-art, sustainable features including a central heat-recovery ventilator system that will provide cleaner, fresher air in a more cost effective manner, as well as energy saving compact fluorescent lighting, water saving toilets, faucets and showers, low maintenance plank floors and increase personal comfort.

Club Ventus - Refreshingly Entertaining
On the 4th level, Club Ventus awaits your pleasure. Its hand-somely finished Party Room with double-sided fireplace, comfortable seating lounges and a stylish long bar offer the perfect venue where residents can toast good friends and good fortune. Club

Ventus Fitness Centre is your way to wellness and fitness with the latest in exercise technology. It also opens up onto a beautifully landscaped outdoor terrace with seating areas - your private oasis offering an alfresco alternative during the evenings entertainment or from your fitness regime.

A Superbly Designed Collection of Townhomes
Looking for a new style of family living, Townhomes Collection definitely is your best choice. Tridel is now releasing a limited collection of superb designed urban townhomes in this landmark green community. Spacious 3 and 4 bedroom townhomes ranging from 1,374 sq. ft. up to 1,452 sq. ft., prices start from \$379,900. Same as Ventus, the Townhomes Collection also provides three elegant design themes to choose -- Natural Collection, Classic Collection and Urban Collection. It is built to the new Energy Star® Performance levels for a healthier, superior quality and more energy-efficient home which will save you money.

Welcome to the neighbourhood Metrogate is located in one of the greenest areas of Toronto with easy access to the Scarborough Bluffs, the sculpture gardens at the Guild Inn and Canada's largest urban park, Rouge Park. Residents at Metrogate won't have to travel far for recreation as the Tam O'Shanter Golf Club is just north of the community. Thanks to the smart proximity of the community to Kennedy Road, and the 401, residents can be on their way, both east and west of the city in just moments, and the downtown is easily accessible via the Don Valley Parkway. The TTC, including the Scarborough Rapid Transit line, is close by, making your transit choices even easier! Just south of Metrogate is the Kennedy Commons shopping centre and the Scarborough Town Centre is just to the east making movie theatres and a variety of wonderful home and lifestyle shops close by. Metrogate will be both a landmark and a destination... a neighbourhood that Scarborough has never been seen before.



Metrogate Townhomes & Ventus "Grand Opening Event"

Date: Sunday, November 15
Time: 10 am to 6 pm

Venue: Metrogate Presentation Centre
Kennedy & north of Hwy 401 (Opposite to Delta Hotel)

Enquires: www.tridel.com or call 416.293-5535

Tridel is Canada's leading developer and builder of condominium residences with more than 70 years of homebuilding experience. Tridel is the current "Home Builder of the Year", as recognized by the Ontario Home Builders' Association 2009, and offers the "Highest in Customer Satisfaction With New Condominium Builders in the Greater Toronto Area (GTA) for Four Consecutive Years", as recognized by J.D. Power and Associates 2006-2009.

To date, the Tridel Group of Companies is responsible for producing more than 70,000 homes, and continues to lead the industry in innovation, technology and design. Tridel is determined to develop condominium communities that meet the needs of today's homeowners while safeguarding the well-being of future generations. The company is working to meet this goal by focusing on environmentally sustainable building design and performance in construction and corporate stewardship.