

A *parfait media publication*

Monsoon Journal

VOL 9 ISSUE 9 FEBRUARY 2015

Canada emphasizes the need for progress in the devolution of power, accountability and genuine reconciliation in Sri Lanka

Canada has welcomed initiatives taken by the new Government of Sri Lanka headed by Maithripala Sirisena and Foreign Affairs Minister John Baird on January 30th issued the following statement:

“Canada welcomes the reinstatement of Shirani Bandaranayake as Chief Justice of the Sri Lankan Supreme Court. In January 2013, at the time of the Chief Justice’s impeachment, I expressed deep concern about the opaque and politicized nature of her impeachment, an action that severely undermined the legitimacy of the rule of law in Sri Lanka.

“We also welcome the recent appointment of a civilian, H.M.G.S. Paliakkara, to replace a retiring senior military commander as governor of the predominantly Tamil Northern Province.

“Following the successful elec-

tions earlier this month, it is our hope that President Maithripala Sirisena fulfills the mandate given to him by the people of Sri Lanka to foster a transparent, responsive and pluralistic government. Canada will continue to encourage progress in the devolution of power, accountability and genuine reconciliation.”

Also on January 31st, The Embassy of Canada (@CanHCSriLanka) tweeted - “Canada wishes Chief Justice Bandaranayake well in retirement and welcomes appointment of Sri Lanka’s new Chief Justice K. Sripavan.”



Foreign Affairs Minister John Baird



On Monday February 2nd Nisha Biswal, Assistant Secretary of State for South and Central Asian Affairs in the United States Department of State travelled to Colombo and congratulated President Maithripala Sirisena on the election victory and emphasized opportunities to expand the bonds between people, governments, civil societies and businesses of Sri Lanka and the United States of America.

(pic: US Embassy-Colombo) *Full story on Page 10.*

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Ontario Increases Wages for Early Childhood Educators



“Parents deserve the peace of mind of knowing their children are in good hands. By investing in early childhood educators, we are supporting nurturing child care environments where children can thrive.” - Kathleen Wynne, Premier of Ontario

Premier Kathleen Wynne on January 19, 2015 announced that the Ontario government is increasing wages for early childhood educators and front-line child care professionals in licensed child care settings.

Starting this January, Ontario is implementing a wage increase of \$1 per hour for eligible child care workers in the licensed child care sector. Another wage increase is set for next year.

The increase will help close the wage gap between registered early childhood educators working in full-day kindergarten programs and child care professionals in licensed child care settings. Ontario’s investment to

increase wages also supports efforts to recruit and retain highly qualified and talented educators, and supports parents in accessing safe and reliable care for their children.

According to the Office of the Premier, “Supporting families in accessing safe, modern child care 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”.

(premier.gov.on.ca)

New Exhibition at the TD Gallery in Toronto Reference Library Uncovers Toronto’s Black History

Toronto Public Library is pleased to announce a new exhibition, Freedom City: Uncovering Toronto’s Black History that celebrates the early black citizens of Toronto. Through original paintings, drawings, photographs, manuscripts and broadsides, Freedom City covers the history of black Toronto – from the days of early settlement to the end of the 19th century. The exhibit has been enhanced by the research and contributions of prominent Canadian historians and authors Karolyn Smardz Frost and Afua Cooper.

Generously sponsored by TD Bank, Freedom City is the latest exhibition at the library’s TD Gallery, located on the main floor of the Toronto Reference Library, 789 Yonge Street. The show opens Saturday, January 31, 2015 at 9 a.m. and runs until Sunday, March 29, 2015. The timings are Monday to Friday, 9 a.m. to 8:30 pm, Saturday, 9 a.m. to 5 pm and Sunday, 1:30 pm. to 5 pm.

Freedom City is part of a larger series of Black History Month programs and events held at library branches throughout the city.

Exhibition Highlights:

-British Imperial Act of 1790 which allowed Loyalists and others moving to Canada to bring their slaves with them – tax free!

-A letter from a fugitive slave, Henry Lewis, offering to purchase his freedom from his former owner, William Jarvis.

-The earliest known photograph of an African Canadian woman in Toronto.

-Photographs of Anderson Ruffin Abbott, the first black doctor in Canada, honoured by Mary Todd Lincoln for his service during the American Civil War.

-School registers and prize lists showing African Canadian students excelling in their studies.

-Portrait of William Peyton Hubbard, the only black deputy mayor in the history of Toronto (on loan from the City of Toronto Art Collection, Heritage & Museums Services).

-A video featuring historian Afua Cooper tracing the development and importance of the Underground Railroad in Canada.

(via torontopubliclibrary.typepad.com)



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Decision 2015 - Issues unfold for the looming Federal Election in Canada



Among the many events surely to emerge throughout the new year of 2015, one of the biggest will definitely be the 2015 federal election in Canada. Election Day has been formally set for October 19, 2015. Yet there are possibilities for an earlier election date based on some constitutional provisions regarding elections.

Moreover, this can depend on the political circumstances facing an incumbent governing party, being Prime Minister Stephen Harper's Conservatives, to call for a 'snap' election. In an interview with CBC journalist, Peter Mansbridge, however, Mr. Harper has asserted that Canadians should certainly prepare for an October election, and not assume otherwise. This upcoming election will be absolutely critical considering the complex number of issues that need to be addressed on the soon-to-be campaign trail.

Arguably, two main issues revolving around the Canadian electorate are the economy and terrorism, with other national concerns slowly arising from them. Major contending political parties include the Conservatives, New Democrats, Liberals, Greens, and Bloc Quebecois. Based on the large amount of public opinion surveys, a close three-way race has regularly persisted between the Liberals, Conservatives, and NDP.

In spite of these initial observations, it has been even tighter between the Liberals and the governing Conservatives, leaving the NDP in third place most of the time. With respect to the issues highlighted, the Canadian economy has been experiencing some particularly difficult obstacles in advance of this election. One of these challenges concerns the ongoing price decline in the oil industry, which is a crucial economic driver for Canada.

These falling oil prices not only look worrisome economically, but will also be extremely impactful in the context of an approaching election period. Accordingly, there has now been uncertainty around the level of oil revenues for the government, prompting federal finance minister, Joe Oliver to defer the federal budget until April. In response to this economic outlook, the Bank of Canada recently cut interest rates from 1% to 0.75%, as a way to reinvigorate consumer-led growth.

Given the likelihood of campaigning on sound economic achievements, Stephen Harper's Conservative government may have been placed in an odd electoral

position due to these shocks. Additionally, since oil prices have devalued the Canadian dollar, it has given an export boost to the manufacturing industries in Ontario and Quebec under Liberal premiers, Kathleen Wynne and Philippe Couillard. However, it has yet to be seen if this assertion is reflected within the delayed federal budget of the Conservative government.

There have been a number of job losses occurring, with a few high profile ones coming from Target and Tim Horton's. As such, some parties, like the NDP, have begun announcing their own possible economic platform planks. Next, terrorism and foreign affairs has certainly become the second-most salient issue in Canada.

Following the Canadian Parliament attacks in October 2014, more pieces of national legislation have been tabled to combat homegrown terror in Canada. Some of the latest measures would be those contained in Bill C-51 of the current government. These have stirred forms of discussion around privacy rights, civil liberties, and other implications it can have for Canadians.

In terms of other foreign affairs, the current Canadian mission against the Islamic State of Iraq and Syria has also received heavy scrutiny among the opposition. This will surely gain traction as an issue along the campaign lines and identify how each party views Canada's role in the region, and elsewhere abroad.

Although the campaign period has not officially commenced, Canadians should start getting a sense of this electoral atmosphere and the issues that will likely attach to it. Overall, in the proceeding months, the Canadian public must ensure they make a well-informed decision on who's truly fit to lead a large country like Canada.

Contributed by: Harrish Thirukumaran

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“Kindness is the golden chain by which society is bound together.” - Johann Wolfgang von Goethe (August 28, 1749 - March 22, 1832), German writer and statesman

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

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Canada Reaffirms Commitment to Stockholm Declaration on 70th Anniversary of Liberation of Auschwitz-Birkenau



70th Anniversary of the Liberation of Auschwitz. Main commemoration event took place in front of the Gate of Death of Auschwitz II-Birkenau camp, January 27, 2015. (pic: facebook.com/auschwitzmemorial)

Andrew Bennett, Canada's Ambassador for Religious Freedom and head of the Canadian delegation to the International Holocaust Remembrance Alliance, on January 27, 2015 issued the following statement:

"Today, 70 years after the liberation of Auschwitz-Birkenau, the 31 member and eight observer countries of the International Holocaust Remembrance Alliance (IHRA), together with our seven permanent international partners, have collectively reaffirmed our strong and unqualified support for the founding document of our organization, the Stockholm Declaration of the year 2000, and the solemn commitments which our governments then undertook.

"The unprecedented character of the Holocaust will always hold universal meaning for us. We are committed to remembering and honouring its victims, to upholding the terrible truth of the Holocaust, to standing up against

those who distort or deny it, and to combatting anti-Semitism, racism and prejudice against the Roma and Sinti.

"As we acknowledge International Holocaust Remembrance Day, we are determined to continue to develop our international cooperation on Holocaust education, remembrance and research, and on the prevention of future genocides. We again recognize on this day and at this time the evil that has been wrought by anti-Semitism, xenophobia and genocide.

"Canada remains committed to remembering and honouring the victims of the Holocaust, to upholding the undeniable truth of the Holocaust, and to standing up against those who distort or deny this terrible fact of history. Canada's reaffirmation of the Stockholm Declaration is part of our ongoing international efforts to combat anti-Semitism in all of its pernicious forms, both old and new."

(international.gc.ca)

Canada Post celebrates hope, courage and freedom with new Nelson Mandela stamp

On January 27, 2015, Canada Post unveiled a new stamp to commemorate the heroic life of Nelson Mandela, and celebrate the legacy of courage, determination and persistent hope he left behind. The stamp recognizes the special relationship Canada shared with Mandela, who referred to this country as his home away from home.

Amid his 27 years in prison, Mandela became a symbol of the moral fight for freedom, equality and justice in South Africa and around the world. His message strongly resonated among Canadians, who were at the forefront of the global outcry over his imprisonment and of the unrelenting demand for his release.

After his release in 1990, Canada was among the first countries Mandela visited. Four years later, as president of South Africa, he specifically drew on Canadian values, policies and practices to build his post-apartheid vision of a multi-racial democracy rooted in equality and governed by the rule of law.

In 2001, on his third visit to this country, Mandela was bestowed with honorary Canadian citizenship. He was the first living person to receive this recognition.

"Nelson Mandela, an honorary Canadian citizen, is an inspiration to everyone who values human rights. As a great champion of freedom, beloved by Canadians, he will forever be remembered as a man whose courage changed not just South Africa, but also the world," says Chris Alexander, Canada's Citizenship and Immigration Minister.

"Our stamp program seeks to tell the stories of people who have had a powerful effect on our society, and Nelson Mandela's story is among the most powerful. Canada Post is truly privileged to celebrate his life, his legacy and his struggle that inspired genera-



A tribute in memory of Nelson Mandela. The stamp is available for purchase starting January 30. To purchase philatelic products, please visit: canadapost.ca/shop/shop.jsf

tions to fight for what is right," says Deepak Chopra, President and CEO of Canada Post.

The stamp was inspired by a photograph taken by Yousuf Karsh on Mandela's first visit to Canada in 1990, just four months after his release from prison.

The world mourned Mandela's passing on December 5, 2013.

About the stamp:

The Nelson Mandela Permanent stamp, featuring a photo by Yousuf Karsh, is available in booklets of 10 and measures 32 mm x 32 mm. An Official First Day Cover and souvenir sheet with an international rate stamp are also available. The stamp, souvenir sheet and Official First Day Cover are designed by Ian Drolet with photos by Yousuf Karsh, Jürgen Schadeberg and Stéphane de Sakutin, and printed by Canadian Bank Note. The Official First Day Cover measures 191 mm x 113 mm and is cancelled in Ottawa, Ontario. Many thanks to the Nelson Mandela Foundation for its cooperation and assistance in the creation of this stamp issue.

The Harper Government and city of Québec work together to save lives in Haiti

The Minister of International Development and La Francophonie, the Honourable Christian Paradis, held a press conference on January 13m 2015 to announce Canada's support for the Sustainable Strengthening of Haitian Firefighters' Response Capabilities project, which will be implemented by the city of Québec.

Minister Paradis was accompanied by the Mayor of Québec, Régis Labeaume, and other partners who will help to ensure the project's success. The Right Honourable Michaëlle Jean added her voice of support to those of Minister Paradis and Mayor Labeaume via a video message.

This project will reduce the vulnerability of Port-au-Prince residents to fire through the rebuilding of the municip-

pal fire station and by offering training to its staff.

"The Port-au-Prince fire station, which was seriously damaged by the earthquake, is critically important to the security of the population in a country where natural disasters happen so frequently," said Minister Paradis. "We are proud that Canadian expertise is once again being shared to improve security and to save lives in Haiti."

"Today, we are fulfilling an engagement taken in December 2012, following a mission to Haiti," reminded Mayor Labeaume. "Since 1995, the city of Québec has been collaborating with Haiti through the presence of police officers and firefighters assigned to various mandates. By drawing on our expertise in the area of the planning and

construction of effective fire stations, this new project aims to ensure the security of the most vulnerable populations of Port-au-Prince."

"Port-au-Prince's firefighters, who showed remarkable bravery during the 2010 earthquake, still find themselves in extremely precarious facilities today," said Madame Jean, Secretary General of La Francophonie and former UNESCO Special Envoy for Haiti. "They are currently unable to intervene effectively during an emergency because they lack the appropriate equipment, which poses a major risk to public safety in the capital. I am pleased that finally, thanks to support from the Government of Canada and the city of Québec, the people of Port-au-Prince will soon have not only a high-quality

fire station, but also a firefighter training program that will be duplicated across the country."

In the five years since the January 2010 earthquake, Canadian initiatives have improved living conditions for Haitians, and it is vital to safeguard these gains.

(international.gc.ca)





Canadian Political Leaders Confident on the Charm of Thai Pongal Ushering Positive Change in Sri Lanka

By **Harrish Thirukumaran**

On January 17, 2015, the Canadian Tamil Congress (CTC) held its 8th annual Thai Pongal Gala at the Sheraton Parkway Toronto North Hotel in Richmond Hill, Ontario. As with previous dinners, the occasion is proudly set under the symbolic backdrop of Thai Pongal.

This week-long festival seeks to celebrate the prosperity that emerges from a meaningful harvest season among the Tamil people. Accordingly, in one regular instance, this is accomplished with the traditional Tamil dish of Pongal, overflowing in its cooking pot to represent an abundant harvest. It is often affectionately termed the ‘Tamil Thanksgiving.’

While this event serves to signify the special holiday, it also commemorates the positive contributions made from Canadians of Tamil descent. Indeed, since migrating to Canada, Tamils have been able to reach great heights in Canada, as remarked by Raj Thavaratnasingham, CTC president. They have become heavily involved in affairs within all aspects of Canadian life, such as business. The gala was also keen on presenting aspects of Tamil culture, such as traditional dances.

Within the context of Tamil struggles in Sri Lanka, its recent election was a topic consistently addressed throughout the night. As such, the poll resulted in the defeat of nine-year ruler Mahinda Rajapaksa by his former political ally, Maithripala Sirisena. Leading up to his loss, Rajapaksa had become accused of war crimes against Tamil civilians in the final months of Sri Lanka’s civil war, and authoritarianism following its conclusion.

A number of Canadian politicians, from various political stripes, were in attendance of this event to showcase support for these major changes. Elected officials included Bonnie Crombie, Justin Trudeau, and Chris Alexander, among other individuals. Some also had the privilege to deliver speeches to



Minister of Citizenship and Immigration, Hon. Chris Alexander



Mississauga Mayor Bonnie Crombie



Liberal Leader, Hon. Justin Trudeau



Youth Group at the Gala



Dance Event at the Gala

further convey the significance of the CTC to Tamil community development.

Talking points from most of the politicians seemed to thoroughly resonate with many of the guests. In her speech, Ms. Crombie, who succeeded famous longtime mayor Hazel McCallion in Mississauga, interpreted Thai Pongal as an indicator for new hopes and beginnings. Although the festival coin-

cides with Tamil Heritage Month in Ontario, Ms. Crombie revealed it is not formally recognized in Mississauga, as the city government does not issue proclamations.

However, she firmly assured that this would change with an advisory committee in her administration, focused on discovering ways to promote inclusive diversity in Mississauga.

Chris Alexander, the Conservative Member of Parliament and Minister of Citizenship and Immigration, noted that a “genuine process of reconciliation” could now gain traction from Rajapaksa’s loss.

Accordingly, with the ousting of his dictatorial regime, country could begin moving towards Canadian values, which are part of a larger universal framework. Additionally, he recalled his support for the Conservative government’s boycott of the Commonwealth Summit in Colombo in 2013.

Even Liberal Leader Justin Trudeau expressed his own brand of enthusiasm when addressing the crowd at the prestigious CTC event. Like the festive holiday itself, Mr. Trudeau was thankful for the many hallmarks of the Tamil community, including the parliamentary work of Tamil New Democrat MP, Rathika Sitsabeisan.

He asserted that the recent outcome in the Sri Lankan election had notably altered the tone of the 2015 gala in comparison to the one last year. In that sense, he wittingly remarked that the voters’ desire for political change in Sri Lanka would be a recognizable trait of the Canadian electorate with the upcoming October election too.

Mr. Trudeau also invoked the words of Pope Francis, whom visited Sri Lanka in the immediate aftermath of the presidential election. “The process of healing also needs to include the pursuit of truth, not for the sake of opening old wounds, but rather as a necessary means of promoting justice, healing, and unity,” as quoted by Mr. Trudeau. Therefore, he implied, that the new Sri Lankan government must work to enhance the credibility of a war crimes investigation into the civil war, and improve the lives of all Sri Lankans, regardless of ethnicity.

With this side of things at the event, altogether, the CTC received warm impressions by a great deal of attending members among the Tamil community.





Is \$5 a Gallon Gas on Its Way? This Expert Thinks So

By Kate Scanlon

You might want to consider filling up your tanks, America. One expert is warning \$5 per gallon gas is on its way.

John Hofmeister, the former president of Shell Oil, warns that we should “[e]njoy the price, because it’s going to go back up.” “The next round of high prices is likely to start later this year, as crude rebounds to the \$80s and \$90s, perhaps pushing to the \$100 level by late in the year or early next,” Hofmeister told USA Today, on January 19, 2015.

Prices per barrel as high as Hofmeister projects would mean a significant hike in the price you pay at the pump. Hofmeister said that skyrocketing gas prices and even gas shortages are possible.

“Over the next several years, as demand growth approaches 100 million barrels a day and the industry production falls short, yes, I believe later this decade we’ll see \$5 a gallon and possible shortages of fuel in some parts of the world,” he told USA Today. The U.S. Energy Information Administration projects that the average price of a gallon of gas in 2015 will be \$2.33.



Hofmeister is now the founder and chief executive of Citizens for Affordable Energy, a nonprofit that “promotes sound U.S. energy security solutions for the nation, including a range of affordable energy supplies, efficiency improvements, essential infrastructure, sustainable environmental policies and public education on energy issues.”

He believes that the solution to fluctuating oil prices is utilizing natural gas.

“I believe that with the right focus and development of the natural gas fuels market, we could begin to reduce global demand for oil from the 100-million-barrels-a-day level around 2020 to lower demand levels by substituting natural gas fuels,” he told USA Today. “We could pull it back to 90, 80, even 70 million barrels a day over the next two to three decades, taking enormous pressure off chronic high oil prices.”

(via dailysignal.com)

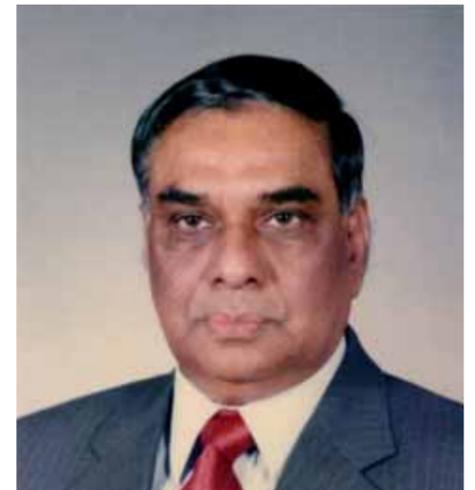
K.C. Logeswaran appointed Governor of Western Province, Sri Lanka

By Siva Sivapragasam

K.C. Logeswaran, a former public servant who held several important administrative positions including a diplomatic posting, has been appointed as the Governor of the Western Province in Sri Lanka by President Maithripala Sirisena.

Mr. Logeswaran of the Sri Lanka Administrative Service had served as Secretary to the Ministry of Posts, Telecommunications and the Media from September 1995 to August 1999. Concurrently he had held the position of the Chairman, Telecommunications Regulatory Commission of Sri Lanka. Since December 1999 to February 2003 he served as Sri Lanka’s Ambassador Extraordinary and Plenipotentiary in the Republic of Korea. He has been an Advisor to the Ministry of Finance since April 2003. Mr. Logeswaran has been serving on the Board (Telecom) since December 2003.

Logeswaran was also Additional Secretary, Ministry of Industrial Development from August 1994 to August 1995. He also functioned as Secretary to the Project Ministry of Mineral De-



velopment from January 1991 to August 1994. He was State Secretary to the Ministry of Hindu Religious & Cultural Affairs from March 1990 to December 1990. He was also Additional Secretary, Ministry of Rehabilitation & Reconstruction from August 1988 to March 1990. He was the Registrar of the University of Jaffna from April 1980 to September 1981. He was also Secretary to the National Police Commission.

Logeswaran is an old boy of St. John’s College, Jaffna and holds a Bachelor’s degree from the University of Ceylon.

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Vicious circles linking violence and hunger must end – UN agriculture chief

Agriculture and food security must be treated as essential components of peacebuilding and conflict resolution, the head of the United Nations Food and Agriculture Organization (FAO) said during a special meeting of the UN Peacebuilding Commission held at Headquarters on January 26th.

“Food security is an important foundation for peace, political stability and sustainable development. In the history of humanity, time and time again we have seen vicious circles linking violence and hunger – and these are conflicts that are not restricted by national borders,” FAO Director-General José Graziano da Silva said to the participants.

In addition to Mr. Graziano da Silva’s briefing, the meeting was also expected to hear opening remarks from the Chair of the Peacebuilding Commission, another briefing by the Assistant Secretary-General for Peacebuilding Support as well as an interaction with Member States.

In his remarks, the FAO Director-General emphasized that food security can be used as “a conflict prevention and mitigation tool” for the advance-

ment of peace and security. Policies and actions on food security can not only build resilience and resolve conflicts; they can help prevent them, too.

“We cannot just wait for an emergency to react. To achieve food security, we need to act before the crisis. We cannot prevent a drought from happening, but we can prevent it from becoming famine,” he added.

Hunger kills far more people than war or terrorism, he noted during his speech. For example, between 2004 and 2009, an estimated 55,000 people a year lost their lives as a direct result of conflict or terrorism, while in Somalia alone, between 2010 and 2012 over 250,000 died due to famine caused by severe drought, Mr. Graziano da Silva said.

Meanwhile, the impact of conflicts in rural areas can be devastating for crop production, livestock and harvests and often causes the destruction of farm assets and household capital.

And the impact of conflicts on food security often lasts long after the violence has subsided, Mr. Graziano da Silva said.

As agriculture continues to be the



Quinoa - a highly nutritious crop from the Andes has become popular globally. Photo: FAO/Alessia Pierdomenico

primary way of life for the majority of people in post-conflict countries, rehabilitation and revival of agriculture in those areas, therefore, becomes crucial to alleviating poverty and ensuring overall development.

The FAO Director-General emphasized that “partnerships are crucial,” spotlighting that now more than ever countries need to work together to overcome the multiple, interconnected challenges. It is in this spirit of collabo-

ration that FAO has been able to successfully carry out projects across the globe.

Additionally, with the crafting of new global sustainable development goals (SDGs) underway, “improved knowledge and understanding of the possible interplays between food security and human security will help shape more effective interventions and contribute to more lasting results,” Mr. Graziano da Silva said. - un.org

U.S. President Barack Obama wraps up a successful three-day visit to India

“Mera Pyar Bhara Namaskar” (Greetings with Love), says President Obama

By Siva Sivapragasam

After taking a stroll in the well-cropped green lawns of Hyderabad House in New Delhi with Indian Prime Minister Narendra Modi, U.S. President Barack Obama’s words of welcome at the press briefing were in Hindi “Mera Pyar Bhara Namaskar (Greetings with Love)”

The friendship between the two leaders was earlier bonded over a cup of warm tea, and Modi referred to the President by first name several times during the joint briefing and talked about their personal chemistry.

After the meeting officials announced a breakthrough in the nuclear deal stuck since 2008. The joint briefing followed talks between the two leaders and their delegations at Hyderabad House.

President Obama and First Lady Michelle Obama arrived in India on January 25th for a three-day visit. He was the first American president to be chief guest at India’s Republic Day celebrations on January 26th. President Obama received a warm hug from Mr. Modi against the backdrop of a cold and overcast capital as he dis-embarked on the tarmac from his aircraft Air-force One at the Indira Gandhi International Airport in New Delhi.

In a departure from protocol, Mr



Modi drove to the airport to greet the President and his wife Michelle.

President Obama then used his armored limousine, the Beast, to drive to the five-star ITC Maurya hotel, before heading to Rashtrapati Bhawan for a reception. The Indian and US flags were fluttering on the bonnet of the Beast.

The two leaders have also made a breakthrough on the longdrawn out nuclear deal and have reached agreement. Commenting on the agreement reached, Indian officials stated “The deal is done”.

Arjuna Mahendran becomes Sri Lanka’s new Central Bank Governor

By Siva Sivapragasam

Sri Lankan-born international banker Arjuna Mahendran has been appointed as the new Governor of the Central Bank of Sri Lanka. Governor Nivard Cabraal resigned last Friday shortly before Maithripala Sirisena was sworn in as President and Ranil Wickramasinghe of the United National Party as Prime Minister. Mahendran was the head of the island’s Board of Investment (BOI) under a previous government headed by Ranil Wickramasinghe and has been with international lenders including Credit Suisse, HSBC as well as Sri Lanka’s central bank.

He has nearly 30 years of extensive experience in the financial services in-



dustry across Asia, serving in both private companies and public sector organizations, and holds a Master of Arts in Philosophy, Politics, and Economics from the University of Oxford.

He is at the moment chief investment officer at Dubai-based Emirates NBD’s wealth management arm. Arjuna Mahendran is the son of C. Mahendran, a veteran diplomat of the Sri Lankan Overseas service.

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Around the World

Military Governor replaced by civilian in Northern Sri Lanka

By Siva Sivapragasam

Sri Lanka's new regime has replaced the military Governor Major General Chandrasiri with a civilian Governor H.M.G.S. Palihakkara.

Mr. Palihakkara was a former Foreign Service secretary and was one of the eight panellists in the Lessons Learnt and Reconciliation Commission appointed by the previous Government. He was also onetime Permanent Representative for Sri Lanka in the United Nations.

He joined the Sri Lanka Foreign Service in 1979, undergoing the Foreign Service Training Programme in Australia; later studying International Human Rights and Humanitarian Law at Lund University and receiving the UN



Disarmament Fellowship.

Palihakkara had represented Sri Lanka at the UN Commission on Human Rights, UN Conference on Trade and Development and the Conference on Disarmament. He has also served on the Panel of Ambassadors advising UN Human Rights High Commissioner.

Lawyer Swaminathan begins duties as Minister of Reconstruction, Resettlement and Hindu Religious Affairs

By Siva Sivapragasam

Lawyer D.M. Swaminathan who was appointed the Minister of Reconstruction, Resettlement and Hindu Religious Affairs has stated that he will work with the TNA and other parties for the re-settlement of people displaced as a result of the war in the North and East.

He made the above remarks when he assumed duties at the Ministry. Mr. Swaminathan was warmly welcomed by officials and staff at the ministry office.

Mr. Swaminathan hails from a prominent political family of Hindus consisting of Sir Sangarapillai Pararajasingham, Sir Ponnambalam Arunachalam and Sir Ponnambalam Ramanathan who contributed much towards Sri Lanka gaining independence.

He was educated at the prestigious Royal College, Colombo where he was elected the Chairman of the Senior Tamil Literary Association and won various awards including the Adigar Sellamuttu Award for Senior Tamil Literature and the Sir Ponnampalam Ramanathan Memorial prize for Tamil Oratory.

Swaminathan studied law at the Sri Lanka Law College where he was elected the president of the Law College Tamil Union and was awarded Sir Cyril de Soyza Gold Medal for addressing the Jury in English and Sir Ponnabpalam Ramanathan Gold medal for addressing the Jury in Tamil. He was admitted to the Supreme Court of Sri Lanka as an Attorney at Law.



A devout Hindu, Mr. Swaminathan is the Chief Trustee of the famous Sri Ponnambalavaneswarar Devasthanam in Colombo and was elected as Centenary President of the Vivehanda Society, Colombo. He is also Trustee of the All Ceylon Hindu Congress and was the Past Governor of Rotary International, Sri Lanka and part of District in South India, Member of the Board of Trustees of Ramanathan College and Parameshwara College Trusts, Jaffna.

Mr. Swaminathan has previously served as the Governor of Sri Lanka's Western Province and Chairman of the National Savings Bank. He has also served as a Member of the University Grants Commission, Public Service Commission, Educational & Service Committee and the Local Government Service Commission.

He is currently a member of the Sri Lankan Parliament and is a member of the Parliamentary Council.



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Justice Sripavan appointed Chief Justice of Sri Lanka



By Siva Sivapragasam

Justice Sripavan, the senior most Supreme Court Judge, has been appointed as the Chief Justice of Sri Lanka by President Maithripala Sirisena.

Justice Kanakasabapathi Sripavan will be the second Tamil to be Chief Justice when he takes over following the retirement of Justice Shirani Bandaranayake. The first Tamil to hold the highest judicial post in Sri Lanka was Suppiah Sharvananda, who served between 1984 and 1988.

Born in 1952, Justice Sripavan was educated at the Jaffna Hindu College and later at the Law College in Colombo. After a short stint at the private bar in the late 1970s, he joined the Attorney General's Office as a government counsel. He rose to be Deputy Solicitor General before he was appointed a judge in the Court of Appeal. He has also served as acting Chief Justice.

Justice Sripavan joined Ceylon Law College in 1974 and passed out as an Attorney-At-Law in



Justice K. Sripavan took oaths as the 44th Chief Justice of Sri Lanka before SL President Maithripala Sirisena.

1976, obtaining a first class in the Intermediate Examination. After qualifying, Justice Sripavan practised law at the unofficial Bar of Sri Lanka between 1977 and 1978. He then joined the Attorney-General's Department as an acting State Counsel. He became a permanent State Counsel in 1979. He was promoted as Senior State Counsel in 1989. Justice Sripavan was appointed Deputy Solicitor General in February 1996. He continued his legal studies whilst working, obtaining a diploma in Industrial Law from the University of Ceylon in 1992 and Master of Laws from the University of London.

Justice Sripavan was appointed a judge of the Court of Appeal in May 2002 and became president of the Court of Appeal in 2007. [He was appointed to the Supreme Court in 2008, replacing retiring Justice Nihal Jayasinghe.

Justice Sripavan becomes Sri Lanka's 44th Chief Justice and succeeds Justice Shirani Bandaranayake who retired from the post of Chief Justice.

Chief Justice Sripavan took his oaths before President Maithripala Sirisena while President Sirisena was sworn in as President only few days ago before Justice Sripavan.

POLL VERDICT SHOCK AND JOY: HOW INTERNATIONAL COMMUNITY CAN HELP SRI LANKA NOW

By Erik Solheim

The election shock on Sri Lanka has been called a model for how reformist elites and a fed up people can get rid of increasingly authoritarian leaders. To become a true role model, the reincarnated Sri Lankan democracy must in the next years deliver political reform, inclusive development and devolved power to minorities.

There were few people outside of this beautiful island who thought the unknown Maithripala Sirisena could beat the increasingly authoritarian president Mahinda Rajapaksa. Rajapaksa put the entire state apparatus behind his election campaign. Thousands of busses were redirected to transport people to his election rallies. Fake pamphlets called on the Tamils to boycott the election. The media was broadcasting propaganda and outright lies. Imagine the CNN on the eve of the upcoming US elections reporting that Bill Clinton has joined the Republican Party.

The new president Sirisena led one of the broadest coalitions in electoral history. Free market supporters and communists stood shoulder to shoulder. Tamils, Muslims and ultra-nationalistic Sinhalese Buddhists rallied behind a common candidate to get rid of Rajapaksa. Massive support from the minorities was a key to the coalition's success. A solid 80 percent support from minority Tamils and Muslims combined with 45 percent of the majority Sinhalese Buddhist vote secured victory.

The new Sri Lanka is facing great challenges. The democracy must be secured and strengthened. Economic growth and development must be more inclusive and benefit all ethnic groups. The question of the role of the Tamils on Sri Lanka, the source of a conflict that has lasted for half a century, must be resolved. Sri Lanka proved that democracy could get rid of the authoritarian leader. The big challenge will be to prove that the new democracy can deliver democratic reforms, inclusive development and satisfy the Tamils and other minorities. The new government has done a lot right so far. But the international



UN Secretary General Ban-Ki-moon and Erik Solheim
- Jan 2015

community must support in any way it can.

Many democratic reforms are being put in place to make the courts, central bank and military independent from politics. Media censorship is lifted to ensure a free press. Activists will no longer be picked up by the "white van's" and never seen again. Rajapaksa was never invited to Europe or the US and made Sri Lanka increasingly isolated. But Sirisena will go to India for his first state visit and it should not be long before we see the President in the White House and European capitals.

Sri Lanka is doing well on poverty reduction and the economy is growing fast. But improvements have not been equally shared. Many are still poor in the rural Deep South and among Muslims and Tamils. Sri Lanka needs more and better aid, investments and domestic taxes to develop faster and fairer. More development aid should target the remaining pockets of poverty. The West should rapidly match the useful Chinese investments in promising industries like fisheries,

energy, textiles and IT. The most important source of development finance is always domestic resources. But Sri Lanka only generates 12 percent of national income in taxes, much lower than the developing country average of 20 percent. OECD Tax for Development programs which have assisted other countries in raising millions dollars could be implemented in Sri Lanka. The large and successful Tamil diaspora can also be a source of investments and expertise and the new government has signaled a strong will to engage with them.

Sri Lanka also has a huge potential for tourism with beautiful beaches, magnificent cultural sites and elephant reserves -- all within few hours' drive from the capital Colombo.

The biggest challenge will be reconciliation with the minorities and resolving the Tamil national issue. The new government has signaled a willingness to reach out. They will investigate human rights abuses during the final stages of the civil war. The international community will continue to call for war criminals and human rights abusers to be held accountable. This is good, but the international community must give the government enough time and space. To bring this to a close, the Sinhala majority must also be brought on board and understand what Sri Lanka looks like from a Tamil perspective. Accountability unfortunately takes time as we saw in Chile and Serbia. But at the end it will come. Talks between government and the main Tamil party TNA are urgent.

The new "Sri Lanka model" could make many dictators lose their sleep. If the new democracy is able to deliver results; democratic reforms, inclusive development and Tamil and Muslim rights, it will become a true role model. We should all do what we can to support the new government and the people of Sri Lanka.

(Erik Solheim, former Sri Lanka peace envoy. He is Chair of OECD DAC, UNEP special envoy for environment, conflict and disaster, and former Norwegian Minister of environment and international development-This article first appeared in The Huffington Post)



All Ceylon Hindu Congress President Neelakandan meets Assistant Secretary of State of the USA Ms. Nisha Biswal

All Ceylon Hindu Congress President – Kandiah Neelakandan met Ms. Nisha Biswal – Asst. Secretary of State of the USA and Mr. Atul Keshap – Deputy Assistant Secretary of State of USA for South Asian Affairs at the Inter-faith discussions arranged with the Religious Leaders, by the American Embassy

Among matters discussed, were the following:

*Immediate dry rations should be arranged to be given to displaced persons who are in the so called Welfare Centres in Valikamam and the other parts of Jaffna and also in Sampur and

other parts of Eastern Province.

*Every encouragement and assistance to be given to the Provincial Councils for Northern and Eastern Provinces in accordance with the mandate given by the people of those provinces.

*Enhancement of Educational Standards and Economical Development in the two provinces should be expedited.

*Meaningful political solution to satisfy the aspirations of Tamil speaking people in Sri Lanka should be found without delay.



Mr. Kandiah Neelakandan with Ms. Nisha Biswal and Atul Keshap

Former De Facto Chief Justice Mohan Pieris's version of his removal is like a "Harlot Extolling Virtues of Virginity", states Mangala Samraweera

- External Affairs Minister

The former de-facto Chief Justice Mohan Peiris's concern on 'maintaining the dignity and decorum associated with the office of the Chief Justice' is similar to a 'harlot extolling the virtues of virginity', stated Sri Lanka's External Affairs Minister Mangala Samaraweera, in a statement to the Parliament.

The External Affairs Minister made this statement in the Parliament, in reference to the statement Peiris had issued to the media concerning his removal as the CJ. The Minister has further stated that upon bringing international disrespect and condemnation to the judicial system of Sri Lanka through his scandalous appointment two years ago, it is ironic that he should now shed tears for the pristine purity of the CJ's office.

In his statement before the parliament, Minister Samaraweera has further stated that since Peiris has criticized the way in which he was removed from the office of the CJ, describing it as an 'unconstitutional process' then Peiris should similarly be well aware of the degree of unconstitutionality of the eviction of the legitimate CJ whose seat he took up and functioned.

The Minister has also posed the following questions in response to the statement issued by Peiris:

- Did Mohan Pieris give any thought to the sanctity of his judicial office when, on 14th apparently in the company of Gotabaya Rajapaksa, to join President Rajapaksa and his immediate family in celebrating the Sinhala and Hindu New Year, and join in



Mangala Samaraweera
- Sri Lanka's External Affairs Minister

feeding milk rice to each other at the auspicious time?

- Did Mohan Pieris think it was part of his job description to become a member of President Rajapaksa's entourage on an official visit to Italy and the Vatican in September last year?

- Did Mohan Pieris give any thought to the public perception of the Supreme Court when he begged for a diplomatic appointment from the executive branch of government?

- Is driving down to the home of a presidential candidate on election night to provide him with legal advice (as he claims he did) part of the duties of a Chief Justice?

Furthermore in his statement Minister Samaraweera has noted that allowing the unconstitutional appointment of Peiris and permitting him to remain as the CJ would have been a significant hindrance, in a context where a credible judicial system is needed both for domestic healing and to prevent international intervention.

(Source" Colombo Telegraph)

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Book Review

**Caricaturing Culture in India
(Cartoons & History in the Modern world)**

Author: Ritu Gairola Khanduri
Publisher: Cambridge University Press

By Siva Sivapragasam

Ritu Gairola Khanduri's book "Caricaturing Culture in India" is a book on political cartoons and political history in India. It gives the reader a full glimpse of the important role political cartoons and cartoonists have played in India from colonial times to now.

"Caricaturing Culture in India" produces a unique and vibrant visual expression of political humor in the world's largest democracy. The author Khanduri has included cartoonists as interlocutors, artists and political analysts.

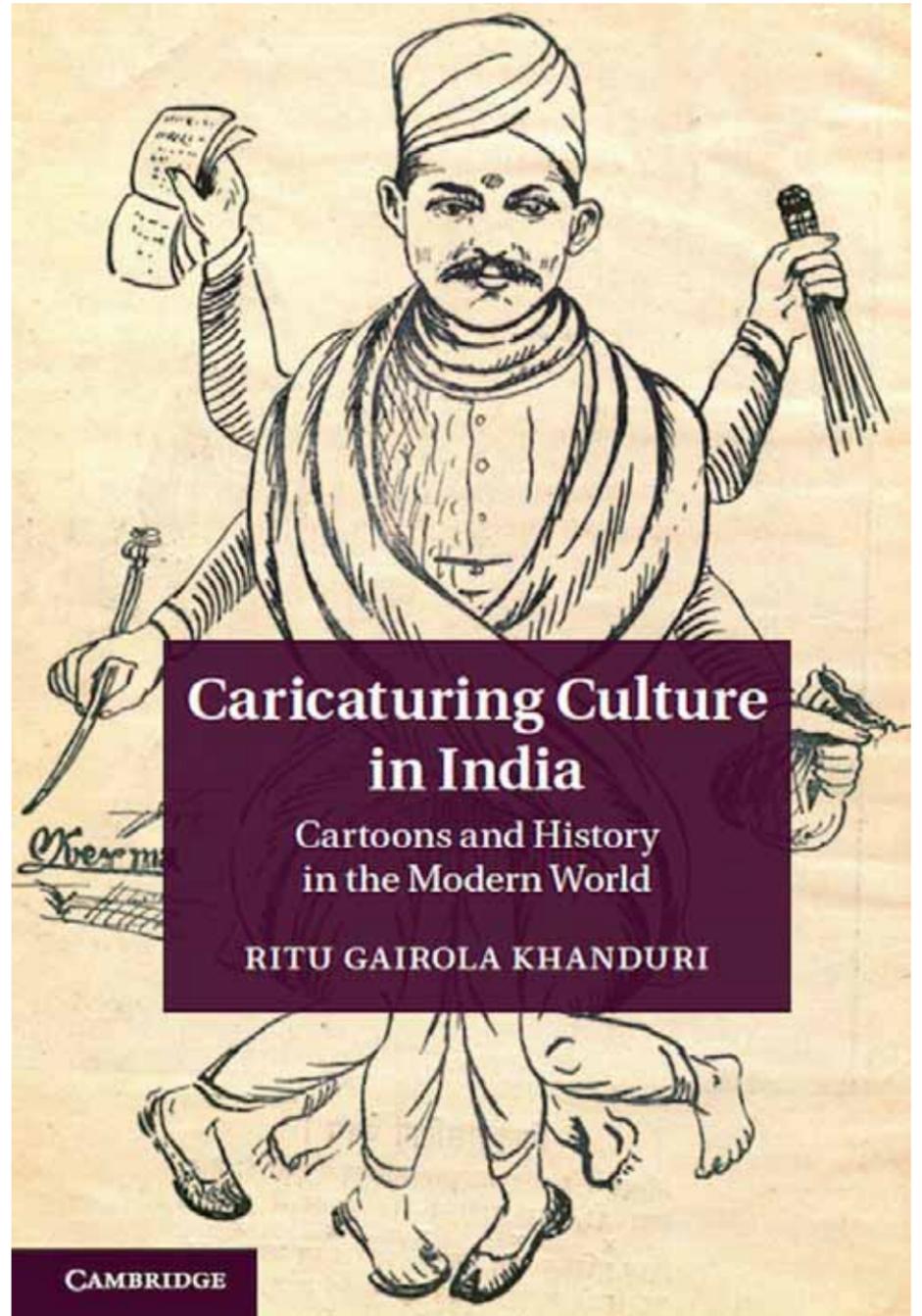
Khanduri is a recent recipient of a Fulbright Fellowship and the Wenner Gren Foundation's Hunt Postdoctoral Fellowship. She is a past recipient of numerous fellowships, including from the Social Science Research Council, the Fulbright-Hays Foundation and the Institute for Historical Research-

University of London. Her research interests include media, material culture, Gandhi, comic books, science and gender. She serves as an elected member of the American Anthropological Association's Committee on World Anthropologies. She is an Assistant Professor of Cultural Anthropology in the University of Texas, Arlington.

In her book, Ritu Gairola Khanduri uncovers the true potential of cartoons as a visual

medium where reflecting memories imagine history while the thought-provoking book highlights the history and power of print media in debates on free speech and democratic processes around the world, revealing why cartoons still matter today.

The book "Caricaturing Culture in India" is a publication of the Cambridge University Press and is available for purchase online too.



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The Mental Health Struggle is Very Real



By: Jeavana Sritharan,
BHSc, MHSc,
PhD Student

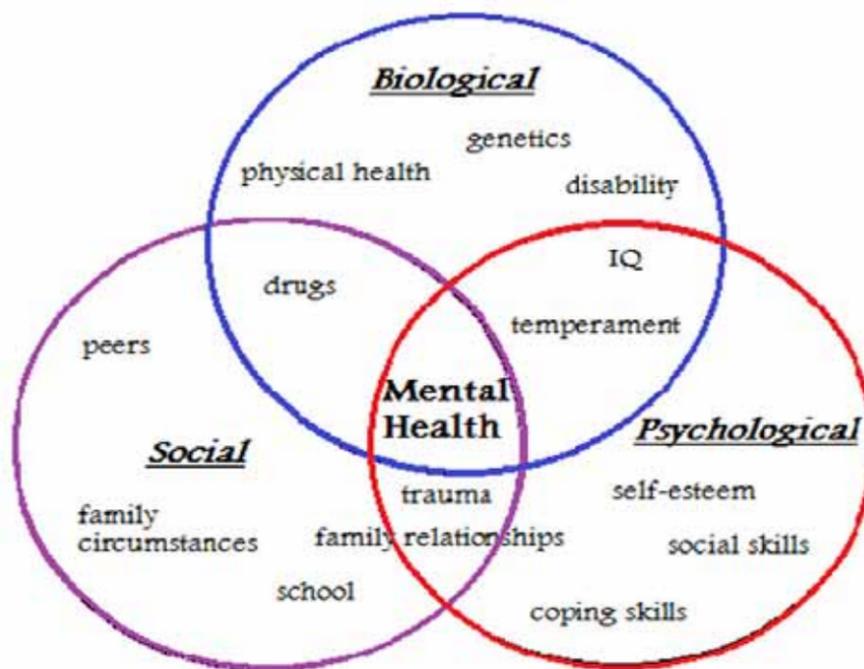
There is no question that the mental health struggle is a global concern that affects all individuals. Last year, the suicide of Robin Williams shook the world leaving a mark on the mental health struggle. Early this year, one of Bollywood's most popular actresses, Deepika Padukone, addressed her struggle with depression and anxiety. Deepika Padukone's story was all over media outlets as she discussed how she began dealing with the struggle and how she sought out help.

These are just a few of the many faces affected by mental illnesses. Every individual has their own story and sometimes what appears on the outside is not exactly what is happening on the inside. Many people wonder how successful individuals like Robin Williams or Deepika Padukone can be affected by mental illnesses. This is an issue that affects everyone, regardless of any other factor and as we stress the importance of physical health in our time, it is important to recognize that mental health is just as important.

There are the assumptions that mental health problems are something of the western world and do not affect other nations. Surprisingly, India has one of the highest rates of suicides and these rates are highest among Indian youth. Considering how South Asians come from highly social communities, there is the key factor of stigma. Mental health issues in South Asia are viewed very poorly and are often hidden by individuals because of the burden of stigma. This type of society makes it difficult for individuals to speak freely of their struggle. In Canada, communities are less social than that of South Asia and individuals tend to address the struggle on their own. This again creates a hidden environment for those who struggle with mental health. Suicide in Canada is one of the leading causes of death in both males and females in their adolescent to middle age period. It is also up to 4 times the rate in males than in females in Canada.

Unfortunately, younger age groups are experiencing mental illnesses more frequently and earlier in life and very few are seeking help for these illnesses. But it is not just the young populations – let us take a look at the aging

At least 20% of Canadians will experience a mental illness in their lifetime
Almost half of those who suffer from depression or anxiety have never sought medical help for it



Robin Williams, The Late Actor



Deepika Padukone, Indian Actress



population. As individuals age, there is more association with the deaths of loved ones, loss of independence, loss of mobility, declining physical health, and many other changing factors. It is clear that a multitude of factors affects mental health and as mental health is attached to all these aspects of life, it is sometimes recognized as the invisible illness. Mental health services are beginning to emerge, especially for youth and elderly populations as these populations appear to be most affected by mental illnesses. Availability and accessibility of these services for all individuals will slowly help to decrease the stigma around mental health and it will slowly increase the number of services utilized.

Over the past years, there has been an increase in mental health awareness and a push for mental health services and treatment. There is an ongoing push, socially as well, to eliminate the stigma that is associated with mental health as this stigma can often act as a large burden for those who face the struggle. The stigma of mental health is apparent in all populations and can be the changing factor for many. It is important for each of us to be there for others who struggle with mental health issues and it is important for each of us to seek help when it is needed. Pay attention to the stigma associated with mental illnesses and help create awareness on this invisible illness that will continue to affect more and more people around the world.

There may be different incidences in life that bring about mental health challenges, but depending on how we deal with them and the use of services offered – the choices we make can ultimately decide if we overcome the struggle. It is clear that mental health illnesses do not discriminate and can affect anyone – from those who demonstrate success/fame at the highest point of their lives to those who struggle to meet the basic necessities of life. With this type of illness affecting all populations, it is important to push to understand the struggle and push to educate others who do not understand.

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



Health & Care



COMING SOON! NEW WEB SITE

FOR THE SCARBOROUGH HOSPITAL FOUNDATION

The Scarborough Hospital Foundation (TSHF) will be launching a fully refreshed and updated website in February, featuring enhanced content, user-friendly navigation and a simplified process for online donations. The new website will have many new features that are

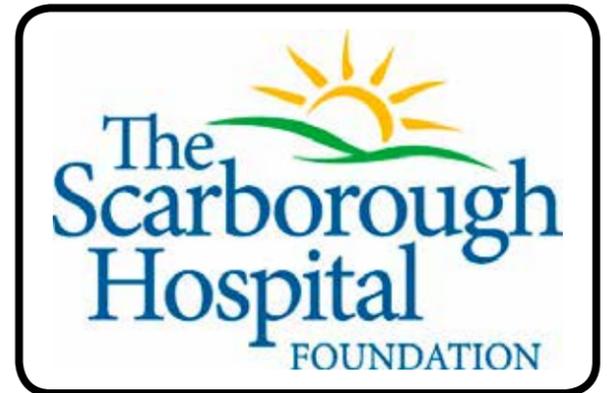
designed to:

- Be more donor friendly, simplifying the process of online donations;
- Better inform the community and donors about the Foundation and how it supports the hospital;
- Provide detailed information about its various fundraising

programs and initiatives; and,

- Support user-friendly navigation, making it easier to find information, such as upcoming events, ways to give and how to get involved.

Stay tuned for more information on this new online face for the Foundation!



PATIENT IMPRESSED WITH DIABETES CARE RECEIVED UNDER NEW PARTNERSHIP

As a patient who received diabetes care and education at The Scarborough Hospital (TSH), Mrs. Kassam was naturally hesitant about the prospect of being treated in a community-based setting. However, after transitioning from TSH to Carefirst Seniors and Community Services Association (Carefirst) through the new Scarborough Integrated Diabetes Education Program, she has been equally impressed with the level of care and service.

"When I was first diagnosed with diabetes 10 years ago, I received my education at TSH and so when I needed to go back, that's where I wanted to go," said Mrs. Kassam, who has lived in Scarborough for 25 years.

"The new format is great, and I'm very impressed with the depth of information and the personal touch of the program."

The Scarborough Integrated Diabetes Education Program is a partnership between TSH, Rouge Valley Health System, Carefirst, Scarborough Centre for Healthy Communities, and TAIBU Community Health Centre. The Program formalizes the connection between the diabetes programs at each organization in order to improve access and quality of care. Patients are linked to the most appropriate level of care and are provided with the supports required to help them manage their condition.

Mrs. Kassam has truly benefitted from the program in this way. She appreciates how the instructor at Carefirst provides practical tips for each person's unique lifestyle, takes the time to answer everyone's questions and "has a wonderful sense of humour".

"I'm a teacher, so she gave me pointers that work for my life," she adds.

"The instructor is also so encouraging, which makes you feel like you're making a difference and want to do even better. I have definitely seen improvements in my health."

Mrs. Kassam's husband, who was diagnosed with diabetes around the same time as she was, also visits Carefirst.

"My husband warmed up to the instructor too,"

said Mrs. Kassam.

"Since food is often social, it's great that he's on board; it makes lifestyle changes a lot easier."

"There is an urgent need to provide this sort of collaborative, seamless care to diabetes patients in Scarborough," said Ethel Doyle, Patient Care Director of Nephrology, Diabetes, Cardiology, Ambulatory Respiriology and the Family Medicine Teaching Unit at TSH.

"Scarborough has the highest prevalence of diabetes in the regions covered by the Central East Local Health

Education Program "is very much aligned with the mission of the Central East LHIN, which is to create an integrated, sustainable health care system that ensures better health, better care and better value for money.

"What's more, the program delivers on the Central East LHIN's vascular health strategy, which is focused on reducing the incidence of vascular disease, especially in those with Type 2 diabetes."

Mrs. Kassam and her husband would both highly



Integration Network (Central East LHIN) and all central east regions combined have the highest prevalence of diabetes across the province."

Trixie Williams, Regional Lead, Diabetes and Vascular Health Team at the Central East LHIN, adds that the Scarborough Integrated Diabetes

recommend the community-based care they receive at Carefirst through the Scarborough Integrated Diabetes Education Program to anyone who has been diagnosed with diabetes.

"We look forward to going every couple months," said Mrs. Kassam.

"It's a friendly environment with friendly people where we are all free to talk, interact and receive support to make healthy changes."



For My Family, Providence Healthcare Offers the Best Care in the City

By an anonymous supporter of Providence Healthcare

I can honestly say that my father's and my family's experience at Providence Healthcare was quite exceptional. I hope that my story will give readers some insight into the wonderful work that happens at Providence each day, and the importance of doing more to help keep them on this path of excellence.

On the day of my father's knee surgery, I was experiencing some challenges working with his surgeon to admit my father into a rehabilitation facility longer than the standard days for recovery, as he felt my parents were going to be more than capable of providing care necessary for the recovery process at home. But I did not agree.

My father is 81 years old, suffers from Type 2 onset diabetes and is insulin dependent. He has high blood pressure and signs of early stage dementia. He has also recently been diagnosed with severe sleep apnea and is on a C-PAP machine. He requires constant reminders to take his meds as well as to monitor his BG levels and take the appropriate amount of insulin injections. My mother is 78 years old with her own medical issues and was clearly not able to handle the added responsibility of caring for my father.

We were all very concerned for the impending situation at home and felt that the best thing for my father would be to have inpatient rehab stay at Providence to help him become as mobile as possible. I contacted Providence

to learn more and received some helpful guidance on how the process works. I was thrilled to hear I was able to get my father admitted to this wonderful organization.

I have visited Providence a few times for various meetings. I participate in one of their philanthropic programs called Men Advancing Philanthropy for Providence (or MAPP for short) and have been a donor in the program for the past 18 months. Recently, I joined the MAPP Advisory Group Committee. I own and manage several apartment buildings in the GTA and have done so for 25 years. I have a trained eye for facility upkeep and also understand budget constraints. At times, I have felt that I too run a not-for-profit organization.

We were fortunate that a bed became available at Providence on my father's scheduled discharge day. The day before, I was happily surprised when one of Providence's staff visited my father and went over the transfer process. That in itself should have been an indication of what we were in store for. I was impressed.

Although I entered the Hospital as a patient's family member, my natural habits took over. I noticed right away the spaciousness and natural light that comes in throughout my walk up to the 5th floor. The entrance, including the main reception, the Tim Horton's and the flow, was calm. I also noticed the abundance of "Purell" wash stations throughout the Hospital. I usually walked up the stairs and I was im-

pressed by the cleanliness, the width and the natural light that fills in. I love terrazzo! It has a very warm feel to it.

The hallways are wide, lots of natural light, and tidy. The equipment is placed against the wall in an organized fashion with the appropriate picture. The entire atmosphere seems calmer and in my opinion promotes wellness and caring and a definite change of pace.

I was concerned that we weren't going to have a private room or even a semi-private room. Upon entering his room, I was pleasantly surprised by the spaciousness afforded. Each room was occupied, but not overbearing. I loved the fact that there was a whiteboard next to his bed with the necessary points about him. It added a real personal touch.

From prior to admittance right up to post discharge, Providence staff showed true compassion and professionalism towards my father and my family. The staff were supportive and

developed an understanding of his ways very quickly. They did their jobs well and with enthusiasm.

My father spent 16 days at Providence in rehab and managed through his recovery process thankfully to the credit of Providence staff. All-in-all, it felt like a team effort, everyone working together to help him reach his desired goals. Each one of the many different caregivers, such as the nurses, attendants, therapist, doctors, pharmacist and many others, provided my father with tender care and patience during his stay. Each one was pleasant, patient, ready to listen and help us along.

Providence really made the difference for my family. I would recommend them to anyone who asked me where you can get the best care in the city.

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 Healthcare... as much as we did.

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.



The Beat Goes On... The iPod Effect

For a small device that fits hundreds of songs into the palm of your hand, the iPod is powerful, everyday technology. Did you know that Providence Healthcare's Houses of Providence residents with dementia are also plugging into the benefits of music on the go?

Houses of Providence Social Worker Melissa Aguilar came across the documentary, *Alive Inside*, which featured the positive effects of using music on iPods for American nursing home residents with dementia. She soon found out that the Alzheimer Society of Toronto, inspired by the same documentary, was developing a music-and-memory program by personalizing iPods for any Toronto-based resident with dementia.

HOW IT WORKS

The Alzheimer Society works with family and caregivers to customize a

playlist full of songs that the resident likes or has a connection to. The iPod is at their disposal – and harnesses all the potential of music to those who wish to administer it.

"With dementia, there's a lot of research done to show a connection between music and songs. Even though residents have a difficult time communicating or remembering, music triggers memories. It's very comforting for them," says Cindy Martin, the Houses of Providence Activation and Programs Manager.

Adds Melissa, "We've seen residents who are not very verbal start singing along to a song or, after we take off the iPod, they are using more words than they normally would."

MORE IPODS TO COME

After seeing the success of the trialing, a subcommittee formed to action this initiative to bring more iPods to

more residents – and consequently, share this effective tool.

"We're looking at the iPod like a tool. If a resident is up at 2 a.m., which can happen to those with dementia, a nurse can bring out the iPod to provide comfort. It's not just an activation program," explains Cindy. "Our percentage of residents at the Houses with dementia is quite high and it's probably going to get higher, so we see this as something that can expand to more residents in the future." She says the hope is to make staff, families and volunteers feel more empowered to use the iPod as a new way to connect with the resident in a meaningful way.

FAMILY COUNCIL ON THE SAME AUDIO WAVELENGTH

Around the same time that Provi-



dence was preparing the pilot program, Teresa Comiskey, the Houses' of Providence Family Council Vice Chair, approached the Alzheimer Society of Toronto to inquire about the music and technology. It was an affirming coincidence – Providence was trialing the iPod on the first resident from behavioral rounds with positive results and there was interest from families for this development as well. "I was introduced to this project by a friend in 2013 and enrolled my cousin, Ann, a resident in the Houses who has a diagnosis of dementia. When Ann listens to her personalized music, she comes alive – tapping her feet, moving her hands, wearing a beautiful smile," says Teresa. "I shared my story and news about the iPod project with Family Council, and members were excited and interested. I think it's a good fit for the Houses as research shows residents are happier, more social when using their iPod, and it helps improve mood and quality of life to cite a few."

Your Gifts in Action

For the hundreds of thousands of patients who rely on Rouge Valley each year, it is reassuring to know they are being cared for in a modern healthcare facility with access to the most current medical technology available. Keeping pace with technological change is made easier thanks to the ongoing generosity of our many donors, who enable Rouge Valley to purchase state-of-the-art equipment and provide as comfortable a patient experience as possible—right here in our own community.

Generous donors have made a significant impact on the lives of both patients and staff at Rouge Valley. Listed below are just a few examples of how donors are helping improve patient care.

Metabolic Stress Testing Machine

Cardiology patients understand the benefits of rehabilitation at Rouge Valley Centenary's Cardiac Rehab program. Here, Exercise Therapists help patients on the road to recovery. The Metabolic Stress Testing machine—purchased with funds raised during the Cardiac Care Program's "Walk with Heart" walkathons—is used at the beginning and end of exercise programs.

While pedaling on a stationary bike, the patient breathes into a mouthpiece, and the machine collects the air. The machine analyzes the patient's oxygen and carbon dioxide levels, and deter-

mines how the patient's heart, lungs and muscles respond to exercise. This helps Exercise Therapists to create a customized exercise routine that, combined with diet and medication, can help patients recover.

Furnishings

For many patients, the loss of self-sufficiency can be devastating, especially when they're already worried about their illness or injury.

Thanks to the generosity of groups like our RVC Volunteer Services, the continuing care unit at Rouge Valley Centenary has two new Broda Chairs. These recliners with foot rests are more comfortable for our elderly patients, and they can be pushed around allowing the patient to join patients or family members throughout the ward.

Vital Signs Monitors

Basic measurements of a patient's vital signs are one of the most frequently performed procedures in our hospitals. And having the right equipment to get quick, accurate results is important.

The vital signs monitors can accurately measure a patient's blood pressure, heart rate, temperature and blood oxygen levels.

Bessada Kia in Pickering recently donated a new vital signs monitor for Rouge Valley Ajax and Pickering for the maternal and newborn unit.

Sentinel Node Biopsy Equip-



ment

Sentinel Node Biopsy Equipment is our new cancer screening technology that is crucial for patient care utilizing minimally-invasive surgery. Sentinel Lymph Node mapping uses dyes and radioactive substances to identify the first lymph node to which cancer is likely to spread from the primary tumour. Cancer cells may appear first in the sentinel node before spreading to other lymph nodes and other places in the body.

Standard lymph node removal involves surgery to remove most of the lymph nodes in the area of the tumour. In Sentinel Lymph Node biopsy, only one or a few sentinel nodes are removed. Sentinel Lymph Node biopsy may be done on an outpatient basis or require a short stay in the hospital.

Scope Washer

As the number of patients undergoing surgery has increased, the requirement for reduced wait times is greater. Rouge Valley Ajax and Pickering hospital campus received an Automated Endoscope Reprocessor—commonly referred to as a Scope Washer—as a gift from the Town of Ajax.

This state-of-the-art Scope Washer features two fully-independent and asynchronous reprocessing basins for high-volume, quick endoscope turnaround, enabling improved volume of surgical patients that the department can see. It also ensures infection control for patient safety.

This vital piece of equipment will help ensure that every operating room is being used to its maximum potential to care for our growing community.

2015 Family Day Walkathon

Our Children Our Hope

Date: Monday Feb 16, 2015
Time: 10:30am-1:00pm
Location: Scarborough Civic Centre
150 Borough Drive

Equipment for Rouge Valley Centenary hospital

Visit the Scarborough Muslim Community website to learn more about this event and the organization.

For Rouge Valley Centenary hospital
In Support of

Rouge Valley Health System (RVHS)

- The best at what we do.

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

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WORDS OF PEACE



The Highest Achievement

“What do you want?” Prem Rawat asks. “You have had wants since you were a baby. Before you knew language, you had wants. Chances are you’re going to have wants all the way to that last moment when you finally stop breathing. But what is it that you really, truly want?”

“Some people want money. Some people want fame. But that’s Mr. So-and-so. That’s Miss So-and-so. That’s Mrs. So-and-so. You see what I’m trying to say here? These wants are based upon who you are. What is the want that is based just on that very fact that you are alive?”

Born in India, Mr. Rawat is now internationally renowned as an ambas-

sador of peace. He tours the world with a message that, behind the many desires we all have in a lifetime, there’s a fundamental desire for peace, and only through discovering that peace within ourselves will we finally feel fulfilled.

“What,” he asks, “is the highest achievement for a human being? What could I achieve, just by being alive? To me, the attainment of peace is the highest human achievement.

“Is that very hard to understand? Let me talk about mangoes. In India, mangoes come in all different sizes. There is a very small one that is basically a soft drink. It’s all juice. When I was little, I remember we would take these mangoes and squeeze them until

we popped the top. I would drink three or four of them just about every morning.

“I was in India recently, and I saw the mango trees. They were just starting to ripen; they had started to turn red on top. It was a beautiful sight. I looked at this tree, and I realized that this tree is all about the fruit. Its seed came from the fruit, and from that, it became a tree, with thousands and thousands of leaves and a big trunk—all so that it can make this sweet, delicious fruit.

“This is the want of the mango tree. It has no other want. It doesn’t want to grow litchis. It does not want a Mercedes. It doesn’t want to fly high in the sky. It doesn’t care about scriptures. It does not care about all the holy men in the whole world. As far as the mango tree is concerned, the lowliest person can come and pick the fruit of the tree, and it will gladly give it. Or the holiest person can come and pick the same fruit, and it will gladly give it. It has no judgment. This is what it does. This is its want. Every mango is its fulfillment. This is what it was engineered for: to produce this magnificent, sweet fruit.”

There’s a lesson in this, Mr. Rawat says, for human beings. He asks,

“What is your unchanging everything? What do you live for? What do you exist for? What do you breathe for? We hope for the best, but what if we don’t know what best is?”

Just as it’s mangoes that make a mango tree a mango tree, he says, it’s peace that truly makes us all that we can be.

“A human being is truly a human being when the heart is filled with joy,” Mr. Rawat says. “Feeling good is fundamental human nature. Feeling satisfied is fundamental human nature.

“Being alive is your moment! This is where you can experience peace. This is where you can experience clarity. This is where you can experience kindness. This is where you can experience gratitude. All these things come automatically when your heart is filled with joy.

“This is the wish of every single human being on the face of this Earth: to be in peace, to be fulfilled, to be in joy. Do whatever is possible to ensure that this wish is fulfilled.”

To learn more about Prem Rawat,
 1 877 707 3221 Toll Free
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 Special Feature

MANTRAS EXPLAINED: HOW A MANTRA CAN LEAD TO TRANSFORMATION

Sadhguru speaks about the science of mantras, and how a mantra can be a key to access deeper dimensions of existence. He also speaks about “Vairagya”, a set of five sacred chants, and how one can benefit from them.

Sadhguru: Mantra means a sound, a certain utterance or a syllable. Today, modern science sees the whole existence as reverberations of energy, different levels of vibrations. Where there is a vibration, there is bound to be a sound. So, that means, the whole existence is a kind of sound, or a complex amalgamation of sounds – the whole existence is an amalgamation of multiple mantras. Of these, a few mantras or a few sounds have been identified, which could be like keys. If you use them in a certain way, they become a key to open up a different dimension of life and experience within you.

Mantra – Key to the existence

So a mantra is not something that you utter. It is something that you strive to become because unless you become the key, existence will not open up for you. Becoming the mantra means you are becoming the key. Only if you are the key can you open the lock. Otherwise someone else has to open it for you and you have to listen to him.

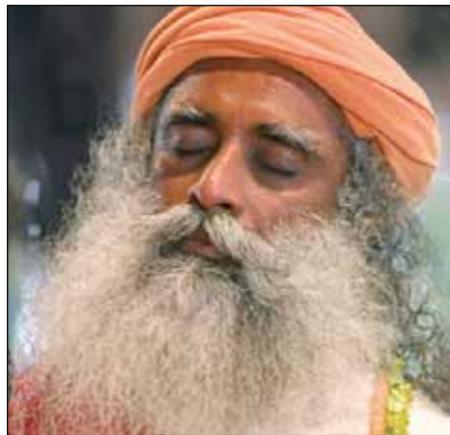
Mantras could be an extremely good preparatory step. Just one mantra can do such tremendous things to people. They can be an effective force in creating something but only if they come from that kind of a source where there is a complete understanding of all that is sound. When we say “all that is sound,” we are talking about the creation itself. If a mantra comes from that kind of source, with that level of understanding



and when the transmission is pure, then mantras can be an effective force.

There are different types of mantras. Every mantra activates a particular kind of energy in a different part of the body. Without that necessary awareness, just repeating the sound only brings dullness to the mind. Any repetition of the sound always makes your mind dull. But when it is done with proper awareness, with exact understanding of what it is, a mantra could be a very powerful means. As a science, it is a very powerful dimension, but if it is imparted without the necessary basis and without creating the necessary situations, it can cause lots of damage because this is a subjective science. We know of people who have caused damage to themselves by the improper utterance of something as common as Gayatri mantra.

Mantra and Sanskrit – What’s the relationship?



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 worldwide program information, visit www.ishafoundation.org

Mantras always come from a Sanskrit basis, and the basic aspects of Sanskrit language are so sound sensitive. But when different people speak, each one says it in their own way. If the Bengalis say a mantra, they will say it in their own way. If the Tamil people say it, they say it in another way. If the Americans say it, they will say it in a completely different way. Like this, different people who speak different languages, according to what language they have been used to, tend to distort various mantras, unless real training is imparted. Such training is too exhaustive and people do not have that kind of patience or dedication nowadays because it needs an enormous amount of time and involvement.

The Sanskrit language is a device, not necessarily a medium of communication.

Most of the other languages were made up because we had to refer to something. Initially, they started with just a handful of words and then multiplied them into complex forms. But Sanskrit is a discovered language because today we know that if you feed any sound into an oscilloscope, every sound has a form attached to it. Similarly, every form has a sound attached to it. Every form in the existence is reverberating in a certain way and creates a certain form.

When you utter a sound, a form is being created. There is a whole science of using sounds in a particular way so that it creates the right kind of form. We can create powerful forms by uttering sounds in certain arrangements. This is known as the Nada Yoga, the yoga of sound. If you have mastery over the sound you also have mastery over the form that is attached to it.

When Sanskrit is taught, it has to be learnt by rote. The sound is important,



not the meaning.

This happened to me as a child: I would be staring at someone who would be talking. Initially, I heard their words. Then, just the sounds. After some time, I just saw some crazy patterns happening around them which so engrossed, amazed and amused me that I could just sit staring at them forever, not understanding a single word because I was not listening to the words at all.

Sanskrit is one language where form and sound are connected. In English for example, if you say “sun” or “son,” in utterance it is the same, only in spelling it is different. What you write is not the criteria. The sound is the criteria. When you realize what sound is attached to a particular form, you give this sound as the name for that form. Now the sound and the form are connected. If you utter the sound, you are relating to the form – not just psychologically, but existentially, you are connecting with the form. Sanskrit is like a blueprint of the existence. What is in form, we converted into sound. A lot of distortions have happened. How to preserve it in its right form has become a challenge even today since the necessary knowledge, understanding, and awareness is largely missing.

That is the reason why when Sanskrit is taught, it has to be learnt by rote. People just chant the language endlessly. It does not matter whether you know the meaning or not. The sound is important, not the meaning. Meanings are made up in your mind. It is the sound and the form which are connecting. Are you connecting or not? – That is the question. That is why it has become the mother of almost all Indian and European languages, except Tamil. Tamil did not come from Sanskrit. It developed independently. All the other Indian languages and almost all the European languages have their origin in Sanskrit.

Mantras – How to benefit from them

Music is an arrangement of sounds to generate certain sweetness. Music is a fine arrangement, but still it is like the water flowing. A mantra is not that beautiful aesthetically but it is much more effective. I want you to try this out: Sounds of Isha has released a CD called Vairagya, which has five mantras: Nirvana Shatakam, Guru Paduka Stotram, Brahmananda Swarupa, Aum Namah Shivaya, and Shambho (“the auspicious one”). This was released with a specific purpose. Listen to the CD over and over a few times, listening to each one of the mantras – each one runs for ten minutes. Figure out which mantra really draws you. This isn’t about choosing a mantra like: “Oh,

I enjoy this mantra. What have you chosen? Okay, let me also choose that.” It is not done like that. Just listen and listen. When you feel that one of them is really grabbing you, you just go by that. Keep it going all the time – in your car, in your home, on your iPad, iPod, phone, everywhere. There are one-hour versions of each of these also. Simply keep them going on and on for some time.

After some time it will become so much a part of your system and it will set a certain ambience for you. Mantra is not consciousness but mantra sets the right kind of ambience. Sound will set the right kind of ambience within this physiological, psychological framework and also in the atmosphere. One can make use of this.

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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Registered Education Savings Plan (RESP)

Our biggest dream as a parent is to give our children the highest education possible, which is by the way getting more expensive each day. There are ways to turn our dreams into reality.

Saving just a dollar a day can make a huge difference in our kid's future. Registered Education Savings plan or RESP is a tax deferred plan designed to help save for the student's postsecondary education. Contributions to RESP are not tax-deductible, but all of the income in the account compounds on a tax-deferred basis. For 2007 and later years, there is no annual limit for contributions to RESPs and the lifetime limit on the amounts that can be contributed to all RESPs for a beneficiary is \$50,000.

In addition to this there are government contributions as well. There is a federal program, introduced in 1998 called Canada Savings Education Grant or CESG. The grant has two parts:

Basic Canada Education Savings Grant:

The Basic Canada Education Savings Grant will give you 20% on every dollar of the first \$2,500 you save in your child's RESP each year.



Additional Canada Education Savings Grant:

Depending on your net family income, you could receive an extra 10% or 20% on every dollar of the first \$500 you save in your child's RESP each year. The maximum lifetime grant the Government of Canada can give your child through the Canada Education Savings Grant is \$7,200.

To receive the CESG children must meet following criteria:

- have a birth certificate
- have a Social Insurance Number (SIN)
- be a beneficiary under an RESP
- reside in Canada

The Canada Learning Bond (CLB) is \$500 offered by the Government of Canada Plus, your child could get \$100 every year until the child turns 15 years old to a maximum of \$2,000.

To be eligible to CLB:

Children must meet the following criteria:

- have been born after December 31, 2003

· The child's family must receive the National Child Benefit Supplement.

Other criteria may apply.

For more info, contact:

Daisy Joseph:
647-739-8597
daisysjoseph7@gmail.com



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17th ANNUAL ENTREPRENEUR AWARDS - 2015

The Canadian Tamils' Chamber of Commerce (CTCC) recognizes and promotes annually the success and contributions of Tamil Canadians in field of Entrepreneurship, professional/academic achievement and community development.

The 2015 Awards Gala is scheduled to take place on **April 18th** at the **Hilton Suites, Markham**.

The Board of Directors is now calling for applications from eligible persons for the respective Awards.

An Award Selection Committee, appointed by the Board, will be responsible for the selection of the winners for these awards.

The Awards will be presented in the following categories based on the criteria mentioned below against each category:

Best Entrepreneur Award

Entrepreneurial Spirit, Creativity and innovation, Length of time of the business for which nominee is being nominated is in business, Number of employees in the business organization, Stability and growth in the last 2 years, Visibility of the business operations, Contribution to the community through charitableness and volunteerism.

Best Woman Entrepreneur Award

Entrepreneurial Spirit, Creativity and innovation, Length of time of the business for which nominee is being nominated is in business, Number of employees in the business organization, Stability and growth in the last 2 years, Visibility of the business operations, Contribution to the community through charitableness and volunteerism.

Best Young Entrepreneur Award

Should be of less than 35 years old, Entrepreneurial Spirit, Creativity and innovation, Length of time of the business for which nominee is being nominated is in business. Number of employees in the business organization, Stability and growth in the last 2 years, Visibility of the business operations, Contribution to the community through charitableness and volunteerism.

Marketing Award

Creativity and innovation, Length of time of the business for which nominee is being nominated is in business, Number of employees in the business organization, Stability and growth in the last 2 years, Visibility of the business operations, Contribution to the community through charitableness and volunteerism, Unique methods to target audiences, Utilizes innovative and traditional methods of marketing, Use of website, stationary, TV/radio, print advertisement.

Most Outstanding Professional /Academic Award

Professional /academic qualifications, Professional achievement in nominee's field, Professional/academic affiliations, Minimum 5 years after the achievement of academic/professional designation, Contribution to the community through volunteerism, Industry awards and special recognitions received, Significant success and or accomplishment by the nominee in chosen field, Leadership both professionally and through community involvement.

Most Outstanding Community Service Person Award

Contribution to the community through volunteerism, Positions held in community organizations, Leadership through community involvement.

Nomination Form

The nomination form is designed to gather information necessary for the Awards Selection Committee with appropriate facts to facilitate the selection process. Information provided for each of the criteria should pertain to the contributions and achievements in Canada except for the academic and professional designations for the Most Outstanding Professional /Academic Award. All nominees are encouraged to provide additional information in an attachment where appropriate. It is the responsibility of the nominee and nominator to ensure that all information submitted is accurate to the best of his/her knowledge. The nomination package should be submitted to the Chamber on or before the specified deadline. All information listed in your nomination form will be held in the strictest of confidence.

Method of Selection

Award Selection Committee, appointed by the Board, will be responsible for the selection of the winners for these awards. The Award Selection Committee will consist of three members from the members of the Chamber. The Award Selection Committee will review the nomination package and supporting documentation, visit the business organizations and interview the nominees as appropriate in order to select the winners. The Award Selection Committee reserves the right to request additional information, relating to the nominee, if necessary. The Award Selection Committee, if it deems appropriate, may recommend that an award may not be presented when there are no qualified candidates.

Time Deadlines to Remember

All nominations should be mailed to the CTCC office, or emailed to info@ctcc.ca. Letters sent either by post to CTCC office or by email to info@ctcc.ca should be marked "private & confidential" and received at CTCC office by email or on or before **February 16, 2015 at 5PM**.

Exclusions

Members of the Board of Directors, Advisory Panel Members and 2015 Awards Selection Committee Members are not eligible to be nominated for these awards.

Nomination Form

Nomination Form can be downloaded from the Chamber Website - www.ctcc.ca

For further inquiries, contact Sinnadurai Jeyakumar (416-816-4970)
or Ajith Sabaratnam (647 401 5800), or Ravi Kanagasabay (647 629 4434).
or by email: info@ctcc.ca.

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Special Feature

POPE FRANCIS PRAYS AT “OUR LADY OF MADHU” CHURCH FOR A FUTURE OF RECONCILIATION, JUSTICE AND PEACE FOR ALL THE CHILDREN OF SRI LANKA



(Complete Text of Prayer Message by his Holiness Pope Francis at the “Our Lady of Madhu” Church at Maruthamadhu in Mannar District of Sri Lanka on January 14th 2015)

Dear Brothers and Sisters,

We are in our Mother’s house. Here she welcomes us into her home. At this shrine of Our Lady of Madhu, every pilgrim can feel at home, for here Mary brings us into the presence of her Son Jesus. Here Sri Lankans, Tamil and Sinhalese alike, come as members of one family. To Mary they commend their joys and sorrows, their hopes and needs. Here, in her home, they feel safe. They know that God is very near; they feel his love; they know his tender mercy.

There are families here today which suffered greatly in the long conflict, which tore open the heart of Sri Lanka. Many people, from north and south alike, were killed in the terrible violence and

bloodshed of those years. No Sri Lankan can forget the tragic events associated with this very place, or the sad day when the venerable statue of Mary, dating to the arrival of the earliest Christians in Sri Lanka, was taken away from her shrine.

But, Our Lady remained always with you. She is the mother of every home, of every wounded family, of all who are seeking to return to a peaceful existence. Today we thank her for protecting the people of Sri Lanka from so many dangers, past and present. Mary never forgot her children on this resplendent island. Just as she never left the side of her Son on the Cross, so she never left the side of her suffering Sri Lankan children.

Today we want to thank Our Lady for that presence. In the wake of so much hatred, violence and destruction, we want to thank her for continuing to bring us Jesus, who alone has the power to heal open wounds and to restore peace to broken hearts. But we also want to ask her to implore for us the grace of God’s mercy. We ask also for the grace to make reparation for our sins and for all the evil, which this land has known.

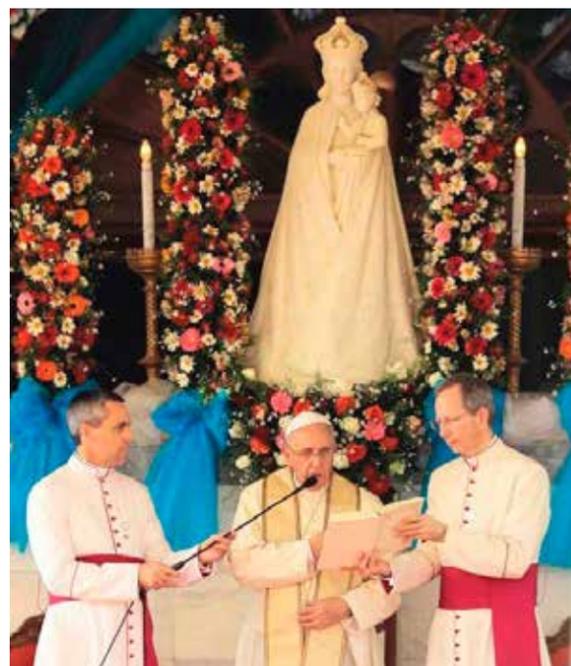
It is not easy to do this. Yet only when we come to understand, in the light of the Cross, the evil we are capable of, and have even been a part of, can we experience true remorse and true repentance. Only then can we receive the grace to approach one another in true contrition, offering and seeking true forgiveness. In this difficult effort to forgive and find peace, Mary is always here to encourage us, to guide us, to lead us. Just as she forgave her Son’s killers at the foot of his Cross, then held his lifeless body in her hands, so now she wants to guide Sri Lankans to greater reconciliation, so that the balm of God’s pardon and mercy may bring true healing to all.

Finally, we want to ask Mother Mary to accompany with her prayers the efforts of Sri Lankans from both Tamil and Sinhalese speaking communities to rebuild the unity, which was lost. Just as her statue came back to her shrine of Madhu after the war, so we pray

that all her Sri Lankan sons and daughters may come home to God in a renewed spirit of reconciliation and fellowship.

Dear brothers and sisters, I am happy to be with you in Mary’s house. Let us pray for one another. Above all, let us ask that this shrine may always be a house of prayer and a haven of peace. Through the intercession of Our Lady of Madhu, may all people find here inspiration and strength to build a future of reconciliation, justice and peace for all the children of this beloved land.

Amen!



SriLankan Airlines new Chairman assumes duties



SriLankan new Chairman Mr. Ajith Dias

SriLankan Airlines’ new Chairman Mr. Ajith Dias assumed duties in the presence of Minister of Ports and Shipping, Arjuna Ranatunga and State Minister of Aviation, Faizer Mustapha, at the SriLankan Airlines Office in Colombo today.

Hailing from the apparel industry, Mr. Dias is a co-founder of Brandix, Chairman of Barista Sri Lanka and

Jewellex Trading Ltd.

Speaking at the event, Minister Ranatunga assured the Airline’s management that the new government will ensure smooth operations of the national carrier with decisions and policies adopted strictly on commercial basis. He requested the Airline’s senior management team to make every effort to achieve profitability.



Sri Lankan new Chairman Mr. Ajith Dias



SriLankan CEO, Mr. Kapila Chandrasena welcoming the new Chairman

Addressing the gathering, State Minister Mustapha also emphasized that there would be no political interference on the administration of SriLankan Airlines and requested the

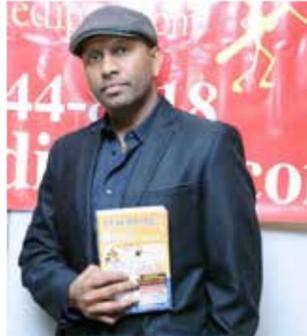
members of the management team to use their expertise and dedication to achieve the targeted operational success.

RELEASE OF THE 5TH EDITION OF THE ANNUAL THEDI PAAR 2015 BUSINESS DIRECTORY

The Dipaar 2015, a business and information Directory release event was held on Jan 28th 2015 at JC Banquet Hall located at Dundas Street, Toronto. This is the 5th edition of the annual business directory. Several media representatives, business owners and community leaders were present at the launch event. The owner and managing director Kiruba Arumugam is seen in the picture along with many distinguished guests. At the end of the event guests were served with dinner and followed up with the release of the directory.

Some of the photos taken at the launch event can be seen here.

Picture Courtesy: Ninaivukal & Biztha





Prajeeth Balasubramaniam: Empowering Sri Lankan Youth by Fostering a Startup Culture

By: Shanelle Kandiah

A few months ago, I came into contact with an individual who relocated to Sri Lanka in 2003 to launch a venture capital firm. I was curious to find out why he returned and to discover what his business was all about.

The man I came to know was Prajeeth Balasubramaniam, Co-founder, Managing Director and Founding General Partner of Blue Ocean Ventures (BOV). As outlined in BOV's website, it is a Sri Lankan based venture capital firm "set up with the aim of assisting innovative Sri Lankan start-ups to accelerate their growth." Having seen a lack of seed-stage capital for Sri Lankan start-ups, Balasubramaniam and his partner Rajan Anandan saw a void in the Sri Lankan business community they believed they could potentially help fill.

Despite 20 years spent abroad leading established businesses in the UK, Japan, and Australia, Balasubramaniam had always felt a desire to return to his place of birth. Since the launch of BOV, Balasubramaniam's company has provided investment to young and mature businesses throughout Sri Lanka, allowing them to get off the ground with market validation.

Following the establishment of BOV, the Lankan Angel Network (LAN) was created in 2012. A member of the Asian Business Angel Forum, LAN has helped approximately 20 startups with 5 million dollars in funding, and today has over 75 members from different industries. "Comprised of individual investors, venture capital funds and corporate sponsorship representatives from around the world . . . LAN identifies key challenges that entrepreneurs face at each stage of their life cycle, and aims to enable them to overcome those obstacles and accelerate their



Rajan Anandan, Head of Google India



Prajeeth Balasubramaniam



business to the next level via access to potential investors and mentors in various disciplines."

With the goal of building the start-up ecosystem in Sri Lanka, LAN has hosted several "Hackathons"

throughout the country. The 36 hour idea-incubation session for start-up enthusiasts, developers, designers, marketers, and managers, aims to encourage like-minded individuals to share ideas in building a start-up. Winners of the program are selected to enter the Venture Engine Program which gives them direct access to overseas investors and mentors.

As mentioned in "This Tech Hub Wants to Turn Jaffna into the Next Silicon Valley", BOV has gone even further in its encouragement of Sri

Lankan based start ups and unique business ideas with its support of the Yarl Geek Challenge, a technology competition directed towards Sri Lanka's youth.

Although Balasubramaniam was quick to point out that his business ventures have "a long way to go" in shaping the development of the country's start-up environment, it cannot be denied that Balasubramaniam and his partner have made great efforts in fostering the growth and education of numerous Sri Lankan businesses.

When asked where he would like his businesses to be 10 years from now, Balasubramaniam shared his dream of seeing BOV as a pioneer and model on which many more companies will mushroom to help further the development of Sri Lanka's start-up industry.

I am certainly left curious to see the impact of Balasubramaniam's companies on Sri Lanka's future business and technology landscape.

If you would like to read more about BOV, LAN or the Yarl Geek Challenge:

BOV: www.bov.lk/portfolio.php

LAN: lankanangelnetwork.com/default.php

Yarl Geek Challenge: tamilculture.ca/this-tech-hub-wants-to-turn-jaffna-into-the-next-silicon-valley/

About Author

Shanelle Kandiah

A graduate from the University of Toronto, Shanelle recently completed her Master's in Political Science at Wilfrid Laurier University where she wrote her Master's Research Project on the state of Sri Lanka's democracy. Born to a Sri Lankan Tamil father and a Filipino mother, Shanelle has always been eager to learn more about her cultures and to find opportunities that will allow her to give back to her community.



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Special Feature

Tamil Teledramas-their positive and negative impact

By: JJ Atputharajah

Tamil teledramas have become very popular among Tamils living in different parts of the world. The teledramas have day to day life's problems as their main theme and they appeal to the Tamils especially the women. Some of the older folk are seen glued to their television throughout their free time at the expense of attending to family chores or events. They are particularly useful for immigrants Tamils who use Tamil teledramas to give the new generations an idea of their life style in their homelands. Many of them make use of teledramas as their favourite past-time.

Teledramas are mainly built around social problems and how the current Tamil folk respond to them. Some teledramas mainly concentrate on reforms that they wish to see in the Tamil community. Gender equality, progressive marriage relationship, need for family understanding and unity are some of the favourite themes found in contemporary Tamil Teledramas. However some tele-dramas mainly have negative values as their main theme. They concentrate round the themes of greed for wealth and property. They advocate violence as a means of resolving their problems. For anything and everything murder is portrayed as the solution. These kind of scenes pollute the young minds that view them.

In three of the current serials like Mundhnnai Mudichchu, Theiva Mahal and Vamsam, the avaricious characters, greedy of wealth and assets are resorting to murder and deceit to achieve their goals and aspirations. Such kind of teledramas are polluting the minds of the viewers especially those of the younger generations to be brain-washed with the negative values of life. However, some characters are portrayed as devout and pious. They always seek the blessings of God to help them through hard times or shower blessings upon them. Such tele-stories reinforce positive values and leave healthy impressions on the viewers. Some Tamils in foreign climes feel that Tamil teledramas give them ample exposure to language facility and cultural norms. It makes them feel at home in any part of the world as long as they have a TV and the necessary channels coming in. The facility is one of the advantages of globalisation. Anything and everything is made readily available in any part of the world.

Almost all serials are women-dominated. It is problems faced by the women that are high-lighted in the serials and that is why women compose the majority of the serial viewers. Modern Tamil serials are taking the bold step of advocating the cause of the progressive women. They try to help women to come out of the old shell and appreciate the changes neces-



sary for her future prosperity, essentially economic. The recently concluded Sun TV teledrama 'Thangam' portrays the role of three women who are being tormented by the caste system and the machinations of their prejudiced uncle who takes every opportunity to sabotage their progress. In the end they all succeeded in achieving their ambitions and also make their uncle to change his ways. In the currently shown teledrama entitled 'Karthigai Pookal', women are portrayed as independent, prudent, educated women who can face life's problems successfully inspite the problems they have to face. The main character Sarulatha manages to carry on her life without the help of her qualified but foolish husband who tries to put her in trouble all the time. She runs a lodge for young women and treats them as her own daughter and also helps them to gain their foothold in life. This is an out of the way teledrama that focuses on the image of the new womanhood in South India. Therefore teledrams are an effective way to bring about social change. Progressive ideals can well be put into the minds of people through soaps of this nature.

Teledrams have come to stay in Tamil communities. They have more loyal patrons than films which depend on popularly accepted formulas which keep on changing all the time. Some Tamil films appear to have the same 'recipe', and their main focus is on violence and crime. Some the film viewers are getting fed up with the film sequences and they resort to teledramas as a consolation. Like the English films the Tamil films should be able to present a novel theme in a global setting. In a Tamil Teledrama award ceremony, Kavignar Vairamuttu said that the Tamil teledramas are helping the rejected 'film stars'. The statement is not fully correct. On the contrary, the TV serials provide the proper training ground for future film actors, though the vice-versa too happens to be true in case of some artistes.

Tamil serials have now become a favoured past time of Tamils living all over

the globe. Their attraction is that they help the Tamils to relieve their indigent life they left over in their homelands. The serials also delve into the intricacies of family life and many parents want their children to understand their native language, customs and the way of life and they encourage them to watch them. Moreover the makers of Tamil teledramas have to be careful to educate the people with the right values rather than to plunge into the strategies and devious methods of crime and violence in their bid to make them interesting and suspenseful. They are indeed a boon to the bored elderly ladies who have gravitated to foreign climes to be with their children and grand-children.



CSLA NEWS – January 2015 Canada Sri Lanka Association Literacy and Art Competition 2015

Winners will be announced at the awards ceremony to be held on the new year celebration in april 2015

Competition will be held on the following subjects and languages
COMPETITION LANGUAGE: ENGLISH, FRENCH, SINHALA & TAMIL
COMPETITION SUBJECTS: ESSAY & POEM IN ALL LANGUAGES
TALENT COMPETITION: ART

CLOSING DATE OF THE COMPETITION: MARCH 1, 2015.

AGE GROUP FOR PARTICIPANTS:

UNDER 7 YRS UNDER 9 YRS
UNDER 11 YRS UNDER 13 YRS
UNDER 15 YRS UNDER 18 YRS

RULES AND GUIDELINES FOR THE COMPETITION

- THE COMPETITION IS OPEN TO ALL STUDENTS UNDER THE AGE OF 18YRS AS PER AGE CATEGORY BELOW
- PARTICIPANTS MAY SUBMIT ONLY ONE ENTRY PER SUBJECT IN THEIR RESPECTIVE AGE GROUP
- ALL ENTRIES SUBMITTED MUST CARRY THE NAME OF COMPETITOR, DATE OF BIRTH, AGE GROUP AND SIGNATURE OF PARENT OR GUARDIAN, PHONE NUMBER
- FOR ENGLISH ESSAY AND POETRY, PLEASE SUBMIT VIA ELECTRONIC FORMAT VIA THE CSLA WEBSITE cslatoronto.org
- ALL ENTRIES MUST BE ORIGINAL AND CREATIVE OF THE COMPETITOR AND MAY NOT CONTAIN PART OF WHOLE COPIED OR ENACTED FROM ANY OTHER SOURCE
- ALL ENTRIES MUST BE RECEIVED ON OR BEFORE THE CLOSING DATE OF THE COMPETITION- MARCH 1, 2015. NO LATE ENTRIES WILL BE PERMITTED.
- SCARBOROUGH ART COUNCIL WILL BE IN CHARGE OF PICKING THE WINNERS IN ALL AGE CATEGORIES.
- NAMES OF WINNERS AND CATEGORIES WILL BE PUBLISHED IN THE CSLA NEW YEAR SOUVENIR 2015.
- WINNERS WILL RECEIVE THEIR AWARDS AT THE AWARDS CEREMONY TO BE HELD ON THE DAY OF THE NEW YEAR CELEBRATION

HANDING OVER OF ENTRIES:

All completed entries must be handed over at the following locations on or before March 1, 2015.

- TORONTO MAHA VIHARE – SCARBOROUGH
- MISSISSAUGA MAHA VIHARE – MISSISSAUGA
- BRAMPTON MAHA VIHARE – BRAMPTON
- BRAMPTON: ALOMA – TEL: 905-791-2295 / UDAYA – TEL : 416-818-3060
- NAMIQUE HUSSAIN 4168547978
- MARKHAM/RICHMOND HILL:
- TORONTO: TISSA – TEL: / INDRAN – TEL : 416-835-8147
- BURLINGTON: BUDRIN – TEL: 908-399-3818
- AJAX/PICKERING: RIYAZ – TEL: 647-283-1966/ VYVETTE – TEL: 905-231-9972
- SCARBOROUGH: ACKIEL – TEL: 416-898-9495/DIANNE RAGELL: 416-561-3725
- ETOBICOKE/MISSISSAUGA - ELANKO – TEL: 416-879-4052

FOR FURTHER INFORMATION PLEASE CONTACT:

VYVETTE ALLES: Tel: 905-231-9972

RIYAZ RAUF: Tel: 647-283-1966



You only have one body, Eat healthy

By: Chef Nate

What is calorie?

A calorie is simply a unit of energy. It is defined as the quantity of energy required to raise the temperature of 1 gram of water by 1 degree centigrade at sea-level atmospheric pressure.

We get calories from the food we eat. We consume food, and the chemical processes that make up our metabolic machine allows us to do everything from breathing to running marathon. It's sort of like putting fuel into a car; you have to put fuel into make the car run. This is exactly the case with people and food. Food is our fuel. We consume calories so that we will have something to burn. It is these fuel calories that make us run.

Calories are a measure of the amount of energy in food. Knowing how many calories are in our food can help us to balance the energy we put into our bodies with the energy we use. That's the key to a healthy weight.

Active Men

Active men ages 19 and older need an average of 2,400 to 3,000 calories per day to maintain a healthy body weight, according to the USDA. Active older men require fewer calories than younger men who lead the same type of active lifestyle. Male athletes who engage in vigorous physical activity, especially endurance sports, more than



hydrates each day. After the age of 50, active women should eat between 2,000 and 2,200 calories and 225 to 357.5 grams of carbohydrates each day. As these are only general guidelines, they may not meet your needs if you are extremely active. To avoid unwanted weight loss and a decline in performance, consult with a dietitian to determine calorie and carbohydrate intakes that meet your daily energy needs.

Moderately Active Men

The Dietary Guidelines for Ameri-

If you are between the ages of 31 and 50, these values decrease to 2,000 calories and between 225 and 325 grams of carbs every day. After the age of 50, these values decrease again to 1,800 calories and 202.5 to 292.5 grams of carbohydrates.

Sedentary Men

Average sedentary men need 2,000 to 2,600 calories per day, according to the USDA. More specifically, sedentary men ages 19 to 30 need 2,400 to 2,600 calories; 31- to 50-year-old men require 2,200 to 2,400 calories; and sedentary men over the age of 50 need 2,000 to 2,200 calories each day to maintain a healthy body weight.

Sedentary Women

Sedentary women between the ages of 19 and 30 should consume between 1,800 and 2,000 calories per day. Carbohydrates should account for 810 to 1,300 of your calories each day. As there are 4 calories in 1 gram of carbohydrates, this amounts to 202.5 to 325 grams of carbohydrates per day. If you are between the ages of 31 and 50, you should consume 1,800 calories per day and 202.5 to 292.5 grams of carbohydrates. If you are over the age of 50, you should consume 1,600 calories and 180 to 260 grams of carbohydrates each day.

Difference between vegan and vegetarian

Vegan

Vegan eliminates all animal products from his or her diet, including dairy. Those following a vegan lifestyle generally do not wear leather and avoid products made from animals such as wool, silk and down. Vegans' tremendous humanity for animals is an abiding, overriding conviction in their lives.

Vegetarian

Vegetarians do not eat meat, fish or poultry, but might eat dairy products such as cheese, eggs, yogurt or milk.

Vegetarians are not as predictable in their beliefs, as there are many reasons to become vegetarian that don't necessarily include altruism as a primary motive. For example, many vegetarians have eliminated meat for the sake of their health. In fact, there are a great many people lumped into the category of vegetarian.

Lacto-vegetarians will eat dairy, but not eggs.

Ovo-vegetarians will eat eggs, but not dairy.

Lacto-ovo vegetarians will eat eggs and dairy products.

The reasons for these choices are varied and based on individual beliefs. In some cases they are based on moral choices, and in others on dietary needs or simple preference

What is whole food?

Whole foods are foods that are in the form found in nature—fresh, unprocessed, and simple.

High fiber food:

Beans-whole grains-vegetables-fruits-nuts-seeds

Quality proteins:

Beans-nuts and seeds-eggs-fish-lean poultry, lamb, pork or beef (preferably organic, grass or range-fed)

Healthy fats

Fish oil-extra virgin olive oil-cold- expeller-pressed plant oils, such as grape seed, walnut, and sesame

Healthy Carbohydrates

Vegetables-whole, grains-beans-fruit-nuts-seeds

Chef tips:

Eat real food, Whole fruit, not canned fruit or fruit juices

Whole vegetables, not canned vegetables

Wild fish, not farmed fish

Whole grains, not processed wheat

Grass-fed beef, not feedlot beef

Nuts, seeds, and legumes or beans, not fried or salted.



the average active man can require more than 3,000 calories per day. Iowa State University's Estimated Calorie Needs Calculator, which uses the Mifflin Equation, can help determine your individualized calorie needs based on your specific workout regimen.

Active Women

If you are an active woman between the ages of 19 and 30, you should consume 2,400 calories and 270 to 390 grams of carbohydrates per day. Women between the ages of 31 and 50 need slightly less, requiring 2,200 calories and 247.5 and 357.5 grams of carbo-

hydrates each day. After the age of 50, active women should eat between 2,000 and 2,200 calories and 225 to 357.5 grams of carbohydrates each day. As these are only general guidelines, they may not meet your needs if you are extremely active. To avoid unwanted weight loss and a decline in performance, consult with a dietitian to determine calorie and carbohydrate intakes that meet your daily energy needs.

Moderately Active Women

Moderately active women between the ages of 19 and 30 should try to eat 2,000 to 2,200 calories per day. As carbohydrates should account for 900 to 1,430 of these calories, you should eat 225 to 357.5 grams of carbs each day.

THE IMPACT OF OVERPOPULATION

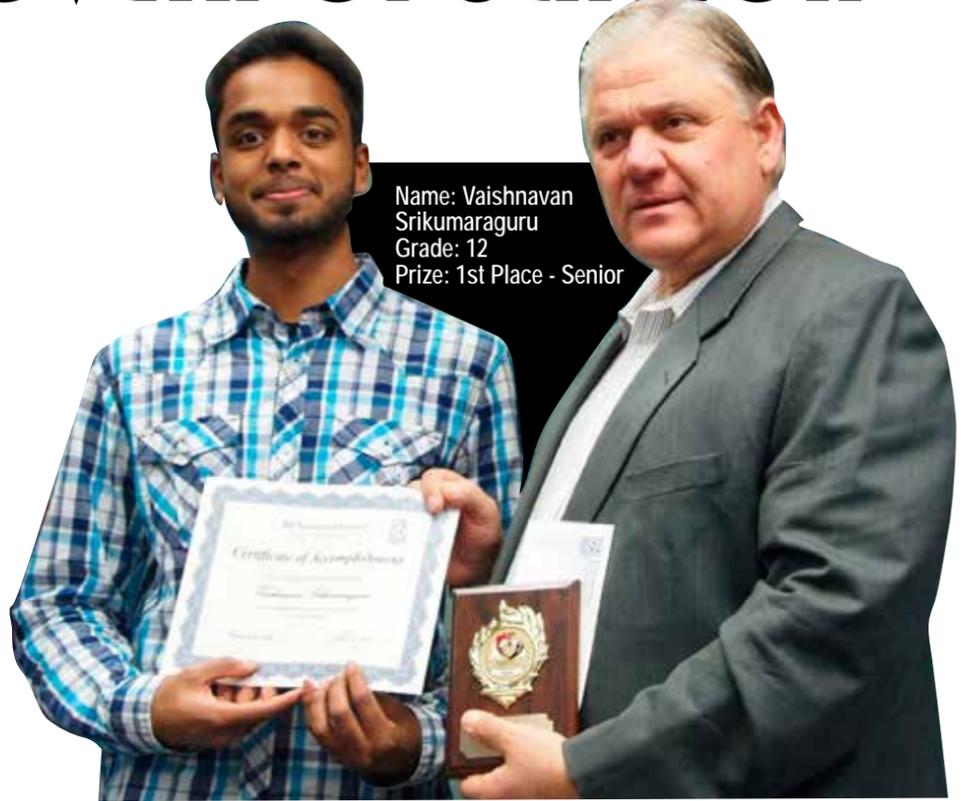
ON A GLOBAL SCALE

For the past many years, the earth's population has grown exponentially, but the availability of resources has remained the same. Though the human population has experienced vast growth, the evidence of population growth can be seen worldwide. Exceeding seven billion well within the next decade, the overpopulation on Earth is becoming a phenomenon that the human race must soon address. As stated by demographics, overpopulation is a nation's inability to provide for its population. A lack of economic resources, land resources, and even social resources are some of the few consequences of overpopulation. Thus, it is evident that the growing concern of population growth will cause resource depletion, economic disparity and social imbalances, unless it is addressed.

Professor Hand Rossling, an internationally-famed demographer who is well known for his work about population growth, has described this issue in a rather peculiar way. It is his belief that overpopulation is a primary consequence of poverty. When someone is living in poverty, it means that they have less than \$1 (USD) to sustain themselves on a daily basis. Without the sufficient amount of capital, poverty becomes a harsh reality for many people around the world. When people living in poverty have many children, they hire-out their children in order to collect a return. Consequently, this contributed to the exceeding levels of population growth. Unfortunately, this leads to more people

fighting over the limited resources. Malthusian idealists similarly describe population growth and food availability to have a vertical relationship. That is to say that population growth occurs geometrically and food availability grows arithmetically. Inevitably, this relationship becomes unsustainable which causes hunger and rapid resource depletion. In such scenarios, prominently seen in the third world, this situation is experiencing growth. In the impoverished nations who are in their early stages of transition, population growth is more visible. In these nations, there is often a high birth rate and a low infant mortality rate. With a positive incline on their population pyramids, overpopulation becomes the result. The growth of their societies will not correlate to the availability of the resources, so hunger and poverty occur. However, in order to provide for a growing population, agricultural industries will experience exponential growth as well. As there is an increasing number of mouths to feed, there will be a demand for more goods. Therefore, overpopulation will cause an imbalance between the number of people worldwide and the limited availability of the finite resources.

Currently there are ongoing conflicts around the world over terrorism, oil, water, and land. However, as these disagreements take place, the regions in which they occur are also destroyed. Mainly, the never-ending war between multinational corporations and the general public have been progressing in



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favour of profit creation and not what is morally sound. In regions where populations are high and resources are low, the presence of MNC'S is overwhelming. For instance, in remote regions of Northern Africa, Coca Cola has launched several marketing schemes to attract the general population. The price of a bottle of coke is only seventy cents. Although the general population cannot afford the marker-up Water, governments and the companies maintain their price quotas. Since coke is cheaper than water, the general public has no choice but to consume the unhealthy beverage. When the topic of resource distribution comes into context, MNCs play a major role in third world countries. Given that there already is a greater demand than supply, prices are increased and profits are accumulated. But the societies that are subjected to suffer must endure the unfortunate consequences. With population that is growing daily, the level of economic disparity is also becoming overwhelmingly evident. In scenarios where people cannot afford to live, they resort to alternative methods of satisfying their essential needs. Where people cannot afford to live, slums and struggles are the unfortunate result. In major cities such as Mumbai and Rio, slums have become an evident reality. In Mumbai, the Dharavi slums are a series of establishments which encompass huts and temporary settlements. Also, in Rio De Janeiro, the flavellas house over five thousand people. As a result of poor living conditions, these overcrowded areas have very high crime rates. However, the settlements have come as a consequence of overpopulation. Thus, the distribution of resources has resulted in a growth of economic disparity, but overpopulation has been the underlying culprit behind this global issue.

Demographers as well as scientists have all agreed that the earth has a finite amount of resources which can only sustain a specific number of people. This concept is described as the carrying capacity of earth and it is restricted to a certain degree. For every square kilometer of this planet, there is a set number of people it can provide for. However, with an overpopulated planet, the amount of space and availability of resources also are subject to fluctuation. Thus, the carrying capacity of the planet must also be re-evaluated. But, as the human population grows continuously, we fail to recognize that this cannot be done. During World War II, much of Europe was in combat and many lives were lost. In order to replenish the population, a population explosion; or

the "Baby Boomers" era was initiated. This era was composed of large families and large scale agricultural innovation. However, the strain put on the earth was not as impactful because of the many deceased during the war. In modern population growth, what society has done is accurately described by the cotton ideology of population growth. This ideology states that the human population is operating in a Malthusian lifestyle while depleting the earth. Consequently, the result is a phantom

First in a series of award winning articles presented for the RG Education Centres' essay competition by students and delivered at their annual celebrations held during year end, 2014.

carrying capacity. The concept means that there is a false sense of security generated through a misleading carrying capacity. Inevitably, the result of overpopulation is an imbalance between humans and nature. The social imbalance occurs through the creation of a false carrying capacity which fails to provide for everyone. Unfortunately, the limited number of people and land will cause a clash among society and cause concerns globally.

Inevitably population growth will have to be addressed, so that major issues of disparity can be avoided. However, as demographers and idealists have described it, overpopulation is the unfortunate consequence of societal progression. As medical, social, and environmental advancements take flight, a greater population cannot be avoided. Through the growth of the human population, the earth will be put to the test and be subject to compliance. Unfortunately, the depletion of vital resources, increase in economic disparity and change in social imbalances will become a new reality. Therefore, if overpopulation is not addressed soon enough, the worst has yet to come for planet Earth. A state of insecurity, social unrest and threat of political sovereignty among nations will become the advances going forth. Thus, the overwhelming impact of overpopulation is a concern that must not be ignored.



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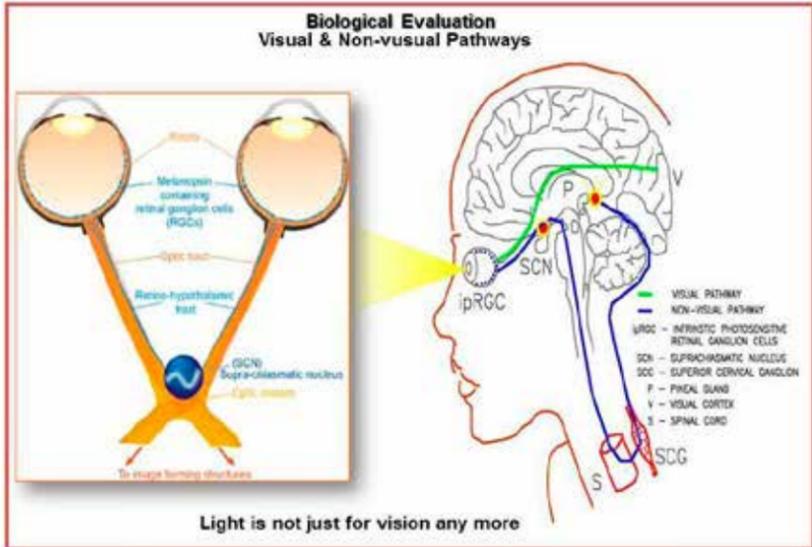
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NEW ERA OF ILLUMINATING ENGINEERING Solid-State Lighting (LED) on Human Health



has provided an opportunity to develop and evaluate best practices for nonvisual stimulation. Additionally, LEDs offer superior flexibility in terms of spectrum, intensity, directionality, and controllability, compared to most conventional light sources, and all of these characteristics are important factors in designing a system for nonvisual impact—particularly the ability to tune LED spectrum.

Most LED light sources have a blue “pump” (around 450nm) that may result in more energy per unit illuminance at a specific wavelength. Photoreceptors do not process individual wavelengths but integrate information over a range of wavelengths. LEDs are not naturally more hazardous to human health than any other light source. It is also important to recognize that LED can be engineered to emit light at any desired CCT, which can offer greater flexibility for changing nonvisual efficacy based on the time of day. The challenge is identifying exactly what spectral content is the most beneficial, which is quite possible application, time-of-day, and user dependent.

What may be beneficial for an occupant during the day may be harmful for an occupant at night,

photoreception, but it is likely that numerous theories that exist today will continue to be refined. While the science may still be building, the lighting industry is already seeing LED products marketed for their health benefits. This is not unique to the technology though, as “full-spectrum” incandescent and fluorescent lamps have been marketed for decades, but there is unprecedented momentum to address light and health thanks to the customizability of LEDs. Lighting Designers and consumers must understand that no lighting product is a solution; in fact, any benefit derived is dependent on the proper use of the product. Further, it is possible that no benefit is achieved, or worse, that harm is done. Like many health questions, there is no easy answer. One thing is for certain, however: the lighting industry cannot ignore nonvisual needs indefinitely.

Conclusion

Thanks to recent scientific advancement, it is clear that non-visual needs should also be considered, but there remains much to be discovered before widespread implementation of nonvisual-effective solutions is possible. While today’s LEDs are generally no more beneficial or dangerous to human health than other, similar light sources, they have the potential to be carefully tuned to meet the diversifying demands placed on lighting systems.

Lighting is closely related to human emotion. According to the global health research statistics from World Health Organization, sub-health is now a common issue all over the world. Lots of factors can create sub-health problems; one of the factors is regularly working under inappropriate lighting environment. Artificial lighting should not only conduct illumination function, but also fulfil the physical, mental and emotional needs. The development of Solid-State lighting (LED) technology makes this all become possible.

The recent research has greatly advanced the understanding that light not only enables vision, but is also a critical signal to our biological systems, affecting circadian rhythms, pupillary response, alertness, and more. However, applying early research findings to widespread lighting practices must be done with great caution. After all, light as a drug is much different from light as a commodity.

We have to make an informed approach when attempting to translate scientific studies to engineering practice. Lighting design in the Melanopsin Era should include the current state of knowledge on nonvisual photoreception and how it can be applied in the field today. Humans are exposed to a substantial amount of electric lighting, all of which has some effect on our physiology. The uncertainty surrounds the role of LEDs and its quick rise in the lighting world as well as the outlook for its future. There is greater ability to modify LED lighting systems to meet visual and non-visual needs, which is presenting many new opportunities. At the same time, there is potential for poorly engineered or implemented lighting systems to cause harm.

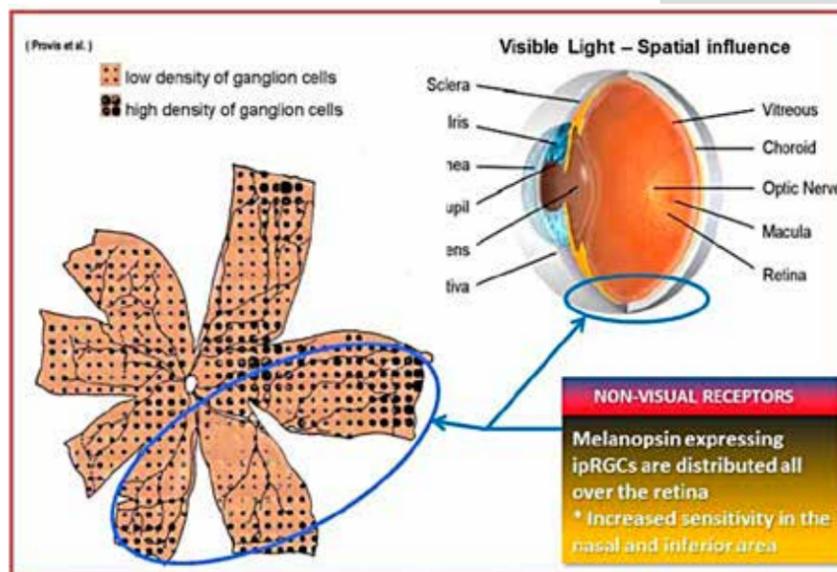
New Era and Limitations

The non-image-forming response to light is wide ranging, including circadian, neuroendocrine, pupillary, behavioral, and other physiological effects. Specific outcomes include the daily resetting of circadian clocks as well as acute effects like pupil constriction, increasing alertness, and melatonin suppression.

Light has been shown to be an effective clinical treatment for a variety of conditions, such as Seasonal Affective Disorder (SAD), but also plays an important role in maintaining daily physiological function. Importantly, the non-image-forming photoreceptor system in our eyes is different from our visual system. This is one of the reasons traditional measures of lighting quantity, such as illuminance, do not accurately quantify the nonvisual effect of a lighting stimulus.

The intrinsically photosensitive retinal ganglion cells (ipRGCs) were identified as the spectral sensitivity of melanopsin. The ipRGCs have peak sensitivity to blue light but the total response of the nonvisual photoreceptive system is a composite of input from the ipRGCs, rod photoreceptors, and cone photoreceptors. This composite response can change based on the spectrum, intensity, and temporal pattern of the light, as well as the light-exposure history and circadian adaptation state of the individual.

LEDs came to prominence just as knowledge of nonvisual photoreception was emerging, and the rates of adoption suggest that LEDs will soon be in widespread use in all applications. This combination



and may vary significantly between individuals in a given space. Even more complicated is the need to balance the desire for alertness with protection of normal circadian rhythms among night-shift medical staff. Therefore, even if a prescription for effective nonvisual stimulation is developed, implementing the solution may not be straightforward, especially if there are users with different histories and needs occupying the space at the same time.

The lighting practitioners may choose to follow some basic guidance: if minimizing nonvisual response is a goal, the amount of light reaching the eye—especially short-wavelength radiation—should be limited; if activating nonvisual responses is a goal, increasing short-wavelength radiation and total illuminance levels at the eye should be the focus. Understanding when to apply each scenario should be the role and responsibility of the lighting designer. There are many details to be considered, but few definitive answers to important questions about the effect of light level, spectrum, or otherwise customized solutions on different users.

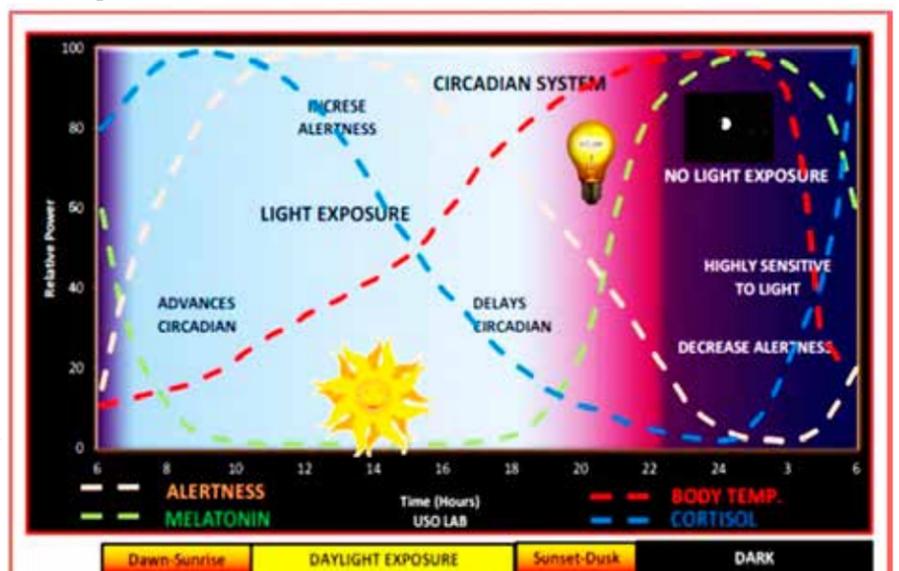
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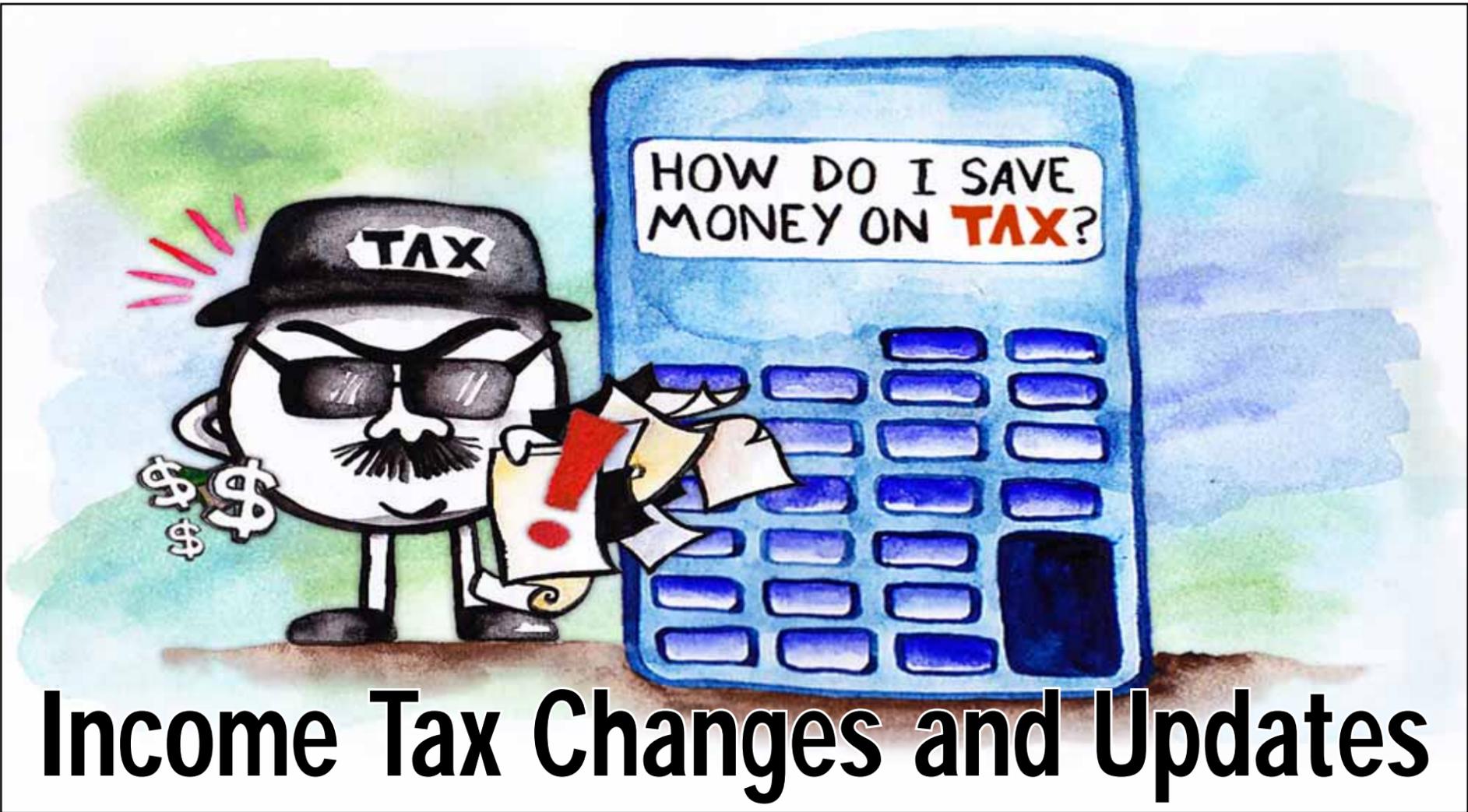
It is difficult to say exactly where things are in the development of understanding nonvisual



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 paly 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 understanding this issue, he is a huge fan of LED technology. He has a clear understanding and knowledge to accelerate the acceptance of LED technology as well as surpass the LED misconception that we have in our society related to light pollution and health. He has very good knowledge of LED technology, smart and adaptive control system for roadway & parking lot and garage lighting.





Income Tax Changes and Updates

By Ari A. Ariaran, CPA, CGA

Every year, the government introduces budget items and changes to federal programs that can affect how much tax you pay and what credits you can claim. Here are few changes that come into effect for this year.

Family tax cut (2014)

This new tax credit (which is frequently referred to as income splitting) is worth up to \$2,000 for families with children under the age of 18, where the parents are in different tax brackets. The proposed credit would allow the higher-income spouse to, in effect, transfer up to \$50,000 of taxable income to a spouse in a lower income tax bracket for federal tax purposes, up to a maximum tax saving benefit of \$2,000. The tax saving is calculated on the basis of the difference in tax before and after the effective transfer of income. Since the Family Tax Cut is designed as a federal non-refundable tax credit, it would have no effect on provincial revenues.

To benefit from the credit, some conditions must be met, including:

- Each spouse must file a tax return.
- The couple must not be benefiting

from pension income splitting.

- The couple must have at least one child who is under the age of 18 at the end of the year and who ordinarily resided with the taxpayer or their spouse or common-law partner throughout the taxation year.

- The couple cannot have been separated for more than 90 days as of the end of the year.

- Both spouses and common-law partners must be resident of Canada at the end of the year.

What do you need to do? Both partners must complete a return to be eligible for this credit, and both of you must complete your returns at the same time (since it takes your total income and tax credits into account).

Children's fitness amount (2014)

The amount of children's fitness expenses you may claim for each child has increased from \$500 to \$1,000. The increased credit is worth \$751.

What do you need to do? Not much, just hold onto your receipts for your children's fitness expenses. When you complete your tax return you'll be able to enter up to \$1,000 (rather than up to \$500).

Child care expense limits (2015)

The maximum deduction limits for

child care expenses will increase to:

- \$8,000 (from \$7,000) per child under age seven,
- \$5,000 (from \$4,000) per child age seven to 16 (and infirm dependent children over age 16), and
- \$11,000 (from \$10,000) per child who is eligible for the Disability Tax Credit, regardless of his or her age.

What do you need to do? Not much, just hold onto your receipts for your child care expenses.

Changes to the UCCB (2015)

The universal child care benefit (UCCB) will increase to:

- \$160 (from \$100) per month for each child under six, and
- \$60 (from \$0) per month for each child between six and seventeen.

The UCCB is paid out monthly by cheque or direct deposit. While the changes to the UCCB will be effective from January 2015, the first seven months' difference will be paid out in July 2015. This means:

- for children under six, you'll receive \$100 per month from January to June, \$520 in July, and \$160 per month starting in August.
- for children between six and seventeen, you'll receive \$420 in July and \$60

per month starting in August.

These changes to the UCCB will not impact the CCTB (Canada Child Tax Benefit), which is the other monthly payment that some families receive.

What do you need to do? If you're already receiving the UCCB for your child, you simply need to file a 2014 tax return to continue receiving it.

Federal amount for children (2015)

The "federal amount for children under 18" (which is a non-refundable credit that you claim when you file your tax return) will be eliminated in 2015. This credit is worth about \$338 total in 2014. This credit is sometimes referred to the child tax credit and is not the same as the CCTB.

RRSP Contribution Deadline for 2014

If you are planning to contribute to RRSP, March 2, 2015 is the deadline for RRSP contributions for the 2014 tax year, because March 1st falls on a Sunday.

If you want to know more about tax matters or clarify any of these above tax changes please contact:

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MANAGING YOUR MONEY

Crossroads: Pay down your mortgage or invest in your RRSP?

How to decide which course of action is your best long-term alternative

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

Have you ever wondered whether it makes more sense to pay off your mortgage or to invest in a Registered Retirement Savings Plan? Perhaps you're expecting to receive some extra money from an inheritance or an employment bonus, and you're not sure which route to take. The truth is, there is no easy answer. There are many variables that must be taken into account. Concentrating on paying down a mortgage may be the best route for one person, while focusing on an RRSP may benefit another.

Here are some factors to consider:

Your age: When you're young, it is wise to make your RRSP a priority. The sooner you get money into a sheltered retirement plan, the longer it will grow on a tax deferred basis. But don't overlook the need to build home equity. It can give you a head start on the expenses of moving to a larger home as your family grows.

Preparing for retirement should start early with a savings strategy that will make it possible for you to accumulate the most wealth for use (and enjoyment!) through all your retirement years. The best retirement savings strategy for most Canadians is a Registered Retirement Savings Plan (RRSP) because your contributions and all the income that accumulates in your plan are tax deferred until you start using that money in retirement. Add in the fact that your contributions can be used to reduce taxes and the magic of compounding that enhances

RRSP growth over time, and it's easy to see why a registered plan makes such good financial sense.

Young people who are starting a career and working toward major financial goals such as paying off student debt or buying a home often put contributing to an RRSP on the backburner in the hope that they'll be able to catch up later. The truth is a small amount invested earlier in your life has a greater financial impact than more money invested later on.

Your income: The more you earn, the higher the rate of tax you'll pay. That means you must earn more in before-tax dollars to make mortgage payments. If you're a high income earner you may want to quickly reduce this expensive debt.

Investment returns: Pay attention to the general rate of investment returns you could reasonably expect to earn when you make your decision. Astute investors could be further ahead by investing their money than paying down the mortgage. The benefits of investing are magnified by an RRSP, with tax-deferred growth within the plan and the tax deductions on contributions.

Your mortgage rate: If your current mortgage rate is low, it may make more sense to invest in an RRSP. In times of good returns for financial markets, low borrowing costs make a compelling case for contributing to your RRSP.

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Are you behind on your RRSP?: If you have made less than your maximum annual RRSP contribution in the past, a lump sum could allow you to catch up. You are allowed to make up for unused contribution room that you've accumulated from past years—which can also generate a healthy tax benefit.

Your pension plan: Those with generous workplace pension plans that provide for a secure retirement may be able to concentrate on a mortgage without giving up financial security in retirement. Of course, you can focus on both your RRSP and mortgage. For example, you

could contribute to your RRSP and then apply the tax refund it generates towards a prepayment on your mortgage. Before you make a decision, you may want to ask for an assessment of your personal situation. An advisor can help you decide which course of action suits your financial circumstances and objectives.

Disclaimer:

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

Budgeting for winter clothes

Clothing is one of those items that many people don't include in their monthly budgets but should consider including it in their yearly budgets, and that involves saving during the year for a once (or twice) yearly event.

Winter clothing is a particularly important item for which to budget because we seem to wear out our winter-wear so much more quickly. Maybe it's the harsh environment or maybe it's because we feel so uncomfortable one year with an item or article of clothing that we resolve to replace it before the onset of the following winter. Summer clothing doesn't seem to be replaced as often, and when it does, it's usually for style reasons, rather than functionality. Besides, we don't wear as much clothing in the summer as we do in the winter, so there's less to spend on.

By the time you get boots to replace the salt-ravaged ones from last winter,

a set of replacement gloves for the ones you stored away somewhere and now can't find, and maybe a heavier coat than the one the wind blew through last year, you're easily several hundred bucks down.

When it comes to winter clothing, most style-conscious advisors will tell you to spend your money on being stylish underneath your utilitarian exterior shell. Besides, it's better to dress in layers because layers trap air between them, and air is one of the best insulators.

So, you may think you need to spend a couple hundred dollars on a winter coat, when spending a hundred on a wind-proof shell with a bit of insulation may do you just as well for braving the cold between the door and the car, and then is set aside when you're in the climate controlled indoors (at the restaurant, at the mall, at the office, etc.) and people can see your fabulous taste in the clothes you wear be-

neath the utility of your outerwear.

Sweaters provide an added layer of insulation underneath the winter-proof outer shell, and a slightly heavier shirt or long-sleeved T-shirt will add the layer beneath that, next to the skin.

As an added benefit, lighter winter outerwear will allow you to prolong the use of your fall fashions through the cold weather months, and then switch over to your spring clothes as winter nears its end. It also allows you to deal with the fluctuation in temperature on those inconsistent days where you leave the house in below-zero temperatures and then go out for lunch after temperatures have climbed into the fives — you can leave the sweater behind and just go with the winter shell over your Tee, or you can leave the wind-protection behind and just go with your fall sweater. In short, spend the bulk of your fashion budget on the clothes in

which people are going to see you most often, and when you really think about it, they usually only see you in your winter coat for several minutes a day.

And as with any large expenditure, it makes it easier to pay for it when you've worked it into a budget. The best way to budget for necessities — clothing, shelter, food, etc. — is based on past experience. Thus, keeping track of past expenditures will allow you to set a budget for future purchases (whether you choose to pay less for it or work in an allowance for inflation).

Set a yearly budget point, divide it by 12 or 26 or 52 (depending on whether you want to put money away on a monthly basis, bi-weekly or weekly) and put that money away to spend when the chill starts blowing in from the north.

Courtesy: GTA Credit - Please visit Page 14 for GTA Ad

A BEFITTING TREATMENT FOR A NOTORIOUS TRICKSTER

C. Kamalaharan

The library as usual was full of activity; some were reading the dailies, some were busy in the lending section browsing and some others were in the reference section jotting down notes from books. Among them was a neatly clad smart gentleman who on the pretext of doing some reference work was in search of someone as he directed his eye here and there. On spotting the lady at the counter he went there to hand over the book. Fascinated by the cover of the book she glanced at him in wonder as this was the first time she had seen a reader interested in Shakespeare. Every Sunday he went to the library and handed the books on literature to that particular lady at the counter; William Wordsworth's Anthology of Poems, John Donne's Metaphorical Poems, Oliver Goldsmith's The Deserted Village, Joseph's Conrad's Heart of Darkness the list went on..... "He must be a man of letters" was the thought that ran through her mind. One Sunday when he went to handover the books she asked him, "You seem to be interested in literature!" "Of course I am," replied he. "Do you teach literature?" "I am

“ He regularly visited the library mainly to meet Meena, the assistant librarian whose attractive features mesmerized him. She too attracted by his elegant features and his fluency in English attended his evening classes regularly during weekends. Being mutually attracted they moved closely and patronized a nearby restaurant to talk over a cup of tea.... ”

employed as an English teacher at the Oxford Education Centre, a private institution." "How about you madam?" "I am here as an assistance librarian." "Are you satisfied with this position?" "Certainly! As I am a voracious reader I have ample time to read books." "What type of books?" "Mostly Tamil story books and magazines." "How about English books?" "I would like to but my knowledge of English is limited. I only got a credit pass in English at the G.C.E. O/L exam and I hadn't the opportunity to go beyond that. In the A/L classes too I attended the Tamil medium stream. Continuing further he said, "At the education centre I also conduct general English classes for adults mostly on communication skills. If you are interested you too can attend the classes," said he. "Really! I'll consider it."

Sathyaraj, a graduate had a good command of English having been educated in a leading English medium school in town. He also hailed from an English speaking environment. Failing to get a teaching job in government service he was given an assignment in the institute with an equally attractive pay. He regularly visited the library mainly to meet Meena, the assistant librarian whose attractive features mesmerized him. She too attracted by his elegant features and his fluency in English attended his evening classes

regularly during weekends. Being mutually attracted they moved closely and patronized a nearby restaurant to talk over a cup of tea. During such outings Sathyaraj was able to extract all details about her as she spoke frankly: Meena was the only daughter for an aged mother from a rural village. Her father who died a few years ago had left a legacy of cash, jewellery, an expensive mansion and large acreage of paddy lands. Bearing in mind the assets she had, he moved most cordially, most cautiously to establish a good rapport with her and win her heart. She too had a strong liking for him which later blossomed into love that paved the way for his visits to her house where her mother too lured by his good behaviour received him with open arms.

One day Meena's mother asked her, "There is a good proposal for you, a doctor, son of a distant relative of your father. They are willing to take you into their family, what do you say?" Without much thought she emphatically said, "If at all I marry I will marry only Sathyaraj who is also deeply interested in me." "Do you know anything about his lineage?" "I heard that he is from a good stock. As regards his character both of us know how exemplary his character is." "Whatever may be we have to get credible information about him. I shall contact my brother who has many contacts to get all the details about him." "O.K mother," she replied with firm conviction.

A week later Meena's uncle returned with disgusting news. He revealed with much reluctance, "I have gathered credible information from reliable sources that Sathyaraj is a fraud, a wolf in sheep's clothing who had in the past wooed girls and later rebuffed them after satisfying his carnal desires." The heartbreaking news prompted Meena to breakdown in tears. "It can't be, he is such a nice chap," yelled she. The mother too didn't believe all what her brother had told. "How can they frame allegations against such a nice boy?" Unable to convince them and change their mindset her uncle admonished them, "I have told all what I heard from reliable sources, its left for you to take a decision and face whatever the consequences." Meena blinded by her unfaltering love for Sathyaraj was determined to marry him. The mother unable to stall her daughter's craving for the boy finally agreed and the marriage took place without much publicity.

Marriage life went on smoothly. Sathyaraj kept a low profile and showed off as an honest, kind hearted and well behaved gentleman, taking care of both his wife and the mother-in-law. They too had full confidence in him and allowed him to mingle freely in their affairs. During a spate of burglaries in the area both of them opened a joint account in the bank and kept all her jewellery and cash in the locker. About two years after their marriage they were blessed with a baby boy who became the apple of her eye.

One day Sathyaraj told Meena that he was going to purchase books for the institute's library in the capital as requested by his educational institute and bidding farewell to his wife child and mother-in-law he left home. That was the last they saw him, no news about his whereabouts since then. On inquiry at the educational institute they were told that the institute had not sent him for the purchase of books. Police investigations about his whereabouts drew a blank. Not knowing what to do they remained dumbfounded and regretted for not having taken her uncle's forewarning seriously. On their request her uncle contacted the same source again and brought further distressing news that Sathyaraj had



already left the country a month ago.

Thoroughly disappointed by the way Sathyaraj exploited her innocence, swindled her savings and hoodwinked her, Meena was left in the lurch to fend for the family. Her mother's sudden demise too added to her woes and so

“ I have gathered credible information from reliable sources that Sathyaraj is a fraud, a wolf in sheep's clothing who had in the past wooed girls and later rebuffed them after satisfying his carnal desires.” The heartbreaking news prompted Meena to breakdown in tears ”

she continued to work in the library for their livelihood. One day while she was making arrangements to attend the wedding of her close relative she was in for another shock. When she opened the locker in the bank it was found to be empty. All the jewellery and cash had been stealthily removed by Sathyaraj prior to his departure. Braving all these setbacks Meena led a lonesome life with the sole aim of bringing up her son to a lofty position in life. She reclaimed all the lands that were rented on lease and commenced paddy cultivation all by herself employing labourers. As a result her income doubled. Being a young woman many proposals came with requests for re-marriage but she firmly turned them down. As years rolled on, her son studied diligently entered university passed out as an engineer and took up a good position in a firm in the capital.

One day late in the night Meena heard a knock on her door. She silently tiptoed to the window and peeped through the window pane to see an unshaved figure with dishevelled hair in rags. She tried to figure out who it was but couldn't. A knock on the door again, she remained silent. The next night too a similar knock on the door, she remained silent and the figure vanished.

A few days later while she was busy in the library a minor employee told her that a man named Sathyaraj wanted to see her outside the entrance.

Taking a position inside the window and unnoticed by him Meena saw the very same man who had knocked on the door. "It's that rascal who defrauded and deserted me. Now he has come to discredit me," saying so she ignored him and went to resume the work she was engaged in. In the evening as she was returning from work in her scooty the man suddenly appeared in the middle of the road and prevented her from moving forward. She suddenly applied brakes and shouted in rage, "What do you want?" "Sorry Meena, I had been so cruel to you, demeaned you and gave you so much hardship..." She in reply lambasted, "Get out of my way and go to hell," saying so she took a swift zigzag turn and fled away. In spite of her severe repulsions he continued to harass and torment her in public, wherever he met her.

One night on hearing a knock on the door she stood inside the window and said, "I have severed all connections with you and I have also filed a case against you for divorce, don't come and trouble me." Yet he continued, "Meena, I am sick and I need to undergo medical treatment urgently, I don't have money, please help me." Aware that he is staging another drama to re-unite with her she said, "For me to help you! You have swindled my money, stole all my jewellery and made me a bankrupt, don't expect anything from me, get lost." "No Meena please help me." Meena thought for a while and told him, "O.K, I will admit you in a hospital and bear the cost of the treatment, but after recovery you should not hang around me, come here tomorrow morning sharp at 9.00 A.M. saying so she withdrew inside.

The following morning he was there at the said time. Meena gave a call and within minutes an ambulance arrived with two hospital attendants who led him into the vehicle. The ambulance left followed by Meena in her scooty. All of a sudden the ambulance took a swift left turn entered a compound and halted under the portico of a building. The two attendants who were in mufti immediately jumped into action. They handcuffed him and locked him in a cell. The inspector of police while thanking Meena said, "This is the fellow we were in search all these years. He had wrecked the lives of many gullible young girls and has been absconding arrest. Leave him with us, we will provide him much better treatment here than what he will get in the hospital." Sathyaraj cast a furtive glance at Meena but she with a stern look at him left the police station very much relieved.....

INFORCE GROUP OF COMPANIES' CELEBRATION OF ACHIEVEMENTS - AWARD CEREMONY 2015



INFORCE Group of Companies have honored their advisors and staffs for their achievements. The ceremony was held on January 10th, 2015 at Chandni Grand Banquet hall. The event was very well organized and the awards were given to those who have contributed well to the growth of INFORCE Group of companies. Recipients were awarded for Order of merits, Rookie of the year, advisor of the year, best performer and best employee. As one of the leading firm in the community, INFORCE group of companies is well known for its individuality and classy environment. The president and CEO, Mr. Chandran Rasalingam was very thankful to those who have showed him the path and to those who have walked with him during both his struggles and success. A meaningful night of achievements. Well done.





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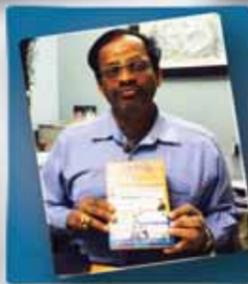
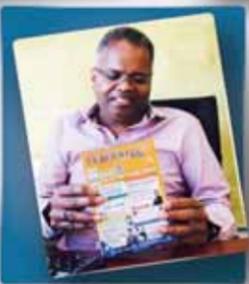
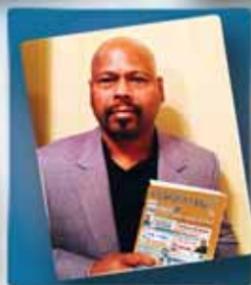
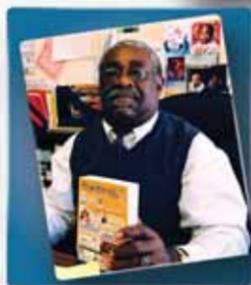
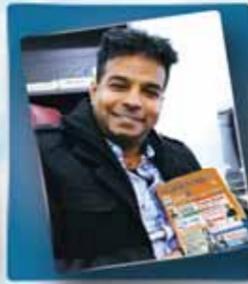
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Heritage Day Celebrations

at Scarborough Civic Centre organized by the Senior Tamils' Centre of Ontario

Tamil Heritage Day was celebrated at the Scarborough Civic Centre from the 19th of Jan to the 24th of Jan 2015. The month of January in each year is proclaimed as Tamil Heritage Month. Its objective is to celebrate the richness of the Tamil language and literature, the traditions, arts and culture of Tamils around the world and to educate Canadians of all backgrounds about the language, traditions and history of the Tamil people. With a view to showcase and share the above an exhibition and a cultural event was organized by The Senior Tamils' Centre of Ontario.

Mr. S. Srijevanathan, President of the Centre welcomed everyone. The event started with the traditional nathaswaram music followed by the lighting of the traditional oil lamp, Canadian National Anthem, Thamil Thai vaalthu and Centre Anthem. Traditional dance forms such as Kummi, Karagam, Bommai dance, Harvest dance, Pongal dance and Veena instrumental music were performed by young artists. Tamil songs were sung by the staff and members of the centre. The highlight of the event was a musical parade, which was organized by the members

and staff of the Senior Tamils' Centre who presented selected traditional clothing and styles maintained by the Tamil Community. The models who presented the styles and fashions were specially picked for this occasion and they were serenaded by period music.

Hon. Rathika Sitsabaiesan, MP for Scarborough Rough River, Mr. Chin Lee, Councilor for Scarborough Rough River, Mr. Jim Karygiannis, councilor for Scarborough Agincourt were some of the dignitaries who attended the event. Dr. Victor Figurado was the guest speaker.

A book was released on this day named, 'Rites and Rituals of Sri Lankan Hindu Tamils' written by Mr. Kumar Punithavel. This book explains vividly the rational, cultural ceremonies of the Sri Lankan Tamils. Meaningful ceremonies and rational rituals have been explained with reasons and in this respect this book is considered to be a guide for the younger generation interested to learn the roots of their forefathers.

Mr. Kumar Punithavel was the MC for the cultural event.



NOTICE

Jaffna Central College Old Boys' Association of Canada

Notice of Biennial General Meeting (BGM)

The Notice is hereby given, that in terms of Rule 14 of the constitution, the biennial general meeting of Jaffna Central College Old Boys' Association of Canada will be held on

Saturday February 28th 2015 at 11.0 am

at the Party hall on the upper floor of GTA Square Mall

at 5215 Finch Ave., East, Scarborough

(Middlefield and Finch Intersection).

Free underground parking is available

in addition to the outside parking.

A new executive committee for the year 2015/2016

will be elected at the BGM.

All members of JCCOBA are invited to attend the meeting.

Dr. K. Theivendirarajah, Secretary, JCCOBA Canada

Contact:

Tel# 416- 335- 3453

Cell # 416-561-4786

Email: theivendirarajahk@hotmail.com



Obituaries - Feb 2015

SIVAPALAN - DR. P.

(former Director - Tea Research Institute, Talawakelle and currently Agricultural Consultant of M.V.P.L.).

Beloved husband of Dr. Nalini (former Deputy Director Tea Research Institute and currently Agricultural Consultant MVPL), beloved son of the late Mr. and Mrs. Seevaratanam Ponniah, beloved father of Deepa (USA) and late Sanjeev, father-in-law of Srikumar (USA), grandfather of Sahana (USA), brother of late Ambikadevi and brother-in-law of the late Nagalingam Gurusamy and of Lakshman, Rohini and Ranjit (UK)

VEERAVAGU - GANENDRAN

(Ex Stores Manager - Maharajah Organisation Limited)

Beloved husband of Aloma, loving father of Keith, father-in-law of Harshini, grandfather of Jacob & Joanne, brother of the late Dr. V. Shanmuganathan (Nathan), late Veeraraghavan (Raghu), late Narendra (Natlon), Dr. Balanmbihai (Baba) & Surendran (Dutta)

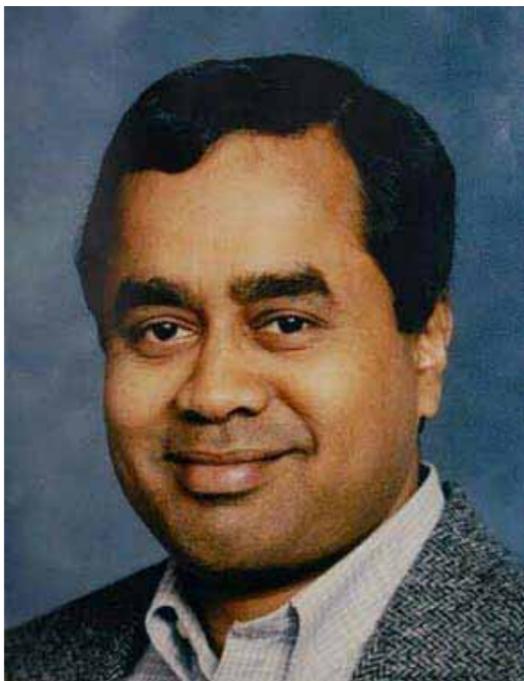
KARTHIGESU SANGARAPILLAI

Safe in the arms of Jesus. Retired Accountant, Colombo Port Commission, expired.

Loving husband of late Ratnam (nee Ponniah-retired Teacher Uduvil Girls' College, Uduvil), father of Ravindran (UK), Nirmala (Canada), Manoharan (Australia), father-in-law of Kaminie (U.K.), Langsford (Canada) and Dharshini (Australia), loving grandfather of Juanita, Gehan, Andrea, Denoshan and Melanie, brother of late Richard Subramaniam.

Obituary

Rabendravarman Rajanathan
(a.k.a. Ravi Varman)



13 April 1953 – 27 Jan 2015

Rabendravarman Rajanathan
(a.k.a. Ravi Varman)

passed away on
Tuesday, January 27, 2015, at
The Scarborough General Hospital.

He is survived by his wife Rajini and daughter Arani.

Visitation was on
Saturday, January 31, 2015,
from 5:00 p.m. – 9:00 p.m.

Funeral Services took place on
Sunday, February 1, 2015, at 2:00 p.m.
Elgin Mills Cemetery, Crematorium & Visitation Centre,
1591 Elgin Mills Road East, Richmond Hill, ON L4S 1M9.
Phone: (905) 737-1720

THAMBIPILLAI KALINGARAJAH

(General Inks)

Son of the late Mr. Murugesapillai Thambipillai (Inspector of Schools) and Mrs. Rasammah of Suthumalai, husband of Maharani, son-in-law of the late Mr & Mrs T. Kanagaratnam, brother of the late Kathiravatepillai, Sivagnanam, Saraswathy, Thiruvathavoorar and Vivekanandarajah, brother-in-law of the late Ponnampalam, Kamalambihai and of Manie, the late Nadarajah, Vilvarajah, Tharmarajah and of Manoranjitham, Gunarajah and Sivarajah.

SOMASUNDERAM - SELVARANEE

Beloved wife of late Navaratnarajah Somasunderam (Retired Customs Officer / formerly of Ceylon Theatres Ltd., and owner of Tajmahal Theatre, Matale).

Loving mother of Manjula, Shyamala, Vathsala and Niranjala, mother-in-law of Vipulananda, Chandrasekeran and Lalith Satkunam, loving grandmother of Natasha, Jerome and Pritika

Obituary

Mrs. Nithaneswary Mahadeva



29 Nov 1926 – 28 Jan 2015

Mrs. Nithaneswary Mahadeva, 88 years,
loving wife of Late Mr S. K. Mahadeva (Retd. Post Master, Sri Lanka),
beloved mother of Mano, Rohini, Ravi, Ananth and Gnana,
loving mother-in-law of Sivagnanam, Sakthivel, Shiyamala, Logan and Nanette,
precious grandmother of Vishan and his wife Sindhu, Kasthuri, Luxshmi and Aran
passed away on January 28, 2015 in Toronto, Canada.

Visitation:

Chapel Ridge Funeral Home
8911 Woodbine Avenue
Markham, Ontario L3R 5G1

On the 30th January, 2015
6 p.m. to 9 p.m.

Service:

Chapel Ridge Funeral Home
On the 31st January, 2015 - 8 a.m. to 10 a.m.

Cremation:

Riverside Crematorium at 11 a.m.

Sakthivel: 1-416-904-2381

Gnana: 1-647-282-6369

Ravi: 1-617-851-4969

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Antony Phillipupillai (1920-2015)



The recent demise of late Mr. Antony Phillipupillai at the ripe age of 94 has deeply saddened the thousands of his former students across the globe.

Born in Ilavalai, Sri Lanka, he was a longtime teacher at St Anthony's College, Kayts. He was also a freelance writer and was onetime an active member of Working Committee of the Federal Party. He is predeceased by his loving wife of 54 years, Teresa; brothers, Rev. J. A. Karunaharar and V.A. Swampillai; and brother-in-law, Rev. Xavier Thani Nayagam. He brought up his children Rajan, Manoharan, Jeyarany, Anton Karunakaran, Bernadette, Rubini and Vanathy with great care and discipline.

A devoted husband, a loving father and a dedicated teacher Phillipupillai was born in Ilavalai in North Sri Lanka on Feb.18, 1920. He taught English at Kayts St. Antony's College for nearly three decades earning the respect of his students as well his colleagues. His dedication to the school where he taught with great devotion is reflected in the academic excellence of his students.

Only a few will know that it was purely by chance that he happened to join this college. Around 1952, one morning he had actually planned to face an interview in Point Pedro and just before he was due to leave Kayts he went to meet his brother Fr. Karunaharar who was the principal at that time. That day Fr. Karunaharar had asked his brother whether he will consider joining the teaching staff of the college. Mr. Phillipupillai agreed and the rest is history.

He served under a number of Rectors and they all had infinite respect for late Mr. Phillipupillai

In addition to the great responsibility of looking after his family, on many Saturdays he invited his students and gave them free tuition at his residence. During college sports meet he was extremely active making the announcements prior to each event.

Hundreds of students benefitted by the way he wrote their school leaving certificates. Since he knew the background of each student he took great care to uniquely craft each certificate in order to highlight their best talents.

He arrived in Canada in 1990 and resided in Toronto leading a quiet life until his death.

Meanwhile, unfortunately his beloved wife passed away a few years ago after a brief period of illness. It was a heavy blow to him but yet he was determined to face any obstacles and live to the fullest.

He spent many hours honing his writing skills and soon started writing articles on a variety of subjects. He probably enhanced his ability to write profusely from his association with his illustrious brother in law late Rev.Fr. Thaninayagam. It is a little known fact that Mr. Phillipupillai was a correspondent for the "Times of Ceylon" when he was teaching at Kayts.

May His soul rest in peace.
Lives of great men all remind us
We can make our lives sublime,
And, departing, leave behind us
Footprints on the sands of time
Let us then, be up and doing
With a heart for any fate;
Still achieving, still pursuing,
Learn to labour and to wait – (H. W. Longfellow-1809-1882)

**A Tribute by:
Raymond Rajabalan**

In Memorium



Mrs. Vallinayaki Velumailum

**Born: 10 October 1927
Demise: 29 January 2011**

**From Family Members
of Velumailum**



Special Feature

by P. Krishnaswamy

Tamil National Alliance (TNA) frontliner M. A. Sumanthiran MP in an exclusive interview with the Sunday Observer-Sri Lanka spelt out the TNA's needs – their stance with regard to a lasting solution to the Tamil problem, the immediate measures that they have insisted over the livelihood and rehabilitation of the conflict-affected Tamils, the current controversy over the post of Chief Minister (CM) of the Eastern Provincial Council (PC) and the Government's measures to implement the 13th Amendment to the Constitution in full.

He said that the Maithripala administration which the Tamils exuberantly supported has already initiated measures to resolve their outstanding issues and expressed optimism that the current political trend signals harmony and mutual understanding among the different communities in the country.

Excerpts of the interview:

Q: Do you believe that the overwhelming support that the Tamils of

military to build hotels, to farm and for entertainment, for golf courses and other such purposes.

This is a very serious issue because these people have been living on those lands for generations. These lands must be given back to them.

But the Government can retain camps and other military installations that are necessary on account of national security. All other lands must be returned. That is the understanding between the TNA and the Government.

We also requested the Government to release political prisoners, persons who have been in detention over a long period of time. While those who fought in the last stages of the war, who took to arms and fought in the war fronts have been released.

They have been rehabilitated and released in two years. Whereas those who were arrested long before that, not for fighting in the war front but for helping, for giving food parcels to the LTTE because they had no other choice, were arrested and detained. They are languishing in prisons for so long.

The Government has given us an



Tamil National Alliance frontliner & legal luminary - M. A. Sumanthiran MP

Tamil Aspirations in Sri Lanka:

"Full Implementation of the 13th Amendment is no Lasting Solution" - MA Sumanthiran MP

the North and East, represented by the TNA, and also the Muslims gave to elect the new government to power signals harmony and mutual understanding among the different communities of the country?

A: Yes, the signal is good because the election was won by Maithripala Sirisena from the votes given by all communities. He is widely accepted by the people.

This is a significant achievement. Whereas the former president obtained votes, even according to his own confessions, from only one community.

The signal is also good for all outstanding political issues to be resolved because all communities have come together now.

Q: What specific issues has the TNA already taken up with the Government?

A: For the moment we have taken up the issue of resettlement of our people. They are unable to resettle in their own lands because the lands that have been taken away from them have not been released to them. The new government has undertaken to release all lands that do not hinder national security. Most of the lands that have been taken over particularly in the North and in some parts of the East have nothing to do with national security.

They have been taken over for the

undertaking that their release will be expedited.

The other issue is, of course, the Provincial Council set up and the administrative arrangement in relation to it.

We want the PC to function properly in terms of the law. Such a function was blocked in the past. We took up that issue and the Government has already taken some steps to redress the state, including the appointment of the new Governor and appointment of a new Secretary.

Some changes in administrative arrangements have also been taken and these are welcome signs.

The fourth issue is the long-term political solution which is not an immediate concern. But we have asked the Government that it should take some initial steps on that issue within these 100 days so that when the new Parliament convenes, substantial work would have been done to be followed up with the formal consultative process.

We have agreed with President Maithripala Sirisena that the long-term solution to the Tamil problem cannot be taken up for discussion now, within the 100 days.

All preliminary work must be done now. I am sure that the Government is keen on doing that.

Q: You want to go for a negotiated

settlement?

A: Negotiated process in the sense, there exist several proposals made by successive governments and the different Presidents. We need not go over them once again. We have an agreement with President Rajapaksa that the five identified documents would be the basis of any future bilateral talks.

He agreed to it but after agreeing he went back on that and called off the bilateral talks. Without starting from scratch, we can use those proposals which emerged in the country – proposals that came from the government from time to time between 1993 and 2006. We can use those processes and documents and arrive at a solution, within the framework of what has been suggested in those proposals.

Q: Do those documents include proposals on federalism?

A: When we talked to the Rajapaksa government we did not use any contentious words. We would like a Constitution that does not label itself either as a unitary Constitution or as a federal Constitution. The important thing is not the label but what is in it.

There must be a substantial power sharing arrangement – not a fake one, not something that is useless, not workable. But a genuine, workable power sharing arrangement and that is what we have asked for. It does not have to be called 'federal', unitary or anything

of that kind.

Q: Will you get the support of all parties represented in Parliament?

A: Definitely. We will get the support of everybody because our proposal is not an unjust or unreasonable one. It is a very reasonable proposal. It will be based on the documents that I referred to which had emerged from the government side.

So I do not see any reasons why anybody should have any problems relating to them. We are willing to settle it on the basis of the documents submitted by the government.

Q: What specifically do you want in relation to the Northern PC?

A: The present arrangement in relation to the Northern PC shows that the law has not been implemented in full. The 13th Amendment has not been implemented in full. That perhaps should have been the first step. Former President Mahinda Rajapaksa gave the assurances that he would not only fully implement it but also go beyond that to make devolution meaningful.

The first step is you must implement what is on paper. At the same time we can discuss and look at what is on paper and make it a meaningful power sharing arrangement. For instance, the Governor is a chief executive officer possessing executive powers.

This means that there is no power devolution. The governor is appointed



by the president and holds powers during the tenure of the president. The President in the centre nominates him and gives powers and says I have devolved powers. That is no devolution. Practically it is the President who is exercising power through the governor.

We want that radically changed so that power is actually given to a body or people who have been elected by the people. That is the arrangement that we will seek to go beyond the 13th Amendment and make it meaningful.

Q: Your comments on media reports that there are contentions over the Chief Minister's post in the Eastern PC?

A: In 2012 when they held the eastern PC election, we contested against the UPFA government. The UNP contested against the UPFA government. The SLMC which had joined the UPFA government in the centre also got out and campaigned separately and attacked the UPFA.

They were more vociferous attackers even than the UNP and the TNA. When the results came the TNA had won 11 seats. With a small margin the UPFA government had got more votes, they got 12 seats. They also got two bonus seats. Wimal Weerawansa's National Freedom Front (NFA) had one seat. Altogether that made 15 seats for the government. We had 11 seats and the UNP which had four seats also gave their support to us. We had 15 seats. So on one side was the UPFA that had 15 seats and on the other side was the TNA that also had 15 seats. In this situation, the SLMC had seven seats which they got by campaigning against the government. So, naturally, they were anti-government seats.

We suggested that the SLMC, UNP and the TNA together form the administration and, even without being asked, we offered the SLMC the CM's post. But for some reason they did not accept that but instead they went and met the President.

They made some deals and they supported the UPFA government in the province. Consequently a Muslim was made the CM and the SLMC shared the portfolios etc.

At that stage, no Tamil was accommodated either in the cabinet or as a chairman or vice chairman of the council. All seven places were given to the SLMC and to the central government nominees.

Nobody thought that the Tamils who are largest majority in the East will be sitting in the opposition. The situation now is entirely different. The UPFA lost its majority there because Rishad Bathuideen's All Ceylon Muslim Congress (ACMC) walked out. Another councillor, Pathirana, also left. Again the SLMC got out of the UPFA and supported Maitripala Sirisena. In this scenario, we calculated the number of seats each party has as of now.

We have eleven. The UPFA has 10. The SLMC has eight and UNP has four seats.

So since we are having the largest number of seats at present and since we were not accommodated in the Board of Ministers, we negotiated with the SLMC. But they insist on the CM's post for reasons known only to them. All these days they supported a Muslim CM. Now too they are asking the CM's post.

We said no because it is unfair by our people and we are entitled to that post. The SLMC is not reacting positively to that. They have taken cabinet posts in the central government as well. The whole devolution arrangement came about because of the Tamils' agitations and not due to anybody else's. Yet they are still unable to be part of the administration.

The SLMC even prefers joining the previous UPFA and forming the administration to leave us completely out. We think it is very unfortunate and very unfair.

Q: Some other Muslim leaders wanted to join the TNA in the East?

A: We can talk to Rishad and others. But since the SLMC has the largest mandate we thought it is proper to talk to them first and we did it.

Q: Is there any divide within the TNA over the 100 day program of the Government?

A: So far nobody has told us anything to that effect. We have discussed it in our leadership group and in our parliamentary group. Nobody told us that they have any reservations over the 100 day program of the government. They are fully backing it.

Q: There was some controversy over PM Ranil Wickramasinghe's statement to the NDTV channel over power devolution. Can you please clarify?

A: The PM said that devolution will now be available under the 13th Amendment which the previous government was blocking. But we have told everybody very clearly that the full implementation of the 13th Amendment is no lasting solution. By and large the PM's message is that he will allow the PCs to work independently, taking over the provincial administration powers.

Q: Will the TNA support the 17th Amendment and the 19th Amendment to the constitution?

A: We support the 17th Amendment and the 19th Amendment is still in the draft. When it does come, we will support it.

Q: According to reports, some Northern PC Ministers are formulating extensive plans to provide employment opportunities and livelihood assistance to deserving families. Will there be funding from the diaspora community for such programs?

A: I do not think funding will be a problem from the Government and other sources, if proper work is done

to help the deserving families. There is enough funding provided that we do the work properly.

Q: Your comments on the appointment of Mr. Palihakkara as the Governor of the Northern province replacing the military governor?

A: It is a welcome change. The present government is keeping its promise and has taken away the military governor. Secondly, Mr. Palihakkara is well known as an upright man. We believe that the CM will be able to work cordially with him and the Governor will not block anything the CM wants instead will facilitate such initiatives.

Q: The government, according to media reports, has requested the TNA to submit a list of persons in detention to initiate their release. Is such a list available with you?

A: We have the old list but it has to be updated now. We are doing it now.

Q: The fishermen's cross border issue between India and Sri Lanka remains unresolved to the detriment of the Northern fishermen?

A: Crossing the border is not the main issue. It is the method of fishing. We held talks with the Government of India on this.

They agreed that the method must be banned. But boats of Indian fishermen have to be re-modeled for deep sea fishing. About six months to one year is required to that conversion. We should give them time and then bring legislation banning bottom trawling. We have asked them to give our fishermen the expertise, the equipment and the basic knowledge on deep sea fishing.

Hult Prize Regional Final - Boston

The Global Final will be hosted by President Bill Clinton at the Clinton Global Initiative

“How will YOU change the world with \$1 Min start-up capital”

A team of four second-year Commerce students Queens University led by STEEVE VAKEESWARAN has reached the regional finals in the international Hult Prize competition. The QSB team, comprised of Steeve Vakeeswaran, Jessica Peters, Gregory Fedele and Hao Chen Sang.

All four are high achievers: Jessica is a QSB Centre for Social Impact Student Ambassador; Gregory is the founder of Kicks for Charity; Hao Chen has given a Tedx Talk keynote address; and Steeve is the founder of CanYouth, an online platform for youth expression.

The Hult Prize is billed as the world's largest annual student competition designed to solve the world's toughest challenges. Winners receive US\$1-million in seed capital, as well as mentorship and advice from the international business community. Team was selected from a record breaking pool of over 20,000 applications received to participate in this game changing initiative.

The Global Final will be hosted by President Bill Clinton at the Clinton Global Initiative (CGI) annual meeting, which takes place the third week of September during UN Week (final dates pending). At this event, each team will present their new social enterprise to CGI meeting executive delegates, global leaders, Nobelaureate Professor Muhammad Yunus and Pres-



ident Bill Clinton. A winning start-up will be selected and recognized on center stage by President Bill Clinton and all of the CGI meeting attendees. Last year's CGI annual meeting featured heads of state from all around the world, including US President Barack Obama.

The subject of the 2015 Hult Prize challenge is “Early Childhood Education in the Urban Slum and Beyond.” The topic was chosen by President Bill Clinton, who selects the topic each year and hosts the Hult Prize global finals at the Clinton Global Initiative annual meeting in New York.



DURHAM TAMIL ASSOCIATION'S THAI PONGAL FESTIVAL IN PARTNERSHIP WITH THE TOWN OF AJAX

TO MARK TAMIL HERITAGE MONTH

Durham Tamil Association celebrated the Thai Pongal Festival on Sunday, 11th January 2015, at St. Francis Centre for Community, Arts & Culture in Ajax to mark the Tamil Heritage Month. This cultural showcase organized in partnership with the Town of Ajax, kicked off to a start at around 5.30 pm with the Canadian National Anthem by Tharmela Ganendralingam, followed by Tamil Anthem which was sung by Sarika Navanathan, and lasted till about 8 pm.

The event was mainly organized by the TEAM DTA Youth. DTA President Josh Suresh welcomed the dignitaries and guests. He delivered a speech explaining the significance of the Thai Month which is celebrated as Thanksgiving by honoring the Sun, farmers and the cattle on this bountiful day. He also added that our aim is to sensitize the young minds to the national & social cause for utilization of human values.

He invited the dignitaries along with the Board Members of DTA to declare the funds that was raised to help the children in Sivananda Thapovanam in Thirukadalur-Trincomalee, Sri Lanka during the 14th Youth Festival that was hosted in November 2014. TEAM DTA raised \$2420.00 by selling \$5 tickets and program CDs. This was handed over to our dignitaries MPP Tracy MacCharles, MPP Joe Dickson, Councillor of Pickering David Pickles, Councillor of Ajax Renrick Ashby, Councillor of Ajax Marilyn Crawford, Director for Recreation and Arts at the Town of Ajax Tracey Vaughan, Director of Public Relations at the Pickering Library Kathy Williams, Shireen Whitmore, Kalyani Sathiyananthan, Neethan Shawn, Cecil Ramnauth and Jyothi Khetani of WMRCC.

The colorful cultural events that followed brought out the essence of the rich heritage of the different dance forms.

The Fusion Dance, a mixture of both Ballet and traditional Kolaattam was choreographed by Ana Maria of Ana Maria's Dance Academy and Uma Suresh of DTA. The young performers from the Ballet School were appreciated with scrolls by MPP Tracy MacCharles, for their eye catching performance.

This was followed by the Welcome Dance presented by our youth Nigharika Senthilkumar. Young children of DTA presented a classical Bharathanatyam choreographed by Mrs. Kalaimathy Vageesan. Peacock Dance by Anchanah Jeyamohan (Choreographed by Mrs. Sujee Nissankan) illustrated the beauty of the peacock especially during the rainy season.

Naattupura Kooththu by the Kollywood Superstars of DTA (Choreographed by Karthiga Uthayan & Uma Suresh) made the audience sway to the rhythmic upbeat tunes. DTA's Kirishan Thananjeyan was once again the show stopper, who presented a vocal performance, accompanied by his brother Mayuran Thananjeyan in Mirudhangam.

Mayuran and Sarika mesmerized the guests with their melodious songs. The peppy numbers of Tamil Semi Classical Songs, choreographed by Thurga Sathiyananthan presented stunningly by the TEAM DTA Youth Girls cast a spell on the audience. Young girls and boys of DTA under the guidance of Mrs. Manorany Thusitharan presented various melodious Tamil classical songs in four different groups.

The highlight of the evening was the Pongalo Pongal Fashion Show, which added great elan by kids from 3 years old & over. It was a cultural tour of various art forms of folk dances & costumes that are still in practice in villages of Tamil Nadu. The masterminds behind this were Uma Suresh and Thayalan Gopalakrishnan.

The evening ended with a Vote of Thanks given by Secretary Mano Pancharatnam, who took the opportunity to acknowledge with gratitude the exemplary guidance & support that we got in abundance from various quarters for the smooth functioning of the show. He also appreciated the TEAM DTA Youth who contributed in making this day a resounding success.



Tharmela Ganendralingam



Sarika Navanathan



President Josh Suresh welcoming the guests



Dignitaries during DTA's Thai Pongal



Big Cheque presented to the Dignitaries by TEAM DTA Board



Durham Tamil Association's 2015 Pongal Display in Ajax Main Library to mark Tamil Heritage Month



Durham Tamil Association's 2015 Pongal Display in Whitby Main Library to mark Tamil Heritage Month



Durham Tamil Association's 2015 Pongal Display in Pickering Main Library to mark Tamil heritage Month



TAMIL CULTURAL & ACADEMIC SOCIETY OF DURHAM



Community Watch

HISTORY MAKING TIME.....

Tamil Heritage in Durham by Tamil Cultural and Academic Society of Durham



On January 18th, 2015, rich colours of clothing and distinct notes of classical instruments, representing Tamil culture, overflowed from the heart of Pickering Town Centre, mirroring the jaggery sweetened rice, which overflows from the clay pots in many Tamil household on Thai Pongal. Thai Pongal, in which Thai refers to tenth month of the Tamil calendar and Pongal means "to overflow", is also known as the Festival of Tamils and traditionally gives thanks for the bountiful harvest made

possible by the Sun. The event, organized by the Tamil Cultural and Academic Society of Durham (TCASD), acknowledged the declaration of January as Tamil Heritage Month across Durham as well as several other regions in Ontario, and honoured the auspicious festival of Thai Pongal. The event began with a captivating procession through the mall and included performances of the South Asian classical dance form, Bharatanatyam, in addition to poetic speeches and songs presented by the

youth. Political dignitaries from all levels of government attended the occasion and spoke about the contributions made by the Tamil community to Canada's own heritage while emphasizing the importance of sharing and embracing our nation's multicultural environment. Shoppers curiously stopped by the hub of the mall throughout the day to watch and listen to some of the intriguing performances. They seemingly enjoyed the exposure to culture and the opportunity to actively learn

about Tamil heritage. Several youth members of TCASD also received certificates of appreciation from MPP Tracy Mac Charles for their volunteer work in the communities of Durham region. TCASD hopes these youths will be inspired to continue presenting to their communities the beauty of Tamil culture, educating their peers about their heritage, and working towards developing and stewarding the very fabric of Canada's unique diversity, for generations to come.



by **Sarah Antony**
BHSc. Honours, McMaster University

Danusha Vinoraj received the Outstanding Community Volunteer Recognition Award Given by Tracey MacCharles MPP

The following youth received the Community Volunteer Awards by Tracey Mac Charles MPP

- Meena Shanmuganathan
- Cavina Vairamuthu
- Tobias Pushparajah
- Nilani Puvendran
- Laurina Mahendran
- Thanyaluxmi Sivasubramaniam
- Praveen Vijekumar
- Sarah Antony
- Jaison Sivananthan
- Krish Kirupananthan
- Angela Ananthacumaran
- Taneeka Thirukumar

தமிழ் கலாச்சார அறிவியல் சங்கம் நூம்
Tamil Cultural & Academic Society of Durham

Tamil Heritage Month Celebration 2015



“Thamil Heritage Schools of Waterloo Region and Guelph” celebrates “Thai Pongal”

“Thamil Heritage Schools of Waterloo Region and Guelph” celebrated “Thai Pongal” on Saturday January 24, 2015 in Waterloo as part of Province wide Thamil Heritage Month Celebrations.
 Honorable Stephen Woodworth, MP was a special guest and he was Gifted with the English Translated version of Classic Literature “THIRUKKURAL”.
 The highlight of the event was to enjoy Sweet Pongal on Banana Leaf which brought back the “back home” memories to all.
 Few photos were captured of the event can be seen here.





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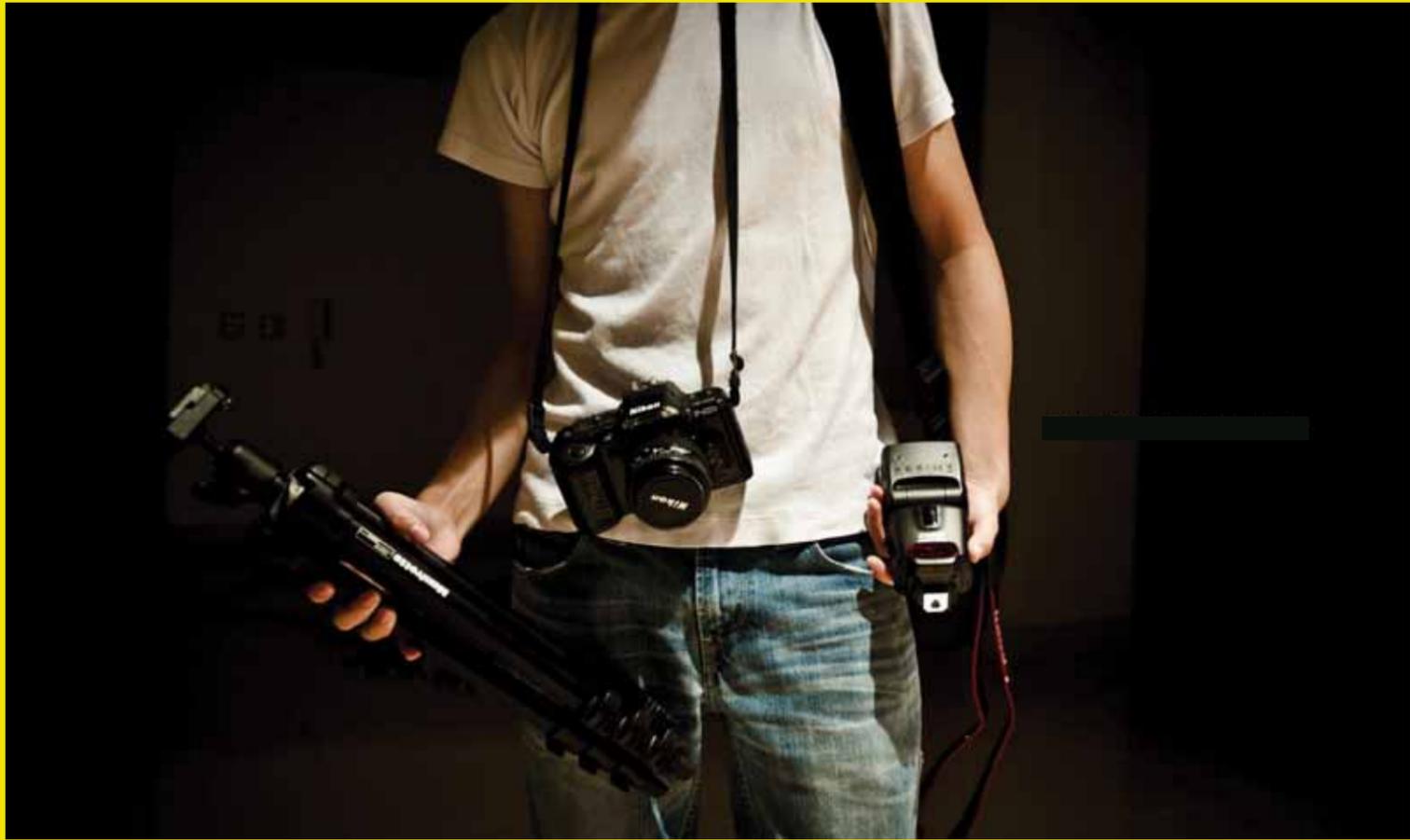
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Are you interested to meet people and cover cultural and social events.

The ideal candidate will gain experience working in a fast-paced newsroom, including internships.

Requirements include: the ability to meet deadlines; being adept at time management; well-versed in AP style for cutlines; proficient with DSLR camera and Photoshop; have a journalistic and creative eye; excellent people skills; know how to work in a team setting.

The photojournalist will produce and process images primarily for the editorial department, including its website and multimedia platforms, plus special sections and advertisements.

Assignments will include photos to accompany stories, wild art, and photo essays.

Monsoon Journal supplies one Canon camera body and one versatile lens. Mostly based in GTA and Schedule includes flexible hours including weekends. Must have a reliable vehicle.

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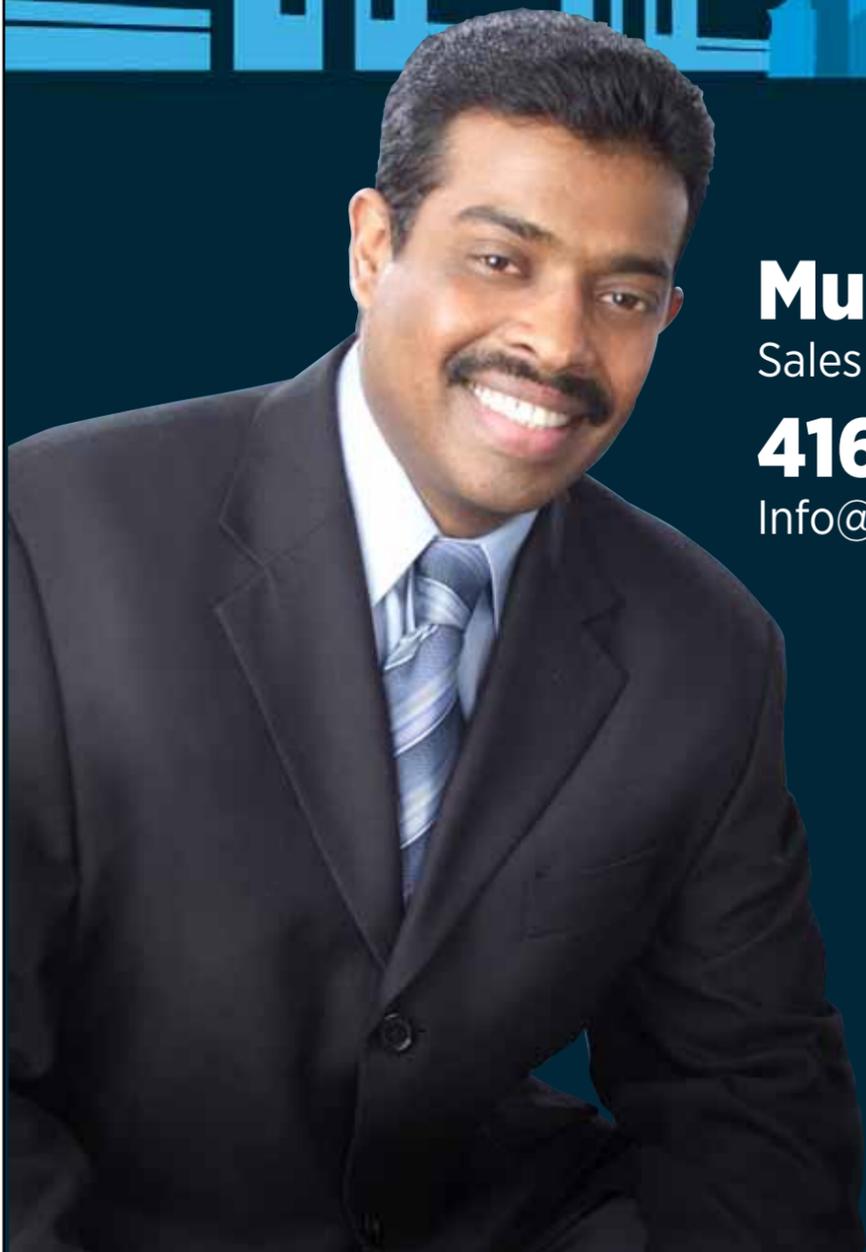
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Community Watch



Durham Tamil Association



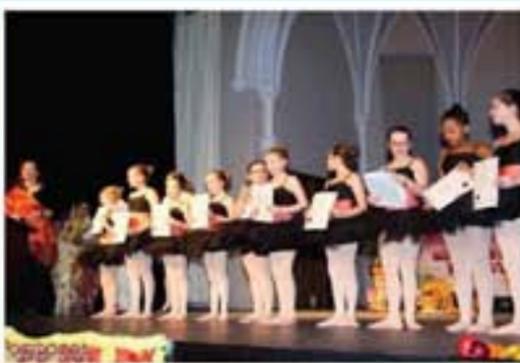
Durham Tamil Association raised \$2,420 & donated to Sivananda Thapovanam - Thirukadalar in Trincomalee, Sri Lanka



MPP Joe Dickson



MPP Tracy MacCharles



MPP Tracy MacCharles appreciating Ballet Dancers with Scrolls



Pushpanjali by Nigharika Senthil



Pushpanjali by Nigharika Senthil



Kalaimathy Vageesan's Classical Dancers



Young Classical Singers



Presockkante



Mayuran Thananjeyan



Kollywood Twisters



DTA's Young Singers



Guests during DTA's Thai Pongal



Krishan Thananjeyan



Fashion Show depicting various Folk Dances of Tamils



Iyer Dance



Teen Girls Dance



Kandaangi Selai Dance



Kuravan Kurathi Dance



Karagaattam



Kaavadi Dance



Therukkooththu



Thappaattam



Kolaattam



TEAM DTA Youth during Thai Pongal



Vote of Thanks by Secretary Mano Pancharatnam



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Ideal candidate will be - Passionate to cover events by Federal, Provincial, Municipal Govt, Healthcare Providers, Corporate, Private Companies, Leading Banks, Major events such as Pan Am, Caribana etc..

Interested to meet people and cover social events.

Motivated to gain professional experience by working in a fast-paced newsroom environment, including internships.

Requirements include: the ability to meet deadlines; communication skills; being adept at time management; proficient with DSLR camera and Photoshop; have a journalistic and creative eye; excellent people skills; know how to work in a team setting.

The photojournalist will produce and process images primarily for the editorial department, including its website and multimedia platforms, plus special sections and advertisements.

Assignments will include photos to accompany stories, wild art, and photo essays.

Schedule includes weekends. Must have reliable vehicle, to travel and attend events at various locations.

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NOTICE OF ANNUAL GENERAL MEETING

The Board of the Canada Sri Lanka Association of Toronto (CSLA) invites all trustees, the membership, sponsors & donors to the Annual General Meeting of the

Canada Sri Lanka Association of Toronto.

Inviting everyone who wants to:
Foster unity & harmony among all Canadian-Sri Lankans through sporting, cultural & social activities.

Date: Sunday March 1, 2015
Time: 4.00 p.m.

Venue: 11753, Sheppard Ave East, Scarborough, ON.
Port Union & 401
(Party Room on the Ground Floor)

Please contact the following and confirm your attendance:

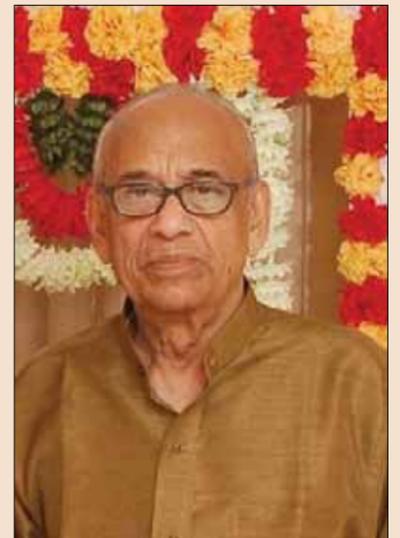
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Chief Justice K. Sripavan By Siva Sivapragasam Justice Sripavan, the senior most Supreme Court Judge, has been appointed as the Chief...

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Canada will continue to encourage progress in devolution of power, accountability and reconciliation in Sri Lanka



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Monsoon Journal wish to announce the release of Feb 2015 edition-Web&Print available from today #toronto #lka pic.twitter.com/qj0EneckXS

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CANADA NEWS



Honourable Kathleen Wynne, Premier of Ontario hosts Reception in Celebration of Tamil Heritage Month and Thai Pongal

Ontario Premier Kathleen Wynne hosted a reception to Celebrate...



Canadian Political Leaders Confident on the Charm of Thai Pongal Ushering Positive Change in Sri Lanka

by Harish Thirukumaran On January 17, 2015, the Canadian Tamil Congress (CTC) held its 8th annual...



Thai Pongal & Tamil Heritage Month

Thai Pongal January 14, 2015 A PERSONAL MESSAGE FROM THE PREMIER On behalf of the Government...

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February is time for a Heart to Heart

Regional cardiac care program offers heart check-ups at community sites

The Central East Regional Cardiac Care Program for the Scarborough-Durham area is offering its annual Heart to Heart community cardiac clinics as part of Heart Month.

Now in its fourth year, the clinics will be held during February at community locations from Scarborough to Oshawa. Healthcare professionals from the regional cardiac care program — including cardiovascular rehabilitation exercise therapists and cardiac diagnostic technicians — will be on hand to perform blood pressure tests and provide brief consultations on heart disease risk factors. Staff will also be offering information on: what to do if you are having a cardiac emergency (start with calling 911); heart disease prevention; and how to become more heart healthy.

The regional cardiac program provides access to leading state-of-the-art facilities and equipment, and specialized cardiac services — all closer to home for patients in Scarborough and Durham. Regional services include: cardiac catheterization and intervention procedures (for unblocking blood vessels in the heart); arrhythmia (irregular heartbeat) studies, treatment and management; and cardiovascular rehabilitation and education. Rouge Valley Health System (RVHS) is the designated regional cardiac care centre, deliver-

ing care in partnership with The Scarborough Hospital, Lakeridge Health, and the Central East Local Health Integration Network.

“Our regional cardiac care program is here for you at all stages of your heart health journey,” says Dr. Joe Ricci, program chief of cardiology at RVHS. “Heart Month is a perfect opportunity to learn about the services available in Scarborough and Durham, from life-saving emergency cardiac procedures, to life-changing cardiovascular rehabilitation. If you want to improve the quality of your heart health, our cardiac care team is here to help. This February, you can meet with us just by heading to your local mall or community centre.”

When and where

The community is invited to the Heart to Heart clinics at the following locations:

Malvern Town Centre, 31 Tapscott Road, Scarborough

Saturday, Feb. 7, 10 a.m. to 6 p.m.

Scarborough Town Centre, 300 Borough Drive, Scarborough

Saturday, Feb. 14, 10 a.m. to 6 p.m.

Pickering Town Centre, 1355 Kingston Road, Pickering

Saturday, Feb. 21, 10 a.m. to 6 p.m.

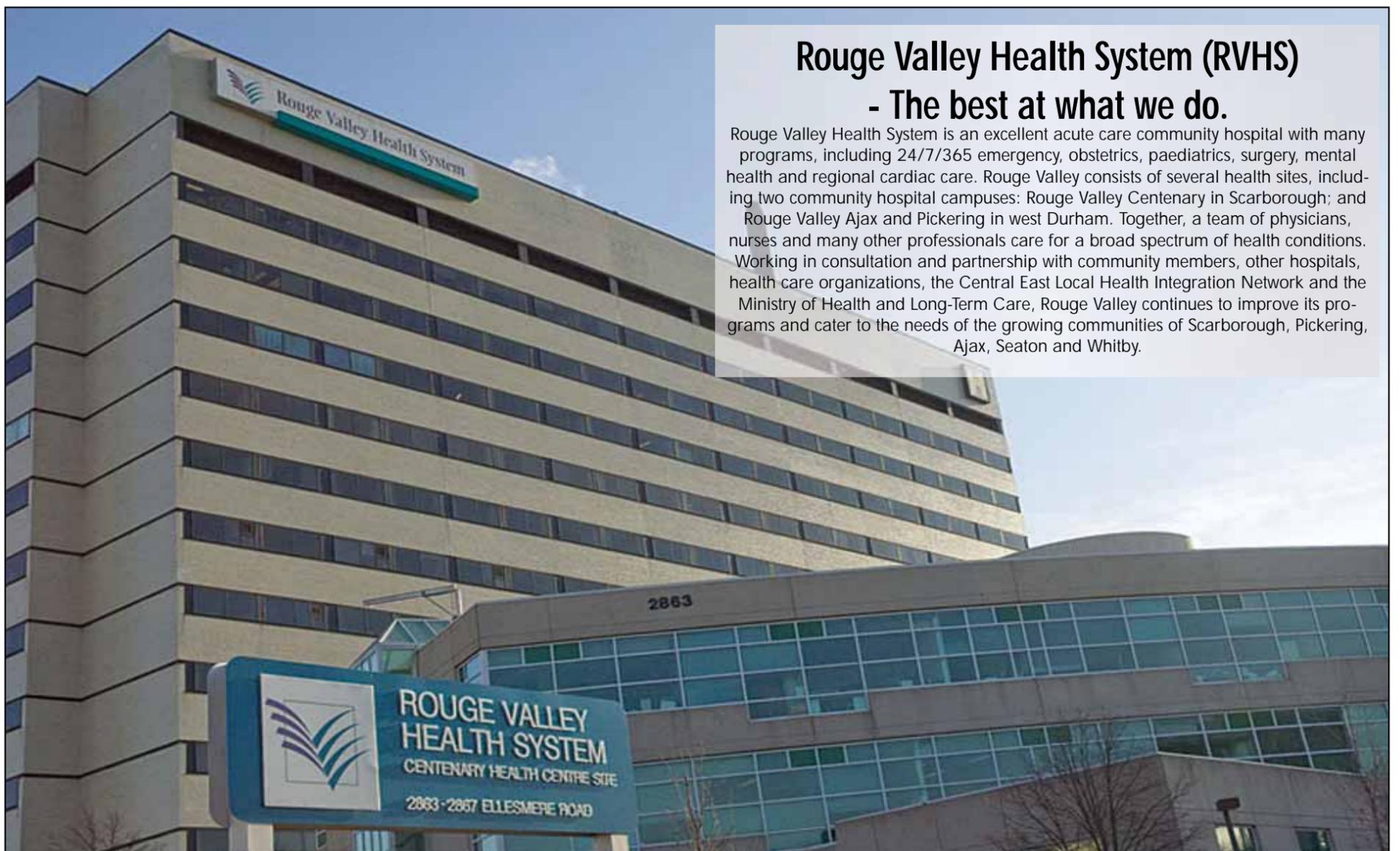
Oshawa Legends Centre, 1661 Harmony

Road North, Oshawa

Wednesday, Feb. 25, 11 a.m. to 2 p.m.

About the Central East Regional Cardiac Care Program

Rouge Valley Health System is home to the Central East Regional Cardiac Care Program - Scarborough-Durham. With a highly qualified and experienced team of more than 20 cardiologists and over 100 health care professionals, the regional program is integrated with the community to ensure excellent, timely care. Each year, more than 6,000 patients are seen by the program for a wide range of cardiac care services, including life-saving emergency and elective interventions to unblock blood vessels in the heart; advanced cardiac imaging to get a better view of what's happening with a patient's heart; pacemaker and ICD implants and electrophysiology procedures to manage and treat arrhythmias (irregular heartbeats); and cardiovascular rehabilitation and education to help patients achieve an optimal heart healthy lifestyle. As the designated cardiac care centre for the regional program, Rouge Valley delivers care in partnership with The Scarborough Hospital, Lakeridge Health, and the Central East Local Health Integration Network.



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

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



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