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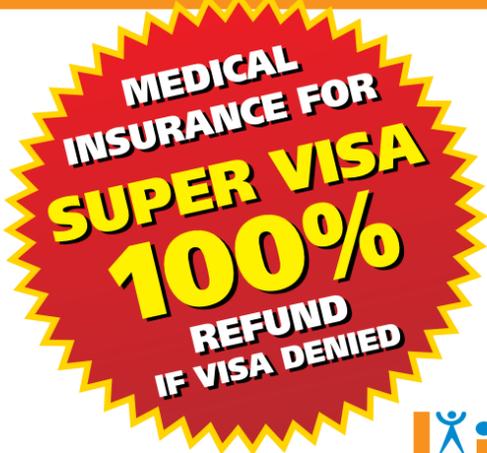
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Tamil Canadian members of Conservative Party meet Hon. James Moore, Minister of Industry

Conservative Party of Canada members from the GTA Tamil community, along with several other familiar faces, on April 19th gathered at the Yarl Co-Operative Homes to meet the Hon. James Moore, Minister of Industry and Member of Parliament (MP) for Port Moody-Coquitlam, and Wladyslaw Lizon, MP for Mississauga East-Cooksville.

Minister Moore and MP Lizon discussed the importance of Bill C-51 and emphasized the critical industrial achievements accomplished by Prime Minister Harper's Government since 2011, which include the Canada-EU/Canada-South Korea FTAs and the Windsor-Detroit Bridge deal. Also

in attendance at the meeting was Dr. Ian Bourke, a Candidate for the Conservative Party Nomination in the new federal riding of Oakville North-Burlington.

Dr. Bourke has proposed the establishment of a riding advisory council, composed of 15 members and chaired by the MP. The objective of the Council would be to serve as a forum for discussion amongst community leaders from various cultural, religious, professional, and volunteer organizations, while encouraging collaboration between all stakeholders to promote a sense of unity with the community.

Pictures from the event featured here



Minister Kenney issues statement on Parliament's adoption of a Motion on Genocide Recognition

The Honourable Jason Kenney, Minister for Multiculturalism, on April 24th issued the following statement on the adoption of Motion M-587 on Genocide Recognition:

"Today, the House of Commons passed a historic motion that designates the month of April in Canada as 'Genocide Remembrance, Condemnation and Prevention Month.' I commend Member of Parliament for Mississauga Streetsville, Brad Butt, for having brought this motion forward, and all parties for having supported it.

"It is critical that we continue to reflect on this history. Our Government is committed to teaching future generations about the lessons of genocide around the world, to help prevent such atrocities from ever occurring again. This special recognition in April each year would help to preserve the memory of these dark moments in history, lest they be forgotten.

"Canada has been profoundly shaped by survivors who began new lives in Canada.

"Specifically, April would be a month of remembrance for the geno-



cides in history that have affected many Canadians: the Holocaust; the Rwandan genocide; the Ukrainian Holodomor famine-genocide, and the loss of life endured by the Armenian people during the demise of the Ottoman Empire in 1915.

"As the Minister for Multiculturalism, I encourage all Canadians to reflect on the lessons learned from these crimes against humanity, to recognize the brave survivors and commemorate the victims, and to remain vigilant against all forms of prejudice and hatred." (jasonkenney.ca)

NDP statement on the occasion of International Workers' Day

Official Opposition Leader Tom Mulcair made the following statement on the occasion of International Workers' Day, May 1:

"For over a century, we have recognized and celebrated the labour movement's achievements on International Workers' Day.

"Unfortunately, under the Conservatives, workers are struggling to make ends meet because their incomes are stagnating while the cost of living keeps rising.

"While the Conservative government has been stubbornly impinging on workers' rights to collectively bargain their working conditions, the NDP has been determinedly leading the charge against draft legislation from the government that goes against the best interests of workers and to defend the workers' rights to collective bargaining that is being challenged by the Trudeau Liberals. Workers deserve better: they deserve a government that is in their camp.

"This is why the NDP government is committed to increasing the federal minimum wage as a way to build a more balanced economy and to protect



Canadians holding precarious employment.

"Today we honour those who fought for workers' rights, and we join our voices with those throughout the world who demand better working conditions. Day after day, the NDP team is fighting back to protect workers' rights, and striving to strengthen them in order to build a more prosperous Canada in which nobody is left behind."

- (ndp.ca)

from the publisher's desk

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World Migratory Bird Day

May 9 and 10:

Make Energy Bird Friendly



Arguably, when it comes to enabling a sustainable natural environment in our current society, human efforts must afford a focus on protection of animal species. Along these lines, World Migratory Bird Day (WWBD) implicitly exemplifies this ideal in the case of bird life throughout the globe. Uniquely, it is a two-day international event, observed on May 9 and 10, as designated by the United Nations.

The UN officially enacted this global environmental initiative back in 2006, as a proactive education campaign for global citizens. As for material, it seeks to explain the importance of conserving migratory birds and their habitats. More specifically, this event was created through the Secretariats of the Agreement on the Conservation of African-Eurasian Migratory Waterbirds and the Convention on the Conservation of Migratory Species of Wild Animals. If one were to interpret, World Migratory Bird Day acts as a key mechanism for these international laws to remain relevant and effective in their fundamental purposes throughout many lifetimes.

Individuals are able to both celebrate and learn of the different types of migratory birds across the world. Such magnificent birds include the Canada Warbler, Canada goose, Black-capped Chickadee, European turtle dove, Yellowhead Blackbird, Red-bellied woodpecker, Andean flamingo, among an even greater range of species. To symbolically mark this occasion, a variety of recreational and social activities are normally held to promote bird conservation, while upholding their enduring presence in our environment.

Bird watching and bird-counting tours, educational workshops, festivals, and exhibitions are a few examples of the activities that circulate throughout various communities. Furthermore, individuals even have opportunities to develop their own special activities related to bird conservation in commemorating the uniqueness of migratory birds on these days.

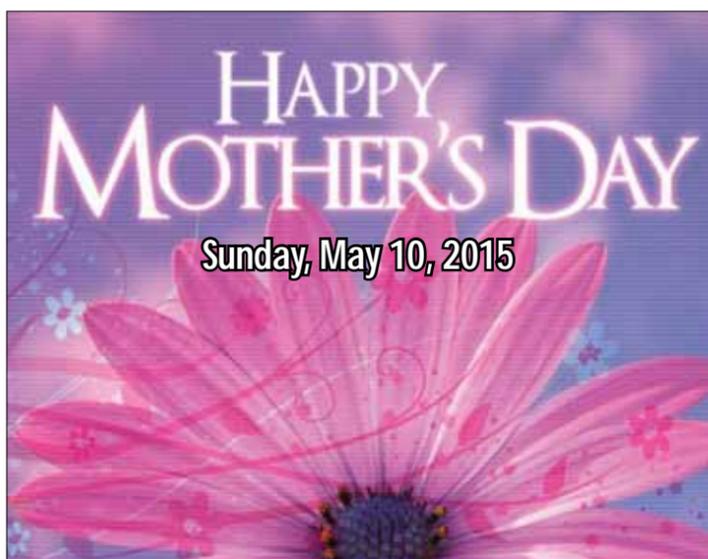
Located in schools, parks, town halls, education centres, or nature reserves, these activities are extremely helpful ways to understand the characteristics of migratory birds, and how they can be thor-

oughly protected, alongside their habitats. For the 2015 edition of these days of observance, it contains a theme concerning the impact of energy production on migratory birds. Accordingly, as our society moves toward renewable energy production to combat climate change, the health of migratory birds must be considered in the continued development of sustainable energy technologies for Earth's long-term benefit. As such, birds have unintentionally become victims from a few methods in creating energy that is actually environmentally friendly.

Whether it is electrocution from power lines, or habitat degradation due to hydropower, geothermal, solar, wind, and ocean energy development, migratory birds have suffered collateral damage from renewable energy projects because they are not factored in them. In line with bird conservation, like our natural environment, migratory birds must always be considered in the production of renewable energy technologies. This WWBD campaign has advocated an emphasis on more rigorous risk assessments, planning, and design of renewable energy projects. Additionally, national governments, the energy sector, nature conservation organizations, and the general public each have a distinct role to play in bird conservation, complementing each other in collectively achieving this goal.

This 10th edition of World Migratory Bird Day should be one where we solidify the essential foundations for building sustainable energy that mutually benefits our beloved planet Earth and glorious array of migratory birds.

Contributed by: Harrish Thirukumaran



“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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Statement by Liberal Party of Canada Leader Justin Trudeau on Asian Heritage Month

OTTAWA – The Leader of the Liberal Party of Canada, Justin Trudeau, on May 1 issued the following statement on Asian Heritage Month:

“May marks Asian Heritage Month, a time for Canadians to reflect on the important contributions of Asian-Canadians to our national fabric. This month provides us all an opportunity to learn more about the history of Asian-Canadians, and to recognize their crucial role in the development and continued prosperity of this country.

“Canada’s success is rooted in its unique approach to liberty through inclusive diversity. Our country is founded on multiculturalism, and every day, we demonstrate that a nation can be built on shared values. Canada is strong not in spite of its diversity, but precisely because of it.

“On behalf of the Liberal Party of



Canada and our Parliamentary Caucus, I extend my best wishes to all those celebrating Asian Heritage Month, and encourage Canadians to learn more about the significant impact of Asian-Canadian communities on our shared history.”

(liberal.ca)

Harper Government marks 100th anniversary of the Second Battle of Ypres and In Flanders Fields



Honouring the brilliant John McCrae, author of the timeless Flanders Fields
-pic: @PierrePoilievre

Minister Poilievre participates in commemorative ceremony and John McCrae statue unveiling

The Honourable Pierre Poilievre, Member of Parliament (Nepean-Carleton) and Regional Minister for Ottawa, on behalf of the Honourable Erin O’Toole, Minister of Veterans Affairs, on May 3rd attended a ceremony commemorating the 100th anniversary of the Second Battle of Ypres.

During the ceremony, Minister Poilievre joined in the unveiling of a statue to mark the 100th anniversary of the writing of In Flanders Fields by Lieutenant-Colonel John McCrae, a Canadian doctor who served in the First World War. McCrae’s poem has come to be immortalized around the world as a symbol of service and sacrifice. Some of the heaviest fighting of

the First World War took place in the trenches near Ypres, Belgium, during what is known as the Second Battle of Ypres. It was here the Germans first used deadly chlorine gas against Allied troops. Despite the debilitating effects of the gas, Canadian soldiers fought relentlessly and held the line. McCrae was a major at the time of this well-known battle.

John McCrae wrote In Flanders Fields on May 3, 1915, during the Second Battle of Ypres. He was inspired to write the poem following the death of his close friend and former student, who was killed in battle and buried in a makeshift grave amid poppies which were already beginning to bloom.

John McCrae’s poignant poem helped bring home the realities of war to the world. As a result, the poppy

Canada’s contribution to expanding culinary delights in Sri Lanka



Canada-PRIMA BakeMasters Event in Sri Lanka
- pic: twitter.com/CanHCSriLanka

The High Commission of Canada’s Trade Commissioner Service in partnership with Prima Ceylon’s Prima Baking Training Centre organized the ‘Canada Prima Bake Masters’ from April 9- 10th in Colombo, an event aimed at introducing and generating interest in the wonderful variety of high quality Canadian agri-food products.

According to the Canadian High Commission in Sri Lanka, the occasion presented a great opportunity for Sri Lankan culinary experts as well as budding master-chefs to work with Canadian ingredients such as smoked salmon, cranberries and canola oil. The event will also enhance the growing interest in the baking industry as well as raise awareness among the restaurateurs and cooking enthusiasts on the wide array of quality agri-food products from Canada.

The High Commissioner of Canada, Her Excellency Shelley Whiting, stated “having a background in Food Science, and a love for both Canadian and Sri Lankan cuisine, I am excited to launch the ‘Canada Prima Bake Masters’ event”. The High Commissioner further elaborated that “Canada’s food and agriculture products are diverse as its land and people and Canadian quality never fails. Therefore I am delighted to partner with Prima for this

event and showcase some of the finest products that Canada has to offer to Sri Lanka”.

‘Quality is in our nature’ is the branding slogan for Canada’s globally accepted best-quality food products and highlights the ability to meet the upwardly mobile lifestyles of the Sri Lankans who seek the best when it comes to traditional or fusion cuisine.

In addition to the main event, the budding ‘chefs’ from ages 9 – 14, was able to dab their hands at preparing some simple recipes under the guidance of Prima chefs and trainers. The fun and light spirited event generated the interest of the next generation of baking enthusiasts, and their parents, while promoting high quality products from Canada.

The Trade Commissioner Service (TCS) is the Canadian government’s network of Trade professionals. In Sri Lanka the TCS engages with the Sri Lankan government and the private sector to promote Canadian goods and services, facilitate innovation and R&D, as well as build networks between the two countries. Canada and the TCS have a long standing partnership with Prima in the agriculture sector, with the bulk of the wheat for flour being sourced from Canada.

(canadainternational.gc.ca/sri_lanka)

went on to become an important symbol of remembrance in many countries, honouring those who lost their lives in battle.

John McCrae joined the Highfield Cadet Corps at age 14 and, at 17, he enlisted in the local militia artillery unit commanded by his father, Lieutenant-Colonel David McCrae. He was commissioned as a second lieutenant in 1893 and in 1899, he volunteered to fight in the South African War. In September 1914, John McCrae again vol-

unteered to serve, this time for what is now known as the First World War.

The successful stand at Ypres came at great cost. In the course of 48 hours, more than 2,000 made the ultimate sacrifice and 4,000 were wounded.

The Royal Regiment of Canadian Artillery received \$31,351, through Veterans Affairs Canada’s Community Engagement Partnership Fund, to help with the costs of the unveiling ceremony for the John McCrae Statue.

(Veterans Affairs Canada)



UN rights office says trial of former Maldives President politicized, unfair

May 1 - The trial and conviction of former Maldives President Mohammed Nasheed was vastly unfair, arbitrary and disproportionate, a senior United Nations human rights official announced today as she reported on her recent visit to the Asian country.

Addressing a press briefing at UN Headquarters in Geneva, Mona Rishmawi, Chief of the Rule of Law, Equality and Non-Discrimination Branch at the Office of the High Commissioner for Human Rights (OHCHR), confirmed that she had headed a UN delegation to the Maldives from 20 to 23 April to examine the broader issues related to the criminal case against Mr. Nasheed.

According to OHCHR, Mr. Nasheed's trial began one day after his arrest, which was made on the charge that he authorised the unlawful detention of Criminal Court Judge Abdulla Mohamed in 2012 when he was the country's President. Having previously faced charges for the same complaint, which were withdrawn by the Prosecutor-General, Mr. Nasheed was arrested again under the Anti-Terrorism Act.

OHCHR has noted that the trial did not follow stipulations in the Maldives' Constitution, which states that anyone accused of a crime shall have the right to adequate time and facilities for the preparation of his defence, and did not follow international fair trial standards.

In the absence of an adequate criminal code, evidence law, and criminal procedures, the Maldives Prosecutor-General and the judges had excessive discretionary powers that they ap-



Mohamed Nasheed

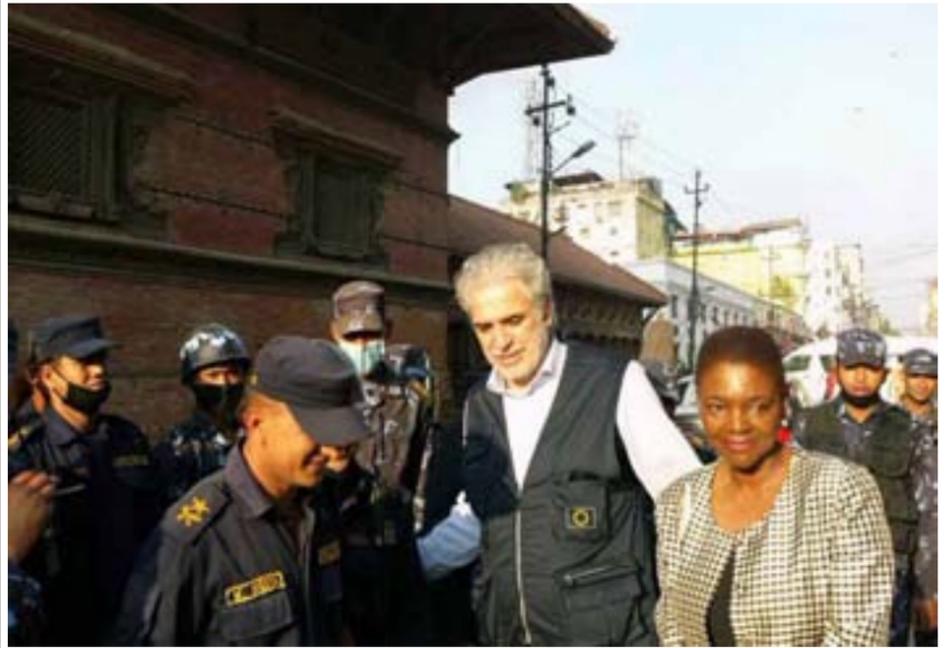
plied against the former President, Ms. Rishmawi told reporters, adding that Mr. Nasheed had only learnt about the charges against him under the Anti-Terrorism Act upon arrest.

In addition, she said, the entire Maldives judicial system was perceived as politicised, inadequate and subject to external influence.

OHCHR once again stressed the need for the authorities to allow an environment conducive to political dialogue in the country, Ms. Rishmawi continued. A mass protest had been planned in the country and the OHCHR urged the authorities to allow such exercise of freedom of expression and opinion without undue interference.

- UN.org

In Nepal, top UN official urges continued funding for earthquake relief efforts



Under-Secretary-General for Humanitarian Affairs Valerie Amos (right) alongside European Union Commissioner for Humanitarian Aid and Crisis Management, Christos Stylianides, in the Nepalese capital of Kathmandu.

Photo: UN OCHA Asia Pacific

1 May 2015 - Emergency funding for relief efforts are streaming into Nepal as the country begins to recover from last Saturday's devastating earthquake, the top United Nations humanitarian official said today as she urged the international community to increase its support for the landlocked Himalayan nation.

"I am heartened and encouraged by the generosity and solidarity shown to date," declared UN Under-Secretary-General for Humanitarian Affairs Valerie Amos in a press release following her arrival in the Nepalese capital of Kathmandu. Alongside Ms Amos as she made the appeal was the European Union's Commissioner for Humanitarian Aid and Crisis Management, Christos Stylianides.

"But I am also conscious of the urgent need to provide emergency shelter and basic goods and services to people affected as the monsoon season rapidly approaches. So many people have lost everything," underscored Ms. Amos.

The 7.8 magnitude earthquake struck Nepal at 11:56 a.m., local time on 25 April, flattening swathes of the densely-populated Kathmandu valley and causing large-scale damage in the country's more remote areas. According to initial estimates, the temblor killed at least 5,000 people and affected millions more while also destroying around 70,000 houses and damaging another 530,000 across 39 of Nepal's 75 districts.

The UN Office for the Coordination of Humanitarian Affairs (OCHA) - the

Organization's relief wing headed up by Ms. Amos - has launched a joint humanitarian response plan alongside other UN agencies and partners in an effort to support Government-led efforts in addressing the most critical needs of millions of people in need of shelter, water and sanitation, emergency health, food, and protection for the next three months.

At the same time, the UN's \$415 million Flash Appeal, which was jump-started with \$15 million made available through the UN Central Emergency Response Fund (CERF), will help partners provide emergency shelter to 500,000 people who remain in the open, braving the damp and cold weather. Emergency health services and medical supplies and facilities, and safe drinking water and sanitation facilities are also urgently needed for up to 4.2 million people.

As many as 1.4 million people will benefit from food assistance, including 750,000 in hard-to-reach areas. Some 2.1 million children and 525,000 women will benefit from protection assistance.

OCHA has confirmed that a total of \$53 million has already been sourced for the Appeal but amid rapidly deteriorating conditions on the ground and a fast-approaching monsoon season, humanitarian efforts will need to be scaled up quickly.

Funding, the UN office said, is needed "immediately to continue relief operations."

- un.org



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that we are entering our 10th year in circulation.
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'The power to change begins with you,' says Ban, urging sustainable choices on Mother Earth Day

22 April 2015 – Humanity is well aware of the devastating damage and pollution it have wrought on planet Earth, and “even with this knowledge, we have yet to change our ways,” United Nations Secretary-General said on April 22, urging people to reset their relationship with nature and every living being it sustains.

In his remarks on International Mother Earth Day, marked worldwide on 22 April, Ban Ki-moon called Earth humanity’s “ultimate mother – an astounding planet that has, since time immemorial, supported life in myriad forms.”

This year’s celebration marks the 45th anniversary of Earth Day celebrations from Morocco to Uganda, Armenia to India.

“This can be the year our children and grandchildren will remember as when we chose to build a sustainable and resilient future – both for Mother Earth and all those that development has until now left behind. Let us seize this historic opportunity together,” he

said.

“But the big decisions that lie ahead are not just for world leaders and policy-makers. Today, on Mother Earth Day, I ask each one of us to be mindful of the impacts our choices have on this planet, and what those impacts will mean for future generations,” he added.

“Not everyone is able to make sustainable choices, but for those who can, simple decisions such as switching to energy-efficient lighting or buying only what you will consume – when accumulated across billions of people – can transform our world. The power to change begins with you,” the UN chief added.

Humanity’s dependence on Earth makes it all the more astonishing that “we have allowed rapid and often unwise human development to disrupt so many of the delicate systems that have functioned harmoniously for millennia,” he said.

This year, the world aims to finalize the post-2015 sustainable devel-



Workers in Port-au-Prince, Haiti, building rock walls and planting vegetation as ways to save arable land and avoid flooding in lower areas. UN Photo/Logan Abassi

opment agenda and reach a new and meaningful universal climate change agreement. These processes have the potential to redefine the future for the better, by eradicating extreme poverty in all its forms.

“We are increasingly aware of the damage our species has wrought – the pollution, the dwindling resources, the species of flora and fauna forever gone, the rush towards tipping points that may alter the way our planet functions. Even with this knowledge, we have yet

to change our ways,” he said.

“As a global community, we have the opportunity to make 2015 a turning point in human history,” Mr. Ban emphasized.

In a separate statement on the Day, Martin Sajdik, President of the Economic and Social Council (ECOSOC) said: “Now more than ever, on this Earth Day, we must recognize the beauty of our earth, and work as one and deliver for all.”

– UN.org

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Modi mania rocks Toronto

By Siva Sivapragasam

Thousands gathered outside the Ricoh Coliseum in downtown Toronto on April 15th to see and hear Indian Prime Minister Narendra Modi who received a rock-star like treatment as he stepped onto a slowly rotating stage.

Dressed in an orange shawl on a brown sleeveless jacket and a light saffron coloured kurta, Modi enjoys wide popularity among the country's 1.2 million-strong Indo-Canadian population here in Canada. Modi was winding-up his three nation European and North-American tour with Canada as his last stop.

The crowds chanted "Modi, Modi, Modi" as he took the stage to speak on Wednesday night in Toronto. Modi was welcomed to the Ricoh Coliseum stage by Canadian Prime Minister Stephen Harper and his wife, Laureen.

Modi and the crowd sang together India's national anthem "Vandhe Mataram" crafted by Poet Laureate Rabindranath Tagore, and many kept singing during the Canadian anthem as well. Before beginning his speech, Modi received a lengthy standing ovation.

Throughout his speech, Modi spoke about his plans to improve India. "The path to development is the only solution that is going to take India forward," he said.

He also talked about improving India's perception that he wants it to go from "scam India" to "skill India."

Modi spoke in a relaxed tone from a stage that slowly rotated so that the entire crowd could get a glimpse of his face as he spoke. He praised Canada

for the love extended to him. He also praised the crowd, which he described as "brothers and sisters" for their contributions to Canadian society.

As he introduced Modi, Harper called the visit "historic" and described the Indian Prime Minister as "a long friend to Canada, and we to him."

Harper was also greeted with a huge ovation from the Indo-Canadian audience when he announced Modi's agreement to issue visas to Canadian travellers upon their arrival in India.

"They told me that would be popular," Harper said, laughing.

The thousands who wanted to see and hear Modi speak waited around two hours to get inside. Performers sang and danced, while the crowd often chanted Modi's name.

"There's a new joy in India" Modi said, while the crowds chanted more cheers.

Modi said his development goals include increasing the number of skilled workers in the country and growing the number of entrepreneurs. Indians, he said, should be creating jobs instead of seeking them.

Praising the role of the Indian diaspora in Canada, Modi recognized the role that the Indian diaspora has played abroad.

"Indians who have settled in Canada ... have actually made a significant contribution to India," he said.

Modi has earned a name among Indians as a self-made man who rose from the position of a tea-seller in railway platforms to the highest elevated position of a Prime Minister of the largest democracy in the world.



Prime Minister Narendra Modi mentioned of his official visit and receiving cordial welcome in March to Sri Lanka North to those Tamil Canadians greeting and wishing him well in Toronto.



PM Modi in Naguleswaram, Sri Lanka North



Parthikandavel, Toronto District School Board Trustee for Scarborough Southwest with Prime Minister Narendra Modi



Prime Minister Stephen Harper and Prime Minister Narendra Modi

Support freedom of expression and freedom of the media both online and offline

Statement issued by Kate Byrnes, US Envoy at Organization for Security and Co-operation in Europe (OSCE):

On May 3, the world will mark World Press Freedom Day, a day designated to raise awareness of governments and their citizens of the necessity to uphold and protect the right of freedom of expression.

Today, regrettably, free press is under assault in some places, and the journalists, bloggers, photographers, editors, publishers, broadcasters, commentators, essayists, satirists, and cartoonists are in danger. Secretary of State John Kerry framed this issue succinctly: "Freedom of the press — whether symbolized by a pencil, a pen, a camera, or a microphone — is under siege, purposefully."

Reporters face detention, abduction, and, in some cases, even torture and death because of their work. Within the OSCE region, journalists in some participating States have been intimidated into self-censorship or arrested without valid cause.

Some are imprisoned without judicial recourse or killed with outright impunity. In many countries, un-



due restrictions are placed on access to the internet and other media. We must not allow these negative trends to continue.

As we affirm the importance of World Press Freedom Day, we repeat our calls to participating States to uphold their OSCE commitments in supporting freedom of expression and freedom of the media both online and offline. We urge all participating States to avail themselves of the assistance and expertise of the Office of the Representative on Freedom of the Media in addressing shortfalls in upholding their commitments.

We also pay homage to the courageous members of the media who put their life and liberty on the line to tell the stories the world would otherwise never hear. We reaffirm our commitment not only to stand by them, but to stand up for them this day and every day.



Around the World

US Secretary of State John Kerry pledges support for Tamils to resolve outstanding issues



U.S. Secretary of State John Kerry with Tamil National Alliance Leader R. Sampanthan and his advisers during a meeting on May 3, 2015, in Colombo [State Department Photo]

By Siva Sivapragasam

US Secretary of State John Kerry who was on a visit to Sri Lanka has pledged support of his government to Tamils in Sri Lanka to solve outstanding political issues.

Kerry met heads of the Tamil National Alliance (TNA), the main political party from the ethnic minority, a day after holding talks with Sri Lanka's new President Maithripala Sirisena. Kerry had reiterated that the U.S. will do its best to support Sri Lanka to achieve true reconciliation and a long standing political solution to the national question. Kerry praised the country's democratic reforms and said Washington is looking to broaden bilateral ties with the country.

Among the issues taken up for discussion were resettlement of the war displaced and releasing Security Forces' occupied lands to their original owners, pruning Security Forces' presence in the north, missing persons, political prisoners and alleged war crimes and a comprehensive political settlement for the national issue.

"He (Kerry) said he will do his best to support us to resolve outstanding issues," TNA lawmaker Suresh Premachandran told AFP after their 30-minute meeting at Kerry's hotel in the capital Colombo.

Kerry also met with C.V. Wigneswaran, the Chief Minister of the northern province, Tamil National Alliance leader R Sampanthan and

several other senior party officials. "He met us to discuss issues concerning the Tamils," Wigneswaran said.

Kerry praised President Maithripala Sirisena's new government for reaching out to the Tamil minority after the end of the nearly three-decade of ethnic conflict that claimed more than 100,000 lives.

"Peace has come but true reconciliation will take time," Kerry told reporters following a bilateral meeting with his Lankan counterpart Mangala Samaraweera.

Kerry, who called on President Sirisena and Prime Minister Ranil Wickremesinghe, said both the Lankan leaders are not afraid of taking "difficult decisions". He said the two leaders were amenable to finding solutions to problems.

"They are willing to make difficult decisions and they are committed to keeping their promises," said Kerry, who wrapped up his two-day visit.

Since coming to power in January polls, Sirisena has vowed to pursue reconciliation more vigorously than his predecessor Mahinda Rajapaksa, who was known for his hardline Sinhalese nationalism.

Kerry said that Sri Lanka has extended an invitation to US President Barak Obama to visit the island.

He also hinted that the US expects Sri Lanka to release political prisoners, a demand of Tamil minorities.



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Rouge Valley celebrates innovative thinking

New ideas part of hospital's Lean culture of constant improvement for patients

Rouge Valley Health System (RVHS) has recently recognized staff members for their innovative approach to patient care, at the second hospital-wide Idea Celebration, plus in new videos on its YouTube channel.

"The hospital's team – of staff, physicians, midwives, board members, and volunteers – has become a leader in implementing Lean thinking," says Michele James, interim chief operating officer at RVHS. "Lean, as a management philosophy, focuses on respect, quality and value for patients, and the elimination of wasted steps in any process. But Lean-related achievements for patients at Rouge Valley wouldn't be possible without the many innovative ideas that come from our very own staff. Their new ideas are a vital part of the continuous improvement culture at Rouge Valley. We track the number of ideas implemented and report this on our corporate scorecard that is presented to our board of directors," she adds.

RVHS held its first Idea Celebration in 2013. At this year's celebration, on March 31, the patient experience/team engagement (PETE) quality committee recognized ideas across the organization from teams of staff, who are helping strengthen how Rouge Valley offers services and care. (The PETE quality committee is co-chaired by Kathy Gooding, vice president of human resources, and Dr. Amelia McCutcheon, chief nursing executive, and vice-president of cardiac, critical care, surgery, and interim vice-president of the women and children's program.)

Awards were presented at each site: Rouge Valley Ajax and Pickering (RVAP) hospital campus in Ajax; and Rouge Valley Centenary (RVC) hospital campus in Scarborough. The awards were based on: the originality of the idea; how easily the idea can be adopted by other departments; efficiency; and positive impact on patients.

THE FOUR WINNERS

Reducing wait times for surgery for patients with hip fractures

The surgical team and information technology department at both hospital campuses worked together on a new initiative that reduces the time it takes for a patient with a hip fracture to receive surgery. Implemented in November 2014, now when these patients come into the emergency department, the entire team involved with their care gets an electronic alert. This improves the time it takes to transfer the patient from the emergency department to the operating room in order to receive their surgery more quickly.

"The sooner patients have the surgery to fix their fractured hips and start their rehabilitations, the better their outcomes and the faster their recoveries," says Julie Baker, manager, surgical program, RVC

5th level and performance improvement lead on fractured hip care. "It is also good customer service," she adds. For the most part hip fracture patients get their surgery done within 24 hours of coming into the emergency department, which is well under the provincial target of 48 hours from arrival to surgery.

This alert had improved the quality and efficiency of care, as patients move smoothly throughout their care journey. It has an additional benefit: "The sooner the patients are moved for their surgery from the emergency department, the sooner that stretcher can be made available for another patient to be seen," says Baker. "To a certain degree, it is helping to improve patient flow in the emergency department," she adds.

Creation of a pre-admit video online for paediatric surgical patients

A video created by RVC's paediatrics department and Rouge Valley's public affairs department is a welcome addition to the pre-admit program for children who are having day surgery. Titled Anna's Surgery, the video is available on Rouge Valley's YouTube channel. It shows the young patient going through the hospital for her surgery and teaches children and families of the normal process of surgery in order to ease anxieties and educate them.

While the pre-admittance program includes a tour for young patients and their families, the video serves several related needs: it helps families who cannot attend the pre-admit tour because they may live further away; it acts as a reminder of the process to families, who can go back to the video for reference; and it provides families with a handy visual reference of where they need to go in the hospital.

"The video works to decrease the stress of everyone involved – patients, family, and staff," says Elena Nikolsky, manager, women and children's program, and diabetes education. "Families can get information to prepare their child for surgery in a calm home environment. Patients and their families are less stressed on the day of the surgery from watching the video and getting the information they need beforehand. When a patient is less stressed, it leads to a better outcome and faster recovery," Nikolsky adds.

New electronic booking form increases efficiency in the Central East Regional Cardiac Care Centre - arrhythmia services

There has been an improvement made in the referral forms used in the arrhythmia program. Addressing the gaps in the previous forms, the improved version is readable and organized for all users, including physicians and clerical staff. The new version contains all the needed information and eliminates searching for neces-

Rouge Valley supports expert panel Minister announced panel to improve acute health programs and infrastructure

Rouge Valley Health System's Board of Directors and management applaud the creation of Minister Dr. Eric Hoskins' expert panel to improve acute healthcare and infrastructure in the Scarborough and Durham region.

The panel, announced Friday, will work in collaboration with the Central East Local Health Integration Network (LHIN), other neighbouring LHINs, and local healthcare service providers, including Rouge Valley Health System (RVHS), The Scarborough Hospital (TSH) and Lakeridge Health.

The expert panel will build on previous work, including the Preferred Integration Plan developed by RVHS and TSH last year, to identify opportunities to deliver better integrated care close to home.

"We fully support the minister's announcement and will continue to work in collaboration with the minister, the new

panel and all partners involved in this process. The expert panel introduces a fresh approach to providing better access to quality healthcare for patients," says Joan Wideman, chair of the RVHS Board of Directors. "Rouge Valley has a track record of building partnerships, integrating services, delivering quality care and fiscal stewardship. Our team continues to strive for improvements for our communities in Scarborough and Durham," Wideman says.

Rik Ganderton, interim president and CEO of RVHS, says, "We welcome the establishment of the panel as it is consistent with our focus on the efficient integration of services for the benefit of the community."

He adds, "We are fully supportive of the review panel's work and objectives. We look forward to continuing to work with all of our partners to address future healthcare needs in the community."

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sary patient information. "It benefits our department, physicians, and staff because it makes the data entry a lot smoother and centralized. It also gives us more pertinent information we need in order to expedite the procedure," says Michelle Mitchell, secretary, arrhythmia services.

Glyn Boatwain, director, cardiac, critical care and oncology, adds, "It is in use now with cardiologists at RVHS, and will be in use within the Central East Local Health Integration Network in the next month."

Creation of patient flow algorithm for critical care patient admissions

Access to limited critical care beds can be challenging. "As a critical care team, our aim is to provide critical care to patients when needed," says Vangie Andaya,

manager, nursing, intensive care unit/coronary care unit (ICU/CCU), at Rouge Valley.

However, sometimes there can be delays in admission. To mitigate and minimize these delays, the front line staff suggested that a flow-chart, or algorithm, be developed to support them in creating capacity. With the algorithm, the right patient is in the right bed, at the right time, with the right resources and clinicians.

"Barriers to moving patients to where they can best receive care have been removed, thanks to active participation by clinicians within the team and their internal partners and stakeholders," says Jose Pasion, resource nurse, ICU, RVC. The framework for creating capacity is used in the critical care units at RVAP and RVC.



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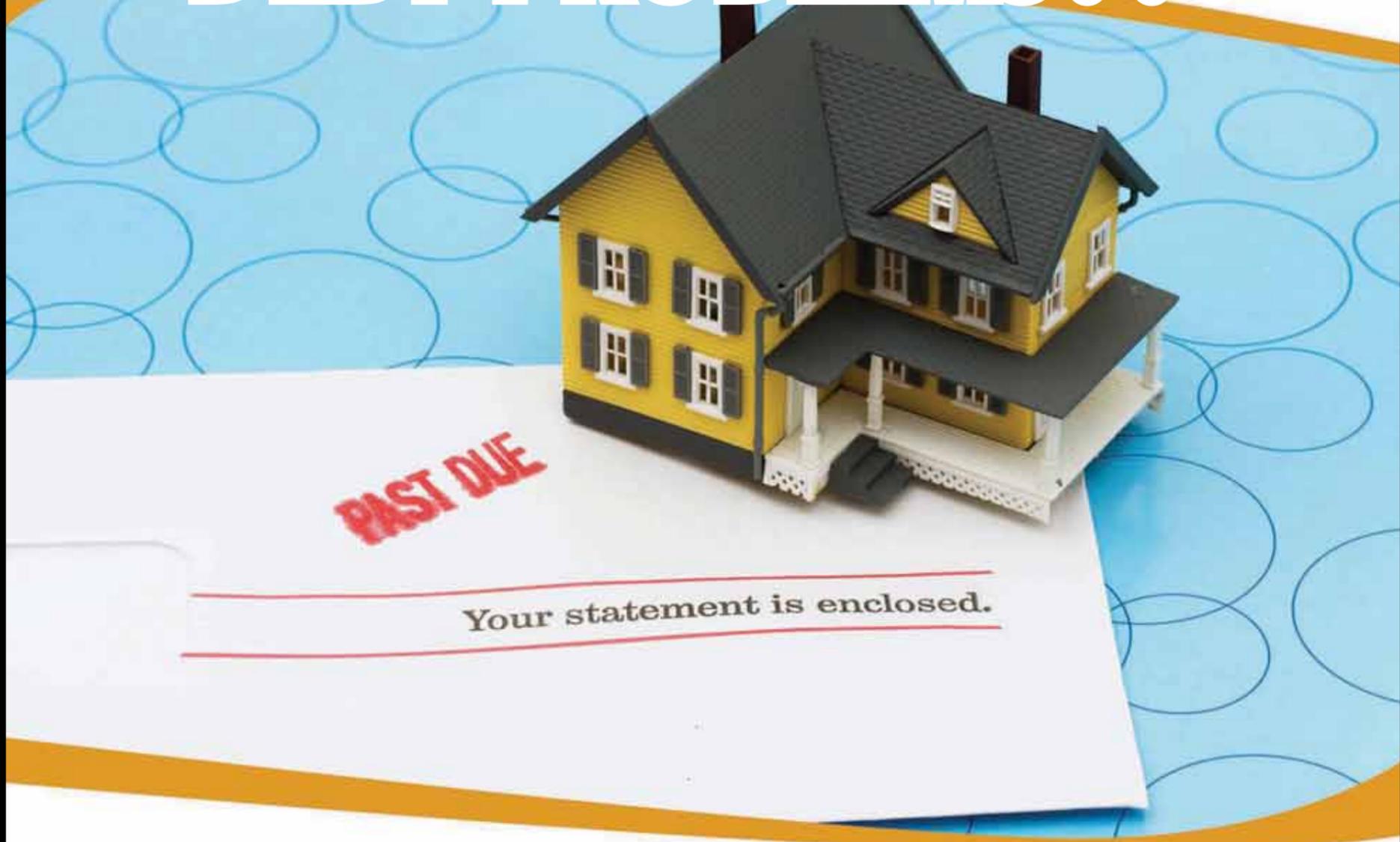
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SCORES WITH ELOQUENCE

Premier National Daily of India, "The Hindu" - on April 23, 2015 featured the talented Bharatanatyam Dancer Dr. Arrabbe Perinpanathan (Student of Narthaki Nataraj) in its popular "Friday Review", a weekly arts and culture column. The splendid performance of Dr. Arrabbe Perinpanathan on April 12, 2015 was critically acclaimed in the write-up and it is reproduced in full here:

By: Rupa Srikanth

Arrabbe Perinpanathan's Bharatanatyam proved to be a delight, despite a few rough edges.

There were twin delights in Arrabbe Perinpanathan's Bharatanatyam programme - the dancer's expressive fluidity and her repertoire titled, 'Siva Dharaishanam.' Arrabbe is a disciple of well-known dancer Narthaki Nataraj, and represents a generation that pursues classical dance as a passion alongside professional academic study.

Arrabbe's bright face and sparkling eyes strike you first, followed by her concentration and involved mime. Her talent stood out even in the Virutham invocation, 'Theriththa Kanaiyaal' (Thirunaavukkarasar thevaram, Purvakalyani), in which Siva's burning of the three cities of Tripura with a mere smile was touched upon briefly. The quick change of expressions, from the burning city to Siva's smiling radiance, was notable.

Arrabbe's recounting of the hunter Kannappa's devotion to Siva, and the ready sacrifice of his eyes to stop the bleeding from Siva's eyes, during the varnam-style presentation of verses from Thirumoolar's

Thirumanthiram, was unhurried and clear.

She, however, needs to straighten her spine, square her shoulders and add more emphasis to the adavus. Her sense of timing is good. There is occasionally an awkwardness of gesture, but it can be overcome with continued engagement with the style.

'Siva Dharaishanam' presented verses from the works of revered Saivite saints including Arunagirinathar, Thirunaavukkarasar, Thirumoolar and Ramalinga Adigal, the first and the third were tuned

by musician T.V. Sundaravalli. To add definition to the devotional poetry, they were fashioned into a varnam and a padam (Ramalinga Adigal).

The varnam stood out for many reasons - apart from the verses - the music, that used traditional ragas or pann - raga janyas (Anandabhairavi, Vasantha, Bilahari) with a concluding segment of swaras arranged in the ascending and descending order of the ragas used, and the jathis, 'original' Thanjavur jathis handed down to Narthaki by her guru, vidwan K.P. Kittappa Pillai, that sparkled with usi sollus, challenging gaps, karvais in sollus, misra kuraippu and other complexities, to present resonating rhythm statements, all the while keeping the steps simple and relaxed.

Another gem was the 'Paangimaar Kanni' - verses based padam, 'Ambalathil Aadugindraar Vennilaave' from Ramalinga Adigal's 'Thiru Arutpa' in which he uses a nayika's love for the dancing Lord Siva to express the depth of his devotion. Narthaki added a twist in her visualisation - in between the nayika's awe-struck vision of Siva and her pleas to her sakhi to help, she added the sakhi's reaction of disbelief and disgust at her friend's choice, making it a Ninda Stuthi. Set to lilting tunes of Maand and Jonpuri, the beat was a teasing alternating of tisra and chatusra like a Kavadi Chindu. The result was a lively dialogue, set to a lively beat.

The orchestra, led by Narthaki (nattuvangam) was involved and of the highest order. B. Umashankar (vocal) scored with his deep baritone, while the senior musician Devaraj (flute) provided non-stop melody, aided by the young, conscientious Durai Srinivasan (violin). Dhananjayan (mridangam) was of great support during the short, but nerve-racking jathis, and attentive through the melodic portions.

Dr Arrabbe Perinpanathan (Student of Narthaki Nataraj) performing Bharathanatyam at 'Narada Gana Sabha - Mini Hall', TTK Road, Chennai, India on 12-April-2015





Alcohol: Everything in Moderation



By: Jeavana Sritharan,
BHSc, MHSc,
PhD Student

Alcohol - the emperor of all beverages. The South Asian community in Canada may notice the increased need for alcohol at most social gatherings and the expectations that alcohol brings. You tend to hear stories about ancestors who consumed too much alcohol when alcohol was a norm before much was known about the possible health effects. However with time, alcohol has been discovered to be a vital factor for many different health conditions. Alcohol use is one of the world's harmful health risks. It is a causal factor for over 60 major diseases and injuries while contributing to 2.5 million deaths yearly.

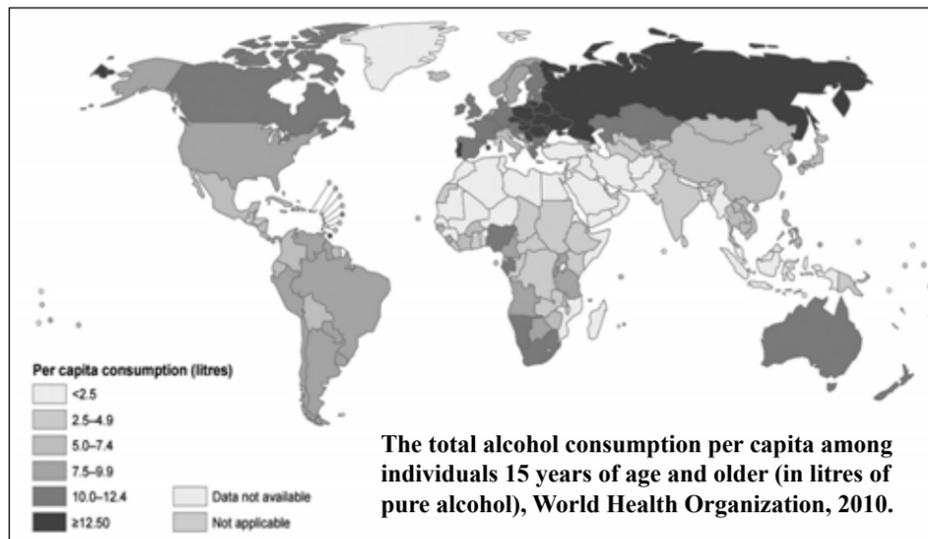
Alcohol consumption peaked in the 1980s mainly in Europe, the Americas, and Africa. There were lower consumption patterns in South East Asia and the Eastern Mediterranean area but overtime there has been a steady increase in South East Asia. Alcohol consumption in any region is based on many factors including religion, economy, and society. With increased economic development there is a general increase in alcohol intake. Currently, the global population consumes up to 50.1% of alcohol in the form of spirits which is most common in South East Asia and Western Pacific regions of the world. Trends show that alcohol consumption is increasing in China and India where the alcohol industry is growing. There are expected increases in alcohol consumption in the South Asia region in the next 10 years.

What is alcohol?

Alcohol acts as a depressant which means it slows down parts of the brain which affects the thought process, behavior, breathing, and heart rate. It can make you feel more relaxed but it can also make it more difficult to think clearly.

Alcohol is produced by fermenting and sometimes through distilling. Fermented alcohol beverages have a maximum content of about 15% which is generally inclusive of beers and wine. Distilled alcohol beverages have higher alcohol content and include hard liquor and spirits.

The highest rates of heavy drinking



are found among adolescents in the Americas, Europe, and Western Pacific regions. In the South East Asia region, heavy drinking is more prevalent in older age groups (15 years of age and older). It is beneficial for teens to delay drinking until later in life as alcohol does affect the way the brain develops.

What you should know:

A female who is the same body weight and body type as a male and is consuming the same amount of alcohol as the male would notice a stronger effect than the male. This is because males have more water in their bodies than females which means the alcohol gets diluted in a male's body. This is why the effect is different among males and females. Just because an individual does not look drunk after drinking does not mean the alcohol isn't affecting them. The alcohol will still have an effect as it will still be in the individual's blood stream. People will become sober only with time. The liver needs about 1.5 hours to eliminate one drink from the body because the liver functions with its own rate which cannot be changed.

Consumption levels

There are risks associated with excessive drinking but how do you know if you are drinking too much? The Canadian Centre on Substance Abuse (<http://www.ccsa.ca/>) recommends that females have no more than 10 drinks a week with no more than 2 drinks in one day and that males have no more than 15 drinks a week with no more than 3 drinks in one day.

Long Term Effects of Heavy Drinking

- Liver disease (alcohol accounts for 20-50% of this disease in affected populations)
- High blood pressure
- Strokes
- Brain and nerve damage

- Diseases related to the digestive track
- Breast cancer/throat cancer
- Low sex hormone levels
- Alcohol dependence

Alcohol abuse vs. alcohol dependence

There is a difference between alcohol abuse and alcohol dependence. Alcohol abuse relates to having unhealthy and dangerous drinking habits with increases in the quantity and frequency of consumption. Alcohol abusers tend to lose control over how much they are drinking once they begin drinking, they also reduce their professional and family life obligations, they will engage in more dangerous behaviours related to health/financial/legal consequences, they experience increased emotions such as anger especially in inappropriate settings, and they experience insomnia and episodes of oversleeping.

Alcohol abuse can lead to alcohol dependence (alcoholism) where there is a physical and mental addiction to alcohol. There will be a strong desire or craving for alcohol and it almost becomes a necessity in the individual's life. The addiction will mean that the individual cannot control or quit drinking and they may actually increase the intake of alcohol to get the same effect as they did before. When they stop drinking they will experience strong withdrawal symptoms including nausea, sweating, shaking, and anxiety. The individual will stop other life activities and will spend more time drinking which results in consequences related to relationships, work life, and other life factors. If the individual tries to quit or reduce alcohol intake, they will not be successful in this stage.

Alcohol dependence (alcoholism) is a long term condition and it is predicted by many factors such as symptoms, ge-

netics, and life events. Just because an individual cannot stop drinking alcohol does not mean they have a lack of willpower.

What happens when you stop drinking?

Individuals who drink for long periods of time or binge drink often will experience serious effects known as withdrawal symptoms when they stop or cut down the drinking. Some serious effects are:

- Feelings of nervousness and constant movement
- Sleeping problems
- Tremors
- Seizures
- Hallucinations

Is depression related to alcohol consumption?

It is recognized that older individuals who suffer from depression are much more likely to develop alcohol related problems. This is based on many factors that arise as people age. The loss of one's life partner or family member, retirement, anxiety, and isolation can increase a person's risk for developing an addiction to alcohol.

We have to remember that mental health is linked to many of the choices we make in our lives. With increased depression or anxiety like symptoms, there is an increase in alcohol consumption especially among the more affluent individuals. In developed nations like Canada, alcohol is easily attainable making it an accessible beverage for all populations.

Moderate alcohol consumption

Societies, especially in developed nations, are conditioned to serving and consuming alcohol and there is really no way that alcohol will be eliminated. The idea is to drink in moderation or cut down drinking which requires control and adaptation. When deciding on moderate drinking habits, individuals should consider if alcohol addiction is common in their families and individuals should consider what drinking habits they have. As there are many factors that influence alcohol consumption, it is important to remember that there are also factors that affect each and every individual very differently.

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



Health & Care

THE SCARBOROUGH HOSPITAL IS TRANSFORMING AND READY FOR THE SPOTLIGHT

First hospital in Central East Local Health Integration Network to achieve Best Practice Spotlight Organization candidacy

The Scarborough Hospital (TSH) is pleased to have received candidacy status towards becoming a Best Practice Spotlight Organization (BPSO) from the Registered Nurses' Association of Ontario (RNAO) – a concrete reflection of the hospital's vision to be recognized as Canada's leader in providing the best health care for a global community.

"Providing an outstanding care experience that meets the unique needs of each and every patient is at the heart of our work at The Scarborough Hospital," says Robert Biron, President and CEO, TSH. "As the first hospital in the Central East Local Health Integration Network to acquire BPSO candidacy status, this recognition is a testament to the leadership of our team. It exemplifies the strengths and best practices already in place at TSH, and is well-aligned with our strategic priorities and keeping patients first in all that we do."

TSH is poised to be officially designated as a BPSO in 2018, upon successful completion of this three-year candidacy. BPSOs are health care and academic organizations selected by RNAO to implement and evaluate its internationally acclaimed best practice guidelines (BPGs). These guidelines

incorporate evidence-based practice to enhance patient outcomes.

"We are thrilled to be selected by the RNAO for BPSO candidacy," says Rhonda Seidman-Carlson, Vice-President, Interprofessional Practice and Chief Nursing Executive, TSH, and Immediate Past President, RNAO. "The Scarborough Hospital is continuously working to optimize the role of nurses and promote collaboration among our interprofessional teams. This candidacy is practice-driven; it is an investment into the nursing practice, all practitioners, and ultimately, patient care."

Throughout its BPSO candidacy, TSH will implement eight RNAO BPGs that will positively impact the health and well-being of its patients, including:

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- ♥ Client Centred Care
- ♥ Assessment and Management of Pain

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- ♥ Developing and Sustaining Interprofessional Health Care
- ♥ Caregiving Strategies for Older Adults with Delirium, Dementia and Depression
- ♥ Preventing and Managing Violence in the Workplace
- ♥ Strategies to Support Self-Management in Chronic Conditions



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- ♥ Breastfeeding
- ♥ Assessment and Care of Adults at Risk for Suicidal Ideation and Behaviour

"By formally implementing these guidelines, we are committing to the highest standard of excellence in care to all of our patients, from the elderly, to people living with chronic disease, to vulnerable young families, and more," says Kim Brophy, a Clinical Resource Leader and Improvement Facilitator who will lead the BPSO project at TSH.

As part of the evaluation process, TSH will collect and report indicators through Nursing Quality Indicators for Reporting and Evaluation (NQUIRE), a database of quality indicators designed for BPSOs to systematically monitor the progress and evaluate the outcomes of implementing RNAO BPGs in their organizations. Years 1 and 2 of TSH's BPSO candidacy will focus largely on executing and refining BPG recommendations within each area, with an emphasis on ongoing evaluation

and sustainability in Year 3. Evidence from these BPGs will be incorporated into standards of practice, policies and protocols across the various professions at TSH.

A BPSO Corporate Steering Committee has been established to implement the hospital's BPGs.

Chaired by Kim, the committee is comprised of dedicated BPG leads who are accountable for meeting quarterly and annual targets. The leads have also identified champions within their respective areas who will influence knowledge transfer and uptake of BPGs and identify recommendations for specific areas, as well as hospital-wide.

"The Scarborough Hospital has already been successful in using the champion model to promote practice changes from RNAO BPGs relating to falls, pressure ulcer prevention and nurse fatigue," adds Kim. "We are confident the hospital will mirror those successes with the BPGs put forth through our BPSO candidacy."

A BPSO-specific web page that will highlight the hospital's goals and progress to date, and share stories about hospital champions and patients who are benefiting from this work, is currently in development for the TSH website.

A STEP FORWARD FOR HEALTH CARE IN SCARBOROUGH



By Robert Biron

Scarborough and West Durham Region. The Expert Panel reflects the Minister's high priority to create a 'road map' to improve hospital services for our community. I realize this announcement may pose a number of questions for many people. I will provide a brief overview of the Panel's mandate, highlight the importance of this work and some key strengths that The Scarborough Hospital (TSH) brings to the table.

MANDATE OF THE EXPERT PANEL

- The Panel has two broad objectives:
- ♥ To develop a plan to address how hospitals in the region can work together to deliver acute health care programs and services in a way that meets the needs of local residents; and,
 - ♥ To provide recommendations on program and service integration, as well as infrastructure needs.

The Expert Panel will work in collaboration with the Central East Local Health Integration Network (Central East LHIN), the neighbouring Toronto Central and Central LHINs, as well as the local community hospitals, particularly TSH, Rouge Valley Health System (RVHS), and Lakeridge Health (whose main hospital site is located in Oshawa).

It will be chaired by Dr. Barry McLellan, the President and CEO of Sunnybrook Health Sciences Centre, and its members have expertise in governance, health system transformation, capacity planning and program integration. The Expert Panel is expected to start their work in the near future and deliver their recommendations to the Minister of Health within six months.

The Expert Panel will build on previous work, including the Preferred Integration Plan developed by TSH and RVHS in 2013, which recommended a merger of the hospitals but conditional, among other things, on receiving capital planning grants from the province to create a long-term plan to modernize the three hospital sites in Scarborough.

WE LISTENED, WE HEARD

During the development of the Preferred Integration Plan and, more recently, TSH's new Strategic Plan to be released in June, we completed extensive stakeholder engagement activities to obtain valued

On April 10, Ontario's Minister of Health and Long-Term Care, Dr. Eric Hoskins, announced the creation of an Expert Panel to develop a health care plan for

insight and input. TSH listened, and we heard two prominent themes from our stakeholders (staff, physicians, and community):

- ♥ Solutions to re-organize or integrate patient services among the hospital sites must take into account the community's unique needs and challenges, particularly enhancing access for our diverse and disadvantaged populations.

- ♥ Modernizing Scarborough's hospital facilities – in a similar fashion as other Ontario communities – is essential if our health care teams are to provide the best possible care that today's medicine has to offer.

At TSH, it has been a long-standing priority to provide accessible care that meets the unique needs of our community and patients. We have responded to the diversity of our global community by providing culturally sensitive care. We also understand the importance of health equity and we will remain strong advocates in this regard for the Scarborough community.

In regards to infrastructure, there is no doubt that a long-term plan for facility renewal in Scarborough is essential. In the meantime, targeted investments to address immediate deficiencies are equally important, whether it's to address dated operating rooms or undersized emergency departments. These infrastructure investments must be aligned to any service integrations that may arise from the Expert Panel recommendations.

OUR COLLABORATIVE SPIRIT

At TSH, one of our greatest strengths is our collaborative spirit, which has allowed us to develop innovative solutions and partnerships with other health care providers to create accessible and connected care for patients and their families. Over the past year, TSH and RVHS have continued to plan and implement service integrations to better coordinate care for our patients.

However, a broader system-wide view and health plan will be essential for Scarborough's future, and I am confident that the Expert Panel will leverage the strengths of both hospitals in their deliberations and recommendations. We look forward to working with the Panel as they embark on this important planning exercise.

QUALITY CARE REMAINS OUR TOP PRIORITY

Until the Panel has completed their work and the Ministry of Health provides further direction, it will be "business as usual" at TSH. We are moving ahead with

the implementation of our 2015-2016 Operating Plan announced in March. As well, we will be releasing our new Strategic Plan at our Annual General Meeting on June 23.

But most importantly, our patients will remain our top priority. We will remain focused on serving our global community with the expertise and compassion that everyone has come to expect from The Scarborough Hospital.

Please join us for our free Estate and Financial Planning information seminar

The Scarborough Hospital Foundation

offers free Estate and Financial Planning information seminars to our donors and the community at large, led by local lawyers, accountants, financial planners and financial advisors.

Tuesday, May 5, 2015

2:30 p.m. to 4:00 p.m.

<p>WHERE</p> <p>General campus, Lee Family Auditorium The Scarborough Hospital 3050 Lawrence Ave. E., Toronto</p>	<p>PLEASE RSVP</p> <p>on or before May 1, 2015 to Paulina Szlachta Tel: 416-438-2911 ext. 7615 Email: pszlachta@tsh.to</p>
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Light refreshments will be served.

<p>TOPIC</p> <p>"To Will or not to Will"</p> <p>This session will cover the importance of Wills, POAs, information for heirs and charities, and pitfalls of not planning your Will.</p>	<p>GUEST SPEAKER</p> <p>Julie DiGregorio</p> <p>Julie DiGregorio is a partner at Snider & DiGregorio Barristers and Solicitors, practicing in the areas of Real Estate, Wills & Powers of Attorney, Estate Administration, and Tax Law. Previously, Julie worked as in-house counsel for seven years at General Motors of Canada Ltd, and as an associate for four years at Silberman Elliott, LLP in downtown Toronto, one of the Canada's leading law firms. Julie graduated on the Dean's List from the Law School at the University of Western Ontario in 1998. She was called to the Bar in 2000, where she placed second in the province in the Ontario Bar Exams. Julie is the mother of two young children.</p> <div style="text-align: right;"> </div>
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The Scarborough Hospital Foundation Legacy Circle acknowledges and thanks individuals who have made a commitment of a legacy gift through a bequest in their Will. For more information, please contact: 416-438-2911 ext. 7615 or email: legacy@tsh.to. To support the mission and vision of The Scarborough Hospital for generations to come.

Strong communities build strong hospitals

TSH EXPANDS OBSTETRICAL AND GYNAECOLOGY SERVICES, WELCOMING THREE NEW PHYSICIANS

The Scarborough Hospital (TSH) is pleased to announce the expansion of its Maternal Newborn and Child Care (MNCC) program and Division of Gynaecology with the addition of three new obstetrician-gynaecologists (OB-GYNs).

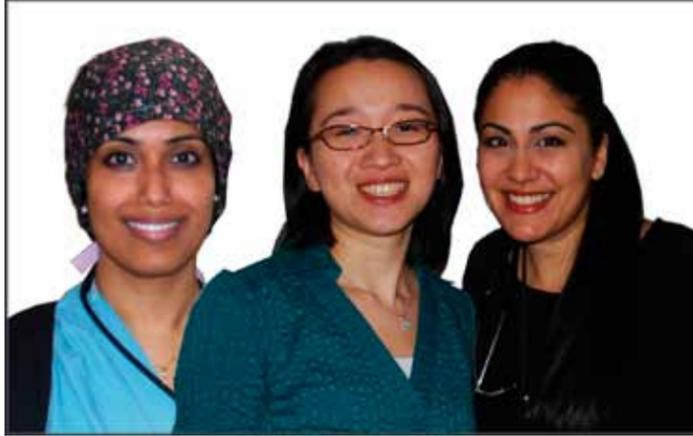
Drs. Salikah Iqbal, Ambika Aneja and Jing Qin recently joined the hospital's interprofessional team of dedicated support staff, nurses, midwives, doulas and physicians who provide safe, high quality, evidence-based care to thousands of new moms, infants and children each year.

"Each of these new physicians brings an enormous amount of talent to the MNCC program and Gynaecology Division, perfectly complementing the gifted team we already have in place," says Dr. Nathan Roth, Co-Medical Director, MNCC program at TSH. "We are proud that we are able to recruit the best and brightest in order to continue to deliver an outstanding care experience for every patient."

Litsa Dukros, who delivered all five of her children at TSH, can attest to this high calibre of care.

"The nurses, the doctors, they end up being like family. I wouldn't think of having my children anywhere else," says Dukros. "All of my five experiences here were phenomenal and I would recommend The Scarborough Hospital to anybody."

"TSH is a leader in women's and children's health services providing excellent care to our community," said Dr. Georgina Wilcock, Co-Medical Director, MNCC program at TSH.



"These three new OB-GYNs are part of a number of important expansions we've recently made to the MNCC program, including the introduction of water births and the expansion of our midwifery services."

Dr. Salikah Iqbal

Dr. Salikah Iqbal is thrilled to have joined TSH as an OB-GYN at the General campus, although she is no stranger to the hospital.

"The Scarborough Hospital has been a big part of my life. I started volunteering in labour and delivery when I was 15, and I've come back in various roles over the years as I worked towards becoming an OB-GYN," says Dr. Iqbal. "I grew up near the General campus, and this community is important to me. Women's health is an area of passion for me, and I would like to advocate for women who are underserved, such as immigrants and women from low socio-economic backgrounds."

Dr. Iqbal received her undergraduate degree from the University of Waterloo, and completed her medical degree and training in obstetrics and gynaecology at the University of Toronto.

Dr. Ambika Aneja

Dr. Ambika Aneja is also pleased to be serving women in the Scarborough area. Based at the Birchmount campus, Dr. Aneja is an OB-GYN with a specialty in minimally invasive surgery (MIS), as well as a love for clinical medicine.

"I love the diversity that my career has to offer, from delivering babies, to performing complex gynaecologic surgeries," says Dr. Aneja. "I am passionate about providing exceptional care to women throughout all stages of their lives and hope to be able to continue doing so in this special community for a long time to come."

Dr. Aneja completed medical school and her surgical residency training in obstetrics and gynaecology through U of T. She completed her fellowship training in minimally invasive gynaecologic surgery jointly through St. Joseph's Health Centre in Toronto and McMaster Health Sciences Centre in Hamilton. Since the completion of her fellowship training, she worked

at several academic and community hospitals within the Greater Toronto Area before joining TSH.

Dr. Jing Qin

Fellow OB-GYN Dr. Jing Qin, who also specializes in MIS and is based at the Birchmount campus, chose to bring her skill set to The Scarborough Hospital because of her deep desire to serve Scarborough's diverse population.

"Many people in this community are immigrants to Canada, and being able to provide them with quality care is so important to me," says Dr. Qin. "Seeing patients being happy with the outcome of a course of treatment or the birth of their child are just some of the highlights of my job. I am very excited and happy to be continuing on this path through my new position at The Scarborough Hospital."

Dr. Qin completed medical school and her residency through U of T, followed by a fellowship in minimally invasive gynaecologic surgery at St. Joseph's Health Centre to obtain additional skills in advanced gynaecologic laparoscopy and hysteroscopy.

For more information on the MNCC program and Division of Gynaecology, visit www.tsh.to.

THE SCARBOROUGH HOSPITAL FOUNDATION WELCOMES CHIEF BILL BLAIR TO ITS BOARD OF DIRECTORS

The Scarborough Hospital Foundation (TSHF) is pleased to welcome Toronto Police Service's Chief Bill Blair to its Board of Directors.

"It's an honour to be welcoming Chief Blair to The Scarborough Hospital Foundation's Board of Directors," says Paul Torrie, Chair, TSHF Board of Directors. "The Foundation plays a key role in helping to tell the stories that will bring the hospital and the community together in a way that will help facilitate the best health care for our global community. When such distinguished individuals like Chief Blair step forward to support the hospital and join our team, it better enables us to not only tell that story but to also raise the necessary funds to ensure our patients and community continue to receive the best quality care close to home."

Chief Blair joins a talented and dedicated Board of Directors that is committed to meeting its mission "to support the health care needs of the community of Scarborough by ensuring that The Scarborough Hospital has the resources it requires to achieve its mission and vision."

"I am from Scarborough and raised my children here," says Chief Blair. "The Scarborough Hospital has always been there for my family; and I am very pleased to have the opportunity to help the hospital continue to grow and serve the people of my community."

About Chief Bill Blair

Bill Blair was appointed Chief of the Toronto Police Service, the largest municipal police service in Ontario, on April 26, 2005 and will be retiring as of April 25, 2015. Chief Blair started his 35-plus year policing career as a beat officer in downtown Toronto, and continued with assignments in drug enforcement, organized crime units, and major

criminal investigations. Promoted to the senior ranks of the Service, his postings included Divisional Commander, Community Policing Programs, and Detective Operations. In these roles, he was responsible for all specialized investigative units including the Homicide Squad, Hold-Up Squad, Sex Crimes Unit, Fraud Squad, Forensic Identifications Services, Intelligence Services, and Organized Crime Enforcement, including the Guns and Gangs Unit and the Repeat Offender Program.

Policing has been a vital part of Chief Blair's family for generations. He has grown up with the history, traditions, and culture of the Toronto Police Service. He is proud and honoured to have served the people of Toronto as their Chief of Police.

About TSHF

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

The Scarborough Hospital Foundation Board of Directors Welcomes Bill Blair

We're pleased to announce that Bill Blair, Former Toronto Chief of Police, has joined the Board of Directors of The Scarborough Hospital Foundation.

Chief Blair is looking forward to contributing to The Scarborough Hospital Foundation as a Board member, since the hospital means so much to him personally. "I am from Scarborough and raised my children here," he says. "The Scarborough Hospital has always been there for my family; and I am very pleased to have the opportunity to help the hospital continue to grow and serve the people of my community."



"I Support My Scarborough Hospital. Will you?"

www.tsh.to



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Dr. Christine Young, Medical Staff Member, TSH

Michael Mazza, President and CEO, TSH Foundation

The Scarborough Hospital Foundation raises funds for state-of-the-art medical equipment and building projects for The Scarborough Hospital. The Foundation works with generous donors, volunteers and community members to raise the funds needed to help save lives, and support The Scarborough Hospital's vision to be recognized as Canada's leader in providing the best health care for a global community.

New Vision, New Plan, New Look for Providence Healthcare



By **Beth Johnson**, Chief Communications Officer, Providence Healthcare

Providence Healthcare in Toronto's east end has launched a new strategic plan to lay the foundation for achieving what the organization promises in its new Vision: "to help people stay healthy and safe at home, for as long as possible."

The BEST Together Strategic Plan 2015-2020 is based on the most extensive consultation process in Providence's history. Providence met with hundreds of stakeholders through Open Space forums, meetings with staff, donors, patients, residents and families, as well as over 30 meetings with partners at Local Health Integration Networks, Community Care Access Centres, acute care hospitals and community agencies. Their insight and counsel were critical to the development of the new plan.

Providence Healthcare's emphasis will continue to be on caring for the frail elderly, mind, body and spirit, and supporting their families and caregivers. The plan describes how Providence

will add value for the people it cares for, add value to the system and extend the powerful legacy of its founders, the Sisters of St. Joseph of Toronto.

Providence introduced BEST Together to staff at an internal launch event on April 29 under the banner of a new brand identity. The feedback gathered during the strategic plan exercises helped Providence recognize that its previous brand identity was not strong enough to reflect the organization's bold new direction. The brand platform includes a dynamic new logo that puts emphasis on the word 'Providence' and introduces a new graphic symbol. The icon's colour combination blends the organization's hallmark orange with shades of blue, a colour traditionally associated with the clinical/medical field. Together they acknowledge the compassion and warmth of the care Providence has provided for over 158 years, and the knowledge and expertise of its employees, physicians and volunteers.

For more information, visit www.providence.on.ca.



Indulge at Toronto's premier Food and Wine Fundraiser

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T: 416-285-3666 x 5025



Celebrating its 15th anniversary, Cuisine & Cuvée brings people together for an evening of great food, wine and cocktails. This is no stuffy sit down dinner – it's a party with a purpose. Funds raised support Providence Healthcare, a leader in providing rehabilitation, palliative care, long-term care and community programs.

At Cuisine & Cuvée, you'll explore new culinary worlds and discover your inner foodie, sampling from 25+ food stations while enjoying exceptional wines and exciting cocktails. We hope you will join us and experience all the Cuisine & Cuvée has to offer.

For more information:

W: www.providence.on.ca/foundation

Twitter: @Providence3276 #CuisineandCuvee

Want to get involved and make a difference?

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





Tamil Studies Symposium at York University 2015

Contd. from page 1...

Both the award and the lecture honour Nagaratnam Sivalingam, a pioneer and leader of the Tamil community in Canada, who dedicated his life to promoting both Tamil culture and issues of concern to the community.

The N. Sivalingam graduate award in Tamil Studies was awarded to Geetha Sukumaran, a graduate student in Humanities at York University, Toronto. She also holds an M.Phil degree in Tamil literature. Her research interests include contemporary Tamil poetry, women's writing, trauma and Tamil poetry in Sri Lanka, translation and religion.

She is the recipient of the N. Sivalingam award for her research proposal on Tamil poetry from Sri Lanka and Trauma under the title, Contemporary Tamil poems from Sri Lanka: Regional Sensibility and Mainstream Trauma Theory. She is a poet and a translator. Her translation of Sylvia Plath's poems, Tharkolaikku parakkum panithuli was published in 2013 and her poetry collection Otrai Pakadaiyil Enchum Nampikkai) was published in 2014.

Dr. Nimmi Gowrinathan from City College New York presented the inaugural lecture. The keynote lecture delivered by Dr. Gowrinathan, titled 'The Female Fight: Gender & Violence in Sri Lanka' explored issues of gender and violence Tamil women experience in multiple sites.

Dr. Gowrinathan is an expert on gender and violence, and the creator of deviararchy.com. She is currently a Visiting Research Professor at the Colin Powell Center for Global and Civic Leadership at City College New York, directing the Politics of Sexual Violence Initiative.

She is also the Executive Producer, developing the Vice News Women in/at War Series. She has recently been the Gender Expert for the United Nations Human Development Report on Afghanistan and a policy consultant and analyst for the Centre for Humanitarian Dialogue and the International Crisis Group, researching and analyzing gender inclusion in peace-building and women's insecurities in conflict zones.

The lecture was followed by 'Kannamma Kavithai' (Kannamma's poetry), a bilingual poetry event featuring Zulfika Ismail, Geetha Sukumaran, Avvai Vickneasweran and a special performance by Gowri Koneswaran.

The 2015 Tamil Studies Symposium at York University was generously supported by the Faculty and Liberal Arts and Professional Studies, Office of the Vice-President, Research & Innovation, Centre for Refugee Studies, Institute for Feminist Legal Studies at Osgoode Hall Law School, Department of Humanities, the Centre for Feminist Research and the York Centre for Asian Research and the Sivalingam family.



Dr. Nimmi Gowrinathan, City College, New York



Avvai Vickneasweran, Poet, Writer



Zulfika Ismail, Doctorate in Psychosocial Wellbeing and Education in post-disaster scenarios from University of New England, Australia, Writer, Poet and Researcher



Anindo Hazra, PhD candidate in English at York University



Geetha Sukumaran, a graduate student in Humanities at York University, Toronto



Harini Sivalingam, LLB & PhD Student



Prof. Philip Kelly, Director, York Centre for Asian Research, York University



Prof. Sonia Lawrence, Osgoode Hall Law School



Gowri Koneswaran, Poet, Singer and Lawyer



Dr Nimmi Gowrinathan's son made a special guest appearance



WORDS OF PEACE



Life without Fear

There are countless reasons why someone may live in fear. The threat of war, poverty or violence affects millions of people around the world every day. Others are eaten away by a nameless fear within that is difficult to understand or eradicate.

"There are many levels of fear," says Prem Rawat, who travels the world speaking to audiences large and small about the possibility of finding peace and joy in the heart. "There are things you should be afraid of—like jumping off a bridge. You shouldn't do that. Or walking in the middle of the freeway—that's not good! You should be afraid to do that. If you see a lion coming towards you, you should be very afraid.

"Fear is like a fever. If you have a lot of it, it will cripple you, but you can also have a low-grade fever that allows you to function, but you're not yourself. Yes, you can drive, you can talk on the phone, you can go to your job, but it's just there—a low-grade fever. It's the same thing with low-grade fear—it's just there."

For example, some people are afraid of the past, Mr. Rawat says. "They say, 'I want to put that behind me.' They don't want to have anything to do with their past." Others have a low-grade fear of the future: "I don't know what tomorrow's going to bring. Might be nasty. Might be bad."

Almost everyone has a low-grade fear of today, though, he says, because we don't understand what today is.

"There is yesterday, and that represents our past," Mr. Rawat says. "Then there is tomorrow, and that represents our future. Then there is this mysterious thing called today, which a lot of people talk about—"you need to be in the moment!"—but there seems to be no understanding of what that today is.

"Now, all your life—70 years, 80 years, 90 years, whatever—is actually going to be lived in today. That's just the rule. You can't live in tomorrow, and you can't live in yesterday. You are barred by natural law. This is not going to happen, whether you like it or not. So you're stuck in today.

"So let me tell you what today is. Today is a mirror which will reflect you perfectly—no one else, just you. It will not reflect your face, but it will reflect everything about you. It will reflect your confusion, your uncertainty, your doubt, your anger, your fear—and it will also reflect your kindness, your understanding, your peace, your joy, your beauty. So what do you want to see today? What do you want to understand today?"

People are so busy trying to understand issues like technology or the reasons we have war or pov-

erty, Mr. Rawat says, that we have forgotten something fundamental. We don't understand what it means to be a human being, and without that, there will never be peace.

"Understand that the peace that you want, the peace that you have always wanted, is and always will be within you, not outside," he says. "If you searched for it, you would be making a mistake, because it was in you all along. You don't have to search. You need to know. The day when you understand yourself is the day you start to live your life without fear.

"Listen to your heart, and you will be able to look in that mirror and see a glow of kindness, of understanding. Don't ever be afraid of today. In you is the source of your peace. In you is your peace. In you is reality. In you is your satisfaction. In you is everything that you search for. The same energy that presides over the entire universe is also dancing within you. What do you have to do to know it? Be still."

To learn more about Prem Rawat,
1 800 707 3221
416 431 5000 Tamil
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Special Feature

SADHGURU

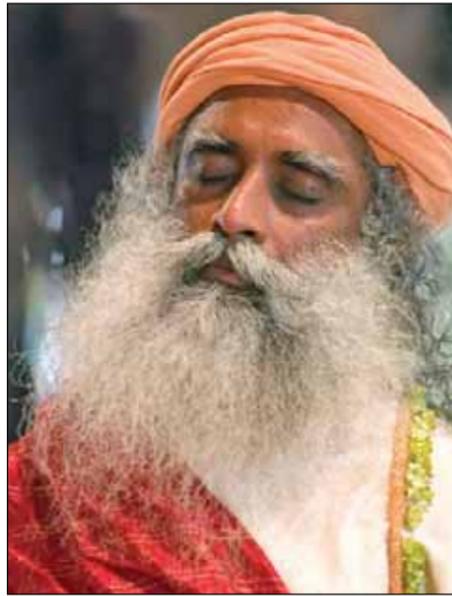
On Sri Rama Navami, Sadhguru looks at why Rama is worshipped throughout India, and what we can imbibe from his life.

Sadhguru: A very large part of the Indian population worships Rama, but if you look at the situations in his life, and the way life happened to him, it seems like a continuous series of disasters. He loses the kingdom that is rightfully his and ends up in the forest. Then his wife gets kidnapped and he has to fight a brutal war even though he does not want to. Then when he brings his wife back, he has to suffer very uncharitable comments about her from everybody around. So he takes his wife, who was very dear to him and is pregnant with two children, and leaves her in the forest. Then he unknowingly ends up in a battle against his own children and then finally loses his wife. His life was a continuous disaster. With all that, why do so many people worship Rama?

The significance of Rama

The significance of Rama is not in the situations he faced in his life. The significance is with how much gracefulness he conducted himself through this series of disasters that occurred to him.

Though life became a continuous series of disasters, never once did he waver from his truthfulness, from the fundamentals of life that he set up for himself.



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

himself. He just hung on to what he had to do, and conducted his life with utmost balance.

A tradition of seeking disasters!

In fact, for people on the spiritual path, there is a tradition of seeking disasters. Many spiritual seekers go about asking for something to go wrong with their life because they want themselves to be fully tested before death approaches. They want to be "quality checked." No matter what happens, they will go through it gracefully, because when the moment of shedding the body comes, that is the time you will lose your balance.



People seeking liberation and a graceful life sought Rama because they understood and had the wisdom to see that even with lots of management, external situations can go wrong at any moment. You may have everything organized, but if a cyclone hits you, it can take away everything. These things are happening around us right now. They may not be happening to us, but they are happening to thousands of people around us. "Oh it will not happen to me," is a foolish way to live. "Even if it happens, I will go through it gracefully," is a wise way to live. People sought Rama because they saw this phenomenal wisdom. Though life became a continuous series of disasters, never once did he waver from his truthfulness, from the fundamentals of life that he set up for

Everything is fine, but the moment when everything that you know as reality is going to slip off from your hands, that is the time when you lose your control a bit. So people sought disasters.

For example, Akka Mahadevi, who was married to a king, but who right from her childhood had completely given herself to Shiva, goes about saying, "Oh Shiva, make me hungry but make sure that I do not get any food. And in case I get it, before I put it in my mouth, make sure it falls off my hands. Before I pick it up from the ground, make sure a hungry dog eats it. Make me go through everything, so that I will learn to conduct myself gracefully irrespective of what the outside situation is." It is an extreme form of devotion. You want to be ready; when

the moment of leaving comes, you do not want to falter even a bit because that is the moment you need to handle gracefully. It takes some practice. If it suddenly happens one day, you will not be able to handle it. So they are consciously seeking trials and tribulations in their life.

It has been the tradition everywhere in the world that if one takes the spiritual path, the first thing is to consciously seek poverty. To conduct yourself gracefully through poverty is not an easy thing – it will test you in every way. When you are hungry, all sense of being human is lost and you become like an animal. To conduct yourself gracefully when you are hungry is not an easy thing. If you see yogis in India, they never ask for anything, they just keep going. You can see they are hungry, they have not eaten for days sometimes, but they will conduct themselves so gracefully. If you just offer one meal, they will take it, but if you offer money for one more meal they will not take it because they want that challenge to be there in their life all the time. Because if you take money for two meals today, tomorrow you will logically convince yourself to take money for ten meals. Once you add one, one more becomes logically acceptable. Then slowly you will organize your whole life and it will grow endlessly. Just see to what extent we have taken our survival process. We have raised our survival process to the sky and still it is not enough. So if you give one meal, these yogis will receive it but if you give money for one more meal, he will say no, because he wants that trial in his life continuously.

Rama – Embodiment of Grace

So people worship Rama not because of the success in his life, but for the gracefulness with which he conducted the most difficult moments. That is what is valued; that is the highest value in one's life. It is not the question of how much you have, what you did, what happened or what did not happen. Whatever happened, how did you conduct yourself? That is what determines the quality of who you are. You may make a billion dollars because the market is doing well. That does not mean anything. It is a social situation. In your society you may be a millionaire. In another society you may look like a failure. It does not mean anything. It is all right to enjoy the comforts that come with it, but the important thing about the making of the human being is, whatever the situation, how gracefully can you handle it? You will see this happening to lots of people: they look perfectly fine till one big challenge comes in their life. Then you will see who they are. When something does not go the way they think it should go, they spill themselves all over the place.

People are always giving thanks for the things that they get. Things that you get will not add to your life. You can see this if you come to India. There will be a huge house right next to a shanty. But the person living in the little hut is as proud as you are; and that is nice, that

a human being carries himself well, not with just pride but with gracefulness, irrespective of how somebody else is. Even if you have to go to the gallows you still walk gracefully. This is the quality of the human being. The rest is only the quality of the situation.

Does this mean to say we should not manage our life properly? No, we manage what is around us well because it is good for everybody. If the situation is well-managed it need not necessarily make me feel wonderful. I will feel wonderful only when I can conduct myself gracefully through every situation. But you manage the situation because you are concerned about everybody's wellbeing.

Rama tried to manage the situations in his life, but he could not always do that. He lived in difficult times and things went out of control, but the important thing is that he always conducted himself gracefully. This is the fundamental essence of becoming spiritual. If you want the right kind of ambience for your being to flower into a beautiful fragrant flower, you must constantly create an atmosphere of grace.

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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TESTIMONIALS

It was indeed a pleasure to meet the team at EENC. I am a new immigrant and initially met them at a job fair. They were very prompt with their follow up. The staff were a great help. EENC Staff gave me valuable input and feedback on my resume. I incorporated his advice and started getting interview calls immediately. He was very encouraging and pointed out options of where to start.

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



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:

BY THULASI MUTTULINGAM

“I was the watchman at the Mullaitivu Mahavidyalaya in 2004. December 26th was a Sunday, so the children were not at school, thank God. The school premises then was situated right by the sea shore. It has been moved in now, post the tsunami. I was there preparing for a school function to be held the next day when I heard a weird drumming noise. And then a huge wave came and swept me away. I managed to stay afloat amidst the buffeting waves until another wave brought me back close to a banyan tree at our school. I managed to catch hold of its branches and hold on. Much of the school structure was destroyed but that tree is still standing. I believe it was divine power.



how you worship it. I believe the divine power I worshipped by that tree saved my life.”

“After the water receded, I came down and ran in-land. After sometime I came across a man I knew who was similarly running away. The water was lapping at our chests on the inner roads of the village, ebbing and flowing.”

Can you describe your thought process at this time? What were you thinking and feeling?

“We had never experienced something like this before so we didn't know what to think. The other guy had a basket on his arm, and I saw him pause

to pick up the shrimps and prawns that had floated in with the water as we were wading away. I was just bemused by the strangeness of it all; someone picking shrimp in an inner village street. I don't think we realized how dangerous a situation we were in. That struck us only the next day when we saw the bodies, washed back ashore - ranging from old people to new born babies. They had to cart away the bodies lying by the streets in tipper trucks. I thought not even war had brought us that much of a horrible tragedy - and then came 2009.”



One family in a Kilinochchi village just finished their Indian Housing and I attended the House Warming. The hung up pumpkin is not for Halloween. It is apparently to ward off the evil eye. They claimed that it would not rot, that it would be preserved albeit in a desiccated state for several years to come.

Another pumpkin would apparently be whisked around the house with straw to clear the newly built house of any lingering evil influences and cut up at a cross roads, where it would not be interfered with by anybody. Even animals will not eat them according to the villagers.

One of my colleagues was hugely amused. “When I was a kid, the elders told me my hands would rot and fall away if I played with those pumpkins. So I would go and squish my hands in them and then check to see if they had rotted.”

He still seemed rather disappointed at the lack of such an outcome when relating the story :)



“I started rearing chickens to supplement my family's income. I use my second hand bicycle to travel to other towns and villages selling chickens and eggs. Then I bring back products from those areas to sell in my own village.



We manage. I am able to see to my family's nutritional needs, complete the building of my house and see to my son's schooling and my daughter's medical needs with this. Of course several

NGOs have helped, including in the building of my house - but you need to be both

enterprising and hard working to make the most of it.”



A colleague of mine, manager of a rural site office. Her area is known to be rife with snakes so I was nervously quizzing her on her experiences with them:

“It's my lot to live with snakes although I hate them. Even as a schoolgirl forced to go through the herpetology section of the zoo, I looked down to avoid seeing the snakes in the display cases. Unfortunately even on the flooring, there was no escape. There were pictures of the snakes along with information about them depicted on the floor; that still grossed me out.



Snakes unfortunately are a part of our life. I have had narrow escapes with many. They are a part of the people's psyche and culture because they are so prevalent. At school, one of our teachers used to scold us saying we were as slow as ‘vengananthis’. I had no idea what the word meant other than that it was something derogatory. Only recently when someone pointed to a particular snake and called it a vengananthi, I knew that it referred to a variety of snakes - a rather slow and lazy one.”



A recurring issue in these areas where many people are agricultural labour workers, is the lower rate of pay for women than men. Women are typically paid Rs.300-500 less than their male co-workers per day, even though they say they do the same amount of work. The rationalization is that men work harder than women.

Many farmers (both men and women), who employ casual labour, and the casual labourers themselves, have come to accept this as a fact of life. I asked my senior female colleague what she thought about this. Her response was:

“Well, who is going to address it? I have seen government circulars from the Department of Agriculture where they too specify ‘women's labour wages’ and ‘men's labour wages’ differently. Government staff, it is understood are paid equally, irrespective of gender, but when it comes to casual labour, no-one is attempting to change the status quo.”

OK then, so who is going to change the status quo? Because this particular state of affairs is causing much heartburn to many women in the North. They just don't seem to have anyone to take up their cause for them.



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“This special needs autistic lady is one of their number. She is also very artistic and is able to earn an income on her work within the group.

Being unfortunately no Brandon Stanton in my photography skills, this attempted portrait does not do my subject justice, in capturing her lovely work. She had put a lot of effort into making cloth roses and then stitching them together to make a striking tepoy cover, which she was justifiably very proud to show off.

You can take my word for it that the reality was much better than this photo.



Like



“My mother raised us through sewing clothes. Now I do the same. I had two sewing machines at the time we got displaced during the war. I took them all the way up to Mulliwaikal, before losing them there.

Later, at the refugee camp in Chettikulam, I noticed that several people needed clothes but there was no-one there to stitch it for them. We had lost all our property and money so I couldn't buy a new sewing machine on my own. I therefore approached a fellow camp inmate who was a government school teacher and as such was still drawing her monthly salary, and asked her for a loan of Rs.21000 to buy a sewing machine. She didn't know me very well yet graciously agreed. Within three months, I had paid off her loan with my earnings from within the camp alone.

This is that machine, still serving me so well, even six years later. I am supporting myself and my two children with it.”

Like

A private donor wanted to help some underprivileged students' families with a sustained monthly donation for their education, and asked my help in finding some deserving families. I was recommended this lady's family by our local school principal. She came to my home today to tell me her story:

“I am a single mother with 3 children, all sons, aged 14, 12 and 8. When this youngest boy was a baby, he came down with a terrible fever which gave him fits, which in turn pulled his limb and eye muscles. He took a very long time to walk. His eyes are still bad. Doctors here say their technology is not enough to cure him, that I have to take him to India. I can't afford to so I have let it be for the moment. He lays his head on his school desk to see the ruled paper on which he has to write. When I take him home from school, he closes his eyes against the sunlight, because he can't stand it. Several people call out to tell me he is sleeping, because they are concerned he would fall off the bicycle.

I am originally from Jaffna but got caught to the war in Wannai, where I lost my husband in April 2009. His head was blown apart by a shell in



front of me, and I had a mental breakdown. That was a nightmarish time, when I was not completely in my senses. I just got randomly pulled along with the people wherever they went after that. I was not fully functional. I habitually always had this child in my arms since he could not walk at that point, but lost my other two children along the way in a mass exodus at one point.

After crossing over from Point A to Point B with a crowd of people amidst heavy shelling, I suddenly realized the other two boys were not with me. That finally bolted me back to my senses from my half-crazed state after my husband's death. I became frantic with fear and despair thinking I had failed my children. For three months I had no idea what had happened to them. Then I came across them again, healthy and unharmed, in the refugee camp we ended up in. A relative's family had come upon them lost and crying, and taken care of them til then.

If we had stayed on in the Wannai, we might have gotten some NGO help at least - but this youngest child's medical needs was such that I needed to be by the Jaffna hospital. From here, I work half a day as a Domestic Help to an elderly man, while the children are at school. He pays Rs.200 a day for cooking his breakfast and lunch, and I get to take a lunch packet home with me as well. Since the schools have a system of lunch time meals for students, I save the packet I take home for our dinner.

Sometimes though, the kids get too hungry, or they tell me that the cook didn't show up at school that day so they didn't get lunch. Balancing the needs of our day to day lives is extremely challenging - but through it all, I try as much as possible to be a good mother to them, and keep them at their studies.”

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Valluvar's Views - *Loving kindness*

By: J J Atputharajah

Love is the noblest quality cultivated by human-beings from time immemorial. Valluvar in his chapter on "anpudaimay" places great emphasis on the feeling and sentiment of love. Love is a strong relationship that has no stop-gap. It flows non-stop. When one's loved one suffers, the reciprocating partner cannot control his or her tears or feeling for sorrow. The people who do not have an iota of love in themselves exist only for themselves. They have no feel or sympathy for others but those who are gifted with the passion of love can yield even their bones for others. Jesus's sufferings on the cross was such kind of love that sacrificed itself for the redemption of others. The Bible says, "Greater love than this no man hath, that he lay down his life for his friends". Mahathma Gandhi himself portrayed such love when he sacrificed his life for the unity and independence of his fellowmen in India. He shed every drop of his blood for the liberation of India and he is reckoned as the father of the Indian Nation. History is replete with such persons of gallant character who laid down their lives for the upliftment of humanity.

There can be life only when the body has soul in it; albeit, life without affection is no life at all. Human affection obtains a greater dimension when it becomes exposed to sufferings and miseries of life. Jesus through his sufferings proclaimed the glories of both humanity and divinity when he lived on this earth. The ancient Tamil belief is that those who did humanitarian deeds in their previous births are bound to follow their inclinations in their current birth too. Love gifts one with ardent passion and that impels him to make admirable friendships. Love also redeems the soul from ignorance and gives enlightenment to propel one to long standing kindness and commitment. Affection and humanitarian concerns lead

one to distinction in life and ensures eternal happiness to such individuals. The idea re-emphasizes Jesus's second commandment that one should love his neighbor as himself.

An English verses states:

*"I searched for my God,
My God I could not see,
I looked for my soul,
My soul eluded me;
I sought out my neighbor
And in him found all three."*

Love is the source not only for great deeds of virtue but also for great deeds of courage. A tender heart and war-like deeds are not mutually exclusive. That is why a woman like Joan of Arc became a heroine and a liberator. Love supports the soul like the spine supporting the body of a vertebrate. Life without soul shrinks and stops the spirits evolution. Valluvar further details the qualities of love and asserted that life without love is dead as the barren rocks. It cannot sustain any vital growth. Valluvar always used appropriate imageries or similes to illustrate his noble ideas. If a man's heart is incapable of bestowing love, his externals are of no use to him. A tender heart is indispensable to a human being. Absence of such a heart will nullify all his deeds and make him useless.

Love is the essence of life; without it a man is but a frame of bones covered with skin. Love is given an indispensable place in the life of humanity by the great men of both East and West. Valluvar pronounced the greatness of love as the hallmark of a human being so that if a man is found without love he is an inanimate thing. Bible gives the best definition of love and Valluvar does not fail to reflect most of it in his couplets. 'Love is patient, love is kind. It does not envy, it does not boast. It is not proud. It is not self-seeking, it is not easily angered, it does not keep record of wrongs; Love does not delight in evil and rejoices with the truth. It always protests, always trusts, always hopes, always perseveres.

DOORS OPEN RICHMOND HILL 2015

The Ganesha Temple of The Hindu Temple Society of Canada, located at 10865 Bayview Avenue (Just north of Elgin Mills Road on Bayview Avenue) is one of 15 centres selected by the Heritage Services of the Town of Richmond Hill for "DOORS OPEN RICHMOND HILL 2015" scheduled for **Saturday, May 9th.**



Though the temple welcomes members of all Faiths, still lots of people are not aware of this.

This Doors Open is an excellent opportunity of people in all communities of the Greater Toronto Area to visit and get some idea of Hindu Temple.

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A TRIBUTE TO LATE DR. SELVADURAI MANIKAVADIVALE

(THE ROLE MODEL FOR ALL TO EMULATE)

By: C. Kamalaharan

I was extremely shocked and saddened on hearing the demise of Dr. Manikavadivale my companion in Sai service. It is with deep sense of nostalgia I recall my association with him since I first met him in Chennai in 1992 when he arrived from Sri Lanka with his family. While exchanging pleasantries we were elated to know that we were both on an equal footing as Sai devotees. Having settled in Kalakshetra colony at Besant Nagar he was in two minds whether to join the Besant Nagar Samithi or the Adyar Samithi. I took him to the Thiruvanmiyur Samithi where I was already a member and inducted him as a member.

Since then he became an active member of the Samithi and took part in all its activities. To mention a few he was a regular participant in the weekly Bhajans and in the 'Nagarsankirtan' held early in the morning during weekends and during the whole month of 'Markali' according to the Tamil calendar. On Sundays he took classes in reading for the blind children at the Adyar deaf and blind school. He also took part in the various medical camps, temple cleaning shramadana, security work and other activities organised by the Samithi. He was of the view that once a person had earned enough for the modest needs in this life he needs to devote his time to earn good karma for the next life. And so he dedicated the last twenty five years of his life as an exemplar to this – devoting his time to Bhajans, Satsangam and Social Service both in Chennai and Puttaparthi.

Both of us being members of the Thiruvanmiyur Samithi were fortunate to join the Tamil Nadu sevadals for the annual service activities at Prashanthi Nilayam, Puttaparthi during the months

of May and October for almost a decade. We had served in almost all the places allocated for services including the Super Speciality hospital. While serving there Manikavadivale always held the dignity of the Sai Organisation by being a simple nondeceptive egoless gentleman leading an exemplary life and maintaining a good rapport with everyone he came across.

Manikavadivale was born at Tholpuram Jaffna in 1942 in a close - knit family of illustrious heritage. His father Dr. Selvadurai died when Manikam as he was affectionately called was only two years old. Being the youngest in the family he was under the tender and loving care of his mother and the six siblings, two of them later became doctors. Being a studious student Manikam pursued his primary and secondary education in one of the leading educational institutions in the North – Jaffna College Vadducoddi from where he entered the Peradeniya University and obtained his Veterinary Science degree and the Masters of Science degree. He later served as a successful veterinary doctor spanning twenty years throughout the length and breadth of the country.

Manikam married his chosen cousin the late Impamalar a very caring, loving and understanding wife who always supported him in all his activities. They were blessed with their only son Kumaran a successful engineer settled comfortably in Sydney Australia with his loving wife Dr. Dharmini and their cute little children Karthikeyan and Gyanthan.

Manikam always followed Swamy's teachings in full faith. Swamy had said, "I have come not to disturb or destroy any faith, but to confirm each in his own faith, so that a Christian becomes a better

Christian, a Muslim a better Muslim and a Hindu a better Hindu." In keeping with Swamy's teaching Manikam being a staunch Sai devotee was also a steadfast follower of Saivism. Born in an orthodox Saivite family he followed the doctrine faithfully and regularly attended the discourses on Saivism at Pamban Murugan



DR. SELVADURAI MANIKAVADIVALE

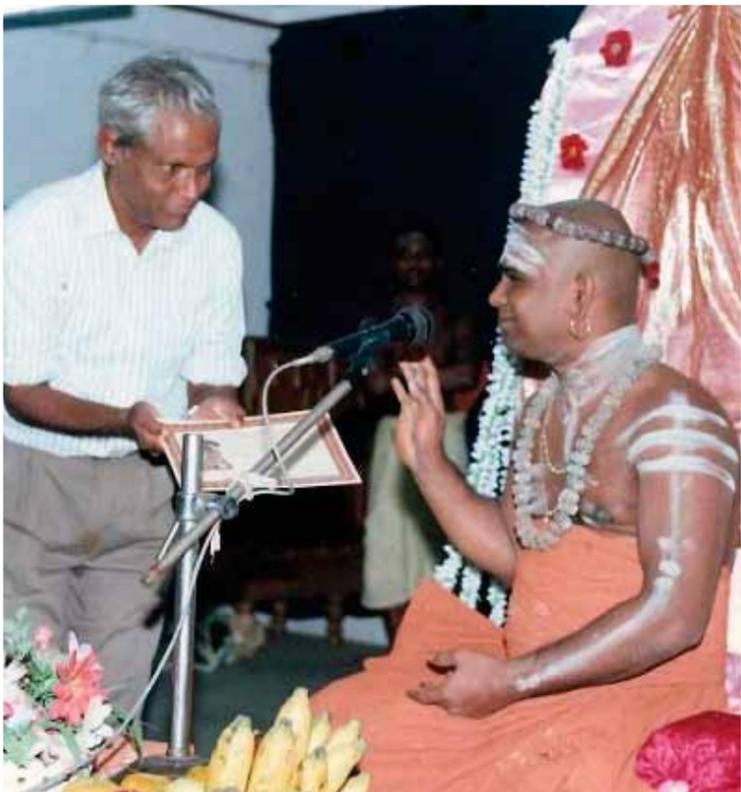


temple and elsewhere. During his stay in Chennai he diligently followed the Saiva Siddhanta course conducted by the Thiruvavaduthurai Atheenam and on successful completion of the course was honoured with the title 'Saiva Siddantha Ratnam.'

In a twist of fate Manikam's sudden illness was diagnosed as cancer in the lungs. But he remained unshaken and not bothered about the traumatic experience he was to undergo. He strongly believed that the suffering was Swamy's way of cleansing his sins and ultimately blessing him. He completely shunned medical treatment and returned to his ancestral home in Tholpuram Jaffna in January 2015 to spend the evening of his life under the loving care of his relations and friends. While lying on bed he off and on gazed at the picture of Swamy hung on the wall opposite to him and continued to meditate.

Manikam never harboured fear of

death instead he walked calmly and peacefully into the unknown world. On the 14th of January 2015 the day being holy Thai Pongal, early in the morning his brother - in - law Mr. S. Vettivelautham inquired "How are you Manikam?" To which he replied, "I am going to meditate don't disturb me." That was the last he spoke. The whole day he didn't consume any food or even a drink. Instead he intently gazed at Swamy's picture and listened to the Bhajans, completely detached himself from the external world. The same night he passed away as an enlightened soul and merged with Swamy in supreme bliss and eternal peace. A wonderful human being who had touched the lives of many with his amiable gentle nature, a man of sterling qualities who spent a memorable and eventful life in the service of Swamy is no more, leaving me with an aching heart. He will ever remain as a role model for all to emulate.





Special Feature

Epilepsy is a group of neurological disorders characterized by epileptic seizures. Epileptic seizures are episodes that can vary from brief and nearly undetectable to long periods of vigorous shaking. The cause of most cases of epilepsy is unknown, although some people develop epilepsy as the result of brain injury, stroke, brain tumor, and drug and alcohol misuse. Genetic mutations are linked to a small proportion of the disease. Epileptic seizures are the result of excessive and abnormal cortical nerve cell activity in the brain.

The diagnosis typically involves ruling out other conditions that might cause similar symptoms such as fainting. Additionally, making the diagnosis involves determining if any other cause of seizures is present such as alcohol withdrawal or electrolyte problems. This may be done by imaging the brain and performing blood tests. Epilepsy can often be confirmed with an Electroencephalogram



S. Pathmanathan, B.A. (Hons) Cey
Revised and translated by
S. Raymond Rajabalan, B.Sc. (Hons) Cey



ized seizures: Tonic- Clonic, Tonic, Clonic, Myoclonic, Absence, and Atonic seizures. They all involve loss of consciousness and typically happen without warning.

- Tonic- Clonic seizures present with a contraction of the limbs followed by their extension along with arching of the back which lasts 10–30 seconds (the Tonic phase). A cry may be heard due to contraction of the chest muscles. This is then followed by a shaking of the limbs in unison (Clonic phase).

- Tonic seizures produce constant contractions of the muscles. A person often turns blue as breathing is stopped.

- In Clonic seizures there is shaking of the limbs in unison. After the shaking has stopped it may take 10–30 minutes

on social and psychological well-being. These effects may include social isolation, stigmatization, or disability. They may result in lower educational achievement and worse employment outcomes. Learning difficulties are common in those with the condition, and especially among children with epilepsy. The stigma of epilepsy can also affect the families of those with the disease.

Certain disorders occur more often in people with epilepsy, depending partly on the epilepsy syndrome present. These include depression, anxiety disorders, and migraines. Attention-deficit hyperactivity disorder (ADHD) affects three to five times more children with epilepsy than children in the general population.

greater in those with generalized rather than partial seizures. If both twins are affected, most of the time they have the same epileptic syndrome. Other close relatives of a person with epilepsy have a risk five times that of the general population.

Acquired

Epilepsy may occur as a result of a number of other conditions including tumors, strokes, head trauma, previous infections of the central nervous system, genetic abnormalities, and as a result of brain damage around the time of birth. Of those with brain tumors, almost 30% have epilepsy, making them the cause of about 4% of cases. The risk is greatest for tumors in the temporal lobe and those that grow slowly. Other mass lesions such as cerebral cavernous malformations and arteriovenous malformations have risks as high as 40–60%. Of those who have had a stroke, 2–4% develop epilepsy. Between 6 and 20% of epilepsy is

Epilepsy

(EEG) but a normal test does not rule out the condition.

About 1% of people worldwide have epilepsy, and nearly 80% of cases occur in developing countries. Epilepsy becomes more common as people age. In the developed world, onset of new cases occurs most frequently in infants and the elderly; in the developing world this is in older children and young adults, due to differences in the frequency of the underlying causes. About 5–10% of all people will have an unprovoked seizure by the age of 80.

Epilepsy is characterized by a long-term risk of recurrent seizures. These seizures may present in several ways depending on the part of the brain involved and the person's age.

Types of Seizures

The most common type (60%) of seizures are convulsive. Of these, one-third begins as generalized seizures from the start, affecting both hemispheres of the brain. Two-thirds begin as partial seizures (which affect one hemisphere of the brain) which may then progress to generalized seizures.

The remaining 40% of seizures are non-convulsive. An example of this type is the absence seizure, which presents as a decreased level of consciousness and usually lasts about 10 seconds.

Partial seizures are often preceded by certain experiences, known as an aura. These may include sensory (visual, hearing or smell), psychic, autonomic, or motor phenomena. Jerking activity may start in a specific muscle group and spread to surrounding muscle groups in which case it is known as a Jacksonian March. Automatisms may occur; these are non-consciously generated activities and mostly simple repetitive movements like smacking of the lips or more complex activities such as attempts to pick something up.

There are six main types of general-

ized seizures for the person to return to normal; this period is called the "postictal state" or "postictal phase". Loss of bowel or bladder control may occur during a seizure. The tongue may be bitten at either the tip or on the sides during a seizure.

- Myoclonic seizures involve spasms of muscles in either a few areas or all over.

- Absence seizures can be subtle with only a slight turn of the head or eye blinking. The person does not fall over and returns to normal right after it ends.

- Atonic seizures involve the loss of muscle activity for greater than one second. This typically occurs on both sides of the body.

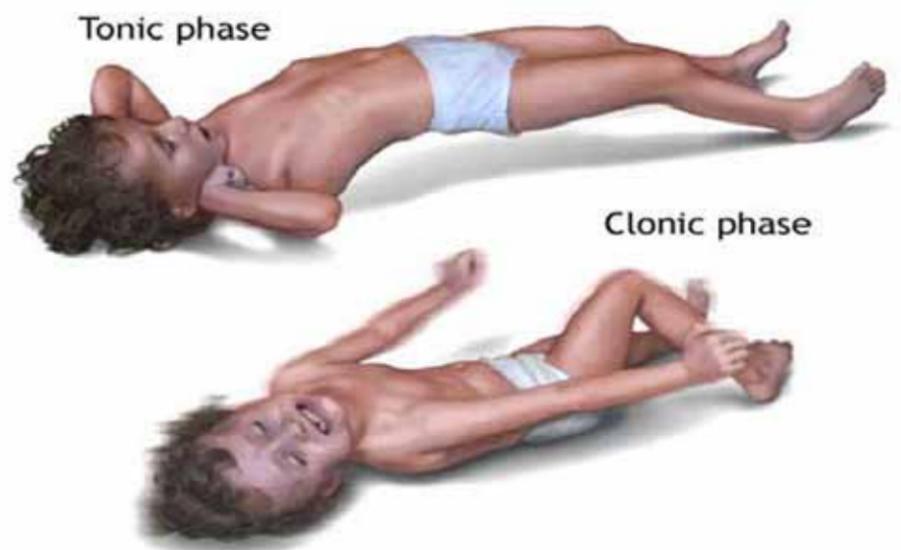
About 6% of those with epilepsy have seizures that are often triggered by specific events and are known as reflex seizures. Those with reflex epilepsy have seizures that are only triggered by specific stimuli. Common triggers include flashing lights and sudden noises. In certain types of epilepsy, seizures happen more often during sleep, and in other types they occur almost only when sleeping.

Postictal Period

After the active portion of a seizure, there is typically a period of confusion referred to as the postictal period before a normal level of consciousness returns. This usually lasts 3 to 15 minutes but may last for hours. Other common symptoms include feeling tired, headache, difficulty speaking, and abnormal behavior. Psychosis after a seizure is relatively common, occurring in 6–10% of people. Often people do not remember what happened during this time. Localized weakness, known as Todd's paralysis, may also occur after a partial seizure. When it occurs it typically lasts for seconds to minutes but may rarely last for a day or two.

Psychosocial

Epilepsy can have adverse effects



ADHD and Epilepsy have significant consequences on a child's behavioral, learning, and social development. Epilepsy is also more common in those with autism.

Causes of seizures

Epilepsy can have both genetic and acquired causes, with interaction of these factors in many cases. Established acquired causes include serious brain trauma, stroke, tumours and problems in the brain as a result of a previous infection. In about 60% of cases the cause is unknown. Epilepsies caused by genetic, congenital, or developmental conditions are more common among younger people, while brain tumors and strokes are more likely in older people.

Seizures may also occur as a consequence of other health problems; if they occur right around a specific cause, such as a stroke, head injury, toxic ingestion or metabolic problem, they are known as acute symptomatic seizures and are in the broader classification of seizure-related disorders rather than epilepsy itself.

Genetics

Genetics is believed to be involved in the majority of cases, either directly or indirectly. Some epilepsies are due to a single gene defect (1–2%); most are due to the interaction of multiple genes and environmental factors. Each of the single gene defects is rare, with more than 200 in all described.

In identical twins, if one is affected there is a 50–60% chance that the other will also be affected. In non-identical twins the risk is 15%. These risks are

believed to be due to head trauma. Mild brain injury increases the risk about two-fold while severe brain injury increases the risk seven-fold. In those who have experienced a high powered gunshot wound to the head, the risk is about 50%.

The risk of epilepsy following meningitis is less than 10%; that disease more commonly causes seizures during the infection itself. In herpes simplex encephalitis the risk of a seizure is around 50% with a high risk of epilepsy following (up to 25%). Infection with the pork tapeworm, which can result in neurocysticercosis, is the cause of up to half of epilepsy cases in areas of the world where the parasite is common. Epilepsy may also occur after other brain infections such as cerebral malaria, toxoplasmosis, and toxocarriasis. Chronic alcohol use increases the risk of epilepsy: those who drink six units of alcohol per day have a two and a half fold increase in risk. Other risks include Alzheimer's disease, multiple sclerosis, tuberous sclerosis, and autoimmune encephalitis. Getting vaccinated does not increase the risk of epilepsy. Malnutrition is a risk factor seen mostly in the developing world, although it is unclear however if it is a direct cause or an association.

Mechanism of Epilepsy

The exact mechanism of epilepsy itself is unknown. A little, however, is known about both the cellular and network mechanisms of epilepsy. However, it is unknown under which circumstances the brain shifts into the activity of a sei-



zure with its excessive synchronization.

In epilepsy the resistance of excitatory neurons to fire during this period is decreased. This may occur due to changes in ion channels or inhibitory neurons not functioning properly. This then results in a specific area from which seizures may develop, known as a "seizure focus". Another mechanism of epilepsy may be the up-regulation of excitatory circuits or down-regulation of inhibitory circuits following an injury to the brain. These secondary epilepsies occur through processes known as epileptogenesis. Failure of the blood-brain barrier may also be a causal mechanism as it would allow substances in the blood to enter the brain.

Factors causing Seizures

There is evidence that epileptic seizure are usually not a random event. Seizures are often brought on by factors such as lack of sleep, stress or flickering light among others. The term seizure threshold is used to indicate the amount of stimulus necessary to bring about a seizure. Seizure threshold is lowered in epilepsy.

In epileptic seizures a group of neurons begin firing in an abnormal, excessive and synchronized manner. This results in a wave of depolarization known as a paroxysmal depolarizing shift. Normally, after an excitatory neuron fires it becomes more resistant to firing for a period of time. This is due in part to the effect of inhibitory neurons, electrical changes within the excitatory neuron, and the negative effects of adenosine.

Partial seizures begin in one hemisphere of the brain while generalized seizures begin in both hemispheres. Some types of seizures may change brain structure, while others appear to have little effect. Gliosis, neuronal loss, and atrophy of specific areas of the brain are linked to epilepsy but it is unclear if epilepsy causes these changes or if these changes result in epilepsy.

Classification

In contrast to the classification of seizures which focuses on what happens during a seizure, the classification of epilepsies focuses on the underlying causes. When a person is admitted to hospital after an epileptic seizure the diagnostic workup results preferably in the seizure itself being classified (e.g. Tonic-Clonic) and in the underlying disease being identified (e.g. Hippocampal sclerosis). The name of the diagnosis finally made depends on the available diagnostic results and the applied definitions and classifications (of seizures and epilepsies) and its respective terminology.

Epilepsy syndromes

Cases of epilepsy may be organized into epilepsy syndromes by the specific features that are present. These features include the age that seizure begin, the seizure types, EEG findings, among others. Identifying an epilepsy syndrome is useful as it helps determine the underlying causes as well as what anti-seizure medication should be tried.

The ability to categorize a case of epilepsy into a specific syndrome occurs more often with children since the onset of seizures is commonly early. Less serious examples are benign rolandic epilepsy (2.8 per 100,000), childhood absence epilepsy (0.8 per 100,000) and juvenile Myoclonic epilepsy (0.7 per 100,000). Se-



vere syndromes with diffuse brain dysfunction caused, at least partly, by some aspect of epilepsy, are also referred to as epileptic encephalopathies. These are associated with frequent seizures that are resistant to treatment and severe cognitive dysfunction, for instance Lennox-Gastaut syndrome and West syndrome. Genetics is believed to play an important role in epilepsies by a number of mechanisms. Simple and complex modes of inheritance have been identified for some of them. However, extensive screening have failed to identify many single gene variants of large effect.

Syndromes in which causes are not clearly identified are difficult to match with categories of the current classification of epilepsy. Categorization for these cases was made somewhat arbitrarily. The idiopathic (unknown cause) category of the 2011 classification includes syndromes in which the general clinical features and/or age specificity strongly point to a presumed genetic cause] Some childhood epilepsy syndromes are included in the unknown cause category in which the cause is presumed genetic, for instance benign rolandic epilepsy. Others are included in symptomatic despite a presumed genetic cause (in at least in some cases), for instance Lennox-Gastaut syndrome.[60] Clinical syndromes in which epilepsy is not the main feature (e.g. Angelman syndrome) were categorized symptomatic but it was argued to include these within the category idiopathic.

Medical Tests

When someone is believed to be affected by Epilepsy, usually a neurological exam is done to test the behaviour, brain function etc along with blood test. An electroencephalogram (EEG) can assist in showing brain activity suggestive of an increased risk of seizures. It is only recommended for those who are likely to have had an epileptic seizure on the basis of symptoms. In the diagnosis of epilepsy, electroencephalography may help distinguish the type of seizure or syndrome present. In children it is typically only needed after a second seizure. It cannot be used to rule out the diagnosis, and may be falsely positive in those without the disease. In certain situations it may be useful to perform the EEG while the affected individual is sleeping or sleep deprived.

Diagnostic imaging by Computed Tomography (CT) scan and Magnetic Resonance Imaging (MRI) is recommended after a first non-febrile seizure to detect structural problems in and around the brain. MRI is generally a better imaging test except when bleeding is suspected, for which CT is more sensitive and more easily available. If someone attends the emergency room with a seizure but returns to normal quickly, imaging tests may be done at a later point.

For adults, the testing of electrolyte,

blood glucose and calcium levels is important to rule out problems with these as causes. An electrocardiogram can rule out problems with the rhythm of the heart. A lumbar puncture may be useful to diagnose a central nervous system infection but is not routinely needed. In children additional tests may be required such as urine biochemistry and blood testing looking for metabolic disorders.

A high blood prolactin level within the first 20 minutes following a seizure may be useful to confirm an epileptic seizure as opposed to psychogenic non-epileptic seizure. Serum prolactin level is less useful for detecting partial seizures. If it is normal an epileptic seizure is still possible and a serum prolactin does not separate epileptic seizures from syncope. It is not recommended as a routine part of the diagnosis of epilepsy.

Differential diagnosis

Diagnosis of epilepsy can be difficult. A number of other conditions may present very similar signs and symptoms to seizures, including syncope, hyperventilation, migraines, narcolepsy, panic attacks and psychogenic non-epileptic seizures (PNES). In particular a syncope can be accompanied by a short episode of convulsions..

Children may have behaviors that are easily mistaken for epileptic seizures but are not. These include breath-holding spells, bed wetting, night terrors, tics and shudder attacks. Gastroesophageal reflux may cause arching of the back and twisting of the head to the side in infants, which may be mistaken for Tonic-Clonic seizures.

Prevention

While many cases are not preventable, efforts to reduce head injuries, provide good care around the time of birth, and reduce environmental parasites such as the pork tapeworm may be effective. Efforts in one part of Central America to decrease rates of pork tapeworm resulted in a 50% decrease in new cases of epilepsy.

Management

Epilepsy is usually treated with daily medication once a second seizure has occurred, but for those at high risk, medication may be started after the first seizure. In some cases, a special diet, the implantation of a neurostimulator, or neurosurgery may be required.

First aid

Rolling a person with an active tonic-clonic seizure onto their side and into the recovery position helps prevent fluids from getting into the lungs. Putting fingers, a bite block or tongue depressor in the mouth is not recommended as it might make the person vomit or result in the rescuer being bitten. Efforts should be taken to prevent further self-injury. Spinal precautions are generally not needed

If a seizure lasts longer than 5 minutes or if there are more than two seizures in an hour without a return to a normal level of consciousness between them, it is considered a medical emergency known as status epilepticus. This may require medical help to keep the airway open and protected; a nasopharyngeal airway may be useful for this. At home the recommended initial medication for seizure of a long duration is midazolam placed in the

mouth. Diazepam may also be used rectally. In hospital, intravenous lorazepam is preferred. If two doses of benzodiazepines are not effective, other medications such as phenytoin are recommended. Convulsive status epilepticus that does not respond to initial treatment typically requires admission to the intensive care unit and treatment with stronger agents such as thiopentone or propofol.

Medications

The mainstay treatment of epilepsy is anticonvulsant medications, possibly for the person's entire life. The choice of anticonvulsant is based on seizure type, epilepsy syndrome, other medications used, other health problems, and the person's age and lifestyle. A single medication is recommended initially; if this is not effective, switching to a single other medication is recommended. Two medications at once is recommended only if a single medication does not work. In about half, the first agent is effective; a second single agent helps in about 13% and a third or two agents at the same time may help an additional 4%. About 30% of people continue to have seizures despite anticonvulsant treatment.

There are a number of medications available. Phenytoin, carbamazepine and valproate appear to be equally effective in both partial and generalized seizures. Controlled release carbamazepine appears to work as well as immediate release carbamazepine, and may have fewer side effects. Valproate is recommended first-line for generalized seizures with lamotrigine being second-line. In those with Absence seizures, ethosuximide or valproate are recommended; valproate is particularly effective in Myoclonic seizures and Tonic or Atonic seizures. If seizures are well-controlled on a particular treatment, it is not usually necessary to routinely check the medication levels in the blood.

Side Effects

Adverse effects from medications are reported in 10 to 90% of people, depending on how and from whom the data is collected. Most adverse effects are dose-related and mild. Some examples include nausea, headache, lack of appetite, allergic reactions, mood changes, sleepiness, or an unsteadiness in gait. Certain medications have side effects that are not related to dose such as rashes, liver toxicity, or suppression of the bone marrow. Up to a quarter of people stop treatment due to adverse effects. Some medications are associated with birth defects when used in pregnancy. Valproate is of particular concern, especially during the first trimester. Despite this, treatment is often continued once effective, because the risk of untreated epilepsy is believed to be greater than the risk of the medications.

Slowly stopping medications may be reasonable in some people who do not have a seizure for two to four years; however, around a third of people have a recurrence, most often during the first six months. Stopping is possible in about 70% of children and 60% of adults.

Surgery

Epilepsy surgery may be an option for people with partial seizures that remain a problem despite other treatments.

Contd. on page 33...

WHAT MAKES CANADA A UNIQUE COUNTRY?



What would one do in a cold, harsh forest with Native Americans staring one down? This is exactly what explorers had to answer when colonization in Canada first began. Although Canada's history is much shorter than many other countries' histories, it is one of great importance and adventure. This is what makes Canada special, plus thousands of other features. Canada is a very special country, with characteristics one would not be able to find anywhere else. Canada's diversity, natural resources and peace show that it is different from any other country.

Canada is a country diverse with people from around the

globe. The country is made up of many immigrants with various ethnicities, and there are numerous programs available for new immigrants to find work. In 2013, about 20% of Canada's total population was made up of immigrants. The greater part of Canadian immigrants reside in Ontario, Quebec, Alberta and British Columbia. Although the two official languages are English and French, more than 200

languages were recorded as mother tongues or home languages in Canada. As one of the most multicultural countries in the world, Canada is a society with mixed languages, cultures, and religions.

The natural resources of Canada are plentiful and abundant. The Great Lakes are the largest group of freshwater lakes on Earth. 54% of the world's freshwater by volume is stored in the Great Lakes. Lake Ontario, Lake Superior, Lake Huron, Lake Erie and Lake Michigan are a great part of Canada's economy and are used as a source of water for many. Canada also has an economy in mining natural resources, consisting of oil, natural gas, uranium fossil, fossil fuels and others. There are many types of renewable energy, such as hydro power, nuclear power, solar power, and more. In addition, the forests of Canada are teeming with plants and animals. 30% of the earth's boreal forests live within Canada. Every year, only 0.2% of Canada's boreal forests are cut down, but this makes up more than half of the country's annual timber harvest. The natural resources of Canada are a myriad and are essential to its economy.

Compared to other countries, Canada is a very peaceful place. There is little war, if any, and its military is not needed as often as its neighboring country, the United States. In 2011, Canada was ranked 8th in the top 10 most peaceful countries out of 153 countries measured. More amicable relations with other countries have

Name: Helen Li
Grade: 8
Prize: 1st Place - Intermediate

Fourth article 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.

contributed to this place. In 2010, Canada was ranked 14th in the top 20 most peaceful countries. The level of violent crimes, likelihood of violent demonstrations, number of deaths from fighting with other countries and 20 other factors determined these rankings. Many people would agree that Canada is an extremely peaceful country – more so than many others.

The diversity, natural resources and serenity of Canada are far enough to conclude that Canada is a very unique nation. Not only is Canada peaceful, but it is also rich in natural resources and populated by people from around the world. Being different is not a bad thing. Canada, with all of its multiculturalism and natural resources, is a very successful country. Many people in today's society must remember that standing out and being different can be an amazing thing. In other words, being special is good. It is good to try new things and be unique. From the words of the wise Michael Schenrer, "If everyone would look for that uniqueness, then the world would be a much more colourful place."



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THE USE OF FLUORIDE IN DRINKING WATER IS A FORM OF MASS MEDICATION THAT GRADUALLY HARMS THE BRAIN

Who is the first one to put fluoride in the water?

By: *Uthayan Thurairajah*

Nazis killed millions of Jews in the 1930s and 1940s. They were known for chemical tests and inhumane medical experiments. It is believed that the Fluoride in the water was originally planned by the Nazis. "Repeated doses of tiny amounts of fluoride will in time reduce an individual's power to resist authority by slowly poisoning a certain area of the brain and will make submissive to the will of those who wish to govern," says a document. Both the Germans and the Russians added sodium fluoride to the drinking water of prisoners of war to make them unwise and passive.

Fluoride is so toxic and reactive element that it is considered hazardous waste by the Environment Protection Agency (EPA). What does fluoride do to us? It calms and dumbs us down so we're less emotional. Fluoride dispatches almost unnoticed, with the consumption of food including tea, coffee, juice, fish, meat, fruits, etc. and articles of common use such as Toothpaste, dental gels, non-stick pans, etc.

Does Toronto water supply has fluoride?



fluoride water

Fluoride has been added to the Toronto drinking water supply since 1963. The City of Toronto Public Health Fact sheet indicates that "Fluoride in drinking water has been proven to significantly reduce cavities and dental decay." Our Tooth paste tells us not to swallow fluoride. The City of Toronto tells us swallow fluorinated water. Is tooth health more important than brain health? It's time to put politics aside and stop fluoridation.

"Fluoride levels in Toronto's drinking water are regulated in Ontario under the Safe Drinking Water Act and the associated Regulations, administered by the Ministry of Environment. A municipality that wanted to add fluoride to its drinking water must get consent from the public first, says Raneer Mahalingam, a retired Environmental Engineering Specialist based in Toronto.

Fluoride and the Pineal Gland

A pineal gland, third eye, is in the center of the brain responsible for a very large range of regulating activities. Fluoride calcifies the pineal tissue and shuts the gland down. This also decreases melatonin production, reducing one's ability to get deep, restorative sleep. The average level was 9000 part per million corresponds to 9g/L, and

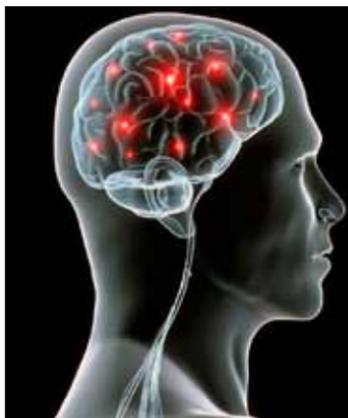


NAZI ADOLF HITLER

this level is higher than people suffering from skeletal fluorosis. It was found that melatonin production (in the urine) was lower with high fluoride levels compared with those with low levels.

Melatonin is responsible for regulating all kinds of activities and there is a vast amount role in aging, cancer, SAD and many other life processes. A study found indicates that young girls are reaching puberty earlier in Canada and USA waves a very worrying red flag. When one considers the seriousness of a possible interference by fluoride on a child's pineal gland it underlines the carelessness of fluoridation.

Research has shown that fluoride accumulates in the pineal gland with age and is associated with enhanced gland calcification. Through poor diet, exposure to toxins, stress and modern lifestyle choices, the pineal gland becomes hardened, calcified and shuts down. To awaken this gland from its rest, detoxification is necessary using diet and herbs, exercise, sunlight and pure water.



Central Nervous System

Fluoride on the Central Nervous System

Fluoride can accumulate in the body. It particularly impacts the nervous system directly without any previous physical malformations. Several clinical and experimental studies have reported that the Fluoride induces changes in cerebral morphology and biochemistry. This affects the neurological development of individuals as well as cognitive processes, such as learning and memory. The effects are not immediate, as it can take 15 years or more to become evident.

Exposure to fluoride production increased radicals in the brain through activation of different metabolic pathways which have been linked to Alzheimer's disease. At experimental level, it has been observed that fluoride has an inhibitory effect on brain fatty acids, as well as significant changes in the morphology of the hippocampus, amygdala, the cortex and cerebellum.

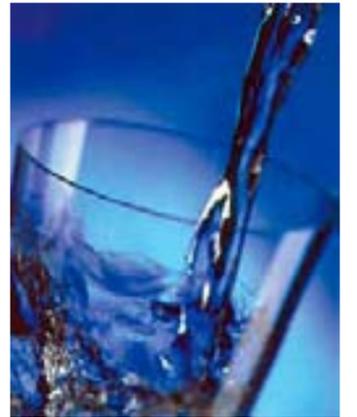
Fluoride in Water Lowers IQ

US National Institute of Environmental Health Sciences' journal, reports the NYS Coalition Opposed to Fluoridation (NYSCOF) "The children in high fluoride areas had significantly lower IQ than those who lived in low fluoride areas," write Choi et al. The EPA says fluoride is a chemical with, "substantial evidence of developmental neurotoxicity." After reviewing fluoride toxicological data, the National Research Council (NRC) reported, "It's apparent that fluorides have the ability to interfere with the functions of the brain."



HITLER CONCENTRATION CAMP

"The prolonged ingestion of fluoride may cause significant damage to health and particularly to the nervous system," concludes a review of studies by researchers Valdez-Jimenez, et al. "It's senseless to keep subjecting our children to this ongoing fluoridation experiment to satisfy the political agenda of special-interest groups," says attorney Paul Beeber, NYSCOF President.



DRINKING WATER

Fluoride supplements have never been approved by FDA. According to the World Health Organization (WHO), there is no visible difference in tooth decay between developed countries that fluoridate their water and those that do not. Fluoride accumulates in the body even low doses are harmful to babies, the thyroid, kidney patients and heavy water-drinkers. Many communities in US have already stopped the water fluoridation. Many European nations have rejected fluoride for the very reason that delivering toxic medication via the water. As far as I know, the most part of British Columbia, Calgary and Quebec as well as the City of Waterloo provide drink water free of fluoride.



FLUORIDE DEPOSITED PINEAL GLAND

According to a 500-page scientific review, fluoride is an endocrine disruptor that can affect your bones, brain, thyroid gland, pineal gland and even your blood sugar levels. Fluoride is not an essential nutrient but poison and swallowing it provides little benefit to teeth. The prolonged ingestion of Fluoride may cause significant damage to health and particularly to the pineal gland and nervous system. Therefore, it is important to be aware of this serious problem and avoid the use of items that contain Fluoride.



Fluoridated Water exposed Teeth

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 and electrical projects for the Ministry of Transportation, 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.



Federal 2015 Budget highlights

By: **Shalini Sathya, LLB, MTax & Andrew Injodey, CPA, CA, MBA**

Federal Finance Minister Joe Oliver tabled his first budget on 21 April 2015. The budget promises saving opportunities for seniors, families and lower tax rates for small businesses. Overall the Harper government hopes the budget incentives will create a stronger economy that can withstand the global economic instability. The projection is that the current deficit will be eliminated with a forecast of \$1.4 billion surplus.

2015-2016 Budget Projection in Billions

In line with the government's Economic Action Plan to build a stable and sustainable economy, this year's budget delivers some focused tax incentives for

REVENUES	
Personal income tax	143.4
Corporate income tax	36.8
Non-resident income tax	6.2
Total income tax	186.4
Goods and Services Tax	32.7
Customs import duties	4.9
Other excise taxes/duties	11.4
Total excise taxes/duties	49.0
Total tax revenues	235.4
Employment Insurance premium revenues	23.1
Other revenues	31.7
Total revenues	290.3

Note: Totals may not add due to rounding.
Source: 2015 Federal Budget

EXPENSES	
Elderly benefits	45.7
Employment Insurance benefits	18.4
Children's benefits	18.0
Total Major Transfers to persons	82.0
Canada Health Transfer	34.0
Canada Social Transfer	13.0
Equalization	17.3
Territorial Formula Financing	3.6
Gas Tax Fund	2.0
Other fiscal arrangements	-4.5
Total Major transfers to other levels of government	65.4
Operating expenses	76.1
Transfer payments	34.0
Capital amortization	5.7
Total Direct program expenses	115.8
Total program expenses	263.2
Total Public Debt Charges	25.7
Total expenses	288.9

den for new employers they will have to maintain a good record of remittance to qualify for the quarterly remittance.

CHANGES TO FOREIGN PROPERTY

Simplified reporting for foreign property

A Foreign Income Verification Form T1135 must be completed by all Canadian residents, corporations, trusts and some partnerships if they have owned foreign property at any time during the taxation year, with a total cost of over \$100,000. Form T1135 is notoriously difficult for taxpayers to complete and requires detailed information. In order to simplify the reporting process, while still ensuring compliance, the budget proposes to simplify the reporting process if foreign property is less than \$250,000 throughout the year. The Canada Revenue Agency will be developing a new simplified form for reporting foreign income. The existing reporting systems will continue until the new forms are finalized.

Exchange of tax information between countries

In the global fight against tax evasion, G20 countries agreed to develop a common reporting standard between tax authorities. As a result of the common standard of reporting, the Canada Revenue Agency will obtain and exchange information from foreign tax authorities. The government is scheduled to start its new standard of reporting on July 1, 2017. In order to help the Canada Revenue Agency meet its reporting standard, financial institutions will have to provide reports on foreign nationals.

This publication is not intended for use as tax or legal advice. The contents of this publication are for the general benefit of readers based on public information believed to be accurate and complete. The accuracy or completeness of content cannot be guaranteed. Readers should seek qualified professional advice prior to implementing any strategies.



families and individuals.

TFSA contribution increases

The Federal Budget has increased the annual contribution limit from \$5,500 to \$10,000. While this is a great saving tool, taxpayers must be careful to differentiate between qualified and non-qualified investments for TFSA. Any investments that are considered non-qualified are subject to interest and penalties.

RRIF withdrawal factor reduced

Income in a Registered Retirement Income Fund (RRIF) must be annually withdrawn based on mandatory minimum withdrawal amounts. The 2015 Budget proposes to reduce the minimum withdrawal amount from 7.38% to 5.28% at age 71. With increasing life span indicators, the idea behind lowering with-

drawal factor is to avoid seniors from running out of savings too soon.

Home Accessibility Tax Credit

The budget introduced a non-refundable Home Accessibility tax credit. Seniors or those who qualify for the Disability Tax Credit may be eligible to claim a tax credit of 15% on up to \$10,000 of renovation or alteration expenses to their residence. The renovation work must be done to make the home more accessible or safe for the senior or the person with disability.

Family Tax Cut

The Family Tax Cut allows families with children under the age of 18 to income share by providing non-refundable tax credits capped at \$2000. However families may not receive the full benefit of the family tax cut where education tax

credits are also transferred. The Budget proposes to revise the rules to optimize the calculation of Family tax cut.

Compassionate Care Benefits

At present the Compassionate Care Benefits through the Employment Insurance (EI) program allows family members to take time off work for approximately six weeks to care for a seriously ill family member. The government proposes to increase this benefit to six months effective January 2016.

CHANGES FOR BUSINESSES

Small Business Tax rate reduced

The 2015 budget has put a strong focus on tax incentives for small businesses. Any Canadian Controlled Private Corporation (CCPC) with less than \$15 million in taxable capital may potentially qualify for the small business tax initiatives. The already low tax rate of 11% on active business income of up to \$500,000 will further decrease to 9% by January 1, 2019.

New Employers quarterly remittance

The budget proposes allowing new employers to remit payroll taxes, CPP & EI premiums quarterly, if their average monthly remittance is less than \$1000. While this will reduce the compliance

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MANAGING YOUR MONEY

TFSA facts – will it work for you?

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

In the past few weeks, there have been lively discussions in the parliament and in the media about increasing the maximum limit of TFSA contribution. Currently, the maximum limit is \$5,500 a year.

Since their introduction by the federal government in 2009, Tax-Free Savings Accounts (TFSAs) have become a favorite savings option for many Canadians – and with good reason: TFSAs provide tax-free savings growth and easy, tax-free withdrawals at any time for any purpose. If you haven't already hopped on board the TFSA savings wagon, you may be asking yourself these questions: Is a TFSA really that good? Should I have one? Will it work for me? Good questions – here are the answers.

How a TFSA works

Every Canadian over the age of 18 is eligible to save in a TFSA and the investments held within the TFSA grow on a tax-free basis. TFSA withdrawals can be made at any time for any reason – and the withdrawn money is tax-free. Almost anyone can benefit from a TFSA – but if you have one, be careful because there is one not-well-understood re-contribution rule that could cost you an unexpected tax hit. That mistake: Making a withdrawal from your TFSA and replacing the money too early (Provided that you have been maxing out the contribution every year).

The value of the TFSA eligible investments is increased by making the most of all available contribution room. For example, you can contribute the annual maximum plus the total of withdrawals made in the previous year. And all the contribution

room you don't use right away accumulates year after year so you can fill it any time you choose. It's important to know that contributions to investments held in a TFSA do not affect RRSP contribution room.

TFSAs provide investment flexibility. TFSA-eligible investments are virtually the same as those available for investments held within RRSPs, including mutual funds and money market funds, Guaranteed Investment Certificates (GICs), publicly traded securities, and government and corporate bonds.

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

will treat the TFSA as the federal government will.

How a TFSA works for you

A TFSA can be a good choice for both short and long term financial goals – providing a ready source of emergency funds, a good way to save for everything from a new car to a down payment on a new home, adding to your retirement savings, and even splitting income with your spouse to minimize taxes. When you know the 'rules' and follow them, there are many ways a TFSA could work for you

A TFSA is a worthwhile investment option for almost every income-earning or retired Canadian because it works so well for both short- and long-term financial goals like these:

- Providing an immediate source of emergency funds.
- Saving for just about anything – from a new car or cottage to a dream vacation.
- Saving for the down payment on a new home or even starting a business.
- Reducing taxes on your non-registered investments.
- Adding to your retirement savings.

of people are either untreated or not appropriately treated. In Africa 90% do not get treatment. This is partly related to appropriate medications not being available or being too expensive.

Mortality

People with epilepsy are at an increased risk of death. This increase is between 1.6 and 4.1 fold greater than that of the general population and is often related to: the underlying cause of the seizures, status epilepticus, suicide, trauma, and sudden unexpected death in epilepsy (SUDEP). Death from status epilepticus is primarily due to an underlying problem rather than missing doses of medications. The risk of suicide is increased between two and six times in those with epilepsy. The cause of this is unclear. SUDEP appears to be partly related to the frequency of generalized tonic-clonic seizures and accounts for about 15% of epilepsy related deaths. It is unclear how to decrease its risk. The greatest increase in mortality from epilepsy is among the elderly. Those with epilepsy due to an unknown cause have little increased risk. In the United Kingdom it is estimated that 40–60% of deaths are possibly preventable. In the developing world many deaths are due to untreated epilepsy leading to falls or status epilepticus.

Epidemiology

Epilepsy is one of the most common serious neurological disorders affecting about 65 million people globally. It affects 1% of the population by age 20 and 3% of the population by age 75. It is more com-

mon in males than females with the overall difference being small. Most of those with the disease (80%) are in the developing world.

The number of people who currently have active epilepsy is in the range 5–10 per 1,000, with active epilepsy defined as someone with epilepsy who has had at least one seizure in the last five years. Epilepsy begins each year in 40–70 per 100,000 in developed countries and 80–140 per 100,000 in developing countries. Poverty is a risk and includes both being from a poor country and being poor relative to others within one's country. In the developed world epilepsy most commonly starts either in the young or in the old. In the developing world its onset is more common in older children and young adults due to the higher rates of trauma and infectious diseases.

By the way, TFSA withdrawals don't affect eligibility for such income-tested benefits as Old Age Security (OAS).

• Splitting income with your spouse to minimize taxes.

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

Disclaimer:

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

Epilepsy

Contd. from page 29

These other treatments include at least a trial of two or three medications. The goal of surgery is total control of seizures and this may be achieved in 60–70% of cases. Common procedures include cutting out the hippocampus via an anterior temporal lobe resection, removal of tumors, and removing parts of the neocortex. Some procedures such as a corpus callosotomy are attempted in an effort to decrease the number of seizures rather than cure the condition. Following surgery, medications may be slowly withdrawn in many cases.

Neurostimulation may be another option in those who are not candidates for surgery. Three types have been shown to be effective in those who do not respond to medications: vagus nerve stimulation, anterior thalamic stimulation, and closed-loop responsive stimulation.

Other

A ketogenic diet (high-fat, low-carbohydrate, adequate-protein) appears to decrease the number of seizures by half in about 30–40% of children. It is a reasonable option in those who have epilepsy that is not improved with medications and for whom surgery is not an option. About 10% stay on the diet for a few years due to issues of effectiveness and tolerability. Side effects include stomach and intestinal problems in 30%, and there are long term concerns of heart disease. Less radical diets are easier to tolerate and may be effective.

It is unclear why this diet works. Exercise has been proposed as possibly useful for preventing seizures with some data to support this claim.

Avoidance therapy consists of minimizing or eliminating triggers. For example, in those who are sensitive to light, using a small television, avoiding video-games or wearing dark glasses may be useful. Operant-based biofeedback based on the EEG waves has some support in those who do not respond to medications. Psychological methods should not, however, be used to replace medications.

Alternative medicine

Alternative medicine, including acupuncture, psychological interventions, routine vitamins, and yoga, have no reliable evidence to support their use in epilepsy. The use of cannabis is not supported by the evidence. Melatonin is insufficiently supported by evidence.

Epilepsy cannot usually be cured, but medication can control seizures effectively in about 70% of cases. Of those with generalized seizures, more than 80% can be well controlled with medications while this is true in only 50% of people with partial seizures. One predictor of long-term outcome is the number of seizures that occur in the first six months. Other factors increasing the risk of a poor outcome include little response to the initial treatment, generalized seizures, a family history of epilepsy, psychiatric problems, and waves on the EEG representing generalized epileptiform activity. In the developing world 75%



LEE KUAN YEW

Interviews and selections by Graham Allison and Robert D. Blackwill, with Ai Wyne

*Publishers: The MIT Press
Reviewed by Siva Sivapragasam*

When Lee Kuan Yew speaks, presidents, prime Ministers, diplomats, and CEOs listen.

Lee was the founding father of modern Singapore and was almost single-handedly responsible for transforming Singapore into a western-style powerhouse and economic success.

The book LEE KUAN YEW is a collection of interviews and selections of the Grand Master's insights on China, the United States and the world. The book contains a foreword by former U.S. Secretary of State Henry Kissinger who says 'I have had the privilege of meeting many world leaders over the

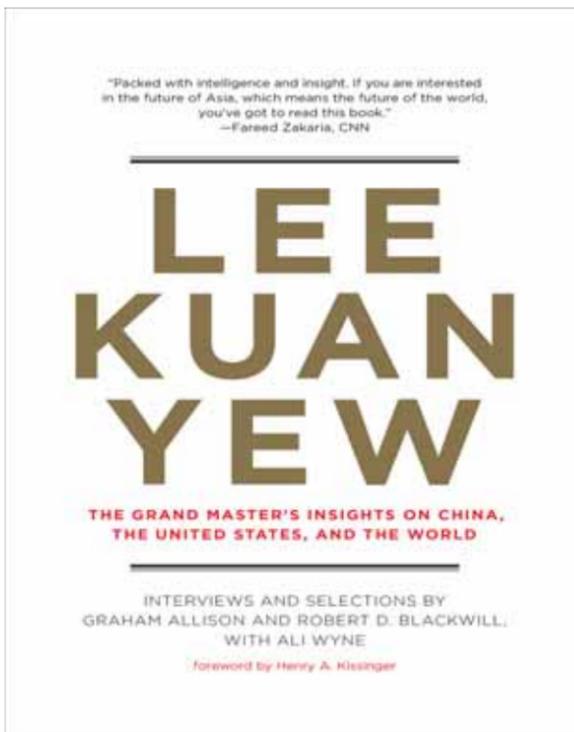
past half-century; none, however, has taught me more than Lee Kuan Yew, Singapore's first premier and it's guiding spirit ever since". Lee was a senior statesman who had the recognition and respect from world leaders.

This book penetrates Lee's insightful analysis of today's global issues and becomes valuable reading material for those who are interested in understanding global issues.

In this short book, Graham Allison, Robert Blackwill and Ali Wyne organise and present the 89-year-old Lee's perspective on a changing region and on the global political economy more broadly. This perspective been shaped by Lee's decades of dealings with much larger neighbours such as Indonesia, with emerging giants China and India and with the United States.

The book combines interviews with Lee conducted by the editors, along with text from Lee's previous speeches, writings and interviews. The editors' intended audience includes the top tier of official Washington: "We have tried to imagine the questions that the individual who takes the oath of office on January 20, 2013, would find of most immediate interest, and then to summarize Lee's most direct responses in his own words".

The book's editors are well-qualified for this task. Graham Allison is a Harvard University political scientist who has served at senior levels in the US Department of Defense. Allison's 1971 study of the Cuban Missile Crisis, *Essence of Decision*, broke new ground in



foreign policy analysis. Robert Blackwill, a Council on Foreign Relations senior fellow, is a former US national security official and ambassador to India.

Most of the material is organised into chapters covering countries (China, the US and India) and issues (US-China relations and democracy are two examples). On China, Lee states that "it is China's intention to be the greatest power in the world". Crucially, Lee argues that China's leaders are pursuing this goal primarily through continuing economic development, having "calculated that they need 30 to 40, maybe 50, years of peace and quiet to catch up". Lee believes that "the Chinese will want to share this century as co-equals with the U.S.". However, Lee warns that "China wants to be China and accepted as such, not as an honorary member of the West".

Lee offers some interesting insights into his dialogues with Chinese policymakers. He cautioned against "peaceful rise", the term for China's foreign relations promoted by theorist Zheng Bijian, warning that "any rise is something that is startling". Lee suggested replacing it with "peaceful renaissance, or evolution, or development". "Peaceful development" is what the official term became. Lee's disclosure that "I once advised a Chinese leader to make English the first language of China" is itself quite startling. This advice is borne of Singapore's experience choosing English as its first language "to open ourselves to the world". Lee

Embattled Media (Democracy, Governance and Reform in Sri Lanka)

*Publishers: Sage Publications, India & U.K.
Reviewed By Siva Sivapragasam*

One of the direct results of a change in the regime in Sri Lanka is the realization of the importance of a free media for democratic governance.

The release of a new book titled "Embattled Media" offers valuable insights into the role of the Media in a state committed to Democracy, good governance and the rule of law. The book is co-edited by William Crawley and David Page, both fellows of the Institute of Commonwealth Studies, University of London, UK, and Kishali Pinto, a legal analyst and columnist for the Sunday Times newspaper in Sri Lanka.

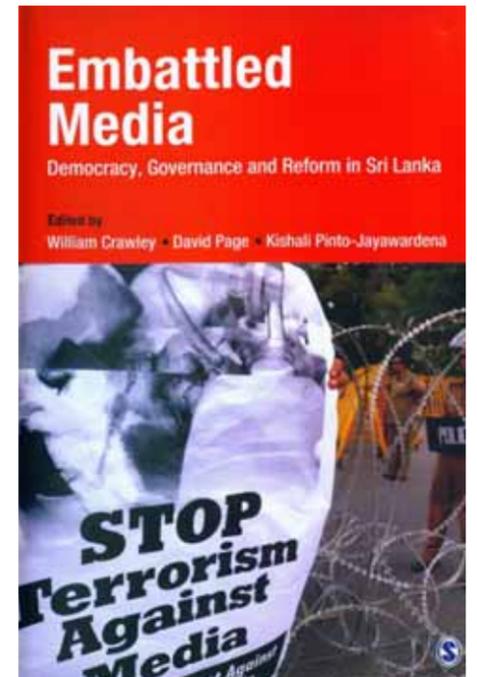
According to its publishers, Sage Publications in India and the UK, the book is an 'authoritative guide to the state of the news media in Sri Lanka, and the effects of insurgency and civil war on the media's role in a developing country'.

The contributors to this volume include leading journalists, broadcasters, practitioners in public law, media academics and analysts with extensive experience. Contributors include Sinha Ranatunge, Ameen Izzadeen, Namini Wijedasa, Amal Jayasinghe, Tilak Jayaratne, Sarath Kellapotha, Nalaka Gunawardene, Kishali Pinto-Jayawardene, Gehan Gunatilake, Jayantha De Almeida Guneratne and S. Raguram, all well-known to the reading public in Sri Lanka.

This is perhaps the the first book that looks into the history of news media in post-colonial Sri Lanka, with a focus on media policy, law and education. The book also provides a detailed analysis of the existing media laws,

acknowledges that it is clearly not realistic to expect China to do likewise.

Lee's emphasis on openness to global talent and ideas is most evident in the chapter on the future of national economic growth. Asked what lessons should be drawn from Singapore's rapid development, Lee states that Singapore adopted the 'American concept' that "whoever joins us is part of us": "You can keep your name, Brzezinski, Berlusconi, whatever it is, you have come, join me, you are American". Lee warns that as technology expands the tradeable sector, this need for openness increases: "As the Internet makes more markets contestable, businesses in Asia must compete on this platform



policies and of campaigns to reform them. It also focuses on the role of institutions in media education by providing a comprehensive analysis of existing media curricula and underlining the importance of improved media literacy and introduction of Right to Information Act for a healthy democracy.

Embattled Media is a book on the issues faced by the media in Sri Lanka and will certainly be of interest to media academics, students and those outside the country because the contributions in this book are of high standard, and are concerned with general issues of media, power and freedom. The authors have produced a remarkable and authoritative book on the media in Sri Lanka.

The book is also available for purchase online from the Publishers www.sagepublications.com

or be swept aside. The national counterpart to businesses that source globally is a society that welcomes foreign talent".

In the chapter on the future of geopolitics and globalization, Lee considers some of the broader implications of this globalised market, which he dates back to March 1991, "when the National Science Foundation privatized the Internet". For example, observing that "this interconnected world is not going to become disconnected", Lee calls for closer integration of the Association of Southeast Asian Nations (ASEAN) in order for ASEAN "to remain at the center of East Asia's economic and political evolution".



OUR VILLAGE VALLIPURAM

A SEARCH BY AAZHKADALAN

By: Thangarajah Sivapalu



Mr & Mrs. Paramanathan

Muruga ve. Paramanathan. He is a very talented speaker and writer. He authored several books. I have read many of his works. They are about spirituality and Tamil Language.” Aazhakalaan Muruga ve. Paramanathan, is a nonagenarian (born in 1924), and writing through now, stated Mr. Sivanayagamoorthy, the moderator of the book launch.

Mr.V. Kanthavanam a well known writer and poet pointed out that the author of this book is a knowledgeable figure in our community. Mr.T. Sivapalu, Mr. Samy Appadurai, Mr. Sinniah Sivanesan and Dr. E. Balasundaram also spoke at the event. Former Professor of Tamil Dr.E. Balsundaram was instrumental in organizing this event as well as the publication of the book.

The preface of the book highlights that the history documentation focuses on the ancient kingdom of ‘Singai Nagar’ called Vallipura Kurichchi, known as Vallipuram. The preface for the book was given by emeritus principal and writer Mr. Kathir Balasundaram, appreciating the author of the book “Aalkadalan” Muruga Ve. Paramanathan. He says, “Mr. Aalkadalan’s knowledge and scholarly skill of the Tamil language has no bounds, being like the oceans in its depth and beauty. His knowledge of Tamil literature of the sangam Period is without peer”.

In his Prologue Dr. E. Balasundaram says “The Author Aazhkadalaan is a noble and learned man whose reputation is impeccable. His several Books and hundreds of articles are a testament to his deep knowledge and intellectual capacity”.

Photo Courtesy: Image Colony



National Anthem

“Our village Vallipuram” book launch, hosted by Canada Tamil Writers Association was held on Sunday April 26, 2015 at Malvern Library Hall at 1: 30 in

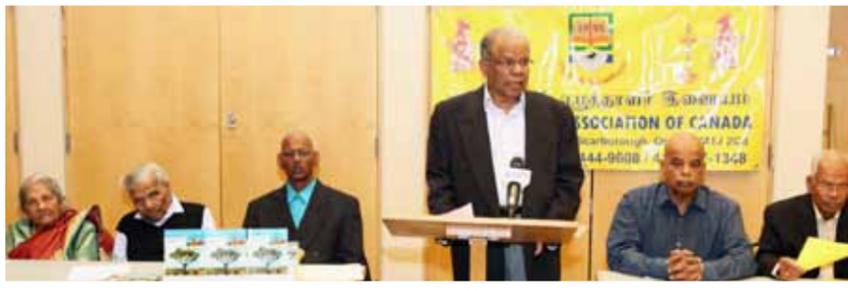
the afternoon. The Book was a translation of a book authored by Popular Tamil Writer and orator of Tamil language and Hinduism, Aazhakalaan Muruga ve. Paramanathan. The book was written in

Tamil in 2010 and it was translated by Mr. S. Ratnapragasam, a retired Central Bank Officer residing in Colombo.

“This is a very important historical and essential work done by Aazhakalaan



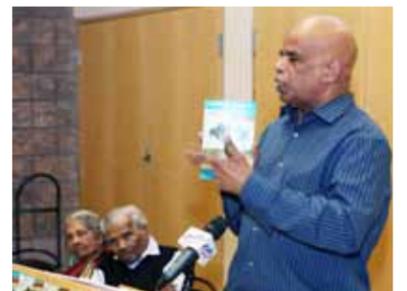
Mr. Sivanayagamoorthy



Mr. Kanthavanam



Mr. Sivapalu



Mr. Samy Appadurai



Mr. Sivanesan



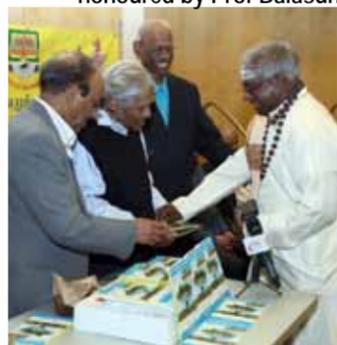
Prof. Balasundaram



Mr. Rasalingam



Author Muruga ve Paramanathan and wife were honoured by Prof Balasundaram and wife



CTCC HOSTS 2015 AWARDS GALA

By: Siva Sivapragasam

Lawyer Gary Anandasangaree recipient of Most Outstanding Professional Award while Dr. Tham Vasanthakumar receives Best Entrepreneur Award

The Annual Awards Gala event hosted by the Canadian Tamils' Chamber of Commerce was held on 18th April at the Hilton Suites in Markham with over eight-hundred guests in attendance.

The President of the Chamber Sinnadurai Jeyakumar welcomed the guests and the Award winners. He thanked the Board of Directors and all others who helped making the function a success. He also requested the support of the Tamil business community for the 25th Anniversary event of the Chamber to be held next year.

The Chief Guest and key-note speaker for the event was Mr. Siva Sivarajah, President and CEO of Falcon Commercial Aviation, a commercial aviation company based in Miami, Florida.

This year's Award winners were as follows:

Best Entrepreneur Dr. Tham Vasanthakumar



Dr. Thambirajah Vasanthakumar is a Professional Engineer in Ontario, and was a Chartered Engineer in Sri Lanka. He is an academic, community worker, and a successful Entrepreneur. His love for the community and his untiring volunteer services has earned him numerous awards, including 25 years of volunteer service award from the Ministry of Citizenship & Immigration. His most remarkable achievement was the founding of Computek College, serving all across the GTA, Peel, York and Durham Regions.

Young Entrepreneurs Abby Gnanendran & Divyan Selvadurai



Abby & Divyan are the owners of Earth Rated® which is a Canadian company that manufactures stylish and affordable dog poop bags. In the last year alone, Earth Rated® has sold over \$20 million worth of their products. Earth Rated® products are currently available in over 6500 stores across North America and some parts of Europe, from independent boutique pet shops to large retail chains.

Marketing Award Abi Jegan

Abi Jegan is an accomplished event planner who has built a name for himself and his company Geethams



in the Toronto Event Industry. Abi was 21 when he began his journey with Geethams Event Planning. Over a period of time, Abi learnt details of coordinating a wedding day, keeping to timelines and managing a budget with the client's money. These are all tasks that he learned and refined to be a successful wedding planner. Abi launched the Jodi Bridal Show in 2012 and it became one of the largest wedding shows in the Toronto district.

Woman Entrepreneur Award 2015

Subi Shehaan Design Contours



Subi Shehaan ventured forth and built her interior decorating and home staging company called Design Contours, also known in the social media as Dc Interiors. Her projects have ranged from commercial buildings to million-dollar residences, restaurants to law offices, and from builders to realtor brokerages. Subi holds a Hon. B.Sc degree in Cell and Molecular Biology and a Minor in French from the University of Toronto. The success story of Subi Shehaan can be summed up as a "Dream comes true".

Most Outstanding Professional Award - 2015

Gary Anandasangaree



Gary Anandasangaree is a passionate advocate for social justice. Gary graduated with an Honours degree in Political Science in 1996 from Carleton University and later attained a law degree at Osgoode Hall Law School. He was called to the Bar in Ontario in 2006. He intervened in the Courts to assist young people entangled in the Criminal Justice system, and often assisted the judiciary with sentencing, and integration of young offenders back into society. Since 2009, Gary Anandasangaree has engaged the United Nations Human Rights Council system by representing Lawyers' Rights Watch Canada, an EcoSoc Accredited Organization with the United Nations System. Gary continues to advocate for human rights and equality in Canada and abroad.

Most Outstanding Community Person Award - 2015

Esa Para Esananda



During his 20 year long and successful track record in community service Esa Para Esananda has played an important role in numerous humanitarian initiatives to save lives, alleviate suffering and protect human dignity especially in his motherland of Sri Lanka helping many families affected by the civil war. He has also held numerous voluntary positions in many organizations. Esa is a committed advocate not only for the South Asian Community but the mainstream community at large.



CTCC President Sinnadurai Jeyakumar



Patrick Brown, MPP for Barrie



Chief Guest, Mr. Siva Sivarajah, President and CEO of Falcon Commercial Aviation



CTCC Executive Vice President, Ajith Sabaratnam



Emcee, Shobika Santhalingam



CTCC Board of Director, Shalini Sathya



CTCC Vice President for Finance, Dilani Gunarajah



Awards Presenter, Gabriel Roshan Thavaratnam



CTCC Vice President for Internal Affairs, Ravi Kangasabey

CTCC HOSTS 2015 AWARDS GALA



Lawyer Gary Anandasangaree at centre receives the Most Outstanding Professional Award sponsored by TD Canada Trust



Dr. Tham Vasanthakumar receives the Best Entrepreneur Award sponsored by RBC Royal Bank



Esa Para Esananda receives the Most Outstanding Community Person Award from CTCC



Subi Shehaan receives the Woman Entrepreneur Award sponsored by the CableShoppe



Abi Jegan receives the Marketing Award sponsored by BMO



Young Entrepreneurs Abby Gnanendran & Divyan Selvadurai receives award sponsored by Sun Life Financial



CTCC Board for 2015



Chief Guest Siva Sivarajah and wife with Guest of Honor Toronto Mayor John Tory and CTCC President



GOOD SHEPHERD CHILDREN'S HOME, MANKULAM

A centre for Hope, Peace and Harmony

By: Raymond Rajabalan

Life is about bringing hope to the hopeless and breathing life into people's lives. If you want the world changed, then understand that change starts with you. Just one small or one large act of generosity can impact lives

- Benjamin Gresham

After nearly six years, I had the opportunity of visiting Sri Lanka recently. Apart from meeting my relatives and friends, the highlight of my journey was a visit to the Good Shepherd Children's Home in the town of Mankulam.

Mankulam is located in northern Sri Lanka, about 3.5 hours drive south of City of Jaffna. A Major road A9 and a railway line connecting North and South of Sri Lanka goes through Mankulam. Mankulam is also located a few hours drive south of Kilinochchi and another few hours drive north of Vavuniya. Highway A34 connects Mankulam to eastern coastal City of Mullaitivu.



When we visited the Good Shepherd Children's Home located along Mullaitivu Road, we were pleasantly surprised by the variety of joyful emotions expressed by the 60 young children - both Christians as well as Hindus - who are being looked after with great care and compassion by a dedicated team led by a devoted nun



Sr. Mary Rajesh.

Though deprived of parental love, these innocent children having faced numerous trials during the civil war impressed us by their variety of talents. We were amazed by the dedication and service of the nuns and dozens of care takers who amidst trying conditions are determined to mould the lives of these children and train them to be productive

members of the society. As soon as we entered the spacious compound of the Children's Home, we were surprised to see the meticulously maintained garden with a variety of colourful flower plants and fruit trees, which obviously contributed to the peaceful atmosphere. The verdant vegetation within the compound was a clear indication of the dedication of the nuns who manage this organization. On seeing our group, the children came rushing and surrounded



us and we all were overwhelmed by their pleasant response.

Once we were introduced to the children by Sister Mary, the children who had just returned from school had their lunch in a meticulously set up dining hall. After a short interval, the gleeful children gathered around us in and in the presence of Sister Mary Rajesh entertained us with variety of dance performances and some of them recited very meaningful poems that portrayed the sufferings they had undergone during the recent years.

Some of the children then displayed some beautiful hand crafted items and we were truly impressed by their



creativity and talents.

The love and reciprocation we received from the children was amazing. Even though it was our first visit to this Children's Home, we soon felt at home and we enjoyed every moment of our stay. The way these children mingled with us and posed for photographs was a great experience. The children were happier than anyone could imagine. It was one

of those moments that reminded us of the power of human spirit and hope.

The children then bombarded us with a variety of very intelligent questions wanting to learn about so many things, especially about the life in West. After a few hours, we left the Children's Home promising Sister Mary Rajesh and the children that we will return the following day. The next day afternoon we once again visited the Home and that day being the birthday of two of the children, we shared birthday cakes and sweets with all of them.

We had a pleasant discussion with the children and at times we were mesmerized by their intelligence. We then inquired us about their immediate needs from Sr. Mary Rajesh. She explained in detail the difficulties she faces in running the home and looking after 70 young girls. She explained to us that it was mainly due to the donations from expatriate community that so far she has been able to manage to run

the home as effectively as possible. We saw for ourselves the audited financial statements that indicated a very efficient administration of the funds and were convinced that more funds are needed to meet the growing needs of the Home.

We understood the enormous nature of running such an organization and after providing some donation we promised Sister Mary to do our best once we return



to Canada. Already some here have come forward to help the Children's Home in whatever possible way.

Dr. Rachel Navaneelan who is a practicing Dentist in Cornwall, Ontario visited the orphanage recently with her team including her son Tony Navaneelan, a lawyer in downtown Toronto, and



made donations both in kind and cash to the orphanage. Rachel's Kids is a charitable organization that receives contributions, corporate donations and the time of volunteers, which seeks to aid impoverished, neglected and abused children as well as numerous education initiatives, including awarding scholarships and building schools. Rachel's Kids also integrates with other aid organizations in order to improve the lives of children in need both locally and globally.

Following her recent visit many other Tamil Canadians too have expressed their desire to assist these children.

This definitely is a worthy cause and Lord God will abundantly bless all those who help those in need. Those who would like to know more about this noble institution can contact the administrator of the Home Sr. Mary Rajesh at her email address frjames2010@gmail.com





Obituaries - May 2015

"Kalaimamani" Raman Nadesar (Puduvai Raman)



June 18, 1940 – May 2, 2015

Journalist, Social Activist and Retired Health Education Officer passed away on May 2nd, 2015. He was born on 18 June 1940 in Karaikkal, India to late Shri Nadesa Iyer and Gangabaheerathy. He was son-in-law of the late Rajagopal Iyer and Gnanambal, beloved husband of Vijaya, loving father of Shyama Sundar and Prsanna and adored grandfather of Anamika.

Viewing hours:

May 8, 2015, 05:00 PM— 09:00 PM

Chapel Ridge Funeral Home, 8911 Woodbine Ave,
Markham (1-905 305 8508)

Rites: Saturday, May 9, 2015, 08:00 AM— 11:00 AM

Chapel Ridge Funeral Home, 8911 Woodbine Ave, Markham

Cremation: Saturday, May 9, 2015, 11:00 AM

Chapel Ridge Funeral Home, 8911 Woodbine Ave, Markham,
ON L3R 5G1, Canada

Vijaya Raman: 1-647-760-7075

Shyama Sundar: 1-647-203-0072

Prasanna Raman: 1-416-835-3738

Obituary

GRACE CHELLIAH



January 9, 1920 - April 23, 2015

Mrs. Grace Ellen Saraswathi Chelliah passed away peacefully at the age of 95 on April 23, 2015. Mrs. Chelliah was born on January 9, 1920 in Jaffna, Sri Lanka. She was a student at Chundikuli Girls' College, and went onto receive a Bachelor of Arts degree in Mathematics, English, Latin and the Diploma in Education from the University of London. She returned to her alma mater as a mathematics teacher before becoming a much loved principal of the school from 1961 – 1983. She was instrumental in keeping Chundikuli Girls' College private and non-fee-levying and transformed the landscape of school with many stately buildings. She retired in 1983 after being associated with the school for 52 years. She moved to Toronto, Canada in 1987, where along with her husband the late Mr. J.T. Chelliah, she helped to establish the Alumni Association of St. John's and Chundikuli in Canada.

Mrs. Chelliah was preceded in death by her husband Mr. J.T. Chelliah, former vice principal of St. John's College, Jaffna and sisters Ms. Parames Walton and Mrs. Eva Alagaratnam.

She is survived by her daughter Mrs. Indrani (Charles) Navaratnarajah, sister Dr. Mano (Sounthy) Perinpanayagam, granddaughters Yemishtha (Dilan) Rutnam, Denuja (David) Jeyerajah, great-grandsons Henry, Daniel & Tobias and many dear cousins, nieces and nephews across the globe.

A celebration of life service was held at the Parkwoods United Church, 85 Parkwoods Village Drive, North York, ON M3A 2X9 on Friday, May 1st at 7pm. A fellowship was also held after the service in the church hall.

Obituary Notices in Monsoon Journal

Place Obituary notices in "Monsoon Journal" to reach readers of our print edition and online readership worldwide.

For details, contact: 416 358 3235 or
e-mail: toronto@monsoonjournal.com

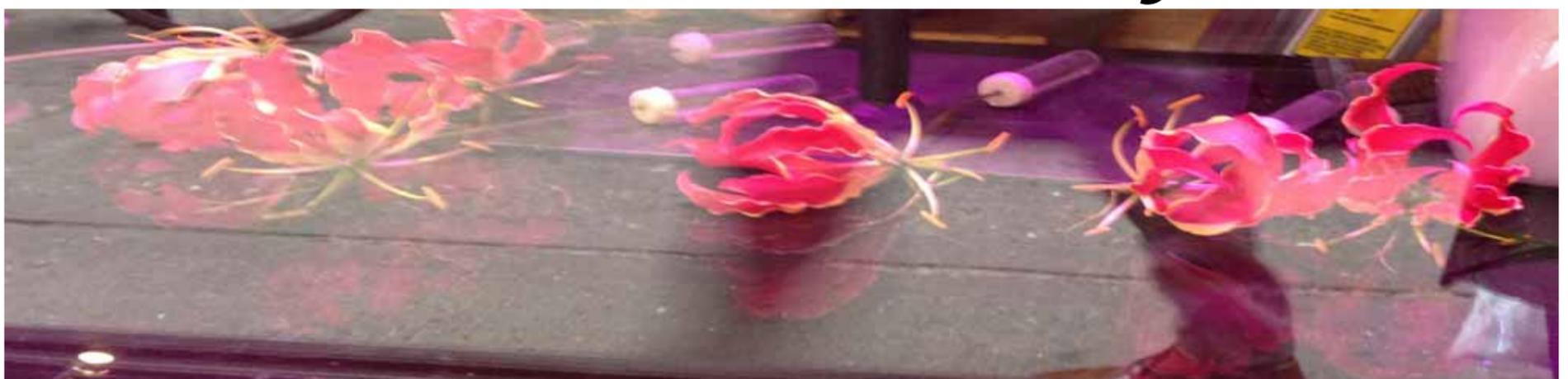


Mr. Rajaratnam Yogaseelan (Seelan Master)

Mr. Yogaseelan, popularly known as Seelan Master, a member of Tamil Christian Church of Canada and an old boy of St. John's College, Jaffna entered glory on Friday 1st of May at Scarborough Grace Hospital. He is the husband of our member Esther Vimalaswary and father of Ruby Lewis, Subytha Barnes (Australia) and Alenshy Amirthanayagam (U.K.).



In Tribute & Remembrance of Mullivaikkal Tamil Lives Lost Thru May 2009



By: Sriranjani Vijenthira

June 27th, it was a sunny afternoon. Driving to your place, my mind was filled with excitement. It is hard to impress me, but somehow your calmness, your kind words, the way you carry yourself, left an impression on me. So when you praised my writing and said you wanted to give me some books to help with my writing, I was thrilled. You also made me feel ease by saying other women also visited you and you helped them.

I was wearing a black skirt with white flowers and a black blouse which my daughter always compliments. We had been talking over the phone and email for only the last two weeks, but in my mind it felt like I had known you for so long. You said you were longing for kindness, and the care that I showed was giving you strength. I couldn't understand how your wife could have left a sweet man like you, especially two years ago when you were fighting cancer.

You wrote me the directions that I



needed, including where to park. Before I left, I called and asked you to make sure no one else would be at your place when I came. I wanted to avoid gossip when I visited, though at the time I believed I didn't have any feelings for you.

We talked for a long while, about you and me, about our families and our problems. Your voice was so sweet. You asked, eagerly, how long I could stay. I said I had to leave around 9, with some hesitance; I didn't want to leave so soon either. You got up and brought me your albums to look at, saying you wanted to cook for me. I was surprised at how organized you were. You had your articles and reviews arranged in chronological order. And you had an apron, like a real cook. It was a new experience for me: you, a man, was cooking, while I, a woman, was sitting and talking. I looked at you with some kind of amazement. Your kindness made you look so handsome, even more than your 6 feet of height and your nicely trimmed beard that you thought everyone was attracted to.

There were lots of green chilies in the

Green Chilies

noodles that you made for us. I tried to pick them out, I can't handle the spice. I enjoyed being with you more than eating that dinner. It was very easy to talk to you, the time passed very quickly. When I was about to leave, you asked me to give you a hug. When I hugged you, I kissed you softly on your cheek without realizing it.

We met again and again. You recorded some cinema songs onto a cassette and gave it to me with a radio-cassette player as a gift. Later, you said you had spent a lot of time choosing the songs and recording them for me. Did you do it for love or as a trap? I wonder now. I, too, gave you gifts but they were practical things: a heating pad, a foot massager, ointments which I hoped would help you with your pain

and ease you to sleep.

At some point, you brought up the kiss that I gave you and pointed out that we were attracted to each other, even physically. And you kissed me on my cheek while holding my face. It made me uneasy, and I reluctantly told you so. Okay, I will never kiss you from now on, you said quietly, and stepped backwards from me. I don't know what got into my head, I forgot that I was someone's wife; I kissed you on your lips. It felt like I was lost in you, almost too far gone from where I was, or whatever person I was.

It is raining so heavily. Again, I wake up in tears. I had a dream that I saw you with your new friends, passing me like a stranger, and I couldn't say anything to you either because of what you did. My whole world crumbled down ten months ago.

That moment of shock and pain revolves again and again in my head. I had just finished teaching my class about camouflage. I went to my desk to note the class attendance and saw that I had missed five calls from an un-

known caller. The phone rang again. I picked it up. The person on the other end identified himself as a police officer and asked me whether I knew you. When I said yes, he said that you asked him to tell me that neither I nor my family should contact you or your family, directly or indirectly, because you wanted to work things out with your wife.

I couldn't believe what I heard. The officer said you had laid a complaint of harassment against me to ensure that I couldn't legally contact you again. I asked repeatedly whether you had really said that. My eyes were filled with tears, my voice started to tremble. You killed me in that moment. Luckily I wasn't driving when I got that call, because otherwise my children might have lost their mother. My daughter who was volunteering in my class that day got upset when she saw me and asked what happened. So I had to go to the hallway to cry and tell her to watch the class for some time until I collected myself. She couldn't understand why you did what you did; she had witnessed many occasions when you visited me to have lunch.

Here I am thinking about you and longing for you. You might be playing with your grandkids or lying down on your wife's lap as she strokes your hair, which you always liked.

I remember the times when I became angry at you for not responding to my calls or something, and you used that to calm me down. That is, lying down on my lap and putting my hand on your head and asking me to stroke your hair. Then you would kiss me, and that would make my tears disappear and fill my heart again with happiness. Are you enjoying the moment while your wife strokes your hair or are you depressed, thinking about the things you did to me?

I long for the person who I thought loved me deeply, but I don't know you anymore. Who are you, really? If it was true what you said, that you could understand my every breath, how could you hurt me to this extent? There are so many questions, but I don't have any answers. I admired your talents and felt proud. I also wanted to show your work to the whole world. But last time I saw a story you wrote in a magazine, I had to tear those pages out. Yet I still couldn't bring myself to throw them away. So I threw them in my cupboard out of sight like what I am trying to do to the memories of you.

One day, we were in bed talking, me lying on your chest, hugging you

with one arm and stroking your hair with my other hand. You asked me, "Do you remember the first thing you said to me?" I didn't have a clue. You reminded me that, when you came to my book release, I welcomed you by saying, "You came without me inviting you!" You said, "See, sometimes we say things without knowing they have meaning in life later." I was amazed that you remembered my exact words two years later.

Another day, when you'd had your tooth extracted, you were in so much pain. I made chicken soup and fed you in bed and took care of you like a baby. You kissed me with tears in your eyes, saying you had never had the love and care that I gave you. You said that even if you were dead, your soul would search for me.

I loved talking to you, taking care of you, giving you massages and cooking for you. You would comment even on the garlic I had added and say how much you love my cooking. It made me so happy and I wanted to do more and more when I saw you enjoy those things. I didn't experience these moments of intimacy with my ex-husband, and I never loved someone like I loved you. You made me realize there is much more pleasure in life. I experienced the feeling of love for the first time in my middle age. Until that point, I was just a daughter, sister, wife and mother, never a lover. I became a teenage girl with you, it was a fantastic feeling. I never knew someone could fall in love this deep in the later part of life.

One day you surprised me with pizza at my door to help me with some work I was struggling with. Another day you cooked me a feast and fed me with love. When I wore the saris you bought me, I always got compliments; you knew which shade would look good on me. Like this you filled my life with many kind gestures.

When you moved back in with your wife, you said it was only for financial reasons. You asked me why I couldn't be happy just having you in my life with the pleasure that you were giving to me. But I couldn't live like that. Even when you claimed that you lived with her just as roommates, I couldn't take it. I wanted her to know about us, and I told you that if you didn't tell her, I would.

So you decided to put yourself and your wife first, and asked the police to warn me not to contact you. Why? Just one week ago we celebrated our fourth anniversary together. Thinking all about this still stings.

Contd. on next page...



Ontario Sri Lankan Pensioners Association (OSPA)



Annual General Meeting held on Saturday April 18 2015

The Annual General Meeting of the Ontario Sri Lankan Pensioners Association was held on Saturday 18th of April 2015 at the Miracle Family Temple Banquet Hall commencing from 10am.

Pastor David, Mrs. Sherina Loganathan and Assistant Sangeetha were kind enough to give the Hall free of charge and also assisted us in various ways. Our profound thanks are due to them.

The meeting was attended by over 100 members. 41 New Pensioners joined the association and 37 members renewed their membership.

Dr. Raymond Cho, Toronto City Councillor for ward 42 and Ms. Grace Fernandez, constituent Assistant attended the meeting at the last moment in spite of his busy Program. He wished the Board and promised to do everything possible to help the Asso-

ciation in their welfare Activities.

The Actg. High Commissioner for Sri Lanka in Canada, Mr. Waruna Wilpatha thanked the Association for inviting him as a guest to the meeting. However he regretted his inability to attend owing to prior engagements and wished all the success with the AGM.

The Actg. Consul General for Sri Lanka in Toronto, Mr. Asoka B. Godawela thanked the Association for inviting him as a Guest to the meeting, but regretted his inability to attend as he has another event to attend at the same time. However he promised to extend his best felicitations in our future endeavours and wished the Association all success.

The following were elected to the Board of Directors for the ensuing year.

President – Mr. R. S. Jogendra Vice Presidents – Mr. G. S. De Silva and Mr. Maya Kandiah.

Secretary – Mr. R. Ragupathy Asst.

said you wanted to die because it was that bad at your home. So I kept on calling you, because I was worried and desperate. That helped you to claim to the police that I was harassing you. In a way, I was digging my own hole.

People say the word “backstabbing” casually, but until it happened to me I didn’t know it was like a physical pain. I feel it in my back, in my heart, a sharp reminder.

My ex-husband heard what happened and told me that he worries about me. We didn’t have a good marriage, but he overcame many obstacles to marry me because he wanted to keep his word. He didn’t care what his family or society thought about marrying me, though I was of a different caste.

Some days, I wake up thinking about how I can get back at you. Other days, I wake up heartbroken, and call my friends and cry. For a long time, in the back of my mind, there was a hope that you would come back to me and explain why you did what you did. Even after you did this to me, I couldn’t hate you. I believed all the things that you said to me were true, that is why

Sandilipay United Society of Canada - Annual Dinner and Cultural Program

The annual dinner and cultural program was held on April 11th, 2015

The chief guest for the event was Dr. Sriranjnan Ramanathan, Professional Engineer, currently, Professor at the University of Manitoba.

Photos taken at the event can be seen here.



Secretary – Mr. Edmond Wijesinghe

Treasurer – Mr. N. Sathananthan
Asst. Treasurer – Mr. N. Vivekanandan

Directors – Mr. R. Sundaralingam, Mr. S. Mathieparanam, Mr. Innasipillai, Mr. Navaratnam, Mr. Ganeshalingam, Ms. Maria Manoharan, Mr. Na-

varatnarajah, Mr. Bala Shanmugam, Mr. A. Ponnambalam, Mr. K. C. Nadarajah, Mr. K. Vadivelu Mr. Skandaraiah and Mrs T. Sundaralingam.

Auditor – Mr. M. Velauthapillai Advisor – Mr. Manual Jesudasan.

The meeting came to a close after lunch around 2 p.m.

Green Chillies

Contd. from previous page

Before you moved back in with her, I sat down with you and asked you about all of my doubts. You reassured me, saying that I was the one fed you when you were hungry, I was one who was there for you when you were desperate, so how could you leave me? And you also said that even when you were still with your wife, for the last ten years you both had separate lives. You said that you loved me deeply. Did you lie to me?

Some say you are a player, some say you were calculating and selfish. Others say I should have been smart enough to pick up on the clues during the four years I was with you. I don’t know whether I was the clueless idiot or you were an excellent actor.

When I asked you to tell your wife about our relationship, you put me on hold, saying that you would do it when time came; you said it would happen eventually because it is hard to hide the love. So I waited and waited but you never did tell her. Instead, when she found out through my friend, you

the pain will not go away.

You told me that you couldn’t move in with me because your place in society was important to you, and I didn’t fight with you about it, though it tore my heart apart, because I thought you were very important to me, because I trusted you. When I asked what would happen when your wife learned about us, you said you would stand up for me and let her know how important I was in your life. You told me that you didn’t love her and she never understood you.

Later, when I asked you questions about your living situation, you would say that you had to do things with her because you were forced to. Then I asked more, and learnt that you both slept in the same bed and she massaged you and stroked your hair. Did you care how much it would hurt me? That’s when I fought with you. Finally, you must have thought that letting me go would let you live comfortably with her. You only cared about you and your status and made the decision without thinking about the effect on me and my feelings.

Once, you said that you appreciated how there was nothing fake in my writ-

ing. That is who I am. I expected the same from you, too.

When you said that, after living a life with hurt and loneliness by your side, you’d only found happiness in the years with me, I was speechless. I melted when you told me that you wouldn’t let me go because no one had ever loved you the way I loved you. I wanted to be with you just for your love and care. I didn’t expect anything else.

Now you are gone for the sake of your so-called marriage, while I broke mine just to be with you. What do I do? Live with this pain forever? Or hope you will wake up one day and realize how cruel you were and do something to make up for it?

We all came here as refugees to escape from unfair laws creating innocent victims. Now here I am, my hands tied unfairly because you misused Canadian laws, which are here to protect innocent victims.

The road is so slippery and has black ice patches. As I drive, my eyes become watery again. Was it love at all? Can real love deceive like this? Were you just looking for a warm body and a caring soul when you were lonely?



DURHAM TAMIL ASSOCIATION RAISED \$7317.26 FOR THE CANADIAN CANCER SOCIETY

Kids Team of DTA
2015 Daffodil Campaign



Kids Team of DTA - 2015 Daffodil Campaign



Youth Team of DTA - 2015 Daffodil Campaign

On April 11th and 12th, an incredible team of 49 dedicated volunteers raised \$ 7317.26 for the Canadian Cancer Society, collecting almost double the amount of money raised in 2014.

A team of 7 parents, 25 children and 17 young children, all part of Durham Tamil Association, volunteered all weekend for Canadian Cancer Society's Daffodil Campaign. TEAM DTA Youth and children spent multiple hours at various stores throughout Durham Region selling daffodil pins and raising money.

After this huge success, TEAM DTA Youth are eager to raise the bar every year.

- In 2012 - \$ 2,006.75 was raised
- In 2013 - \$ 2,141.25 was raised
- In 2014 - \$ 3,606.85 was raised

TEAM DTA is committed to community service and will continue to contribute to the society. As a pioneering grass root community service organization in Durham region, DTA is confident that this tradition will continue to grow and encourage the next generation to aim higher and contribute more for our community.

Article By : Anittha Srisuresh

Parents of DTA
2015 Daffodil Campaign



Parents of DTA - 2015 Daffodil Campaign



DURHAM TAMIL ASSOCIATION'S CONTRIBUTION TO TAKE PRIDE IN PICKERING DAY



TEAM DTA Youth with Dignitaries during Take Pride in Pickering

On Saturday April 25th, Durham Tamil Association was invited by The Ontario Power Generation and Toronto Conservation Authority to come and help plant trees for "Take Pride in Pickering Day" with local residents. The event took place around 9am to 12pm at the Alex Robertson Park in Pickering and about 25 youth and parents took part in this great community work out. MP Corneliu Chisu, MPP Joe Dickson, Councillor Ian Cumming, Brian McGee and the Manager for OPG's Corporate Relations & Communications Vanessa Hughes took part and encouraged TEAM DTA Youth, who were glad to help the environment and be a part of this great opportunity.



TEAM DTA Youth with Vanessa Hughes, Manager of Corporate Relations & Communications - OPG

Markham Celebrates First Anniversary of PetConnect Loyalty Program

Markham's new pet licenses program sees 29% increase in one year

The City of Markham is celebrating the one year anniversary of the PetConnect Program, in conjunction with Be Kind to Animals Week from May 3 to May 9, 2015.

In 2014, Markham partnered with PetConnect to launch the first Pet Owner Loyalty Program in York Region. Since then, Markham Animal Services has seen a 29% increase in new pet licenses.

All Markham licensed pet owners are automatically granted a PetConnect membership entitling them to special savings and exclusive offers at over 70 retail stores and services across the city.

Markham Mayor Frank Scarpitti commented on the generous participation of Markham businesses participating in PetConnect. "From restaurants to day spas, to pet services and sports stores, businesses have been so generous with their offerings to PetConnect members. The loyalty program has given a great boost to our licensing and has meant better care and safety for pets."

A license also qualifies pets for the First Ride Home program. If a licensed pet becomes lost and is found by Markham Animal Services, their first ride home is free. PetConnect member receive great savings through the loyalty program on retail purchases such as pet supplies, restaurants and car



repairs.

"PetConnect is our way of saying thank you to Markham's responsible pet owners" says Valerie Burke, Ward 1 Councillor and Chair of the City's Animal Care Committee. "We can't stress enough how important it is for pet owners to register their pets. License fees help us provide food and shelter to lost and abandoned pets, and also support sick and injured wildlife."

Markham pet owners are required by law to obtain an annual license for their pets. Purchase your pet license and learn more about PetConnect at www.markham.ca/animalservices

About PETCONNECT

PETCONNECT is a member rewards program offering member discounts at select retailers and services across Markham. PETCONNECT members can enjoy special savings at a wide variety of retailers, with discounts from local restaurants, health and fitness locations, pet supply stores and many more.

www.petconnectcard.com

Driveway Paving Contractors must be Licensed by City

The City of Markham requires paving contractors who construct or extend driveways in Markham be licensed by the City.

Contractors that hold a licence are insured, identifiable and are familiar with Markham by-laws that regulate driveway construction. They are also required to enter into a written contract with the client before beginning any work.

Driveway Paving Contractor Licenses expire annually on March 31.

List of contractors currently licensed are available at the City.

Please note: A contractor may have been licensed after this List was last updated and posted. If a contractor's name does not appear on that List, contact the City of Markham at 905 477 5530 for the most recent licensing updates.

This List of City of Markham Licensed Driveway Paving Contractors is only provided for the information and convenience of the public and does

Hamilton Red Wings Relocate to Markham

Hamilton Red Wings to Compete as the Markham Royals Beginning in 2015-16 OJHL Season

The Ontario Junior Hockey League (OJHL) and the Hamilton Red Wings, in partnership with the City of Markham, announced that the hockey club has been relocated to Markham, Ontario and will compete as the Markham Royals beginning with the 2015-16 OJHL season.

Red Wings' Governor Stuart Hyman received approval from the OJHL Board of Governors and the Ontario Hockey Association's Board of Directors last week to relocate the team to Markham. The club will play out of the Markham Centennial Arena, located within Centennial Community Centre at 8600 McCowan Road. Along with the relocation, the team will shift from the OJHL's West Division and now compete in the North Division.

Hyman made the request after public announcements outlining that the Ontario Hockey League (OHL) approved a team, the Hamilton Bulldogs, to play out of Hamilton.

"We are thrilled to be a part of bringing an OJHL team back to Markham," said Hyman. "The city has a rich and storied junior hockey tradition. The Mayor and everyone from the City have been fantastic to work with and very supportive. We are very appreciative for the opportunity to carry on this proud tradition with the rebirth of the Markham Royals Junior Hockey Club. It will be an honour to wear Markham's famous colours and help kids achieve their dreams of playing college and pro hockey."

"The arrival of Junior 'A' hockey back to Markham is great news and we're thrilled to welcome the Red Wings Junior 'A' organization to our community," said Markham Mayor Frank



From L-R: Brent Garbutt, Manager of Hockey Operations, OJHL; Mike Galati, Head Coach; Spencer Hyman, Asst. Coach; Markham Mayor Frank Scarpitti; Stuart Hyman, Governor of Hockey Club and Vice Chair of OJHL; Scott Farley, CEO Ontario Hockey Association; and members of the Markham Royals Jr. A hockey team.

Scarpitti. "The new Markham Royals Junior 'A' Hockey Club will be joining a well-established hockey community known for producing over sixty NHL players including Steve Stamkos, Steve Thomas, Brad May, Mike Zigomanis, Cody Hodgson, Jeff Skinner, Mike Palmateer, Hockey Hall of Fame Honoured Members Syl Apps and Adam Oates. We're confident the Markham Royals Junior 'A' team will carry on that tradition of hockey excellence."

not constitute endorsement, recommendation, or preference by the City of Markham.

To apply for a license or for more information, contact the City of Markham at 905-479-7782 or visit the By-Law & Licensing counter at the Markham Civic Centre, 101 Town Centre Boulevard.





Tamil New Year brings the community together

Waterloo: Local Sri Lankan and South Indian community celebrated the New Year celebration with a high note. The spirit of Waterloo Region and Guelph community were high on the 18th of April at Lutheran Community Hall in Waterloo. The colourful event was indeed a success.

The festival was attended by Member of Parliament for Kitchener Hon. Peter Braid. The president of Tamil Cultural Association of Waterloo Region Mrs. Rajivi Nadarajah thanked all members, parents and Waterloo Region Tamil school students for support-

ing and bring our culture to the lime light. She stressed the importance of building stronger communities together. A children's art festival was the main highlight.

The event was filled with cultural performances. Tamil school students of Cambridge showcased a combination of musical speech followed by dances by the students of Laya Lasya Dance studio of Cambridge. The event came to close with a community dinner. A large number of members attended the event.



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- Find out what you need to do to have dead/hazardous trees removed from your property

Sat., May 9 10 a.m. - 3 p.m.	Main Street Farmers Market with Science Rendezvous Fair 132 Robinson St., Markham
Fri., May 22 12 - 8 p.m.	Woodhill Garden Centre 320 Steeles Ave. E, Thornhill
Sat., May 23 10 a.m. - 4 p.m.	Milliken Mills Community Centre - Lobby (West) 7600 Kennedy Rd., Markham
Wed., May 27 4 - 8 p.m.	Cornell Community Centre - Lobby 3201 Bur Oak Ave., Markham
Sat., June 6 10 a.m. - 2 p.m.	Angus Glen Community Centre - Lobby (Lower Pool) 3990 Major Mackenzie Dr. E, Markham
Sat., June 13 9 - 3 p.m.	Sheridan Nurseries 4077 Highway 7, Unionville
Sun., June 14 10 a.m. - 4 p.m.	Stiver Mill Market Stiver Mill on Station Lane - Main Street Unionville

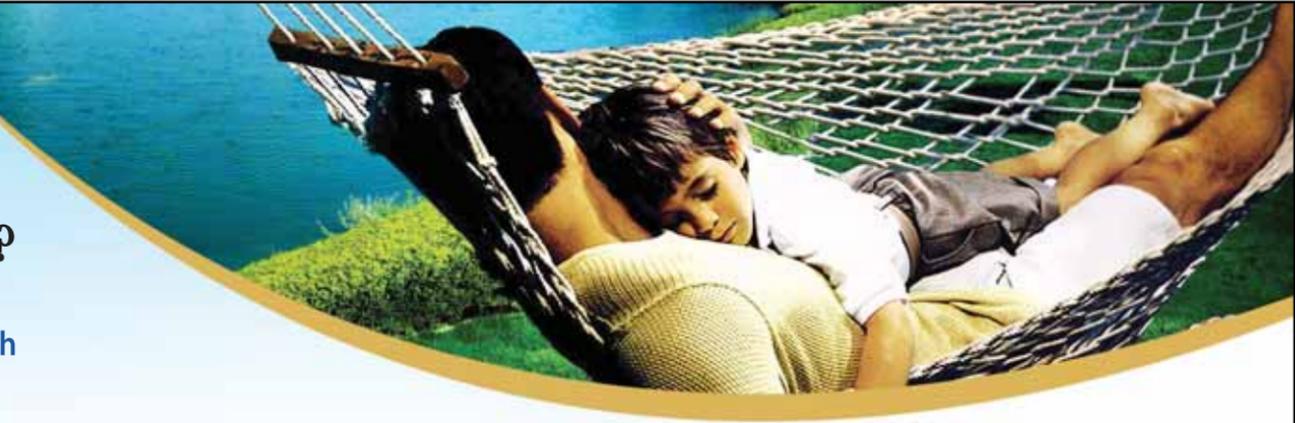
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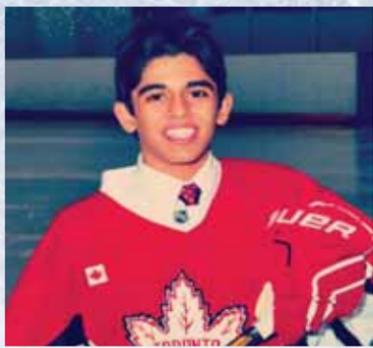


Tamil Canadian teen drafted to play in Ontario Hockey League

Velan Nandhakumaran was drafted by the Windsor Spitfires of the Ontario Hockey League on Saturday, April 11th, 2015. Velan is a defenseman and also received the Wayne Gretzky award this season. These are great achievements and bode well for his sparkling future as a hockey player. Velan is 16 years old and is in Grade 10 at Appleby College in Oakville.

Velan's older brother, Raman Nandhakumaran, also a hockey player and currently plays for the Toronto Patriots. Next season he may play hockey in Kingston as Raman recently received admission to the Queen's University Bachelor of Commerce program. Raman is 18 years old and earlier studied at Appleby College in Oakville.

The Windsor Spitfires are among the oldest teams operating in the Ontario Hockey League. The team has been thrilling hockey fans in Windsor and Essex County with its exciting brand of Junior hockey for over 35 years.



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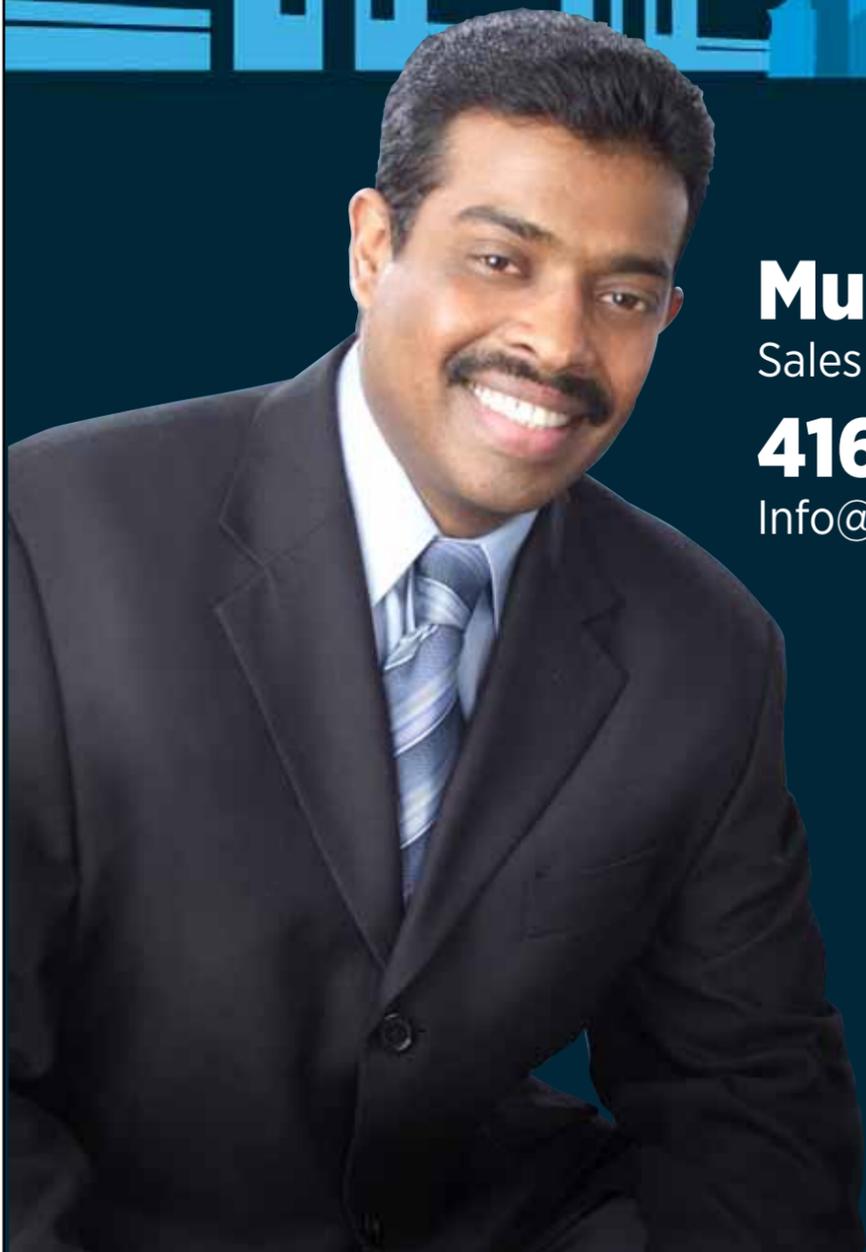
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CANADA NEWS



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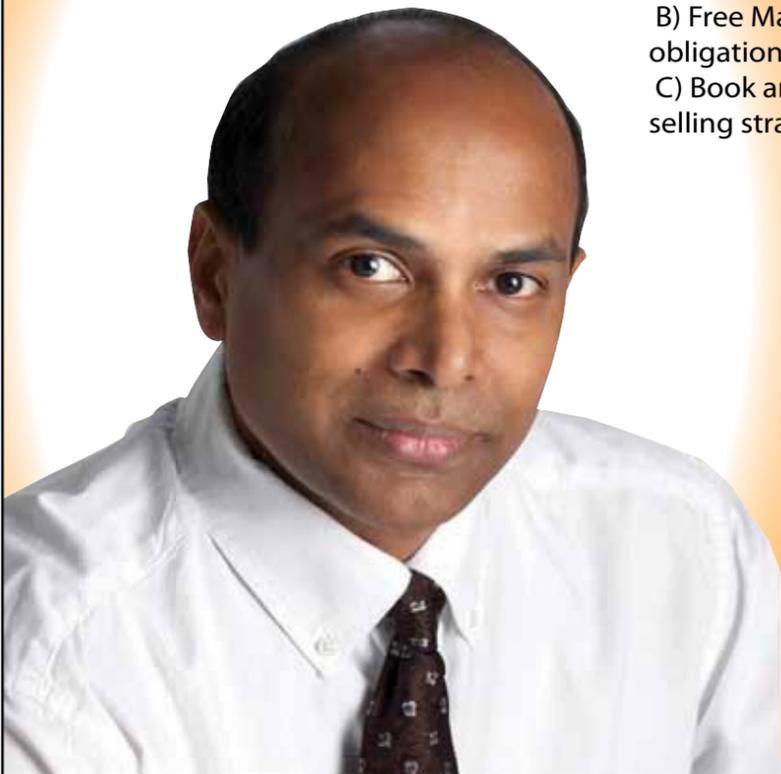
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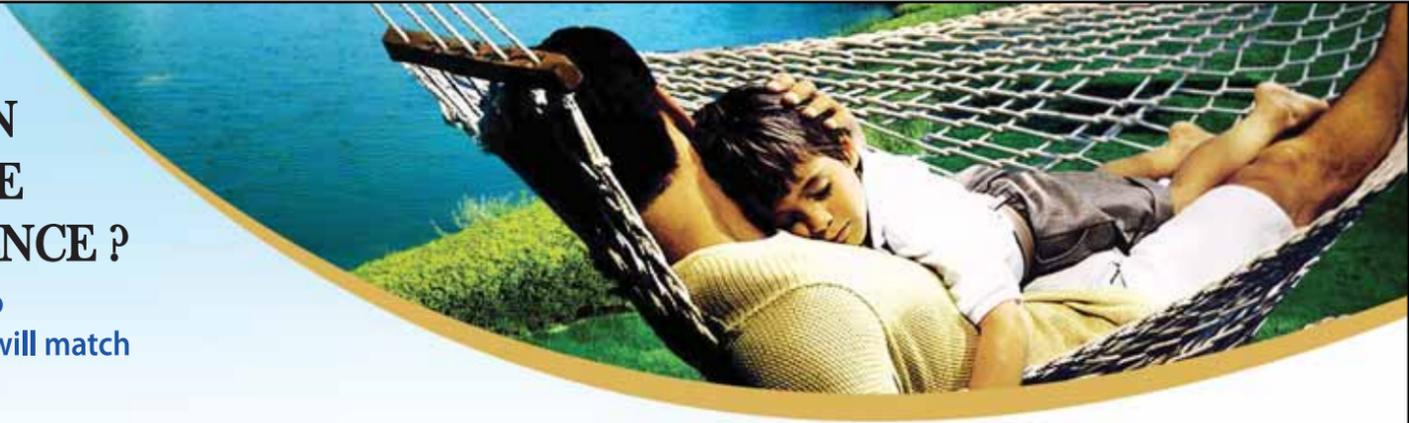
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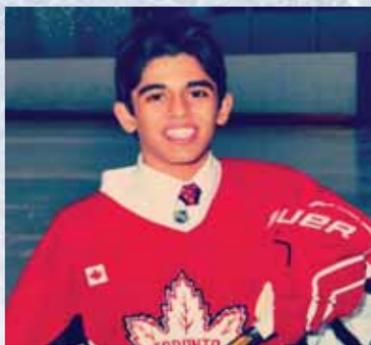


Tamil Canadian teen drafted to play in Ontario Hockey League

Velan Nandhakumaran was drafted by the Windsor Spitfires of the Ontario Hockey League on Saturday, April 11th, 2015. Velan is a defenseman and also received the Wayne Gretzky award this season. These are great achievements and bode well for his sparkling future as a hockey player. Velan is 16 years old and is in Grade 10 at Appleby College in Oakville.

Velan's older brother, Raman Nandhakumaran, also a hockey player and currently plays for the Toronto Patriots. Next season he may play hockey in Kingston as Raman recently received admission to the Queen's University Bachelor of Commerce program. Raman is 18 years old and earlier studied at Appleby College in Oakville.

The Windsor Spitfires are among the oldest teams operating in the Ontario Hockey League. The team has been thrilling hockey fans in Windsor and Essex County with its exciting brand of Junior hockey for over 35 years.



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