

A *parfait media publication*

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Canada extends condolences and support to the victims of landslide in Central Sri Lanka and floods in Kashmir in India

The Honourable Deepak Obhrai, Parliamentary Secretary to the Minister of Foreign Affairs and for International Human Rights, on October 31st made the following statement in the House of Commons:

“On October 15th I visited Jammu and Kashmir in India. On my visit I announced Canadian support to communities affected by devastating floods through providing clean water sanitation units for approximately 20,000 families for a year through GlobalMedic, a Canadian NGO.

I was saddened to witness the crushing devastation caused by the disaster. I visited a Gurdwara in Srinagar and was impressed at how the community had converted their temple into a large and effective relief centre to assist those displaced by the floods.

Mr. Speaker, recently another natural disaster struck South Asia.

On Wednesday (October 29), a devastating landslide in Sri Lanka destroyed

over 63 homes, damaging over 140, with 192 people missing and at least 15 confirmed dead. On behalf of the Government of Canada, I would like to convey my heartfelt condolences to all of those affected by this terrible tragedy. Our thoughts and prayers are with them at this time.”

According to news reports, the landslide in Sri Lanka triggered by heavy rains destroyed the homes of Tamil tea plantation workers at the Meeribedda tea estate in the central Badulla district. Sri Lankan Army deployed a contingent of over 500 troops from the Security Forces Headquarters to rescue the buried victims of the landslide.

India, Pakistan, United States and the UN offered assistance to Sri Lanka towards carrying out relief efforts to hundreds of people displaced by the landslide. However Government of Sri Lanka has so far not sought any such outside help for disaster relief efforts, several news reports further stated.



Prime Minister Stephen Harper and Hon. Deepak Obhrai at the 14th National Diwali Celebration held on October 18th at the Hindu Sabha Temple, Brampton.

Empowering Diaspora Networks is key to successful long-term economic development in Canada

“The Power of Diaspora Networks” conference strived to address the strategic economic advantages of having diaspora networks in Canada, and to recommend how these communities can collectively thrive in the global economy

By: Harrish Thirukumaran
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John Tory elected Toronto’s new Mayor



“The people have spoken and tonight we begin the work of building One Toronto, a prosperous, fair, and caring Toronto the Great”

- John Tory in his Victory Speech

By Siva Sivapragasam
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Empowering Diaspora Networks is key to successful long-term economic development in Canada

By: Harrish Thirukumar

In Toronto's fast-paced downtown core, a thought-provoking conference was held at Ryerson University. This event was called 'The Power of Diaspora Networks,' which discussed the influence of various Canadian diaspora groups in the country's overall economic progression. It was held on October 14, 2014 at the Ted Rogers School of Management.

As aforementioned, the central focus of this event pertained to the unique dynamic of diaspora communities, Canadian economic growth, and international trade. It is necessarily uncontested that Canada has evolved into a vibrant multicultural society, as a result of incoming immigrants seeking to make the nation their new home. An essential theme of the conference was recognizing the transformation of Canadian minority groups into proactive diaspora networks.

This topic was elaborated upon from a truly diverse set of perspectives, ranging from government ministers to business leaders to academic professionals. The distinguished speakers included former Ontario cabinet minister, Sandra Pupatello, Senior Fellow of Bell Canada, Victor J. Garcia, and Matthew Mendelsohn, research director of the Mowat Centre at the University of Toronto. For the scope of this article, I shall reflect on a few talking points of one of the earliest activities: the Trade Ministers Panel.

The two panelists participating in this aspect of the conference were former federal cabinet ministers, Pierre Pettigrew and Stockwell Day. Pierre Pettigrew was the former Minister of International Trade and Cooperation in Jean Chretien's Liberal government that was in power from 1993 to 2003.

"The Power of Diaspora Networks" conference strived to address the strategic economic advantages of having diaspora networks in Canada, and to recommend how these communities can collectively thrive in the global economy



Navdeep Bains, Stockwell Day, and Pierre Pettigrew

Stockwell Day was the former Minister of International Trade and President of the Treasury Board in Stephen Harper's current Conservative government.

Guiding this discussion was Navdeep Bains, who previously served as a Liberal Member of Parliament from 2004 to 2011. Although these two came from opposite ends of the Canadian political spectrum, they provided an invigorating collaborative presentation on diaspora networks within the Canadian economy. They spoke on their experiences in the international trade portfolio, emphasizing their interactions with these networks in reshaping national involvement in global trading.

At first, Mr. Bains inquired the individuals on the extent of their gov-

ernmental responses to new emerging economic markets, such as China and India. On this phenomenon, Mr. Pettigrew asserted governments play a crucial role in trade delegations in countries that are emerging markets, despite anti-government notions from businesses, wishing to advance their interests. Furthermore, Mr. Pettigrew stated his preference of using the World Trade Organization as an avenue to facilitate new trade arrangements, rather than informal multilateral agreements.

In a sense, business progress in a globalized economy can be hindered due to companies operating in multiple agreements with competing rules, as reiterated by Mr. Pettigrew. As a for-

ign affairs critic during his time in parliamentary opposition, Mr. Day confessed of somewhat agreeing with Minister Pettigrew on trade issues affecting Canada, and the proposed ways in confronting them. Regarding diaspora communities, Mr. Day acknowledged the keen expertise of diasporas are positive in Canada's efforts to build healthy economic relations with other countries. He affirmed this notion by applying it to the case of India, when he led a trade mission to that nation. Essentially, Mr. Day said he credited the Gujarati communities in Canada for informing the government on trade navigation in India, with particular emphasis on economic diplomacy within that Gujarat.

Governmental approaches toward both trade promotion with China, and the inclusion of Chinese diaspora networks were addressed as well. From his trade ministerial perspective, Mr. Pettigrew highlighted the need to be cautious when actively consulting with diaspora networks, to ensure Canada's trade interests with certain countries are expressed in a balanced manner. Accordingly, common ground has been identified between Canada and its Chinese Canadian diaspora, by including its members to participate in official trade delegations to China.

In short, the conference was enriching based on the input of the insightful panelists addressing the different impacts of diaspora networks throughout Canada and the globe. Though the conference has concluded, diaspora networks will continue to discover ways to further bolster their ongoing contributions to the Canadian economy in an age of globalization.

'ONE LINE IS ALL IT TAKES!'

MISSISSAUGA RESIDENT WINS \$20 MILLION WITH LOTTO 6/49

Toronto, ON – Velauthan Vamadevan of Mississauga has 20 million reasons to smile today. The father of three won the \$20,000,000 jackpot from the Saturday, October 18, 2014 LOTTO 6/49 draw.

Velauthan has been playing the lottery for twenty years. "I never expected it! I never thought I would win," said the 62 year old real estate agent while at the OLG Prize Centre in Toronto where he picked up his winnings.

Velauthan said he purchased his ticket just hours before the draw on October 18, "It was my son's birthday and I decided to give it a shot. I was at the gas station filling up, so I purchased one Quick Pick. One line is all it takes!"

When he got home, Velauthan placed his ticket on a shelf and forgot about it. "Then I heard the winner was from Mississauga so I checked a couple of tickets I had in my wallet. But they weren't the winning tickets. I

thought maybe someone else I know from Mississauga was the winner."

On Tuesday night, Velauthan found the ticket he left on the shelf. "I got on the computer and looked up the winning numbers. I was speechless!" Velauthan said he phoned his wife, "She didn't believe me. But then she checked the numbers and so did all my kids."

Velauthan arrived at the OLG Prize Centre on Wednesday morning, a little bleary-eyed with his ticket. "I had a sleepless night. I didn't bother validating the ticket at a store. I just wanted to come to the Prize Centre. ."

Velauthan has yet to decide what he will do with the money. "It is a miracle this has happened after thirty years of being in Canada. I'm still shocked! I knew since Sunday there was a winner and I kept thinking, 'What a lucky guy! I guess you never know.'"

Since LOTTO 6/49 was launched in June 1982,

Ontario players have won more than \$10 billion in prizes, including 1,288 jackpot wins. As of October 14, 2014, there have been 3,206 LOTTO 6/49 draws. For more information, please visit olg.ca and click on Lotteries.

The winning ticket was purchased at Eglinton Husky on McLaughlin Road in Mississauga.

OLG is a provincial agency responsible for province-wide lottery games and gaming facilities. Since 1975, OLG has provided nearly \$40 billion to the Province and the people of Ontario. OLG's annual payments to the Province have helped support health care; education, research, prevention and treatment of problem gambling; amateur sport through the Quest for Gold program; and local and provincial charities. modernolg.ca | OLG is modernizing Lottery and Gaming for a better Ontario | Follow us on Twitter @modern_olg | olg.ca "Know your limit. Play within it."

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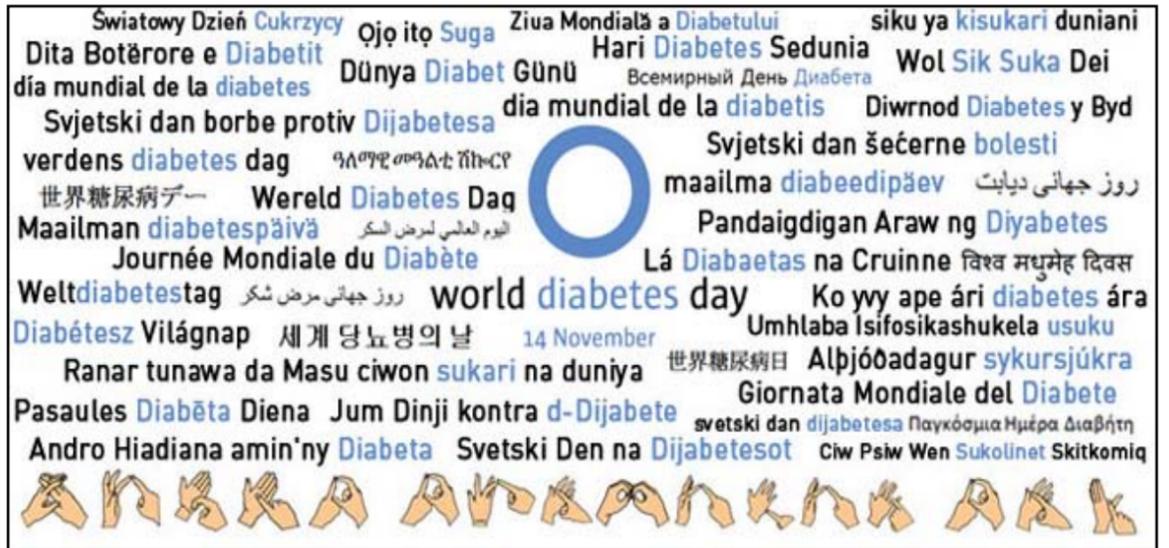


from the publisher's desk

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Marking The World Diabetes Day - Tweet about #WDD



World Diabetes Day (WDD) is celebrated annually on November 14. Led by the International Diabetes Federation (IDF), World Diabetes Day was created in 1991 by IDF and the World Health Organization in response to growing concerns about the escalating health threat posed by diabetes.

"Healthy Living and Diabetes is the World Diabetes Day theme for 2014 - 2016. Activities and materials in 2014 focus on the importance of starting the day with a healthy breakfast to help prevent the onset of type 2 diabetes and effectively manage all types of diabetes to avoid complications", states the web portal of the International Diabetes Federation.

IDF says, "Investing in a healthy breakfast will reduce the global burden of diabetes and save billions in lost productivity and healthcare costs." IDF is an umbrella organization of over 230 national diabetes associations in 170 countries and territories.

The International Diabetes Federation is providing several awareness materials for use in local activities and social media campaigns via its website www.idf.org. It has announced a hashtag for tweeting about the Day - #WDD and apps to create and carry social media profile pictures with a blue circle, the global symbol for diabetes.

Marking The World Diabetes Day last year, UN Secretary General Ban-Ki-moon said:

"Many people do not even know they have diabetes. Late diagnosis results in serious complica-



tions. Without treatment, people with diabetes often die prematurely of heart attack, stroke or kidney failure. Many others are disabled by blindness or limb amputation. Improving access to essential medication for people with diabetes is another target that countries have committed to achieve in the next decade.

On World Diabetes Day, I call on Governments to make good on their commitments to address non-communicable diseases, including by fostering sustainable food production and consumption, and I encourage all people to minimize their personal risk. This can contribute to better living for individuals and a more sustainable future for our planet."

Monsoon Journal joins in the global effort via The World Diabetes Day on November 14th, to bring awareness and provide information on healthy lifestyle choices.

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Message from the Governor General as Corporal Grillo is Laid to Rest

By His Excellency the Right Honourable David Johnston

On this day, October 28th - when we lay Corporal Nathan Cirillo to rest, my wife Sharon and I join with all Canadians in mourning and in gratitude for those who stand guard for our nation.

Each day in Canada, we ask members of our security forces to put themselves at risk in defence of our laws, our freedoms and our very lives. As governor general and commander-in-chief, I am always humbled by those who answer the call to serve. And nowhere was this more evident than during the despicable attacks of last week. Two of our own have made the ultimate sacrifice, and we celebrate their life and mourn their

death. To the members of our military and our police and security services, and to all those who acted with such courage and professionalism over the past week, I offer my deepest thanks.

I am writing this message from Belgium, where later today I will place a wreath and deliver remarks at the Menin Gate in Ypres, where so many soldiers of the First World War were killed and wounded. As I have done at memorials throughout my trip to Belgium, the Netherlands and Poland, I speak in memory of the Canadians who served here and of all who have died in war and violence. And now, we also hold in our thoughts and our prayers Warrant Officer Vincent and Corporal Cirillo. I have spoken with both of their fami-

lies and can only imagine their sadness and grief, but I am heartened by their courage and resolve to carry on.

All of Canada stands together at this difficult time. We will stand together once again during Remembrance Day, and honour the memory of our fallen soldiers by reaffirming our commitment to building the free and democratic society for which they died.



Corporal Nathan Cirillo - pic via: facebook.com/RIP-CplNathanCirillo

"True patriotism is not manifested in short, frenzied bursts of emotion. It is the tranquil, steady dedication of a lifetime." - Adlai Stevenson (1900-1965) US Ambassador to UN

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

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John Tory elected Toronto's new Mayor

By Siva Sivapragasam

With a clear and absolute majority of more than sixty thousand votes, John Tory was elected the new Mayor of Toronto the great city.

Four years of alleged scandal, embarrassment and mismanagement came to an end last night with the election of a new Mayor. John Tory, the former Ontario Progressive Conservative leader, defeated former Mayor Rob Ford's brother and one-term councillor Doug Ford, and former NDP MP Olivia Chow in a keenly fought election battle.

All polls surveys during the last few months had predicted a Tory victory when he was the fore-runner in

"The people have spoken and tonight we begin the work of building One Toronto, a prosperous, fair, and caring Toronto the Great"

- John Tory in his Victory Speech

the Mayoral race. Tory secured about 395,000 votes with other candidates Doug Ford obtaining 331,000 and Olivia Chow being placed third with 227,000 votes.

Speaking at the Liberty Grand in downtown Toronto after winning the election, Tory declared "Ladies and gentlemen, the people have spoken and tonight we begin the work of building One Toronto, a prosperous, fair, and caring Toronto. Together like never before, we now begin building "Toronto the Great." He further remarked "I just want to take the opportunity to build up Toronto, and I think by doing that

you're going to build up Canada."

Tory campaigned heavily on his vision for Toronto's transit future, specifically his promise to build the current Scarborough subway extension and his SmartTrack above-ground rail system – a 22-stop train line stretching from Etobicoke to Scarborough and south to Union Station.

John Tory is a political activist, radio broadcaster, and has been a top corporate executive. Tory received his Bachelor of Arts Degree from the University of Toronto in 1975 and later the Bachelor of Law Degree degree in 1978 from Osgoode Law school. He was



called to the Bar in Ontario in 1980. He was also the President and CEO of Rogers Media which had become one of Canada's largest publishing and broadcasting companies. Tory has pledged to lower taxes and reduce wasteful spending at city hall, if elected as Mayor. He has also promised to build both the Scarborough subway extension and the downtown relief line.

Tory's mayoral campaign motto was "Together we will build a Toronto that is more liveable, affordable and functional".

Ontario Secures More Investments in China Projects Valued at About \$442 Million Will Create up to 340 Jobs in Ontario

Ontario secured significant new investments from Chinese partners today, as part of Premier Kathleen Wynne's first trade mission to China. These investments will create jobs in several communities, including Toronto, Ottawa, Markham and Niagara Falls.

Greenland Group, a global property development company based in Shanghai, will build a pair of residential towers in downtown Toronto. Construction on the \$400-million project is scheduled to begin within six months and will create up to 200 jobs.

Shanghai Yuyuan Tourist Mart and Mennie Canada Ltd. will set up a joint venture in Toronto, investing \$5 million in four Chinese restaurants over the next three years. This investment will create 80 jobs in several locations in Ontario, including Toronto, Markham and Niagara Falls.

ZTE Canada, a global telecommunications equipment company, plans to invest \$17 million over the next three years in an Ottawa research and development centre. This is expected to create 40 new jobs.

EHC Global and Shanghai Wei Long Enterprise will partner in the design, manufacture, sales and service of components for the global lift industry, which includes elevators and escala-

tors. The value of the contract could reach \$20 million over the next three years, and will create up to 20 new jobs.

These investments are in addition to investments announced yesterday from Suzhou Xingya Investment Company, Jiangsu Huayi Technology Co. and Canadian Solar Solutions Inc.

On Oct 28th, the Premier also met with Ai Baojun, Vice Mayor of Shanghai. Ontario and the Science and Technology Commission of Shanghai Municipality signed a Memorandum of Understanding today to promote increased R&D and commercialization partnerships.

Attracting new investments and helping the province's businesses compete globally is part of the government's economic plan for Ontario. The four-part plan is building Ontario up by investing in people's talents and skills, building new public infrastructure like roads and transit, creating a dynamic, supportive environment where business thrives, and building a secure savings plan so everyone can afford to retire.

"I want Ontario to be the best place in the world to do business. My government is committed to building on today's progress by exploring new ways to connect business leaders in priority markets like China with investment



opportunities in Ontario."

— **Kathleen Wynne**, Premier of Ontario

"Companies from China and around the world recognize that Ontario is the best place to invest for value-added access to North American markets. Our government continues its focus on the fundamentals that make businesses choose Ontario: a skilled workforce, competitive business costs, a climate of innovation and modern, efficient infrastructure."

— **Brad Duguid**, Minister of Economic Development, Employment and Infrastructure

"Steady and continued economic growth is part of the reason an increasing number of global companies choose to invest in Ontario. Our highly skilled and diverse workforce is attractive to foreign investors, and this creates jobs

here in Ontario. Today, China has confirmed that our investment in our greatest asset, our people, is an investment in a stronger Ontario."

— **Michael Chan**, Minister of Citizenship, Immigration and International Trade

§ Ontario delegate organizations signed three more collaboration agreements with Chinese partners today to advance research in health care technologies.

§ Ontario has the third-largest largest Information and Communications Technology (ICT) sector in North America.

§ Ontario was ranked number one for greenfield capital investment in North America during 2013, ahead of Texas and California, both of which have much larger populations.



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Ebola no longer 'localized emergency,' UN health officials tell regional summit in Cuba



A team of 165 Cuban medical doctors and nurses have arrived in Sierra Leone to support the Ebola response efforts. Photo: WHO/S. Gborie

20 October 2014 – Ebola is no longer a localized public health emergency, top UN officials said in Havana today as they commended Cuba for sending doctors and nurses to the affected countries in West Africa, and addressed regional leaders gathering to discuss ways to resolve the emergency and halt spread of the virus to regional States.

Speaking on behalf of the Secretary-General at the Summit of Heads of State of the Bolivarian Alliance for the Peoples of our Americas (ALBA) on Ebola, Dr. David Nabarro, the Secretary-General's Special Envoy on Ebola, said cooperation and solidarity are essential, and Cuba and Venezuela, with their contributions, have already demonstrated this.

"I urge countries in the region and around the world to follow the lead of Cuba and Venezuela, who have set a commendable example with their rapid response in support of efforts to contain Ebola," he said.

Saying that Cuba's solidarity with other developing countries is well established, Dr. Nabarro commended the Government of the Caribbean island for dispatching a team of 165 medical aid workers to West Africa in early October.

"Cuba's proud tradition of training doctors from developing countries has also helped improve medical care around the world," Dr. Nabarro said.

Cuba plans to send more medical workers soon. Over the years, Cuba has sent thousands of medical workers abroad, including to 39 African countries.

Venezuela has also joined efforts to combat Ebola by contributing \$5 million to the UN Ebola Response Multi-Partner Trust Fund, which supports the needs and requirements of UN agencies, funds and partners working to eliminate Ebola in West Africa.

"[Ebola] has wide and profound economic, humanitarian, political and security dimensions. We must act decisively to relieve the burden on the people and Governments of Guinea,

Liberia and Sierra Leone and stop the spread of Ebola to other countries," said Dr. Nabarro.

"By convening this timely summit, ALBA member States can substantially assist in attaining these objectives. I wish you a productive meeting," he added.

Joining the forum via video, Dr. Margaret Chan, the Head of the World Health Organization (WHO), told participants that "you are absolutely doing the right thing. You want to step up your level of preparedness."

"Last month, the Ebola virus moved to your region...to the United States...any country with an international airport is theoretically at risk of an imported case of Ebola," she said.

She thanked Cuba for contributing the much-needed nurses and doctors to affected countries. The staff in their "sparkling white lab jackets brings a most welcomed face of hope to what is otherwise a horrific outbreak," Dr. Chan added.

The virus is deadly. The disease is dreadful. People are afraid. At the same time, a well-prepared country can defeat Ebola.

Countries in the Bolivarian alliance need to train their staff, use drills to test performance, get protocols written quickly, get your public and media behind you, engage the community early to fight fear with facts. On its own, protective gear is not fool proof, she said.

Also today, WHO officially declared Nigeria free of Ebola virus transmission, after 42 days without a single case. In a statement, the WHO called it a spectacular success story that shows that Ebola can be contained.

Such a story can help the many other developing countries that are deeply worried by the prospect of an imported Ebola case and eager to improve their preparedness plans. This announcement comes only a few days after Senegal was also declared to be Ebola-free.

Strong public awareness campaigns, teamed with early engagement of traditional, religious and community lead-

UN applauds donation by Malala Yousafzai for reconstruction of Gaza school



As the United Nations ramps up its reconstruction efforts of war-ravaged Gaza, Nobel Peace Prize Laureate, Malala Yousafzai, has announced a contribution of \$50,000 to help with the rebuilding of UN schools heavily damaged during the recent fighting in the enclave.

According to a news statement released today by the UN Relief and Works Agency for Palestine Refugees in the Near East (UNRWA), Ms. Yousafzai made the announcement as she accepted the prestigious World Children's Prize in Stockholm, Sweden, commending UNRWA's "heroic work" in helping the Palestinian children and noting that the needs in the Palestinian territory were "overwhelming."

"We must all work to ensure Palestinian boys and girls, and all children everywhere, receive a quality education in a safe environment. Because without education, there will never be peace." Ms. Yousafzai said.

The Nobel Laureate noted that the \$50,000 donation would help towards the rebuilding of the 65 schools damaged during the recent 51-day conflict which saw entire neighbourhoods flattened and almost one-third of Gaza's population uprooted.

The violence killed more than 2,100

Palestinians, including more than 500 children, and more than 70 Israelis.

UNRWA Commissioner General Pierre Krähenbühl commended the donation, saying the UN was "deeply touched" by the gesture and that it would "lift the spirits" of a quarter of a million UNRWA students and "boost the morale" of the more than 9,000 teaching staff there. In addition, he praised Ms. Yousafzai for her personal courage and her role as "a symbol of the boundless potential that lies within each and every child on Earth."

"UNRWA shares with you the profound belief in the importance of education as a means to lift young girls and boys out of isolation, exclusion or oppression," Mr. Krähenbühl continued.

"Acquiring skills and knowledge to improve prospects for the future is profoundly engrained in the Palestinian consciousness."

Following the devastation wrought by the conflict, UNRWA announced it is providing food, water and sanitation services to over 40,000 displaced people in 18 of its installations, psycho-social support particularly for children, cash grants to the homeless for rent, as well as urgent repairs to a total of 118 UNRWA installations.

(via UN.org)

ers, has played a key role in successful containment of this outbreak.

On the funding front, the Trust Fund set up by the Secretary-General for the EbolaResponse, now has \$8.8 million in deposits and \$5 million in commitments.

In total, \$43.5 million has been pledged and the Secretary-General continues to urge countries to turn these pledges into action as soon as possible. All numbers are available on the Ebola Multi-Partner Trust Fund's website.

In other news, a UN Women staff member in Sierra Leone passed away this weekend from Ebola, the Secretary-General's spokesperson said as he briefed journalists in New York.

The deceased staff member's spouse is currently receiving treatment. All measures to protect staff at the duty station in Sierra Leone are being taken as best as possible under the current circumstances. This includes decontamination of the UN clinic, and disposal of the isolation facility and contact tracing. (via UN.org)



Five years after war, Sri Lanka refugees reluctant to leave India-survey

By Nita Bhalla

NEW DELHI, Oct 29 (Thomson Reuters Foundation) - Nearly 70 percent of refugees who fled to India during Sri Lanka's civil war prefer to stay rather than return, even though the conflict in their homeland has ended, according to a survey by a university in Mumbai.

More than 130,000 Sri Lankans are estimated to have sought refuge in southern India during the 26-year conflict between separatist Tamil Tiger rebels and government forces.

Since the war ended in May 2009, Sri Lanka has pumped \$6 billion into development of the former war zone in the country's north, and some refugees have left India to return home.

Yet around 100,000 refugees remain in India - many living in poor conditions with restricted freedom of movement in 111 government-run camps across Tamil Nadu state.

The survey by the Tata Institute of Social Sciences (TISS) found that 67 percent of the 368 respondents wanted to stay in India, citing insecurity and a lack of jobs as primary factors for not returning home.

"When the declaration on the end of war was announced in 2009, it was expected that more people would go back", said the study titled "Explor-

ing Durable Solutions for Sri Lankan Tamil Refugees in India".

However, many refugees have been deterred by the ongoing instability and military presence, as well as a failure to address minority rights, it said.

The study, conducted jointly with the charity ADRA India and the Danish Refugee Council, said 60 percent of those polled cited safety and peace in Sri Lanka as concerns, while the other 40 percent pointed to basic amenities and livelihood opportunities.

The war killed tens of thousands of people and displaced hundreds of thousands more over the years. Many fled in fishing boats from northern areas such as Jaffna, across the Palk Straits to Tamil Nadu where they were granted refuge by India.

Some 65,000 Tamil refugees have lived more than two decades in the camps, where the Indian government has provided basic services such as free education, electricity, shelter and sanitation facilities. Over the years, children have been born in the camps, refugees have married one another and many have gained education qualifications and vocational skills in India.

But some camps are cramped, while others have dilapidated housing and are far from areas offering basic servic-

es. The refugees also lack access to employment in the formal job sector and face restricted freedom of movement.

The report noted that while India has hosted refugees from neighbouring countries over the years, it has no law in place to define refugees. As a result, refugees have no legal status and are treated on an ad hoc basis by authorities.

Uncertainty "restricts them from

thinking beyond today", causing stress that puts them at risk of suicide, substance abuse, domestic violence and school drop-out, the report said.

The authors called on India, Sri Lanka and stakeholders such as the United Nations to find a durable solution for the refugees, who have been living in limbo for more than 20 years. (Reporting by Nita Bhalla, editing by Alisa Tang) (Courtesy: trust.org)

A man helps another make his way through deep mud at the site of a landslide at the Koslanda tea plantation in Central Sri Lanka.

Hopes of finding survivors under the mud and rubble of the landslide had run out by first light on Oct 30, 2014, though a government minister cut the estimated death toll from 300 the previous night. REUTERS/Dinuka Liyanawatte-courtesy: Trust.org



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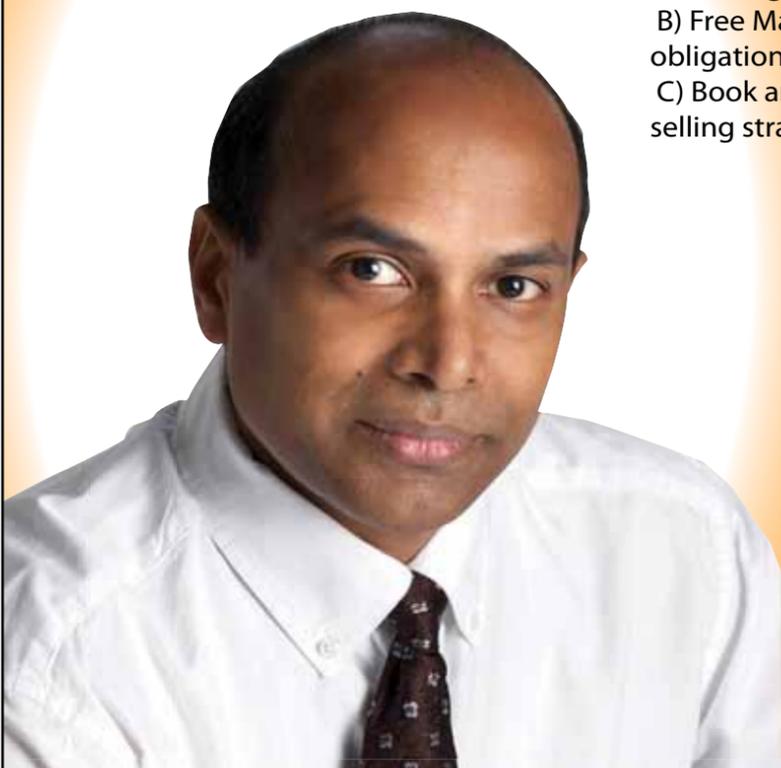
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Around the World

Canadian Prime Minister Stephen Harper receives Rotary Foundation's Polio Award



Prime Minister Stephen Harper with Rotary President Elect K.R. (Ravi) Ravindran and his wife Vanathy

By Siva Sivapragasam

Prime Minister Stephen Harper recently received Rotary Foundation's Polio Award for his long standing support and continued leadership in efforts to eliminate polio around the world.

Prime Minister Harper received his Award from Wilf Wilkinson, Past President of Rotary International and K.R.(Ravi) Ravindran, President Elect of Rotary International.

With a commitment of more than US \$580 million to polio eradication since 1988, Canada has been a long standing partner with Rotary International in the effort to eradicate polio and a major leader among the donor nations.

Prime Minister Harper has maintained a strong focus on global polio eradication, particularly in Afghanistan, where polio eradication efforts have been a signature project for Canada, and also in Nigeria. Polio eradication was featured in the 2010 G8 Summit in Muskoka, and Prime Minister Harper confirmed Canada's

commitment during the Commonwealth Heads of Government meeting in 2011. Canada also significantly increased its commitment to polio eradication in 2013 when a five year commitment to provide C \$250 million to the Global Polio Eradication Initiative. Prime Minister Harper continues to support global polio eradication within the context of the Maternal Newborn and Child Health Initiative launched in May of this year. Immunization is a top priority of the Initiative.

Rotary International's President Elect Mr. K.R. (Ravi) Ravindran is the Founder and CEO of Printcare PLC, a publicly listed company in Sri Lanka and a global leader in the tea packaging industry. He also serves on the board of several other companies and charitable trusts. He is the founding president of the Sri Lanka Anti Narcotics Association, the largest anti-narcotics organization in Sri Lanka. Mr. Ravindran is also a Director of Express Newspapers (Ceylon) Ltd., Publishers of "Virakesari", the premier Tamil Daily newspaper in Sri Lanka.

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Type II Diabetes Mellitus Is Not The End of The World - Let's Change The World

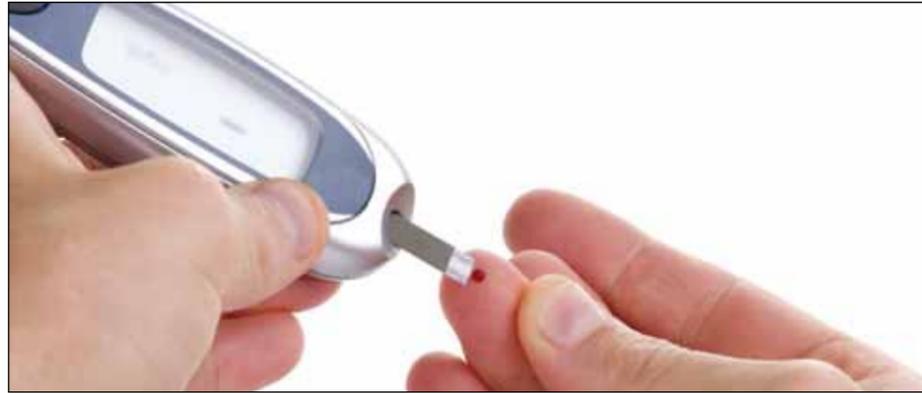


By: Dr. Richard
Jeyaranjan
MD, PhD, FRCPC

As I have written in a previous article, it is an unfortunate historical accident that the condition we now call Type II Diabetes Mellitus was named as such. This was only because there existed another condition named Diabetes Mellitus that remained a mystery and eluded treatment resulting in the deaths of many patients until the discovery of Insulin in 1922. By then, the mankind had developed to a point where there was abundance of food along with increasing life expectancy, sedentariness, and obesity leading to the inevitability of high cholesterol and high glucose levels in the blood. When a new condition appeared soon thereafter that resembled the dreaded disease, it was named Type II making the former Type I. Little was known at that time about the new condition as the cure for the old condition was not even in sight as it is till now although by then Type I diabetics were being kept alive with various forms of Insulin.

As things progressed with industrialization and mechanization, Type II diabetes become inexorably more common surpassing Type I. Yet, most of the complications of the condition and difficulties with its treatment were seen with Type I patients. Educational and training programs lumped these two types together mainly for convenience but also partly because the distinctions between the two conditions were not clear at the outset. While this has now led to a whole heap of problems for government policy makers, funding organizations, and patients, the healthcare profession did not and does not seem to care much about this blurring of differences between these two clear-cut distinct entities. Home glucose monitoring or self measurement of glucose is an absolute necessity in Type I diabetes where insulin is the only treatment whereas it is only of educational value in Type II diabetes. While all Type I diabetics should be seen by a diabetes specialist, there is no such need in Type II diabetes in the absence of certain well-established indications. If we do not need to see a cholesterol specialist for high cholesterol why should we see a diabetes specialist for high glucose when they both are essentially identical problems?

Patients are made to worry unnecessarily about their condition largely due to misinformation. It is not unusual to find diabetic clinics where the nurse, dietician, or the physician kept on repeating both directions and treatments to all patients alike, both Type I & II. Most of the treatments used in Type II diabetes cannot be used in Type I where there is a total lack of Insulin. Insulin is already in excess in most Type II diabetics who then should avoid taking additional Insulin if at all possible. While glucose toxicity due to uncontrolled high level of blood sugar is harmful, hyperinsulinism which is excess Insulin can be equally, if not more,



harmful. While there is enough proof that tight control of blood glucose is beneficial in Type I diabetics, such evidence is scarce for Type II. In contrast, there is evidence that such tightening of control in middle-aged Type II diabetics can lead to more deaths most of which are due to cardiovascular causes.

At some point during the course of diabetes, patients may develop early kidney disease. The commonest way this is found is by testing the urine for micro albumin which is albumin, a form of protein, in small amounts. While this is partly due to their diabetes, the main cause of this in Type II diabetes is untreated or undertreated high blood pressure. Even in such Type II patients, their biggest risk thereafter is cardiac deaths, not complications of diabetes itself, nor progression of kidney disease to failure. Most of these deaths appear to be due to electrical problems in their hearts and not coronary artery disease due to blockages in the blood flow to heart. Such patients should receive more attention towards control of their blood pressure by heart protecting medicines than towards tighter control of their blood glucose. There is a misconception among both patients and physicians that they should be seen by a kidney specialist at such an early stage. In fact, the corollary of this situation illustrates the interconnections between body parts, in this instance between the kidneys and the heart, particularly it's electrical function.

It is therefore prevention of cardiovascular disease, not control of blood sugar that should be the primary goal in Type II diabetes. The emphasis in this preceding sentence is the word prevention. There is no indication for referrals where patients undergo a wild-goose chase for heart problems they do not or will not have. It is clearly established that the risk of cardiovascular death is increased across all Type II diabetics regardless of the level of glucose control. Even borderline diabetics, also called pre-diabetics, are at high risk of cardiovascular disease. This latter fact illustrates the underlying theme that it is not the disease but the type of patient who gets it is the problem. In other words, the very reasons one gets Type II diabetes also lead to heart disease and stroke. These are very well known facts which have been widely publicized in the medical literature. The basic cause

appears to be dietary and not genetics. In general, using a gun as a metaphor, genes load the gun and other influences such as diet pull the trigger. Foods rich in oil and starch are the root causes of the problem especially when consumed in excess. Exercise should not be considered as the solution for a poor diet, but as an additional aspect of healthy behavior.

If you are diagnosed with diabetes or pre-diabetes, this should become your wake-up call to preserve your health. You become your own doctor and your doctor becomes your consultant. There are solutions already available in the market to stop frying our foods with oil. There is a new technology available for sale in the market using air-frying. Most food items that we fry can be baked or steamed instead. Once the fat is eliminated, the

food not only becomes healthier, and the calories consumed are lower. The consumption will be less as the food will be consumed according to satiety and not palatability. There is no evidence anywhere to indicate that excess fat and starch over consumed can lead to any health benefit. In fact, the preponderance of evidence is to the contrary. Those who view this as a threat to their culture or tradition, please read on. Men and women in their middle ages should not have problems with lifting them up from chairs, carrying them up flights of stairs, and sleeping comfortably during nights. Each and every individual or family should make efforts to change their own dietary practices. One cannot expect another to do what he or she has to do first for himself or herself. Any such change can be met with resistance, but it is in one's own interest to persevere. No other problem is more lethal than our own dietary practices at the present time. There is no need to escape from famine, war, or crime, but end up with a counterproductive lifestyle. Elements of a healthy life style are to avoid excesses of any type, seek early attention to health concerns, maintain your body with regular care & exercise, keep peace within oneself, and engage in wellness.

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November: Preventing Prostate Cancer



By: Jeavana Sritharan,
BHSc, MHSc,
PhD Student

Every year, the month of November is dedicated to men's health to raise awareness and understanding on important health issues.

Prostate cancer is the leading cause of cancer in Canadian men and is also the third leading cause of cancer death in Canadian men. Even though prostate cancer has been studied for many years, the etiology of this cancer is still poorly understood. One of the reasons for this is that there are few established risk factors for prostate cancer which are age, family history, and race. Many men who actually have prostate cancer often die of other causes without experiencing any symptoms or ever knowing they had prostate cancer.

Age

The most important risk factor for prostate cancer is age. The risk of prostate cancer increases with age especially after age 50.

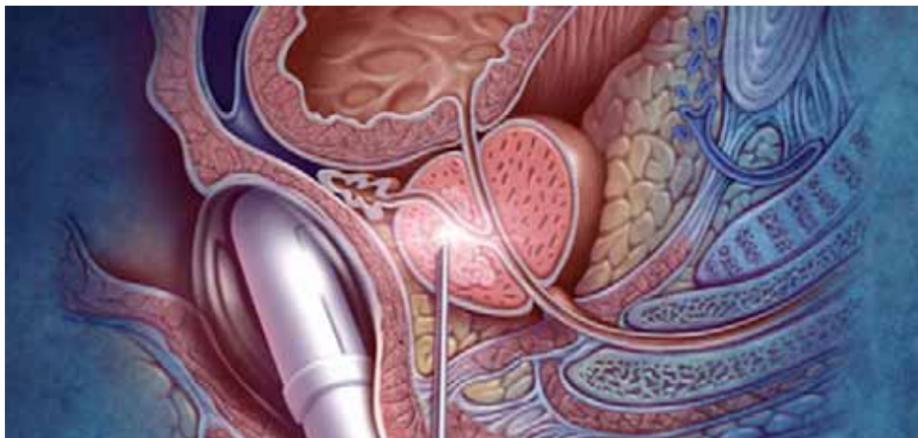
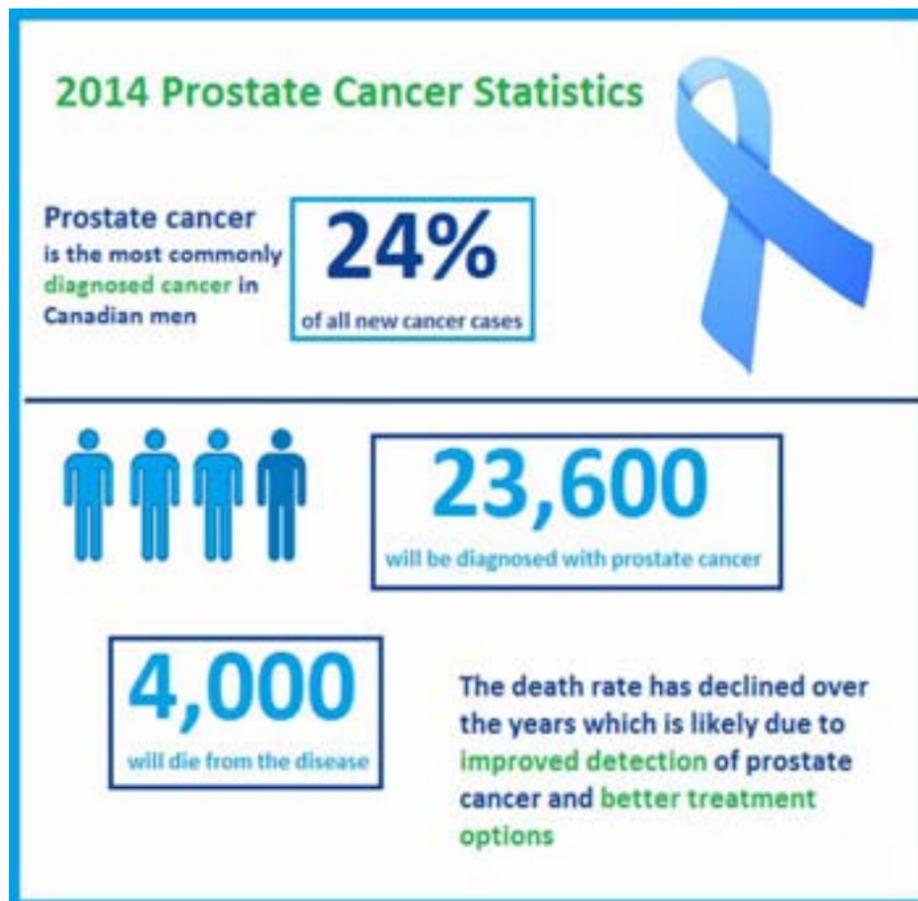
Family History

The risk of prostate cancer increases when first degree relatives (father, brother) have the disease.

Race

The risk is higher in men of African and Caribbean descent and the risk is lower in men of Asian descent. Men who are of African and/or Caribbean descent are also more likely to be diagnosed at an advanced stage of prostate cancer and are at a higher risk for death from it.

These three factors are not modifiable and cannot be changed. However, due to these risk factors, there is much focus placed on modifiable factors or factors that can be changed. These factors include tobacco smoking, alcohol intake, diet, and physical activity which have been studied and are still being studied to understand the relationship these factors have to prostate cancer risk. Tobacco smoking and alcohol intake are often related to different cancer forms, so it is important to avoid these risk factors or moderate habits. Diet and physical activity are also important and can help to reduce risk. Prostate cancer is more difficult to assess with preventable factors because there is not enough supporting evidence for these factors. Research is moving to identify other agents that affect males throughout their lifetime



to understand if it is possible to reduce the risk or prevent prostate cancer in the future.

What is the Prostate?

It is a part of the male reproductive system and adds fluid and nutrients to sperm. It is about the size of a walnut and is located in front of the rectum and just below the bladder. Cells in the prostate, whether healthy or cancerous, are stimulated by testosterone.

Common Signs and Symptoms of Prostate Cancer

- urgent need to urinate
- difficulties with urinating
- burning or feeling pain when urinating
- frequent urination
- painful ejaculation
- presence of blood in semen or urine

There may be hesitation to visit your doctor for check-ups when signs show. Remember that sometimes fear, stress, and anxiety can build up quite significantly even for small non-cancer related issues. A quick visit to your doctor will ensure that your health is main-

tained and that you are treated early if needed. This one visit could change your life and improve your quality of life. The Digital Rectal Exam and PSA Blood Test are the most commonly used tests to screen for prostate cancer.

What is the Digital Rectal Exam (DRE)?

This test involves the doctor feeling the size and shape of the prostate by inserting a gloved and lubricated finger in the rectum. This is the common area where prostate cancers can be felt. Any irregular areas will indicate the need for more tests and doing a PSA blood test with the DRE provides more accuracy.

What is the PSA Blood Test?

This test is a simple blood test which will measure the amount of PSA protein in the blood. Small amounts of PSA can be found in the blood and considered normal but when higher levels of PSA are found then this may indicate prostate conditions. The PSA test will not necessarily diagnose prostate

cancer but it will indicate that there is a problem with the prostate which will lead to further tests.

How is Prostate Cancer Treated?

There are different types of treatment used for prostate cancer and this will be decided by you and your doctor. The most common treatments are:

Active Surveillance – monitoring PSA levels and having regular DRE tests to see if the cancer is growing or causing symptoms

Radiation Therapy – using high energy rays to kill the cancer which can be done in two ways – external radiation therapy and internal radiation therapy

Surgery – a prostatectomy where the prostate is surgically removed

Hormone Therapy – blocking the cells from getting the hormones they need so the cancer cells cannot grow

If you are being treated or will be treated for prostate cancer, there are important questions to cover with your doctor. These questions should already be addressed but if they are not, make sure to prepare yourself.

- What happens if my cancer is not treated soon?
- What is the recommended treatment option for me?
- When will the treatment begin and how long will it be?
- Are there any side effects to the treatments recommended?
- Will I have any problems with my reproductive tract during/after treatment?
- How will the treatment affect my quality of life?
- Are complications common/rare?
- What happens if my cancer spreads from the prostate and beyond?
- What if the first line of treatment does not work?
- Will I be monitored appropriately during and after treatment?

Prostate Cancer Canada offers a wide range of services and all information can be found at www.prostatecancer.ca. If you would like to contact the Prostate Cancer Information Service at Prostate Cancer Canada for resources and support for prostate cancer, then please contact support@prostatecancer.ca (1-855-722-4636).

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

THE SCARBOROUGH HOSPITAL AND THE UNIVERSITY OF TORONTO LAUNCH CENTRE FOR INTEGRATIVEMEDICINE

Centre will undertake rigorous scientific investigation into complementary and alternative medicine

On October 17, The University of Toronto (U of T) and The Scarborough Hospital (TSH) launched a new centre dedicated to scientifically investigating the use of complementary and alternative medicine (CAM). The Centre for Integrative Medicine will aid the 74% of Canadians who are using some form of complementary and alternative medicine, including Chinese medicine.

“A vast majority of Canadians are using some type of CAM. This includes different practices and products, including natural health products, massage, meditation and acupuncture, to name just a few. And many are doing so without discussing their choice with a conventional health care professional,” explained Professor Lynda Balneaves, the Centre’s inaugural director and the KY and Betty Ho Chair in Integrative Medicine at U of T. “The Centre’s role will be to explore how Canadians are using these therapies, how these therapies interact with other care they are receiving and to communicate our knowledge to ensure they are used safely and effectively.”

The Centre will take an interprofessional approach, bringing together scientists, physicians, pharmacists, nurses, CAM practitioners and others who work in the health care field. U of T’s Leslie Dan Faculty of Pharmacy and Faculty of Medicine

will be actively engaged in the scientific research that will ground the Centre’s evidence-based approach. In the future, a clinical hub will be established at TSH’s Birchmount campus that will help patients manage their day-to-day health with an emphasis on disease prevention, health promotion and chronic disease management. Together, U of T and TSH will create a living laboratory that will allow us to study ways to safely and effectively integrate evidence-informed complementary therapies and Chinese medicine with conventional medical care.

The first phase of the Centre’s development will focus on consulting the local community to ensure it serves the needs of this area. Already underway, this phase will establish the strong foundations needed for effective clinical care and research. By next spring, the Centre will use the findings from the initial phase to launch a series of pilot projects in the TSH community to address these needs and announce its long-term plans.

To support the Centre and its development, a fundraising campaign will soon be launched.

“From a clinical practice perspective, The Scarborough Hospital is a natural partner for this new Centre. We have a long-standing focus on interprofessional care, innovation and incorporating research and best practice into every



Robert Biron, President and CEO, The Scarborough Hospital; Maurine Kwok, Project Manager, Integrative Medicine, University of Toronto; and Dr. Paul Tam, Medical Director, Chronic Disease Management, The Scarborough Hospital at the launch of the Centre for Integrative Medicine.

aspect of our health care delivery. Our strength in treating and supporting patients with chronic diseases will add significant value to the Centre. Some of our programs, such as mental health, already use complementary and alternative therapies in the treatment of patients – such as meditation, tai chi and yoga. And, perhaps the greatest strength we bring to this partnership is our health care team – one that is open-minded to exploring new ways of

delivering care in a holistic way.”

Robert Biron

President and Chief Executive Officer, The Scarborough Hospital

“Because an overwhelming number of Canadians are using complementary and alternative medicines, it is critical that we understand how these products and therapies work and how they interact with conventional care practices and medications. By undertaking a rigorous scientific evaluation of these therapies, we will be in a better position to understand what works – and what doesn’t – and provide the evidence necessary to guide their proper use to a patient base that is eager to utilize these products.”

Professor Heather Boon

Dean of the Leslie Dan Faculty of Pharmacy, University of Toronto

“Already, this Centre has attracted considerable interest from our extended community who recognize the important contribution it can make to improving our system of care here at home and around the world. Thanks to the generosity of KY and Betty Ho, we have been able to establish a chair in this important field. But with further support, we can establish a Centre that the Scarborough community deserves and that is representative of the world-class research for which U of T is known.”

Professor Catharine Whiteside

Dean of the Faculty of Medicine and Vice Provost, Relations with Health Care Institutions, University of Toronto.



TSH PATIENT SAYS COMPASSION AND CAMARADERIE AIDS IN THE HEALING PROCESS

Facing cancer is an overwhelming experience – one that Michael Stern knows all too well.

“I was diagnosed with prostate cancer two years ago,” he says. “They discovered it during a routine examination. My Prostate-Specific Antigen (PSA) levels were abnormal, which prompted my doctor to order a biopsy and CAT scan. Following these tests, they confirmed that it was prostate cancer and that I needed to undergo surgery.”

In August, Michael underwent a radical prostatectomy – a surgery to remove the prostate gland – in hopes to remove the cancer.

The surgery, performed by Dr. Nick Logarakis at The Scarborough Hospital (TSH), went as planned, and Michael was transferred to the Acute Care Unit (ACU) in the hospital to recover. While in the unit, Michael was impressed by the level of care he received. He was especially pleased with one Registered Nurse, Uzziel Hernandez, who set the tone for his entire recovery at TSH.

“Uzziel was the first person to take care of me when I was in recovery in the ACU. She was kind, personable and talkative,” he says. “Her sunny personality made me feel a lot better and I truly believe it helped speed up my recovery. She went above and beyond what was needed and provided exceptional care.”

Michael says that he asked for her name because he figured she

would be the exception, but admits he was wrong.

“It turns out that every nurse, doctor and staff member who attended to me during my time in the ACU went well beyond what was needed,” says Michael. “One nurse went as far as getting me earplugs because I was having difficulty sleeping over the sound of intravenous machine. It was very nice of her.”

Within three days of his surgery and recovery in the ACU, Michael was healed enough to be able to get up and walk around. He left the hospital that same day.

He insists his speedy recovery was a result of the excellent care he received during and after his surgery.

“I can’t stress how much of a difference a pleasant personality makes in helping the recovery process. I can’t imagine any other hospital providing better care,” says Michael.

TSH receives donation from Tamil Community



Ontario’s Minister of Health and Long-Term Care, Dr. Eric Hoskins, Minister of Children and Youth Services Tracy MacCharles, and MPPs Bas Balkissoon and Soo Wong joined staff, physicians and volunteers of the Scarborough Hospital (TSH) and The Scarborough Hospital Foundation on October 7 to celebrate two very special fundraising efforts from the Toronto Tamil Community. Toronto Tamil Community Committee members presented a cheque for more than \$150,000 towards the Foundation’s campaign to purchase a Magnetic Resonance Imaging (MRI) machine for the Birchmount campus. The event also included a \$12,000 cheque presentation from Scarborough South Indian restaurant Saravanaa Bhavan towards the Foundation’s exciting, new “I Support My Scarborough Hospital” campaign, which is raising funds to revitalize various programs within the hospital, beginning with the Family Maternity Centre at the Birchmount campus.

SCARBOROUGH WALK OF FAME AND THE SCARBOROUGH HOSPITAL FOUNDATION ANNOUNCE NEW PARTNERSHIP

October 22 marked the partnership of two local organizations: The Scarborough Hospital Foundation (TSHF) and the Scarborough Walk of Fame (SWOF). This mutually beneficial partnership was forged to meet the following key objectives:

- ◆ Raise the profile and strengthen the reputation of The Scarborough Hospital as a critical community resource and the community of Scarborough as a thriving neighbourhood;
- ◆ Raise \$2 million towards Diagnostic Imaging at The Scarborough Hospital to help provide the best healthcare for our Global Community;
- ◆ Recognize and raise the profiles of the Scarborough Walk of Fame and the list of accomplished new and past inductees;
- ◆ Identify and build relationships with community leaders, businesses and sponsors; and
- ◆ Inspire future leaders.

A perfect fit, this new partnership will combine the unveiling of the 2015 SWOF inductees and TSHF's signature fundraising event. This unique partnership elevates both events and is an example of the best of the best in Scarborough. Both organizations not only serve the interests of the people of Scarborough, but also engage them in their own community.

Situated in one of the most diverse communities in Canada, TSHF raises funds for state-of-the-art medical equipment and building projects for The Scarborough Hospital, which is renowned for its mental health, orthopaedic surgery, maternal newborn and paediatrics, chronic disease prevention and management, and cancer care programs. Since its inception, TSHF has worked with generous donors, volunteers and community members to raise the funds needed to help save lives and support the vision of the hospital to be recognized as Canada's leader in providing the best healthcare for a global community.

SWOF is a not-for-profit, volunteer-driven organization dedicated to honouring citizens whose extraordinary contributions garner community pride and inspire tomorrow's leadership. By recognizing the achievements of Scarborough residents, past and present, in the fields of sports, arts and culture, entertainment, health, education, business, community and the environment, SWOF creates and maintains a permanent place of tribute at the Scarborough Town Centre (Walk of Fame Court), celebrating and inspiring excellence every day. The Walk of Fame Court serves as a reminder that Scarborough is a great place to live, work, play and volunteer.

TSHF's 2015 Scarborough World Gala will be raising funds—a goal of \$2 million—for diagnostic imaging for The Scarborough Hospital. The Scarborough



Michael Mazza, President and CEO, The Scarborough Hospital Foundation (left) and Mr. Earl Campbell, Chair of the Scarborough Walk of Fame Board of Directors (right) sign the agreement marking the partnership of the two organizations. Earl was an inductee to the Scarborough Walk of Fame in 2008.

World Gala is also a platform to recognize and honour individuals who have demonstrated outstanding commitment to healthcare and the community. For more information or to make a donation, visit The Scarborough Hospital website at www.tsh.to and click on 'Donate'.

The SWOF nomination campaign is now in full swing, and the deadline for submissions is November 28, 2014.

The 2015 inductees will be announced in May 2015 at the launch event for TSHF's Scarborough World Gala. The Walk of Fame stars will be unveiled at the Scarborough Town Centre on October 17, 2015 and the awards will be presented later that evening at the TSHF's Gala event. To submit a nomination, visit the Scarborough Walk of Fame website at www.scarboroughwalkoffame.com.

GENERAL CAMPUS UPGRADES RESULT IN SIGNIFICANT WATER AND ELECTRICITY EFFICIENCIES



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

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

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

"These efforts have resulted in some very impressive improvements that have been well received by patients, staff and visitors," said Tyler Crocker, Director, Environment and Facilities at TSH.

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

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

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

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

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

TSH and Ameresco will continue to implement a number of other energy and renewal measures at the General campus, including comprehensive lighting retrofits in all hospital wings and parking lots, energy savings strategies to reduce costs associated with chilled water pumping, boiler plant upgrades to recover waste heat, and further improvements to the building's air-handling and pump controls. The entire project is scheduled to be completed by June 2015.

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The Scarborough Hospital

MY PROVIDENCE

Story of Angelika Cox

“Defying doctors’ early prognoses, my goal this Christmas is to stand, unassisted at the head of the table and carve the family turkey. And I am determined to make it happen!”

- Angelika Cox, former patient, Providence Healthcare

“To this day, I remain blown away by the compassionate care I received at Providence Healthcare and that’s why I’m writing this letter.

“Sometimes, there are no words to express the long-lasting trauma that comes from a sudden illness or accident. Recovering from such an ordeal is an emotional and physical journey that requires heaps of compassion - and the best rehabilitation hospitals under-



“It could be your parent, your child, your sibling, your best friend. If and when the time comes, you or your loved one will appreciate Providence... as much as we did.”

own again. My husband and I were devastated by the news. Would I ever get my life back?

“Fast forward to 2014. Not only can I sit up on my own, but I’m learning to walk and drive again. I clearly see how I was able to get where I am today – and although it was quite a struggle and there was a tremendous amount of effort on my own part, a great deal of credit goes to Providence.



Angelika and her husband Garnet

stand this.

“In 2012, I was heading off on an annual trip overseas to visit family. During my usual stopover in New York City, after a day of sightseeing and shopping, I suddenly felt dizzy in the subway station. In the hustle and bustle of the rush-hour crowds, I lost my balance and fell into the path of an oncoming train. In that moment, my life changed forever.

“My legs were so severely injured that they had to be amputated in 12 surgeries over the course of 10 days. I lost so much of myself in those few short weeks. I alternated between life and death in New York before I could finally be moved home, where I recovered for four more months in a trauma unit. I was just 47-years-old at the time all of this happened.

“Prior to my accident, I had been an athletic, outdoorsy person who loved to bike, hike, ski and garden. I was a world traveler – an adventurer. Now suddenly, I was bedridden, weak and uncertain of my future. The doctors said I would never even sit up on my

“One of Providence’s key Values has always been Compassion. But at Providence, that’s not just a word on a wall, or an aim without substance. At Providence, I saw and genuinely felt compassion every single day from staff as a patient. It fuelled my recovery as much as the physical therapy did –and it helped my husband, Garnet, to cope with our altered circumstances too.”

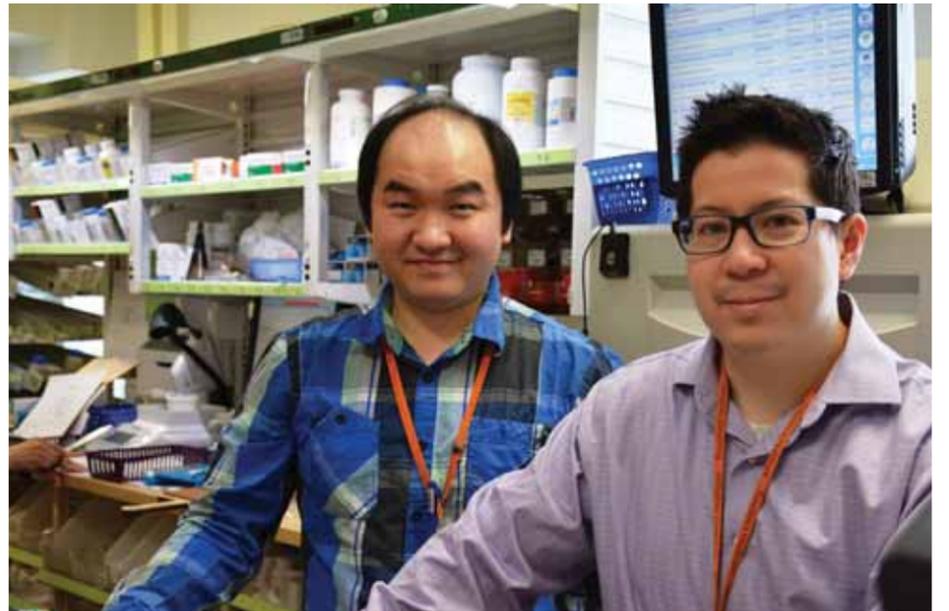
“This year, after I carve the turkey and take my place at the table, I will take a few moments to give thanks and appreciate those who helped me along my journey. The staff at Providence gave me hope, courage and confidence.

“I’m sharing my story as I believe in the human ability to redefine the possible, and to ask you to think about supporting Providence with a special donation today. Your support is Providence’s lifeline to continued excellence and will mean so much to the many people in our community who rely on Providence during some of the most difficult life events they will ever experience.”

- Angelika Cox

Unsung Heroes

- Providence Healthcare’s Retail Pharmacy Team



(L to R) Pharmacy duo Ben Choi and Sean Chai-Chong

Earlier this year, Josie Walsh, President and CEO of Providence Healthcare, invited Providence staff to submit the name of someone they think makes a difference in our community. She asked for a sentence or two explaining what makes the person(s) a hero. This letter was received regarding our retail Pharmacy team. Meet two of our heroes.

“I am writing this email on the last day before my maternity leave begins to express my complete and total gratitude to Providence Healthcare’s retail Pharmacy team. I cannot even begin to express how much the support received from the Pharmacy throughout this pregnancy has meant to myself and my family.

Let me start by saying that this is my second pregnancy, and while the first pregnancy was what I considered to be a walk in the park, this current pregnancy has been full of medical challenges and stresses. There is absolutely no way that I could have successfully managed these situations without the constant support and guidance from Pharmacist Sean Chai-Chong and the team in the retail pharmacy. From day one, Sean took the time to provide me with the educational pieces and

information support around all of the new medications and procedures required for my care. In addition, he took measures to ensure that the unique prescriptions I needed were available to me through the pharmacy, and were always ready for me in a moment’s notice. During this entire experience, what stood out most was the high level of customer service that was provided to me during each interaction with this department.

They are amazing! I feel proud to know that these services are available to the community and reassured for fellow employees that they too can take advantage of such a wonderful service. For this I am eternally grateful.

I could not allow an opportunity to share my gratitude pass by, and I welcome this email to be shared as a testimonial to the Retail Pharmacy’s success!”

Open to everyone, Providence’s Pharmacy is located on the 2nd floor of Providence Hospital and is open Monday to Friday, 9 a.m. to 5 p.m. For more information, phone 416-285-3805.

Stay healthy this flu season. Get your flu shot with our Pharmacist. No appointment necessary.

Want to get involved and make a difference?

Please contact Providence Healthcare Foundation at 416.285.3630 or go online at www.providence.on.ca and make a donation today.





Rouge Valley continues connecting with community

Rouge Valley Health System is doing research to gain insight into how it can better serve the needs of people in its communities, as part of its strategic planning process.

"Rouge Valley is committed to continuous improvement to provide the best care and experiences to our patients," says David Brazeau, director, public affairs, community relations and telecommunications. "By expanding our open conversation with our patients and the community we can ensure that we continue to focus on what really matters to them."

Researchers will conduct surveys, focus groups and in-person interviews with Scarborough and west Durham residents during the month of November. No sensitive personal information will be collected and any opinions shared will be kept confidential. Brazeau adds, "The research is part of Rouge Valley's ongoing community outreach activities in meetings, presentations and listening to people in various forums. We value community members' views and look forward to better serving current and future patients."

BRA Day returns

BRA Day (Breast Reconstruction Awareness) is an initiative designed to promote education, awareness and access for women who may wish to consider post-mastectomy breast reconstruction.

This surgery is performed at Rouge Valley Health System and both sites of RVHS hosted a display by representatives of Allergan Canada - a health care company that produces, among many things, implants used in breast reconstruction - to educate the public and staff about the procedure.



Carole Chan, (second from right) Marketing Manager for Allergan, spoke with RVAP OR nurses Jean, Theresa and Kiera, who were wearing their BRA Day pink gloves

Foundation shows its appreciation



Raj Thavaratnasingham, Financial Adviser for Edward Jones handing out a gift

Year in and year out, donors to Rouge Valley Health System help their community hospital to provide the best patient experience to thousands of people who rely on us for their local health care. In October, a special donor appreciation event was held at the Gates

of Guildwood condominium to say a personal thank you to the many donors who live there.

Raj Thavaratnasingham, Financial Adviser for Edward Jones, sponsored the refreshments and provided a number of prizes for draws at the event.

Dr. Zaid Yasser, surgical oncologist, Janet Roth, Clinical Practice Leader for Emergency and Staffing Resource Team at Rouge Valley Centenary hospital, and Clara Tsang, Nurse Practitioner, GEM, each spoke about their area of expertise at the hospital.

Run Rouge Run!

On Sunday, October 19, more than 40 Rouge Valley physicians, nurses, staff and friends took part in the Scotiabank Toronto Waterfront Marathon.

Members of Team Rouge were cheered along as they walked or ran one of the different events, in the 5km, half or full marathons. In addition to this day being a great sporting event, Team Rouge also raised more than \$10,000 for Rouge Valley's Surgical

Program.

Spearheaded by PACU nurses Leanne and Sandra, this is the first year that Rouge Valley has been an official charity of the event. Both nurses ran the half-marathon and were proud of the support from their colleagues. "It brought me together with these guys; it kept growing and I'm really proud of them and I'm proud of this hospital," says Leanne.



Some of the Team Rouge participants, proudly wearing their team shirts and sporting their participant medals, gathered after the race





WORDS OF PEACE

Training for Today



“Peace?” says Prem Rawat. “Not a problem. Where is it? Inside of you. Was it there yesterday? Yes. Will it be there tomorrow? Yes. If you’re there tomorrow, it’ll be there tomorrow. Do you want to feel it? You won’t feel it tomorrow. You won’t feel it yesterday. If you want to feel it, you’ll feel it today.”

Today. Now. That’s a big point for Mr. Rawat, known worldwide as an ambassador of peace. He says that many people do not know what it means to live in the moment.

“Someone is caught up in yesterday, and somebody is caught up in tomorrow,” he says. “That pretty much sums us up.”

The problem with that, he points

out, is that yesterday is always gone, and tomorrow never really comes, “because in order to come, it has to change itself from tomorrow to today. Think about it: You have been living in today all your life. It is always today—and yet you’re not trained for today.”

Training for today, as Mr. Rawat puts it, is so simple that anyone who wishes to can do it.

“You’ve got your eyes closed,” he says. “You need to open them. You need to walk your life with your eyes open, not closed. You need to see; you need to understand what life is. It’s not somebody’s idea. It is not some concept. It is not written in a book. Whether you are young or old, you’re changing. Your life

evolves every second, and if you’re not evolving with it, there’s going to be disharmony; there’s going to be discord; there’s going to be a separation.”

By living in the moment, by opening their eyes, people can experience the peace that is within inside of them, Mr. Rawat says. If that sounds vague, it’s not. He offers a practical means to discover peace within.

“This is what I do,” he says. “I go around talking about peace, but the only way peace is going to come to you is when you start living in today—because that’s where peace is. Not in tomorrow, not in yesterday: today.”

Mr. Rawat stresses how important it is that people understand the value of life.

“When you will understand?” he asks. “When will you learn—not as a parrot learns, but with understanding—the value of being alive?”

He urges people not to underestimate the value of life.

“This is an infinite lesson,” Mr. Rawat says. “There is more joy in being alive than you can ever fathom. There is more happiness in being alive than you can ever realize. There is more clarity in being alive than you will ever be able to gauge; more peace in being alive than you can ever imagine.”

Human beings are doers, and most

people think they have to do something to get peace, he says, in the same way that before we can eat a vegetable it has to be harvested, cleaned, cut up and cooked. Peace is an exception to that process.

“Let peace emerge,” he says. “Emerge - not be created. Peace has to be real. How many people think, ‘I don’t have time for peace’? Many people believe there is a structure to how life should be lived. Somebody told it to them, and they never question it. I’m going to challenge that. I am going to say to you that what matters in this life is what you know, not what you think, not what you have. This is your life. Please reconsider your priorities; reconsider what is important to you. Before you know it, it will all be gone.”

“I have good news for you: You’re incredibly rich. You may not have buying power or mind-satisfying power, but you have heart-satisfying currency. That’s what heaven is about: that beautiful gratitude, the expression of the heart: to feel alive.”

To learn more about Prem Rawat:

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WHY HINDUISM ISN'T AN "ISM" BUT A WAY OF LIFE

Sadhguru: The term and concept of Hinduism was coined only in recent times. Otherwise, there was really no such thing. The word "Hindu" essentially comes from the word Sindhu. Anyone who is born in the land of Sindhu is a Hindu. It is a cultural and geographic identity. It is like saying "I am an Indian" but it is a more ancient identity than being an Indian. "Indian" is only about seventy years old, but this is an identity that we have always lived with.

Being a Hindu does not mean having a particular belief system. Basically, the whole culture was oriented towards realizing one's full potential. Whatever you did in this culture was Hindu. There is no particular god or ideology that you can call as the Hindu way of life. You can be a Hindu irrespective of whether you worship a man-god or a woman-god, whether you worship a cow or a tree. If you don't worship anything you can still be a Hindu.

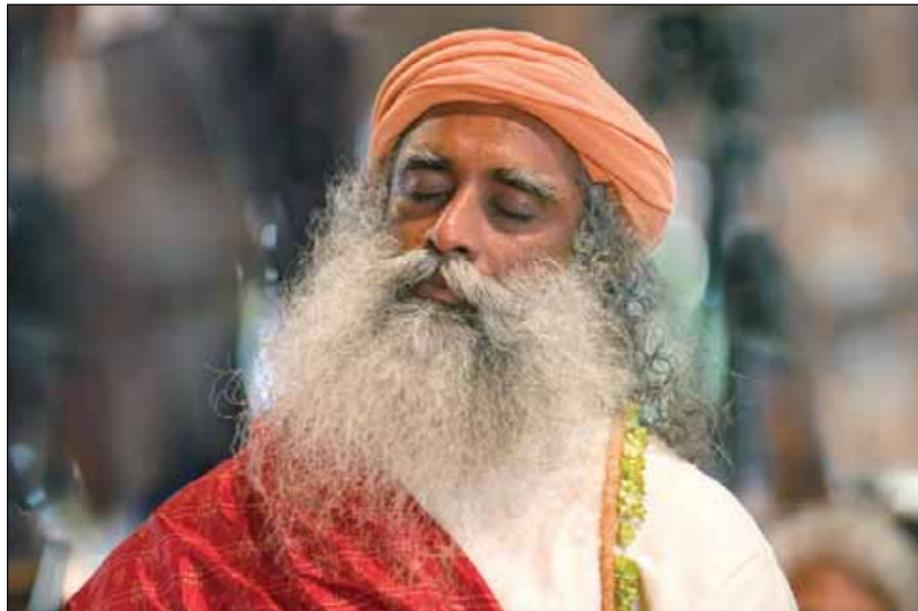
It is only recently and due to external influences that this geographical and cultural identity has attempted to transform itself into a religious identity called Hinduism. Hindu was never an "ism", and the attempt to organize it as a religion is still not successful because the Hindu way of life which is referred to as Sanatana Dharma or universal law is all-inclusive in nature and does not exclude anything. The Hindu way of life is not an organized belief system but a science of salvation.

The science of salvation

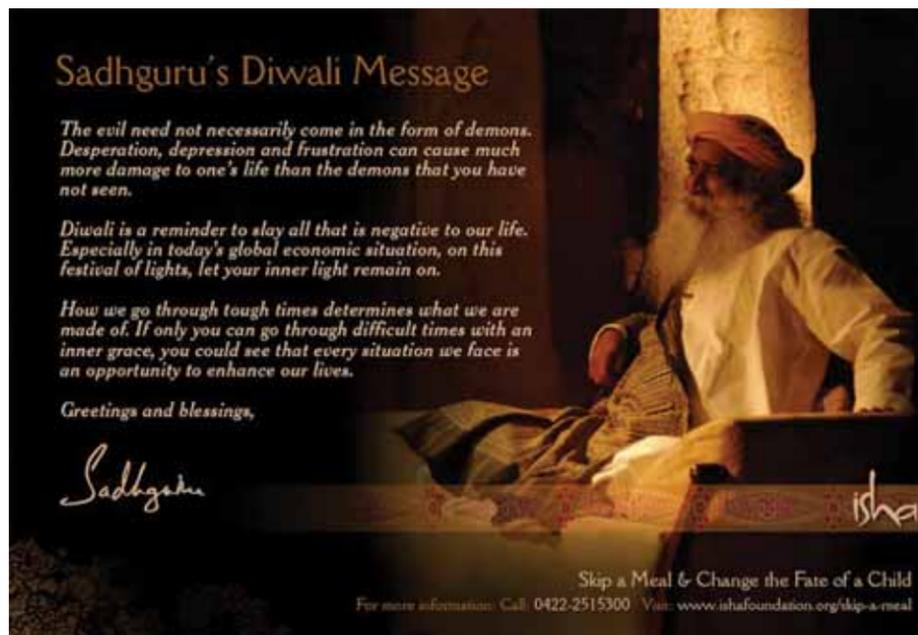
The conflicts in the world have always been projected as good versus bad, but really, the conflict is always one man's belief versus another man's belief. In the past, religion was far more important to people than it is now, but still there were no theocratic states in this culture; the ruler had his religion and the subjects had the freedom to follow theirs. There was no conflict because people did not look at religion as an organized process.

Everywhere in the world, whenever anyone spoke anything other than the existing organized religion of that time, the first thing that the people said was, "Kill." In Europe, thousands of women were burnt at the stake simply because they showed other kinds of possibilities and capabilities that were not logically understood by people. So they were labeled as witches and burnt. Persecution has always been the thing. Some of the famous ones that you know who were persecuted were Jesus, Mansoor and Socrates. They were persecuted simply because they showed other kinds of capabilities which were not considered normal.

So, wherever spirituality happened in the West, it always happened in secrecy. It always was individual or in small groups, never as a society. But in this culture, there has never been anything called persecution for spiritual people. At the most, they called you for debates and asked you questions. Because the



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



pursuit is truth, so people sat down and argued whether what they knew was true or what the other person knew was true. If his truth was more powerful than yours, you become a part of him. If your truth was more powerful than theirs, they would become a part of you. It is a very different kind of search. People were searching to know. They were not just believing and trying to prove that their belief was right.

Everywhere else people believe "God created us." Here we know we created god so we take total freedom to create whatever kind of god we can relate to.

There is no belief system to the Hindu way of life. Someone believes in God, someone else can choose not to believe in God. Everybody can have their own way of worship and way to salvation. If there are five people in your family, each one can worship the God of their choice, or not worship anything, and still be a good Hindu. So you are a Hindu irrespective of what you believe or don't believe.

At the same time, there was a common line running through all these. In this culture, the only goal in human life is liberation or mukti. Liberation from

the very process of life, from everything that you know as limitations and to go beyond that. God is not held as the ultimate thing. God is seen as one of the stepping stones. This is a Godless but a devout nation in the sense that there is no concretized idea of God. When I say Godless, we need to understand that this is the only culture that has given humans the freedom not just to make a choice of Gods, but to create the sort of God that you can relate to. You can worship a rock, a cow, your mother – you can worship whatever you feel like – because this is a culture where we have always known that God is our making. Everywhere else people believe "God created us." Here we know we created god so we take total freedom to create whatever kind of god we can relate to. People worshiped whatever aspect of life they related to most, and that was perfectly fine.

A Godless nation

In the East, spirituality and religion were never an organized process. Organization was only to the extent of making spirituality available to everyone – not for conquest. Essentially, religion is about you, it is not about God. Religion is about your liberation. God is just one

more stepping stone that you can use or skip towards your ultimate liberation. This culture recognizes human wellbeing and freedom as of paramount importance versus the prominence of God, and hence the whole technology of god-making evolved into the science of consecrating various types of energy forms and spaces.

The essential purpose of God is to create reverence in a person. What you are reverential towards is not important. Being reverential is what is important. If you make reverence the quality of your life, then you become far more receptive to life. Life will happen to you in bigger ways. There is so much misunderstanding about these things because there is a certain dialectical ethos to the culture where we want to express everything in a story or in a song. But in a way, this whole culture referred to as Hindu is rooted in the spiritual ethos of each individual working toward ultimate liberation as the fundamental goal in life.

If you explore mysticism in India, it is absolutely incredible and this has been possible because it does not come from a belief system. It happens as a scientific means to explore dimensions beyond the physical.

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

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

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

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If you answered "Yes" to any of the above questions then you should contact us for a Private & Confidential meeting

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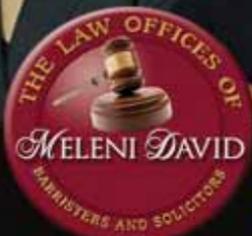
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YAL DEVI RESUMES IT'S REGULAR SERVICE TO JAFFNA

Railway earns over Rs. 3 million in four days from trains running along the newly-restored northern line to Jaffna



Yal Devi express and Jaffna Railway station

By Siva Sivapragasam

“Among those delighted hearing about trains running to Jaffna once again is 103 year old Louisa Arulamma Thambyrajah. Her memory of her days in Jaffna is hazy but one thing she remembers well is hearing the train horn in her town.” (Source: The Hindu) The iconic and much patronized Yal Devi Express train from Colombo to Jaffna resumed it's regular services from October 13, 25 years after the link was suspended during the height of the Sri Lankan civil war.

Sri Lanka Railways recommenced the war halted train services from Colombo to Jaffna on October 13 after almost 25 years. The famous North-bound train Yal Devi which was running between Colombo and Palai, was extended to Jaffna on October 13th with Sri Lankan President Rajapakse on board. The project to rebuild the tracks and necessary facilities have been undertaken by IRCON International Limited under a concessionary credit



line of US\$ 800 million provided by the Indian Government for the Northern Railway Reconstruction Project.



Accordingly, the Yal Devi passes 38 kilometers from Pallai station to Jaffna. The Jaffna Railway Station has been reconstructed, and renovated with the assistance of Bank of Ceylon. The railway station features many modern facilities. Efforts have been taken to preserve its ancestral architecture. The tracks will have novel signaling facilities while the line will have a sound telecommunication system. The Superintendent of Sri Lankan Railways confirmed that the railway Department

has earned over Rs. 3 million in four days from trains running along the newly-restored northern line to Jaffna.

The Northern line includes three main rail bridges, including the longest bridge at Navatkuli and four crossing stations between Palai and Jaffna located in Kodikamam, Chavakachcheri and Navatkuli.

The first section of the re-constructed 63-kilometer-railway track from Omanthai to Kilinochchi of the 146-kilometer Northern Railway Line was opened for train travel on September 14 last year. The extension was offered to Palai on March 4, 2014. The train recommenced only in June 2009, just with the train running to Thandikulam and then to Omanthai on May 29, 2011.



Work on the 18 kilometre rail track between Jaffna and KKS is now in progress and expected to be completed by the end of the year. Once that is done, the train service will be extended to KKS from the beginning of next year.

Of the several thousand passengers

who have boarded a train in Colombo to reach Jaffna was Mahatma Gandhi, who was in Ceylon in 1927 to raise money for India's poor. According to a report published in The Hindu dated December 2, 1927, Gandhi — accompanied by C. Rajagopalachari — addressed students in various educational institutions in Jaffna.

Gandhi was there on an invitation from the Jaffna Youth Congress, says senior historian Silan Kadirgamar. “It was a radical era in Jaffna and Gandhi's visit drew huge crowds

NORTHERN RAIL SERVICE TIME TABLE

COLOMBO- JAFFNA		
	Departure	Arrival
Air-Conditioned (Luxury)	5.50 am	12.00 pm
Yal Devi	6.30 am	3.00 pm
Express- Intercity	11.50 am	6.15 pm
Mall Train	7.45 pm	5.10 am
Matara-Jaffna (Express Saturday only)	6.20 am	5.30 pm
JAFFNA- COLOMBO		
	Departure	Arrival
Yal Devi	7.25 am	3.50 pm
Express- Intercity	11.00 am	5.40 pm
Air-Conditioned (Luxury)	1.45 pm	8.30 pm
Mall Train	7.05 pm	4.25 am
Jaffna-Matara (Sunday Only)	10.00 am	6.10 pm

Economy class tickets to Jaffna will cost Rs. 360 while second class tickets will be Rs. 700 and first class Rs. 800. A one-way ticket to Jaffna in the air-conditioned express costs Rs. 1,500 and the journey takes six hours.

Photos by Digital Gwane from Toronto

Book Review



Special Feature

'VANDHI MUNNAHA MAADU PINNAHA'

CART IN FRONT BULLOCK BEHIND

Kavignar Pandit
S.V. Panchadcharam's
Metaphorical Stories

By: C. Kamalaharan

Metaphor is a figure of speech that makes a comparison between two things that are basically dissimilar. For example a dark sky in a poem might be a metaphorical representation of sadness. All languages contain metaphors that play an inevitable part in the day to day language usage. English writers have used metaphors extensively in their literary works. Metaphysical poet John Donne had used metaphors throughout his poetical works. In his famous poem 'The Rising Sun' Donne personified sun and chided him, "Busy old fool..." for shining into his room where he and his lover were in bed. William Shakespeare too had used metaphors in his poems particularly in sonnet No: 18;

"Shall I compare thee to a
Summer's Day
Thou art more lovely and more
temperate..."

The 'Tortoise and the Hare' in Aesop's fables is an effective use of metaphor for comparison and presenting the maxim 'Slow and steady wins the race.'

Among Tamil writers attempts to write metaphorical stories were very rare. The one who introduced metaphorical stories in Sri Lanka was Pandit Velupillai whose metaphorical stories eighteen in number were released in a book titled 'Manat Koyil' (Sand Temple). It was well received in the country and abroad. The last Governor General of India Rajagopalachari, an accomplished writer inspired by this collection of stories expressed his appreciation. Sahitya Academi Awardee Pandit S.V. Panchadcharam a retired teacher from Inuvil, Sri Lanka has released a book on metaphorical stories under the caption 'Vandhi Munnaha Maadu Pinnaha' literally meaning 'Cart in front Bullock behind.' These stories about forty in number were published in various newspapers and periodicals in Sri Lanka India Canada France Norway and U.K. Panchadcharam's stories reflect the social, political and religious set up in our society. In these stories the characters are not humans but animals, birds and inanimate objects. Through these characters human experiences are neatly brought forth. Owing to limited space I shall deal in detail the story that greatly inspired me and later refer to a few others.

The front cover of the book shows a picture of a happy family; father mother and two kids. Will this happiness last for ever? Panchadcharam deals with this in the story 'Kaakkum Nenjum Kathuvum Nenjum' (The protecting heart and the Seizing heart). Once there lived a widowed parrot with her four children; Mainthan Arulini Therulini and Marulini in the hollow of a tree. Arulini was a weak child who needed special attention. The mother nursed them carefully flew out and brought long beans, ripe chillies, and stale mango fruits for them. She also took special care of Arulini for whom after hectic search brought sweet red coloured 'Kovvai' fruits (ivy gourd). This evoked jealousy among the other children who questioned the mother about her disparity in serving food. As days passed excepting Arulini all the other children were ready to fly out of the hollow. But the mother told them not to do so as Arulini had not gained competence to fly. Here too the other children expressed their dissatisfaction blaming the mother for having a soft corner for Arulini. Later

when Arulini was able to flap her wings and ready to fly, all of them took off on their maiden flight. But poor Arulini could not cope with the others and so trailed behind. Observing this the mother with all the children took rest on the bough of a nearby tree. Not happy about the abrupt end of their flight, the other children after a short discussion among them took off and continued their flight. Deeply saddened by their absence the mother with Arulini returned to their hollow. Hardly an hour passed when Mainthan and Therulini returned tensed and cried, "Mother! Marulini has got entangled in the snare laid by the farmer." Hearing this the mother guided by Mainthan arrived at the spot, whispered something into Marulini's ears and took cover among the millet crops. In the evening two farmers with cage arrived ready to take captured Marulini. As one farmer attempted to get hold of Marulini she pecked his hand fiercely while the mother attacked from behind. In the melee Marulini freed herself and flew away. But the other farmer snatched the mother from behind, caged and took her home where she remained a captive.

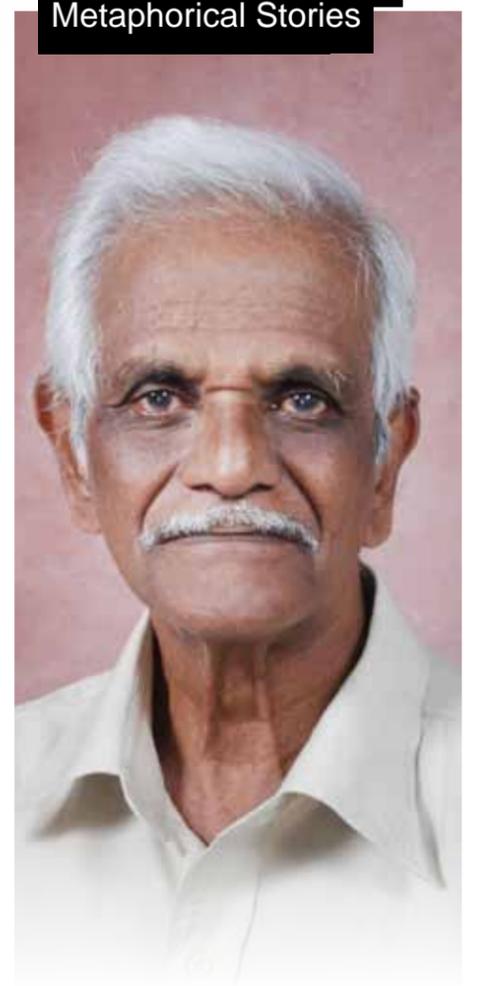
One day the farmer left home in a hurry, forgetting to close the door of the cage after her. Making use of the opportunity the mother stealthily flew out and arrived at her hollow to find Mainthan living in it with his family. While expressing delight on seeing the mother he dropped a bombshell requesting the mother to go and stay with Marulini's family. On arriving there she was in for another disappointment when Marulini not willing to accommodate her, requested her to go and stay with Therulini's family. Likewise Therulini too refused to accommodate the mother and told her to go and stay with Arulini's family. Arulini for whom the mother took special care and nursed her also refused to accommodate her. Driven from pillar to post the mother thoroughly disappointed by the ingratitude attitude of the children flew back to the cage which she felt was a heaven in captivity.

Panchadcharam has meticulously woven this story bringing forth the situation that prevails in society. Parents who have undergone

tremendous difficulties to bring up the children and place them on a sound footing are unfairly and cruelly neglected; they are either sent to old age homes or left to fend for themselves after seizing all what they had.

Literary scholar Kavignar Kanthavanam in his foreword for the book mentioned that of all the stories the one that impressed him most was 'Paddukkuncham' (Silk Tassel). This story based on God's creation brings forth a philosophical thought through religion. It's a verbal tussle between a silk tassel and a coir broomstick where both point at each other as being superior. The attractive silk tassel is only an exhibit dangling from the statue of Lord Krishna while the broomstick is ever active sweeping dirt. The broomstick told the tassel, "People who first see you are inclined to see Lord Krishna and worship him. And while worshipping Lord Krishna they also worship his conch his wheel his symbol his flute and also you. And so you are superior." To which the tassel replied, "Although you sweep dirt inhale dirt become dirty and finally die, you must be proud of yourself for doing service to mankind, so in that way you are superior." The arguments and counter-arguments went on and came to a close when tassel realised the incomprehensible nature of things and revealed a truth, "How a jewellery cannot be crafted from pure gold without mixing copper God is also unable to create a hundred percent world without mixing dirt." The story ends abruptly there; probably Panchadcharam feels that God the great designer creates everything with a purpose which we are unable to comprehend and so it's better to leave it without delving deep into it.

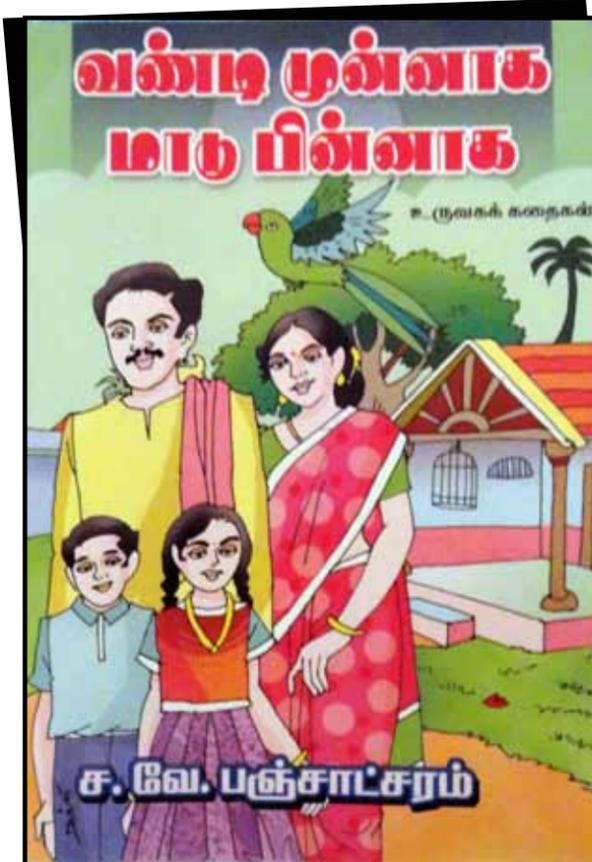
Virunthuppori (Feast for trapping) is another story that captured the interest of the readers. There once lived in a forest both carnivorous and herbivorous animals. The herbivorous animals in order to avoid being prey to the carnivorous animals moved in clusters. Finding it difficult to get their prey a lion, the king of the beasts discussed with a cunning fox on a master plan. Accordingly he sent word to the herbivorous animals through the fox that he had taken a vow and declared that in future he would not commit sin by killing animals and would consume only vegetarian food and flesh of dead animals, thereby enabling the herbivorous animals to move about freely without fear. The herbivorous animals delightfully agreed to this. In order to celebrate the declaration, the lion invited the herbivorous animals for a purely vegetarian feast. As planned the herbivorous animals were led into banana and sugarcane plantations where they had a sumptuous meal. Later the herbivorous animals in reciprocation invited the carnivorous animals for a feast. As the lion had served them their favourite vegetarian dish they too decided to serve the carnivorous animal's their favourite non-vegetarian dish. But a problem cropped up regarding the lion's menu as it eats only flesh of dead animal. Therefore an animal among them had to be killed. Some animals disagreed to this while the others agreed as they wanted to move about freely



Author, S.V. Panchadcharam

without fear. This resulted in division among them; the elephants were divided into two groups, the buffaloes into two groups followed by other animals, as a result clashes erupted among them. During the clashes some animals fell dead providing ready meals for the lions tigers and other carnivorous animals. Little by little the population of the herbivorous animals dwindled providing easy prey for the mighty beasts. Ultimately the herbivorous animals became extinct. Through this story Panchadcharam has effectively presented the lesson 'United we stand divided we fall.'

Panchadcharam presented the other stories too in a similar vein, bringing to light the various problems that prevail in our society and the moral lessons through them. Writing metaphorical stories requires powerful imagination careful planning and the ability to present unrelated things to be similar. Aware that usage of metaphor can elevate stories Panchadcharam, an experienced writer has done justice to the topic he chose to write. The carefully crafted forty metaphorical stories in which each story ends in a moral lesson is really praiseworthy. The beauty of all these stories is that each story runs through only one or two pages thereby the reader doesn't feel fatigued. Furthermore all the stories in the book could be read at a stretch within a short time. Panchadcharam, the multi-dimensional personality who has written short stories novels poems dramas religious articles and feature articles was the recipient of the 1965 prestigious Sahitya Academy award for his narrative social poem Ezhili and the recipient of the 2002 Arts Literary Academy award for his Anthology of Poems. His ability to present innovative ideas using metaphors in his writings is commendable. We expect much more to flow from his pen...



Book Cover



By: *Thuraiyooran*

"It takes a whole village to raise a child"
(African Proverb)

This proverb points out the importance and the responsibility of a society in bringing up its children. Society plays a major role in molding the characters and behavior of children growing in its folds. Society includes all the members, in a particular society or community. Each one is responsible for the character building of all the young ones. The key figures who play major role in this scenario are the parents, teachers and the elders. These people effect a greater and everlasting impact on the lives of these children growing around them. These children are the leaders of tomorrow. Hence they should be guided and directed in the proper path. The destiny of these young ones are in the hands of the elders around them. Hence, I would like to outline the responsibilities and duties expected of these elders, who are the role models of the younger generation.

The role of the mother:

Mother is regarded as the most important individual involved in the production and development of a child. A mother is considered as a person next to God by Indians for more than several centuries. Some are of the opinion that "God could not be everywhere so He made mothers." If you trace the history of great leaders you will find that their mothers played a very important part in their lives. For example the mother of Mahatma Gandhi and Winston Churchill had tremendous influence in their formative years. In the true Indian culture a mother has always occupied a place after God. But in the last century or so the status of women has declined and as a result the society has lost its peace and tranquility. The modern society is obsessed with material wealth and sensual pleasures. As a result a woman has become an object of sensuality rather than reverence.

Mothers must take more care in molding the character of their children. From the time of conception, mothers have to take care of their words and deeds. They have to sacrifice some of their worldly pleasures for the sake of the embryo developing in their wombs. It is the custom of many Indian mothers to read spiritual and moral teachings of many leaders and saints during their pregnancy. They believed that their kids would be great leaders once they are born. Even they were choosy in what they ate and drank. They avoided certain fruits like pine apples, Ananas and some sea foods like crabs and lobsters. Also abhorred certain drinks, especially alcohol. They believed that these fruits and drinks may affect the embryo

growing inside them. Also they were in the habit of drinking saffron petals mixed in milk, daily. Saffron is supposed to purify the blood and also safeguard the child's skin from getting skin diseases later. These may sound goofy to the present medical pundits but it has been the practice for several centuries among the Indians and it works.

Once the child is born, it becomes the prime duty of the mother in feeding, fostering, teaching and fondling the baby. But in the modern day world how many mothers are able to do this. How many mothers are able to spend at least a few hours with their growing children? Under these circumstances how do you expect the children to be well behaved and to become future leaders of a nation? The first five years of a child are the very crucial years of their lives. The foundation for a character building is laid during these years. Those who miss loving motherhood during these years retain deep scars in their character for life. A young mother is expected to groom her son with love, tender, care and discipline. What is learnt during the childhood stays with him or her, till their death. There is a popular Tamil proverb, which says, "One who will not bend on the fifth year will not bend in fifty."

Modern research is coming to some interesting conclusions in the role of the mother, in building the character of individuals. The children who have been very close to their mothers in their formative years, have been found to be very cool and calm during troubled times. They were well-balanced, well adjusted to adversities and warm hearted. They have been very happy and contented and lead a very peaceful life. If you analyze the life of a murderer or a psychopath, you will be interested to note that he may have had a very troubled formative years, lost his mother's love and tender care or may have lost his mother.

I am reminded of a story of a murderer who bit his mother's ear at the court house, as soon as she went to hug him to console him, when he was convicted of a murder. When the judge asked him the reason for his behavior, he replied that his mother failed in her duty by not reprimanding him for petty thefts during his childhood days, which has now landed him in this unfortunate plight. It is the duty of every mother to train her child in self-reliance, perseverance and other good qualities. Hence a mother plays a key role in producing good citizens of a nation.

The role of the father:

The father is the second guide to a child after the mother. He is the role model for his children. The way he speaks and acts has a strong influence on the children growing around him. He has to devote time with his family to establish a harmonious and happy environment. He has to be very careful in the language he uses with his children at home.

I am reminded of an incident, which happened at home on the first few days of our arrival in Canada. My daughter who was attending grade three at that

time started using the bad four-letter word at home without knowing the meaning. We told her politely that it is a bad word to use and to which she replied that most of her classmates are using it at the school. I could imagine the situation of those kids at home. They have picked up the words used by their parents at home, which is natural. That is why when we speak to our children we have a custom in our community to use respectable language. Tamil has two different sets of words for use with two or three different age groups. For example, when we speak to our elders we use the respectable form of any word by adding a suffix which sounds "ngo (ங்கோ)(eg ~ waango (வாங்கோ), pongo (போங்கோ)). But when we speak with our youngsters we say vaa (வா) po (போ). But it is our custom when we speak to our kids (who are leaning to speak) we use the respectable form so that they pick them up and use it in their formative years. This goes on until they are grown up to distinguish the different forms of the words to be used, under different situations.

The father is expected to follow certain rules in bringing up his children. They are as follows:

- 1) Show affection to all your children equally and treat them equally.
- 2) Do not quarrel in front of them.
- 3) Never to lie to them.
- 4) Speak politely but be stern-
- 5) Do not punish them in front of others.
- 6) Be constant in your mood and affection.
- 7) Praise them in public but reprimand them in private.
- 8) Always answer their questions.
- 9) Watch who their friends are and accept them cordially at home.
- 10) Give them the assurance that you are there to help them in difficult times.

But how many of us are following these cardinal rules? Some of us are so tied up with our work, we do not have time to spend with our family. If both parents are working and if the children are left in day care centers or with nannies, then they grow up devoid of affection and love. Research has revealed that children brought up in similar situations tend to deviate from the normal behaviors expected of their age group. There is a growing opinion that mothers must be with them at least for the first five years before they go back to work. In Canada mothers get an year of maternity leave but in some European countries they get two years. Hence it is the duty of every parent to sacrifice part of their lives to bring-forth better behaved members of a society. Better society means better nation and a world with peace and harmony.



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Garant, a leading Canadian manufacturer of construction, lawn, garden and snow removal products, today introduces the **first-of-its-kind, scratch-free snow brush and scraper**. The scratch-free brush features EVA (ethylene-vinyl acetate) foam, a material commonly used for car wash brushes rather than bristles, which can break down during winter, or worse, cause unsightly damage to the paint.

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"Through our extensive end-user research, we learned that consumers are most concerned about traditional bristle snow brushes wearing out, scratching cars, clogging with snow or freezing," said Laurence Grenier, Product Manager. "The new EVA material we chose for the GARANT snow brush is soft, sturdy, durable and effective, great for long winters or whenever the snow hits."

The EVA foam material was

subject to extensive testing to ensure safety to fragile surfaces such as exterior auto paint. The product development team conducted side-by-side tests with a traditional bristle brush whereby each implement was used to scrape a painted metal sheet 10,000 times. The EVA material yielded a smooth, **unmarred finish compared to the bristle brush**, which showed noticeable permanent scratches.

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The brush and scraper is available in two convenient sizes – 28-inch and 36-inch lengths, offering **multiple sizes to fit the requirements of both the user and the usage.**

The GARANT Scratch Free Snow

Brushes are available at Canadian Tire nationally and range in price from \$17.99 to \$19.99.

About Garant

Canada's largest manufacturer of construction, garden and snow removal tools, Garant has 115 years of know-how. Innovation is part of the "corporate DNA"; that's why a team of thirty people work daily to develop new products, especially at this time of year to face the winter weather. To learn more, visit <http://www.garant.com/html/en/entreprise/index.php>.



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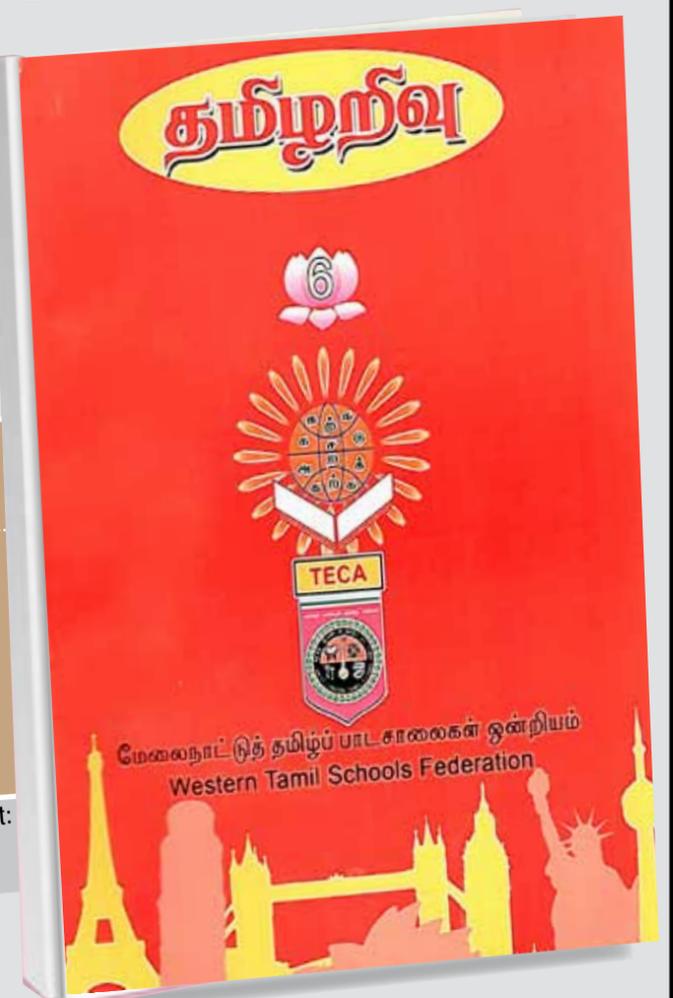
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ONE MAN'S BIRTHDAY GIFTS OFFERS REPRIEVE FOR SEVERAL SRI LANKAN FISHING FAMILIES

By: *Thulasi Muttulingam*

When Dutch retired businessman R.A.J (Rob) Goes turned 70 recently, friends asked him what he wanted for his birthday. He figured he had enough of socks, neckties and whisky bottles (the usual fare he was used to receiving), and so put his friends to a higher target; contributions to help Sri Lankan fishermen overcome debt to exploitative middlemen.

Six years earlier in 2008, he had sold his company, one of the biggest in Holland dealing with access equipment (ladders, scaffolding, and the like) very profitably - and provisionally, just before the global economic crisis brought on by the Lehman Brothers'



R.A.J (Rob)



bankruptcy in September 2008. "A matter of a few months would have made a huge difference - instead of selling at a profit, I would have incurred massive losses," says Rob.

The propitious timing which decided his fortunes startled him into a decision to share his windfall, by giving back a share to the world at large. "I set up a foundation to invest in commercially viable social enterprises in developing countries," he says. Thus far, the foundation has invested in everything from hospitals to water purification projects across Asia and Africa.

In the course of his scouting for worthwhile projects, he came in contact with ZOA in the Netherlands, an international relief and rehabilitation organization working in Sri Lanka, amongst other war affected countries.

A tour of Northern Sri Lanka with ZOA convinced him that there was much potential to develop the fisheries sector here. However ZOA being a humanitarian, relief and rehabilitation organization, their main projects are not with fishermen and women working at an entrepreneurial level. Rather, their main beneficiaries are at the bottom of that trade chain - those who risk life and limb to catch the fish but barely eke out an existence day to day, as they are so heavily exploited by the middle-level traders.

"I watched local ZOA staff carrying out awareness programs to the fisherfolk along the Northern coast, as to the prices the middlemen were getting in the market as opposed to the prices the fishermen themselves were being offered," says Rob. "It was enlightening to watch. They had no idea

what the actual market prices of their catch were or of how much they were being exploited."

The problem was that most of these fishermen, even after becoming aware of the price exploitation could do little about it as they had little to no bargaining power with the middlemen. This is because, in Sri Lanka, the middlemen are not just traders. They are also loan sharks.

Most of the fishermen have gone into debt to the middlemen to buy their boats and nets and the middlemen treat their produce as part-repayments of these loans. The way these loan systems work however ensures that the fishermen are bonded in perpetuity. When they attempt to pay back the loans to redeem themselves, the low prices their fish, crabs and prawns were taken at are often not taken into account, by the middlemen.

"The fishermen's debts to these middlemen range from a hundred thousand rupees to a million rupees per family. The interest charged on these loans though works out to about 400 percent, which they will never surmount. The fishermen do not understand or realize the

alternatives as they have been traditionally ingrained in this system from childhood," says ZOA Sri Lanka's country Director Guido de Vries. Sri Lankan banks by contrast offer commercial loans of 15-20 percent interest rates, and on some development projects, as low as 7-8 percent interest rates.

Helping such causes, worthy as they might be however, was not part of Goes's foundation's mandate. "We were looking for social yet entrepreneurial ventures to help develop and this didn't fit the bill" says Goes. "But I was deeply impressed with what ZOA Sri Lanka was trying to do and wanted to help - so when my birthday came round and



When Dutch retired businessman R.A.J (Rob) Goes turned 70 recently, friends asked him what he wanted for his birthday. He figured he had enough of socks, neckties and whisky bottles (the usual fare he was used to receiving), and so put his friends to a higher target; contributions to help Sri Lankan fishermen overcome debt to exploitative middlemen.



people started asking me what I wanted, I said I wanted donations to this cause." He also pledged to double the amount raised, via his foundation, in order to motivate his friends.

The reactions he says were mostly positive. "I did get a few ribbings on whether I had gotten delirious with mosquito bites from tropical climes, but on the whole, people responded really well. I received €5350 which is more than I have ever received (in-kind) for any birthday. Birthday gifts here are usually a bottle of wine, a book or a



necktie and won't go beyond €25 apiece but this time, people contributed much more, as it was for a worthy cause. It was the best birthday party I ever had."

As promised, Goes's foundation then matched the donations, thus bringing it up to €11000. Says Rob's friend and fellow board member at his foundation, Ruud Stiekema, "We were also impressed with the 85 percent payback rates of the fishing families given such loans to help them overcome the middlemen's loans."

The idea is to help individual families overcome their debts to the middlemen by giving fresh loans at 8 percent interest; this would bail them out of the loans to the middlemen with the untenable 400 percent interest rates, thus enabling them to bargain a fair price for their fishing produce.

Once the loan is recovered from one fishing family, it would then be used to bail out another fishing family. Thus the money donated would go on perpetuating its usefulness amongst various families affected by poverty, instead of being confined to only a select few - something else that had attracted Rob to this cause.

The ceremony in which he handed over the cheque to ZOA Sri Lanka was attended by the Deputy Head of Mission of the Embassy of the Netherlands, Lianne Houben. She applauded her countryman's efforts to bring some measure of stability back to the Sri Lankan Northern fishermen's life.

"All people of Sri Lanka were affected by the war, but the Northern ones more so. The people of the North are still in the process of rehabilitation. This project will hopefully go some way towards making them regain their self-respect and survival mechanisms," she said.

(Thulasi Muttulingam is a writer based in the North of Sri Lanka. Ideas and opinions expressed are her own and not of any organizations affiliated to her.)



Obituaries

SATHIVEL - SOCKALINGAM

(Chartered Accountant)

formerly Director Technical Division of ICASL and formerly Chartered Accountant in Zambia). Beloved husband of Kanapathypillai Balambigai, precious son of the late Karuppiyah Thevar and Sornam, expired.

RAJARATNAM - VIMALA

(nee MORAIS)

Beloved wife of Raju, loving mother of Marielys, mother-in-law of Lazar Joseph, grandmother of Arianna and Samara, much loved daughter of the late Robert and Philomina Morais, loving sister of the late Rani, the late Carlo, the late Annesley and the late Eddie, sister-in-law of the late George, Rita, Eva and Iranganie (Denmark), expired.

EMMANUEL THIRUCHELVAM SAVUNDRANAYAGAM

Son of the late Mr. & Mrs. A.W. Savundranayagam, beloved husband of Ranees, loving father of Vasanthi, Nirmali & Kumar, father-in-law of John & Hiran and loving grandfather of Nathan & Anya, brother of Ranees & Kumar, brother-in-law of the late Sam, Carmen, the late Clarence, Lakshmi, the late Sugi, the late Mervyn, the late Tyrrell, Sarojini, Pearl, Sidney, Sam & Charika.

SIVAPALARATNAM - MRS. SAROJINIDEVI

- Beloved wife of the late Mr. Sivapalaratnam
(Former Accountant - Brown & Company PLC),

loving mother of Rammanohar, Sarvaluxmy, Sriskanthakumar and Sakunthaladevi, loving mother-in-law of Dr. Survi, Gajendran (Partner - PriceWaterHouse Coopers), Manjula and Dr. Mahitharan (Kalubowila Hospital), loving grandmother of Yasmitha, Bramma, Pragatheeswaran, Sarujan, Suruthi, Brannavan and Hareni, expired.

MARIAMPILLAI DAVID (KAVALOOR) RAJADURAI

(Founder of Vascicara Advertising)

passed away on 14th October 2014 in Sydney, Australia. Beloved husband of Grace Kanagamalar (Sydney), loving father of Abeyan, Naveenan, Vaseekaran, Jordan Susilan and Deemathi Percival, loving father-in-law of Maureen Dushyanthy, Matthew Percival, loving grandfather of Velanthi Aadharshana and Bernard Soertsz, Jonathan Janahan, Angeline Nitharshana, Karthika Charmi, Jordina Gracy and Soraya Brooke, Rachel Vivekana, Carissa Saathana, Korban Sukunan, Shara Eliza Iniyal and Anika Vanam. Contact Vasee +61499959909 (vasee2208@hotmail.com) Sydney Mobile or Naveenan +61408684519 (edilbert@hotmail.com) Sydney Mobile. Abeyan 0757129841 (abeyan13@gmail.com)

KANAGASABAPATHIPILLAI - GANESARATNAM (G.K. Pillai)

(Retired Deputy Director of Sri Lanka Customs, and Former Senior Advisor of Board of Investment of Sri Lanka)

Loving eldest son of late Ganesaratnam and Ariyamma, dear son-in-law of late Neelakandar and Manonmany, dear brother of late Shanmuganathan, beloved husband of Indumathy, beloved father of Ganeshan, Balendiran, Muralitharan and Dushiyanthini, beloved father-in-law of Srivani, Vasahi, Sharmini and Sayanthagumar. Affectionate grandfather of Vaishnavi, expired.

SELVARANJITHA MRS RANIE SINNAPPAPILLAI

Beloved wife of late Dr. Sinnappapillai loving daughter of late J.S. Thirurajasingham (retired principal) and Rosalin Annapooranam sister of late Rajeswari Ranie, Thivya Ranie, Prince Rajendrasingham, mother of Dr. Ranjith, Dr. Shiyamala, Lalith and Vijith mother-in-law of Dr. Malathee, Dr. Prem Dharshini, and Angeline, expired.

THAMBYTHURAI - V.A.

Passed away peacefully on the morning of 23rd October 2014 at home in Wellawatte. He is survived by his loving wife Indrani Thambythurai, children Meena Swaminathan, Geetha Douglas, Niranjan Thambythurai, father-in-law of Mohan Swaminathan and Mark Douglas and grandchildren Shankari, Christopher, Jordan, Aaron and Bryan Seale.

Veteran Tamil actor SS Rajendran passes away at the age of 86

Veteran yesteryear actor SS Rajendran, who was the first cinema artiste to be elected to a state Assembly in post-independent India, passed away in Chennai on Friday, October 24.

Rajendran (86), who had been admitted to a private hospital for lung infection, passed away in the morning, his son Kannan said. Known for his clear diction and impeccable dialogue delivery, SSR, as he was addressed by fans, earned a name for himself during the period ruled by two stalwarts of Tamil cinema, MG Ramachandran and 'Sivaji' Ganesan.

Incidentally he had starred alongside Ganesan in a number of films, including the latter's debut venture, 'Parasakthi', a revolutionary film scripted by DMK leader M Karunanidhi, and 'Deivapiravi.'

Fondly addressed as 'Latchiya Nadigar' (Actor of Principles) by his fans, Rajendran started his career as a theatre artiste. He later ventured into Tamil cinema, acting in notable films such as 'Parasakthi', 'Poompuhar', 'Marakka Mudiuma', 'Kumudam' and 'Naanum Oru Penn,' among others.

Drawn by the policies of Dravidian veteran and DMK founder, the late CN Annadurai, SSR later joined the party, and successfully contested the 1962 assembly elections and was also elected to the Rajya Sabha in the latter part of his political career. He later joined AIADMK. However, he had been staying away from active politics for the last many years. AIADMK chief Jayalalitha, also a yesteryear actress, described his death as a great loss to Tamil cinema.



SS Rajendran (SSR)

Karunanidhi, who described Rajendran as a brother, said he was 'shaken' by his death. The DMK chief recalled that the actor had worked in films like 'Parasakthi', 'Manohara', 'Poompuhar' and 'Marakka Mudiuma' in which he had penned the dialogue.

"He had stood besides me in different phases of my life and I cannot believe that we have lost him," he said in a statement while describing Rajendran as a 'rational' individual. He also paid homage to the actor's mortal remains. Information Minister KT Rajenthra Bhalaji paid homage on behalf of the state government.

The Tamil film industry announced suspending operations for half a day on Friday as a mark of respect to the deceased. Hailing Rajendran as a 'guide' to many professionals, a joint statement from various unions described his death as a 'great loss' to the industry.

MDMK leader Vaiko, BJP state president Tamizhisai Sounderrajan and TNCC chief BS Gnanadesikan also condoled the death.

- PTI



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MANAGING YOUR MONEY

Unravelling TFSA re-contribution rules

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

The federal government introduced the Tax-Free Savings Account (TFSA) in 2009 and it was hailed as the single most important personal savings vehicle since RRSPs were launched in the late 1950's. There is a misconception that it is a savings account, but it is more than a savings account. Maybe, it should have been named Tax Free Investment Account. Generally, the same rules apply to the TFSA as to the RRSP when it comes to determining eligible investments. TFSA-eligible investments are the same as those available for RRSPs, including mutual funds, money market funds, Guaranteed Investment Certificates (GICs), publicly traded securities, and government or corporate bonds.

What is eligible and what is suitable will be two different issues. The holder of the TFSA will use investments consistent with the goals and objectives of the account. For many, the tendency might be to hold conservative investments often interest generating because conserving capital might be important. There might also be a tendency to exclude speculative investments as the capital loss will not be deductible if the investment does poorly. On the other hand, if the investment does very well all of the capital gain would be sheltered. Suitable investments will depend on the facts and may change from time to time. The potential uses for a TFSA are almost endless but will appeal to most at some time in their life. The TFSA will appeal to anyone planning for retirement. For some it will be an option to use after RRSPs are maximized. For those with modest means, there will be an incentive to save that "little extra" for retirement since such savings will not impact on programs based on net income assuming the province in which the individual resides will treat the TFSA as the federal government will.

Every Canadian over 18 years of age is eligible to save in a TFSA. The annual TFSA dollar limit is indexed to inflation in \$500 increments and in 2013, the limit was increased to \$5,500, where it remains for 2014, and is expected to do so for the foreseeable future. You'll maximize the value of your investments held within a TFSA by making the most of all available contribution room. But even if you don't use all of your contributions room every year, it will accumulate year after year, so that it can be used in the future.

Since their introduction in 2009, Tax-Free Savings Accounts (TFSAs) have become a favorite savings option for many Canadians – and with good reason: TFSAs provide tax-free savings growth and

easy, tax-free withdrawals at any time for any purpose. Almost anyone can benefit from a TFSA – but if you have one, be careful because there is one not-well-understood re-contribution rule that could cost you an unexpected tax hit. That mistake: Making a withdrawal from your TFSA and replacing the money too early.



Let's take a closer look at TFSAs and how to avoid tax penalties.

* TFSA investments are not tax deductible but they do grow on a tax-free basis.

* The annual TFSA dollar limit is indexed to inflation in \$500 increments and for 2014 the limit is \$5,500.

* If you don't use your maximum contribution room every year, it accumulates year after year, so you can use it any time you choose.

* The maximum amount you can contribute to your TFSA is limited by your TFSA contribution room, which is calculated this way:

* The annual dollar limit (currently) \$5,500.

* Plus the amount of withdrawals from a previous year (excluding withdrawals of excess contributions, qualifying transfers, or other specified contributions).

* Plus any unused contribution room from previous years.

* If you make a withdrawal, the earliest you can 'earn back' your TFSA contribution room is the first day of the next

year after the TFSA withdrawal was made. And this is where many TFSA-holders are running into unexpected taxes: At any time of the year, if you contribute more than your allowable TFSA contribution room, you will be considered to have over-contributed to your TFSA and you will be subject to a tax equal to 1% of the highest excess TFSA in the month, for each month you are in an excess contribution position*. Here's an example:

* You have maximized your TFSA contribution room for 2014, but decide to withdraw \$4,000 for Christmas shopping. Assuming that you have no additional contribution room from previous years, if you were to re-contribute this \$4,000 before the end of 2014, you would be considered to have over-contributed and would incur tax penalties. However, if you wait until January 1, 2015, you would have 're-earned' the \$4,000 contribution room and could contribute up to that amount in your TFSA without penalty.

A TFSA can be a good choice for both short and long term financial goals – providing a ready source of emergency funds, a good way to save for everything

from a new car to a down payment on a new home, adding to your retirement savings, and even splitting income with your spouse to minimize taxes. When you know the 'rules' and follow them, there are many ways a TFSA could work for you

There's no deadline with a Tax-Free Savings Account (TFSA), it's a great place to invest your anticipated tax refund, and it's a tremendously flexible way to achieve tax-free savings growth. To be sure you're getting the most from your TFSA – and from every other element in your overall financial plan – talk to a professional advisor. Your professional advisor can help you get the most from your TFSA and every other element in your overall financial plan

Disclaimer:

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

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Tamil Canadian Teen Jessica excels in Super Singer Junior show in Chennai

By: Raymond Rajabalan

The fourth season of the Airtel Super Singer Junior show - the search for the sweet voice of Tamil Nadu - currently being aired in Chennai based Vijay TV is a very popular Tamil musical competition. This show began in 2006 and has been growing in popularity and has recently begun drawing contestants from various countries such as Norway, USA and Canada. In early 2014 Children from the age of 6 years to the age of 14 years participated in the first leg of the auditions from across the state of Tamil Nadu and after many rounds of competition,

the show is rapidly moving towards the final showdown.

Facing tough competition from locals a 13 year old Jessica Jude from Markham has already moved to the top ten contestants earning the praise of famed play back singers such as S.P. Balasubramaniam ,S. Janaki , Vijay Prakash, Theva, Mano, Subhaji, Chinmayi as well the famed music composer Ilayaraja to name a few. This talented young girl has already earned standing ovation for many of her performances. When Jessica sang the song "Viday kodu engal naade" from the movie "Kannathil Muthamittal" in one of the

recent episodes vividly portraying the plight of war affected Tamil refugees, there was not a pair of dry eyes in the audience. This moving performance compelled the audience in Tamil Nadu as well as the Diaspora Tamils around the globe, to take note of the talent of this teen. Jessica has since performed on a number of occasions and her popularity has been growing by leaps and bounds.

Jessica Jude has already become a household name and her excellent performances has become very popular ensuring a bright future for her. When the show is over, a townhouse

worth 70 lakh Indian rupees at Arun Excello Temple Green Township will be presented to the winner. The runner up and the rest of the ten contestants are also due to receive valuable prizes. More than the prizes and awards the top contestants are all bound to have a bright future because the entire cine world in Tamil Nadu is watching these talented children with great interest and admiration.

This Vijay TV show is being anchored by Ma.Ka.Pa. Anand, Prianka and Bhavana and is telecast on weekdays at 9 a.m. and repeat at 9:00 pm.



Jessica Jude with her parents



Jessica Jude is on stage



Jessica Jude - Western Round



with Legendary Singer S. Janaki



Jessica Jude and Music Maestro Ilayaraja



Jessica Jude and Music Director Deva

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Markham Recreation Reminders

Did you know that the City of Markham has four fitness centres with state-of-the-art fitness equipment, classes, pools, and grounds?

JAN Win a FREE week of camp! Register for summer camp this month for a chance to win. equipment, classes, pools, and grounds?

FEB Plan your March Break programs and camps before it's too late!

MAR Try a new program or activity for FREE!

APR Register for your summer programs, lessons, and camps - camps are filling up!

MAY Bring a Friend to Camp! Refer a new friend to summer camp this month and receive \$25 towards any future recreation services program or drop-in activity.

JUN Ready for the Pan Am Games? Watch as Markham hosts Water Polo, Table Tennis, and Basketball at the new Markham Pan Am Centre!

JUL Register for your summer programs and lessons!

AUG Get back into fitness mode! All-inclusive annual memberships start at \$49.29 per month.

SEP Ready for Halloween? Give Markham's Trick or Treat passes instead of candy on Halloween!

OCT Did you know that the City has 7 swimming pools with another one opening soon? Learn to swim with our top quality instructors!

NOV Markham Recreation offers Winter Break programs and camps - Register today!

DEC Visit markham.ca for details!

MARKHAM

Sri Lanka:

JAFFNA CHILDREN'S HOME COMES ALIVE FOR DEEPAVALI



A scene from the drama based on the story of Kanagi and Kovalan



The kolam on display - made out of coloured rice the theme was the celestial swans



Young children performing a fusion dance



Children of the Home watching their peers on stage



Showcasing how agile they have become with regular yoga classes

By Thulasi Muttulingam

There are many orphaned and destitute children with single parent families left behind after the war that ravaged Sri Lanka. Many diverse institutions have come forward to help such children, one of the foremost among which is the Saiva siruvar illam (Hindu Children's Home) run by the Hindu Board of Education in Thirunelvely, Jaffna.

A number of well meaning teachers and artistes work with these children to develop their abilities and help them overcome their trauma. On last Deepavalli day, they decided to showcase the talents the students had

thus built up – it was indeed an evening of breathtaking talent on display; and some talents were discovered for the first time.

Two that stood out especially, much to the astonishment of their teachers were the solo Shiva and Krishna dancers; Venujan (16) and Shankar (17). Both are considered mischievous and thus 'terrors' by their teachers. That they had so much inspired creativity within them was news to the adults therefore.

Venujan surprised even himself. According to him, his main interest had always been drama and theater; he had followed classes on it too, but had been rejected by the teacher as not good enough to take part in the program.

"When I was rejected this year too, I went to the administrator sir and cried that this was my last year here and so to give me a chance. He asked me if I was willing to dance instead. I had never undertaken any dance classes but I was determined not to let the opportunity to perform at last, pass. Since I love the 'Om Shivoam' song, I chose it for my theme and practiced dancing to it for two days under my own improvised choreography. I had no idea that it would be received so well. I am still in shock."

The dance was received so well in fact that the Chief Guest went up to hug the boy and conferred his honorary shawl and garland on him.

Shankar (17) had also choreographed his routine himself; he proved to be a very vibrant, fluid as well as innovative dancer. According to him, his elder brother, who is currently a mason is the real dancer in his family. "It was thrilling to be on this stage and draw appreciation. I might have to follow my brother into a similar line of work but I hope I can keep dancing," he said.



Venujan performing a Shiva dance to the song 'Om Shivoam'



Young children performing a kavadi dance



Shankar performing his Krishna dance



The chief guest was so thrilled that he conferred his honorary shawl and garland on Venujan, the inspired Shiva dancer



The traditional tall lamp (Kutuvilaku) dressed up as a damsel to depict the Goddess Lakshmi



Sinnadurai Jeyakumar re-elected President of Canadian Tamils' Chamber of Commerce for second term

Sinnadurai Jeyakumar was re-elected for a second term as the President of the Canadian Tamils' Chamber of Commerce at the Annual General Meeting of the Chamber held on October 25th.

Other members of the new Board are as follows:

Ajith Sabaratnam - Executive Vice President

Dilani Gunarajah - Vice President (Finance)

Ravi Kanagasabai - Vice President (Internal Affairs)

Vernu Puviraasan - Vice President (Membership)

Moon Mahalingam - Vice President (Community Relations)

Directors:

Shalini Sathiya

Sujan Shan

Suren Navaratnaraja

The outgoing Executive Vice President Santha Panchalingam was presented a special Award for his outstanding contribution to the Chamber over the past years as a Member, Director, Secretary and Executive Vice-President.

Seen here are pictures taken at the Annual General Meeting.



New Elected Board of CTCC at AGM on Oct 25th

L-R: Vernu Puviraasan - Vice President (Membership), Moon Mahalingam - Vice President (Community Relations), Ajith Sabaratnam - Executive Vice President, Sinnadurai Jeyakumar - President, Dilani Gunarajah - Vice President (Finance), Shalini Sathiya - Director, Suren Navaratnaraja - Director, Sujan Shan - Director & Ravi Kanagasabai - Vice President (Internal Affairs)



Past Executive President Santha Panchalingam honoured for his services and with President & Past Presidents of Tamils' Chamber at AGM on Oct 25th

L-R: Kula Sellathurai, Logan Velumailum, Sinnadurai Jeyakumar, Sritharan Thurairajah, Santha Panchalingam, Gary Anandasangaree, Ken Kirupa & Mike Ahilan

iNFORCE LIFE Financial Services celebrates 2nd Anniversary on Oct 25th

President & CEO, Chandran Rasalingam along with VIP's and iNFORCE LIFE team members at the 2nd Anniversary celebrations on Oct 25th, 2014



A Grand celebration by HL Bayview Financial

HL Bayview Financial Inc moved to a new and bigger office location in June 2014 and on Saturday, Oct 18th, 2014 had a grand celebration along with many invited dignitaries, Financial Advisors and well wishers.

President of HL Bayview Financial, Sunny Lui who started his career in 1989 with Sun Life and moved on by assisting in establishing Real Estate & Financial Services companies is now fully committed to operate HL Bayview Financial Inc for the past few years. He successfully recruited about 85 representatives and continue to thrive in the Insurance Industry.

Daisy Joseph, Financial Advisor is also working with the team and serves a host of clients by advising the importance of Financial Planning. She pro-

vides these services in Tamil as well to her clientele.

President Sunny Lui, further stated that HL Bayview Financial has contract with many Insurance companies and can render almost all products offered by those companies. Also they navigate clients in Financial Planning, Insurance Solutions and Investment strategies for business owners and professionals. Also they assist in LLQP Programs, coaching, orientation for new agents and those who wish to start a career in Insurance Industry.

The guests were served with lunch and refreshments.

If you have any questions or concerns regarding insurance, kindly call Daisy Joseph whose contact details are given in the ad below.



Daisy Joseph with Management Team: L-R: Allan Tam, Ricky Timbol, Daisy Joseph, Joan Wallace and Sunny Lui

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Diwali Celebrations at Cedarbrae Manor

By: JJ Atputharajah

The seniors at Cedarbrae celebrated the Diwali with cultural activities organised by the Greencrest Social Club on Wednesday, the 15th of October. The program included speeches, dances, songs, music and a musical skit to entertain the seniors. Narges Rajaratnam gave a speech on the significance

of the Diwali. She explained that the Diwali celebrations are held at the end of Navarathiri poojah by the Hindus.

It also marks the destruction of evil forces by Goddess Durkha Devi. A dance display by Seniors Rane Duraisamy, Esther Presuad, Parames Ponnampalam and Kamala Popalasingam depicting the love play of Kannan and the Gobees was a treat to

watch. Songs were sung by Rajendran and his friend from Harmony Hall.

The musical skit enacted by Sivathason and Karunakaran from Harmony Hall entitled 'Seniors, naanaga seniors' written by Kurumpachiddy Rajaratnam, proved to be humorous, interesting and hilarious. Chinthujah, the granddaughter of the Ponnampalam gave two attractive and sintil-

liating dances to the tune of film songs which delighted the audience.

There were also party games like musical chairs to entertain and delight the seniors. The gathering were treated to a ravishing dinner at the end of the program. Rane Duraisamy, Mary Duraisamy and their group of club activists should be commended for organising such a delightful function.



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 Sri Sathya Sai Baba Centre of Scarborough
 5321 Finch Avenue East, Scarborough, ON M1S 5W2

When
 Saturday, November 8th, 2014 5:30 pm
 to
 Sunday, November 9th, 2014 6:00 pm

"So let's all make a conscious effort in attending the Akhanda Bhajans so we can all play our part to spiritually uplift our environment for a better world for all to enjoy God's gift and creation."



'Worship unites people' - Bishop Canagasabay of Colombo, Sri Lanka

By: JJ Atputharajah

The Rt. Rev. Dhiloraj Canagasabay was given a warm welcome by the Sri Lankan Christian organisations in Toronto at a Festival of Praise & Thanksgiving held at Grace-Church on-the-hill, Downtown, Toronto recently. He was on his first visit to Canada.

The function was presided over by the Rev. Canon Peter Walker, rector of Grace Church. In his message the Bishop said that worship is a profound

human activity that unites people from varied backgrounds. Worship provides peace of mind as we remain still, floating in the presence of God.

He remembered the times of calamity in Sri Lanka when people got together in churches, irrespective of their denominational differences looking for divine protection. He also quoted Psalm 98, where David asserts that singing and songs of praises are effective tools in the hands of worshippers.

All Sri Lankan churches, alumni

of schools took part in the service that was attended by devotees from the length and breadth of Toronto. English and Tamil lyrics were rendered by representative groups which sang praises to the almighty. The Hymn for Ceylon (Sri Lanka)- 'Jehovah, thou hast promised' was sung in English, Tamil and Sinhala. Solos by Asitha Tennekoon ('I will walk with God) and Shyomi Joseph ('My heart ever faithful') were relevant and well rendered.

Bible lessons were also read in all

the three languages. Bishop Canagasabay, himself proved to be a symbol of Sri Lankan unity as he married a Sinhalese lady and spoke in all the languages fluently.

Incidentally, he happens to be the first Tamil to be elected as an Anglican Bishop of Colombo. The lead team composing mainly of Joel Joseph and Eileen Chinniah did their best to organize such a memorable festival of praise and song for the Almighty God, befitting the occasion.

Mr. Segarajasingam wins Academy of Achievement Award



Mr. Segararajasingam won an achievement award recently in the category of culture from City of Markham. He received the award from Markham Mayor Frank Scarpitti.

Mr. Sivanathan Segarajasingam arrived in Canada as a refugee in 1988 with two young children, having worked with Ceylon Tobacco Company Limited in the managerial position. He obtained gainful employment with the Toronto east general hospital within 3 months. Right from the inception he joined the Toronto east general hospital Volunteer services to quote the Coordinator. He is sincere, kind, compassionate and versatile person and handles stressful situations very well.

He joined the BOARD OF SCARBOROUGH LEGAL SERVICES in January 1989 and assisted many immigrant families to coping with challenges in settling in a new country. In 1990 along with concerned members of the community, he founded Canada Hindu cultural council and obtained charitable status, and functioned as Secretary from the inception to date. The Council carries out spiritual work with the community

giving a strong mortal foundation to the new immigrants.

He was one of the early persons who was approved as a Registrar of Marriages in Ontario in March 1991 and assisted families in performing marriages that combined tradition with legal requirements of Canada.

He was very active in many areas in the Tamil community including the landmark INTERNATIONAL CONFERENCE FOR TAMIL CULTURE HELD IN TORONTO IN 1999, in which he functioned as a secretary, with active participation of delegates from INDIA, MALAYSIA, U.K, AFRICA, AND USA.

In 2006 after retirement he moved to Markham and has been active in York region Senior Tamil Centre, being PRESIDENT in the year 2011 and 2012.

He has served and continues to serve his community in settling in Canada, a country that welcomes the Tamil community in a time it desperately needed a new home. He has also done his part in helping his community in integrating with the mainstream community. His services have been recognized on several occasions.





Markham Stouffville Hospital Dedicates Patient Exam Suite in Honour of \$250,000 commitment from local Sikh Community

Markham, ON (October 30, 2014) – Markham's Sikh Community recently celebrated its \$250,000

contribution to Markham Stouffville Hospital Foundation's Expansion Campaign by unveiling the signage for a Patient Exam Suite dedicated in its name. The recognition sign will hang in the hospital's

Emergency Department.

The Sikh Community Event initiative in support of Markham Stouffville Hospital was launched by Gobinder Randhawa, Ruby Sangha, Bill Bachra, Dave Dusangh and Manjit Sidhu to commemorate the 100th anniversary of the Komagata Maru.

The local Sikh temple and its well-respected leader, Gobinder Randhawa have been instrumental to the success of the initiative.

Their inaugural fundraising gala was held this past May. Attended by over 600 people, including Markham Mayor Frank Scarpitti, it raised an outstanding \$218,000 towards their commitment thanks to the support of presenting sponsor Ruby Sangha and other generous supporters.

"I thought we should be able to raise \$100,000 for Markham Stouffville Hospital – that was our goal," says Bill Bachra, co-chair of the Sikh Community Event initiative. "But to raise over \$200,000 in one night, it's overwhelming. There's still a buzz within our community, and so much pride about doing something to give back."

Like many cultural groups who come to Canada, the Sikh community believes it has a responsibility to give back to its new home and build better lives for the future. This generous contribution to Markham Stouffville Hos-



Members of the local Sikh Community unveil the signage for a Patient Exam Suite dedicated in its name, in recognition of a \$250,000 gift to Markham Stouffville Hospital's expansion.

Back Row, L to R: Manjit Sidhu; Dave Dusangh; Khalid Usman, Chair, MSH Foundation; Bhupinder Gill
Front Row, L to R: Bill Bachra; Markham Mayor Frank Scarpitti; Ruby Sangha; Gobinder Randhawa

pital and community healthcare truly makes a difference.

"Markham Stouffville Hospital is fortunate to serve the most ethnically diverse population in Canada and we are committed to working with our local ethnic communities," says Janet Beed, President and CEO, Markham Stouffville Hospital.

"We thank the Sikh community for embracing our hospital. Your support enables us to create an environment where we can continue to deliver excellent patient care."

Opened in March 2013, Markham Stouffville Hospital's new Emergency Department is three times its original size. With bigger, better-designed waiting areas, satellite x-ray and ultrasound suites, and many additional and more private exam rooms, the new space has been designed to handle the growing number of patients it serves.

This donation helps ensure that Markham Stouffville Hospital continues to provide the first-class emergency medical care our community needs and deserves, close to home.

About Markham Stouffville Hospital Foundation

Markham Stouffville Hospital Foundation exists to enable the growth of Markham Stouffville Hospital by raising funds and awareness for its ongoing priorities and needs. The government can't fund all of the hospital's needs. All medical equipment is funded through donations from the community and helps ensure Markham Stouffville Hospital can provide the first-class health care our growing community needs and deserves. The need is real.

Canadian Tamil Medical Association hosts fund raising Gala for Wellness and Mental Health Rehabilitation Centres

By Siva Sivapragasam

The Canadian Tamil Medical Association (CTMA) which consists of Tamil medical practitioners and dentists will be hosting an event on November 30th to raise funds for a Community Wellness Centre in Toronto and a Mental Health Rehabilitation Centre for victims affected by the war in Northern Sri Lanka.

The event which is titled "Lights of Healing" will be held at the Markham Convention Centre and is the Association's annual fund raising event for Medical and humanitarian assistance in Canada and the war torn areas in

Sri Lanka.

The primary aim of this year's event is to raise funds for a community wellness centre in Toronto and a mental health rehabilitation centre and humanitarian support for the paraplegic persons from Northern and Eastern Sri Lanka who were affected by the war. The Association has in the past contributed funding to several projects in Canada and Sri Lanka.

Sponsorship opportunities in the form of platinum, gold and silver are available. There will also be a special Souvenir published to mark the occasion. Tickets for the function are priced at \$ 100.00 each. More details of the sponsorship packages are available

on the Association web site (ctmainfo.com). The Association is expressing its sincere appreciation to all the sponsors, advertisers, guests and volunteers who helped them in the past and seeks their continued support for this year too.

Any further information and details can be obtained from Dr. Shan Shanmugavadivel, Chair of the CTMA, by contacting him at 416 266 5161 or by email at drashan@hotmail.com





Photo Journal

Drama Festival held on Oct 18th & 19th, 2014 at Yorkwood Library by Popular Monthly Newspaper 'Thai Veedu'



தொகுப்பு - செல்வம் அருளானந்தம்



அரசி விக்னேஸ்வரன். (சுமை)



தி. விஜயசீலன், சுதர்ஷி இக்னேஷியஸ், கே.கே. ராஜா. (தீவு)



அனோஜினி குமாரதாசன் (சுமை)



பி.ஜெ. டிலிப்குமார் (காத்திருப்பும் அகவிழிப்பும்)



யாழினி ராஜா, கிருபா கந்தையா (சுமை)



குரும்பசிட்டி இராசரத்தினம், கந்தசாமி கங்காதரன், யசோதா ராஜா. (சுமை)



சி. ஷர்மிலா, மோ. சோபியா, கி. உஷாந்தி, மோ. ஆரணியா, ஆ. ரெபேகா ஷரமி, (தீவு)



பவானி சத்தியசீலன் (தீவு)



ச. ரமணீகரன், மாலினி பரராஜசிங்கம், (தீவு)



அரங்கியல் விழாவில் பங்காற்றியோர்

MARKHAM



Regional News

MARKHAM PAN AM CENTRE GRAND OPENING CELEBRATION

Markham's newest sports excellence facility built to international competition standards!

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rooms, and more.

Be one of the first in the pool! Enjoy great prizes, sports demos, activities, entertainment, and more.

Bring your family and friends to this great community celebration!

Date: Sunday, November 23, 2014

Time: 2:00 PM to 6:00 PM

Location: 16 Main Street Unionville, Markham, ON L3R 2E4

Cost: Free



Pan Am Centre Badminton Court



Pan Am Centre Exterior



Pan Am Centre Fitness Room



Pan Am Centre Pool

MARKHAM RESIDENTS HAVE THEIR SAY ON VOTING DAY

2014 Markham Election at a Glance

Whether they voted early, online or in line on Voting Day, 37.1% of the Markham electorate cast their vote in the 2014 municipal election. Voter turnout was up slightly from 2010 with over 72,600 electors casting their vote, 15% of whom voiced their choice through Internet Voting. Markham was one of the first municipalities in Canada to introduce Internet Voting back in 2003.

Markham provided barrier free access to

the electoral process to ensure an inclusive and fair election. Various steps were taken to improve accessibility including Internet Voting and special voting equipment for persons with disabilities.

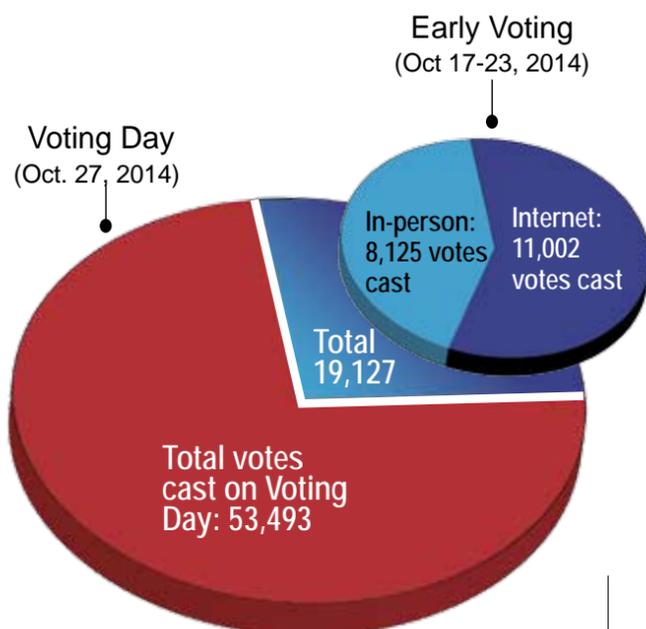
Markham congratulates all Candidates and already has its sights set on preparation for the 2018 Municipal Election. The official 2014 Markham vote tally is now available on MarkhamVotes.ca



Logan Kanapathi, Councillor, Ward 7 for Markham was re-elected for the 3rd term in the municipal election held on Oct 27th, 2014

MARKHAM ELECTION BY THE NUMBERS:

Eligible Voters in Markham as of Oct. 24, 2014 (after close of Early Voting): 195,805



Total 2014 Markham Election votes cast: 72,620

Per cent of Eligible Voters in Markham who cast a vote (Voter Turnout):

37.1%



Juanita Nathan, Public School Board Trustee, Ward 7/8 for Markham was re-elected for the 2nd term in the municipal election held on Oct 27th, 2014



Transforming Tamil Arts: A bridge between Toronto and Waterloo Region

Waterloo: TAMIL CULTURAL NITE performing arts festival is one of the biggest event outside of Toronto for the Tamil community. It unites arts community from the Waterloo-Guelph region and Toronto under one roof. Based on the theme, CULTURE FOR ALL, the Sri Lankan and Indian community from Kitchener, Waterloo, Cambridge, Brantford and Guelph area invited the students of Vasuthevan Rajalingam, Students of Bruntha Ganalaya Music College "Isai Kalaviththakar" Hamsathvani Singarajah, Students of Shreemathy Vasantha Daniels from Toronto.

The 14th annual "Tamil Cultural Nite" was held on Saturday, Oct. 25th 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 India. The chief guest was Hon. Peter Braid, MP for Kitchener-Waterloo and special guest was Kitchener City councillor Berry Vrabanovic.

The secretary of the association Mr. Sivakumar welcomed guests and inaugurated the festival. Mrs. Rajivi Nadarajah the president, thanked the sponsors for supporting the festival. Her speech reflected the association's non political commitment and a strong vision to promote TAMIL culture in the region. "It's a mile stone to celebrate the 25th anniversary with all the multicultural organisations".

The evening was inaugurated with Bharatha Natyam performance by the students of Laya lasya dance studio of

Cambridge. "Azhagu Deivamaga Vandhu", ornate the mischief of Lord Muruga with his father Shiva, getting angry and storming off to Pazhani malai. The artists from "Mridanga Shesthiram" of Toronto presented Mirutham and instrumental music. They are the students of "Mridanga Gnnavaruthy" Vasuthevan Rajalingam of Toronto. "Marutha mali mamaniye" song was the highlight.

Students of Waterloo Region Tamil language school enacted a villu paatu program. It was performed under the guidance of the teacher Mrs. Kunamar. The festival included Bharatha Natyam Dance presented by the students of Shreemathy Vasantha Daniels of Toronto. Students of Bruntha Ganalaya Music College "Isai Kalaviththakar", Hamsathvani Singarajah performed beautiful Veena, Miruthangam and Violin instrumental orchestra.

More than 50 University of Waterloo students performed a group dance performance reflecting the regions of India. Vinayagar Villas catering of Toronto provided Sri Lankan snacks during intermission.

The Cultural Nite is sponsored by the City of Waterloo, City of Kitchener, City of Cambridge, CIBC, Investors Group, RE/MAX Real Estate and Redragon. This year's festival attracted around 600 guests in and around the Waterloo Region and Toronto. The festival is an admission free event organised by the Tamil Cultural Association of Waterloo Region.





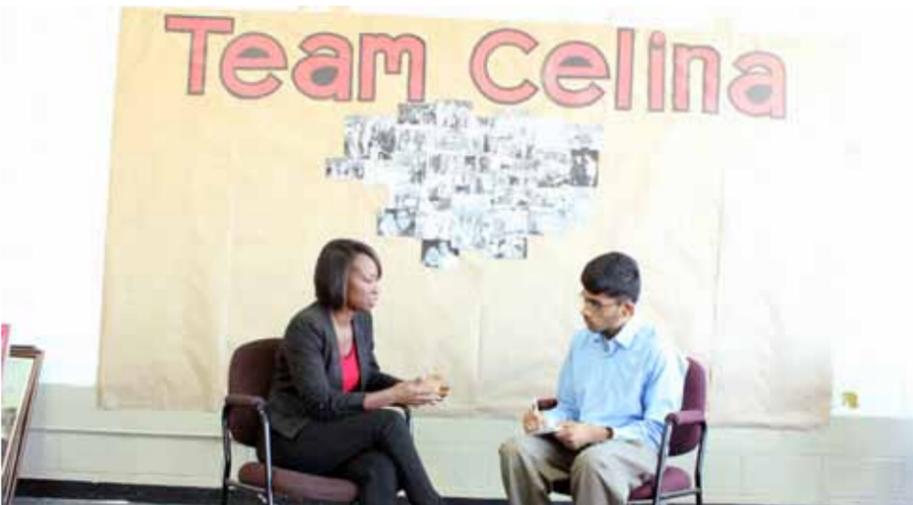
WHITBY
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Regional News

MEET CELINA CAESAR-CHAVANNES, LIBERAL CANDIDATE FOR THE WHITBY-OSHAWA RIDING

For the by-election set on November 17, 2014, Mrs. Celina Caesar-Chavannes is contesting in Jim Flaherty's former riding of Whitby-Oshawa, on behalf of the Liberal Party of Canada



Liberal candidate for the Whitby-Oshawa riding, Celina Caesar-Chavannes being interviewed by Harrish Thirukumaran of Monsoon Journal

By **Harrish Thirukumaran**

Service, and the importance of giving back to your communities was the gist of the answer expressed by political candidate, Celina Caesar-Chavannes, when inquired about her purpose for pursuing federal office. On October 12, 2014, Prime Minister Stephen Harper set a by-election date for November 17, in the federal riding of Whitby-Oshawa in Ontario. Alongside this forthcoming contest is the Alberta riding, Yellowhead.

Prominence and the Professional

Basically, Whitby-Oshawa is considered a prominent electoral riding due to it being previously represented by former federal Finance Minister, Jim Flaherty. After a career in Ontario provincial politics, Mr. Flaherty was elected federally in 2006, where he held the riding and performed his duties as finance minister for 8 years—until his untimely death at 64 on April 10, 2014. Essentially, now the time has come to select a new ideal candidate to voice the interests of Whitby-Oshawa on Parliament Hill. One of those potential candidates in this by-election race is Celina Caesar-Chavannes.

This interview gets a glimpse of her perspective on the riding. Celina Caesar-Chavannes is running for the seat in Whitby-Oshawa for the Liberal Party of Canada. She obtained the nomination on July 17, 2014 and has been immersed into the campaign trail ever since. In terms of her professional qualifications, Mrs. Caesar-Chavannes is a small business owner who operates ReSolve Research Solutions, a research consulting company. Additionally, she has been a board member for several public organizations, including the



University of Toronto.

Responsibility and Prosperity

Mrs. Caesar-Chavannes has prided herself on her local involvement in the community of Whitby-Oshawa. In that sense, she believes these accomplishments can translate well into the federal level of government. From her voluntary work in the Congress of Black Women of Canada to the University of Toronto, she emphasized that her roles invoked a sense of responsibility to work through diverse means to advance the long-term good of her community.

When asked about the priorities to be addressed in the riding, the Liberal candidate said all concerns are fundamentally tied to the state



Celina Caesar-Chavannes with her family

of Whitby-Oshawa's economy. Her motto for Whitby-Oshawa was to allow residents to live, work, and play in the riding they had the privilege to grow up in. Initially, she believes in her capacity as a Member of Parliament, she can contribute to job creation inside Whitby-Oshawa for its residents. Although, she further explained how work commuters continually suffer brutal traffic on Highway 401, but can be changed through principled infrastructure support.

In her opinion, healthcare, the economy, and education are interconnected when applied to our daily affairs, which can provide benefits for all individuals if sustainable infrastructure is maintained. She also took this goal into account of her eldest daughter's eventual enrollment in post-secondary education. To achieve direct prosperity for Whitby-Oshawa alongside the rest

of Canada, as advocated by Mrs. Caesar-Chavannes, decisions from the municipal to the federal stage all impact each other and are the only way to properly resolve the issues facing communities.



Inspiration and Dedication

Prior to becoming a full-fledged Liberal, Caesar-Chavannes always viewed herself as a staunch Liberal supporter. In particular, she felt politically inspired by former Liberal MP, Jean Augustine, whom represented constituents of Etobicoke-Lakeshore from 1993 to 2006. The dedication to a strong middle class through social supports, as touted by the party's platforms, was also a factor that deepened her attachment to the Liberal Party. As for the Liberal Party's disastrous performance in the 2011 election, she acknowledged her own surprise of the results, and the determination to fully rebuild the party.

The focal point of Caesar-Chavannes' campaign and, by extension, the Liberals are to get outside and start conversations with individuals on what they require of a government. It meant going back to basics to develop a platform that accurately projects the views of all Canadians, as iterated by Celina Caesar-Chavannes. Despite perceptions of a divergence in residents' concerns within Whitby-Oshawa, she was firm on the notion that all residents are connected by a common interest that can be advanced in an efficient manner.

Business and Healthcare

With respect to her business-oriented knowledge in healthcare, this can be well mobilized at the political level according to her response regarding her professional background. She interpreted claims of businesses not working for the people as unfounded,



Liberal candidate for the Whitby-Oshawa riding, Celina Caesar-Chavannes and went on to say that business helps to learn efficiencies and to maintain smooth operations of programs. As a contributor to Canada's first neurological study, Mrs. Caesar-Chavannes understands that evidence-based approaches to health policy are

the way to maximize prosperity for Canadians in the long-term. Also, a problem she recognizes in Canada's healthcare is hospital room and bed shortages, where she recommends the implementation of more home-care initiatives, as they are cheaper and more effective for patients.

Economy and Governance

For jobs to be physically brought into Whitby-Oshawa, they are dependent on businesses that encourage sustainability and growth. One strong example she mentioned was an economic prioritization of green technologies. As such, Caesar-Chavannes asserted, companies within the riding should capitalize on the technical skills developed by students at Durham College, based on their adeptness with sophisticated environmental technologies.

Her tenure on both the Governing Council and Campus Council at the University of Toronto has refined her insight on good governance. Although there are considerable differences in the operation of a postsecondary institution against the federal government, she, nonetheless, noted of the sheer experience of the participants on the council helped transform it into an exceptional governance model.



Campaign Office Phone Room



Campaign Office Volunteers Meeting Room

There was a mentality toward sound stewardship that ensured U of T was successful in carrying out its academic policy mandates, to maintain the functionality of the University. Mrs. Caesar-Chavannes further believes that this crucial value can be revitalized with a new federal government in Ottawa.

Moving Forward

In the 2011 election, the Liberal Party itself came in third place in the riding, with only 14.11% of the total vote among constituents. So—on the topic of Jim Flaherty's electoral legacy in the riding—Mr. Caesar-Chavannes admits Mr. Flaherty has produced good results for Whitby-Oshawa, and she and the Liberals can undoubtedly improve those outcomes. For the execution of her campaign, she strives to make emotional connections with constituents based on her diverse experiences to federally move Whitby-Oshawa forward.



Not so common knowledge about common-law

Even if you know how assets and debts get split in a divorce, you may not know that the rules don't necessarily apply to common-law relationships.

First of all, a little about what constitutes a common-law relationship. Depending on where you live, you can be deemed by the law to be living common-law if you've been living together (co-habiting) from 12 months (or even shorter, if you have a child together or have some other sort of permanence to your relationship) to three years.

Co-habitation is viewed by some provinces as the equivalent of marriage and therefore bestows many of the benefits and responsibilities of marriage upon the two parties. Co-habitation itself is something that has to be proven to a court, and can include long-term affairs where the two held different residences but spent enough time together and were viewed in the community as partners.

Contrary to what many believe, though, a common-law relationship is not looked upon by the law in the same as being legally married when it comes to separation (including in the event of a death of one of the partners).

Despite the differences between provinces, in most cases, courts look at family property and family debt in a marriage, and look at individual prop-

erty and debt under common-law.

The exception is inheritances, which are treated individually in both cases (with exceptions).

Family property is everything acquired during the relationship — a house, cars, furniture, RRSPs, bank accounts, etc. Similarly, any debt accrued during the relationship is shared equally (with exceptions). One interesting provision concerns the family home — the family may be living in a house brought into the relationship by one of the partners, to which he/she is solely entitled, but the appreciation in value over the course of the relationship is shared equally.

In a common-law separation, property and debt are separated according to the partner who acquired it, and either can walk away from the relationship with it. There may be exceptions if one of the partners feels entitled to property acquired by the other. For example, a home bought and mortgage acquired with the intent of raising a family, but listed only in one partner's name, can be deemed to be shared equally between the two parties.

Also, there are legal steps to prove financial inequality and have the "wealthier" partner carry more of the financial responsibility. In other words, spousal support is not a given. However,



child support is automatic, and the partner caring for the child(ren) may have a legal entitlement for support from the other.

In the case of a death, the surviving partner in a common-law relationship has no inherited entitlement to the other's property but can claim for dependant's relief from the deceased's estate if he/she feels inadequately provided for.

And as with marriage, partners in a common-law relationship can state up front what each is entitled to in the result of a separation. Just as a pre-nuptial agreement can be signed prior to a marriage, a co-habitation agreement can be entered into prior to the parties moving in together. Although the courts consider such agreements, they aren't necessarily binding.

In general, the only property held to

be in common by a common-law couple is that property that is explicitly held commonly, such as homes or cars in both names. Your other property is considered solely owned by you, and will be treated as assets. Your common-law partner's assets are his or hers alone and will not be affected.

Likewise, the only debts considered jointly held are those that are explicit, such as a line of credit for which you both signed. Defaulting on a jointly held debt will affect your partner, so if you are considering a bankruptcy or consumer proposal and are in a common-law relationship, you should talk to an expert financial consultant about the specifics of your relationship.

For details of GTA Credit and the ad, please see on page 12

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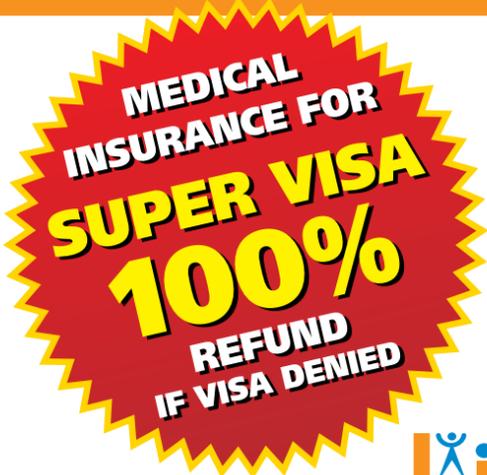
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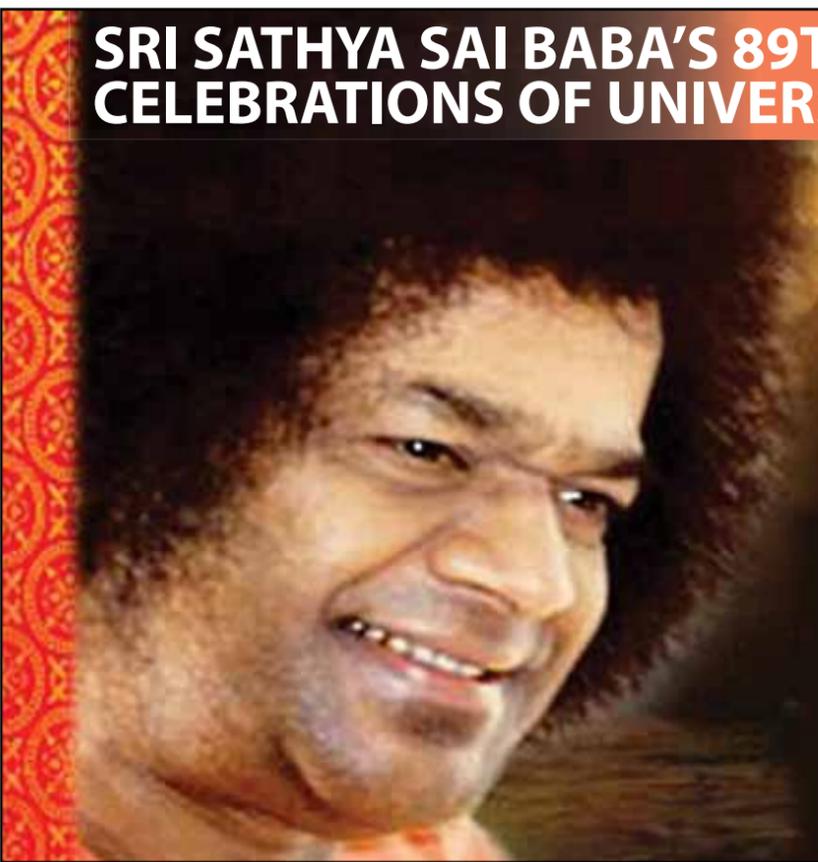
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2014 NOBEL PRIZE FOR PHYSICS: BLUE LIGHT EMITTING DIODES (LEDS) HAVE REFORMED THE WORLD

By: *Uthayan Thurairajah*

Light is a basic human need, and one of the most important businesses across history; from firewood to oil lamp, and to the electric light. The invention of electric light actually changed the world. Prior to that, almost all human activity came to a halt when the Sun went down. After the invention of incandescent lamp by Thomas Alva Edison (1847-1931), several other lighting sources came to the market including fluorescent, induction and HID family sources, etc. Over the last few years, the energy-saving LEDs have been dominated throughout the world.

Blue Light LED is special

LEDs generate light through a phenomenon called electroluminescence: A material emits light in response to an electric current passing through. The wavelength of the light emitted depends on the materials used. In 1962, Nick Holonyak, who was then a consulting scientist at General Electric Company, developed the first visible-light LED: Red. Five years later George Craford invented the green LED. But the invention of blue LED was a huge challenge.

but this material can't produce the higher-energy blue light. It was not until 1994, after years of research,



Isamu Akasaki, Hiroshi Amano, and Shuji Nakamura discovered that gallium nitride held the key. The three scientists succeeded the art of making blue-light-emitting semiconductor devices after several attempts. A lot of big companies really tried to do this and they failed. Many Scientists still feel surprised at how quickly this research

growth in greenhouses. LEDs radiate light at particular wavelengths - and depending on the wavelength, the light

is red, green or blue.

The work was praised because the incredible energy efficient white light LED sources have been replaced the traditional light sources for indoor and outdoor lighting applications. This came into reality after the creation of blue LED with yellow phosphor. LEDs need much less power, switch faster, easy

to control, last longer and do not break easily than conventional light sources. The low power requirements because far less energy is wasted as heat. You will see fewer out-of-service traffic lights these days. The LED light sources are also good for the environment.

2014 Nobel Prize for physics

Thomas Edison invented the incandescent light bulb, but he never received the Nobel Prize. The Royal Swedish Academy of Sciences has awarded the 2014 Nobel Prize for physics to the above noted trio scientists for their invention of the blue LEDs. The Nobel Prize reward goes to an invention of

greatest benefit to mankind. LED is now widely used in high-speed networking, data storage, light treatment, water purification and much more. Millions of people throughout the worldwide take advantage of the technology as it has made its way into consumer products such as smartphones, television screens, traffic signals, indoor and outdoor lighting application, etc.

LEDs have the potential to improve the quality of life of over one billion people worldwide who do not have access to power grids as it can be used to provide lighting using local solar power. In some developing countries, millions of diode lamps that rely on



solar energy have been distributed to replace kerosene lamps. The advent of the blue LED has also led to higher-energy LEDs called ultraviolet LEDs that offer an inexpensive way to sterilize water, which is especially useful in developing countries with limited access to clean drinking water. LED snow have more long-lasting and more efficient alternatives to older light sources.

LED technology helps in saving the world's resources, citing that a quarter of global electric consumption is for lighting purposes. Something like a fourth of our electricity consumption in



most industrialized economies goes to illumination. Having much more light for much less electricity is going to have a big impact on our modern civilization.

Let there be LED light

The LEDs last for about 100,000 hours, which is 100 times longer than average incandescent lights and 10 times longer than fluorescent lights. If the U.S. replaced all of its lights with LEDs, it would save 20% of energy, Christian Wetzel, a professor of physics at the Rensselaer Polytechnic Institute in Troy, New York told inside science. This reduction would mean that utility companies would not need to invest in building new power plants. This white light is becoming more and more common in indoor and outdoor applications. The economic success of white LEDs is fantastic. It is the eventual replacement of almost all other forms of energy-inefficient lighting.

Uthayan Thurairajah is member of several Canadian and international professional association. He sits on various committees that set National Lighting Standards and are in the forefront of lighting science and technology. He continue to play major role in the development and implementation of ideas that influence both global and local lighting standards. Uthayan is a Philip University certified LED Professional who has been doing a lot of research about the LED technology. Given that he is putting tremendous time and effort into the lighting technology, he is a huge fan of LED technology.



The Royal Swedish Academy of Sciences has decided to award the

2014 NOBEL PRIZE IN PHYSICS

to:



Isamu Akasaki, Hiroshi Amano and Shuji Nakamura

"for the invention of efficient blue light-emitting diodes which has enabled bright and energy-saving white light sources"

 Nobelprize.org

The Official Web Site of the Nobel Prize

It took another 27 years to create a blue LED. The reason it took so long to produce this color of LED was because the technology and materials just weren't there until the 90s. The key to building any LED is to find the right material to serve as the semiconductor 'die' in the diode. Many different types of materials emitted red, yellow and green light, a blue LED was vague. Silicon is no good at doing this, which is why it has been necessary to search out other semiconductors and compatible with the silicon circuitry on which all microelectronics is based.

The material used to make these LEDs was gallium arsenide phosphide,

progressed from basic lab work to a huge commercial technology.

Red, Green and Blue makes White

Isaac Newton discovered that white light was really made up of many different colours. Thomas Young found that these colours could be reduced to three primaries (Red, Green, and Blue) that together would produce white light. Red-green-blue combination LEDs can act as regular lighting sources. The spectral mixture can be tuned to simulate all kinds of lighting conditions, mimicking daylight, moonlight, candle-light or an ideal spectrum for plant



Imposing deliberate destitution on refugees is wrong

Dear editor,

Canadians used to be known around the world for our compassion and generosity, but changes hidden in the Conservative government's latest omnibus budget bill threaten those values.

Every year Canada welcomes refugees who are fleeing violence and persecution in troubled parts of the world to begin their lives anew in our country. Before they are technically accepted as refugees, these refugee claimants are not guaranteed a work permit, and rely on social assistance to survive.

This legislation will allow social assistance to be taken away from this extremely vulnerable group at their time of greatest need. It will deny assistance to refugees even though they have no other means to put food on the table.

That is cruel and goes directly against Canadian values.

The government argues it is simply respecting provincial jurisdiction, but I have not heard of a single province ever trying to get out of its responsibility to make social assistance payments to refugee claimants. The vast majority of claimants go on to become permanent residents; deliberately imposing destitution is no way to help them start their life in Canada.

No wonder the Conservatives buried these changes in a bill that's almost 500 pages long.

These changes come after the Federal Court struck down the Conservatives' policy of denying refugee claimants health benefits, ruling that it was "cruel and unusual" treatment that puts lives at risk and "outrages Canadian standards of decency". Shockingly, the government is appealing that ruling.



It is appalling that the Conservative government is playing politics of fear with the very lives of those who come to Canada with nothing but hopes and dreams. They must back-off their anti-refugee attacks and start upholding

Canadian values.

Yours sincerely,

Hon. John McCallum, P.C., M.P.

Liberal Party of Canada Citizenship and Immigration Critic

613-996-3374

Caregiver Leaves to Help Families Now in Effect Ontario Strengthens Job Security for Families

People in Ontario can now take three new leaves of absence thanks to the Employment Standards Amendment Act (Leaves to Help Families), 2014, which came into effect on October 29. This legislation allows caregivers to focus their attention on what matters most - providing care to their loved ones - without fear of losing their jobs.

The legislation builds on the existing Family Medical Leave by creating additional job-protected leaves:

Family Caregiver Leave: up to eight weeks of unpaid, job-protected leave for employees to provide care or support to a family member with a serious medical condition.

Critically Ill Child Care Leave: up to 37 weeks of unpaid, job-protected leave to provide care to a critically ill child.

Crime-Related Child Death or Disappearance Leave: up to 52 weeks of unpaid, job-protected leave for parents of a missing child and up to 104 weeks of unpaid, job-protected leave for parents of a child who has died as a result of a crime.

Strengthening job security is part of the government's economic plan for Ontario. The four-part plan is building Ontario up by investing in people's talents and skills, building new public infrastructure like roads and transit, creating a dynamic, supportive environment where business thrives, and building a secure savings plan so everyone can afford to retire.

"The one thing working Ontarians need most when it comes to caring for seriously ill or injured family members

is time to be with their loved ones. These new leaves are a matter of compassion. They will increase job security and are the right thing to do for Ontario families."

- **Kevin Flynn**

Minister of Labour

"This initiative supports the government's focus on putting patients and their families first. When a family member is sick, home is where they want to be."

- **Dr. Eric Hoskins**

Minister of Health and Long-Term

Care

"When seniors are at their most vulnerable, that is when they need their families the most. The Family Caregiver Leave is significant because it will help more seniors recover from injuries or illnesses, while surrounded by their loved ones who care for them."

- **Mario Sergio**

Minister Responsible for Seniors Affairs

A medical note is required to qualify for Family Caregiver Leave and Critically Ill Child Care Leave.

Employees who take Critically Ill Child Care Leave or Crime-Related Child Death or Disappearance Leave may also be able to access new federal benefits for critically ill children or murdered or missing children.

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TCASD Navarathiri Pooja Events

The Tamil Cultural and Academic Society of Durham (TCASD) celebrated Navarathri on Sunday September 28, 2014 at Ajax Ambalavana Vetha Vinayagar temple located at 282 Monarch Avenue, Unit #21. Following

true Hindu tradition, all TCASD member families (from the young child to grandparents) participated in creating the artistic displayed Golu representing this very festive occasion.

The evening program included a

number of performances by Durham youth which included music and instrumental performances and three significant dances by our own Tamil youth. The spiritual significance of Navarathri was explained for the ben-

efit of children and youth. The evening concluded with a special pooja for all TCASD families followed by blessed food for all the families in the true festive spirit of our traditional Navarathri celebration.



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What's in the Bowl?

Breakfast staple packs big nutritional punch for morning meal

By Breakfast Cereals Canada



It's an item 90% of Canadians have in their cupboards and it's one that – when eaten regularly – is associated with an increased likelihood of meeting daily nutrient targets and maintaining healthier body weights. But, according to the results of a national poll, four in 10 Canadians are missing out on eating this pantry staple.

What is it? The answer is cereal, and according to the results of a national poll conducted by Ipsos Reid on behalf of Breakfast Cereals Canada, 38% of Canadians chose not to eat a bowl of cereal for breakfast within the past week, with one in ten saying they never eat cereal at all.

That doesn't mean Canadians don't know cereal is good for them: when given a list of words they associate with cereal, 46 per cent cited "fibre", 40 per cent mentioned "whole grains" and 33 per cent responded "nutritious."

"That Canadians recognize the important place cereal holds in their diet is a good first step," says Lydia Knorr, a registered dietitian in Toronto. "But when they were polled about why they're not eating cereal, there were some misperceptions in the role cereal can play within a healthy diet."

Indeed, when asked which factors would lessen the likelihood of buying or eating cereal, "too much sugar" was the most commonly cited factor with 41 per



cent saying sugar is a deterrent. "Too expensive" was the next most common reply (35%) followed by "too many preservatives" (24%), artificial colours (23%) and "it's a processed food" (18%).

"As a dietitian, it makes me happy to hear that consumers are taking factors such as sugar and additives in their foods seriously and want to know more," says Knorr, herself a mother of three. "But what many people don't realize is that cereals can provide more iron, folic acid, zinc, B vitamins and fibre than other conventional breakfast choice."

For those concerned about sugar, studies have shown that when looking at overall dietary intake, sugar from breakfast cereals – even pre-sweetened brands – accounts for less than five per cent of overall sugar in people's diet. Sodium from cereal contributes just three per cent of the average Canadian intake.

Meanwhile, research has shown that because breakfast cereal is almost always served with milk, having a bowl can help kids get closer to meeting the Canada Food Guide recommendation of three milk servings a day – a target

on which more than half of kids over 10 years of age fall short. And, with the average price of cereal (including milk) at just 53 cents per serving, it's an economical choice as well.

If you want to know more about what's in your cereal bowl, visit www.inthebowl.ca or connect on Facebook (www.Facebook.com/whatsinthebowlcanada). And, for every 'share' of the website or Facebook page, Breakfast Cereals Canada is giving one bowl of cereal to Food Banks Canada up to a maximum of \$25,000.



SriLankan Airlines takes Delivery of New A330-300

An evolutionary journey begins for the national carrier

Colombo, 31st Oct 2014: In a major milestone signifying the beginning of a new era, national carrier SriLankan Airlines' new Airbus A330-300 touched down at the Bandaranaike International Airport in Katunayake, to a ceremonial welcome at an event attended by the Minister of Civil Aviation, Deputy Minister of Civil Aviation, Secretary to the Ministry of Civil Aviation, Chairman of SriLankan Airlines, Aviation officials, Corporates, Diplomats, members of the clergy and eager employees.

The new wide body A330-300 aircraft with its superior inflight features and comfort, advanced technological features and enhanced fuel efficiency joins SriLankan's existing Airbus wide-body fleet of A330-200 and A340-300 aircraft.

Minister of Civil Aviation, Hon. Pi-yankara Jayaratne said, "It is my privilege as the Minister in charge of this all important aviation industry to be a witness on this momentous occasion of the arrival of SriLankan Airlines' newest aircraft. I am sure all those present especially the employees of our national carrier are filled with a sense of pride and achievement, a sentiment I'm sure is shared by the people of this country, as this day marks the beginning of a new era for aviation in Sri Lanka".

"The arrival of the A330-300 aircraft is the first of several other new aircraft being acquired, representing the restructuring of the national carriers fleet in keeping with the modern standards of a highly competitive airline industry, that is constantly transforming maintaining a dynamism that makes it the leader in global transportation. With the Aviation sector being identified as a key economic growth area in the Mahinda Chinthana, the 2010 policy statement of His Excellency the President Mahinda Rajapaksa, the government has supported all initiatives towards making Sri Lanka an Aviation Hub of the region."

The Minister further stated: "The major infrastructure development undertaken by the government such as the second international airport in Mattala, the Hambantota Seaport and the highway systems, combined with the favourable geographical location, offer the country an invaluable opportunity to become an aviation hub. It is in keeping with the President's vision that the government has supported SriLankan Airlines Fleet Modernisation programme to acquire new generation of aircraft to help the airline to fly confidently into the future."

Chairman, SriLankan Airlines Nishantha Wickremasinghe reaffirmed the national carrier's commitment to



From (Left-Right) Deputy Minister Civil Aviation, Mr. Geethanjana Gunawardane, SriLankan Airlines CEO, Mr. Kapila Chandrasena and Chairman Mr. Nishantha Wickremasinghe, ceremoniously marking the arrival of the fleet's first all new A330-300 aircraft. (October 31, 2014).

the development of the country's aviation sector and views the acquisition of the aircraft as a progressive move towards supporting the government's goal to make Sri Lanka an Aviation Hub in the region.

Mr. Wickremasinghe said, "I am delighted to have the first of seven A330-300s on order joining our fleet today, which is a red-letter day for the SriLankan Airlines family and moreover a reason for national pride as our country's flagship carrier gears itself to meet the challenges and ever growing demands of the global travel industry. This delivery launches the process of the fleet renewal and replacement program and affords us the opportunity to enhance our product offering to our customers and puts our product on par with the leading international airlines serving Sri Lanka. This underscores our commitment towards innovation of products and services in order to strengthen Sri Lanka's aviation sector.

"This important delivery marks the beginning of our plans for diversifying our aircraft portfolio and increasing the appeal to both Sri Lankan and international passengers".

Mr. Wickremasinghe added: "SriLankan has provided the impetus for making Sri Lanka an aviation hub by achieving even greater brand recognition and global connectivity with its membership in oneworld, the leading airline alliance. We have a sound reputation as a provider of internationally accredited Maintenance, Repair and Overhaul (MRO) services in the region and plans are underway to establish a new MRO facility in Mattala Rajapaksa International Airport for servicing of Narrow body aircraft due for completion at the end of 2015, providing jobs and skills for Sri Lankan youth in aircraft maintenance and technical fields.

Also, planned is the establishment of a fully-fledged SriLankan Aviation College in Mattala by 2016. These projects combined with our ambitious fleet renewal and route expansion to new markets will take Sri Lanka's aviation industry to greater heights and place us firmly on the global aviation map."

SriLankan is due to commence flights later this year to Kunming, making it the fifth destination that the carrier operates to in China alongside a weekly charter flight to Chongqing. The airline is also evaluating possible destinations in Africa and Australia in 2015.

The first of SriLankan's seven latest airliners the new A330-300 aircraft pursuant to an order placed with Airbus, was handed over to the airline at a function in Toulouse on Thursday October 30th attended by Kapila Chandrasena, CEO SriLankan Airlines and Tom Williams, Executive Vice President Programmes, Airbus.

SriLankan is to take delivery of its second A330-300 by the end of this year, with the balance five aircraft to be inducted periodically throughout the year 2015.

The airline will also be acquiring eight A350-900s with SriLankan achieving a milestone being the first airline in South Asia to acquire this new generation of aircraft, with three due to be delivered in 2016 and a fourth in 2017. The balance A350s are to be inducted to the airlines' fleet by 2020.

The A330-300 powered by twin Rolls Royce Trent 700 engines known for its proven passenger appeal and fuel efficiency is one of the most widely used wide body aircraft in service today.

"Combining the highest levels of reliability, superior economics and great passenger appeal, the A330-300 will fit seamlessly into the SriLankan Airlines

fleet," said John Leahy, Airbus Chief Operating Officer Customers. "We are very proud of our two decades of partnership with SriLankan Airlines and to be part of its growth as an important hub for flights to Asia."

SriLankan Airlines CEO Kapila Chandrasena considers fleet renewal as a key component in the national carrier's initiatives to reduce costs and improve efficiencies. The gradual phase-out over the next two years of its older wide body aircraft which are to be replaced by new the A330-300s and A350s is a step in that direction.

Mr. Chandrasena said, "SriLankan aims to gradually improve revenues and yields as we go for re-fleetings. Our product enhancements and membership in oneworld would contribute to these efforts. Our fleet renewal and route expansions are constantly aligned with the commitment to support the country's rapidly growing tourism industry, whilst keeping in mind the financial requirements of the airline."

He added: "We are further able to meet our future capacity requirements with the delivery of the new generation A350-900 wide body aircraft. Moreover, the operational commonality of Airbus aircraft permits airlines to use the same pool of pilots, engineering personnel and cabin crews bringing about operational flexibility, accruing significant cost savings."

The new A330-300 (registration 4R-ALL) is to be utilised on the major Far East markets of Tokyo and Guangzhou in China with four flights per week to each destination by this December.

Significantly, the seven A330-300 aircraft on order will have the promotional slogan 'Visit Sri Lanka' emblazoned on its belly to promote the destination and airline in overseas tourism markets conveying a tactical message to visit 'Sri Lanka on SriLankan'.

Affording optimum levels of comfort in the aircraft cabin, the airline will configure its layout seating 297 passengers in two classes accommodating 28 in Business Class and 269 in Economy.

The new A330-300 boasts of state-of-the-art cabin features that will redefine the flying experience for passengers in both Business class and Economy class on SriLankan Airlines.

The aircraft introduces outstanding innovations in Inflight entertainment (IFE) systems with Thales Avant Audio-Video on Demand (AVOD) and Ambient lighting across both cabins, Connectivity features and Ultra comfort in seating.

Contd. next page...



PRIME MINISTER OF CANADA STEPHEN HARPER

PM ANNOUNCES OUR GOVERNMENT'S INTENTION TO ENHANCE THE CHILDREN'S FITNESS TAX CREDIT



Whitby, ON – Prime Minister Stephen Harper, joined by his wife Laureen, Erin O'Toole, Parliamentary Secretary to the Minister of International Trade and Member of Parliament for Durham, and former Olympian Anne Ottenbrite-Muylaert, watches as children play floor hockey at the Abilities Centre prior to announcing enhancements to the Children's Fitness Tax Credit. (PMO photo by Jill Thompson) - Oct 9, 2014

Sri Lankan Airways...

Contd. from previous page...

In Business Class plush individual Herringbone designed flat-bed seats, Mood lighting that can simulate the Sunset and Sunrise, Night Sky (Star lighting), direct aisle access for every passenger, access to individual PC power sockets and WIFI connectivity offers the discerning business traveller privacy combined with the comfort and luxury essential to help them relax and unwind on a long journey.

Travellers in our Economy class too could now enjoy a similar range of comforts that include In-seat with Audio-Video on Demand, access to PC power socket at seat, WIFI connectivity and Mood lighting, coupled with the traditional warmth and hospitality of SriLankan Airlines' renowned Inflight

service, adding to a truly memorable experience.

About SriLankan Airlines:

SriLankan Airlines, the national carrier for Sri Lanka and the newest member of the oneworld alliance, is an award-winning airline with a firm reputation as a global leader in service, comfort, safety, reliability, and punctuality. Awards include World's Friendliest Cabin Staff by Skytrax, Best Airline in South Asia from Travel Trade Gazette, World's Most Reliable Operator of Airbus A330s and A340s by Airbus Industries, and the Etihad

Global Excellence Award for Best Regional Caterer. Launched in 1979, the airline's hubs are located at Bandaranaike International Airport in Colombo and Mattala Rajapaksa International Airport, Hambantota providing convenient connections to its global network (including codeshare partners) of 89 destinations in 44 countries around the world. SriLankan has mutual code share services with Etihad Airways, Malaysia Airlines, Air Canada, Alitalia, Oman Air, Siberian Airlines, Finnair, Asiana Airlines and Mihin Lanka.

www.srilankan.com

SriLankan Airlines joined the oneworld airline alliance on May 1, 2014 this year as the first carrier from the Indian Sub-continent. SriLankan now flies alongside some of the biggest and premier brands in the airline business – airberlin, American Airlines, British Airways, Cathay Pacific, Finnair, Iberia, Japan Airlines, LAN, Malaysia Airlines, Qantas, Royal Jordanian and S7 airlines. Together with its oneworld membership, the flagship carrier of Sri Lanka offers its customers convenient connections to a thousand destinations in over 150 countries, opportunities to earn and redeem frequent flyer miles any oneworld carrier and access to over 500 lounges for top tier frequent flyers.

PM ANNOUNCES THE NAMING OF A GOVERNMENT OF CANADA BUILDING IN HONOUR OF JIM FLAHERTY



Prime Minister Stephen Harper, joined by Kevin Sorenson, Minister of State (Finance) and Christine Elliott and her sons John, Galen and Quinn, announces that the Government of Canada building located at 90 Elgin Street in Ottawa will be named the James Michael Flaherty Building, in honour of the former Minister of Finance. (PMO photo by Jason Ransom) - Oct 15, 2014

PM ATTENDS THE 14TH ANNUAL DIWALI CELEBRATION IN BRAMPTON



Brampton, ON – Prime Minister Stephen Harper and Deepak Obhrai, Parliamentary Secretary to the Minister of Foreign Affairs and for International Human Rights, light a diya during the 14th Annual Diwali Celebration. (PMO photo by Jason Ransom) - Oct 18, 2014

PM LAYS FLOWERS IN HONOUR OF CORPORAL NATHAN CIRILLO AT THE NATIONAL WAR MEMORIAL



Ottawa – Prime Minister Stephen Harper and his wife Laureen arrive at the National War Memorial to lay flowers in honour of Corporal Nathan Cirillo. (PMO photo by Jason Ransom) - Oct 23, 2014



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Regional News

THE LARGEST DIWALI CELEBRATION OF ITS KIND KICKED OFF CANADA DRY DIWALIFEST TOOK PLACE AT BRAMALEA CITY CENTRE



BRAMPTON, October 25, 2014 – Presented by Canada Dry, the inaugural DiwaliFest is a three-day celebration of Diwali, the Festival of Lights, at Bramalea City Centre. Festivities kicked off on Friday with a solo dance competition, featuring some of the most talented local dancers under the age of 10. The excitement continues on Saturday and Sunday with a variety of activities. About 150,000 people are expected to be part of the festival throughout the weekend.

“Diwali is a time when friends and family gather to celebrate and count their blessing,” said John Leung of Prime Advertising, DiwaliFest’s co-organizer. “We want to bring that positive spirit to the event for everyone to enjoy as a community.”

A 32-foot stage is built in the Pandora Court, featuring high-energy performances such as live Bollywood shows, belly dance, a fashion show and a team dance competition in which the top dance troupes from the GTA will compete for the title and a cash prize.

During the opening ceremony, government officials and community

leaders delivered their well wishes. Among the special guests include the festival’s Honorary Patron Senator Victor Oh, Consul General of India Akhilesh Mishra, Minister of State (Sport) Bal Gosal, MP Parm Gill, Mayor Susan Fennell and Indo-Canada Chamber of Commerce’s president D. P. Jain.

“We’re excited to be a part of this festival that celebrates a unique culture. This is a great opportunity for the next generation to learn about their culture and gives others an opportunity to learn and embrace multiculturalism in Canada!” Said Mihiri Tillakaratne, brand manager of Canada Dry, the festival’s presenting sponsor.

The festival venue offers many activities – learn from professional instructors the secrets to Bollywood Dance; Rangoli demonstrations; test your hand-eye coordination at the Pan Am Games area; for the young at heart, meet favourite cartoon characters like Minions, Dora and PACHI, the official mascot from the Toronto 2015 Games.

In addition, the Canada Dry photo booth provides complimentary photos.

There are henna stations for those who appreciate the traditional decorative art and Platinum Sponsor CIBC is offering Diwali commemorative coins, ideal for gifts or personal investment.

“In keeping with CIBC’s long history of celebrating Canada’s rich cultural diversity, we are proud to join the more than one million Canadians of South Asian heritage in marking the Festival of Lights,” says Jonathon Dent, CIBC’s GTA West Region Head. “On behalf of CIBC, we want to take this opportunity to wish everyone a very Happy Diwali.”

Another feature of the festival is the Annakoot (‘Food Mountain’) and visitors are asked help build an Annakoot with non-perishable food. Everything will be donated to Knights Table, one of Peel Region’s busiest food banks.

“In the Hydro One Brampton Community Corner, we have the food mountain in support of Knights Table. We are also supporting Wellspring Chinguacousy who is here to promote their Pink Hair Dare campaign. These organizations are so vital to the community and truly deserve our support,” Henry Chiu of Purple

Integration, festival’s event director, explained.

This inaugural DiwaliFest is receiving tremendous support from both the corporate and grassroots communities – Canada Dry (Presenting Sponsor), BCC (Venue Sponsor), CIBC (Platinum Sponsor), OMNI TV (Exclusive TV Sponsor), Hydro One Brampton and Dairy to Farmers of Ontario (Community Sponsors), Anokhi Media and The Voice Group (Platinum Media Sponsors), South Asian Observer and India Journal (Silver Media Sponsors), The Weekly Asia Connections, Mybindi.com and Desi Beats (Media Sponsors).

The Festival will continue on Sunday, October 26 from noon until 6PM. Admission is free for this event and visitors will receive complimentary souvenirs. Those who participate in all the festival highlights will get a chance to enter into the lucky draw, to be made throughout the event. For exciting details of the festival,

please visit www.diwalifestival.ca.

OP-ED from MP Parm Gill: MORE HELP FOR CANADIAN FAMILIES

Our Conservative Government has worked hard to provide significant tax relief for Canadians and their families. In fact, we have cut taxes over 160 times saving the average family \$3,400 every year. For example, almost 1.5 million families have taken advantage of the Children’s Fitness Tax Credit – a credit recently doubled by our Government and made refundable – with another 1.7 million families receiving the Universal Child Care Benefit. We are proud that this low tax record is helping so many Canadian families.

However, we are always looking for new ways to help. Parents work hard to provide for their families and they deserve nothing but our very best which is why we are continuing to help offset the costs of raising a family.

First, we are introducing the new Family Tax Cut, a federal tax cut that will allow a higher-income parent to transfer up to \$50,000 of taxable income to their spouse in a lower bracket. In effect, the credit will provide tax relief for couples with children under the age of 18 and enhance fairness by treating families with the same overall incomes in a comparable way.

In addition, we are introducing an increase and expansion of the Universal Child Care Benefit (UCCB). Since 2006, the UCCB has delivered choice for parents when it comes to child care and now we are increasing this benefit to \$160 per month, per child, under the age of six. This will result in tax savings of



Parm Gill, MP, Brampton-Springdale

\$1,920 per year. This includes a new benefit of \$60 per month, or \$720 per year, per child aged six through seventeen. In total, these improvements will benefit almost four million families.

We are also increasing the Child Care Expense Deduction dollar limits by \$1,000, effective for the 2015 tax year. The maximum amounts that can be claimed will increase to \$8,000 from \$7,000 for children under age seven, to \$5,000 from \$4,000 for children aged seven through sixteen, and to \$11,000 from \$10,000 for children who are eligible for the Disability Tax Credit.

These add up to real dollars in the pockets of Canadian families. Our Government is focused on helping hard-working Canadian families, by making important priorities like child care and after-school programs more affordable. Under this plan, every family with children will have more money in their pockets, to spend on their priorities as a family.

OSLER SETTING UP SHOP AT BRAMALEA CITY CENTRE TO SHOWCASE PEEL REDEVELOPMENT PROGRESS

On Wednesday, October 29, William Osler Health System (Osler) hosted a public information booth about the new Peel Memorial Centre for Integrated Health and Wellness at Bramalea City Centre in Brampton. The booth kept open for public from 3:00 pm to 9:00 pm, on the ground floor of the mall, outside of The Bay.

Visitors had the chance of meeting the members of the project team, asked questions, saw images of the soon-to-be-built hospital, and learnt more about the programs and services it will provide.

“Since construction began in June, there has been a tremendous amount of activity at the Peel Memorial site and we are looking forward to sharing updates and our plans with the community,” said Ann Ford, Joint Vice President, Facilities and Redevelopment with the Central West Community Care Access Centre, Headwaters Health Care Centre, and Osler. “With three cranes on the site and the underground parking garage taking form – we are well on our way and on track to complete the new facility in two years.”

The new Peel Memorial will be a state-of-the-art hospital that provides patients with access to a variety of health care providers in one convenient location. Focused on prevention and health maintenance, the hospital will offer a range of specialties, clinics, day programs and services – including high-tech diagnostics, surgery and women’s and children’s health. Partnerships with other leading health organizations and complementary health providers – such as naturopaths and chiropractors – will make it easier for patients to get the care they need, when and where they need it most.

“Together with the City of Brampton and Osler Foundation, and with the significant support of the Ontario government, we are building Peel Memorial and helping to transform health care delivery in Brampton and beyond,” said Matthew Anderson. “We are excited about the progress we are making on construction, and about what this new facility will mean to



patients and families in this community.”

A range of formal and informal educational opportunities will be offered in Peel Memorial’s classrooms and in dedicated patient education and wellness demonstration areas to allow patients and their families to learn from health professionals and take a more active role in their health.

For more information about the new Peel Memorial Centre for Integrated Health and Wellness, visit www.williamoslerhs.ca.

ABOUT WILLIAM OSLER HEALTH SYSTEM & OSLER FOUNDATION:

William Osler Health System is a hospital system ‘Accredited with Exemplary Standing’ that serves 1.3 million residents of Brampton, Etobicoke, and surrounding communities within the Central West Local Health Integration Network. Osler’s emergency departments are among the busiest in Ontario and its labour and delivery program is one of the largest in the province. William Osler Health System Foundation builds and fosters relationships in order to raise funds to support William Osler Health System’s capital, education and research priorities at Brampton Civic Hospital, Etobicoke General Hospital and Peel Memorial Centre for Integrated Health & Wellness (targeted for completion in 2015-16).

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Waterloo



Waterloo ranked Canada's top university, Wilfrid Laurier moves up to 7th

WATERLOO - The region's universities are doing better than ever, according to Maclean's magazine's annual university rankings released Thursday.

University of Waterloo was ranked best overall in Canada for 2015 in the magazine's annual rankings, which rate 49 universities.

The university pushed out University of Toronto, now third place, and University of British Columbia, now second place.

Wilfrid Laurier University, on the other hand, has also climbed up the ranks over the past few years, earning a seventh place spot for best overall uni-

versity.

It was also rated the seventh most innovative university, while University of Waterloo has taken first place for innovation for the 23rd year in a row.

Both universities are listed in Maclean's list of 15 comprehensive universities. This category is for universities with a range of programs at the graduate and undergraduate level, as well as professional programs and a strong research base.



Canada's most innovative university - UNIVERSITY OF WATERLOO

For 22 years in a row, Waterloo has been named the most innovative university in the Maclean's reputational survey of Canadian universities. Waterloo is also ranked:

- Best Overall - #2 in Canada
- Best Source of Leaders of Tomorrow - #2 in Canada
- Highest Quality - #3 in Canada

When compared with other comprehensive universities, Waterloo ranks:

- Percent of operating costs devoted to scholarships/bursaries - #1
- Number of students who have won national awards - #1
- Value of social sciences and humanities research grants - #1
- Number of professors who win national awards - #1
- Total research dollars - #2

#1 in Canada for career preparation

In the The Globe and Mail's 2013 survey, current Waterloo students

- Rank us #1 for career preparation among Canada's large universities
- Give us a grade of A+ for reputation among employers
- Give us a grade of A for co-op/internships
- Give us a grade of A- for information technology
- Give us a grade of A- quality of teaching and learning

#1 research university

Waterloo has been ranked Canada's #1 comprehensive research university in the annual Canada Top 50 Research Universities survey.

This means that Waterloo is one of the best places in the country for learning about leading-edge discoveries directly from the people who are making them - your professors.

Among the top universities in the world

Times Higher Education World University Rankings

- Waterloo ranks among the top 250 in the world (out of 16,000 universities)

2013/14 QS World University Rankings

- Waterloo ranks 24th in the world for Computer Science and Mathematics
- top 100 for Civil Engineering, Electrical Engineering, Geography, Environmental Sciences and Statistics and Operational Research
- top 200 for English Language and Literature, Philosophy, Chemical Engineering, Mechanical Engineering, Psychology, Chemistry, Materials Science, Physics & Astronomy, Accounting & Finance, Politics and Sociology



Berry Vrbanovic elected Kitchener Mayor



KITCHENER — His calendar is filling up fast, his BlackBerry buzzes continuously, and his voice is so hoarse it's down to a croak by the end of a 45-minute interview. Welcome to Berry Vrbanovic's first day as mayor-elect of Kitchener.

Vrbanovic, who took 61 per cent of the vote Monday against three other candidates, is also receiving a steady stream of congratulatory hugs and handshakes.

Over the next five weeks until he's sworn in as the new mayor, Vrbanovic says he will work to understand the priorities of the 10 other members of council, only two of whom are first-time councillors. His aim is to come up with a work plan of council priorities for the coming four-year term.

He has his own priorities, of course, based primarily on his platform and what he's heard at the doorstep over the course of the campaign.

A key challenge will be managing growth, especially as light rail transit makes intensification more profitable and attractive. A first priority will be to move quickly to develop guidelines for residential infill, so that new developments in existing neighbourhoods enhance rather than diminish what's already there.

"It's going to be key that we have a strong document that guides the community, developers and us as decision-makers," Vrbanovic said.

A second priority is economic development, which he believes should have an increasingly regional focus. The competition to attract new employers is Toronto, Vancouver, Boston, Texas, Silicon Valley, so the municipalities in Waterloo Region need to work in tandem, highlighting their unique strengths.

Kitchener's role, Vrbanovic said, will be "to encourage and support and get out of the way. That's certainly the message I heard loud and clear from the business community: what we need to do is create a city with the quality of life that helps attract and retain talent in our community. That's what our focus needs to be."

How will his personal style as mayor be expressed? He says he'll use more technology: social media and telephone town halls as he seeks to engage voters. "We did see improvements in voter turnout (which was about 30 per cent of eligible votes, compared to 28 in 2010), but we did not see them to the degree that I'm satisfied."

He wants to work hard to "bring a new spirit of collaboration and co-operation to council. It's not a secret that at times there was some tensions." As council starts what he calls "a new era", Vrbanovic will be talking with people to figure out how council can work more effectively.

Traffic troubles — congestion, speeding, problems at school drop-offs — are a major beef for residents. Vrbanovic believes there will be opportunities for creative solutions, with several new faces at regional council, the advent of light rail and subsequent revamping of the transit system, and the adoption of a "complete streets" policy that considers the needs of transit, cyclists and pedestrians as well as cars.

Vrbanovic's personal stamp will come from his own lived experience. He will draw on his experiences as past president of the Federation of Canadian Municipalities to seek out best practices from other cities have succeeded elsewhere, and to work with other cities to advocate for change, in areas such as taxation powers or the need to change the arbitration system that has granted firefighters and police pay raises well above inflation.

After 20 years on council, Vrbanovic, who is 48, has been able to observe three mayors — Dom Cardillo, Richard Christy and Carl Zehr — and is probably the first mayor in Kitchener who has been both a city staffer — three and half years part-time in the clerk's office and five years full-time in the IT department — as well as an elected official.

He brings a unique perspective as the child of Croatian immigrants, who brought him to Canada at the age of two.

He has no memories of his early childhood in Croatia, but has returned often. He remembers a visit in 2002, when he stopped to visit his grandparents' graves, and a soft glow of candles drew him to an area of the cemetery where there were several graves of people no older than him, who had been killed in the Yugoslav wars.

"It dawned on me that, had my parents not left, I could easily have been one of those people," whose lives cut short were now being mourned by those who loved them.

His parents built a new life, earned a modest living — he as a mechanic, she in a convenience store, as a cleaner and then as a homemaker. They were no different than thousands of other people living in Kitchener, who work hard every day and expect the same hard work and honesty from their elected officials, Vrbanovic said.

"We need to make sure we've got our sleeves rolled up and we're at the table and doing our part to make this one of Canada's best communities," he said.

He is a strong supporter of the Waterloo Region Tamil association and community.

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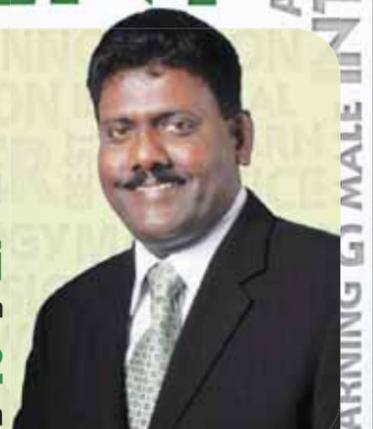
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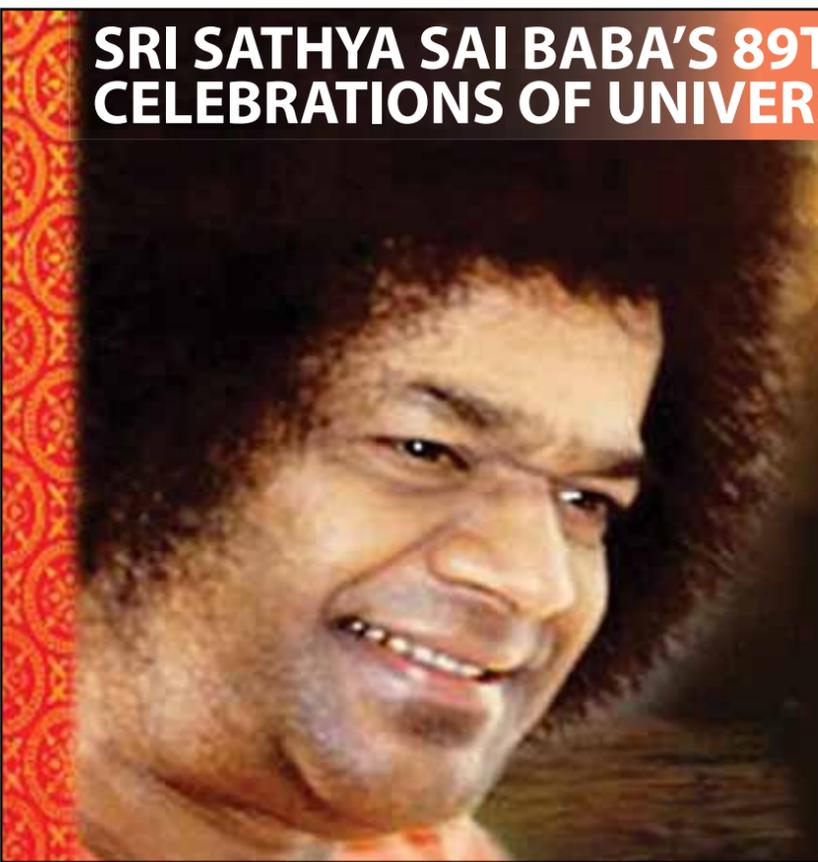
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