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Indian Prime Minister Narendra Modi visiting Canada during Three Nation Tour

"My France, Germany & Canada visit is centred around supporting India's economic agenda & creating jobs for our youth" tweets Modi



By Siva Sivapragasam

India's dynamic Prime Minister Narendra Modi will be visiting Canada during April 2015 as a part of his European tour to France and Germany.

"My France, Germany & Canada visit is centred around supporting India's economic agenda & creating jobs for our youth," he tweeted ahead of his three-nation tour from April 9 to 16.

He will be visiting Canada in the third and last leg of an eight-day tour. Prime Minister Stephen Harper an-

nounced that Modi will visit Canada from April 14 to 16, 2015, making stops in Toronto, Ottawa and Vancouver.

Prime Minister Modi's bilateral visit to Canada – his first since taking office – will provide an opportunity for the leaders to reaffirm the close relationship between Canada and India and to discuss ways to further broaden its scope. Increased cooperation in the fields of science and technology, innovation, education, security, counter-terrorism and energy are expected to

feature prominently in discussions.

He will be visiting Canada in the third and last leg of the eight-day tour.

"Looking forward to enhancing ties with Canada & interacting with leaders, captains of industry & diaspora in Canada," Modi tweeted.

Modi also re-tweeted a tweet of Canadian Prime Minister Stephen Harper which said, "Happy to announce Prime Minister of India, @NarendraModi will be visiting Canada this spring."

Contd. on page 5...

SRI LANKA

"Every Sri Lankan must support national unity," says Prime Minister Ranil Wickremesinghe



"If we can get together as a nation for cricket, then why not for national unity?" Prime Minister asks

By Siva Sivapragasam

In a frank and forthright discussion with Media representatives, Sri Lankan Prime Minister Ranil Wickremesinghe called upon every Sri Lankan to support national unity.

"The dialogue among political parties is not sufficient. Genuine reconciliation needs to engage people. The best safeguard against a return of terror is

political reconciliation supported by all people", he remarked in his discussion with newspaper editors and owners. He stressed the importance and the role the Media has to play in this regard.

The Prime Minister listed the following as immediate priorities in the interest of the country's future.

• Genuine reconciliation and re-

building along with greater national unity

• Proper legal action against widespread corruption

• Urgent constitutional and electoral reforms

The Prime Minister noted that the interim Government had delivered some results whilst some would take more time.

Contd. on page 7...

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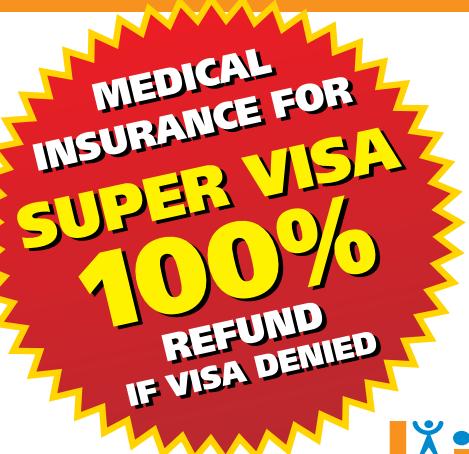
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PM Harper congratulates Honda's decision to build its new CR-V model for the EU market in Canada

Prime Minister Stephen Harper on March 30th welcomed the announcement made by Honda Canada Inc.'s President and Chief Executive Officer Jerry Chenkin that its manufacturing facility in Alliston, Ontario, will produce the next-generation CR-V model destined for the European Union (EU) market. The Prime Minister was joined by Ed Fast, Minister of International Trade, and Dr. K. Kellie Leitch, Minister of Labour and Minister of Status of Women.

Thanks in part to the Canada-EU Trade Agreement, Honda Canada is upgrading its Alliston facility to produce the next-generation CR-V. This project, along with Honda's current operations, will continue to protect high-quality and well-paying jobs.

This will be the first time that Honda Canada will export vehicles to Europe. Honda Canada's decision was made possible by the historic market access provided by the Canada-EU Trade Agreement, which is paving the way for increased Canadian exports to the world's largest integrated market of more than 500 million consumers.

Our Government is helping the advanced manufacturing sector expand and succeed around the world by keeping taxes low, reducing red tape and opening new markets for Canadian



Prime Minister Stephen Harper welcomes Honda Canada's announcement that its manufacturing facility in Alliston will produce the next-generation CR-V model destined for the European Union (EU) market, thanks in part to the Canada-EU Trade Agreement.

businesses to boost exports. Our efforts are creating and protecting jobs, as well as promoting growth and long-term prosperity for Canadians in every region of the country.

- Under the Canada-EU Trade Agreement, Canadian auto manufacturers will have the ability to export vehicles annually to the EU on a preferential basis under a flexible rule of origin.

- Under the Canada-EU Trade Agreement, the EU will eliminate the 10 per cent tariff on passenger vehicles

providing Canada's auto makers with a competitive advantage in the EU market. The EU will also eliminate, immediately upon entry into force of the Agreement, its tariffs on auto parts, which run as high as four and a half per cent.

- Based on production volumes, Honda Canada was the fourth-largest automaker in Canada in 2014, with 393,007 vehicles manufactured.

- Since 1986, Honda Canada has invested more than \$3.9 billion in Canada, and each year it sources nearly \$2.1

billion in goods and services from Canadian suppliers.

- Honda Canada directly and indirectly employs more than 19,000 Canadians, including more than 4,000 in Alliston.

- The Canadian auto industry is highly export-oriented, with approximately 90 per cent of auto production exported every year.

- Canada's world-class automotive industry is a key driver of the economy, contributing 10 per cent of the country's manufacturing gross domestic product and 13 per cent of total merchandise exports. The industry employs approximately 117,000 Canadians directly and another 377,000 through its large supply chain of more than 730 companies, including many small and medium-sized enterprises across the country.

- pm.gc.ca



pic: facebook.com/hondacrvt

Statement by Liberal Party of Canada Leader Justin Trudeau on Passover

OTTAWA – The Liberal Party of Canada Leader, Justin Trudeau, on April 2nd issued the following statement on the occasion of Passover:

"On Passover, families across Canada and around the world gather around the seder table to recount the story of the Exodus, and celebrate the strength and perseverance of the Jewish people.

"Their extraordinary journey from bondage and oppression to peace and freedom serves as a reminder to all Canadians of the importance of working together to overcome hardship in the pursuit of liberty and acceptance.

"On behalf of the Liberal Party of

Canada and our Parliamentary Caucus, Sophie and I extend our warmest wishes to all those observing Passover.

"Chag Pesach Sameach!"



NDP statement on the occasion of Easter

Official Opposition leader Tom Mulcair released the following statement on the occasion of Easter, April 5th:

"My wife Catherine and I would like to offer our warmest wishes to all Canadians celebrating Easter this week-end."

This holiest of Christian holidays, which commemorates the death and resurrection of Jesus Christ is a special time for many and represents our hope for new beginnings and brighter days ahead.

We hope that all Canadians, no matter their faith will find this a time of optimism and renewal, of community and warmth.

On behalf of Canada's New Democrats I wish you and yours a blessed and Happy Easter.

Message from the Governor General of Canada on the Occasion of the International Day for the Elimination of Racial Discrimination

OTTAWA—March 21: This year, the theme for the International Day for the Elimination of Racial Discrimination is "Learning from historical tragedies to combat racial discrimination today."

I believe that education is one of the most effective tools against the prejudices that thrive on ignorance and hate, because none of us would want to see the horrors of the past repeated. History provides us with the valuable information we need to make informed choices as individuals and as a society. The successes and struggles of our parents and ancestors form the very basis of Canada's continuing evolution.

We have learned so much over time, and Canada's position is clear: there will be no tolerance for any form of racial discrimination, xenophobia or rejection of others. We must therefore take a stand, on a daily basis, against the modern forms of slavery, oppression and discrimination to which so many individuals and populations are

subjected.

On this vitally important day, I invite all Canadians to be inspired by the courageous men and women who, in spite of the adversity and dangers they face, help to ensure dignity for all, freedom and peace in the world.



**Honourable David Johnston,
Governor General of Canada**

from the publisher's desk

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April 23 - English Language Day: *Breaking Barriers and Strengthening Cultural Diversity*

When comprehending the influence of the English language, citizens throughout the globe have progressively come to accept it as an ideal lingua franca. Indeed, considering the vast amount of diverse languages out there, English has been integral in deconstructing barriers between cultures blocked by differences in languages spoken. It has fostered solid oral and written communication among people of various ethnicities, ranging from friendly conversations to actual trade and commerce amongst countries. As a result, English has become universalized through its profound contribution to social cohesion among global citizens.

With this and other linguistic achievements, the English language has earned significant celebratory recognition as one of the language days of observance

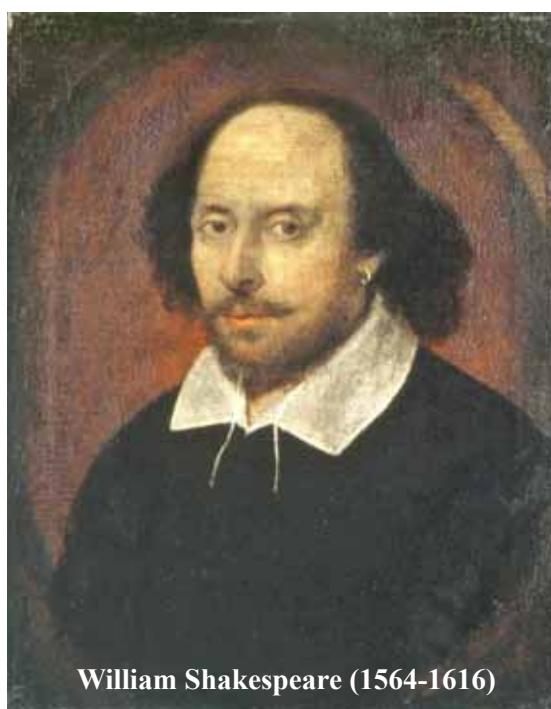
having their own insightful celebration as well. Accordingly, English Language Day first gained its status from a decision of the UN Department of Public Information to entrench it as a commemorative day, as with its five other languages. Although there are hundreds of more languages in our society, one of the symbolic purposes of English language day is to celebrate the phenomenon of multilingualism. Furthermore, it seeks to uphold the cultural diversity that is inherently represented when speaking in English or other languages.

This day is also seen as a key tool in promoting consistent usage of the English language with the five other official UN languages in its various international activities. English language day intends to inform communities around the globe on the overall history, culture, and accomplishments of this language in order to increase awareness. Moreover, it is used as way to encourage individuals to take up opportunities to learn the language itself, given that it can visibly transcend cultural boundaries. On that note, English has had this type of impact on countries like India for example.

India is one of the foremost multilingual countries in the world, with over 20 different languages. An Indian language, such as Hindi, Tamil, Punjabi, and so forth, is a factor that heavily defines an Indian's own ethnic identity and a state in the diverse nation. Arguably, however, it has at times disrupted meaningful lines of communication among different people across India. It is much more complex for individuals born into family of two or multiple languages as well. Yet with the eventual adoption of English, India has been able to break these linguistic obstacles to a reasonable extent.

Optimistically, it is often said that this has allowed India to stay together and live in harmony, despite these apparent differences. The lingua franca trait that English embodies has been positively workable for India, and that can be considered a real achievement of English. This upcoming English Language Day should be a time to further advance English as a secondary language fostering peaceful relations, while emphasizing multilingualism as a component of cultural diversity.

Contributed by: Harrish Thirukumaran



William Shakespeare (1564-1616)

facilitated by the United Nations. The occasion is annually upheld on April 23, a day that is also celebrated as William Shakespeare's birthday at the bard's birthplace town of Stratford, England. Shakespeare himself was a renowned English writer, responsible for numerous classical works including Romeo and Juliet and Hamlet. In the organizational context of the UN, English is currently utilized alongside French as one of the two core languages in the work conduct of its Secretariat, the bureaucratic arm of the organization. In addition, because of its particular presence, the language is designated as one of six official and working languages of the UN in its entirety.

The five other languages recognized are French, Spanish, Arabic, Russian, and Chinese, with each



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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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President Obama Honors Sri Lankan Science Mentor

Sri Lankan-American Professor Tilak Ratnanather has been named by President Obama as a winner of the Presidential Award for Excellence in Science, Mathematics, and Engineering Mentoring (PAESMEM). Prof. Ratnanather works at The Johns Hopkins University and created a system to support teaching STEM subjects to deaf and hard-of-hearing individuals. In addition to being honored at the White House later this year, Prof. Ratnanather will receive an award of \$10,000 from the National Science Foundation.

The White House released the following press release in March 27th regarding the Presidential Award for outstanding Science, Mathematics, and Engineering Mentors:

WASHINGTON, DC - President Obama today named fourteen individuals and one organization as the newest recipients of the Presidential Award for Excellence in Science, Mathematics, and Engineering Mentoring (PAESMEM). These mentors will receive their awards at a White House ceremony later this year.

The Presidential Award for Excellence in Science, Mathematics, and En-



gineering Mentoring is awarded by the White House to individuals and organizations to recognize the crucial role that mentoring plays in the academic and personal development of students studying science and engineering—particularly those who belong to groups that are underrepresented in these fields. By offering their expertise and encouragement, mentors help prepare the next generation of scientists and engineers while ensuring that tomorrow's innovators represent a diverse pool of science, technology, engineering, and mathematics talent throughout the United States.

Candidates for the award are nominated by colleagues, administrators, and students in their home institutions or through professional affiliations. Candidates may also self-nominate. Their mentoring can involve students at any grade level from elementary through graduate school and professional development mentoring of early career scientists. In addition to being honored at the White House, recipients receive awards of \$10,000 from the National Science Foundation. The mentors and organizations announced today represent the winners for 2012 and 2013.

"These educators are helping to cultivate America's future scientists, engineers and mathematicians," President Obama said. "They open new worlds to their students, and give them the encouragement they need to learn, discover and innovate. That's transforming those students' futures, and our nation's future, too."

The latest set of individuals and organizations receiving the Presidential Award for Excellence in Science, Mathematics, and Engineering Mentoring are:

- Sheila M. Humphreys, University

of California, Berkeley

- Raymond L. Johnson, University of Maryland, College Park
- Murty S. Kambhampati, Southern University at New Orleans
- Gary S. May, Dean, Georgia Institute of Technology
- Elizabeth A. Parry, North Carolina State University
- Tilak Ratnanather, The Johns Hopkins University
- John Brooks Slaughter, University of Southern California
- GeoFORCE Texas, Jackson School of Geosciences, University of Texas at Austin
- Luis Colón, State University of New York at Buffalo
- Anne E. Donnelly, University of Florida
- Lorraine Fleming, Howard University
- John Matsui, University of California, Berkeley
- Beth Olivares, University of Rochester
- Sandra Petersen, University of Massachusetts, Amherst
- Julio Soto, San Jose State University

Sri Lankan President Maithripala Sirisena, Prime Minister Ranil Wickremesinghe and former President Chandrika Bandaranaike Kumaratunga on a symbolic visit to Jaffna



Sri Lankan President Maithripala Sirisena, Prime Minister Ranil Wickremesinghe, former President Chandrika Bandaranaike Kumaratunga & D.M. Swaminathan, Rehabilitation, Resettlement and Hindu Religious Affairs Minister

By Siva Sivapragasam

Sri Lankan President Maithripala Sirisena, Prime Minister Ranil Wickremesinghe and former President Chandrika Bandaranaike Kumaratunga flew to Jaffna at the end of March 2015 on an important symbolic visit to distribute title deeds of lands in the former High Security Zones being returned to families displaced by the war.

Mr.D.M. Swaminathan who is the Rehabilitation, Resettlement and Hindu Religious Affairs Minister also accompanied the national leaders on their visit to Jaffna. The ceremonial

distribution of the title deeds is part of the expedited program of post-war reconciliation. Land title deeds to all other displaced families were presented before the end of March, Minister Swaminthan told the Sunday Observer newspaper.

The problem of property demarcation and basic utilities faced by the families who already visited their lands in Vasavilan East, Valigamam North and Palaly South was brought to the notice of President Maithripala Sirisena and the other leaders accompanying him during the visit.

Releasing High Security Zone lands in Valigamam North back to the own-

Indian Prime Minister Narendra Modi visits Canada...

Contd. from page 1

Thanking Harper for this, Modi wrote, "Will be wonderful to meet you in Canada."

Modi's visit to Canada during an election year becomes all the more important considering the fact that Harper's Conservative Party MPs had openly supported him during the campaign leading up to the 2014 general elections in India. Canada's federal elections are tentatively scheduled for this October.

Canada has a sizeable population of people of Indian origin across British Columbia, Alberta, Ontario, Quebec and Saskatchewan. During his trips to the US and Australia, Modi had received a rock star's welcome from the ethnic community. He is expected to get a similar reception on

this tour as well.

During this visit, Modi is also expected to conclude the Comprehensive Economic Partnership Agreement, or CEPA, and Bilateral Investment Treaties, or BITs.

"Canada is keenly looking forward to PM Modi's visit in April. This will rewrite another chapter in the bilateral relationship between the two countries," says Canadian MP Patrick Brown.

Mr.Brown also heads the Canada-India Parliamentary Friendship Group. He was one of the very few foreign dignitaries invited for Modi's swearing-in ceremony. In the past decade, Brown had travelled to India 15 times and, on nine occasions, he had visited Gujarat.

ers is one of the pledges of the new Government's 100-day program. It was decided at the last District Committee meeting in Jaffna to release 1,000 acres to their rightful owners.

There had been a continuous demand for the release of army occupied land in the Northern peninsula from the time of the previous government

and was vociferously espoused by the TNA and the Chief Minister C.V. Wigneswaran. The previous regime had maintained that the land in the high security zone was needed by the army for its use and for security reasons. The new regime however decided to return such lands to the rightful, legal owners.



On World Meteorological Day, UN chief stresses need to mitigate climate change patterns



Bangladeshis have become experts in adapting to life surrounded by water. Heavy rains in 2014 led to flooding in Bangladesh, Pakistan and India in August and September and in

Sri Lanka in December. UNDP Bangladesh/GMB Akash

With extreme weather and changing climatic patterns taking a heavier toll on the planet, mitigating and adapting to them remains "among the great tests of our time," Secretary-General Ban Ki-moon said on March 23, as he stressed the need for timely, reliable information to further strengthen resilience.

"Climate change is increasing the intensity and frequency of these extremes and threatening water and food security in many parts of the world," Mr. Ban said in his message for World Meteorological Day.

"In the last three decades, floods, storm surges, droughts and wildfires have taken a huge toll in lives and caused massive economic losses. The devastation caused by Cyclone Pam in Vanuatu and other parts of Oceania is just the latest example of how catastrophic weather extremes can be," he added.

World Meteorological Day commemorates the coming into force on 23 March 1950 of the convention establishing the UN World Meteorological Organization (WMO). This year's theme for the Day, 'Climate Knowledge for Climate Action,' highlights both recent advances in climate science and the need for decisive measures to limit climate change.

Mr. Ban noted that over the last 12 months, thousands of lives have been saved around the world by improved weather forecasting, early warning systems and disaster readiness. The economic benefits of climate services such as seasonal outlooks have been worth hundreds of millions of dollars.

Timely, reliable and accessible information for further decision-making and action remains critical and is the aim of the Global Framework for Climate Services, initiated by WMO to facilitate the use of climate information to reduce disaster risk, promote food and water security, and safeguard public health.

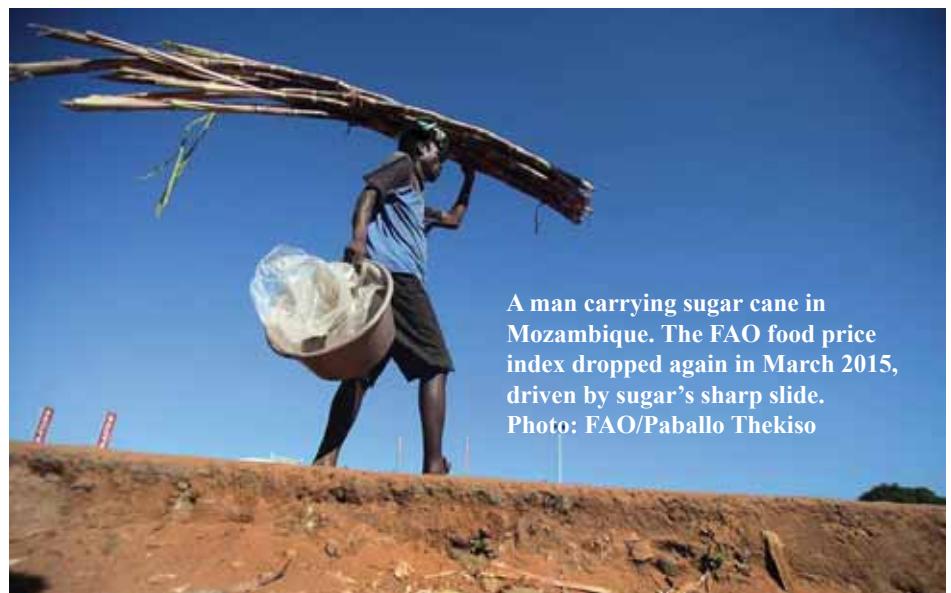
In conjunction with the Day, WMO released its report on the Status of the Climate in 2014, which provides details of weather extremes last year and the impacts of climate change. WMO has already said that 2014 was the hottest year on record, but only by a very small margin.

"The climate knowledge that has been built in the last decades is an invaluable resource and a prerequisite for decision-making and for climate action," said WMO Secretary-General Michel Jarraud.

"Multiple lines of evidence – from mounting temperatures to shrinking glaciers, from sea-level rise to weather extremes – give us high confidence that the climate is changing and that this is largely due to human activities, in particular the emissions of greenhouse gases that every year reach record high levels," he added, warning that the "cost of inaction is high and will become even higher if we do not act immediately and resolutely."

The Day is being marked with ceremonies and events, including at WMO headquarters in Geneva, Argentina and France, to showcase the contribution of National Meteorological Services to safety, well-being and sustainable development. – **UN.org**

Sharp fall in sugar drives downward trend in food prices – UN



A man carrying sugar cane in Mozambique. The FAO food price index dropped again in March 2015, driven by sugar's sharp slide.

Photo: FAO/Paballo Thekiso

According to the United Nations Food and Agricultural Organization (FAO), the global food prices continued to decline in March 2015 – dropping some 40 points below last year's level – with sugar prices sliding to their lowest level since February 2009.

Noting a 1.5 per cent drop since February and 18.7 per cent overall descent from a year ago, FAO concluded that the dipping prices for vegetable oils, cereals and meat more than offset a rise in dairy prices – contributing to the lower index, which in March averaged 173.8 points.

The FAO Food Price Index is a trade-weighted guide that aggregates price sub-indices of cereals, meat, dairy products, vegetable oils and sugar prices on international markets. On a downward path since April 2014, abundant supplies and the rising US dollar have pushed down international prices of most food commodities.

Mainly due to improved crop prospects, sugar dropped a sharp 9.2 per cent since February to 187.9 points in March. The continued weakening of the Brazilian currency against the US dollar also contributed to the change.

A 2015 downward trend in cereal prices, which averaged 169.8 points in March – down 1.1 per cent from February and some 18.7 percent below its level a year earlier – is attributable to large export supplies and mounting inventories, in particular for wheat and maize.

Witnessing nearly a 3.1 per cent drop since February, the vegetable oil averaged 151.7 points in March – its lowest value since September 2009.

Also, meat averaged 177 points, down 1 per cent from its revised February value, while dairy rose for the second consecutive month to average 184.9 points, a 1.7 per cent increase from February.

Meanwhile, according to FAO's latest Cereal Supply and Demand Brief, due to a larger than anticipated maize

harvest in the European Union (EU), the 2014 cereal output estimate was raised to 2,544 million tons, which, if confirmed, would outstrip the 2013 record by 1 per cent.

Looking ahead to 2015, reduced plantings in the EU global wheat production are expected to lead to a 1 per cent drop in the current 2014 estimate – yielding 722 million tons this year. While China, India and Pakistan are all expected to harvest close to 2014's record levels, production is predicted to decline in the Russian Federation and Ukraine.

As for coarse grains, preparations are only now under way for plantings in the northern hemisphere. However, in the southern hemisphere where crops are more advanced, early indications point to a decline in 2015 production from last year's high levels. In particular, following severe precipitation shortfalls earlier this year, South Africa's maize production is expected to decline by a sharp 33 per cent.

Rice production prospects for 2015 are generally positive in the southern hemisphere, with sizeable increases forecasted in Indonesia, Sri Lanka, Colombia and Paraguay. By contrast, Australian output is officially anticipated to fall by 18 per cent, reflecting lingering shortages of irrigation water.

At the same time, FAO projected close to a 17 million tons increase in 2014-2015 world cereal utilization – to 2,493 million tons – largely mirroring historical revisions in China and India.

By the end of the 2015 crop season, the world cereal stocks forecast stands at 645 million tons – a sharp upward change since last month's report – which mainly reflects ascending revisions to wheat and maize stocks in China. Based on the current forecasts for cereal stocks and utilization, the cereal stocks-to-use ratio is expected to reach 25.9 per cent in 2014-2015, its highest value since 2001-2002.

– **UN.org**



"Every Sri Lankan must support national unity," says Prime Minister Ranil Wickremesinghe

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In his first formal interaction with the media since assuming duties as Prime Minister, Wickremesinghe indicated that ensuring genuine and effective reconciliation and rebuilding of conflict-affected areas as well as the nation embracing national unity were immediate priorities.

"The dialogue among political parties is not sufficient. Genuine reconciliation Wickremesinghe, adding that the media too had an important role to play.

He said that the new Government successfully met the looming challenge of the UN Human Rights Commission taking up report on Sri Lanka at its March sessions in Geneva and a possible avoidance of economic sanctions. However, this was possible due to the commitment shown and early measures taken to ensure a more credible reconciliation process.

"If we were in power, we would have done it differently. However, since early January we have taken several measures as we are committed to restoring human rights, accountability and welfare of people affected by the conflict," Wickremesinghe said.

He referred to the setting up of an Office for National Unity headed by

former President Chandrika Kumaratunga as well as retention of four international experts who were originally appointed to advise the Maxwell Paranagama-led Commission of Inquiry.

Rule of Law

Focusing on corruption, the Prime Minister said there had been widespread corruption, with some charges leveled by the UNP as well as others. "However, more time is needed to take proper action. We are committed to ensure rule of law rather than rushing to lock up people," Wickremesinghe added.

"I am asking the country and people to give us time," Wickremesinghe stated.

He also referred to a colossal sum of unpaid bills by the previous regime. "Some have undertaken projects without signing contracts. We are prioritizing payment on a specified basis. I believe the total unpaid bills could be as high as Rs. 1 trillion," the Prime Minister disclosed.

Political Reforms

Focusing on political reforms, he said that tabling of the 19th Amendment in Parliament was a major breakthrough and the Government would await further deliberations as well as the Supreme Court ruling on some of

the amendments to determine whether a referendum is required or not.

Referring to the 19th Amendment he stated "People wanted a change and I am confident we will get the necessary support to see the 19th Amendment through," the Prime Minister added.

He said that discussions were on with political parties on the appointment of suitable persons for independent commissions.

He said that the Government's 100-day program had progressed well, with a host of measures to bring relief to the people via the Budget and other measures,

Wickremesinghe was also of the view that the term of the Interim Government would end in 100 days and dissolution of Parliament will be decided on thereafter. He emphasized that the country would have to consider a new Constitution after the general election to consolidate the ongoing reforms and good governance measures.

Prime Minister's new Office in Kilinochchi

Meanwhile, a new Prime Minister's office is to be opened in Kilinochchi to specifically handle matters of the North. It is learnt that a special official will also be appointed to head the office.

Former President Chandrika Kumaratunga to head Office of National Unity



Former President Chandrika Kumaratunga will head the proposed Office of National Unity to champion the cause and efforts for harmony as well as post-conflict reconciliation.

Prime Minister Ranil Wickremesinghe stated that the scope and activities of the Office will be finalized shortly.

The Prime Minister and Opposition Leader will serve in the Board along with few other representatives.

Initiatives such as the Official Language Commission will be brought under the proposed Office, which is also expected to follow up on the recommendations of the Lessons Learnt and Reconciliation Commission (LLRC).

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Op-Ed

INVASION OF OIL INTO THE GROUND WATER THREATENING THE LIVELIHOOD AND HEALTH OF PEOPLE IN JAFFNA PENINSULA

By Siva Ganeshalingam

The failure of parliamentary politics and the entrenchment of ethnic politics led to many years of civil war in Sri Lanka. The devastating war had a toll on the psyche and sanity of Tamils living in the war torn area. When the war ended in 2009, people expected to see the light at the end of the long, dark and arduous tunnel they travelled for so long. But the darkness still seems to prevail, saddling the people with a different kind of problem with life threatening implications.

While Mullivaikal massacre of innocent civilians towards the end of the war is still fresh in our minds and when people are getting used to a semblance of somewhat normal life, another calamity is taking shape, prolonging the suffering, with the potential to affect our people for generations. The quick death of thousands of our people, caused by the war, is going to be replaced by the impending slow death due to oil pollution of the ground water in the Valikamam sector of the Jaffna peninsula. Currently, pollution affected only a small area of about 10 miles radius. Considering the rate at which the oil plume is moving in the underground aquifer, the local experts believe (according to a recent article published in one of the local newspaper by Dr. Kannathasan, medical faculty lecturer, University of Jaffna) that it will eventually migrate to pollute the ground water in substantial part of the peninsula.

Water is an essential component of life. Our survival depends on it. It is a well-known fact that you could live without food for a month but you would be dead after a week without water. United Nations resolution 64/292 clearly stipulates that it is the duty of every country to give its citizens access to safe and affordable drinking water. It is an inalienable right of every human being.

In certain areas of the Jaffna peninsula, closer to the coast, sea water already intruded into the ground water supply. Salt water mixing with ground water is understandable. But oil mixing with ground water is unacceptable. As engineers, we were taught how to extract oil from the soil but not to transfer oil back to the soil.

The current oil pollution detected in the Valikamam area is believed to have been originated from Chunnakam power station. The reason for the quick spread of pollution affecting the towns and villages is not yet clear. We are still waiting for a consistent and convincing explanation from the authorities. Government, as usual is very economical with the truth as to how all the waste oil accumulated over many years in ponds, in the vicinity of the power station, suddenly ended up in the largest aquifer in the Jaffna peninsula. Community leaders and local politicians (except a few) don't seem to understand the seriousness of the problem that is bound to affect our community for generations. Their response to the queries of people, concerned about the pollution, appeared to be more reticent than receptive.

Northern Power, a Malaysian based company who operated the power station under contract with the Ceylon Electricity Board (CEB) had been identified as the main culprit. It is during their watch, oil started spreading to a larger area through the underground aquifer. Our people in the affected area are exasperated by the paralytic incompetence and questionable work ethics of Northern Power. Unprecedented abdication of responsibility by the CEB authorities,

supposed to have supervised the contractor, and by extension, the central government, is not a scenario expected in any decent democratic system. As it is now, it is no more a cause for concern. It is a cause for alarm. Immeasurable and probably irredeemable harm is already being done – a man-made catastrophe which is going to be pretty difficult to rectify.

I am at a loss as to why this matter, which is bound to cause seismic changes to the fabric of our society in Jaffna, is not reported in most of the vast array of Tamil newspapers published in Toronto. I don't think, Tamils in Canada are aware of the seriousness of the problem and how it is going to lead to an ecological disaster, drastically affecting the daily lives of people in that area. It is the sacred duty of our Tamil media to bring this to the open for the



A family near a new Tube well

Canadian Tamils, comfortably settled in this peaceful country, to understand and assimilate what out kith and kin are going through in Jaffna.

As a Chemical Engineer by profession, I have a pretty good idea about the eventual ecological disaster this is going to cause to the prime farm lands in that area as well as the detrimental health problems that are going to affect, not only the people living there now, but also the future generation not yet born. Birth defects caused by the use of oil contaminated water are a serious health concern.

Let me share my thoughts with the local Tamil community for us to collectively make an attempt to bend the history's arc in the direction of justice to Tamil people. We in the diaspora have a moral obligation, not only to extend empathy for our people there, but also to contribute with adequate energy and emphasis, doing everything possible, to stimulate remedial actions to alleviate this unfortunate problem.

Let me break the analysis of this pollution problem into 4 different

1. Sources
2. Causes of the mess
3. Medical and ecological concerns
4. What we can do

Sources

Unfortunately, we are not blessed with any major rivers or water supply schemes in the Jaffna peninsula. (Before the introduction of the water pumps, it used to be a herculean task to do farming in Jaffna. That is why our people went for education and made generations of Sinhalese politicians jealous of our society's achievement in the educational field.) We depend on the ground water for drinking, agriculture and other uses. We have a short rainy season and rain is our only source to recharge the limestone aquifer. Jaffna peninsula has 4 main aquifer systems. They are

(a) Valikamam (Chunnakam)

(b) Vadamaradchi

(c) Thenmaradchi

(d) Kayts

The Chunnakam aquifer had the highest capacity with a thick lens of fresh water floating over sea water. The manmade disaster of this rich water resource can spell the doom of this hospitable land that has supported life for centuries.

Causes and the timeline of the current mess

It is suspected that the waste lubrication oil used in the generators during the periods when the Jaffna peninsula did not receive power directly from the national grid (Laxapana), was disposed in the depressions in the surrounding land. It is possible that this disposal procedure may have been practiced from the late 1950s by the

CEB until 1973 when Jaffna started receiving electric supply from Laxapana, and then more recently during the war years when electric supply from the national grid was cut off.

Northern Power, under contract with CEB set up its electricity generating plant in Chunnakam in 2009. It was a 16 MW plant, later upgraded to 25MW. According to a recent article written by Prof Daya Somasundaram in Colombo Telegraph,

Northern Power disposed around 100,000 to 200,000 litres over six year period. During the war years, the power station area was a high security zone, tightly guarded by the military and the public did not know what was going on inside more than 20 acres of land. After over a decade without electricity, people were more than happy to have some irregular supply than asking questions. There were 3 dumping sites which the workers use to call oil kulams (ponds) 1, 2 and 3. The oil from these kulams slowly percolated into the immediate surrounding areas. Alarm was raised by the residents in 2010 about foul smell in their wells. The Chunnakam farmers association wrote a letter to the Jaffna Government Agent (GA), that they were using water polluted with oil. No action was taken. However, the water resource board stopped taking water from the Chunnakam intake site.

Water board authorities in Jaffna, did a thorough investigation including the analysis of wells samples and wrote a report to the government, warning them about the dire ecological consequences of the spreading oil pollution. Their report was ignored and later the manager off the water board was removed from the office. The people eventually decided to go to court to obtain a court order for the Northern Power to open the premises for the local scientists and the public to see what is happening inside. If they had left the oil still in the Kulams, the damage would have been minimal and the remediation process less expensive. But for reasons that cannot be explained, Northern Power, according to some reliable sources, drilled bore holes through those kulams, pushing the oil into the largest aquifer in Jaffna. Once it reached the lime stone aquifer it quickly mixed with the flowing water spreading the contamination to a very large area within a short time. As far as I know it has spread north up to Tellipalai, south up to Urumpirai, East up to Neerveli and west up to Chankanai. I am not sure whether it is a panicky measure with hubristic errors of judgement by the

northern Power or a deliberate action with diabolical intentions. Either way it is an unpardonable crime against humanity.

Medical and Ecological concerns

Long term exposure of the contamination is known to cause cancer, miscarriages and detriment to Early Childhood Development, babies born with birth defects, skin diseases, kidney problems and mental health. I heard some villagers in Jaffna are saying that they can pour out the oil layer which usually floats at the top and use the rest for drinking and cooking. Although hydrocarbons are generally not very soluble in water, there is always a certain amount dissolved in water, the quantity depend on the type of hydrocarbon. The solubility of polycyclic aromatic hydrocarbons such as phenanthrene, anthracene and pyrene is very low but they are carcinogenic even in very small amounts. The solubility of other lighter hydrocarbons is higher. You cannot remove all the oil by simple decantation or gravity settling process. What people have to understand is that drinking oil contaminated water is not going to kill a person immediately. The oil gets deposited in the fat cells of the body and may stay dormant for a long time. But when the person gets sick with some other ailments and cannot eat any food for a couple of days (or go through days of fasting as Hindus usually do),



A typical well in Jaffna

the body will be compelled to use its fat cells to produce energy. That is where the problem will start. A simple flu could eventually lead to serious ailments such as cancer. The detrimental effect of oil pollution in the body is cumulative and it takes time for the ugly tentacles of the disease to strangle the person.

Ecological problems and the effect of oil pollution on the livelihood of people in the villages are difficult to assess at this point. We can only keep our fingers crossed with the fervent hope that the whole affected area is not going to turn out to be a desert where nothing will grow.

What we can do

Remediation of contaminated groundwater involves lengthy and costly legal battle and it will take 5 to 10 years or more before the contaminant levels are reduced to portable quality. Pointing accusing fingers at the suspected perpetrators of this man-made disaster is not going to solve our problem. Our new government in Sri Lanka, whose treasury had been emptied by the previous regime, is not going to be helpful either. At this point we have no alternative except to choose pragmatism over retribution and make every effort to support our people in this wrenching moment to turn their desperation into hope.

(a) Propaganda campaign

The problem, as I understand is not going to be easy to rectify. The migration of the oil has to be stopped. Cleaning up the underground aquifer system

Op-Ed

is going to be hugely expensive. We need international help. We in the diaspora have to start a propaganda campaign to let the western countries know the plight of our people and the lack of commitment on the part of Sri Lankan government to combat its root causes. We have to coordinate with Tamils in the other western countries especially with those in the USA who are much more active than us.

(b) Educate our people about health hazards

We have to educate our people that decanting the polluted water and removing the surface layer of oil will not make the water suitable for consumption. The cumulative effect of accumulated hydrocarbons in the body might manifest as a serious disease in the long run.

(C) Saving rain water

Our current unfortunate predicament is not due to the lack of visionaries to predict the future problems of groundwater supply. Prof Thurairajah, the late vice Chancellor of the university, a man of vast experience and sweeping insights, prophetically pointed out that Jaffna peninsula is going to run out of ground water because of the heavy use for agricultural purposes. He suggested that everything possible should be done to save rain water during our short rainy season by activating ponds and tanks to hold rain water. Although, he is no more with us, he left a mark that doesn't need any embellishment. His spirit is still hovering around through the numerous students he nurtured and trained over the years, who are holding enviable executive scientific positions all over the globe. They are the ones who voluntarily took the leading roles to spearhead the diaspora effort to help our people at home.

The other visionary, who is still very active, is Thondunathan. He is a virtuous person with saintly qualities (that is why all of us call him Swami Thondunathan), a devoted disciple and ardent follower of Yogar swamigal. His tireless dedication and optimistic vision enriched everyone he worked with. He led by example to renovate the ponds and tanks in the North and east to preserve rain water and

Panel of Professionals - Prof.(Mrs)S Meena, Dr.S.Balakuma, Dr(Eng)S.S.Sivakumar, Eng.S.Sooriyasekaram, Dr(Eng.)K.Vigneswaran, Dr.C.S.Jamunantha



at the same time urging local and diaspora communities to contribute with passionate commitment to do the same. We have to help him by all means available to us for him to be successful in this noble cause.

Provide financial and technical support

Two things they urgently need are suitable analytical equipment to assess the level of contamination and some cheap devices or suggestions to remove oil for them to get at least small quantities of drinking water. Hydrocarbon analytical equipment to analyze ppm levels is expensive.

A group of Tamils in USA contributed money to purchase sophisticated analytical equipment for about \$15,000. I believe they have already sent it to Jaffna. We have to get more for them to have enough to serve the whole area for periodic checking of contaminant of numerous wells in many villages.

Support the Faculty of Engineering

The Engineering Faculty of University of Jaffna is relatively new and a few dedicated individuals like the Dean of Engineering Dr Atputharajah and the Head of Civil Engineering department Dr Sivakumar are trying their best to keep it afloat. Our extensive pool of scientists and engineers in the diaspora should join together to collectively offer our support in terms of advice and also to acquire appropriate, state of the art equipment, for the Engineering

laboratories. Atputharajah indicated in his recent email to Gnana Chinniah in USA that the university will support any professor from our diaspora, in terms of accommodation and other expenses, to work in their faculty for up to three months to develop a laboratory on his or her expert area.

I hope some of our eminent professors willingly take up the challenge to spend part of their sabbatical there.

Justice and compensation

If sabotage is suspected in polluting the drinking water supply, the perpetrators must be taken to court and the affected people have to be compensated for the losses and risks they have been exposed. We should make every effort to fight for justice for our people through western countries and international organizations.

Recent conflicting signals from Jaffna confuse our scientific community in the diaspora, already working hard to find viable and lasting solutions to this serious problem. At this point our focus should be on what we can do instead of whom to blame. For us to effectively contribute, politicians, scientists and medical personnel in the field in Jaffna should accept that there is a problem. It is very difficult for us to believe that 200,000 litres of oil sent into the underground aquifer disappeared like magic without any remediation effort. We are wondering whether it is a political ploy to downplay the issue. This is something that is not going to affect the health of people immediately. But the long term effect could be disastrous. I don't think anybody should play games with the health of our future generation focussing squarely on short term conveniences without considering long term consequences.

It is possible that oil may have got stuck in the lime stone aquifer. During the dry season, when the water level in the aquifer is low, oil tends to get attached to the solid surface in the aquifer. But the attached oil layers are bound to detach and flow with groundwater during the rainy season. So gloating over

low levels of oil detected in some wells samples as reported recently in Jaffna news media (if it is true) is certainly premature.

Let me conclude by insisting that when we encounter setbacks, we don't have to throw in the towel. We should redouble our resolve to bring it to the open the ever resilient Tamil spirit to solve the challenges with creativity and optimism.

Siva Ganesalingam, Chartered Engineer, UK is a member of the Institution of Chemical Engineers (MICHE), UK and currently Senior Laboratory Instructor, Chemical Engineering Department, University of Waterloo, Ontario. His extensive

Reported Polluted Area in 2014



experience includes research analysis of organic compounds, including polycyclic aromatic hydrocarbons, using Gas Chromatograph (GC) and High Pressure Liquid Chromatograph (HPLC) and also in bio-remediation of petroleum contaminated soils.



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Rouge Valley welcomes 5 new physician specialists

A radiologist, an orthopedic surgeon, a cardiologist, and two psychiatrists have recently joined the team of care providers at Rouge Valley Health System (RVHS).

"We are pleased to welcome these five specialists to our Rouge Valley team," says Dr. Naresh Mohan, chief of staff, RVHS. "The addition of these doctors and their expertise will enable us to provide even more high-calibre care, close to home for our patients in Scarborough and the Durham region."

Radiologist loves using technology to help patients at RVAP and RVC

Dr. Maneesh Gupta is a new addition to the radiology team at Rouge Valley. After obtaining his medical education at the University of Toronto, Dr. Gupta recently completed a body imaging fellowship at Northwestern Memorial Hospital in Chicago.

As part of the radiology team, Dr. Gupta will be based at both the Rouge Valley Centenary hospital campus (RVC) in Scarborough and the Rouge Valley Ajax and Pickering hospital campus (RVAP) in Ajax. Although his training is in abdominal magnetic resonance imaging (MRI), his practice at both sites encompasses all aspects of radiology. "I enjoy the diversity of my job, from interpreting different imaging modalities, to interacting with technologists and nurses, to performing minimally invasive procedures. It's humbling to know that nearly every aspect of medical care ultimately depends at some point on a radiologist's interpretation," he says.

Dr. Gupta says he is thrilled to be part of Rouge Valley, which he describes as a "leader in continuous quality improvement and providing quality care to patients." His own personal goal for patient care is to work together with the urology team to initiate a prostate MRI program at Rouge Valley within the next few years.

New orthopedic surgeon at RVC

Dr. Charles Thompson is the newest orthopedic surgeon to join Rouge Valley Centenary. He comes to RVC after completing his medical training at the University of Toronto and fellowships at Toronto East General Hospital and Mt. Sinai Hospital.

"I love the diversity of Scarborough and I have always wanted to work here. I feel at home," says Dr. Thompson. He has worked in several hospitals in Toronto, in Timmins, and Thunder Bay, but chose to come to Rouge Valley because of the "friendly and supportive nature of Rouge Valley staff."

Dr. Thompson's specialty is in lower extremity reconstruction (which includes hip and knee arthroplasty, or the surgical reconstruction or replacement of a joint, and corrective procedures of foot and ankle), and knee arthroscopy (the exami-

nation of the inner workings of the knee joint with a scope). He enjoys having the surgical ability to significantly affect the quality of a patient's life. "As surgeons, we restore function and mobility to those who have lost it, either due to injury or age-related joint damage," he says. He is looking forward to serving the Scarborough community, and to working with the teams at Rouge on various projects, such as improving operating room efficiency, increasing the number of joint replacements done at the hospital, and decreasing surgical wait times for patients with hip fractures.

New cardiologist brings expertise in cardiac imaging at RVAP and RVC

Dr. Sarah Ipekian recently joined Rouge Valley after completing an echocardiography and cardiac imaging fellowship at the University of Toronto.

Dr. Ipekian completed her medical school and cardiology residency at Western University in London, Ontario. Clinically, her interests are in primary and secondary prevention of cardiovascular disease, as well as multimodality cardiac imaging, especially echocardiography and nuclear cardiology. She was drawn to Rouge Valley because of their strong cardiac program. She will be practicing at both RVC and RVAP.

"It was very important to me to find a hospital providing high quality cardiology services with a focus on innovation and exceptional patient care," says Dr. Ipekian. "I was extremely impressed by the passion and vision at Rouge Valley so, when a career opportunity arose, I was thrilled to join the team."

Dr. Ipekian loves the opportunities to help patients found in her chosen discipline. "There is so much variety in cardiology. From clinical care of both inpatients and outpatients, to diagnostic testing or interventional procedures, there are multiple ways to care for and assist patients. I feel that I am continually learning and evolving my practice as new information and technologies become available," she says. Dr. Ipekian is looking forward to contributing to the cardiac imaging department specifically and the cardiology team as a whole to further exceptional care at Rouge Valley, and to making a difference in the community.

Child and adolescent psychiatrist

Dr. Aryan Wahab is Rouge Valley's newest child and adolescent psychiatrist, caring for patients under 21 years of age. She is based at the Shoniker clinic at RVC.

Dr. Wahab comes to Rouge Valley after completing both a fellowship in child and adolescent psychiatry and a residency in psychiatry at the State University of New York in Buffalo. When an opportunity came to practice at Rouge Valley, she was thrilled to be able to offer support

Rouge Valley hosts author on end-of-life care

Community invited to hear prominent author speak on April 13

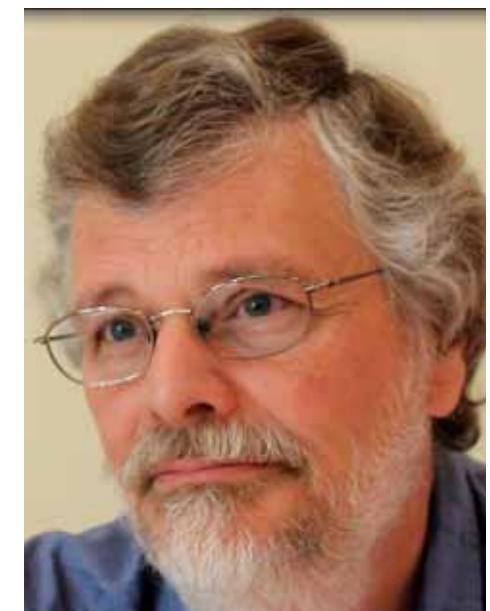
Rouge Valley Health System (RVHS) will be hosting a presentation by author Harry Van Bommel, Canada's most prolific author on caregiving.

Mr. Van Bommel is a passionate public speaker and adult educator, focusing on patients and their families. He is the author of 50 books, including Caring for Loved Ones at Home and Family Hospice Care. His writing on caregiving has reached an audience of more than one million patients, family caregivers, professionals and volunteers across Canada. Personally, he cared for his parents and grandfather at home in the last chapter of their lives.

"Ensuring quality end-of-life care is a priority for the Rouge Valley Health System Board of Directors and leadership team," says Michele James, interim chief operating officer, RVHS. "Mr. Van Bommel's community presentation speaks to that priority, in his sharing his experience as an author and family caregiver."

Mr. Van Bommel's presentation is called: Hospice Palliative Care — Stories of Excellence. Following his presentation, he will open the meeting up to an interactive discussion with members of the audience on this subject.

Mr. Van Bommel was a participant this past winter in one of several focus groups held on this issue by the RVHS' Community Advisory Group (CAG) in the community and with staff, physicians and volunteers. "Participants were asked to share their experiences and what



Harry Van Bommel

supports they needed from the hospital during this life stage," says Ome Jamal, chair, CAG. "We were so grateful for this valuable feedback from those with a personal or professional connection to end-of-life care. RVHS will be making use of this wealth of information to shape future short-term actions and longer-term plans to improve end-of-life care."

Everyone is welcome to this public presentation. Admission is free.

Date: Monday, April 13, 2015

Time: 8 - 9 p.m.

**Location: Don Beer Arena Hall,
940 Dillingham Rd., Pickering**

to youth in her own community. "I've always loved kids and love working with kids and mental health," she says. "You just want to help them."

Her goal at Rouge Valley is to help reach out to communities where psychiatry is stigmatized. "I want to help my patients and the community by making it acceptable to talk about mental health, no matter your background," says Dr. Wahab.

Dr. Wahab speaks English, Dari, Persian, Pashto, Urdu, with some French and German.

Specialist in psychosis, schizophrenia, and bipolar disorder

Dr. Izabella Patyk is a psychiatrist with an interest in inpatient medicine. Serving adult populations, her biggest interest is working with patients with first episode psychosis, schizophrenia, and bipolar disorder.

After obtaining her degree in biopsychology at the University of British Columbia (UBC), Dr. Patyk conducted research on schizophrenia in the depart-

ment of psychiatry at UBC for two years prior to entering medical school, also at UBC. Dr. Patyk moved to the GTA to complete her residency in psychiatry at the University of Toronto. "I wanted to work with populations with severe and persistent psychiatric disorders and provide services to a multicultural and diverse population," says Dr. Patyk. "I was very impressed with the vision of the hospital and wanted to make a difference in a community so close to home. This is why I chose Rouge Valley."

Dr. Patyk, who is based at RVC, sees both acutely ill inpatients on the psychiatric ward and outpatients in her clinic. She loves the variety of her work. "Each day is never the same and brings new challenges," she says. "I am very passionate about working with people with severe illness. It is wonderful to hear their stories and see them heal and persevere. It is truly an honour and privilege to help them." She looks forward to her continuing work with this full spectrum, dynamic, and supportive team.

This article is published for the oral health month as a public service message from the Toronto East Dental Society (TEDS)

OBSTRUCTIVE SLEEP APNEA

You've seen those commercials on TV and the Internet — What is sleep apnea and why are so many losing sleep over it?



Does your bed partner complain about your snoring? Are you unusually sleepy during the day and don't know why? These are two of the most common symptoms of obstructive sleep apnea (OSA), a sleeprelated breathing disorder that can cause you to stop breathing dozens or even hundreds of times each night.¹ According to The Canadian Lung Association, these breathing episodes usually last for 10 to 30 seconds not long enough to fully wake you up but enough to prevent you from enjoying the restful sleep your body needs to recharge its batteries and stay healthy.

A Canadian Community Health Survey conducted in 2009 by the Public Health Agency of Canada found that an estimated 858,900 Canadian adults, 18 years and older, reported being told by a health professional that they have sleep apnea.²

"Only a physician can diagnose obstructive sleep apnea," says Dr. Deborah Saunders, a dentist practising in Sudbury, Ont. Dentists do not diagnose OSA. However, a dentist may see patients who they suspect may be at risk and will refer them to their family physicians for further diagnostic followup.

As they do with discussing tobacco intervention or oral cancer with patients, dentists have advantages over other

health-care professionals in identifying patients at risk of OSA, because dentists generally see their patients on amore frequent and consistent basis. As well, because the jaws and related structuresmay influence OSA, dentists play an important role in identifying patients who should be assessed [by a physician] and helping to institute treatment in selected cases.⁴

TREATMENT OPTIONS

The most effective treatment for mild or moderate sleep apnea, says The Canadian Lung Association, is continuous positive airway pressure (CPAP). With CPAP you wear a special mask attached to a CPAP machine. A steady stream of air is blown though the mask, into your nose and down your throat. The pressure helps keep your airways open so you can breathe properly all night. Other treatments for mild sleep apnea include lifestyle changes such as losing weight, avoiding alcohol and sedatives and sleeping on your side, not your back.⁵ Your doctor may also recommend that you use a dental (or an oral appliance) that fits over your teeth and prevents your tongue and jaw from blocking your airway. In comparison to CPAP devices, these appliances are sometimes regarded

as a convenient, silent and more bed partner-friendly choice, says Dr. Alan Lowe, Professor and Chair of the Division of Orthodontics, University of British Columbia's Faculty of Dentistry. There are more than 80 different oral appliances currently available.⁶ These should only be prescribed by your family physician, who may refer you directly to your dentist, says Dr. Saunders. A cautionary note from Dr. Saunders: some patients who have been diagnosed with sleep apnea may be curious about ordering prefabricated devices over the Internet. "Think twice," she says. "You may end up with jaw pain or other problems. That could be significant and serious." For more information on sleep apnea — including a quiz to help identify the main symptom of sleep apnea, daytime sleepiness — visit The Canadian Lung Association's website at www.lung.ca.

- 1 The Canadian Lung Association: www.lung.ca
- 2 2009 Canadian Community Health Survey - "Sleep Apnea Rapid Response": Public Health Agency of Canada
- 3 The Canadian Lung Association: www.lung.ca
- 4 Goodday, R.H.B. et al. "Obstructive Sleep Apnea Syndrome: Diagnosis and Management" Journal of the Canadian Dental Association, 2001
- 5 The Canadian Lung Association: www.lung.ca
- 6 The Canadian Lung Association: www.lung.ca

Do you think you have sleep apnea?

Other signs and symptoms of sleep apnea may include:

- high blood pressure
- irritability
- gasping or choking during sleep
- depression
- problems concentrating
- morning headaches
- memory problems/memory loss³

If you have any of these symptoms and think you may have sleep apnea, you might want to discuss them with your family doctor.



FORUM ON 'MAHAVAMSA' HELD IN CHENNAI ON FEB 19TH, 2015

At the invitation of Prof Dr M.P. Balasubramanian, former President of Pachchayappan College, Kancheepuram, Thambu Kanagasaabai, author of the two books "Life and History of Eelam Tamils" & "Mahavamsa-A-Review" visited India and participated in the forum sponsored by Periyar Readers Circles. The function was held at the Mother Maniammai Centre in the Periyar Thidal, Chennai 07.

The function was chaired by Prof Dr M.P. Balasubramanian and the chief speaker was Kadaloor Ila Pugalendhi, B.A.B.L., Secretary, DMK Students Front. Besides secretary of Periyar Readers Circle, K. Sathy Narayana Singh participated as a special guest.

In the course of his illuminating and deeply analytical speech, Mr. Pugalendhi delved into the historical bonds of Eelam Tamils and Tamil Nadu. He dwelt at length on the importance of reading and dissecting the truths recorded in 'Mahavamsa' which is a chronicle written to honour and propagate Buddhism and Lord Buddha.

Besides, the mythical legendary tale concerning Vijaya and his 700 friends are mentioned in 'Mahavamsa', calling them as the first Sri Lankan's settlers. The date and year of arrival of Vijaya is recorded as BC 483 which was also the date and year when Lord Buddha attained Nirvana in North India.

Relating both incidents as happening on same date is nothing but an inserted idea solely to glorify Buddhism from that year, though history of Ceylon records entry of Buddhism only in B.C. 247 during Devanampiya Tissa's rule.

Mr. Pugalendhi in his analyzing speech concentrated on the glaring



Prof. M.P. Balasubramanian, Kadaloor Ila Pugalendhi, B.A.B.L., K. Sathy Narayana Singh, Secretary, Readers Circle, Thambu Kanagasaabai

unrecorded omissions relating to the origin of Eelam Tamils in Sri Lanka which originated about 3000 years ago as evidenced by the various human burial urns discovered in Tamil Nadu and North Ceylon; Anaicottai, Manthai, etc which have been belonging to Tamils.

'Mahavamsa' which is aimed only to please the religious and devoted Buddhists and Ingrain the idea of a Buddhist Sri Lanka to the exclusion of other religions. As such a false perception of 'Mahavamsa' as a history book of Ceylon has been nurtured and



Emerald Oli Vannan, Prof. Suba Veerapandian, Thambu Kanagasaabai, DK Leader K. Veeramani, Prof. M.P. Balasubramanian, Arulmoli, B.A.B.L.

Mr. Pugalendhi, however, stated that the author of 'Mahavamsa' Mahanama Thera, when concluding each chapter, has stated that each chapter is compiled for the serene joy and emotion of the pious. This statement of Thera confirms his objectives and motives for writing

propagated among the peoples of Sri Lanka and elsewhere.

Thambu Knagasaabai on his acceptance speech stated that the failings and omissions and lapses to record the history of Eelam Tamils from B.C 500 and even before, led to the creation

of 'Mahavamsa' when the author, a Bhikku found it easier and exploited the situation at his own will and imaginations created stories of fantasy and miracles combined with myths like stories of lion and Lord Buddha flying by air with another 300 Bhikkus during his third visit to Sri Lanka in B.C 520. Until the recent archaeological investigations carried by foreign, local Sinhalese and Tamil scholars in history, all believed the story of Vijaya and his followers and considered them as the first settlers of Sri Lanka. This assumption has now been disproved after the archaeological investigations initiated from 1900 by various researchers like Sir John Marshall, Vimala Begley, Indrapala etc. Several books on the history of Ceylon have now been published and they are now authoritative. Prof. M.P. Balasubramanian in his speech stressed the importance and values of the author's books which contain authenticated details with proper references as to the history of Eelam Tamils. The function was well attended by hundreds of Tamil enthusiasts and was well reported in the local media.

While in Chennai, Thambu Kanagasaabai gave an interview to the 'Kalaignar TV' and also two interviews to the Tamil Television Network (TTN) in France explaining the contents and importance of the books to the Tamils.

During his stay in Chennai, Thambu Kanagasaabai had the opportunity to meet DK Leader K. Veeramani, Prof. Suba Veerapandian, Arulmoli lawyer at the office of Periyar in Chennai. Besides a meeting with Prof. Ramu Manivannan, chair and dean of Political Dept, University of Madras.

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Babu Catering's Fundraising Launch for Markham Stouffville Hospital

Valluvar's Views - Greatness

Babu Take-Out & Catering hosted a launch on Saturday, March 28th for a fundraising program to help raise money for Markham Stouffville Hospital at their McCowan & Bur Oak location. Several members from the community, York Region Police attended the launch to support Babu's generous efforts including Allan Bell & Madeline Cuadra from MSH Foundation and Councillor Logan Kanapathi.

The program from Babu is \$10 from every \$50 gift card & \$5 from every \$25 gift card purchased between now and May 17th 2015 will be donated to benefit the hospital. Donation will be presented on May 18th to the Markham Stouffville Hospital Foundation.

Babu with his family and staff greeted everyone and thanked for the support given for his initiative of the fundraising program.

Babu Take-Out & Catering proudly partners up to fundraise for Markham Stouffville Hospital

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and to salute all those medical professionals who sacrificed
their lives in the line of duty*

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Donation will be presented on May 18th to the Markham Stouffville Hospital Foundation

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Dementia in the Aging Population



**By: Jeavana Sritharan,
BHSc, MHSc,
PhD Student**

Would you recognize the deterioration of cognitive function in your elderly family members? Would you recognize subtle changes in their ability to complete simple daily tasks? Are you aware of how common dementia actually is not only in Canada but across the globe?

Around the world, dementia affects 36 million individuals and the rate of dementia increases with age. Dementia has existed for many decades but has become of more interest as populations live longer and as the elderly population increases with the baby boomers. Many nations are investing in resources for the care of individuals living with dementia and focus is being placed on caregivers, social workers, and education of the disease.

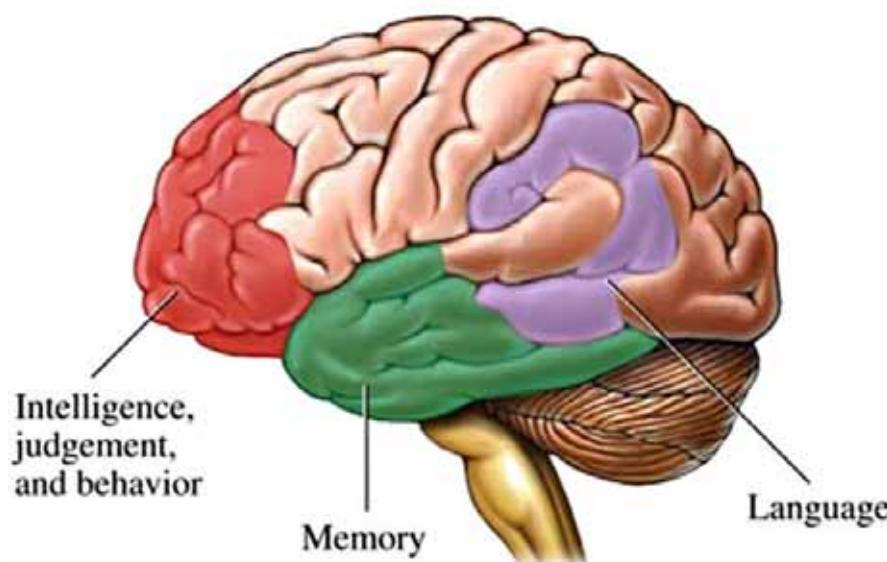
What is dementia?

It is a category of brain diseases that gradually leads to the decrease in the ability to think and remember while causing many others symptoms. Dementia is not a specific disease but an overall category that encompasses a spectrum of symptoms. It contributes a greater decrease in mental functioning than what is expected with aging. The most commonly diagnosed type of dementia is Alzheimer's disease which accounts for up to 80% of cases. The second most common type is known as vascular dementia which occurs after a stroke. There are other conditions that can cause dementia and some of which are reversible.

Currently, there is no known cure for dementia. At the early stages of the disease, cholinesterase inhibitors may be used but the impact of this is generally quite small. Improvements in the lives of those with dementia are usually based on those who care for them. Cognitive and behavioural interventions are sometimes used but more often, exercise programs related to daily living are more effective. Those that care for individuals with dementia need appropriate emotional support and educational support.

Development of the disease

In the initial stages of dementia, the symptoms are not obvious and may not affect daily functioning just yet. The



initial signs include memory trouble or difficulty with words but overall daily functions are not recognizably affected.

With the progression of dementia, symptoms will include difficulty with daily chores or functioning around the home, with planning or organization skills, language, and memory. To assess if a person is affected by dementia, there may be common signs to recognize such as if the individual can continue tasks they often do or if they get lost in new areas, have any obvious personality changes, and if they repeat things. Often, we can look back at a person's life five to ten years earlier to determine if their daily functioning has progressively declined.

Further stages of dementia will present even more severe signs and symptoms. Affected individuals will become severely impaired with solving problems and social judgement. At this point, the individual cannot be left alone and may need assistance or reminders for simple daily tasks. Late stages of dementia will require assistance with all personal care with ongoing supervision. Common dangers in and out of the household will not be

apparent to those in late stages, requiring assistance and supervision for all tasks. Other common signs include difficulty recognizing familiar people, bladder and bowel control issues, and a declined appetite.

Diagnosis of dementia

Symptoms alone can make it difficult to diagnose dementia however screening techniques are used with cognitive testing and careful assessment of the full medical history. There is no individual test that will determine if someone has dementia. There may be additional physical examinations and laboratory tests that will help to determine this diagnosis and the type of dementia. Brain scanning techniques may be used and in some rare cases, a brain biopsy may be used even though this is not usually recommended.

Can you reduce your risk?

Two main factors which are age and genetic makeup cannot be changed so research efforts are continuing on possible modifiable risk factors. Modifiable risk factors are factors that can be changed or altered and relate to the environment, lifestyle, behaviours and other elements. Recent studies are

looking into cardiovascular health, fitness and exercise, and diet. We know the brain is enriched by networks of blood vessels and keeping these blood vessels clean and healthy may protect your brain the same way it protects your heart. Maintaining blood pressure and cholesterol and avoiding smoking are some important methods. Maintaining physical activity and a healthy body weight will help increase blood flow and oxygen flow to the brain. Furthermore, maintaining a healthy diet is also beneficial. Emphasis is placed on fruits and vegetables, fish, whole grains, nuts, olive oil, and other healthy fats while avoiding excessive red meat consumption or other unhealthy foods.

What does this mean for the future?

As the baby boomers continue to age, there will be a large elderly population with severe needs related to diseases like dementia. There is a need for more resources and funding for dementia as it is expected that there will be over a million individuals living with dementia related diseases by 2031. The cost of dementia is in the billions and this will only exponentially increase if changes are not made. It is clear that dementia impacts the economy and resources of a nation and this problem will only become more persistent in the coming years.

The younger populations following the baby boomers will become the caregivers of people living with dementia. Currently, there are about 1 in 5 Canadians providing care to seniors with health problems, inclusive of cognitive diseases like dementia. There is a physical, psychological, and financial strain that comes with caregiving for individuals with dementia. This creates an unhealthy balance for those in the roles as caregivers if the proper resources and funding are not provided.

Dementia is and will continue to be in the spotlight as the years go by and as the problem impacts countries around the world. It is important to rethink the structure of the long term health related resources and also look at the impact this condition has on future populations.

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



ART HISTORY PROFESSOR/ARTIST BRINGS STUDENT-CREATED MOSAIC TO THE SCARBOROUGH HOSPITAL

The Scarborough Hospital Foundation (TSHF) is pleased to announce the addition of a stunning new mosaic, featuring a bouquet of medicinal herbal flowering plants from across the world, to The Scarborough Hospital (TSH).

Titled Our Bodies are our Gardens (inspired by a line spoken in Shakespeare's Othello), the piece was produced by artist Carmelo Arnoldin, and pays homage to the diverse communities that TSH serves. It was installed in the West Wing of the hospital's General campus in February and celebrated at an intimate reception on February 28.

"I desired to donate the mosaic to The Scarborough Hospital because of the help of the medical staff, in particular, Dr. Richard Colwill and the nursing staff, who treated my son, Christopher, when he was diagnosed with cancer," says Arnoldin. "The mosaic is a wish of good health to the patients in the hospital."

Arnoldin is a painting, sculpture and historical techniques professor in the Art and Art History Honours Bachelor of Arts collaborative program between Sheridan Institute of Technology and Advanced Learning in Oakville and the University of Toronto (U of T) at Mississauga. Each year, one of his class projects involves creating a work of art that is then donated to a hospital or charity. Under Arnoldin's guidance,

23 students of his Past and Present Techniques class created Our Bodies are our Gardens, and this year, TSH is the honoured recipient.

"Our Bodies are our Gardens is truly a stunning piece, bringing light and positive energy into the hospital," says Michael Mazza, President and CEO of TSHF. "We are grateful for the beautiful gift, and I'm proud to display this mosaic in our hospital; Carmelo's exceptional talent, and the hard work of his students is evident in the artwork's meaning, theme, research and detail."

The inspiration for the mosaic's theme came from the new Centre for Integrative Medicine, a partnership between U of T and TSH.

"When Michael (Mazza) told me about the Centre for Integrative Medicine, a centre dedicated to both Western and Eastern medical practices, I came up with the idea to use medicinal plants that represented not only their power to heal, but also the many ethnic groups that make up the population of Scarborough," adds Arnoldin.

Some of the plants reflected in the mosaic include: apricot (*prunus armeniaca*), native to Asia and South Asia; sweet thorn (*acacia karroo*), native to South Africa; green tea (*camellia sinensis*), native to China; opium poppy (*papaver somniferum*), indigenous to Southeast Asia and the



From left: Michael Mazza, President and CEO, The Scarborough Hospital Foundation; Christopher Arnoldin, Carmelo Arnoldin's son; and Dr. Richard Colwill, oncologist at The Scarborough Hospital. Photo credit: William Meijer.

Middle East; tulip (*tulipa*), native to Iran and Central Asia; cleavers (*gallium aparine*), indigenous to

Canada and the United States; and many more.

TSH celebrates five years of offering Doula services to expectant parents



The Scarborough Hospital (TSH) is proud to be celebrating five years of being the only hospital in Ontario with a formal, non-volunteer based Doula program for patients.

In 2010, TSH partnered with Discover Birth Childbirth Education and Doula Services and launched the Hospital Birth Doula Program. Under this program, expectant mothers at TSH can request a Doula to be present as part of their labour and delivery. Although Doula services are not covered by provincial health insurance in Ontario,

through this unique collaboration, patients pay \$100 to \$500 for the service, based on their household income – less than half the average normal cost.

"As a non-medical support role, Doulas provide a truly unique service to expectant parents," said Stefanie Antunes, Founder and Chief Doula and Educator at Discover Birth.

Doulas draw on their knowledge and experience to provide emotional support, physical comfort and to help facilitate communication with

caregivers so that patients have all the information they need in order to have the most satisfying birth experience. Doulas can provide reassurance and perspective to the mom and her partner, make suggestions for labour progress and help with relaxation, massage, positioning and other techniques for comfort."

“It’s all part of our commitment to respect the diversity of our patient population and assist women in giving birth their way, according to their preferences, customs and beliefs, as long as mother and baby are safe.”

"TSH is truly a leader as a hospital in recognizing the tremendous value that Doulas can have for our patients," said Dr. Georgina Wilcock, Co-Medical Director, Maternal Newborn and Child Care program at TSH.

"We know that when a woman feels properly supported during labour and delivery, she tends to rely less on medication, and her labour is likely to proceed more quickly and more positively. Doulas play an important role in working with the other members of the health care team to help make this happen."

"Our Doula services are another example of the outstanding interprofessional collaboration at TSH," said Dr. Nathan Roth, Co-Medical Director, Maternal Newborn and Child Care program at TSH.

"It's all part of our commitment to respect the diversity of our patient population and assist women in giving birth their way, according to their preferences, customs and beliefs, as long as mother and baby are safe."

The Hospital Birth Doula Program is part of the wide variety of services available to expectant parents at TSH. For over 12 years, TSH has offered midwifery services through a partnership with Diversity Midwives. Recently, the hospital expanded its midwifery services, welcoming Sages-Femmes Midwives as a second group. TSH also recently began offering water births at both its campuses, and has been recruiting additional obstetricians to the Maternal Newborn and Child Care program.

In addition, patients have access to pre-natal tours and classes, an early pregnancy assessment clinic, a breastfeeding clinic, and an umbilical cord partnership with Inception Lifebank Cord Blood Program.

TSH IMPROVES THE PATIENT EXPERIENCE WITH THE 2015-2016 OPERATING PLAN

For the coming fiscal year commencing April 1, 2015, The Scarborough Hospital (TSH) will make key investments that support its strategic priorities to enhance the patient experience and improve access to services, while ensuring fiscal sustainability. Building on the successes of the previous fiscal years, this operating plan and budget reflects both efficiencies and quality improvement.

2015-2016 INVESTMENTS

TSH will be making investments in clinical programs to respond to patient needs and increased activity, including the medicine program and specialized geriatrics. Reducing wait times for patient services – emergency, orthopedic surgery, cancer diagnostics and treatment, and cataracts – will continue to be a priority. Capacity in the Nephrology program (chronic kidney disease) will be expanded to meet the growing demand for service. These investments are made possible due, in part, to the hospital's success in finding efficiencies through its Lean quality improvement program.

Through the capital budget, TSH will increase its investments in medical equipment through operating efficiencies and fundraising activities by The Scarborough Hospital Foundation. Among the key investments is enhancing the patient experience in the Maternal Newborn and Child Care program. In addition, facility upgrades for both hospital sites (General and Birchmount) will be made possible through grants from the Ontario Ministry of Health and Long-Term Care, specifically the Hospital Infrastructure Renewal Fund (HIRF).

2015-2016 Efficiencies

For the new fiscal year, TSH will be implementing many initiatives focused on improving efficiencies or increasing revenues, which will result in a savings of \$10.9 million. These initiatives will achieve the following objectives:

- Ensuring the right patient is in the right bed the first time
- Investing in innovations to improve quality of care and efficiencies
- Spreading Lean process improvement
- Reducing the hospital's debt
- Balancing the operating budget

With this work, there will be minimal impact on staffing across the organization compared to previous fiscal years. Staffing will be adjusted whereby 26 positions (combined full-time and part-time positions) will be reduced; six of these positions

are vacancies and five are through TSH's voluntary staffing efficiency program, leaving 15 affected positions at all levels across the organization.

TSH's Human Resources team will work with union partners to follow the labour adjustment process and, in accordance with the collective agreement language, the hospital must issue lay-off notices. The receipt of a lay-off notice starts

- A 51 per cent decrease in pressure ulcers since 2012-2013.

• A 50 per cent reduction in readmissions for those patients who participated in the Assess and Restore program since 2013-2014. TSH's Assess and Restore program supports elderly patients in returning home again by integrating services available at Carefirst Seniors and Community Services Association into the patient's discharge plan before they even leave the hospital.

- Improved access to Endoscopy care, increasing the specialized case completion by 19.6 per cent.

TSH also celebrated many other successes and achievements in 2014-2015, including:

• TSH and the University of Toronto launched the Centre for Integrative Medicine, a joint initiative that will scientifically investigate the use of complementary and Chinese medicine.

• In February 2015, TSH was designated a Peritoneal Dialysis (PD) Centre of Practice by the Ontario Renal Network; becoming just one of two referral centres in the Central East Local Health Integration Network for patients to receive timely PD catheter insertion in order to start home peritoneal dialysis.

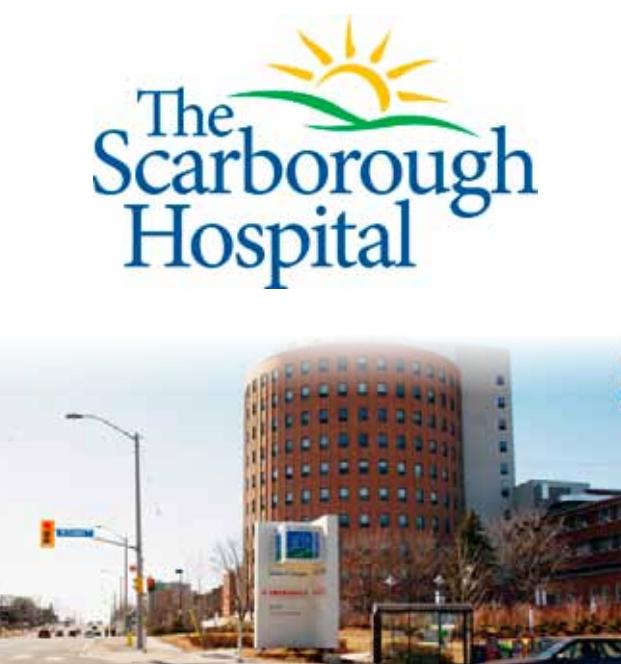
• In November 2014 and January 2015, TSH welcomed Physician Assistants to its interprofessional team to further enhance efficiency, patient safety and quality of care for the Scarborough community.

• In November 2014, for the second consecutive year, TSH was awarded a Gold Quality Healthcare Workplace Award from the Ontario Hospital Association and the Ministry of Health and Long-Term Care for the hospital's efforts to improve the quality of work-life for staff and the care and services delivered to patients.

• TSH welcomed its first babies by water birth in December 2014 (Birchmount campus) and in January 2015 (General campus).

• In September 2014, TSH launched its first Diversity and Inclusion Report, celebrating the hospital's successes in serving the global community of Scarborough.

“These were significant and positive initiatives for our hospital,” said Robert Biron, President and CEO. “We are pleased to be able to continue to invest in the future and build upon the remarkable work that has been accomplished.”



a several months-long process that may/may not result in the person who receives the notice being laid off. Currently, TSH has 61 unfilled positions. The hospital will support staff with ongoing training and development and encourage those affected by lay-offs to consider skills upgrading and skill changes so that they may continue at TSH, if possible.

2014-2015 Successes

For the current fiscal year (2014-2015) that ends March 31, 2015, TSH will balance its budget.

Over the past year, TSH implemented 79 initiatives, which led to a savings of \$7.1 million. Many of those initiatives focused on improving quality of care for patients and access to services, including:

- A 33.8 per cent decrease in the 30-day readmission rate for chronic obstructive pulmonary disease since 2011-2012.

THE SCARBOROUGH HOSPITAL CALLS FOR APPLICATIONS TO JOIN ITS BOARD OF DIRECTORS

The Scarborough Hospital (TSH) is seeking experienced candidates to serve on its volunteer Board of Directors effective at the Annual General Meeting on June 23, 2015.

Situated in the most diverse community in Canada, TSH delivers innovative, high-quality patient care at two hospital campuses and five satellite sites. It offers a range of services in Emergency and Urgent Care, Mental Health, Medicine/Specialized Geriatrics, Nephrology and Diabetes Education, Cardio Respiratory, Maternal Newborn and Child Care, Critical Care, Surgery, Orthopaedics and Rehabilitation. Among its many awards for excellence, in 2013 TSH earned Exemplary Status with Accreditation Canada, and in 2013 and 2014, earned Gold Quality Healthcare Workplace Awards.

Directors are responsible for three major roles: developing and overseeing governance policy;

making decisions about the hospital's future, including its strategic plan; and monitoring quality, safety and financial performance.

This is a highly skilled, high functioning Board of Directors, guided by the organization's values of integrity, compassion, accountability, respect and excellence. To round out the Board's expertise, we are seeking applicants with knowledge and experience in the following areas: providing legal counsel; understanding relevant regulatory and related legislation; enhancing the patient experience and health care advocacy; and leading complex organizations through transformation. In addition to previous Board experience, a passion for health care and serving the interests of the Scarborough community are both essential. TSH is now accepting applications from interested individuals. Knowledge of hospital governance, regulatory issues and

experience with health care academia would be assets, as would a governance designation, such as ICD.D or C.Dir.

If you would like to lend your leadership and expertise to a community hospital dedicated to continuously improving health care services for the Scarborough community, and if you bring the experience, skills and enthusiasm necessary for this important role, please email your resume to Yvonne Ragnitz at yragnitz@tsh.to.

If you have questions about this opportunity, please contact Helen Giffen, Chair of the Directors Nominating Committee, at helenbozinovski.giffen@gmail.com.

Applications must be received by 4 p.m. on Tuesday, April 7th, 2015.

While we thank all applicants for their interest, only candidates who will be invited for interview will be contacted.

Robert Biron



Rosamund's Story



Rosamund Elie (right) offers a comforting hand to one of her patients during a shift in 1960 at an England hospital

By Lorien Mead

She uses her hands to clear off the remaining crumbs left at the lunch table; her area is wiped spotless and any table she is at will receive this same courtesy. If you come too close, you will get your hair tucked behind your ears and sometimes even a gentle hand massage. No, this is not a Providence Healthcare Adult Day Program staff member, rather the kind spirit of club member and retired nurse, Rosamund Elie.

It is "her love for the people," as her husband Davidson says, her modest spirit and a keen eye for cleanliness that led her into the field of nursing. Perhaps the most significant attribute is the legacy of her mother, who was a great nurturer and a respected member of her community.

Beginning in the late 1950s, Rosamund went abroad to take up her passion in both midwifery and general nursing. The breadth of her career spanned 40 years and encompassed three different countries, lastly landing her at Princess Margaret Hospital

in Toronto as a relief nurse. Her free time was filled raising three children and crafting countless sewing projects for friends and family. Davidson names her most significant project as the creation of her daughter's wedding dress, before finally retiring the needle.

Today Davidson claims that his devoted efforts to supporting his wife are his "new calling," and validates that the gentle, shy caring woman that we welcome seeing each day, is the natural essence of his wife whom he fell in love with nearly 60 years ago.

Our Adult Day Program is happy to support our fellow [retired] healthcare workers, even in their retirement we are privileged to benefit from their many years of experience. We are reminded to keep calm, always reach out a hand, and to always keep the place tidy; thanks for your help with that one Rosamund!

About the Writer: Lorien is a Clinical Resource Coordinator in Providence Healthcare's Adult Day Program. For more information on the program, visit www.providence.on.ca.

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SOUTH ASIAN AUTISM AWARENESS CENTRE REINVIGORATES CONVERSATION ABOUT AUTISM AT ANNUAL FUNDRAISER

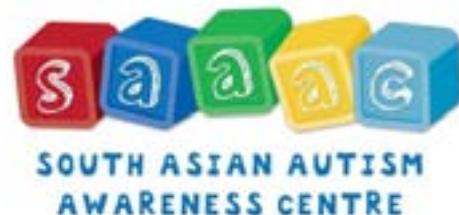
By Harrish Thirukumaran

"I love SAAAC! I love SAAAC! I love SAAAC!" This was one of the affectionate chants that adorned the 6th annual Radiant Night Dinner & Dance Gala fundraiser, organized by the South Asian Autism Awareness Centre (SAAAC). Attended by over 1,000 people, SAAAC reinforced attention around the significance of Autism Spectrum Disorder (ASD) and other autism-related disorders within South Asian communities in the Greater Toronto Area, Canada and abroad. Throughout the night, the event successfully garnered a significant amount of donations, dedicated to diverse SAAAC programs supporting families affected by ASD.

A majority of its services aim to develop the overall potential of autistic youth and adults to become contributors to their Canadian communities in their own right. Among these meaningful programs include ones pertained to building students own musical and dance skills and speech and language abilities. The progress of the former was exemplified by the touching and impressive dance performance from a few students of SAAAC at the gala. Along with regular members of the GTA South Asian community, there was a sizable turnout of community, business, healthcare, and political leaders to showcase their specific appreciation of SAAAC's charitable work.

Accordingly, one particularly recognizable political figure in attendance was Patrick Brown, Member of Parliament for Barrie. Currently, however, he is also better known as a leadership contender in the Ontario Progressive Conservative leadership contest, taking place in May 2015. As such, another feature of the event was a speech to the attendees, praising the influence SAAAC has exerted on South Asian and Tamil families.

He acknowledged that SAAAC has been "incredibly commendable" in its proactive assistance towards families struggling with the complexities with different types of autism. Additionally, Mr. Brown proudly stated that the Canadian government itself had contributed \$267,000 to the non-profit organization. Mr. Brown concluded by asserting the event's strong impact on SAAAC's autism goals speaks volumes



6th annual Radiant Night Dinner & Dance Gala (pic: facebook.com/thesaaac)



Display of artwork by kids

gesture is seen as an honourable title of certain members of the medical community, who contribute to the advancement of autism research. Dr. Stephen Scherer, a leading medical scientist from the Centre of Applied Genomics at the Hospital for Sick Children in Toronto, became the first known recipient of the generous award.

"I travel around the world, meeting families and performing research on autism, and getting an award like this from the South Asian community means quite a bit to me," said Dr. Scherer, expressing his gratitude for the award from his roles, not just in Canada, but globally. In terms of his profession, he began his research

approximately 20 years ago, where he and fellow physician colleagues started a medical program at the Hospital for Sick Children. Its aim was, and has been to study the core genetic indicators related to autism, in order to understand and explain to families how autism originally forms in their particular circumstances.

10 years was the extent of time required for the program to become thoroughly operational in its purpose, by including more scientists from abroad to assist in its work. Dr. Scherer went onto explain that genetic factors are actually the primary causes in the development of autism, as evidenced by a research paper produced by this program back in 2005. These findings help in identifying the symptoms at an early age, and have been integral in establishing targets for new medicines to lessen the severity of some autistic symptoms. Through this program at the centre at the Hospital for Sick Children, society is closer in defining what autism really consists of, to better inform the decisions of all families dealing with ASD.

Later on in the eventful night, SAAAC founder and executive director, Geetha Moorthy, soon took the stage to further interpret the importance of addressing autism, as done so by the methods of SAAAC. She was pleased on the turnout to the fundraising gala, positioning it as a genuine annual community celebration in the Greater Toronto Area. Statistically, although autism affects 1 in 68 individuals, its effects will also be directly felt throughout a community of people, as asserted by Ms. Moorthy. The delicate nature surrounding autism in South Asian households was represented through anecdotal evidence by Ms. Moorthy as well.

She recalled when she first met the parents of a student, who is now is employed in an office, four years ago. In their household they had four children, with their eldest daughter sadly passing away at 16 due to meningitis, and their two youngest children becoming diagnosed with autism. It was learned that their eldest son, whom had no discernible disability, had his marriage proposal rejected because his siblings were autistic. Stories along similar lines serve as an example of the South Asian community's tendency to ignore or blatantly exclude families experiencing the difficulties of autism.

These two autistic children are currently in their early 20s, but due to their disorder, they are unable to attend school or live independently, putting their parents in a worrisome spot. Also, Ms. Moorthy noted that there are many other challenges that are separate from autism. She reiterated that autistic households would likely be earning low income, have a single parent, or many children simultaneously diagnosed with autism.

In that sense, SAAAC is characterized, as a response to those issues, emphasizing that autism should not be dealt with in isolation. By providing help in developing the abilities of their autistic students, it should give families hope in coping with autism. As for SAAAC's organizational goals, not only does it desire to revise the negative perception of autism, but to thereby allow individuals and others to see the uniqueness of their developmental disabilities.

In a small reflection of SAAAC's performance in 2014, one of the low points highlighted was the loss of one of the centre's students at the age of 16. Considered a fun-loving person who brightened up the organization, it was especially disheartening to recollect of for Ms. Moorthy, the staff, and volunteers of SAAAC. Despite this hardship, the attendees were reminded that the student greatly benefitted from a community congregating together to address autism--head on--through a variety of service supports. Moreover, the volunteers have been integral in making SAAAC a realistically effective organization.

Accordingly, SAAAC received 101 volunteers, where they devoted over 10,000 hours of their service. This assistance has ranged from working one-on-one with students, to developing marketing campaigns, to just keeping the centre clean and tidy. In short, 6th annual Radiant Night Gala was a tremendous success, based on the SAAAC contributions obtained, the dance and skit performances, and the various memorable moments for every attendee. It has further demonstrated the South Asian Autism Awareness Centre's commitment to remain proactive in conquering stigmas, defeating ignorance, and embracing differences concerning Autism Spectrum Disorder.

NEW FOOD COURT OPENING CELEBRATION - ERIN MILLS TOWN CENTRE

Mississauga, ON (March 27, 2015)—Erin Mills Town Centre's spectacular new food court is NOW OPEN and we're celebrating with a "DELISH" event on Saturday, April 11, 2015 from 11am – 3pm.

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modern café table seating.

Visitors will discover their Food Court favourites plus exciting new food options such as Fresh East by Paramount. Watch for Jimmy The Greek, Sbarro, Shanghai 360 and more to come!

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ABOUT ERIN MILLS TOWN CENTRE:

Erin Mills Town Centre, which is managed by 20 Vic Management Inc., is located at 5100 Erin Mills Parkway, just north of Hwy. 403 in Mississauga. Erin Mills Town Centre offers 185 stores and services.





Special Feature

WORDS OF PEACE



The Search for Peace

Many people talk about searching for peace. Prem Rawat, hailed as an ambassador of peace for his lifelong commitment to introducing the possibility that every human being can experience peace within themselves, warns that sometimes searching can become an end in itself. It's just as important to recognize when the search is over.

"Let's say you're incredibly thirsty," he says. "You've been searching for water for a long time. Your lips are parched. Finally you find water. It's right there. What are you going to do: Drink it or keep searching?"

"Searching is a process that can bring you to water, but then, when the water is in front of you, you have to drink it, not keep searching."

In the same way, Mr. Rawat says, thinking about peace, searching for it, can only take someone so far. "Once the thing we're searching for is there, we have to accept it. Some people just get into thinking, and that's it. That's why it causes so many problems."

"I personally believe that if thinking

brings you to a conclusion, and you can accept and understand that conclusion, then that's very good.

Otherwise, it's like staying on a train without ever getting off, even when you see that you've reached your destination. The train stops, and you stay on the train. You've become so enamored with the train that you don't care about the destination anymore. Something is wrong."

What's wrong, he says, is that something is missing in our understanding of what peace is. It's not something that can be negotiated politically; it's much more intimate.

"The problem with the world right now," he says, "is that we want to have the manifestations of peace without peace. We want the orchestra to play without any musicians."

If you really want peace in the world, he says, start with yourself.

"Peace is within you right now—right now!" Mr. Rawat says. "Peace is within you. How many people know that? It's within you right now. All of us have peace in us. Feel it! Then you

will realize that there are no words adequate to describe it.

"Truly, there is peace in the heart of every human being. All you have to do is open the window to your heart, and you will be content. You will be happy. You will understand, not your shortcomings, but your humanity. That will be the day when we will look at each other to help each other. That will be the day when those manifestations of peace we so eagerly await will become a reality, not a dream."

"If we had that humanity, we wouldn't be seeing our differences. We would be seeing our similarity. If we had that humanity, we would understand another's pain."

"If I have humanity, I can understand your joy—not be envious or hateful of you, but understand that you are just like me. It is very important to see the similarity, but it's not going to happen by continually reminding each other of it."

"Peace happens when this heart is filled with gratitude for what we have been given, without wanting more."

Peace is about being in the presence of life. Peace is understanding simplicity in the simplest, most profound way possible.

Peace is when you understand the value of this blessing called the breath. Peace is when there is a profound thirst and an understanding of how to quench it. Peace is to admire this one, beautiful lifetime, every single day. Peace is to be the most human that you can be. Peace is to feel the joy of being."

Mr. Rawat backs up his words with a promise to assist anyone who is interested in finding peace, not just talking about it.

"Maybe people think this is just some grand idea," he says, "but I will continue to make my effort to bring peace to this world."

To learn more about Prem Rawat,
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Special Feature

BHA-RA-TA

Continued from March issue...

The concept of a nation must sink into everybody's mind because a nation is just an idea. When this idea burns through your mind and sinks into your heart, and your passion rises, you have a real nation. Otherwise, "nation" is just on paper. This is the unfortunate reality for us right now. When the British left in 1947, the first thing we should have done is change the name in such a way that it resonates in everybody's mind. You are using an English name for an Indian nation. Hardly a few percent of us can speak English properly in this country. The remaining are essentially left out. One thing I would like to request of the present Prime Minister is that we rename this country in a way that reverberates in everybody's heart.

I know a whole lot of the intellectual crowd will say, "What is in a name?" When you utter your name, you must un-



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

wise, other nations will not attack you with bombs – they will control your food and you will fall at their feet. Right now, seeds are coming from outside the country. If in a certain year, they don't send seeds, you must see what will happen.

dress them. What would be the agenda you would guide them on for a Sampurna Bharat?

Sadhguru: In Tamil there is a saying. When it comes to selecting a king, do you want a good man or a capable man? If you

this one step right now." If they walk that step successfully, they are energized and then you give them the next step and the next step. So let us not talk about Sampurna Bharat right now. I would like to talk to the people who manage the country about Sampurna Bharat, but not the people. The people must be led one step at a time. Otherwise, they won't go.

Building a great nation on one level means building great people, great institutions and an atmosphere which allows people to express their greatness. Right now we have created a situation with an ambiguous and unnecessarily complex rulebook which does not allow an ordinary citizen to be able to fulfill his daily activity without breaking rules in some way. Or in other words, we are making criminals of people who have no intention to be that. Simple and unambiguous rules to conduct economic, social and other activity is the most important need of today. This is something which needs the best minds in the country to work upon – simple rules with minimum loopholes. Bharat Mata Ki Jai!

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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derstand there is sound. The meaning is only psychological and social. The sound is existential and has a power. "Bharat" has power. This power has to reverberate through everybody's hearts in this country. And the idea of what it means to be an Indian must get across to every human being because if everyone's aspiration is not the same as the national aspiration, then you don't have a nation.

A vision for Bharat

Kiran Bedi: What is your dream and vision of India in 2020?

Sadhguru: One of the most important things is food security, which we are losing out on because we are yielding to certain forces in the world. India has to ensure food and water are taken care of for our people. By 2020, we must be 100% on the ball with food and water. Other-

Millions of people will go, just like that!

So food and water must be secured 100%. After that industrial development, IT, etc., – these things will happen anyway. But whatever food we eat in this land of Bharat must be generated here. We have land that produces food 12 months of the year, which is a phenomenon. Very few countries in the world can do that. And we must ensure that this happens, or somebody will trip us very easily.

I have said that there are two major problems in the country – poverty and corruption. Corruption is humiliating, but poverty is debilitating. First poverty, let people eat. Then we can talk to them about ethics and values.

Participant: I do pray that soon the Bharatiya Parliament invites you to ad-

want to get married, you choose a good man. If you want a king, someone who rules the nation, then you want a capable man. One aspect of capability is strategy. Whether you want to run a small organization or a nation, one very important aspect of managing something successfully – towards a certain direction – is strategy. A strategy works best when it is handled with a certain level of secrecy, a certain discretion as to what everyone should know, and what they should not know. Even if you have a family of two children, you don't tell them everything. There is some strategy as to what you should tell the child today, tomorrow and the day after. They must be led on.

If you tell the people of this country right now what the ultimate aspiration is, nobody will go there. Everybody will give up right here. You must tell them, "Just

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S. Umer (Client E-mail dated: March. 2015)

To begin with , everything about EENC made me feel comfortable and nice. The dedication, support and motivation of each of the staff is remarkable. I'm new to Canada , struggled a lot but was not successful in securing a full time job as Medical Office Administrator. I took guidance from EENC staff and found my first job in the field I wanted. I would highly recommend and have recommended EENC to many people already.

Nima F (Client E-mail dated: Feb. 2015)



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HUMANS OF NORTHERN SRI LANKA



BY
THULASI MUTTULINGAM

The face Book Community page "Humans of Northern Sri Lanka" is a pictorial page by Thulasi Muttulingam.

Thulasi Muttulingam is a journalist based in the North of Sri Lanka. Having grown up away from her hometown of Jaffna, it is currently her mission to research and document as much of her culture and heritage as she can.

If you are similarly interested, check out more of her work at the facebook page ~ Humans of Northern Sri Lanka:

To follow the updates, "Like" the page at: www.

facebook.com/pages/Humans-of-Northern-Sri-Lanka

"The adage, "everybody has a story to tell" is especially true of Northern Sri Lanka!

Cut off for several decades from the South, the people of the North have many unique characteristics and issues that hardly get press coverage!

Here, inspired by Humans of New York, is a small attempt to redress this - dedicated to all lovers of Sri Lanka, including Northern Sri Lanka!"

Here are few recent pictorials that featured in Humans of Northern Sri Lanka:

"There are no caste based discriminations in this village. That's all behind us now."

How many children do you have?



"Just one son."

And what would you do if your son wished to marry a girl of a supposed lower caste?

"That's exactly what he did. I sent him to Vavuniya to study but he eloped and married - at 19. I was more angry at the fact he had given up on his studies than that he married a girl from another caste. I took them into my own house and supported them nevertheless. What kind of parents do you take us for?"

Asked her about the challenges of single-parent families, especially single mothers as opposed to single fathers.

"It's a man's world, but men are not easily blamed for slipping up. If a father does not take adequate care of his children, people sympathize with him for being a single parent. If it's a single mother though, people castigate her for not having well turned out, well fed children. This, despite the fact that the man can earn easily and thus support the children better, as opposed to a woman who faces several challenges in this regard.

If a widower remarries, he is doing it for the sake of his children; what a good man he is. If a widow remarries, she is a bad mother who put her own needs before the needs of her children; Oh the poor children.

Double standards everywhere."



"My husband passed away in 2006, during the war. I too was injured by shelling. There are over 36 stitches on my head. But I am the sole provider for my two young children. So after the war I became a de-miner. They paid well - about Rs.27000 per month but it was a very risky job.

One day, as I was working, it occurred to me that my children would be orphaned if I were to die, were one of the mines to explode. I couldn't bear the thought of leaving them bereft like that so I quit my job to take on another, as a maid in the Middle East, for pretty much the same salary.

While I was there, people back here in my village got the Indian Housing. So I came back because I could not afford to lose out on the chance of a permanent house. By the time I came back however, the allocations for my village were over. I am running from pillar to post now trying to get my due. I only went out of my village through unavoidable circumstances to provide for my children. Please help me to get my housing."



"My husband left me for another woman, and abandoned his family responsibilities towards us. That was 13 years ago when the LTTE were in control of Kilinochchi. They were really strict over issues like that - they jailed him and beat him up to make him come back to us - but I was too proud to have him back under those terms. I didn't want him to be forced to live with us so I told the LTTE to let him go. Meanwhile our eldest child was born with disabilities. On top of having to fend for the family myself, I kept spending money on his medical treatment - because I kept hoping bigger and better surgery would finally make him alright. I even took him to Norway.

I come from a well-off family originally. Both my parents were University Lecturers in Jaffna but they divorced while I was still a baby and my mother gave me up to the Sencholai Orphanage. That's where I grew up. Later, my paternal grandparents found me and left me some prime property in Jaffna. I sold this property to take my son to Norway for medical aid. In spite of all my efforts to save him however, he passed away at the age of 9. I have two other children now, but we are left without house or land. I am living in someone else's house now. Without land, I will not get the housing given by the Indian government.

I am very industrious and have worked various different jobs over the years, including demining. Now however, at the age of 40, all the job opportunities have dried up for me, and I am unemployed. I don't know why my life is such a roller coaster of challenges. I sometimes feel like ending it all but I have children to look after. If not for them, I would choose to suicide."



**My host in Chennai.**

He's lived a full and varied life; born in Malaysia, grew up in Sri Lanka, studied in India, was the first Sri Lankan doctor to immigrate to the US, joined the US Air Force as a Lt. Colonel and traveled the world as a military doctor - and now retired in India.

You must have many stories to tell?



“Everyone of us has a story to tell. I suppose even animals if they could talk, would have many stories to tell.”

“I was one of the first Sri Lankans to migrate to America in 1961. I settled in Northern America where the people were welcoming - there they told me not to go to the South as the colour bar was still very much in effect there.

So of course, I had to go South to see how I would be treated. In those days, there were different facilities for everything along the colour divide of black and white; restaurants, schools, parks... everything. I walked into a white restaurant and several people choked - but they didn't say anything.

Then a waiter came up and asked where I was from. Nobody had heard of Sri Lanka at that time so I said I was from India. Gandhi and his satyagraha struggle had made India famous. I was actually treated with respect as an Indian.

At a Whites only park, I was similarly asked by a policemen where I was from. He smiled when he heard I was from India and let me be.”

“I was orphaned at the age of three. My parents died within a month of each other. My grandfather, a big shot entrepreneur in Malaysia had founded one of the first orphanages of Jaffna only a few years before. He was the one who sent the money - but his brother in law in Jaffna, called Muthuthamby, administered it - so it came to be commonly known as the Muthuthamby orphanage.

When we ourselves were orphaned, our grandfather retired from Malaysia and brought us to Sri Lanka. But he too passed away when I was eight. After that, my newly married eldest sister's husband took responsibility for me.

After leaving school, I enrolled at a newly established medical college in India called Kasturba Medical College in Manipal. It is very famous now but was an unknown entity in those days. Their course fees were Rs.3000. When I asked my brother in law, he said, 'You have not asked me for 3 cents, you have not asked me for three rupees, you have not asked me for three hundred rupees, you are asking for THREE

THOUSAND RUPEES. Do you realize how much that is?’

Just to explain, let me add that a tea in our sole village tea shop those days cost five cents. We high-school students used to cycle over to the next village, because the tea there was three cents - a significant saving.”

“I have no memories of my parents. I remember riding a little bicycle my father had bought me in Malaysia, on the estate we lived in there, but I have no memories of him, or my mother.

This is their wedding photo, taken in 1925, when my mother was just 18. She was dead 10 years later. Somehow we never even heard how they died. After retirement, I went in search of my family history in Malaysia. There I met a man, who remembered my parents. They had apparently died of Malaria. My father was a doctor, serving the people of Malaysia. But there was no cure for malaria in those days. And so we were orphaned at an early age.”

“People think you need connections and wealth to make it in life. In my case, I made it through a series of coincidences and very helpful people, most of whom did not know me, in the first instance. I try to return this facet to society as much as possible by helping people wherever I can.

One of the things I have tried to do on a sustained basis is help orphans. There are many orphans in the North of Sri Lanka right now. I follow the different orphanages and how the orphans are doing there as much as I can, including the one my grandfather founded.

It's difficult to gauge what is happening though. There are reports of the children being unruly and arrogant - which is what the administrators cite for some of the tough measures imposed on the children. I wish there was a long term sustained way in which we could study the challenges and deal with them adequately.

Right now, there is some very ad hoc management of some childrens' homes going on. In an orphanage I was helping to support, a girl scaled the wall and ran away - because she apparently couldn't take living there anymore. I asked the administrator what lessons she had learned from this, and she said they were building bigger walls.”



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“A fellow guest I had the privilege of interacting with at the wedding in Orissa. He is from Kargil, in the state of Jammu and Kashmir, a territory whose boundaries are still in dispute between India and Pakistan. In 1999, the area was the scene of a heavily destructive war between the two countries.

At a Punjabi wedding in Orissa, I had expected to take a break from hearing tales of war, but somebody asked him about his experiences during the Kargil war, and there it was all over again - stories of cowering in bunkers up to 10 hours at a time, being rained shellfire on indiscriminately, never knowing when a bomb was going to go off...

I tracked him down later to ask his feedback on how to help build affected people up, in a post-conflict situation. He is also associated with Amnesty International in India and a University Lecturer in Kashmir now:

“How to build people up? First give them hope. Bringing attention to positive stories is very important in this regard. What happens all too often in such situations is that the media and interested third parties detail to the world, only what is horrendously wrong and what went horrendously wrong. The affected community seeing themselves featured like this tend to lose hope, especially the vulnerable idealistic youths - because they too believe they are only the sum of all the negativity that surrounds them. That's why the youths of such communities have rampant drug abuse - it is their only escape when they feel that the real world is too bad and is insurmountable in its badness.

Nothing is ever that bad; there are always at least some positives to counter the negatives. If only they could hear about the positive role models in their midst and the positive things happening within their community, they wouldn't be so hopeless. As such I have founded an initiative for the children and youth of my community called 'the Peace Gong.' It is a newspaper for children and youths by children & youths, helping them bridge that gap in positive storytelling and social-connectedness. In a conflict situation, the word peace becomes stigma. There are many connotations and accusations associated with it. Different interested parties make it so. We the people directly suffering, need to reclaim the peace we want, from such people.”

Sounds familiar anyone?





"MONSOON JOURNAL" TRIBUTE TO A WORLD STATESMAN - LEE KUAN YEW, THE FOUNDER OF SINGAPORE



"Great leaders mirror the qualities of the nations they lead."

He was an elder statesman who transformed the small port city of Singapore into a wealthy country of international repute. He often referred to Singapore as a First World oasis in a Third World region. It is said that when he speaks, presidents, prime ministers, diplomats, and CEOs listen. He raised his country from a third world status to one of a first world status.

Mr. Lee Kuan Yew, Singapore's founder Prime Minister who served as Prime Minister for 31 years passed away peacefully at the ripe age of ninety one at the Singapore General Hospital.

Lee was hospitalized with severe pneumonia in early February. He was placed on mechanical ventilation in the hospital's intensive care unit.

Lee was highly respected and worshipped by Singaporeans as the architect of Singapore's prosperity. However, he was also criticized for his iron grip on power and preventing anyone else assuming power. He curtailed freedom of speech and political opponents were targeted by the courts.

Lee has been specially

complemented for holding Singapore together and prevented fragmentation in spite of a racial mixed population of Chinese, Malays and Indians.

In an interview in 2009, Lee commented as follows on the political situation in Sri Lanka:

"Another example is Sri Lanka. It is not a happy, united country. The Tamils have been in Sri Lanka as long as the Sinhalese. I don't think they [the Tamils] are going to be submissive or go away."

Lee led the nation through multiple upheavals in Southeast Asia and oversaw its transformation from a relatively underdeveloped colonial outpost with no natural resources to an Asian Tiger economy. In the process, he forged a widely admired system of meritocratic, corruption-free and highly efficient government and civil service, much of which is now taught at the Lee Kuan Yew School of Public Policy, with an alumni from more than 80 countries.

Lee's death announcement was made "with deep sorrow" by the press secretary of Prime Minister Lee Hsien Loong who was Lee Kuan Yew's son. "The Prime Minister is deeply grieved to announce the passing of Mr Lee Kuan Yew, the founding Prime Minister of Singapore," his office said in a statement.

Lee never minced his words and was always frank. In an interview with the New York Times in 2007, he remarked "We are ideology-free. Does it work? If it works, let's try it. If it's fine, let's continue it. If it doesn't work, toss it out and try another one."

SINGAPORE'S FOUNDER PRIME MINISTER **LEE KUAN YEW** WAS A WORLD STATESMAN WITH AN INTERNATIONAL REPUTATION

By Siva Sivapragasam



Former U.S. Secretary of State, Henry Kissinger, a close friend of Lee, at the funeral



Lee's final journey on a gun carriage



World Leaders, Former U.S. President Bill Clinton, Australian PM Tony Abbot & Indian PM Narendra Modi arrive for the funeral service



Thousands of people braved heavy rains to line Singapore's streets for a final farewell to founding leader Lee Kuan Yew



"MONSOON JOURNAL" TRIBUTE TO A WORLD STATESMAN - LEE KUAN YEW, THE FOUNDER OF SINGAPORE

SINGAPORE'S FOUNDER PREMIER LEE KUAN YEW ON SRI LANKA

My first visit to Sri Lanka was in April 1956 on my way to London. I stayed at the Galle Face Hotel, their premier British-era hotel by the sea. I walked around the city of Colombo, impressed by the public buildings, many with stone facing undamaged by war. Because Mountbatten had based his Southeast Asia Command in Kandy, Ceylon had more resources and better infrastructure than Singapore.

That same year, Solomon West Ridgeway Dias Bandaranaike won the election as leader of the new Sri Lanka Freedom Party and became Prime Minister. He had promised to make Sinhala the national language and Buddhism the national religion. He was a brown "pukka sahib", English-educated and born a Christian, he had decided on nativism and converted to Buddhism, and had become a champion of the Sinhala language. It was the start of the unravelling of Ceylon.

BANDARANAIKE

Singapore's then Chief Minister, Lim Yew Hock, invited me to meet him at dinner. A dapper little man, well-dressed and articulate, Bandaranaike was elated at having obtained an election mandate from the Sinhalese majority to make Ceylon a more nativist society. It was a reaction against the "Brown Sahib" society – the political elite who on inheriting power had modelled themselves on the British, including their lifestyle. Sir John Kotelawala, the Prime Minister whom Bandaranaike succeeded, went horse riding every morning.

Bandaranaike did not seem troubled that the Tamils and other minorities would be at a disadvantage now that Sinhala was the national language, or by the unease of the Hindu Tamils, the Muslim Moors and the Christian Burghers (descendants of Dutch and natives) at the elevated status of Buddhism as the national religion. He had been President of the Oxford Union and he spoke as if he was still in the Oxford Union debating society. I was not surprised when, three years later, he was assassinated by a Buddhist monk. I thought it ironic that a Buddhist monk, dissatisfied with the country's slow rate of progress in making Buddhism the national religion, should have done it.

SRIMAVO

In the election that followed, his widow, Sirimavo Bandaranaike, became Prime Minister on the sympathy vote. She proved to be a less volatile but much tougher leader. When I met her in Ceylon in August 1970 she was a determined woman who believed in the non-aligned ideology. Ceylon favoured the withdrawal of all US troops from South Vietnam, Laos and Cambodia, and a nuclear weapons free zone in the Indian Ocean, free of big power conflicts. As a younger man, I patiently explained my different foreign policy objectives, that Singapore would be gravely threatened if South Vietnam was to fall into the hands of the communists, threatening Cambodia, Laos and Thailand. The insurgency would spread into Malaysia, with serious consequences for Singapore.

Her nephew, Felix Bandaranaike, was her eminence grise on international affairs. Bright but not profound, he claimed good fortune of geography and history had blessed Ceylon with peace and security so that only 2.5 per cent



Lee Kuan Yew, 1959

of its budget was spent on defence. I wonder what he would have said in the late 1980s when more than half its budget went into arms and the defence forces to crush the Tamil rebellion.

Ceylon was Britain's model Commonwealth country. It had been carefully prepared for independence. After the war, it was a good middle sized country with fewer than 10 million people. It had a relatively good standard of education, with two universities of high quality in Colombo and Kandy teaching in English, a civil service largely of locals, and experience in representative government starting with city council elections in the 1930s. When Ceylon gained independence in 1948, it was the classic model of gradual evolution to independence.

Alas, it did not work out. During my visits over the years, I watched a promising country go to waste. One-man-one-vote did not solve a basic problem. The majority of some eight million Sinhalese could always outvote the two million Tamils who had been disadvantaged by the switch from English to Sinhala as the official language. From having no official religion, the Sinhalese made Buddhism their national religion. As Hindus, the Tamils felt dispossessed.

GOLF WITH DUDLEY

In October 1966, on my way back from a Prime Ministers' conference in London, I visited Colombo to meet Prime Minister Dudley Senanayake. He was a gentle if resigned and fatalistic elderly man. When we played golf at the Royal Colombo Golf Course, he apologised for the encroaching squatter huts and the goats and cows on the fairways. He said it was inevitable with democracy and elections; he could not justify keeping these green open spaces in the centre of the city. He sent me by train to Nuwara Eliya, their once beautiful hill station. It was a most instructive lesson on what had happened after independence. The food on the train (in a special carriage) was poisonous. The crab was badly contaminated and stank. I went immediately to the toilet and spewed it all out.

This saved me. In Nuwara Eliya, I stayed at the Former British Governor's hill residence, 'The Lodge'. It was dilapidated. Once upon a time it must have been well-maintained, with

roses (still some left) in the garden that looked like an English woodland. About 5,000 feet above sea level, it was pleasantly cool. I played golf on a once beautiful course; like the one in Colombo, this also was encroached upon by huts, goats and cows.

At dinner, a wise and sad-looking elderly Sinhalese explained that what had happened was inevitable with popular elections. The Sinhalese wanted to be the dominant race; they wanted to take over from the British as managers in the tea and coconut plantations, and from the Tamils who were the senior civil servants. They had to go through this tragedy of making Sinhala the official language for which they had paid dearly, translating everything from English into Sinhala and Tamil, a slow and unwieldy process. The universities taught in three languages: Sinhala to the majority, Tamil to Tamils, and English to the Burghers.

VISIT TO KANDY

At the university in Kandy I had asked the Vice-Chancellor how three different engineers educated in three languages collaborated in building one bridge. He was a Burgher, and wore a Cambridge University tie so that I would recognize he had a proper PhD. He replied, "That Sir is a political question for the ministers to answer." I asked about the books. He replied that basic textbooks were translated from English into Sinhala and Tamil, always three to four editions late by the time they were printed.

The tea plantations were in a deplorable condition. The locals who had been promoted were not as good supervisors as their British predecessors.

Without strict discipline, the tea pluckers were picking not only young shoots but also full-grown leaves which would not brew good tea. Their coconut plantations had also suffered. It was, said the old Sinhalese, the price people had to pay to learn how to run the country.

I did not visit Ceylon for many years, not until I had met their newly elected President Junius Richard Jayewardene in 1978 at a CHOGM Conference in Sydney. In 1972 Prime Minister Sirimavo Bandaranaike had already changed the country's name, Ceylon, to Sri Lanka, and made it a republic. The changes did not improve the fortunes of the country. Its tea is still sold as 'Ceylon' tea.

Like Solomon Bandaranaike, Jayewardene was born a Christian, converted to Buddhism and embraced nativism to identify himself with the people. In his 70-odd years, he had been through the ups and downs of politics, more downs than ups, and become philosophical in his acceptance of lowered targets. He wanted to move away from Sri Lanka's socialist policies that had bankrupted it. After meeting me in Sydney, he came to Singapore, he said, to involve us in its development.

I was impressed by his practical approach and was persuaded to visit Sri Lanka in April 1978. He said he would offer autonomy to the Tamils. I did not realize that he could not give way on the supremacy of the Sinhalese over the Tamils, which was to lead to civil war in 1983 and destroy any hope of a prosperous Sri Lanka for many years, if not generations.

He had some weaknesses. He wanted to start an airline because he believed it was a symbol of progress.

SINGAPORE AIRLINES

Singapore Airlines employed a good Sri Lankan captain. Would I release him? Of course, but how could an airline pilot run an airline? He wanted Singapore Airlines to help. We did. I advised him that an airline should not be his priority because it required too many talented and good administrators to get an airline off the ground when he needed them for irrigation, agriculture, housing, industrial promotion and development, and so many other projects.

An airline was a glamour project, not of great value for developing Sri Lanka.

But he insisted. So we helped him launch it in six months, seconding 80 of Singapore Airlines' staff for periods from three months to two years, helping them through our worldwide sales representation, setting up overseas offices, training staff, developing training centres and so on. But there was no sound top management. When the pilot, now chairman of the new airline, decided to buy two second-hand aircraft against our advice, we decided to withdraw. Faced with a five-fold expansion of capacity, negative cash flow, lack of trained staff, unreliable services and insufficient passengers, it was bound to fail. And it did.

It was flattering to have Sri Lanka model their country after Singapore. They announced that they would adopt the Singapore-style Area Licensing Scheme to reduce traffic entering the city. But it did not work. They started a housing programme in 1982 based on ours, but there was no adequate financing.

They set up a free trade zone only slightly smaller than the area of Singapore which might have taken off but for the Tamil Tigers whose terrorist tactics scared investors away.

THE GREATEST MISTAKE

The greatest mistake Jayewardene made was over the distribution of reclaimed land in the dry zone. With foreign aid, he revived an ancient irrigation scheme based on "tanks" (reservoirs) which could store water brought from the wet-side of the mountains.

Unfortunately, he gave the reclaimed land to the Sinhalese, not the Tamils who had historically been the farmers of this dry zone.

Dispossessed and squeezed, they launched the Tamil Tigers. Jayewardene's private secretary, a Jaffna Tamil loyal to him, told me this was a crucial mistake. The war that followed caused 50,000 deaths and even more casualties, with many leaders assassinated. After more than 15 years, it shows no sign of abating.

Jayewardene retired in 1988, a tired man. He had run out of solutions. R. Premadasa, who succeeded him, was a Sinhalese chauvinist. He wanted the Indian troops out of the country, which was not sensible.

They were doing a nasty job for Sri Lanka. When the Indian troops left, he was in a worse position. He tried to negotiate with the Tamil Tigers and failed. He was not willing to give enough away.

I met him on several occasions in Singapore after he became President and tried to convince him that this conflict could not be solved by force of arms. A political solution was the only way, one considered fair by the Tamils and the rest of the world.

Courtesy: Ceylon Today



Special Feature

By: Mrs. Kanageswari Nadarajah

Salutations to the Lord of Puttaparthi who decided to end his glorious Avataric Mission on 24th of April 2011. The morning of 24th April dawned as usual but the whole world was engulfed in darkness. – Our Beloved Bhagavan Sri Sathya Sai Baba elected to leave his physical form at 7:40 am on that day. The sudden termination of Swami's earthly sojourn plunged his devotees as well as thousands of people around the world in deep sadness. In everyone's mind the big question was- He had proclaimed that He would live in this form for 96 years - Why did His prophecy go wrong? Now what are we to do without him? He is only 85 years old- What about the balance 11 years? Actually according to the Lunar Calendar which is used by Hindus and others, Hindu Scholars believe Swami did live up to 96 years. According to the lu-

guide and protect us even after they leave this world. Our Beloved Swami is not confined to a body or physical presence. Neither is His presence limited by time. He has been there always and He will continue to be there forever. No He resides in our spiritual hearts. Whenever and wherever a need arises He will be there for us, because He is our Divine father and mother. This will never change.

Maha Samadhi also refers not only to the conscious departure of the body but also to the shrine where the physical body of these great souls is inferred, if you surrender fully at the Maha Samadhi of our Beloved Swami you can experience Dharshan, Sparshan and Sambashan even at this place. His physical body is not visible to us but He permeates the entire world in His subtle form. Millions of people are continuing to come to Puttaparthi and seek Divine grace at the Samadhi be-

legacy is He has taught us to "Live in Love". He was Love personified and He has lit the lamp of love in millions of hearts. His universal transformation of mankind is shaped and experienced by one and all. His legacy of Education- the Human Values based education is for life and not for living. It is His gift to humanity for posterity. His legacy- the Sathya Sai Organizations all over the planet voluntarily serve humanity with love and devotion. His model water projects, His marque educational limitations and hospitals, His vast network of Balavikas Centres, the Grama Seva, Narayana Seva and other Sai services is mankind will derive their energy from the perpetual abode of Swami which is the Maha Samadhi.

The 27th of April 2011- the day on which Swami's mortal body would be laid to rest was declared a holiday in Anantapur District. Devotees and dignitaries thronged the small township

of Puttaparthi. Huge crowds of devotees waited in never ending long lines in the searching sue for a glimpse of the last dharshan of our Lord. All the shops were closed as a mark of respect. One might wonder as to how all these devotees could have survived. Miracle of miracles the residents of these small township provided the gathering of more than 2 lakhs of people were food, water, and other services. This shows the love the township had for their Beloved Son. "Love all, Serve all" is what they did.

God incarnates in human form and behaves in a human way so that humanity can feel kinship with divinity. Baba has said "It is my mission to develop every little spark of God in everyone to the fullness of The Divine Flame". Those who die in Maha Samadhi are living in their souls merging with God. Swami's physical body is not visible to us. He transmits his Divinity from His

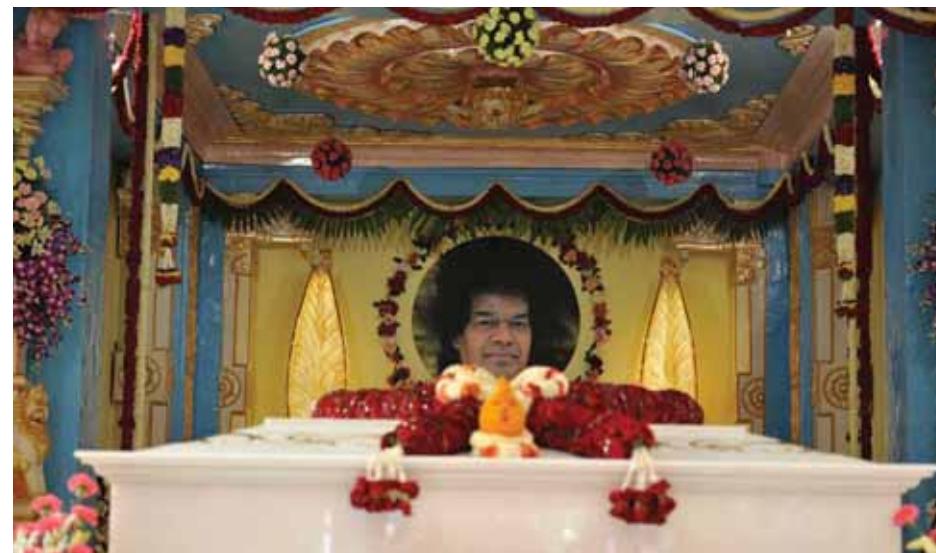
The Significance of Sai's Maha Samadhi

nar calendar a year has 324 days and not 365 days, as in a Solar year. Swami never mentioned that He would live to 96 years according to the Solar Calendar. So this prophecy is right. He has completed 95 years.

Swami was hospitalized for 27 days. – Bhagawan could have ended His life quickly if He had willed it. He wanted to prepare His devotees to face the inevitable truth. A divine person like Bhagawan could have left His body without illness or pain but He endured them all in order to give the devotees the mental strength to endure His physical departure. An Avatar never utilize even a little of His immense powers for Himself. He willed it and He did it - He went to Samadhi.

What is Samadhi? – it is "sam" + "aa" + "dhee". 'Sam' means evenness of mind, 'aa' means perfect or complete, 'dhee' means intellect. So Samadhi means the state of mind or intellect when it attains complete equanimity. The word Maha Samadhi is used in the context of earthly departures of Avatars, enlightened souls, saints and sages who have attained equanimity. They experience eternal bliss. Such divine souls continue to remain conscious even after shedding their mortal coils. They continue to guide and protect their devotees. So Swami's final departure is one of His many Leelas.

We question ourselves – Why did Swami go into Maha Samadhi. Who will protect us now? We need not worry. Such liberate souls continue to



cause His presence is felt more than ever before here. All these years we were looking at Swami whose physical presence was visible to us. Now He is the indweller in our hearts. We remain one with Swami.

Now that Swami has attained Maha Samadhi the question arises- What should devotees do? When can we do to continue his legacy? Swami has always said "Me life is your message". Now is the time for us to live His message. The astronomical welfare prospects undertaken by Swami beav witness to the love He has for Humanity. Sai Welfare prospects namely Medical, Educational and Soul Welfare Prospects, His educational institution, His free medical and Health prospects, His Water prospects and other Seva prospects are material parts of His legacy. The whole world can be them and experience them and benefit by them. The most important

Maha Samadhi. Many examples of His Divine presence are witnessed by many people all over the world. He occasionally gives dharshan to a chosen few, appears to some in their dreams, and answers His devotees' prayers. A lot has already been written about Swami's Maha Samadhi and a lot more will be written. The day Swami willed to enter Maha Samadhi is being celebrated all over the world and the Scarborough Sathya Sai Mandir is celebrating the Maha Samadhi Day. Let us be instruments of His mission. Sai Ram.

Aum Sri Sai Ram

Sri Sathya Sai Baba
Aradhana Mahotsavam

Join us as we Celebrate Divine Love in Human Form

Friday, April 24, 2015
Morning: 5:30 a.m. to 7:00 a.m.
Evening: 7:30 p.m. to 9:30 p.m.

Sri Sathya Sai Baba Centre of Scarborough
5321 Finch Avenue East, M1S 5W2
Tel: 416-335-7242
president@saicentre.net
www.saicentre.net



Aga Khan Museum Presents Two Distinguished Exhibitions Celebrating Two Passions of British Artist Howard Hodgkin

- Visions of Mughal India: The Collection of Howard Hodgkin
- Inspired by India: Paintings by Howard Hodgkin

February 21 – June 21, 2015

WHAT: United by the imagination and creativity of acclaimed British artist Howard Hodgkin (b. 1932), Visions of Mughal India: The Collection of Howard Hodgkin and Inspired by India: Paintings by Howard Hodgkin will be displayed in tandem from February 21 through to June 21, 2015. The two distinguished exhibitions celebrate Hodgkin's lifelong fascination with India.

Visions of Mughal India features historical works from Hodgkin's personal collection. These include stunning elephant portraits, finely detailed paintings and drawings of flora and fauna, depictions of daily life, royal portraits, and breathtaking illustrations of epics and myths produced in the Mughal court between the late 16th and early 19th centuries.

Inspired by India displays Hodgkin's very own powerful and expressive hand and his deep connection to India. The exhibition features eight paintings created by the artist between 1970 and 2014. These vivid, boldly coloured works demonstrate Hodgkin's one-of-a-kind style and confirm his status as one of Britain's best painters.

WHEN: February 21 to June 21, 2015

WHERE: The Aga Khan Museum

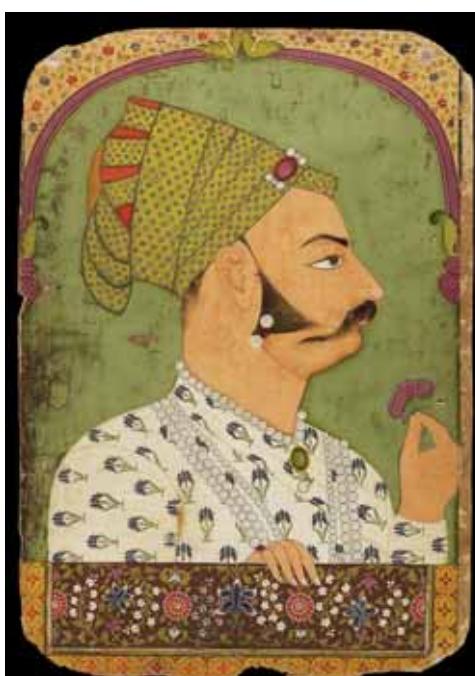
77 Wynford Drive, Toronto, Ontario M3C 1K1

TICKETS: Tickets for Visions of Mughal India: The Collection of Howard Hodgkin and Inspired by India: Paintings by Howard Hodgkin are \$15 for students and seniors, and \$20 for adults. For more information and to purchase tickets online visit <https://www.agakhanmuseum.org/tickets>

The Aga Khan Museum has been established and developed by the Aga Khan Trust for Culture (AKTC), which is an agency of the Aga Khan Development Network (AKDN).

The Aga Khan Trust for Culture (AKTC) focuses on the physical, social, cultural and economic revitalization of communities in the developing world, but some of its programs, including the Museum, span both the developed and developing worlds. AKTC is composed of several individual programs and units: the Aga Khan Historic Cities Programme (<http://www.akdn.org/hcp/>), which promotes the conservation and re-use of buildings and public spaces in ways that spur socio-economic development; the Aga Khan Award for Architecture (<http://www.akdn.org/architecture/>), which awards a prize for architecture every three years; the Aga Khan Music Initiative (http://www.akdn.org/aktc_music_about.asp), which supports talented musicians and music educators who strive to preserve, transmit, and further develop their musical heritage in contemporary forms; the online architectural resource ArchNet.org (www.archnet.org); and the Aga Khan Program for Islamic Architecture at Harvard University and the Massachusetts Institute of Technology (<http://web.mit.edu/akpia/www/>).

The Aga Khan Development Network (AKDN), a private, international, non-denominational development organization, is active in 30 countries and employs over 80,000 people globally. Its ten agencies address complex development issues, including the provision of quality healthcare and education services, cultural and economic revitalization, micro-enterprise, entrepreneurship and economic development, the advancement of civil society and the protection of the environment.



Maharaja Bakhat Singh of Nagaur, Jodhpur, Rajasthan, India, CA. 1735, Opaquewater-colour and gold on paper. The collection of Howard Hodgkin © Ashmolean Museum, University of Oxford

Palm Sunday 'Celebration of Christian Values'



By: JJ Atputharajah

Rev. Dr. Wesley Ariyarakul (of the World Council of Churches), preaching at the Palm Day service of the Tamil Christian Church of Canada, declared that the Palm Sunday is a celebration of lasting Christian Values.

Jesus entered the city of Jerusalem like a king entering his kingdom after winning a battle like the former emperors of old. The entry was celebrated with the waving palm leaves by people expecting him to become their deliverer from the tutelage of Rome. But the real position was different. Jesus did not aim at establishing an earthly kingdom. He aimed at establishing the kingdom of God- the rule of love. He did not believe in violence but sacrificial love redeeming the world from sin and shame and breaking the veil of sin that separated humanity from the love and patronage of God. Jesus rode on the back of an ass and not on a horse. He rode toward sin and suffering and death on the cross to bring everlasting life for all those who believed in him.

The Sunday's school children sang songs and read relevant verses from the Bible to commemorate the significance of the Palm Sunday. The church choir added meaning to the service with special songs depicting the Joy of Palm Sunday. Hosanna means "ride on to redeem us" and the lyric "hosanna paaduvom, yesuvu thasare" was sung with exuberance by a devoted church lustily.

The Coordinator of the Children's Ministry and the Teachers should be commended for giving the children the

right training to praise and love God right from their tender age.

'Happy day, happy day, when Jesus washed my sins away,

He taught me how to watch and pray and live rejoicing every day,

Happy day, happy day when Jesus washed my sins away'.

Alleluia!

The Lord is risen

"Where O death is your victory?

Where, O death is your sting?"

Jesus, you have conquered death

And risen to give victory o'er death.

We your chosen; burdened with sin

Are relieved from bondage of our sins.

*Command all people to eschew all evil,
So that all may not live in turmoil.*

Strengthen us to soothe brethren

Who are with hearts that broken.

Let us care and share their burden,

So that all their hearts may lighten.

Risen Lord, You in your power:

Will not permit your kin to suffer.

Pierced hands of Thee will save us,

From all our sin and stress.

We beseech thee to hear our prayer;

With penitence we draw nearer.

- Kingsley -



IS PUNCTUALITY IRRELEVANT?

Everyone has a characteristic they lack, but punctuality is a skill that many excel in. Punctuality may sound like any skill to be strong in but you definitely have to put a lot of effort into it. It is important because of how it can impact others and yourself negatively, the other skills you would improve, and the organization of your daily life.

Punctuality matters everywhere whether it is in school, work or anywhere else. Not being punctual not only affects you, but everyone around you. For example, if you were late for a class at school, you would affect everyone in the environment. You would disturb the teacher because of the noise you will make when you walk into the room. The teacher might even try to make sure you are caught up with the class, so he/she would have to stop the lesson to reiterate what you missed. All these movements will also be disturbing your classmates, distracting them from their own work. They might decide to cause more trouble for the teacher by talking to other students. The same disaster would be applied in the workplace. If you show up late, there is the possibility losing your job. After all the years of education learned from school, you don't want

to have your job taken away from you just because you were too lazy to wake up early. In retail stores, fast food restaurants or any other work place similar to these, being punctual is very valuable. If you show up late, this could affect the company very badly. Other employees have to stay and cover your shift. This causes problems for your coworkers because they have to take on double the roles and try to maintain a calm atmosphere. Places like McDonalds, Tim Horton's and more will suffer greatly if one employee is late because of the rush of customers who come in every second. Deciding not to be punctual at school or at workplace will only mean you would be putting yourself out as an inconsiderable human being.

Secondly, having a skill like punctuality helps you improve your other characteristics. If you work



on being punctual, you need to put in effort. This effort will motivate you to put effort into other skills as well. Punctuality is an important characteristic. It provides a foundation for other characteristics. For example, organization means being on top of everything. Working on your punctuality skills may help you with that because in order to be punctual you have to be organized. Punctuality can help you with other areas you need to improve on.

Thirdly, being punctual plays a big part in maintaining order our lives. When you are being punctual simply by waking up at a decent time every day, you feel a bit more relaxed and calm throughout the day. Waking up every day at the time you desire will only cause chaos. You would wake up realizing you are late and stress about the things you have to do before you get to wherever you have to be that day. If you have something important to do that day, like a presentation for your boss or a test, you will only grant yourself obstacles. No one is ever prepared to be late, so all the consequences of being late will also not be prepared for. You might miss the bus/subway or miss your turn in a presentation, and more. Overall, what would you get by deciding that being punctual is not important?

Our lives are already on a punctuality road, so it's not difficult for us to only put some effort and be punctual for personal things in our lives. Every day, the sun and moon rise and set at the same time of day. There is news on television, radio and newspapers for our convenience or just to inform us. The TTC and other modes of transportation are continuously working whether we use them or not. Our parents and we wake up every day. We are living in a punctual routine every day. It doesn't take much effort to make our lives work in a punctual routine. It doesn't kill anyone to put an alarm and wake up at the same time to go to work or school. Everything is laid out for us, yet many still choose to look past all of it and ignore the fact that punctuality is very helpful for us. The question is why?

Name: Kobikah Chandran
Grade: 11
Prize: 3rd Place - Senior

Third 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.

As mentioned before, punctuality means effort and efforts mean work people don't have the energy to for. As generations pass by, punctuality is a characteristic that fades. The generations are getting lazier and lack determination in anything. If we don't even have the patience to do something, of course we won't even have the patience to work on our punctuality. This problem can mainly be blamed on technology. Now that technology has evolved, we have everything we need at the top of our fingers. We don't have to work hard to get something. This technology has wrecked people's ability to be punctual. We know most of the consequences of being late at some point in our lives. Having knowledge on that, we now use technology to spare us. For example, many would wake up early to make sure that they would be able to catch the bus. Now with phones that have apps, anyone can check what time buses arrive. We decide to take advantage of this tool and take the extra time to sleep, fool around or anything in our convenience. It may make us happy, but it stops us from getting the change to develop our punctuality skills.

In conclusion, punctuality may take up our own time and effort to develop, but when you see the results, they're definitely worth it. Punctuality allows you to prove to others that you do care about their peace. It helps you to develop your other characteristics since it is a base foundation, and knowing that your day is going the way you want also gives you the sense of relaxation. Adding all these reasons give you the reason to believe punctuality is relevant and provides a big aid in our lives.



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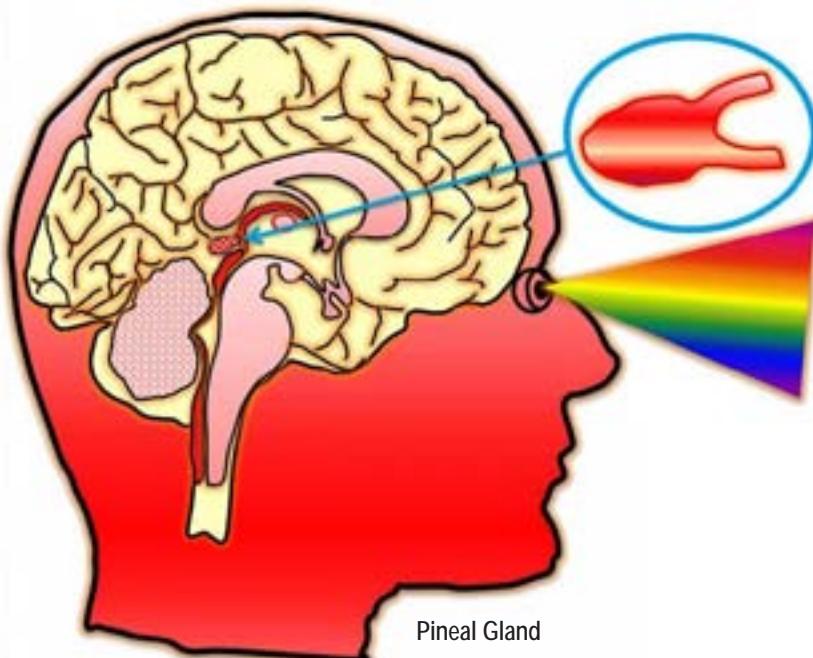
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THE PINEAL GLAND, THE THIRD EYE, IS AN EXTREMELY VITAL PART OF THE BRAIN CRITICAL TO OUR EXISTENCE

Is the Pineal Gland the "Seat of the Soul"?

What is the history behind it?



The existence of the pineal gland has been known for nearly two thousand years, although its function remained a secret until the late 20th century. The pineal gland remained an anatomical curiosity. In the 16th century, the French philosopher René Descartes was searching for the source of our thoughts, and proposed that the lonely pineal organ could be the generator and called the pineal gland "the seat of the soul." The name comes from the Latin word *pinea*, which literally means "pinecone." The gland sits at the approximate geometric center of the brain; its location can also be understood as the third eye, the center of the brow. It is not technically part of the brain, as it is only unpaired organ deep within the brain and not protected by the blood-brain barrier.

The pineal gland has been a topic of great debate over the last few decades as the science community is still trying to discover its complete biological function. The pineal gland was little known in Western Medicine until researchers at Yale University first discovered melatonin and its connection to the pineal gland in the late 1950s. In Eastern medicine, it has long been associated with the "Third Eye" and intuition, and it is linked to an important energy chakra. The pineal has also been shown to be the link between the nervous system and the "Limbic System" of the brain. It is thus quite possibly linked to perception. It is activated and regulated by energetic, electrical and magnetic frequencies.

Its link to sleep and hormonal influences and its possible link to cancer have been studied since that time. Melatonin became available as a dietary supplement in the 1990s. This gland is also the factory for a powerful brain chemical called DMT (Di-Methyl Tryptamine). When DMT produce, it



induces a person into a mind-blowing and mystical experience. This spirit molecule is found inborn in nature, such as in certain grasses and tree roots and even in our own bodies.

Why many cultures talk about it?

Why is melatonin used for an effective cancer treatment?

Our body is perfectly designed to survive in the world by sensing danger, battling and defeat the germs. Melatonin is a powerful anti-oxidant, a compound that blocks the action of free radicals, activated oxygen molecules that can damage cells. Melatonin may suppress the growth of cancer cells, especially when combined with certain anti-cancer drugs. Some research suggests that melatonin also

Many different cultures talk about our third eye. Even more curious is the fact that pineal gland symbology can be traced to many civilizations such as the Hindus, Romans, Mexicans, Egyptians, Babylonians and the Greeks. The Hindus teach that the pineal gland is the third eye, called the Eye of Purified Soul. Hindu God Siva has a third eye. Buddha hair is a symbol of the pineal gland. Hindu people apply "pottu" on the forehead, between the eyebrows. As a chakra, the third eye is a main access point between the spiritual body and the physical body.

It is called by the Buddhists the all-seeing eye, and is spoken of in Christianity as the eye single. It is a spiritual organ which is a connecting link between the human and the divine. It is interesting to note that even the Catholic Church displays pineal gland imagery, as the Vatican Square contains the largest

pineal-like statue in the world. The Third Eye has been called by various names throughout history, including the "inner eye," "mind's eye," "eye of the soul," and "eye of reason."

Hindus believe in reincarnation which means "re-enter the flesh." The soul never dies and takes birth again and again. At death, the soul leaves the physical body and re-enter another physical body as a baby. When all karmas are fulfilled, the soul will be liberated, freed from the cycle of birth and death. DMT is released from the pineal gland during extraordinary states such as time of birth and the time of death. This gland may be the mechanism from which we enter and leave our physical bodies. This is the reason Hindus believe that the pineal gland is the seat of the soul.

What is the symbolic meaning and deeper secret?

What is the symbolic meaning of these pine cones, and how do the opposing animals factor into their overall meaning? What is the deeper secret these mysterious images hide?

The ancient Roman *Pigna* (Italian for pinecone) sculpture sits in a Vatican courtyard called the Court of the Pine Cone is flanked by twin opposing peacocks. The Egyptian pine cone staff of Osiris (1224 BC) not only depicts opposing cobras but has them rising up to meet at a pinecone.

The Hindu tradition teaches to awaken the Third Eye by activating "seven chakras". The snakes were symbolical of the two channels called in Eastern terminology "Ida" and "Pingala" and the fire enclosed within it was the snake-fire which in Sanskrit is called

kundalini. The Caduceus is used as a symbol of medicine.



Buddha



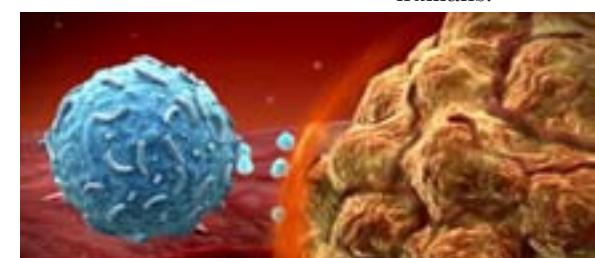
Pope John Paul II holding a Statue with Pinecone



Giant Pinecone by Romans at Vatican



Egyptian Osiris



The Cancer Cell



Uthayan Thurairajah is a Project Manager/Senior Engineer and Associate at MMM Group with over eighteen years of experience in Electrical Engineering and Lighting field, and he also teaches in the Department of Communication and Design at Ryerson University. Uthayan is member of several Canadian and international professional association including American Holistic Medical Association (AHMA), Academy of Integrative Health and Medicine (AIHM) and Association for Prevention Teaching and Research (APTR). He has worked on numerous multi-disciplinary lighting, traffic signals and power projects for the Ministry of Transportation and various Towns, Municipalities, Regions and others. He also has extensive research experience on the value of lighting design in the mental, emotional, and social well-being of a person. He is a frequent presenter and author on lighting design & health.





Property Rental - What you should know:

compiled by

Ari A. Ariaran, CPA, CGA

If you rent out one or more rooms in your home, or if you own a rental property, there are many expenses that can be deducted in calculating your net rental income. Generally, you can deduct any reasonable expenses you incur to earn rental income. The two basic types of expenses are: current expenses; and capital expenses. Current expenses are recurring expenses that provide a short-term benefit. These expenses include mortgage interest (but not principal), property taxes, utility costs, house insurance, maintenance costs, advertising, and property management fees. Rental income and expenses can be recorded using the cash basis of accounting, unless the property rental is considered business income, in which case the accrual basis of accounting must be used. As for capital expenses, they provide a benefit that usually lasts for several years. For example, costs to buy or improve your property are capital expenses. Generally, you cannot deduct the full amount of these expenses in the year you incur them. Instead, you can deduct their cost over a period of several years as capital cost allowance (CCA). Capital expenses can include: the purchase price of rental property; legal fees and other costs connected with buying the property; and the cost of furniture and equipment you are renting with the property. Renovations and expenses that extend the useful life of your property or improve it beyond its original condition are usually capital expenses. However,

an increase in a property's market value because of an expense is not a major factor in deciding whether the expense is capital or current.

Capital cost allowance (CCA) may be claimed based on the purchase price of the building, furniture and fixtures, etc., but not the land, and may not be used to create or increase a rental loss. If you only rent a portion of your home, then you would only be able to claim a portion of the CCA, and this may result in the loss of the principal residence exemption when you eventually sell your home. The claiming of capital cost allowance will probably result in a recapture of the CCA when the property is sold. This will happen if the selling price of the building is greater than the remaining un-depreciated capital cost (UCC) at the time of sale. The difference between the original cost and the UCC will be added back to income. If the selling price is greater than the original cost of the building, then the difference between the selling price and the original cost will be a capital gain. When purchasing or selling a rental property, it is important to break down the purchase or sale price between buildings and land.

Rental losses can generally be used to reduce income from other sources. If the rental loss exceeds income from other sources, and cannot be deducted on the current year tax return, it becomes a non-capital loss, which can be carried back or forward to reduce taxable income in other years. If you rent out only a portion of your home, you would only be able to



deduct a portion of the costs. If you rent a room to a friend or relative at less than fair market value and this results in a rental loss, you would not be able to deduct the rental loss. Any costs which are directly related to the rental portion of your home will be 100% deductible, and costs which relate to the whole building, such as property taxes and insurance, would only be partially deductible. The expenses can be split using floor area or the number of rooms that you are renting, as long as the split is reasonable.

To determine whether your rental income is from property or from business, consider the number and kinds of services you provide for your tenants. In most cases, you are earning income from property if you rent space and provide basic services only. Basic services include heat, light, parking, and laundry facilities. If you provide additional services to tenants, such as cleaning, security, and

meals, you may be carrying on a business. The more services you provide, the greater the chance that your rental operation is a business.

A change in use of your home from personal residence to rental property, or from rental property to personal residence, can result in a deemed disposition for tax purposes. This means that you will be considered to have sold your home and repurchased it immediately thereafter for fair market value. There are many factors which affect this, and professional advice is recommended.

If your rental property is in another country and the cost exceeds \$100,000 Canadian, including the cost of any capital improvements made after the original purchase, then you must complete form T1135, Foreign Income Verification Statement. There are penalties for not completing this form.



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MANAGING YOUR MONEY

Cheaper oil, weaker dollar - threat or opportunity

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

Increased production and drilling coupled with new efficiency measures, stockpiles of unused oil and weakening global demand have driven the cost of oil down significantly. The weakness in oil prices has also weakened the Canadian dollar because, as a significant supplier, our dollar is closely connected to the price of oil.

With oil down and the Loonie down plus other current economic ups and downs you may be concerned about your portfolio and its performance. The question is: Are cheaper oil and a weaker dollar a threat to your portfolio or an opportunity? And the answer is: It depends on your reaction to them.

If you react by jumping in and out of the market, trying to dump losers and find winners; if you react by selling out at big losses and sitting on the cash; if you react by chasing other forms of 'investment' like coins and gold that are generally not considered to be sources of a stable retirement income; if you react in any of these ways, that's the threat to your portfolio. It's called emotional investing and that 'strategy' doesn't pay, it costs. The market does what it does – sometimes it's up, sometimes it's down and often it's volatile.

That's one face of creating investment opportunity. Two others are effective asset allocation through a carefully selected and properly diversified mix of assets and dollar cost averaging, the strategy of buying a stock or fund on a regular basis, regardless of the stock or fund price – the price of your

stock or fund averages out over time and you are always participating in the market so you will never miss out on periods of strong returns.

Strategic asset allocation is a long term process used to identify the percentages of an investment portfolio that will be invested in a variety of investment securities.

These percentages will vary between portfolios that have different goals and objectives.

For example, a portfolio being managed to create an education fund fifteen years from now would normally have a much larger equity allocation than one designed to produce retirement income right now. While these two objectives may differ, the goal of strategic asset allocation remains the same. Namely, to develop a portfolio that potentially offers the highest return for a given level of risk, or conversely a portfolio that is expected to produce the lowest risk for a given level of return. Getting to the right asset mix can be complex. Quite often, computer models are utilized to produce a mathematical framework that effectively analyzes the investment returns and risk characteristics of a large number of asset classes such as U.S., International or Canadian equities, along with bonds and real estate. Depending on the number of asset classes included in the analysis, the computer model may literally analyze thousands of different asset combinations. In view of most investors' busy schedules, they have neither the time, patience or skill

to undertake such an analysis which is why they normally turn to an investment professional. Depending on your objectives and preferences, a portfolio may contain anywhere from six to ten distinct asset classes ranging from fixed income securities to domestic to international equities and further diversified by growth and value management styles.

The end result is an investment strategy that is tailored to your comfort level with risk. Risk-averse investors typically invest in a portfolio that emphasizes fixed-income securities. The goal is usually related to capital preservation and income generation

As the appetite for a potentially higher return increases, so does the corresponding investment risk. That is because obtaining a higher return usually involves a greater emphasis on equity type investments that are characteristically more volatile in terms of price fluctuation. For the more aggressive investor, a portion of their equity investments may focus on emerging markets or a particular industrial sector. Through a strategic asset allocation approach, it is possible to combine a series of fixed-income

securities and equities together in a portfolio that will exhibit less volatility than most of the individual constituents — provided every security included complements the diversity of the portfolio's content. Using this approach and resisting the temptation to "time" the market by temporarily concentrating holdings in any one area will not completely remove the risk of financial loss, but it can help you to build personal wealth without taking undue risk.

There are many other proven 'opportunities' for growing your wealth and funding a comfortable retirement – and they should all be wrapped into a comprehensive financial plan tailored precisely to your unique needs. Talk to your professional advisor about best financial strategies for you.

Disclaimer:

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Information Session



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(Please feel free to pass this information to anyone who may be interested to learn more about CPA designation)

Appointing a New U.N. Secretary-General

By Dr. Palitha Kohona

(Dr. Palitha Kohona is the former Permanent Representative of Sri Lanka to the United Nations and one-time Chief of the U.N. Treaty Section)

With Secretary-General Ban Ki-moon's term of office tapering off by the end of 2016, there is increasing chatter in the corridors of the United Nations on his successor.

The interest in the top post at the U.N. has been heightened because of the issues that have emerged.

Among them: the importance of respecting the principle of regional rotation; the need to have a woman occupy the top job at the U.N. after 70 years of its existence; and the importance of more transparency in an organisation that devotes much energy to promote democracy in the world.

These are prominent among some of the conversation starters in the U.N. cocktail circuit, all against the background clamour to reform the Organisation.

The Charter itself says little on the appointment process. Article 97 stipulates that the General Assembly (GA) will appoint a secretary-general (SG) on the recommendation of the Security Council. As with much else at the U.N., the practice with regard to the appointment of the SG also has evolved in response to contemporary pressures. Resolutions 11/1 of 1946 and 54/246 of 1997 are important on this matter.

The Security Council will, in the first instance, seek consensus prior to recommending a candidate to the GA, although 9 votes in favour of a candidate in the Council would suffice.

If consensus is not feasible, the Council will vote on the candidates available. The practice of conducting straw polls among the members of the SC has become popular in recent times.

To the disappointment of many members of the world body, the recommendation is adopted at a private meeting in accordance with Rule 48 of the Provisional Rules of Procedure.

The Permanent Five of the SC (P5)



—namely Britain, the U.S. France Russia and China — exercises inordinate power over the selection process. Today the endorsement of the P5 is essential and consequently the veto acquires a particular significance in the SC recommendation.

In 1996, the significance of P5 endorsement was clearly highlighted. As the Council began its consideration of potential candidates, Boutros Boutros Ghali, the incumbent SG, received 14 endorsements in a straw poll, except the U.S.

Boutros Ghali had offended the U.S. with comments on the situation in the Middle East. A week later, a former senior U.N. official, Kofi Annan, a surprise candidate from the Secretariat, received the necessary endorsement of the SC with the backing of the P5.

Similarly, former Secretary-General Kurt Waldheim's efforts to secure a third term in 1981 were vetoed by the Chinese. It is now almost mandatory for the aspirants to the post of SG to undertake visits to the capitals of the P5 to seek their blessings and not say or do anything that would cause them alarm.

This was not always the case. When, in 1951, Trygve Lie of Norway was vetoed by the Soviet Union, as he sought his second term, the U.S. had him appointed through a clear majority of votes in the GA. Given the difficulties that Trygve Lie faced subsequently, especially in dealing with a hostile Soviet Union, it would be unlikely that such an approach would be adopted today.

Although there are suggestions that the SC should recommend more than one candidate, for the sake of trans-

parency and to facilitate democratic choice, the GA has decided in Res 11 of 1946 that it would be desirable for the Council to proffer only one candidate.

Whether this sentiment continues to be shared by many in the GA today with its much wider membership is unclear. While a divisive vote in the GA is always possible, in recent times, the GA has tended to rubber stamp the recommendations of the SC.

While early aspirants to the post did not campaign under spurious pretexts, the need to approach a wide range of countries to seek their blessings is increasingly recognised. Visits to capitals could generate a groundswell of sympathy for a candidate which could influence members of the SC.

The present incumbent, a former Foreign Minister of South Korea, advancing his candidature the first time round, used his position as his country's representative in the SC to visit as many capitals as possible.

The second time round, he was advised to seek the endorsement of the regional groups as he was mulling presenting his candidature, in particular, the Asia Pacific Group, his own regional group.

This was against the background of some whispered reservations about his performance in the first term, especially by certain countries of the Western Europe and Other Groups (WEOG).

They were mostly concerns about his perceived lack of fluency in the working languages of the Organisation and the absence of firmness in dealing with difficult issues.

Still, the Asia Pacific Group endorsed him unequivocally, setting in motion a tide of endorsements from the other regional groups. He announced his candidature immediately following his meeting with the Asia Pacific Group.

The WEOGs provided the first two SGs. An assertive developing world demanded the next. U Thant of Burma (now Myanmar) was appointed, despite initial opposition from France.

The Eastern European Group has asserted a claim to the post after Ban because the group has never had this position before and because there are many suitable candidates from the region. Res 51/241 supports their position. Among the possible Eastern European aspirants are the former U.N. Under-Secretary-General and the Former President of Slovenia, Danilo Turk, the Executive Director of UNESCO, Irena Bokova of Bulgaria, EC Commissioner, Kristalina Georgieva of Bulgaria, the Lithuanian President, Dalia Grybauskaite, the vice Prime Minister and Foreign Minister of Monte Negro, Igor Lukšić, and the popular Permanent Representative of Romania, Simona Miculescu.

The WEOGs have occupied the post three times – the Asia Pacific twice, Africa twice and Latin America and the Caribbean once. Candidates from the P5s are not considered for the post. Should Eastern Europe come up with a suitable candidate, they are likely to get the post this time.

Given the perceived lack of clarity with regard to the Eastern European candidature, others have begun to test the water.

Among them are, Kevin Rudd, the former Prime Minister of Australia; Helen Clark, the Administrator of the UNDP and former Prime Minister of New Zealand; Antonio Guterres, the U.N. High Commissioner for Refugees and former Prime Minister of Portugal; and Michelle Bachelet, former Executive Director of UN Women and current president of Chile.

It is noteworthy that the Non-Aligned Movement, the largest single political grouping of developing nations, has strongly backed the appointment of a woman to succeed Ban.

The general feeling among Member States is that the time for a woman SG has arrived. There does not seem to be a shortage of exceptionally qualified women in the field.

- Edited by Kitty Stapp

- Courtesy: IPS

Have Patience and Give the New Government Time

Most diaspora Tamils live in hope and prayer that the lives of our brothers and sisters in Northern Sri Lanka will be uplifted to a better form of life.

The present government faces many challenges. The most horrendous challenge is to be honest in the 'mop up operations' in the south. Its a pity while this has started it seems it will be an ongoing tryst with every single person in the south they turn to for help. Which politician or official in

past governments in the south is not tainted.

Successive governments have gone on happily little realizing that the day will dawn when they will be held answerable to the deeds they committed both amongst them and to us Tamils. Finally it's here knocking on all their doors. Unfortunately mopping up operations in the south is a drag on the Tamil issue of 'one life to live and the pursuit of happiness' and thereby it

seems that all challenges the Tamils in the north face is sitting on the back burner.

Have Patience and give the New Government Time.

Time is of the Essence to Tamils of Sri Lanka and all over the world. We know that Patience is running thin and only the ones who have lost will understand that they have no more Time to give. We all await with the bold emergence of India's visit to the

north and promises made and some help already established. There should not be an end to their big brotherly pat to the Tamils of Sri Lanka.

Reconnecting will be hard, building Trust between countries and people of different Ethnicities is a long arduous hike with more challenges heaped on our plates.

by Ruba Rajaratnam

Gnanaratnam

Winchester, MA - USA



JAFFNA, SRI LANKA

Sabalingam Auditorium declared open by Mr. Ponnampalam

The 400 seat modern auditorium built in memory of former Principal Mr.E. Sabalingam was declared open on Friday, the 3rd April 2015, by Mr.S. Ponnampalam, another former Principal of Jaffna Hindu. Dr. Sabalingam Jothilingam, the son of Mr.E. Sabalingam donated this well-equipped auditorium in remembrance of his father as Jaffna Hindu celebrates its quasquicentennial year.

The Sabalingam Auditorium opening ceremony commenced with a pooja at Jaffna Hindu Gnana Vairavar temple. The Chief Guest Mr.S. Ponnampalam and other guests were led from the newly built arch at the school entrance to the temple with our traditional band. Special pooja was performed at the temple to invoke blessing, and from there, all the guests were taken again in procession to the Sabalingam auditorium. There, Mr.S. Ponnampalam unveiled the inscription declaring opening of the Sabalingam Auditorium.

The rest of the events took place inside the new auditorium. In line with the Tamil tradition, the



The Late Mr. Elayatamby
Sabalingam, Former Principal JHC

the gathering. Then was the special address from the Chief Guest Mr.S. Ponnampalam and the handing over of the auditorium took place. The Sabalingam Auditorium was formerly handed over to the Principal and the President of JHCOBA by Dr.S. Jothilingam.

As the end note of the event, vote of thanks was delivered by the Deputy Principal Mr. Satha Nimalan. The opening ceremony came to an end with the recital of college anthem.

Dr.S. Jothilingam, who generously donated this auditorium to Jaffna Hindu, is not only the son of our former principal, but he is also an old boy of the school and a former president of Jaffna Hindu College OBA UK. The Jaffna Hindu web team thanks him for coming forward to build an Auditorium in memory of his late father Mr. E. Sabalingam, a well-respected former principal of our school. Our school, which is one of the National schools in Sri Lanka, will be the first school in the Northern Province to have such a facility. This will no doubt boost the education of our younger generation.

The late Mr. Elayatamby Sabalingam was an old boy of our school and a former Principal. He inherited this world from 04 February 1919 to 03 August 1988. Late Mr. Sabalingam (B.Sc. London, Post Graduate Trained Ceylon) had his early education at Naval Saivapiraksa Vidyasalai Jaffna from 1923 to 1928 and at Victoria Institution Kuala Lumpur, Malaysia from



Sabalingam Auditorium

only in the field of education but also in the field of teacher trade unionism and sports. He had been a successful administrator, trade unionist, and a leading sportsman. As principal par – excellence, he laboured for the welfare of the students and instilling discipline among them had always been his forte. He took the College to greater heights during his term of office and brought fame and popularity to the College. As a noble principal, he faced all problems with courage and proved his mettle at times of crises. He was highly revered and respected by his students, colleagues and parents.

Some of the photos from the opening ceremony can be seen here.



Sabalingam Auditorium



The Chief Guest Mr.S. Ponnampalam and other guests in procession from the temple



Dance programme
"Bharathanatiyathil Sivapuram"

1929 to 1931. He had his secondary education at Jaffna Hindu College from 1932 to 1937. He graduated in Science from the Ceylon University College and joined the Ceylon government service as a technical officer. After a brief period, he opted to be a teacher and since then he willingly served the Jaffna community in the field of education. He was the vice-principal of Kokuvil Hindu

College and, in 1964, he was appointed as the principal of Jaffna Central College. In the year 1971, he assumed duties as a selection grade principal of Jaffna Hindu College, his alma mater.

The late Mr. E. Sabalingam is an efficient administrator and a philanthropist. As a teacher and administer he contributed immensely not



Dr and Mrs. Jothilingam being honoured with gold shawls and a memento by Mr.N. Sunthareswaran, the President of JHCOBA Jaffna

JAFFNA HINDU COLLEGE ASSOCIATION – CANADA



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(Major intersection: Finch Ave E &
Markham Rd)**

All old students, staff and well wishers are kindly invited to attend this event with their families.

For additional information
**Sri 416-953-3297, Mohan 416-871-8534,
Kathir 416-856-6900 Krish 416-930-9119**

www.jhcacanada.com
www.JaffnaHinduCanada.com



ARANGAADAL 2015



By: Arasi Vickneswaran

Manaveli is a prominent Tamil theatre group in Toronto with a history to boast of. They will be presenting 17th Arangaadal, the annual theatre event on 26th April, 2015 in Flato Markham Theatre. Arangaadal has always been critically acclaimed amongst the Tamil Torontonians. It is and has always been a product of immense and passionate labour of the Manaveli group.

This time, as always, the preparations are on and the expectations are high. There are five plays on the line. It will be more appropriate to term them as performances rather than plays as they are a diverse bunch of theatrical arts, incorporating a wide variety of styles ranging from folk theatre of Sri Lanka to a piece influenced by Bharathanatyam.

The first play is written and directed by Yalini Jothilingam. Yalini is a graduate of York University and is a young and impressive talent who has been proving herself recently. Her style is distinct and eye catching. She has a rich experience in theatre having performed in Sri Lanka, India and Toronto. She is keen in breaking the linear narratives in theatre. Body is the medium of performance and she explores the boundaries of the body, creating powerful stage images.

Her play Blue is an abstract form. Music, lighting and the silhouette of the performers all mingle together as the script follows some incoherent narratives. She aims to bring to the stage the themes of stress, depression and the burden of life. The chaos of the intellect and mind is a timeless theme but always commands newer ways of representation. This is such a representation and is sure to create a deeper than surface effect in all our hearts.

The second piece is a play directed by Avvai Vickneaswaran. Avvai is a poet and has published two poetry collections in Tamil. Her poems have been translated into English and published as part of anthologies. She takes keen interest in theatre. Her artistic forms are an expression of a female viewpoint and she is interested in bringing a feminist standpoint into the art of theatre. She has acted and directed many plays and this play will mark her entry as a director for Toronto audience.

The play Not All the Winds are

Gentle Breeze speaks of the politics of the female body and is thematically significant to the present period. It is a critique of outdated societal values and poses a question about the fear and burden carried by the female that transcends generations. Avvai has thematically based the play on one of her powerful poems. It is the story of a specific woman but is also the story of thousands of women around the world. It is the story of every mother across cultures and generations.

The next on line is a performance directed by Ishwarya Chandru. She is a budding talent and an artist in the making with a flourishing potential. She is trained in Bharathanatyam and is a student of York University, studying world dance studies. She



brings the nuances of Bharathanatyam into a non-traditional theme beautifully. The form is that of a dance-drama with visual effects to be used in an enhancing way. The piece is titled "Genesis". It depicts a child in her quest to create her own world in which she is not judged.

Next on the list is a script by acclaimed author Shobashakti, directed by Sabesan. Shobashakti is an expatriate Sri Lankan Tamil writer currently based in Paris. He has published two novels, two collections of stories, three plays and many essays in Tamil. Lately, his short story collection, The MGR Murder Trial has been translated into English. Sabesan is a renowned actor and director of plays in Toronto with great talent and experience.

The play is titled Fair Ceres. The mythical sounding title is apt for the age old themes dealt with in the play: crime and punishment and guilt and redemption. These themes will be afforded a fresh look in the play. These themes, no matter how old, are as relevant as ever to the contemporary society, especially in a world where war and related crimes are very prevalent.

Last but not the least, is the play written and Directed by Melinchimuthan. Melinchimuthan has roots in a form of folk theatre in Sri Lanka named thenmodi koothu. His productions are greatly influenced by this particular style of koothu. He brings his wealth of experience with the kooththu structure into a modern theatrical form and in the process innovates an entirely new form of theatre which is guaranteed to be a visual and auditory treat. His efforts at bending the rigid physical space of a theatre stems from the concept of the koothu stage - where audience are



seated around the performers in a circle. The art of koothu has been losing its many beautiful musical compositions and Melinchimuthan gives life to some of them in this play.

The play is named Mohapparavai. It is of a magical realist structure with a blend of koothu music. The play speaks in a nuanced and artistic way many unspoken aspects of human relationships especially within a family unit. The notion of a defined family unit is questioned today in the premise of individual rights. However, it is always kept together by emotional bonds. This play is a conversation about these ideas.

The plays to be presented in the 17th Arangaadal have all grappled with new themes and have focused efforts on bringing the unspoken to the forefront. To refresh the intellect and to keep thinking is what makes us all humans. In that respect, this event is sure to be a successful thought provoker and it will also be a great entertainer, so mark your calendars and do not miss it!



**Manaveli Performing Arts Group Presents
17th**

ARANGAADAL

THEATRE FOR
DANCE & PERFORMING ARTS

Blue
by Yalini Jothilingam

Not all the winds are gentle breeze
by Avvai

Genesis
by Ishwaria Chandru

Shobha Sakthi's
Fair Ceres
Direction : Sabesan

Bird of passion (Thenmodi)
by Melinchi Muthan

26 SUN
APRIL 2015

1ST SHOW 1:15 PM		2ND SHOW 6:00 PM
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Flato Markham Theatre

171 Town Centre Blvd.
Markham Ontario
L3R 8G6 (Warden & Hwy 7)

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Arangaadal.blogspot.ca

www.manaveli.org

Arangaadal

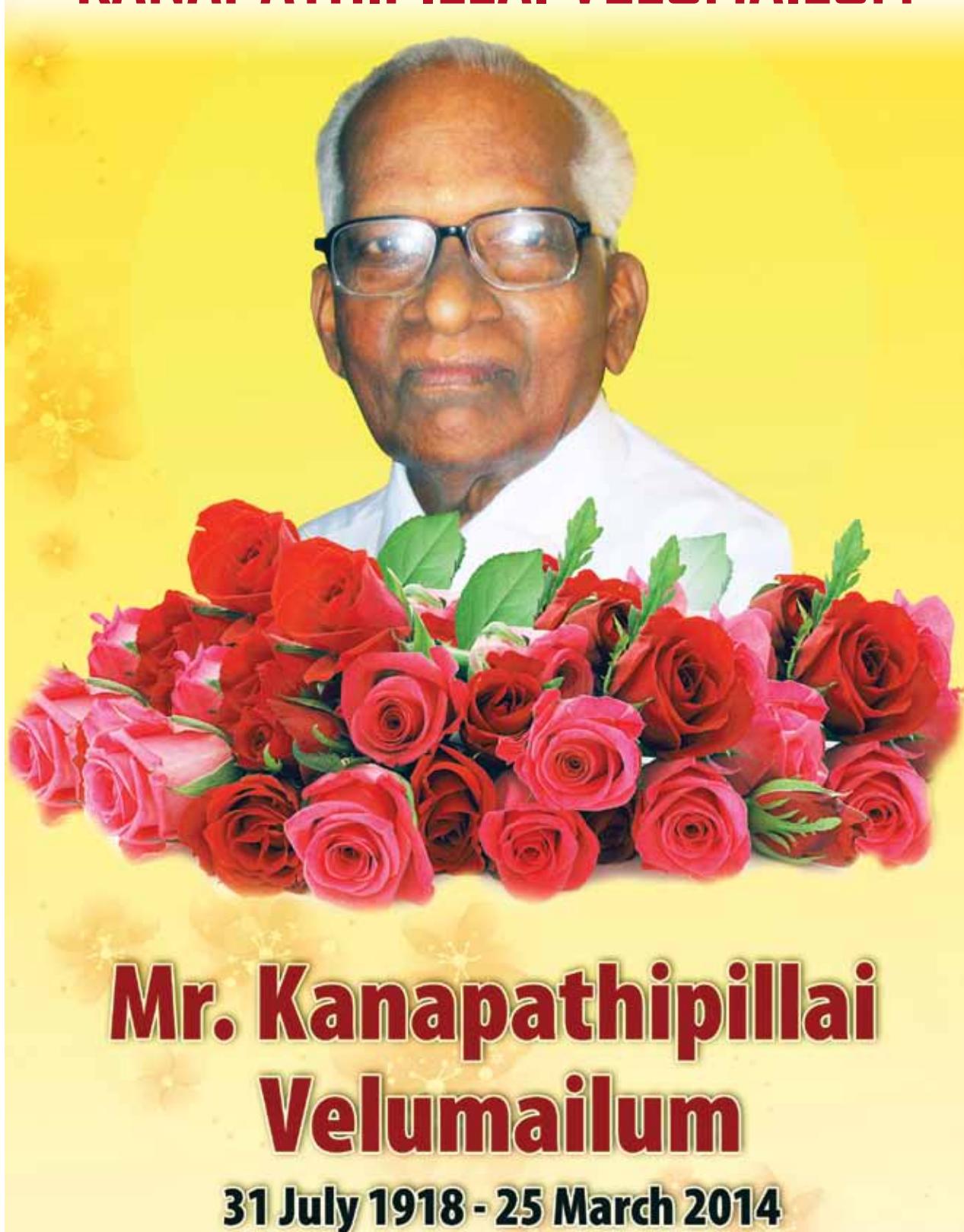
Manaveli Arangaadal

தமிழ்நாடு மாநகரையில்





1ST ANNIVERSARY IN MEMORY OF KANAPATHIPILLAI VELUMAILUM



A Tribute to Aiya

My dear grandfather Aiya. To everyone he was Aiya. To his children, to his grandchildren and to strangers around him, he was the great Aiya. What does Aiya really mean? It means father. So why did everyone call my grandfather "Aiya" because he was that father figure that everyone respected. When Aiya lived in Sri Lanka he was a well respected man who worked in the Insurance Industry and this name carried him wherever he went. When he came to Canada that is where I had a chance to meet my grandfather and get to

know what kind of person he was. I am one of Aiya's many grandchildren that have many dear memories with him.

Aiya was not one to be shy and you always knew what he was thinking, but that's why everyone loved him so much, he was vocal and you knew what to expect from him. If you wanted an honest opinion then you know where to go. Every time I would visit him when I was younger, the first thing he would ask was how are you doing in school. Education was very important to him and he wanted all of his children and grandchildren to work hard and get a great education. This is why he sent all of his children to do post-secondary school

including my father who studied in London, England doing Civil Engineering. One thing that was obvious was he cared for his family very much and was proud to be the patriarch of the family.

We all miss my dear Aiya very much but we have the memories from his long life to carry with us. We hold his teachings and his character with us as we transcend in our lives. He will always live with us and we thank him for his wisdom.

From Granddaughter Krishni on behalf of the family

**WE SHALL REMEMBER ALL WHAT YOU HAVE
DONE FOR THE FAMILY AND THE SOCIETY.**

The Velumailum Family...



WORLD CUP CRICKET 2015 TOURNAMENT

An affirmation of the glorious uncertainties of the game

C. Kamalaharan

The Sydney Cricket Ground reverberated with the thunderous applause of the enthusiastic fans as they stood on their toes witnessing the 1st knockout quarter-final game of the 2015 World Cup tournament between Sri Lanka and South Africa. Right from the moment the players entered the ground a vibrant atmosphere prevailed. The fluttering of flags, the swaying of placards, the beating of drums and the blowing of trumpets by the jubilant fans clad in their country colours with most faces masked and bodies defaced with attractive designs presented a festive mood.

On winning the toss the Sri Lankan captain opted to bat first and a clash of big hitters from both sides was eagerly expected. But contrary to expectations it turned out to be a low scoring match without even a six being hit by either side. The South Africans exerted tremendous pressure through their pacemen and spinners. They bowled the right length and line and their fielding too was disciplined. The

and face the varied pace cum spin attack cleverly handled by captain M.S. Dhoni led to India's victory.

In the 3rd quarter-final match between Australia and Pakistan Australia emerged the victor in a close



contest match by 6 wickets. Pakistan was dismissed for just 213 all out in 49.5 overs while Australia chasing 214 to win scored 216 for 4 in 32.4 overs. In spite of the perfect spell by Wahab Riza Pakistan lost the match mainly due to two important dropped catches.

The 4th quarter-final match between New Zealand and West Indies was a real



balls included 2 fours and 8 sixes. The match would have tilted in favour of the West Indies had Marlon Samuels caught Martin Guptill in the third delivery.

The first semi-final match between New Zealand and South Africa was a cliffhanger of an ending. Fortunes fluctuated as both the teams fought hard. The South Africans were batting well piling a big score. Unfortunately a two hour rain stopped play and on resumption of play New Zealand was set to face a revised target of 298 under the Duckworth/Lewis method. While the New Zealand battered well the South Africans threw their might to prevent the ball reaching the rope. The dropped catches and the failed attempts to run out prevented South African of a sure victory. The century partnership between Grant Elliot and Corey Anderson gave New Zealand a tensed 4 wicket win. Till the end ecstasy and agony alternated in both sides resulting in exaltation in the Kiwis camp and despondency in the South African camp.

In the second semi-final match Australia trounced the defending champions India by 95 runs through its excellent bowling superb fielding and Steve Smith's century. Among Indian bowlers Umesh Yadav took 4 important but expensive wickets giving away 72 runs in 9 overs. Shikhar Dhawan and Rohit Sharma made an impressive start scoring 76 runs. With the exit of Shikhar Dhawan the much expected ace batsman Virat Kohli was caught behind for only 1 run. While the other batsmen failed to score captain M.S. Dhoni scored a slow and steady 65 runs in 65 balls. India's hopes wilted when Dhoni was run out by Glen Maxwell's direct hit with only one stump to aim

exit the fans left the stands solemnly. India need not regret, they entered the World Cup tournament after their poor series in Australia and in the tri-series and made a creditable comeback with straight wins in the league and in the quarter-finals against Bangladesh. Except Dhoni the others are relatively young, capable of regaining the top position in the next tournament.

The world Cup tournament reached the decisive stage when both Australia and New Zealand the two co-hosts clashed at the Melbourne Cricket Ground for the prestigious trophy. The 93000 spectators expected an exciting game ending in a nail – biting finish. But from the start it was a one-sided game dominated by Australia in all departments of the game. In spite of winning the toss and elected to bat first New Zealand was bowled out for 183 in 45 overs. Set to win 184 Australia achieved it in the 30th over. This being Michael Clark's and Daniel Vettori's last match before retirement from the ODI the crowd gave a standing ovation when they left the grounds. The cricketing legend Sachin Tendulkar received one of the loudest cheers at the presentation ceremony as he stood on stage with the other dignitaries to hand over the Man of the match and the Man of the tournament trophies.

The spectators had a field day besides cheering their respective teams they revelled thoroughly. While walking along the lengthy corridor under the stands I saw them milling around purchasing food packets, souvenirs and light beer that has no 'kick'. Bringing beer from outside is banned as it might lead to drunken brawls. A neighbour seated by my side quipped, "If I drink



Sri Lankan team a well balanced mix of youngsters and veterans having a strong batting line up failed miserably disappointing their fans. They lost the grip from the start itself as both the openers left early when the score was 4 for 2. Excepting Kumar Sangakkara's 45 runs and Lahiru Thirimanne's 41 runs the others were all out for a mere 47 runs. The South Africans in reply batted cautiously and outplayed the Sri Lankans by 9 wickets. None expected such a debacle of the 1996 World Cup Champions.

Kumar Sangakkara who had scored consecutive centuries in the last four matches remained hapless in the crease as the other batsmen failed to support him. He and Mahela Jayawardene the luminaries of Sri Lankan cricket left the grounds crestfallen. It was a sad farewell to the two cricketing giants who left the ODI waving their bats to the frenzied applause of the crowd. But the void created by them will not remain unfulfilled, for in any game once a player goes a new player emerges.

Seated in the stands I only had a bird's-eye view of the game far below unable to keep tract of the fleeting moments of the ball particularly during the fast delivery of the pace bowlers. The instantaneous catches behind the stumps, the leg before wicket and the run outs were imperceptible. It's only in the television sets one could get a clear and close up view of the game.

In the 2nd quarter-final match between India and Bangladesh the latter's inability to overtake India's score of 303 for 6 which included Rohit Sharma's 137 and Suresh Raina's 65



treat for the lovers of the game. New Zealand scored 393/6 at the run rate of 7.86 while West Indies scored 250/10 at the run rate of 8.19. Mighty sixes hit by players from both sides landed into the stands. Martin Guptill's innings of 237 not out included 24 boundaries and 11 sixes while Chris Gayle's 61 off 33



at in the 45th over. The lower order batsmen mainly the bowlers led the side down in quick succession displaying their inexperience and lack of batting practice. They should take a leaf in Mitchell Johnson's book, he not only captured two wickets but also smashed 27 runs not out in 9 balls. With Dhoni's

three glasses only I'll get a slight 'kick.' I saw several restaurants rest rooms and terraces all along the corridor for the spectators to relax and enjoy the game. What magnificent stadiums are they! Some of the photos taken at the Sydney Cricket Grounds by the author can be seen here.



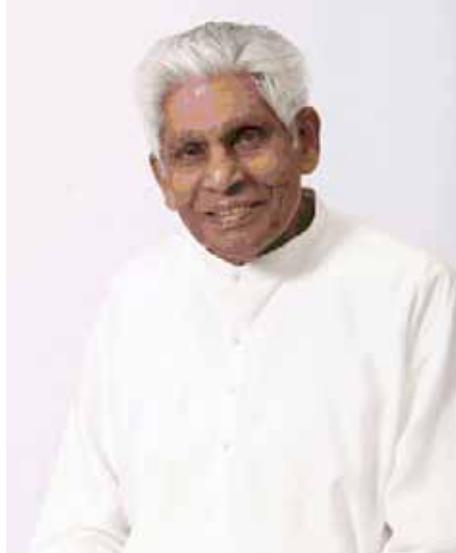
Tributes - April 2015

A Tribute to Mr. Kanagasapathy - "A moving Encyclopedia"

We have had the pleasure and privilege of associating with a man of great talent, tenacity and fortitude. He has been a role model to the teachers and students as an able administrator, a much sought after Biology Teacher and a man of conviction and courage. He was a man of high integrity and honesty being loved and liked by many of his students, colleagues, relatives and friends. He pioneered many educational projects in Ontario and created history among the Tamil Diaspora. He was instrumental in starting Tamil as a primary school subject and then as A Credit Course for Secondary schools in 1992, under the Heritage Language Program of the North York District School Board, when he was serving as a Tamil Heritage Coordinator. Then in 1994 was the Leader of a team of Tamil teachers who wrote the Tamil Workbook for Primary school students. In 2004 he convened a meeting of a few Tamil scholars and subject experts to work on Tamil glossaries for various subjects and commonly used English terms in Ontario. This glossary committee published two glossaries so far, which are in wide use not only in Canada but also in various Tamil speaking countries, as it is available online.

Even though he had many medical problems, he never complained or confessed to his associates and took them up easily and fought with fortitude. He has been living with Diabetes for more than forty years and with heart ailments for sixteen years. His forbearance and "take it easy" attitude helped him to participate in many a meetings, dance debuts, weddings and other social activities. He never shunned any activity because of his medical situation. He worked until his last breath and had a peaceful demise. His auto biography, incidentally his last book, is full of medical information on his ailments and the never ending treatments and surgeries he underwent. He had the courage to write about them, so that it may be useful to others with such ailments. I admire his openness and the love for his community.

Another noteworthy skill he possessed was his uncanny ability to remember events and people with details. Whether it is Science, Sports, Tamil literature, Tamil Cinema including actors and actresses, songs of yester years, Puranic stories, Politics, his Teachers and friends, he could remember all with accuracy and had everything on his finger tips. It is customary to forget things as you get older,



but he grew younger in remembering everything. He may have had a secret way of remembering things, which we never asked him and now we have lost it forever.

He loved Horticulture and floriculture and spent his money and time maintaining a beautiful garden around his house. This may be because of his genes and his Biological studies. Furthermore he was a connoisseur of art and fine arts and had an aesthetic sense and loved nature and natures gift to mankind. He spent most of his spare time in his garden and reading Tamil magazines and books. I know he was a voracious reader and could speak on any topic extempore. This was very evident in his speeches and conversations we had with him many a time. He has written 9 books and innumerable articles on multitudes of topics for various magazines and newspapers.

He was an active social worker and a champion of the under privileged people in our community. He worked hard to help them in every possible way through-out his life. He was fighting for their rights in a calm and subtle manner without much publicity but with stern and steady actions. He was firm and fare in his decisions and spent sleepless nights until the task is completed. He was never deterred by a few setbacks in his life, when he lost his wife in 1988 and his son in 1999. He performed his duties as a good parent to his eldest son and his two daughters until his death.

He loved his school Mahajana college so much, that he devoted most of his time in building up the school as a teacher for thirteen years and then as Principal for five years. After arriving in Canada, he was instrumental in starting the OBA in Toronto and was the first President for seven years and then its International Coordinator till

One year death anniversary of Mr Kandiah Sanmugam

Mr. Kandiah Sanmugam, popularly known as "Sanmuga Vathiyar" passed away on March 26, 2014. All of us who are associated with him are already missing his wisdom, tactical insight and above all his motivational presence. Although this day brings to mind the sorrow of his passing, it is also an opportunity to revisit some wonderful memories of him.

He was a teacher throughout his working life. As a teacher, he exhibited extreme devotion and dedication to his job. He was one of the few teachers I know from our village who taught schools in many different provinces of Sri Lanka, including Colombo district with Vanni. In the teaching field, the mediocre teacher tells, the good teacher explains, the superior teacher demonstrates, but the great teacher inspires. He was undoubtedly a great teacher who inspired generations of students. He spent the latter part of his career as the principal of Vigneswara Vidyalayam in his native Kuppilan. He worked very hard for the school to be upgraded to Mahavidyalayam.

He also helped many kids from poor families in his village by offering them appropriate advice and even financial help to seek better education, thereby reversing the vectors of their destiny. He instilled confidence and by extension hope to anybody who listened to him. His tireless dedication and optimistic vision enriched everyone around him. People always felt comforted by the conviction of his words. His inspiring words are always followed by impressive deeds. His type, with highly distilled power of intellect, intuition and imagination, coupled with the ability and willingness to offer help without any preconditions is very rare in any society

The greatest character trait of Sanmuga Vathiyar is that he never thinks negatively about anything in life. He headed a committee in his native village in Kuppilan, mandated to intervene to settle internal squabbles in the



village. People appreciated the way he handled this difficult job. He always elicited evangelical enthusiasm and enormous optimism with the strong belief that there is a solution to every problem. He possessed marvelous ability and acumen to deal with thorny issues as an amicable conversation and not an acrimonious confrontation. He slices and dices his opponent with his ever present sense of humour and infectious smile. His knack of combining simplicity with basic humility made people who disagreed with him comfortable with the disagreement. His poignant demeanor encapsulated all his personality.

Let me conclude with a poem to commemorate the father figure, not only to all of us in the family but also for all the people in Kuppilan.

**His charming words and smiling face
Are pleasures to recall
He had a kindly word for each
And died beloved by all
Too far away for sight or speech
But not too far for thought to reach**

(By: Siva Ganeshalingam,
University of Waterloo)

the last day. He never took any official position in any other organization, may be with a reason, which he never divulged. But was the Patron of Canada Tamil Writer's Association for nearly four years. Hence we the members of Canada Tamil Writers association decided to confer this Life time Achievement Award for his invaluable services to Tamils and Tamil language. We are

happy to announce that he is one of the first recipients of this award, but sorry to say that even though we got his consent last November, Yaman the demigod of death, preceded us. Hence we have to award this posthumously. We extend our sympathies to his family and friends. May his soul rest in peace.

Thank you.
Sivanesan Sinniah



Why we should learn Sangam poetry?



Vaidehi Herbert

There are many reasons why we should learn Sangam poetry. The first reason is because we have the great honor of having the rich, classical language Tamil as our mother tongue. It is ours. We inherited it. It is our greatest wealth, that started as an oral tradition few thousand years ago, was nurtured by our poets and Pāṇars (gh̄z u), and passed on to us etched on palm leaves.

Sangam literature is a valuable treasure chest. One needs to open it to see the treasures. These 2381 poems written in 18 books are ancient. They are sophisticated, noble, and have no equal. They are less on words, but rich on meanings. Our ancient scholars who wrote commentaries (ci u Mr̄pauſs) called them rhDNw̄ nraAs. The poems were written to meter by our brilliant ancestors, noble men and women from all walks of life - kings, teachers, merchants, doctors, cattle herders etc. The poems reveal an old, highly advanced secular culture with no caste distinctions.

Sangam literature is nature poetry. The poets use nature to depict all human emotions. Nature is never an isolated item in the poems. Every element of nature in the poem conveys



a message relevant to the situation. Even the sun, rain, clouds, and seasons tell us something. Similes and metaphors using nature abound. There is no body of ancient literature on earth with wealth of information about fauna and flora like our Sangam poetry. One sees many trees, flowers, vines, plants, birds, mammals, insects etc. etc. It is a ripe field for scholars of many disciplines.

Over 2,000 years ago, poems were written only in Tamil, Greek, Latin,

Sanskrit, and Hebrew. Tamil is the only thriving language today among these five classical languages, having a continuously thriving rich literary history, vibrancy, and is still spoken by a huge population. No other language on earth has this honor. Our Sangam literature is the basis for all our later literature including didactic works, epics, prabandhams, and bakthi literature. One can see its reflections in all the writings for the past 1500 years including even Tamil movie songs. Sangam Tamil traditions continue to this day. Even today we have beliefs that if a crow caws, it will bring guests, if a lizard (gyȳ) clucks it is a good omen, if our left eye twitches it is good luck, etc. These come from a long tradition and our poets have written about all these in the poems.

With its two wings of Akam (interior, love) and Puram (exterior), Sangam literature soars high. The Puram poems reveal the Tamil country, its politics, social life etc. The Akam poems are vignettes which reveal various facets of love between a man and a woman. With just a handful of key characters that remain nameless and make apt, terse utterances to each other, the poets wrote in accordance to rules set up by their genius ancestors, and created literary masterpieces which make readers of today feel like they are part of the love drama. They are timeless.

The artists of the times are revealed to us. There are bards who play various kinds of yāls, drummers who play many kinds of drums, dancers who perform various dances, singers, horn players, and cymbal players. There are a couple of descriptions of orchestras. There is also mention of dramas.

The Sangam reader is exposed to the history of the Tamil country with in-

formation about the three great kings, small-region kings, great donors, bravery, charity, compassion, kingdoms, warriors, battles, mountains, rivers, towns (many have the same names), poets, bards, drummers, dances and other artists.

One is aware of how advanced the Tamil society was in building palaces and mansions, melting and making metal objects, building a small curved dam (an earthen dam built by farmers who understood the principles of water flow), jewelry making, fabric weaving, pottery making. One learns about import and export business done using ships, export tax, toll roads etc. Horses were imported and ships brought them.

There is even mention of election process with a sealed pot to hold the votes and govt. officials breaking the seal to count the votes.

We traded with the Greeks. We sold pepper and received gold in return. We also used Greek warriors as mercenaries. Mauryan incursions are mentioned.

We can learn about the food our ancestors ate. They had many of the same vegetables. They even had apams and mothakams (m̄ggk>Nkhj fk).

When one reads bakthi poems written by Andal, Nammalvar, Thirumangai Alvar, Manickavasakar and other saints/poets, one can see Sangam poetry reflected again and again. They took many phrases, themes and descriptions from the literature. These bakthi poets had learned Sangam poetry very well, it appears.

A.K. Ramanujan wrote about the Sangam poems, "These poems are not just the earliest evidence of the Tamil genius. The Tamils, in their 2,000 years of literary effort, wrote nothing better."

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SRI LANKAN ACCOUNTANTS ASSOCIATION OF CANADA'S 6TH ANNUAL ACCOUNTANTS FORUM

Sri Lankan Accountants Association of Canada had its 6th Annual Accountants Forum on Saturday, March 7th, 2015 at Holiday Inn – Toronto Airport East. The beautiful and spacious Centennial meeting room was filled with about 120 members and guests. The purpose of this forum is to create a networking opportunity among members, other professionals and business community. This event was generously sponsored by Royal Bank, Chartered Professional Accountants of Ontario (CPA) and EY. The day began with the continental breakfast. The EY representatives Keith Matcham, a partner and Alen Hann, an associate partner made an excellent 3 hour presentation on the subject of Information Technology and Risk Management. Sivan Ilangko, one of life members and an associate partner at EY was instrumental for the association to earn the support

from EY. Indo-Canadian style buffet lunch was so good and attendees were truly enjoyed.

The afternoon session had two presentations. One was about the "Recording and Reporting of Intangible Assets" by a famous seminar leader, Nick Shepperd. The other one was "One Conversation can change your life" by Stuart Knight. Stuart is a well-known Canadian entertainer and motivational speaker.

Sherlyne Rasiah, Association's President, Imtiaz Seyid, Vice President South Asian & Middle Eastern Markets, Vicki Liederma Director of Student Recruitment, CPA and Sivan Ilangko, An Associate Partner at EY have spoken at the beginning of the event. In their speech, Imtiaz, Vicki and Sivan are all praised the association and mentioned the benefits this event may bring to the members and the community.





Rotary International President Gary Huang in Toronto

Richmond Hill Rotary Club felicitates Huang at Dinner Reception

By Siva Sivapragasam

Rotary International President Gary Huang who made a whistle-stop visit to Toronto was felicitated at a Dinner by the Rotary Club of Richmond Hill with three hundred Rotarians in attendance.

The District 7070 dinner was held at the Sheraton Hotel for RI President Gary Huang with thirty-six guests from the Richmond Hill Club plus four interactors from the Bayview Club.

Mayor Dave Barrow presented President Huang with an autographed copy of "A History of Richmond Hill". The dinner was a special moment of remembrance for the rotarians.

Richmond Hill Rotary President Dave Tate extended his thanks to Ted Koziel who played a key role in the organization of the event. He also

thanked Jones and Paul Vyroostko for their assistance in making the event a success.

It was a great evening of Rotary in Richmond Hill.

Mr.K.R. Ravi Ravindran from Sri Lanka takes over as the International President of Rotary this year. Ravindran is the founder and CEO of Print-care PLC, a publicly listed company and global leader in the tea packaging industry. He also serves on the board of several other companies and charitable trusts. He is the founding president of the Sri Lanka Anti Narcotics Association, the largest anti-narcotics organization in Sri Lanka. A Rotarian since 1974, Ravindran has served Rotary as a director and treasurer of Rotary International and as a trustee of The Rotary Foundation.



Dr.C.P. Giri, Dental Surgeon with RI President Huang at the Dinner

IMPORTANT MESSAGE FOR ALL SRI LANKAN PENSIONERS

By SRI LANKAN PENSIONERS ASSOCIATION OF ONTARIO (OSPA)

The fifth Annual General Meeting of the OSPA will be held on the 18th of April 2015 at the Miracle Family Church, 1100 at Bellamy Road (Bellamy / Ellesmere) commencing from 10 am.

- All Sri Lankan Pensioners whether members or not are invited to attend.

- Snacks, coffee and Lunch will be served to all participants.

- Payment of increases in Pension given to other Pensioners will be discussed.

- Anomalies in payment of Pensioners and non payment of arrears will be discussed.

- Facilitate convenient method in forwarding Life Certificates.

- Transfer of Pensions from Divisional Secretaries to Head Office and centralization.

- Difficulties of Pensioners in obtaining Data Entry forms and Opening new accounts.

- Appointing nominees to operate

account in case of death of Pensioners.

- High Commr. For Sri Lanka and Consulate General, Pensions Officer and staff invited.

- Government Servants who left the country owing to Disturbances and unable to get Pension

- Appeal to Hon. Minister of Public Administration re payment of Pension increases.

- Entitlement of Railway warrants to overseas Pensioners.

- Election of a new Board of Directors for the ensuing year.

For more information contact:

Reggis – President

647-285-9336,

Stanley Silva- Vice President

416-293-8592,

Maya Kandiah- Vice President

416-895-8111,

Ragu-Secretary

416-431-4360,

Sathananthan- Treasurer

416-908-1156.

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Contact Information
Facebook Link:
<https://www.facebook.com/events/926429510721284/>
E-mail :
TCASDHOPE@GMAIL.COM

"There are only the pursued, the pursuing,
the busy, and the tired."



Community Watch



Durham Tamil Association

Not On Our Watch Event hosted by Social Services Network and Durham Tamil Association

On February 28th, Social Services Network, in partnership with Durham Tamil Association, as well as Durham Regional Police, Durham District School Board, Women's Multicultural Resource and Counselling Centre of Durham, Community Development Council Durham, Pickering as well as other Durham partners launched International Women's week at Pickering Town Centre to show that neighbors, friends and families in immigrant and refugee communities can make a difference in ending violence against women.

Naushad Hirji – Board Chair of SSN and Joshua Suresh – President of Durham Tamil Association welcomed the guests and dignitaries, while energetic upcoming singers Tharmela Gnanendralingam and Sarika Navanathan sang the Canadian National Anthem. Uma Suresh – Program & Volunteer Coordinator of DTA presented the welcome speech. Tracey Vaughan, Director for Recreation & Culture at the Town of Ajax was the Master Of Ceremony, while Mrs. Hedvig Christine Alexander was the key note speaker for the event. Young students of Nottingham Public School performed their tap dance which was choreographed by Ms. Malaika Leacock. The objective of this Not on Our Watch Event is to raise public awareness of the signs and risk factors of violence against women, and helping people close to an at-risk woman or an abusive man offer effective support. Some short-term outcomes of the province-wide Neighbours, Friends and Families Campaign hope to have:

- Increased public awareness of warning signs and risk factors for woman abuse;
- Increased knowledge about available resources for woman abuse;
- Increased confidence to offer support and make referrals.

Numerous individuals, agencies and dignitaries spoke about the issues of domestic violence and the role that community members could play in helping women in situations of abuse. Dignitaries included Hon. Chris Alexander - Canada's Minister for Citizenship & Immigration, Hon. Tracy Mac Charles – Minister for Youth Services & Women Issues, Hon. Corneliu Chisu - MP for Pickering-Scarborough East, Hon. Joe Dickson – MPP for Ajax-Pickering, Mayor of Pickering Dave Ryan, Mayor of Oshawa John Henry, Ajax Councillors Renwick Ashby, Joanne Dies & Marilyn Crawford, Pickering Councillor Ian Cumming, Whitby Councillor & Deputy Mayor Lorne Coe, Martyn Beckett – Director of Education for DDSB, Patrice Barnes – Trustee of DDSB, Esther Enyolu – ED of WMRCC, Constable Darryl Rice of DRPS, Tahmena Bhokari – Children Aid Society, Devora Garland of WHAI, Martine Robinson of DDSB, Yan Fu & Michael Crowley from DACCA, Tariq Fahimi from CAC, Vaqar Raees & Saeed Siddiqui from Friends Indeed, Donald Igboekwe of World Religion Committee, Kathy Williams of Pickering Main Library, Oliver Forbes of CDCD and Evelyn Poliarco from FCHRD appreciated this initiative. Various Medias were invited to spread the recommendations of the event and they were welcomed by Dr. Naila Butt Executive Director of SSN. The Board Directors of Durham Tamil Association actively took part in the interactive panel discussion in groups which consisted of youth and women who were affected by the violence.

There also was an Interactive Panel Discussion with various mainstream workers who shared insights about the work that they offer to community members and survivors of woman abuse. This included the following speakers:

- Durham District School Board (DDSB) – Martine Robinson
- Durham Children's Aid Society – Tahmena Bokhari
- Durham Regional Police – Constable Darryl Rice
- Durham Tamil Association - Uma Suresh
- Women's Multicultural Resource and Counselling Centre of Durham – Esther Enyolu
- Community Development Council Durham – Oliver Forbes

Snacks were served by our TEAM DTA Youth who were involved in both set up and tear down of the event. Throughout the event, individuals who took part signed a Ribbon Message to stop abuse against women. Vote of Thanks was given by Meccana Ali – Project Coordinator of SSN.



Hon. Minister Chris Alexander

Keynote Speaker Hedvig Christine Alexander



Councillor Lorne Coe

Councillor Lorne Coe



Mayor of Pickering Dave Ryan

MPP Joe Dickson



TEAM DTA with Hon. Minister Chris Alexander



TEAM DTA with Martyn Beckett, Director of Education & Trustee Patrice Barnes of DDSB



TEAM DTA with Dignitaries @ NOOW Event

Durham Tamil Association



Community Watch



MP Cornelius Chisu



Mr. Martyn Beckett - Director of Education for DDSB & Trustee Patrice Barnes



MC Tracey Vaughan



Board Chair Naushad Hirji of SSN



Meccana Ali of SSN



Panel Discussion @ NOOW Event



DTA's Sarika Navanathan performing



Dancers from Nottingham Public School

DTA'S CONTRIBUTION TO THE INTERNATIONAL WOMEN'S DAY CELEBRATIONS BY WOMEN'S COMMITTEE OF DURHAM IN UOIT, OSHAWA



Guests enjoying DTA's Henna

OF DURHAM IN UOIT, OSHAWA



TEAM DTA with Women's Committee of Durham



TEAM DTA Youth applying Henna to guests @ International Women's Day in Oshawa



Aum Namaskara!

Satguru Chellappa Swamigal

Graceful with his divine dance in the streets of Nallur

The 100th anniversary of Guru-pooja day of Chellappa Swamigal, who was the Spiritual Guru of Thavathiru Sivayoga Swamigal falls on Sunday, 22-03-2015, the day of the Ashwini Nakshatra in the month of March.

In his collection of 'Nat Sinthanai' (Divine thoughts), Guru Sivayoga Swamigal has sung songs in praise on the words of wisdom as was preached by his spiritual teacher 'Theradi Siddhar' Chellappa Guru. In fact, the specialty of 'Nat Sinthanai' is to clarify the meanings of the great sayings of Guru Chellappa Swamigal. Let's learn some details about the miracle man, called Chellappa, whom the virtuous soul, Yogar Swamigal, found as a teacher of medicinal value (in spiritual sense). Our mother land is Sri Lanka. Yarlpanam (Jaffna) is one of the cities in the North where the classic language Tamil is in usage. Chellapp was born to Vallipuram and Ponnar, a couple from Vaddukottai in the Jaffna district. His parents later on settled in Nallur, a prosperous village complete with abundance of water and fertile land and the abode of Lord Murugan, for doing agriculture. They made their residence in a hut on the Southeast corner of the outer promenade of the Nallur Temple. Their residence is converted into a memorial place for Chellappa Swamigal.

Chellappa, after getting education while living at that hut, was said to have gone to work as a research officer at the Jaffna secretariat for some time. Chellappa Swamigal was a cousin of a prominent physician, called Sinnadurai, in Nallur. Soon, he quit his job renounced his title and all other worldly things and became a mendicant. Everyone started to call him 'Chellappa, the mad man'. However, many believers who sought his attendance worshipped him. Even though Chellappa Swamigal was mostly wandering around the streets of Nallur, he would make visits to places like, Kolumbuthurai, Thirunelveli, Kaithady, where his devotees lived and would have meals with them.

Chellappa Swamigal was expert in handicraft such as making fan with cadjan, and weaving 'kiduku' using coconut leaves. According to our elders, on the day, of the foundation stone installed for the Ramanathan College building, he went to Maruthanamadam, and gifted Sir. Pon. Ramanathan with a fan saying:

'No calamity in it
(it) was long concluded(thing)
Truth is all'

edge'. He would lie down with grace on the steps of the chariot. He walks sprightly, and his speech makes him a crazy one to others'.

Swamigal, having got the blessing of his Guru and became a refined character, succeeded in his devotion for Guru, and did stay without parting his Guru for many years. The Guru subjected his disciple into many experiments. Sometimes, the Guru would ruin all the food that was cooked by both of them even before they eat it. Other times, they would both together go for bathing in the holy pond at Keerimalai, and return without having a bath. They had a habit of visiting the Pig headed Amman temple at Maduvil on the first Monday of March and cook milk rice and eat it there.

Sivayoga Swamigal would be keenly listening to the sermons by his Guru. The speech of Chellappa Swamigal would sound like raving of a madman. But, according to Sivayoga Swamigal, he would be patiently waiting to pick up the truths of wisdom within that speech. He said that one should listen to Chellappa Swamigal to get grasp of the spiritual things.

Chellappa Swamigal, who was revered by people calling him by the names of 'Nallur Siddhar' or 'Theradi Siddhar', asked one of the neighbour, who used to stay with him at night time, saying "will you come tonight? A big miracle will take place here? However, the devotee did not go there that night. When he went there the next morning, he found Chellappa Swamigal dead and frigid in a posture with his one finger in his mouth like a child, and one of his leg being folded like that of Lord Nadarajah!

Chellappa Swamigal attained the status of Samati on the Ashwini Nakshatra day in the month of March, 1915,

Long live the name of our Great Guru, who inhabited the beautiful (village of) Nallur, who was a shining personality seen here and there and everywhere! Surrender on his divine feet! Hail the devotion to Guru! Be in praise to the service of Lord Shiva!.

"Finding the feet of the Guru is bliss,

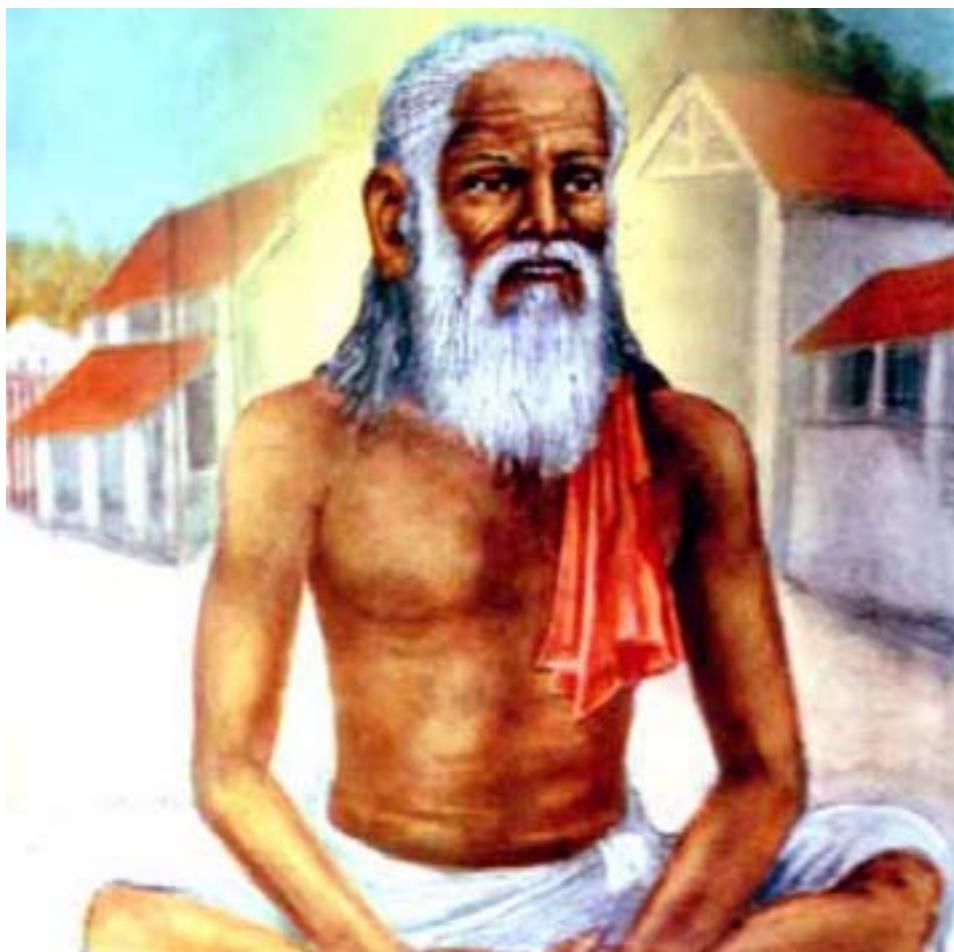
Service to the Guru is bliss,
Following the words of wisdom from the Guru is bliss

Surrendering to the Guru makes it a greater bliss"

- Nat Sinthanai – (Divine thoughts)
AUM SHANTI!

'Sivathondan'
Thillaiampalam Sivayogapathy
World Saiva Council – Canada

*Perspicuity is seeing the Guru in his physical self
Purity in chanting the name of Guru
Clarity by listening to the words of Guru, and
Clearing the mind by thinking of guru*
- Thirumandram



We know nothing'
He left the place after saying these words of wisdom.

When Sivayoga Swamigal went to have attendance with his spiritual Guru, he was rudely asked "who are you?". In his own words, Sivayoga Swamigal says:" He rudely asked me who I am', and, 'get rid of (all your) desires', and I got blessed on that day itself". Once, when Siva yoga Siddhar had gone on a pilgrimage to Kathigamam and did not return for a long time, his worried relatives approached Chellappa Swamigal to enquire about him. What Chellappa Swamigal said was 'he is dead'. Later, when Sivayogar was at his Guru's presence, he was told to 'go and find a seat of root'. Accordingly the faithful disciple went to

Kolumbuthurai and seated himself on a adventitious root of a wild olive tree at a junction there.

The Guru would make frequent visits there, and on such occasions when the disciple tried to stand up as a sign of respect for his Guru, Guru said , 'see no difference between you and me', meaning "you' and 'I' are the same".

The Reverend Sivayoga Swamigal has explained the physical and inner mind of his Guru in his 'Nat Sinthanigal'.

He would wandering through the streets of Nallur with a vacant look, not wanting to be dressed up, dark skinned, in shreds of clothes who would be equally ease with praises and abuses. With graceful walk and laugh, would often say 'who has the knowl-

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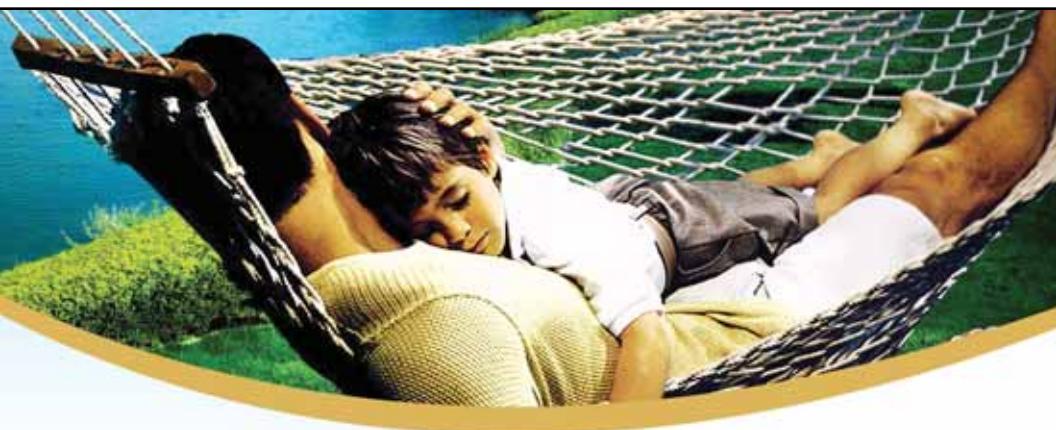
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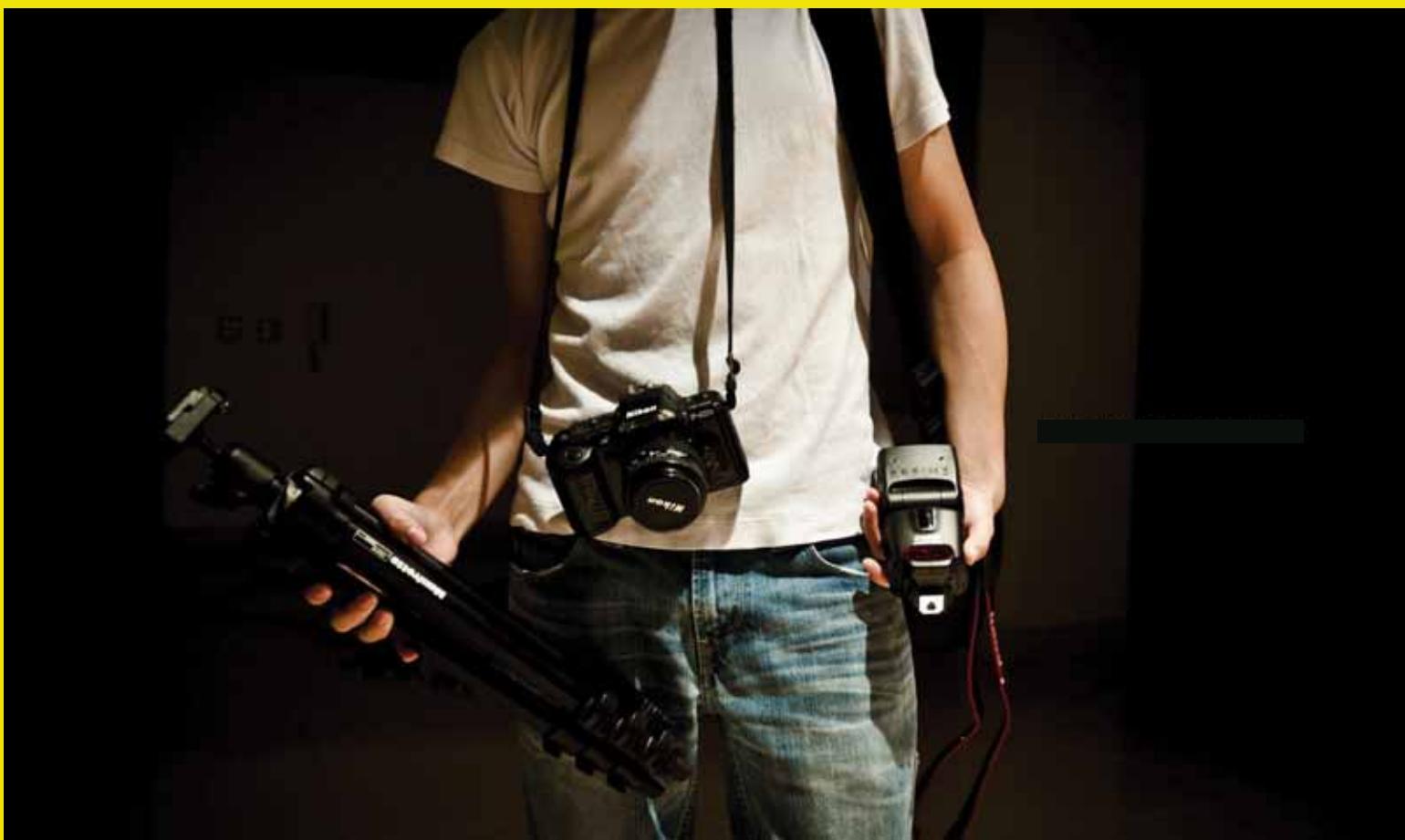
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Requirements include: the ability to meet deadlines; being adept at time management; well-versed in AP style for cutlines; proficient with DSLR camera and Photoshop; have a journalistic and creative eye; excellent people skills; know how to work in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

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Community Watch



Durham Tamil Association

Durham Tamil Association in 5th Annual Impact of Family Violence Against South Asian Women



Steering Committee Members during the Media Launch of the 5th Annual Impact of Family Violence against South Asian Women

Conference 2015 represents the culmination of work resulting from the past four annual conferences. The goal of the conference initiative was to develop community development strategies for addressing family violence in the South Asian communities and now expanded to include other diverse communities with collectivist cultures. As in previous years, this year's conference will offer a unique opportunity to network with survivors of gender violence, practitioners from key sectors, senior policy-makers and executives, as well as federal and provincial funders supporting violence prevention and intervention programs in diverse communities.

Come join the conversation on access to justice, services to children and youth, elder abuse, forced marriages, so-called "honor based violence", sexual violence, the role of men and boys in ending violence against women, the legal system and current immigration policy framework and promising practice models for working with diverse communities.

Together we will work towards community development strategy to address family violence!
DATE: May 13 and 14, 2015 - 8:30am-4:30pm

HIGHLIGHTS:

Keynote Addresses:

Dr. Hannana Siddiqui, Southall Black Sisters, UK

Dr. Rupaleem Bhuyan, Assistant Professor, Factor-Inwentash Faculty of Social Work, U of T

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1 day ago

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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...

January 30, 2015, 8:58 PM

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



Baird Welcomes Reinstatement of Sri Lankan Chief Justice Foreign Affairs Minister John Baird January 30, 2015 – Foreign Affairs...

January 30, 2015, 8:44 AM

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By: Uthayan Thurairajah Lighting is closely related to human emotion. According to the global health research statistics from World...

January 29, 2015, 9:50 PM

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CANADA NEWS



JANUARY 28, 2015

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...



JANUARY 24, 2015

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...



JANUARY 13, 2015

Thai Pongal & Tamil Heritage Month

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

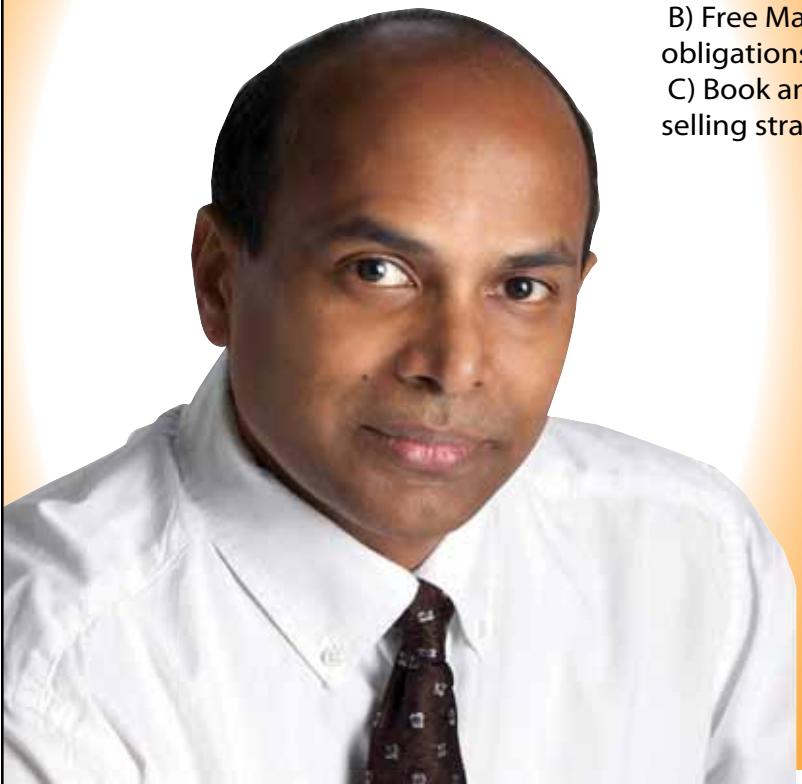
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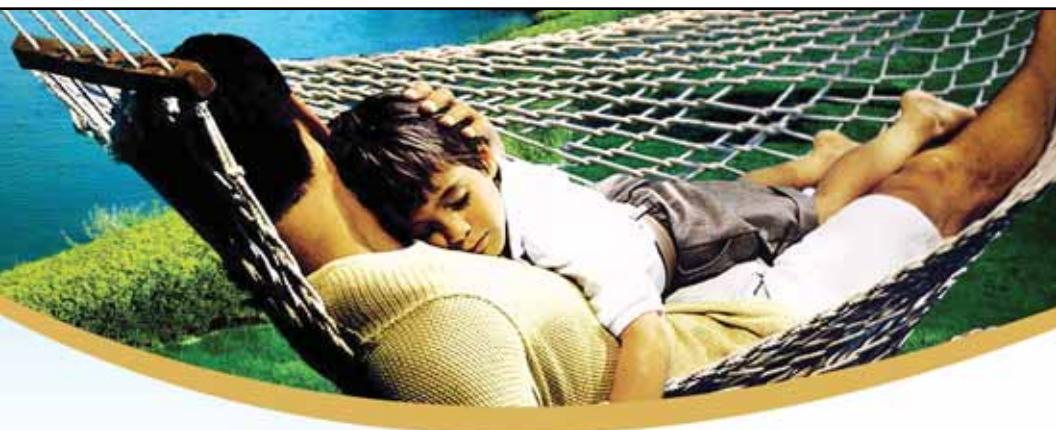

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