

A *parfait media publication*

Monsoon

Journal

VOL 10 ISSUE 1 JUNE 2015



President Maithripala Sirisena being welcomed at Vembadi Girls' High School for a Q & A Session with students representing Jaffna schools - May 26, 2015

Justice for Vidhya



By Thulasi Muttulingam

Sri Lankan President Maithripala Sirisena is listening and conversing with Vidhya Sivaloganathan's mother Saraswathi Sivaloganathan, during his special visit to Jaffna on May 26 to console the grieving family and assure justice. "The peninsula of Jaffna, Sri Lanka North - in particular the island of Pungudutivu has been broiling for some time over the gang-rape and murder of schoolgirl Vidhya Sivaloganathan."

- (Special Feature - Continued on Page 24 & 25)

Alberta's 17th Premier, the Honourable Rachel Notley takes office

"On this historic day, we are, once again, joining together in pursuit of our common dream – the same dream that has inspired generations of Albertans. It's a dream founded on the idea that change is possible – and that a better future awaits. It is springtime in Alberta, and a fresh wind is blowing. To harness its potential, the hard work begins today," said Premier, the Honourable Rachel Notley after the swearing in ceremony on May 24th. In the 2015 provincial election Alberta New Democratic Party (NDP) under the leadership of Rachel Notley won 54 out of the 87 seats. Until this year, Alberta had been the only province in the NDP's birthplace of western Canada where it had never governed at the provincial level.



Mr. Rocky Morin of the Enoch Cree Nation performs the Honour Song at Swearing-in ceremony
- pic: Premier of Alberta



Premier, the Honourable Rachel Notley greeted by supporters, May 24

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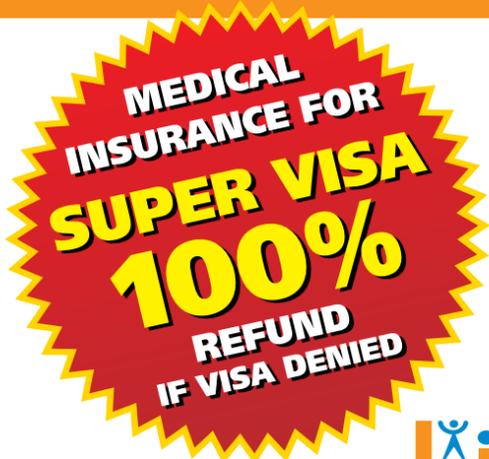
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Ontario Signs Agreement of Cooperation with the Ismaili Imam



Premier Kathleen Wynne welcomed His Highness the Aga Khan to Queen's Park on May 25th for the signing of a historic Agreement of Cooperation between the province and the Ismaili Imam. The agreement outlines areas of cooperation and joint initiatives, including leveraging diversity and culture as an economic driver and supporting a pluralistic approach to education.

In the agreement and its related appendices, the government and the Ismaili Imam have agreed to collaborate on mutually beneficial education initiatives in an effort to foster capacity-building and promote the exchange of knowledge and expertise. Projects include the secondment of Ontario teachers to the Aga Khan Academies; the creation of opportunities for Aga Khan Academy graduates to attend Ontario's world-class post-secondary institutions; and the exploration of a range of curriculum-linked resources that emphasize intercultural understanding and that draw on the Aga Khan Museum for its teaching collection and expertise on pluralism of Muslim culture to support learning in Ontario schools.

The agreement also includes the establishment of policy forums to examine leveraging culture as an economic driver and harnessing Toronto's diverse population to put Canada's financial capital at the forefront of glob-

al economic cities.

During the visit, Premier Wynne also joined His Highness for the inauguration of the Aga Khan Park. Toronto's newest cultural hub, the Aga Khan Park encompasses the Ismaili Centre and Aga Khan Museum, both of which were opened in September 2014.

The Aga Khan Park is the ninth park project to be undertaken by the Aga Khan Development Network, a group of development agencies and institutions that support social, economic and cultural development projects. Located around the globe, these parks, when properly maintained, can contribute to improving quality of life in urban areas and in many cases have also proven to be economic generators that bring about positive social change.

The Park will now join the Centre and Museum in hosting various cultural, educational and social programs and events that promote intercultural dialogue and exchange of ideas.

(premier.gov.on.ca)

Canada condemns terrorist attack on Ismailis in Pakistan

Prime Minister Stephen Harper on May 13th issued the following statement on the terrorist attack on Ismailis in Karachi, Pakistan, that killed many people and injured several more:

"Canada condemns the cowardly terrorist attack on a bus carrying Shi'a Ismaili Muslims in Karachi.

"It is particularly chilling that gunmen opened fire indiscriminately, murdering many Ismailis regardless of their gender or age. It is an affront to everyone who cherishes religious freedom. We urge the Government of Pakistan to bring the perpetrators to justice and to ensure that all religious minorities in the country are protected and

their religious freedom guaranteed.

"On behalf of all Canadians, Lauren and I offer our deepest condolences to the families and friends of those who perished in this murderous attack. We also offer our heartfelt prayers that those injured may have a speedy recovery.

"I have worked closely with His Highness the Aga Khan over the years and know first-hand of the peaceful nature of the Shi'a Ismaili community here in Canada and around the world. We mourn with His Highness and the entire Shi'a Ismaili Imam who have consistently stood for peace, pluralism and religious freedom." (news.gc.ca)

Canadians urged to act annually on proper disposal of unused and expired Prescription drugs



Statement issued by The Honourable Rona Ambrose, Minister of Health, Canada - on May 9th:

Prescription drugs are meant to help us when we need them. They play a vital role in our health and well-being. But when drugs that are intended to serve as medicine are not used carefully or become the source of abuse and addiction, there can be devastating effects on the health and safety of our families and communities. According to a 2013 Ontario survey, one in eight youth reported using a prescription opioid drug for non-medical purposes, and approximately 70% said they obtained the drug from home.

Today, I urge all Canadians to check their medicine cabinets for unused, expired drugs and drop them off at a designated Drop-Off Day event in your community for proper disposal. Protect your family from prescription drug misuse and abuse.

National Prescription Drug Drop-Off Day, which takes place every year in early May, reminds us all to spring-clean our medicine cabinets. Unused prescriptions can accumulate in our homes, increasing the risk that someone might take expired medication, or

the wrong medication, either by accident or on purpose. Events across the country today provide opportunities for Canadians to drop off unused and expired prescription drugs to local police and community partners at specific locations to ensure safe disposal.

Our Government is committed to preventing the abuse of prescription drugs, while ensuring that they remain available for patients who really need them. As announced in Economic Action Plan 2014, our Government has committed over \$44.9 million over five years to expand the scope of the National Anti-Drug Strategy to include measures to address prescription drug abuse. We are also working in cooperation with pharmacies across the country to track, report, and monitor the movement of prescription drugs to help ensure they are being prescribed for the right reasons to the right patients.

Let's all do our part to make sure prescription drugs are used appropriately. By working together, we can protect Canadians from the misuse of prescription drugs and tackle head on prescription drug abuse and addiction.

(news.gc.ca)



Monsoon Journal
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that we are in our 10th year
of circulation.

We thank all our advertisers, readers
and well-wishers
who helped us reach this milestone.

from the publisher's desk

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World Day to Combat Desertification, June 17, 2015: Securing the nutritional wellbeing of our global society

United Nations Convention to Combat Desertification



"No such thing as a free lunch. Invest in healthy soils." This catchy, but environmentally conscious attitude is at the centre of a larger set of aspirations, officially conveyed by the 2015 edition of World Day to Combat Desertification. Also known more informally as WDCD, World Day of Combat Desertification is a United Nations (UN) sponsored international day of observance, focused on highlighting a specific problem hurting our environment. The issue is that of desertification, resulting primarily from the effects of water droughts. It is officially recognized on June 17 throughout our world, which falls on a Wednesday in that month for this year's observance.

This tremendously crucial day seeks to inform the global citizenry on this challenge, while simultaneously mobilizing global cooperation to stem its negative impacts. Commenced in 1995, the day's principal origins lie within the United Nations Convention to Combat Desertification, which was ratified in the year of 1994. To paraphrase, its single purpose compels the international community towards decreasing the effects of water droughts, to prevent the onset of desertification and other possible forms of land degradation. Poverty reduction and environmental sustainability are identified as the desired ends from a combination of solutions among participants.

From the UN's perspective, desertification is generally defined as the continual degradation of dry land ecosystems from certain human land uses, such as overgrazing and climate change. Other factors contributing to desertification include tree and bush clear cutting activities for fuelwood and timber and unsustainable mining practices. Accordingly, it is also noted that 2.6 billion people rely on existing dry land ecosystems for their livelihoods, with 90% of them living in developing countries. In view of these, and many other facts on the nature of desertification and land degradation, both developed and developing have a considerable stake in this global issue.

Although desertification and droughts seem far more systematic in the developing world, its presence is clearly signified in parts of developed nations, espe-

cially within North America. The U.S. State of California is presumably one of the most noticeable examples of this assertion, suffering from what has been acknowledged as the worst drought in the state's history. According to the Californian government, the ongoing situation initially became evident in 2013 with documented instances of shortfalls in its own water supply. Water within the state's lakes have started to virtually disappear, such as the Salton Sea, as California finds way to promote effective water conservation strategies.

In comparison, some countries within developing regions like Central America and Africa, and North Korea, continue to experience severe periodic droughts as well. Food shortages, or crop scarcity have been the consequences of these environmental crises, which in turn, hamper economic development and human progress in these countries. Food security is the motivation driving the need to invest in healthy soils as the means of combatting desertification. WDCD encourages the international community to work towards the "attainment of food security through sustainable food systems."

Furthermore, the UN outlines five inherent ways to enhance food security as a tool in the fight against desertification with this upcoming day.

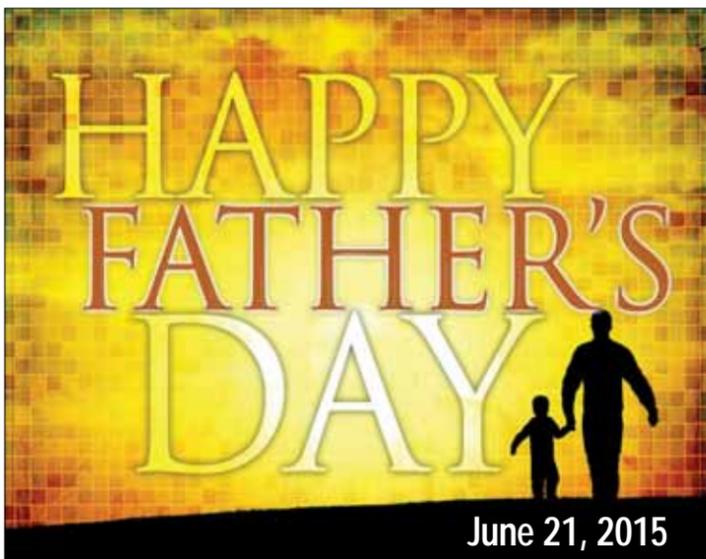
One concerns upholding rights for smallholder farmers to access land and technologies, who protect the environment as they meet the nutritional needs of millions of households. Another direction revolves around adopting smarter agriculture practices in dry and fragile areas in the world. Reforestation, desalinization, and soil enrichment through planting are among other methods that can realistically combat the growth of desertification.

As detailed by the United Nations, food security and environmental security are critical pillars within this multilayered idea of human security. All of us should realize the positive overlap this World Day to Combat Desertification can have in furthering global human development.

Contributed by: Harrish Thirukumaran

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“The heart of a father is the masterpiece of nature.” - Antoine François Prévost (April 1, 1697 – December 23, 1763) French author

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

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Eat a variety of whole vegetables and fruit more often than juice - Health Canada

Health Canada Statement on Fruit Juice:

Health Canada wishes to clarify some confusion resulting from media reports that fruit juice may be removed from Canada's Food Guide.

Currently, Canada's Food Guide provides examples of fruits and vegetables that are part of a healthy eating pattern, and this includes fruit juice as an option. Canadians are encouraged to eat a variety of whole vegetables and fruit more often than juice, recognizing that there are benefits, such as increased fibre intake, that cannot be comparably obtained from juice.

One serving of fruit juice is one-half cup (125ml), and this would be consistent with a healthy eating pattern. However, more servings of fruit juice could potentially contribute too much sugar to a person's daily consumption, depending on their age and gender, and what other foods they are eating.

The Department is in the process of reviewing the evidence base for its current guidance to Canadians, including how the existing guidance is being used



by health professionals, educators and consumers.

Health Canada plans to publish some updated educational tools that are intended to clarify our current guidance, including with respect to the consumption of fruits and vegetables, sugar intake, and healthy beverages.

Depending on the conclusions of the scientific review, guidance for consumption (quantity and frequency) of various foods, including juice, could be updated in the future.

(news.gc.ca)

Canadians urged to visit heritage institutions and museums to reconnect with their country's history

Statement by Minister Glover on International Museum Day:

Every year since 1977, International Museum Day has been celebrated around the world around May 18. This year, the theme is Museums for a sustainable society, which inspires a host of activities.

In Canada, all heritage institutions combined, including museums, preserve some 294 million artefacts, archive documents, works of art and specimens, so that current and future generations can enjoy them.

This year, our national museums will receive more than \$212 million. In addition, the Museums Assistance Program and Young Canada Works will inject close to \$15 million, thereby helping heritage organizations all over the country to preserve and present their collections.

Canadian Heritage supports projects that foster professional knowledge, skills and practices related to key museum functions through the Museums Assistance Program, the Canadian Heritage Information Network and Young Canada Works.

Also included in Canadian Heritage's portfolio is the Canadian Conservation Institute, a centre of expertise in conservation and conservation science that has been around for more than 40 years. The Institute helps institutions and professionals working to conserve Canada's heritage collections.

Additionally, thanks to the Canada Travelling Exhibitions Indemnification Program, more Canadians have access to large-scale Canadian and international exhibitions. The program helps museums and art galleries reduce their insurance costs when presenting major exhibitions.

And finally, the Cultural Property Export and Import Act helps to ensure that cultural property of outstanding significance and national importance remains in Canada.

As we approach the 150th anniversary of Confederation in 2017, I'd like to invite all Canadians to visit heritage institutions and museums to reconnect with their country's history. These institutions receive almost 45 million visits each year!

(news.gc.ca)

Canada will continue to promote shared values and contribute to sustainable economic development in Africa

The Honourable Rob Nicholson, P.C., Q.C., M.P. for Niagara Falls, Minister of Foreign Affairs, and the Honourable Christian Paradis, Minister of International Development and La Francophonie, issued the following statement on May 25, 2015 to mark the 52nd Africa Day:

"African countries have made great strides toward building security, democracy and prosperity over the past 52 years. While work remains to be done, Africans can be proud of their accomplishments.

"Canada commends the progress of democracy in a number of countries. This year has seen some successful, peaceful democratic transitions of power in Africa. We hope to see continued

respect for democratic norms and constitutional supremacy, and we hope for similarly free and fair elections across the continent throughout 2015 and beyond.

"Canada will continue to work with its African partners within multilateral organizations, such as the Commonwealth and La Francophonie, to promote shared values and contribute to sustainable economic development. We remain committed to advancing the cause of improved maternal, child and newborn health, as well as working to end child, early and forced marriage, and preventing sexual and gender-based violence.

"Africa continues to be Canada's largest recipient of international as-



sistance; we focused the majority of our support to the G-8 Maternal, Newborn and Child Health Muskoka Initiative in African programming—about 80 percent. Improving maternal, child and newborn health remains Canada's top development priority. Prime Min-

ister Stephen Harper hosted the Saving Every Woman, Every Child: Within Arm's Reach Summit and committed \$3.5 billion over five years to address the health needs of women and their children globally."

(news.gc.ca)



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PM Narendra Modi Interviewed on completion of First Year in Office, emphasizes his belief in Cooperative federalism

PM Narendra Modi is in office since May 26, 2014:

Countering criticism of NDA government's first year in office, Prime Minister Narendra Modi in an interview to PTI highlighted his government's achievements and maintained that India's economy is on its way to high growth.

PM said that the future focus of his government would be on women, farmers, the urban poor and on employment. "Whatever we have started, needs to be taken forward and into the villages and municipal area."

From improving India's global perception to focus on pro-poor measures, PM Modi spoke on a wide range of areas that his government has been in news for. We take a look at some important points that PM Modi made:

Focus on job creation: Hinting at opening up of more sectors, Modi said areas with high employment potential and strong local talent will be the focus to woo foreign investment. Modi asserted that measures already taken in past one year have increased the attractiveness of India as an investment destination and investor confidence has improved.

"Wherever there is high employment potential and wherever we have strong local talent, for example, in research and development: those will be the areas of focus for Foreign Direct Investment (FDI).

"We have created the National Infrastructure Investment Fund. This is a major step which will increase the flow of foreign investments into all infrastructure sectors, without needing separate sector-by-sector approaches," he said.

No more 'lobby of lobbies': Cleaning corridors of power or "lobby of lobbies" in Delhi had been important task for him when he assumed office last year, Modi said.

Asked if he had "understood Delhi" by now, Modi replied that when he assumed office, "I found that the corridors of power in Delhi were littered with lobbies of various kinds.

"The task of cleaning the corridors of power (or cleaning the lobby of lobbies) was important so that the government machinery itself is improved. This process of correction and cleaning took quite some time but it will provide long term benefits in the form of clean and fair governance," he said.

Stance on Land Bill: Amendments in the land acquisition bill in the interest of farmers, poor, village and nation will be accepted, Modi said asserting that along with GST bill the measure will be passed by Parliament in "a matter of time".



Indian Prime Minister Narendra Modi with Sri Lankan President Maithripala Sirisena – March 2015

"Gaon, Garib, Kisan (village, poor and farmers): if the suggestions are favourable to these downtrodden groups and are in the interests of the nation, we will accept those suggestions," he said.

He was asked whether the government would accommodate the views of the Opposition since there is a deadlock on the land bill.

Countering claims of power concentration: Countering the charge of concentrating powers in PMO, Modi said that increased powers had been delegated to individual ministries with the result that many decisions that earlier needed to come to the Prime Minister and the Cabinet can now be taken by ministries themselves.

He said that the financial delegation for ministries had been trebled and devolution to the states had been increased.

"We have not made any changes in the business rules of the government and decisions are taken by those authorised to take them," he maintained.

Growth prospects: On the economic growth prospects for the current year, Modi said based experience of the last year and the enthusiasm of the people give confidence that all economic indicators will exceed the targets.

"I do not want to undermine the potential and the efforts by giving any figure which may turn out to be too low," he said.

Only pro-people: To a question about Opposition accusation that the government was pro-corporates while some in industry like Deepak Parekh say nothing is happening on ground, he said, "The answer is to be found in your question itself. If opponents are

accusing us of being pro-corporate but the Corporates are saying we are not helping them, then I take it that our decisions and initiatives are pro-people and in the long term interests of the nation".

Attacking Opposition: In a dig at the Congress party, Modi said that "if con is the opposite of pro, then Congress is the opposite of progress".

He was responding to Rahul Gandhi's recent jibe calling his government "suit-boot ki sarkar".

"The Congress has suffered a crushing defeat and ended with less than 50 seats. Even after a year, they are not able to digest this. The people have punished them for their sins of omission and commission.

"We thought they learn from this, but it looks as though they are proving right the earlier saying that if con is the opposite of pro, then Congress is the opposite of progress', he said.

Agrarian crisis & farmer suicides: To a question on the agrarian crisis in the country, PM said suicide by farmers has been a serious concerns for several years.

"Political point-scoring through comparing how many suicides occurred under which government will not solve the problem. For a government of any party, and for every one of us, even one suicide is worrisome," he said.

Modi expressed "great sadness" that mudslinging between the ruling and opposition parties would be unproductive and, respecting the sanctity of Parliament, "we need to collectively find an answer to this issue.

"We need to find where we have gone wrong and why we are not able to solve this over so many years. I have

asked all parties for their suggestions to bring contentment and security to our farmers. I want to assure our farmers that this Government will never be found wanting in doing whatever is needed for their welfare," he said.

Scandal-free governance is achche din: "Is this not 'achche din'?" Modi said linking his election promise of 'good days coming' to a year of no scandals under his watch.

"You tell me, if there is not a single scandal, is this not 'achche din'?", he said. Modi was answering a question whether people were being impatient and there were murmurs that he has not delivered 'achche din' as promised in the election campaign last year.

"The 21st Century should be India's century but from 2004 to 2014 bad ideas and bad actions have affected the country adversely. Every day was a new bad day and there were new scandals. People were furious. Today, after a year, even our opponents have not accused us of bad actions," he said.

Cooperative federalism: Modi said philosophically he felt that the country would progress only if they worked as teams.

"The Prime Minister and the Chief Ministers are one team. The Cabinet Ministers and the State Ministers are another team. The civil servants at the Centre and the States are yet another team.

"This is the only way we can successfully develop the country. We have taken a number of steps for this and the abolition of the Planning Commission and its replacement with NITI Aayog in which States are full partners is a major step in this direction," he said.

- PTI/narendramodi.in



At Geneva jobs summit, UN labour chief urges a global debate on the future of work

Addressing some 4,000 government, worker and employer representatives, the head of the United Nations International Labour Organization (ILO) called for a global debate on the future of work at the 104th International Labour Conference in Geneva on June 1st.

"The issues of jobs, equity, sustainability, human security, labour mobility, social dialogue, which need to be tackled in a future of work initiative, are almost by definition the key policy issues of our time," said ILO Director-General Guy Ryder at the start of the Conference, which runs from 1 to 13 June.

He also called on delegates to "look at the longer term drivers of change, the transformational mega-trends, and what they imply for the goals we pursue in the ILO in its second century."

Mr. Ryder's proposal is contained in his report to the Conference, The Future of work centenary initiative, and is accompanied by an annual report on the situation of workers in the occupied

Arab territories.

The proposed initiative would be structured around four conversations: work and society; the organization of work and production; decent jobs for all; and the governance of work. Subsequently, a high-level commission on the future of work would prepare a report to the ILO's centenary Conference in 2019.

"We have the opportunity to adopt a Recommendation which, for the first time, will provide an international framework for the transition from informality to the formal economy, which commands increasing tripartite support as a policy priority," the Director-General said.

"We have the chance also to look more closely at how the small and medium-sized enterprises which are so crucial to the global jobs challenge can be promoted as creators of decent and productive employment," he added.

According to the latest World Employment and Social Outlook report, global unemployment reached 201 mil-

lion in 2014, over 30 million higher than before the start of the global crisis in 2008.

Moreover, providing jobs to the more than 40 million additional people who enter the global labour market every year is proving to be a daunting challenge. In addition to widespread joblessness, the employment relationship itself is facing a major transformation that is bringing further challenges.

This year's Conference will discuss various other issues, including climate change, a proposed first ever international standard on the transition from the informal to the formal economy; the role of small and medium enterprises as a major job creation engine; and how to ensure labour protection (wag-



At Geneva jobs summit, UN labour chief urges a global debate on the future of work

es, working time, maternity protection and occupational safety and health).

High-level discussions on climate change and the world of work, as well as child labour will take place on 11 and 12 June, and there will be a focus on encouraging ratification by member States of the 2014 protocol to the ILO Convention on Forced Labour to enable it to enter into force.

- UN.org

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“India has potential to take GDP to double digit”



Buoyed by the country's GDP growth of 7.3 per cent in FY 2014-15, Finance Minister of India Arun Jaitley on May 30th said India has the potential to improve the economic growth to double-digit.

“The country has the potential of taking the economic growth to double-digit. The government will take appropriate action in the regard,” Jaitley told reporters.

Underlining that manufacturing sector has registered a growth of over 7 per cent, Jaitley said this shows the revival of the industry is underway.

Jaitley said the economy could have registered more growth in agriculture “but due to weather conditions, much progress couldn't be made in this sector. Had the monsoon in the past been good the growth could have been more.”

Jaitley said the gloom that prevailed (during the UPA regime) earlier has given way to a new enthusiasm in the country in the last one year. “The

decision-making is on the fast track (now),” he said, adding the country is going to make rapid progress in near future.

Jaitley said the image of India's leadership and its people has improved in the eyes of world in the last one year.

As services and manufacturing sectors have registered a growth this is bound to generate additional employment avenues, the minister said.

Responding to a query on a UN report which claimed that India is home to the highest number of hungry people at 194 million, Jaitley blamed the previous regime for poverty.

To a query on India overtaking China to become the world's fastest growing economy in March quarter, Jaitley said the economic growth of China had been at 9 per cent for last 33 years.

Growth of Indian economy is expected to be higher than China in future and in this case the international investors will eye India, he said. - PTI

Pope appoints a new Bishop in Eastern Sri Lanka port city

The Holy Father has accepted the resignation presented by Msgr. Joseph Kingsley Swampillai, from the pastoral care of the Diocese of Trincomalee, in Sri Lanka, in accordance with canon 401 § 1 of the Code of Canon Law and has appointed Rev. Noel Emmanuel Christian, presently Episcopal Vicar and General Treasurer of the same diocese as the new Bishop of Trincomalee.

Rev. Dr. Christian Noel Emmanuel, was born December 25, 1960, in Trincomalee. After secondary school, he entered the St. Joseph's Minor Seminary. In the years 1978 - 1981 he studied philosophy at the National Seminary of Kandy. From 1981 to 1982 he did a year of regency with pastoral work. In 1983 he entered the St. Paul's Major Seminary, Triruchirappally, in India, where, in 1986, he finished his theological studies. He was ordained deacon 12 March, 1985 and was incar-



Rev. Dr. Christian Noel Emmanuel

minated in the then undivided Diocese of Trincomalee-Batticaloa. He received priestly ordination on May 21, 1986, in the Cathedral of Trincomalee.

After ordination he held the following positions:

-1986-1988: assistant priest in the

New British High Commissioner visits Sri Lanka Northern Province



Speaking to resettled families in Palaly South

British High Commissioner to Sri Lanka James Dauris made his first official visit to the Northern Province from 27-29 May 2015.

During his visit, he called on the Chief Minister of the Northern Province, C.V Wigneswaran; the Security Forces Commander in Jaffna, Major General Nandana Udawatta; the Acting Security Forces Commander in Mullaitivu, Major General Sudantha Ranasinghe; TNA MPs Suresh Premachandra and Siddharthan as well as Gajen Ponnambalam, the leader of the All Ceylon Tamil Congress; and the Government Agent, Mr. N. Vethanayahan. He visited the iconic Nallur temple and met Head of the Nallur Aatheenam and Dr. Aru Thirumurugan, Vice President of All Ceylon Hindu Congress. He also met Rt. Rev Thomas Saundaranayagam, the Bishop of Jaffna.

Mr Dauris visited newly resettled families in Valalai and Palaly South and the Keppapilavu relocation village, both being co-ordinated by the UN-HCR. He saw, first-hand, how the UK-funded demining operation run by The HALO Trust in Muhamalai was clearing land of thousands of landmines so that it can again be used by local communities. At the Puthukkudiyiruppu Police Station, he saw how a programme run by The Asia Foundation was implementing good community po-

licing practices and helping to prepare police officers to handle cases involving women and children. He also met the young team at the Sri Lanka Unites Reconciliation Centre in Mulliyawalai, working together to promote ideals of reconciliation and inclusivity.

The High Commissioner visited the modern British Council centre in Jaffna, where he saw how the UK promotes English language and cultural links and serves Sri Lankans who want to obtain UK qualifications, study and work in English or study in the UK. He toured the iconic Jaffna library and met staff and students. At the MAS Active Pvt Ltd factory in Vaanavil he saw how an operation that has been running for less than two years is now providing stable employment to more than a thousand local people.

Commenting on his visit, Mr Dauris said; “For me this has been a most useful and interesting visit. I have learned a lot from all kinds of people in very different positions and situations. Understanding the difficulties and opportunities, hopes and worries of people living in the north of Sri Lanka is essential for anyone in my sort of position. I was touched by the optimism and openness of so many people for whom events of past years have been so traumatic and who are, with good reason, looking forward to a brighter future.” – (gov.uk)

- Cathedral Parish, Batticaloa;
- 1988-1989: parish priest of the Church of Iruthayapuram, Batticaloa;
- 1989-1993: parish priest of the Church of Our Lady of Good Health, of Akkaraipattu;
- 1993-1999: Director of the Catechetical, Biblical and Liturgical Apostolate, Batticaloa;
- 1999-2001: Higher studies at the Urbaniana University in Rome.
- 2001-2011: Professor at the National Seminary in Kandy;
- From 2011: Episcopal Vicar of the Diocese;

-From 2012: General Treasurer of the Diocese.

Trincomalee is a port city on the north-eastern coast of Sri Lanka, about 257 kilometres northeast of Colombo. The Diocese of Trincomalee (1893), is a Suffragan of the Archdiocese of Colombo, has an area of 2,727 square kilometers and a population of 378,182 inhabitants, of whom 19,606 are Catholics. There are 13 parishes, served by 36 priests (20 diocesan and 16 religious), 18 religious brothers, 34 nuns and 4 seminarians. – Vatican Radio (en.radiovaticana.va)



Around the World

UN agency welcomes South-east Asia region's proposals to address plight of refugees and migrants at sea



In East Aceh, Indonesia, boat survivors rescued by fishermen console one another and recover from their terrifying journey. Photo: UNHCR/F. Ijazah

The United Nations refugee agency on May 29th welcomed the positive outcomes of a regional meeting in Thailand to resolve the advancing solutions to refugees and migrants stranded in the Bay of Bengal and the Andaman Sea.

"Saving lives must be the number one priority," Volker Türk, Assistant High Commissioner for Protection at the Office of the UN High Commissioner for Refugees (UNHCR), said in Bangkok during a special meeting on Irregular Migration in the Indian Ocean organized by Thailand.

The meeting concluded with a 10-point action plan which focuses, among others, on search and rescue, safe disembarkation, anti-trafficking, arrival reception and root causes, while stressing the need of collective efforts among related countries.

"Yet, there is an urgent need to reach a common understanding about more effective and predictable disembarkation options and proper reception arrangements in the region," said Mr. Türk.

He also hailed the related States' commitment to ensure UNHCR's access to the areas. "These proposals are a good beginning that will require robust implementation," he said.

So far, UNHCR and partners have helped identifying refugees, economic

migrants, trafficking victims and arranged solutions accordingly.

Noting this growing regional issue, the UN refugee agency is willing to provide Governments with paperwork arrangements and other creative means to tackle the migration problem.

"There is no solution without addressing root causes," underscored Mr. Türk, urging legal identification of residency in Myanmar as a mid-term goal, with granting citizenship in the long run.

The importance of protecting vulnerable people such as women and children has also been addressed in the action plan, which calls for development assistance, security protection, and respect for human rights.

Participants at the meeting agreed to explore ways to address the root causes of irregular movements and improve livelihoods in at-risk communities. Recommended actions included providing development assistance, enhancing a sense of security and belonging, and promoting full respect for human rights and adequate access to basic rights and services.

Over 88,000 people have departed on smugglers' boats from the Bay of Bengal since 2014 and more than 1,000 are believed to have died as a result of abuse and deprivation at sea.

- UN.org



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Rouge Valley welcomes 4 physician specialists

A respirologist, an anesthesiologist, a neurologist and an intensivist have recently joined the team of care providers at both hospital campuses of Rouge Valley Health System (RVHS).

“These four doctors are a welcome addition to our Rouge Valley team,” says Dr. Naresh Mohan, chief of staff, RVHS. “Their background and expertise bring even more care options to our patients in Scarborough and Durham Region.”

Local respirologist at RVC eager to give back to the community

Dr. Sacha Bhinder, a new respirologist at Rouge Valley Centenary (RVC), was born and raised in Ajax. Dr. Bhinder volunteered at Rouge Valley Ajax and Pickering (RVAP) in high school and knew he wanted to establish a career at the hospital. After obtaining his medical education at the University of Toronto, he completed a respirology fellowship at the University of Toronto, and successfully obtained his Royal College of Physicians and Surgeons of Canada certifications in internal medicine and adult respirology.

Dr. Bhinder currently sees patients with respiratory/lung issues ranging from asthma and emphysema to chronic obstructive pulmonary disease (COPD) and lung cancer. “Rouge Valley has an incredible community of physicians, nurses and staff,” he says. “We have the opportunity to give back to the community and build a stronger division of medicine.” With a special interest in quality improvement, he finds it truly rewarding to improve the quality of life of his patients, most of whom have incurable diseases.

Anesthesiologist and interventional chronic pain physician at RVAP

Dr. Alim Mansoorali Punja recently joined Rouge Valley Ajax and Pickering as an anesthesiologist and interventional chronic pain physician with the department of anesthesiology. After completing his medical training at the University of Calgary, Dr. Punja then completed post-graduate training in anesthesiology at the University of Ottawa and a clinical fellowship in chronic pain management at the University of Toronto.

Working as an anesthesiologist, Dr. Punja enjoys being involved with patients in different departments of the hospital. “I work with women in labour and delivery, providing them with epidural analgesia to help with the pain of childbirth, as well as providing anesthesia for cesarean sections. I work with patients having

both emergency and elective surgeries, keeping them safe and comfortable in the main operating room. I also work in the emergency department and intensive care unit. I enjoy it all.” Dr. Punja’s dedication to his practice encouraged his continuous pursuit of learning and he is set to complete his master of public health degree from Harvard University in August 2015.

Neurologist adds to services for the community

Dr. Elena Sokolova is the latest neurologist at Rouge Valley to join our growing neurology team, working at both RVC and RVAP hospital campuses. She comes to RVHS after completing medical school in her native Russia and a residency in neurology at the University of Texas at San Antonio, followed by a fellowship in neuro-ophthalmology at the University of Calgary.

Prior to coming to Rouge Valley, Dr. Sokolova worked at Thunder Bay Regional Health Science Centre for three years, seeing general neurology, stroke and neuro-ophthalmology patients. Currently, she provides neurology consultations for patients with different neurological conditions or who have had strokes. Dr. Sokolova’s contributions will be instrumental both in the development of the RVHS stroke program and in the elevation of neurology services for our community.

Intensivist at RVC has passion for palliative care

Dr. Jesse Delaney is a new intensivist in the department of medicine at RVC. Dr. Delaney earned his bachelor of science (honours) from Queen’s University, followed by his doctor of medicine at the University of Toronto. He then completed residencies in both internal medicine and critical care medicine at the University of Toronto, followed by a fellowship program in palliative care at the University of Toronto.

Working in both critical care and palliative care, Dr. Delaney looks forward to growing his career with Rouge Valley. “I’m excited to work with such an energized and passionate multi-disciplinary group,” he says. “In the ICU (intensive care unit), I hope to help the team continue to grow and develop to ensure we provide the best care for our patients. In palliative care, I would like to develop a more comprehensive palliative care service for both inpatients and outpatients, something that I’m really passionate about.”

Digestive patients offered state-of-the-art diagnostic tests at Rouge Valley Rouge Valley Centenary acquires new diagnostic equipment



Patients with digestive issues can now access upgraded, minimally-invasive diagnostic technology at Rouge Valley Centenary (RVC) hospital campus.

Located in the hospital’s digestive diseases unit (DDU), the lab features an all-new, state-of-the-art manometry system, and 24-hour pH evaluation system, which measures the acidity level in the esophagus.

“This new equipment uses 36 pressure sensors to diagnose issues in the esophagus and digestive diseases, including acid and non-acidic reflux and swallowing difficulties,” says Dr. Jose Nazareno, medical director, digestive diseases unit. “This technology will help DDU patients in se-

lecting appropriate medical and surgical treatment.”

The system can also help differentiate whether a patient is having a cardiac or digestive issue, as they often present with similar symptoms, such as heartburn, chest, or epigastric pain.

“This manometry system is the only one in use in the Central East LHIN (Local Health Integration Network) area,” says Amelia McCutcheon, vice president, surgery, cardiac, critical care & chief nurse executive. “Patients will no longer have to go into Toronto to have this test.”

Please send physician referrals to motilitylab@rougevalley.ca



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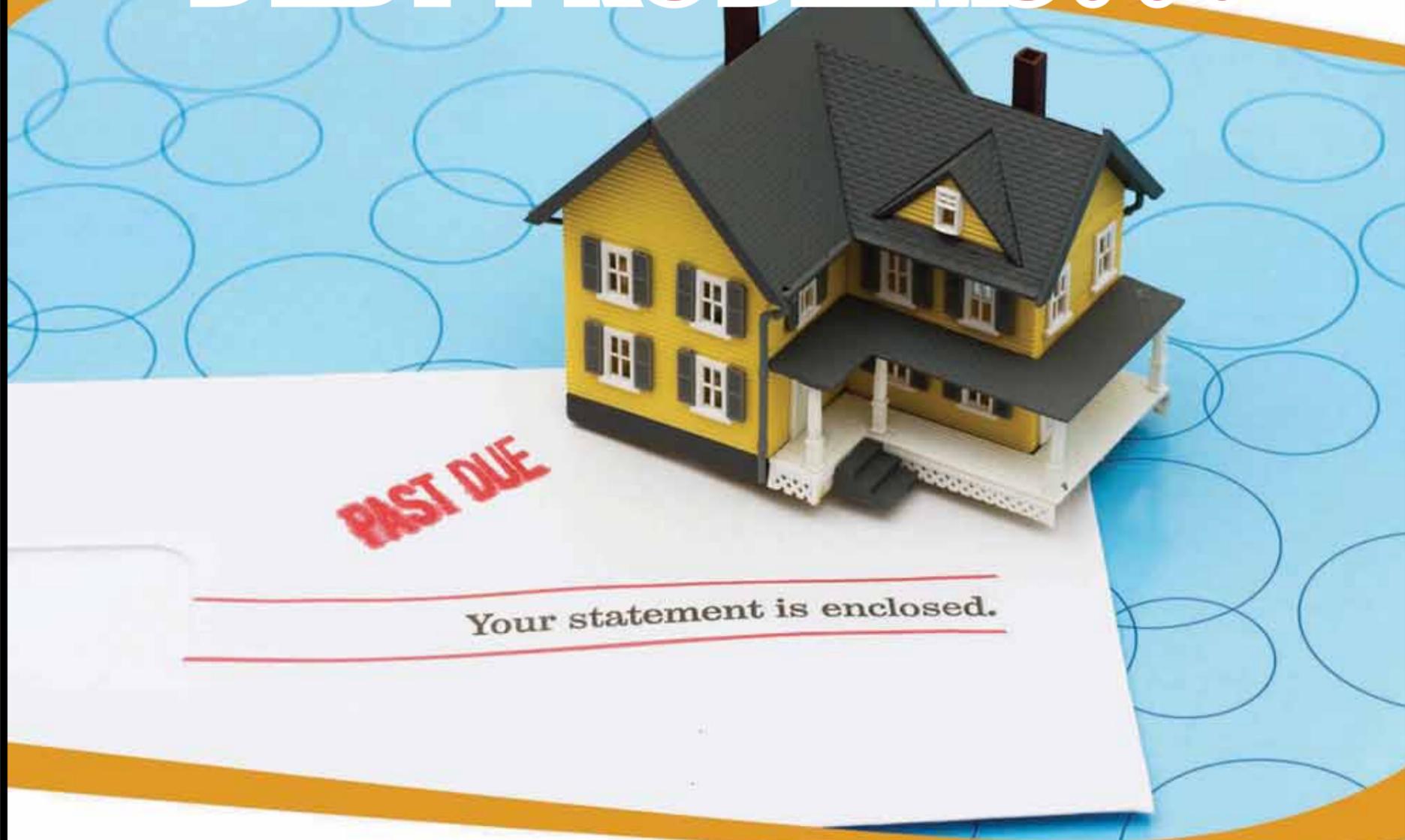
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KRISHNA

A review of the London debut of Krishna by Padmashree Shobana



By: **Rajini Nathan,**
London, UK

that is Krishna. It did not follow an exact storyline, however, the story and history of Krishna was brought to life in the most unique fashion never before seen on London stages.

The aesthetics of the script stayed true to the emotions and themes that encompasses the philosophy that is Krishna. Each scene depicted the various genres that Krishna embodies and each scene was true to its element. The dialogues were in English, interspersed with remarks in various regional Indian languages making it easy for even unfamiliar members of the audience to follow. The added touch of humour in the script also made it very appealing, as some age old scenes were portrayed with an alternative rasa and which gave each story a fresh and unique colouring. At some points, the dialogues (which were not performed live) were performed with very strong accents, which took some getting used to. The attempts at singing classical Indian music in English was executed to near perfection to the utmost joy of classical music fans such as myself.

The dancers, including Shobana's own little daughter Narayani, were all on par with the excellent standards set out by their Guru, however, the grace and presence that Shobana holds is truly captivating. It shows the dedication and excellence of the other characters that they were able to pry our eyes away from Shobana's rendition of Krishna which was without doubt mesmerizing.

Amongst a sea of audience sat in anticipation at the Watford Colloseum, the stage opened with the disciples of acclaimed dancer and actress Padmashree Shobana to set the scene of the theme

Performing in London was the second leg of their tour having successfully performed Krishna all over the USA. The familiarity that such rehearse provides was evident in the clear confidence and ownership of the stage by the entire cast. Each bhavam was executed with complete passion and even the most simple of dialogues were dressed with the use of age old hasta's to enhance their meaning.

The elegant and enticing costumes definitely added beauty to the story and the simple background screens and props made it easier to focus more on the characters on stage. Each part of the story was intertwined with music that befitted the synchronal scene perfectly. The dance rasa's performed were truly magical in their choreography. An absolute tribute to Shobana for the dedication she has shown to the detail of perfectly marrying each step with their accompanying beats. The taalams ranged from carnatic music to hindustani and probably had a touch of influence from other music forms as well. The song selection



was also spectacular as particular consideration had been given to incorporate music from various regional Indian languages and my heart rose with joy at hearing the brief notes of 'Nila Kaaygirathu' playing. A special mention must be made to the choreography of the song 'Radha Kaise na Jhale' by Actor, Director and



Dance Choreographer Prabhu Deva. The song sequence was so beautifully intertwined with the music that it appeared as if they were both a match made in dance heaven.

As a Bharathanatyamist, I was still left wanting to see a pure



Bharathanatyam jathi based adavu koarvai which I thought would have completed the dance facet of the performance. As a dance rasiga, it was easy to see how the dance aspect of the night was designed to fit both the story and the rasa being portrayed and in order to prioritize this, traditional barriers of certain frameworks of

dance types, such as Bharathanatyam and Kathak, were stretched to swathe the performances in a more universal, identifiable and more lateral dance style. Compromises were not made in technique or level of ease, but the choreography took into account those members of the audience who perhaps would not enjoy the austerity that sometimes accompanies traditional cultural dance methods.

All in all, the performance provided an open, elegant and beautiful portrayal of the assortment of guises that Krishna embodied gathered from various historical and religious sources and presented them in a most fun, humorous and heartfelt fashion. There is often a lot of confusion, debate and discussion as to who Krishna was and how he fitted into so many kathaapaathiram's. Each stage of the portrayal of his life, as a child, a lover, a rescuer, a messenger, a negotiator and a teacher was portrayed with such contagious passion that the audience savoured every movement till the very end of each scene. On this stage Krishna was thrown bare for all to see and understand. His mortal life was lived and his divine energy was released for all to delight in.



Household Products and Sensitive Skin: *Nature Clean*



By: Jeavana
Sritharan,
BHSc, MHSc,
PhD Student

It is not surprising that more individuals are becoming increasingly sensitive to household products that use harsh chemicals. The excessive use of chemicals to make household products stronger and more efficient is cause for concern. It is not uncommon to hear that almost 20% of the population suffers with eczema or that many more children and adults are experiencing symptoms and signs of sensitive skin.

Yes, adults can also experience sensitivity to products that they were never sensitive to before. With aging, you may start to notice the difference on your skin based on the products you are using.

Individuals also begin to realize the importance of caring for their skin as this is the largest organ of the human body and it is ultimately the most exposed.

Substances in household products can trigger a reaction in the exposed individual, causing inflammation, itching, skin rashes, and other symptoms related to eczema. It is important to note that eczema may be caused not only by chemicals in products but also by stress and other lifestyle and environmental factors.

What causes eczema?

Eczema can run in the family and is connected to other conditions like asthma, hay fever, and allergies. Understanding if you are genetically prone to these conditions can prepare you for what you may be sensitive towards. The environment plays a large role in how these conditions are triggered based on potential triggers around the affected individual. Eczema can be a chronic, recurring condition throughout a lifetime.

Individuals who are affected by eczema have very sensitive skin and once the skin is exposed to a particular trigger, the itching begins. The itching initiates a chemical release in the body leading to inflammation. Most individuals have 'flares' which are active or new patches of eczema with periods of remission.

Chemicals from typically used products can enter the body in three different ways – inhalation, absorption



through skin, and ingestion. With direct contact with personal products, it is quite easy for chemicals in these products to enter the body.

What do household products have to do with eczema?

Take a look at the products you use daily from cleaning products to bath or personal products. Do you ever actually read the ingredients? The rigorous bathing and moisturizing routines with increased use of products can lead to sensitivity. This can lead to increased dry skin and active rashes or inflammation over time.

The impact of eczema on quality of life

Children and adults who are affected by eczema suffer from the impact of this condition. As eczema appears on the skin it is quite noticeable to others and can reduce the self-esteem and confidence of an affected individual. Children in school may feel more isolated because of it and children may develop a low self-esteem. Adults with eczema also may have lower self-esteem and may experience the impact in personal relationships, at work, and in climates where skin is exposed more frequently. Experienced physicians can guide you to keep the condition under control and they can help to deal with the condition on a daily basis. This is a timely process especially with children due to the accompanying symptoms, treatment creams, and sensitivity of skin. However, by understanding the triggers of eczema and your environment, flares can be reduced over time and skin can be

less than a year ago and I can confidently say that these products are just as efficient as the regular harsh chemical products. You can definitely feel the difference when using these products as they are gentler especially when in contact with skin.

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improved. By literally understanding how the individual's skin works and what triggers are apparent can help to achieve a stable routine for skin care.

The difference with Nature Clean products

Nature clean is a brand of products that is devoted to developing household and personal products that are healthier and less toxic. These products do not use harsh chemicals or cancer causing agents and these products are not tested on animals and they do not use animal by-products. The purpose of Nature Clean is to provide safe and healthy products for individuals, families, and for the environment. These products are created from naturally derived ingredients with strict guidelines to avoid any cancer causing agents. Most importantly, these products work efficiently and do the job without the use of typical harsh chemicals.

Nature Clean also strives to provide all information on ingredients up front with full disclosure on labels. All ingredients used are gentle and are not typically known to cause skin irritations or induce allergic reactions. Nature Clean makes sure their products are hypoallergenic with the exception of mildly scented products that include essential oils for scent. They offer a wide range of products catered to the daily needs of families.

I began using Nature Clean products

Perfumes and Dyes / Xenoestrogens

Things to remember

Always read the label! Regardless of the brand, it is important to actively read labels and understand what is exactly in each product. Many companies will simply state their products are 'green' or that they do not use harsh chemicals but actually checking what chemicals exist in the product is important. Look for products like Nature Clean that are free of cancer causing agents (carcinogens), skin irritants, and environmentally harsh chemicals.

Being aware of the products you are using in your household can go a long way especially for children. With the increasing use of chemical substances, it is clear that we need to take a step back and understand the impact that these chemicals have in our lives.

You can find more information on Nature Clean Products at: <http://naturecleanliving.com/>

Nature Clean products can be found at your local stores in the general cleaning or green/natural/organic sections.

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



THE UNIVERSITY OF TORONTO'S FACULTY OF MEDICINE ACHIEVEMENT AWARDS RECOGNIZE PHYSICIANS AT TSH



Five physicians from The Scarborough Hospital (TSH) recently received recognition for their contributions to the University of Toronto's (U of T) Faculty of Medicine.

U of T Faculty of Medicine Awards

Established in 2012, the Integrated Medical Education Award for Excellence in Community-Based Teaching recognizes two exemplary faculty members on an annual basis for their teaching skills, ability to stimulate critical thinking among learners, and commitment to educational enhancement.

This year's recipients of this prestigious award include TSH's Dr. Michael (Mike) Ward for his contributions to learner development in Family Medicine.

A Special Commendation has also been announced to recognize TSH's Dr. Dov Soberman for providing exemplary mentorship to learners in the Emergency Department at TSH's Birchmount campus.

Dr. Ward and Dr. Soberman received their awards on May 12, 2015 during the Faculty of Medicine's 13th Annual Education Achievement Celebration hosted in the university's Hart House located at the St. George campus.

U of T Faculty of Medicine, Department of Family and Community Medicine (DFCM) Awards

Selected from a pool of nominees put forward by their peers across 13 Family Medicine Residency Program sites that include The Scarborough Hospital, DFCM Achievement Awards recognize faculty members and medical residents for excellence in the program. A selection committee, responsible for evaluating each submission on award subcategory-specific criteria, shortlisted the nominees to a total of six faculty and nine medical resident awards.

TSH's recipients of the U of T DFCM Faculty Achievement Award include:

- New Teacher Award in the Clinical Teaching Category – **Dr. Susanna Fung**

- Program Leadership Award in the Educational Achievement Award Category –

Dr. Jennifer McDonald

- Innovation in Education Award in the Educational Achievement Category – **Dr. Michael (Mike) Ward**
- TSH's recipient of the U of T DFCM Resident Achievement Award includes:**

- Clinical Excellence – **Dr. Caroline Chan**

Achievement awards were handed out during the Department of Family and Community Medicine's Conference last month at the Sunnybrook Health Sciences Centre. In addition to the award recipients, nine other TSH physicians were nominated for excellence in their fields.

"Being acknowledged by your peers in the U of T's Faculty of Medicine and the Department of Family and Community Medicine is of the highest honour," said Dr. Larry Erlick, Chief of Family Practice and Community Medicine at TSH. "While being recognized for excellence in teaching and in clinical operations exemplifies the high quality of medical talent we foster at TSH."

"We are proud to host U of T's Family Medicine Residency Program at The Scarborough Hospital to showcase our commitment to advancing the medical profession," said Dr. Tom Chan, Chief of Medical Staff at TSH. "It is one way that we provide high quality care to meet the needs of our diverse community now and into the future."

TSH CONGRATULATES NURSES ON AWARD NOMINATIONS

The Scarborough Hospital (TSH) had much to celebrate during Nursing Week, which ran from May 11 to 17 this year, including recent announcements by the Toronto Star and Hospital News that TSH nursing staff were nominated for awards recognizing them for their skills and dedication to their patients.

The hospital is proud to share that three Registered Nurses at TSH were nominated for the Toronto Star's 14th annual Nightingale Awards: Avelina Butean, Carlene McLean, and Laura Tindall. The Toronto Star presents the Nightingale Award each year to a nurse for their skill, dedication, and excellence in the workplace. Nurses



and Meredith DePaulsen, a Patient Care Manager, were each recently recognized with a Hospital News Nursing Hero Award nomination. These awards highlight the many ways in which nurses are making a difference.

"Congratulations to Avelina, Carlene,

were nominated by patients, colleagues, and students across Ontario.

In addition, Kirstin Anderson, a Registered Practical nurse,

Laura, Kirstin, and Meredith. These nominations are well-deserved," says Rhonda Seidman-Carlson, Vice-President of Interprofessional Practice and Chief Nursing Executive, TSH. "Thank you to all of our nurses at The Scarborough Hospital, for your selfless dedication to your roles, and for always striving to do the best for your patients. Each of you is integral to the hospital achieving its mission of providing an outstanding care experience that meets the unique needs of each and every patient." The hospital also officially celebrated its new Best Practice Spotlight Organization (BPSO) candidacy from the Registered Nurses'

Association of Ontario (RNAO) during Nursing Week. TSH is the first hospital in the Central East Local Health Integration Network to achieve this, and is poised to become 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). Evidence from these BPGs will be incorporated into standards of practice, policies, and protocols across the various professions at TSH. For more information, visit www.tsh.to.

TSH programs reduce hospital readmissions for seniors by 50%

Two innovative programs at The Scarborough Hospital (TSH) that provide transitional care for seniors after they are discharged from hospital have reduced hospital readmissions by 50 per cent in these patients.

Known as Virtual Ward and Assess and Restore, the programs began in 2013 after "listening to our patients and staff to identify the gaps that were making it difficult for patients to be successful in fulfilling their care plan when they returned home," said Nancy Veloso, Patient Care Director, Medicine, Specialized Geriatrics, Emergency and Urgent Care at TSH.

"What we heard was that there were some key elements that these patients required for making better connections with the health

care services available in their community."

With this feedback in mind, TSH launched the Virtual Ward and Assess and Restore programs in partnership with the community services organization, Carefirst Seniors and Community Services Association.

In the Virtual Ward program, social workers from both TSH and Carefirst act as 'navigators' who reach out to patients for up to six weeks following hospital discharge to ensure they fill prescriptions, attend follow-up appointments with their family doctor or specialist, and receive ongoing health education. Patients with additional functional or cognitive needs can also be referred to the Assess and Restore program, which provides physical and occupational

therapy services at Carefirst. Patients are identified as candidates for both of these programs and the services integrated into their discharge plan before they even leave the hospital.

TSH has produced an informative and touching video on the Virtual Ward and Assess and Restore programs, which highlights how the programs have improved the lives of a patient and family member. The video is available on the TSH YouTube channel at www.youtube.com/TSHCommunications.

"We're tremendously proud of the success of these programs and we're working on broadening the service options to be able to reach even more patients," said Nancy.

"We truly appreciate the ongoing funding investment and support

from the Central East Local Health Integration Network (Central East LHIN) that has allowed us to design and implement these unique service models."

The Virtual Ward and Assess and Restore programs are part of a whole array of services available for seniors at TSH. Next month, patients and community members can learn more about the geriatric programs and services available at TSH and in their community during the hospital's inaugural Seniors' Fair. Displays and information will be available on Friday, June 5 from 10 a.m. to 2 p.m. at the General campus, and on Friday, June 19 from 10 a.m. to 2 p.m. at the Birchmount campus. More information is available on the TSH website at www.tsh.to.

HOW TO KEEP YOUR FAMILY SAFE AROUND WATER



Going for a dip in the pool or spending time at the beach or cottage are hallmarks of summer fun. However, each year, water-related accidents ruin much more than just a day out for many Canadian families.

"Sadly, over the past few years, Canada has seen an increase in water-related injuries and deaths, including those that involve children," said Dr. Leah Tattum, a Paediatrician at The Scarborough Hospital. "It's truly tragic for us to witness these incidents as health care professionals, as they are often entirely avoidable."

Dr. Tattum recommends that all families respect these basic water safety precautions:

- Never allow children to be unsupervised around water. Along with pools or lakes, this includes

buckets, barrels and fountains. A small child can disappear in seconds and drown in only a few centimetres of water.

- Make sure all children above the age of four attend a certified swimming class or at least learn basic flotation techniques.

- Children younger than four should always be accompanied by their parents in the water and all non-swimmers should wear a properly fitted personal flotation device.

- Every parent should know basic CPR techniques in order to respond in an accident.

- Avoid glass bottles that can break when swimming and store drinks in plastic containers.

- Ensure children do not swallow excessive amounts of water that can cause diarrhea or other illnesses.

- Everyone should shower with soap before going swimming, wash their hands after using the bathroom,

and not swim if they are sick.

If you have a pool, be safe by:

- Building a high fence and gate around your pool and keep the gate locked at all times when there is no adult available to supervise.

- Ensuring pool covers are completely removed and that children do not walk over them.

- Always having a life-saving flotation device and life jackets near the pool, as well as a phone in case of emergency.

- Not allowing children in hot tubs as they are susceptible to overheating.

- Teaching children to obey pool safety rules, including not running in the pool area, and not pushing or jumping on others inside or outside of the pool.

Learn more about water safety, including where to find swimming lessons in your area, by visiting www.redcross.ca/what-we-do/swimming-and-water-safety.

2015 SCARBOROUGH WALK OF FAME INDUCTEES ANNOUNCED AT GALA LAUNCH EVENT

The 2015 Scarborough Walk of Fame inductees were announced at a special launch event in Scarborough on May 27. The event also celebrated the inaugural Kaleidoscope Ball, an exclusive gala presented by The Scarborough Hospital Foundation and the Scarborough Walk of Fame in support of The Scarborough Hospital's Diagnostic Imaging department.

"We're honoured to be inducting these talented individuals into the Scarborough Walk of Fame, and to be able to celebrate their extraordinary achievements through our unique partnership with The Scarborough Hospital Foundation," said Earl Campbell, Scarborough Walk of Fame Executive Board President and Chair.

"The Kaleidoscope Ball is a true example of the best of the best in Scarborough coming together to support excellence in our community," said Michael Mazza, President and CEO of The Scarborough Hospital Foundation.

"Our goal is to raise \$2 million for our Diagnostic Imaging department in order to help The Scarborough Hospital continue to deliver outstanding patient care to the people of Scarborough. We're proud to be raising these funds in partnership with the Scarborough Walk of Fame, which celebrates and inspires excellence every day."

The Kaleidoscope Ball will be held on Saturday, October 17, 2015 at the Scarborough Convention Centre. The theme of this star-studded gala is Diversity Shines Bright, celebrating over 47 different nationalities that make up the global, diverse community of Scarborough. The 2015 Walk of Fame inductees will be the evening's guests of honour.

This mutually beneficial partnership between The Scarborough Hospital Foundation and the Scarborough Walk of Fame was forged in 2014 to meet the following key objectives:

- ▶ Raise the profile and strengthen

the reputation of The Scarborough Hospital as a critical community resource and the community of Scarborough as a thriving neighbourhood;

- ▶ Raise \$2 million towards the Diagnostic Imaging department at The Scarborough Hospital;
- ▶ Recognize and raise the profile of the Scarborough Walk of Fame and the list of accomplished new and past inductees;
- ▶ Identify and build relationships with community leaders, businesses, and sponsors; and,
- ▶ Inspire future leaders.

THE 2015 SCARBOROUGH WALK OF FAME INDUCTEES ARE:

Mike Holmes

Television Host, Philanthropist, and Home Improvement Contractor



Beginning his career as a professional contractor in Scarborough, Mike Holmes is Canada's most trusted contractor and the host and co-creator of the hit television series, Holmes on Homes®, Holmes Inspection, and Holmes Makes It Right.

Farley Flex

Music Promoter, Artist Manager, and Motivational Speaker

British-born and Scarborough-raised music promoter, artist



manager, and motivational speaker, Farley Flex is best known as a judge on the reality TV show, Canadian Idol, for managing rapper Maestro Fresh-Wes, and for establishing Canada's first black-owned and operated radio station, Flow 93.5.

Betty Carr

Newspaper Maven, Toronto Community News (TCN) Publisher

Publisher Betty Carr's commitment to community transformed Toronto Community News into a competitive, celebrated organization supporting countless Scarborough initiatives.



Cherie Piper

Three-time Olympic Gold Medalist and Women's Hockey Legend



Hockey powerhouse Cherie Piper has won three Olympic gold medals and one World Championship. Scoring 40 goals and 78 assists for Canada in 111 games over 12 seasons, she has inspired young women from coast to coast.

Dr. Sophie Hofstader

Family Physician and Dermatologist



Dermatologist Dr. Sophie Hofstader has been on staff at The Scarborough Hospital for over 52 years. In addition to being one of Canada's leading dermatologists, Dr. Hofstader delivered over 4,000 babies during her 11 years as a family physician. Her contribution to Scarborough will be felt for many years to come.

The 2015 Scarborough Walk of Fame inductees will be officially inducted at a public unveiling ceremony at Scarborough Town Centre on October 17 at 11 a.m. Their stars will be added to an already impressive lineup of Scarborough natives that have been inducted in previous years.

For more information about The Scarborough Hospital and The Scarborough Hospital Foundation, visit www.tsh.to. For more information about the Scarborough Walk of Fame, visit www.scarboroughwalkoffame.com.

TSH TO HOST INAUGURAL SENIORS' FAIR

Seniors have contributed, and continue to contribute, to the life and vibrancy of Scarborough. They serve as leaders, mentors, volunteers, and are actively engaged within the community. In celebration of our vibrant seniors and vibrant community, the Geriatric Assessment and Intervention Network (GAIN) Clinic at The Scarborough Hospital proudly presents its First Annual Seniors Fair.

Join us and your community partners to learn more about the programs and services available to assist seniors in Scarborough. All are welcome to attend

Friday, June 5, 2015
10 a.m. to 2 p.m.

The Scarborough Hospital
General campus
Lee Family Auditorium
3050 Lawrence Avenue East
Scarborough, ON

Friday, June 19, 2015
10 a.m. to 2 p.m.

The Scarborough Hospital
Birchmount campus
Irene Stickland Centre
3030 Birchmount Rd.
Scarborough, ON

For more information, contact the Geriatric Assessment and Intervention Network (GAIN) Clinic at 416-431-8111.

Caring Canines

Providence Healthcare Partners with St. John Ambulance Pet Therapy



Providence Healthcare has a long history of including pets in their therapy programs. Providence's Adult Day Program, for people with dementia, has enjoyed the company of an in-house pet for many years. Today, Monty is a regular fixture at the Club

Through a partnership with St. John Ambulance Pet Therapy, Providence Healthcare has expanded its pet therapy program beyond its long-term care home, the Cardinal Ambrozic Houses of Providence, to its Hospital.

"We always had dogs visiting residents in the Houses and the occasional dog visiting a patient in the Hospital," says Cindy Martin, Professional Practice Leader for Therapy and Recreation. "We could see the direct benefit these visits were having especially when the dogs stopped to greet other people. They were providing a form of comfort, brightening people's moods and bringing a smile to their faces."

Research shows that an interaction with a friendly pet has many benefits. The act of petting an animal releases endorphins that in turn, produce an automatic relaxation response and calming effect. Among other benefits, stroking and play with an animal has been found to reduce blood pressure, decrease feelings of alienation and isolation as well as encourages communication and positive well-being. Because of this, pet therapy can now be found in hospitals, assisted living facilities, hospice programs, shelters,

schools, war veteran programs and even airports.

"Some of the best examples I have seen with pet therapy are residents that really don't want to bother with other people, but they have such a natural and engaging interaction with the dogs," explains Martin. "The dogs don't judge them. There is no skill needed to interact and benefit from the pet therapy."

Adds Stephanie Ellis, a Therapeutic Recreationist with Providence Hospital's Geriatric and Medical Rehab, "When our therapy dog Marzbar and his owner, Martha, walk onto the unit, the energy changes. People are laughing and communicating and upbeat. Having pet therapy brings quality of life to our patients and gives opportunity for positive interactions. It also brings a little piece of home to the Hospital." Providence residents and patients weekly, what's next for this furry pooch patrol? Says Martin, "We're hopeful we can expand the service. We see the joy it brings to both our residents and patients. Dogs really are amazing creatures."

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



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For Providence Healthcare



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For more information:
W: www.providence.on.ca/foundation
Twitter: @Providence3276 #CuisineandCuvee



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WINNIE WONG,
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My grandmother has dementia

By: Andrea Shanmugarajah

"But just because I'll forget it some tomorrow doesn't mean that I didn't live every second of it today. I will forget today, but that doesn't mean that today doesn't matter" – Lisa Genova, **Still Alice**

My grandmother has dementia – she suffers from Alzheimer's disease, the most common form of dementia. Watching someone so close to me progress through dementia has definitely opened my eyes to the stigma surrounding it. But it has also made me understand why it may be so easy for people to make assumptions about dementia patients, particularly when they do not know any personally. The struggle against dementia always sounds so valiant and noble on the surface, romanticized frequently. Like any battle, however, the reality is a far harsher, more harrowing and more human experience.

I saw it first hand with my grandmother – she practically raised me, cleaning up after my messes as a child, and making sure I was always well fed and dressed while my parents were at work, trying to make a life for all of us in a new country. That might be why, when the disease first started developing, I found myself taking measures to avoid acknowledging what was happening. She had been a rock in my life for longer than I could remember, but she was beginning to crack, and I wasn't ready to accept it. I was scared.

I would avoid walking in front of her room, would stop less often to talk, would look at the floor when we would talk. Because I knew exactly what I would see if I did look at her – I would see her own eyes clouding over in confusion far too often, I would see her struggling with activities she used to take for granted and I would see her internally struggling with the changes she was experiencing, showing a vulnerability I had never expected or believed possible in someone who I had always looked up to.

But as time passed, the progression of the disease became impossible to ignore. It went beyond forgetting names and dates, to her needing our help to get dressed, to eat, to use the bathroom or shower. The tables had turned and now I cared for her the way she had done for me, but I still struggled to accept how much my grandmother's abilities had changed in what felt like so short a time.

The more I reflected on my own struggles since the onset of her disease, the more my being afraid transformed into being ashamed of how I'd been responding. I realized how unfair this all was on her. The struggle I had to cope with was miniscule to the changes she'd been forced to endure; the loss of independence, the inability to communicate, and, perhaps my most sobering realization, the emotional and social neglect from those she had done so much for.

By now, enough time has passed that I have been able to come to terms with the disease.



I have accepted that though my grandmother no longer remembers who I am, or knows how to care for herself, underneath the sickness that is eating away at her brain, she is still the same woman that she always was. Dementia may have robbed my grandmother of her ability to communicate with us as she used to, and of her knowledge of the people and things that were once most important to her, but it is powerless to stop my efforts. My efforts to preserve her dignity, to make her remaining days easier and more comfortable, and to spend time with her will not cease. I will not let her be defined by her disease, but instead by the strength of the love we have shared since she first held me.

For the hundreds of people that are dealing with someone close to them being diagnosed with dementia – I urge you all not to make the same mistake I made initially. Accepting that within a short time, someone you care dearly about may no longer even recognize you can be one of the most difficult and heart wrenching realizations, but trying to ignore the truth won't change the fact that time is running out. The moments you have with said loved ones, regardless of how far along their symptoms are, are precious, and should be treated as such. Twenty one years worth of time spent with my grandma does not seem like enough, and I wish more than anything else that I could have countless more, but those years have been enough to make me appreciate the woman residing beneath the disease. When I look at my grandmother now, I do not look

at her as someone who is sick and struggling with even menial tasks, because that is no longer what I see. Instead, I see someone who is loving and generous and fiercely protective; in other words, I see the woman that she always was, regardless of how dementia has affected her. And more importantly, I see her as someone who once offered me all the love and support I could ever want, and now requires that I do the same for her. We have come full circle, but I would never dream of being embarrassed at the new needs of my grandmother. She needs me now the same way I once needed her, and I could not be happier to be here for her.

Andrea Shanmugarajah

Andrea Shanmugarajah is a student at the University of Toronto, where she is currently pursuing an honours degree in Life Sciences. She volunteers with the Alzheimer's society as a champion for dementia, which she became interested in due to her own personal experiences with her grandmother. She is involved with the senior community in Toronto, and hopes to eventually pursue a career in geriatrics, whereby she can help the elderly on a daily basis.

Andrea hopes to educate others about the struggles that many elderly people may face in Toronto, and how people of all ages can work towards making the community a more accepting and compassionate place for seniors.



WORDS OF PEACE



What is Peace?

In the past, emperors and kings would sometimes try to establish peace by decree. These days, it's often attempted by international committees. While the desire for peace is universal, says Prem Rawat, any approach that involves imposing it from the outside is doomed to failure.

"How many people get together around the world under some such banner as Human Upliftment & Development Conference?" he asks. "They neither develop nor uplift. People come. They talk. They give speeches, but does anybody listen to the speeches? No. People are asleep, because it's gone on for too long. When do they applaud? When they hear other people applauding.

"So a lot of talk is going on in this world, but what is the result? People are still killing each other, not helping each other."

The problem, says Mr. Rawat, who has been named an honorary Ambassador of Peace in several countries, is that people don't understand what peace is.

"There's an old story about an elephant going down the road," he says. "There were four or five people walking together, so the mahout yelled, 'Get out of the way! There's an elephant coming.'

"They said, 'Oh, please stop! We're all blind. We've never seen an elephant. Could we please feel the elephant?'"

"One of the blind men went to the front and grabbed the trunk. The second blind man grabbed the tusk and felt it. A third grabbed the ear. The fourth blind man grabbed the foot. The fifth blind man grabbed the tail. 'I have seen the elephant, thank you,' each said.

"The elephant left, and they all started talking. 'Wow,' the first one said. 'I didn't know an elephant was like a thin, bushy branch!' The next one said, 'Are you kidding me? It's like a big, thick trunk of a tree.' 'No, no, no,' said another man. 'You guys didn't get it at all. It was like a big, thick branch of a tree.' The one who'd felt the ear said, 'No, it's just like a banana leaf.'

"Now, doesn't that remind you of the situation in the world today? People say peace is the absence of war. That's because the world knows war, but doesn't know peace."

Peace, Mr. Rawat says, will never be understood through a definition. It has to be felt. "There's only one place you can experience it," he says. "It resides within you. Peace is when the eyesight is restored, and the fog is no more. It's when you can see clearly. Then you recognize, then you realize, who you are."

A human being, he says, is not the ground where good and bad are battling in darkness. Indeed, we have within us the potential to be the lamp that gives light.

"If you want the darkness removed," he says, "that lamp only needs to be lit. What you have been given is more than enough to remove the darkness. Yet people aren't busy trying to light that lamp. People are busy dreaming about the lamp.

"The world isn't busy discovering peace. The world is busy trying to describe it. You don't need to describe it if you can feel it.

"The reason I go from place to place is to bring this message. I'm not going to change the color of your house, nor am I going to lecture you on what color it should be. I am here to say that as a human being, you have everything; you just don't know it. What you have been looking for all your life is within you.

"I'm a very humble person, and I say this with a lot of humility. I don't want to incite anybody's fury—but, my goodness, somebody has to say something! I'm trying to make a difference in the way I know how. The way I know how is this: I have a way that you can feel peace inside of you."

To learn more about Prem Rawat 1 877 707 3221
416 431 5000 Tamil
416 264 7700 Hindi
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www.tprf.org

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SADHGURU

Sadhguru looks at exactly what makes yoga so popular today, and how yoga is the only process of wellbeing that has stood the test of time.

Sadhguru: There are many reasons why yoga is becoming popular. One thing is that it makes you realize some fundamental facts about yourself. Once in a kindergarten school, the teacher asked the students, "If I stand on my head, you will see my face will turn red because blood flows into my head. But that does not happen when I stand on my feet. Why?" A little fellow said, "Because the feet aren't empty."

Yoga is the only system which has lived for over 15,000 years without any papacy or enforcement.

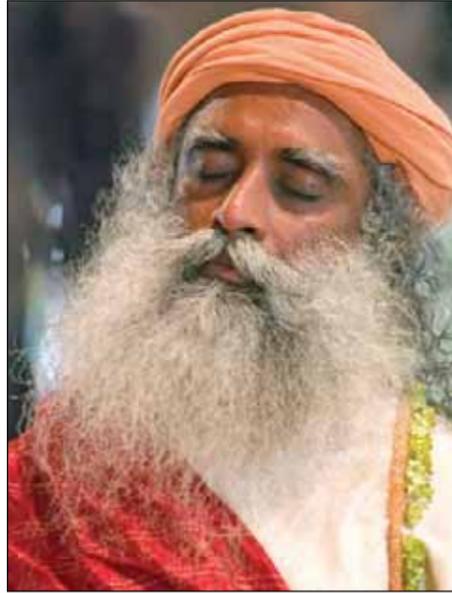
Your body is like a barometer. If you know how to watch it, it tells you everything about you. Not the fancy things that you think about yourself, the real facts about you. Your mind is too deceptive. Every day it says a different thing about you. If you know how to read the body it tells you everything just the way it is, your past, present and future – in a way. That is why fundamental yoga starts with the body.

So, many other things come and go with changing fashions, but yoga has survived for thousands of years and is still picking up momentum. Even though it may be transmitted in a very rudimentary way and many times in a distorted manner, it still endures. Yoga is the only system which has lived for over 15,000 years without any papacy or enforcement. Nowhere in the history of humanity has it happened that somebody put a sword to someone's neck and said, "You must do yoga." It has survived and lived on because it has worked as a process of well-being like nothing else.

As the activity of the intellect becomes stronger in the world, more people will shift to yoga over a period of time and it will become the most popular way of seeking wellbeing.

Another thing is, generally in the world, people – young or old – are stressed like never before. People are anxious and neurotic and whatever methods they employ to handle internal turmoil – by going to a disco or going for a drive or climbing a mountain – it has worked to some extent, but it has not given them a solution. So, looking towards yoga is a very natural thing.

The reason for its growing popularity is the large scale transmission of education. We have more intellect on this planet today than ever before. So, naturally as the intellect becomes stronger, people look for logical solutions to everything. The more logical they become, the more they become dependent on science and the outcome of science is technology. As the activity of the intellect becomes stronger in the world, more people will shift to yoga over a period of time and



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

it will become the most popular way of seeking wellbeing.

Yoga is Not an Exercise

Today, the way yoga is being done right now in most places the world, it is a stillbirth. It is better not to get pregnant than to have a stillbirth, isn't it? If you want six abs or whatever number, I would say go and play tennis or hike in the mountains. Yoga is not an exercise; it has other dimensions attached to it. A different dimension of fitness, yes – you may get health out of it but not six abs.

Yoga needs to be practiced in a very subtle, gentle way, not in a forceful muscle building way, because this is not about exercise.

After twenty years of yoga entering the West and becoming popular, medical professionals are now coming forth and making studies and saying, "Yoga has benefits." Though it is taught in frivolous ways, still the health benefits of it are undeniable around the world. But if improper, distorted kind of yoga spreads, in ten to fifteen years' time, scientific studies will clearly come out and tell you in how many ways it is harmful to human beings, and that will be the downfall.

Yoga needs to be practiced in a very subtle, gentle way, not in a forceful muscle building way, because this is not about exercise. The physical body has a whole memory structure. If you are willing to read this physical body, everything – how this cosmos evolved from nothingness to this point – is written into this body. Yoga is a way of opening up that memory and trying to restructure this life towards an ultimate possibility. It is a very subtle and scientific process.

Sadhguru explains his vision for the coming International Day of Yoga on June 21, and why yoga is becoming significant for society like never before.

Sadhguru: A lot of things are being planned for the International Day of Yoga. One thing is, we are looking at large-scale yoga programs in multiple locations. Another thing is to raise awareness that it is important that it is done precisely and correctly. Above all, we want to make the world understand that yoga is not an exercise system. It is a pro-



found form of evolving a human being. It is about a very deep understanding of the human mechanics – not only of the physical dimension but of all aspects of a human being.

Yoga is about a very deep understanding of the human mechanics – not only of the physical dimension but of all aspects of a human being.

Bringing this awareness is more important than lots of people doing yoga for one day and then giving it up again. For someone to pursue something, it must inspire them. They must feel either in their mind, in their body, or in their emotions that this is something worth investing their time and energy in. To get them to see the profoundness of yoga, the nature of the offering is important. That is when the world will take to it.

Yoga is not another kind of religion, nor do we want to spread our brand. Human intellect is evolving in a certain way right now. Never before in the history of humanity could such a large number of people in the world think for themselves. All these millennia, there were only a few people who thought reasonably for themselves. For the rest, a scripture or a teacher would dictate what they should think. For the first time, large numbers of people think for themselves. Whether they think straight or not – this is a big step.

Human intellect is blossoming like never before. Consequently, there is no room for belief systems anymore. The whole idea that: "Don't worry. Believe me. I will take you to heaven. Everything will be great there. It doesn't matter that right now you are in hell. There, everything is going to be good" – this will not sell anymore. As every child in the world starts receiving education and starts thinking for themselves, as they access information by themselves, keeping people under control and telling them, "You got to do this, otherwise you won't go to heaven," will not work.

The message of yoga is this:

"Not up, not out – in."

The only way out is in."

Earlier, in pursuit of wellbeing, people have looked up. This has brought a lot of hallucination – people have imagined all kinds of things. And it has created continuous wars between one kind of heaven and another kind of heaven. They are fighting over a God or a heaven that both of them have not seen, but they are willing to fight to death. In recent times, there has been a shift towards

seeking wellbeing from the outside world. In the process of seeking wellbeing from the world, trying to take the juice of life from outside, we are destroying the very source of our living – the planet itself.

The message of yoga is this: "Not up, not out – in. The only way out is in." We are 7 billion people, and it is expected that by 2050, we will be 10 billion people. Whatever the number of people, if we seek wellbeing from within, we are not in conflict with anything. If we look up, we are in conflict. If we look out, we are in conflict. But if we look inward for our wellbeing, there is never any conflict – not in the world, not within us. This is a successful process, and its eco-friendly!

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

Website: www.ishafoundation.org / email: toronto@ishafoundation.org / Local contact: 416 300 3010

CTCC to celebrate 25th Anniversary with a two day silver jubilee event on April 22 & 23 next year

Several marketing packages available for the business sector

By Siva Sivapragasam

The Canadian Tamils' Chamber of Commerce (CTCC) representing the Canadian Tamil Business community will be celebrating its 25th Anniversary next year (2016) with a Silver Jubilee two day event on April 22 & 23 at the Metro Toronto Convention Centre & Roy Thompson Hall.

This was revealed at a special meeting organized by the CTCC last month to meet the media and its membership. Two Co-Chairs Messrs. Kula Sellathurai (a former CTCC President who organized the 10th year Anniversary in 2003) and Santha Panchalingam (Former CTCC Vice-President-Internal Affairs) have been appointed by the Board of Directors to organize and conduct the event. They have formed a committee to assist them in organizing the event to a success.

President of the CTCC Mr. Jeyakumar welcomed the media and later the membership at the meeting and briefed them about the forthcoming 25th Anniversary meeting. The co-chairs and the committee will continue to function with the new Board that will come into operation at the annual general meeting later in the year. The members present gave their unanimous approval for the Board decision in the appointment of the Co-Chairs and the committee.

The celebrations on will be a two day event in which the first day will be devoted to an international daytime business forum and the second day will be an evening event with a key-note speaker of international repute, networking reception and cultural programmes followed by dinner.

Both Co-Chairs Kula Sellathurai and Santha Panchalingam briefed the members on the steps they have

taken so far in organizing the event and some details of the programme for the event. They requested the support of the Media for the success of the event. They mentioned that several sponsorships are available to the business sector to market their products and services. Details of the event will be up-dated regularly through media advertisements, press releases and the special event website - www.ctcc.biz

More details of the event and sponsorships can be obtained from the following:

- Kula Sellathurai: 416 902 9462
- Santha Panchalingam: 416 200 5470
- Sinna Jeyakumar: 416 816 4960
- Siva Sivapragasam: 905 683 6682

Picture Courtesy - Sribavan



CTCC President Jeyakumar addressing the Media



Co-Chair Kula Sellathurai addressing the meeting



Members of the Media present at the meeting

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JUSTICE FOR VIDHYA



VIDHYA
SIVALOGANATHAN

(continued from page 1)

The peninsula of Jaffna, Sri Lanka North - in particular the island of Pungudutivu has been broiling for some time over the gang-rape and murder of schoolgirl Vidhya Sivaloganathan. Our special correspondent visited the area and her family to gather how they are coping, and what the latest developments in the case are.

By Thulasi Muttulingam

Vidhya Sivaloganathan's family remembers her as sensitive and soft. She had recently cried when her mother said they would have to sell the family's goat because they couldn't afford to keep it anymore. "No amma. She's part of the family now. We'll reduce our meals and share with her what we eat. Please do not give her away," she had begged. Every evening as soon as she returned home from school, she would go straight to her 'pets.'

"We reared the livestock –the goat, the cow and the chickens for eggs and milk but Vidhya always treated them like personal friends," recalls her mother Saraswathi Sivaloganathan. "I often scolded her over it because she was always cuddling them and getting her white uniform dirty. She would cuddle them before going to school and then cuddle them as soon as she returned from school too. Kutty the goat would beckon with her horned head to Vidhya for more cuddling when she left for school. She would laugh and say, 'I'll pet you more, as soon as I get back Kutty.' That was their ritual. As soon as she returned, all the animals would go to greet her including Chella Mani the hen, clucking all the way. She would pick the hen up, pretend that she could understand its seemingly indignant clucking and say, 'Oh is that right Chella Mani? Amma hasn't fed you properly today? How mean of her, here have some biscuits.'

"She would then feed the hen securely tucked under one of her arms, pieces of biscuits with her other hand while still in her school uniform," recalls her mother tearing up at the memory. "It used to annoy me no end but now all those memories are so bitter-sweet to us. It is who she was. If I ever scolded her for talking to dumb animals as equals, she would say, 'amma they are not dumb animals. They are intelligent sentient beings without a voice. We have to be extra kind to them.'"

"The animals knew," says her brother Nishanthan (22). "It was finally the dogs who led us to her body. On the days leading up to her funeral and at the funeral itself, the dogs and goat acted half-crazed against certain individuals, wanting to head-butt or bite them. We thought they had become unbalanced with grief just as we had and tied them



Vidhya's mother and Kutty the goat

up. But it turned out the individuals the animals had been reacting against, were Vidhya's rapists and murderers. They had had the nerve to show up repeatedly at our house to offer their sympathy until the police caught them."

Much has been reported in the local Tamil press and online websites about the case but the family deny many of the incidents thus reported as unfactual.



Jimmy, Vidhya's beloved dog who led her family to her body

"Firstly, I had no idea who could have done this to my daughter. We had no enemies in the area," says Vidhya's mother. "It has been reported that I witnessed a robbery and reported it to the police causing this revenge-killing of my daughter in such a dastardly manner. This is simply not true."

Last year, I had happened to notice one of the houses of my relatives abroad, who kept their house locked up, with its gates wide open. I informed my relative of this –she in turn informed the local police from abroad and they had happened to catch some people on their own. I had nothing to do with it and I don't think it has any implication in my daughter's rape and murder."

Bursts out her brother angrily, "What may I ask is wrong with my mother's action? People keep blaming us for it as if Vidhya's fate would have been spared but for this incident. We don't think so. This island suffers under too much a climate of crime along with too much a climate of fear of exposing the criminals. That is why incidents like these happen again and again. Even in Vidhya's case, two young boys aged 10 and 13 had

seen something but had been too scared to say anything. Though they initially admitted to being witnesses at least in part to the crime, they have now been coached by their parents to retract the story and say they saw nothing."

According to the family, when they went looking for Vidhya after 3.00 pm on May 13th when she still hadn't returned from school, the only one to talk of seeing her at all was one particular schoolboy. He had said that he and a schoolmate had been trailing behind Vidhya on their cycles when she turned a corner ahead of them and they heard a crash. When they turned the corner themselves, they had seen her overturned bicycle and one shoe but Vidhya herself missing. One of them had also seen a flash of a yellow shirt among the bushes, but nothing more. They had apparently continued on their way to school without thinking to mention this incident to anybody.

"I screamed when I heard this story," says the mother. "I asked the boy repeatedly why he hadn't thought to raise the alarm at least to the teachers. At school, the teachers had merely thought Vidhya was absent for the day; but she was a girl who didn't like to miss school even if she was sick. The rapists had planned it well to kidnap my daughter on her way to school. We didn't think to look for her until several hours later and by then it was too late."

After hunting for her in all possible places in and around the stretch from her home to her school, the frantic family finally informed the nearest police station at Kurkattuwan. "There they said they couldn't lodge complaints

and to take our case to the Kayts police station. By the time we reached the Kayts police station, it was 11.00pm," says Vidhya's mother.

She denies reports that the police were rude to her but says that it was difficult to communicate with them as they spoke only Sinhala. "Only the three-wheel driver who took us to the station could manage a conversation in Sinhala and he haltingly explained our situation to the police. They said that with girls of her age (18 years), elopements were common but they weren't rude about it. They sympathetically told me not to worry, that it might after all turn out to be a voluntary elopement and to go home; that whatever had happened might come to light the next day. They also told us to keep them informed of any developments."

It was raining heavily and past midnight by the time the anxious family reached home, yet all the talk of elopement had ironically given them a sense of hope. To their knowledge Vidhya neither had a boyfriend nor was interested romantically in anyone, but at this stage they were desperately hoping that she was alright somewhere, and thus were clutching at straws. They were unwilling to let the thought of any harm having befallen her cross their minds.

"Even the local people when we went looking for her all over the place on the day she went missing (Wednesday May 13) snickered that she must have eloped," recalls Vidhya's mother. "When I denied that my daughter had any such inclination, some suggested that perhaps some boy infatuated with her, even without her complicity might have abducted her. All this talk confused me and lured me into thinking it might be a possibility. I kept nervously wondering how and where we would find her but I certainly never ever thought we would find her as we did –gang-raped and brutally murdered."

She covered her face with her hands at this point to blot out the horror of that memory. The entire family has been deeply psychologically traumatized over the horrific misfortune that befell their beloved youngest member. All of them are apparently repeatedly falling ill due to this and are constantly in and out of hospital as a result. On the day I visited, Vidhya's father, a stroke recovery patient was at the hospital for further treatment. He had been recovering well from his stroke of two years before but this incident has again heavily impacted his health.

It was Vidhya's brother Nishanthan who saw her body first. They had set out again to search for Vidhya at the



The sandy path along which Vidhya traveled to school every day



crack of dawn the next morning. The father being debilitated and the sister being away at University, it was the mother and brother accompanied by two neighbours who set out on this second search expedition. Vidhya had had to travel down a sandy narrow path to school. The searchers had split into two pairs to search on either side of this path, with the mother on one side and the brother on the other.

"We didn't consciously take the dogs with us, they just happened to come along," explains the mother. "As soon as it dawned, we went out and the dogs who are not usually in the habit of following us outside, came too. I suppose they sensed our grief and perhaps missed Vidhya and wanted to look for her as well." On the previous day however, Nishanthan had taken the dogs out with him in one of his frantic searches for his sister. They had run about sniffing all over the bushes as if they had sensed his mission and their role in it, and the next day had taken it up again without anyone asking them.

It was eventually one of the dogs Jimmy, who led Nishanthan to his sister's body. While the youth was scouring about in the bushes, Jimmy appeared with one of Vidhya's shoes in his mouth. He had then led the dazed Nishanthan to the back of an abandoned derelict house, to where his sister's body lay on a heavily accumulated pile of fallen leaves.

"I was on the other side of the path, looking into a well when I heard Nishanthan yell out 'Ammaaaa' says Saraswathi, the mother. I immediately ran over, tearing my feet over the thorny bushes in my haste, and found Nishanthan fainted on the ground. From the periphery of my vision, I saw my daughter's discarded uniform and looked no further. To this day, I have not looked at what condition she was found in, although I understand it has been made widely public all over the internet. I do not want to know."

Bursts out her elder daughter Lishanthini (24), Vidhya's sister, at this point, "Why are people doing such despicable things as sharing my poor sister's photo like that over the internet? We as a family find it deeply offensive and insensitive to Vidhya's memory."

Her brother has another point to add: "They say, that photo circulating of Vidhya's body was taken by local vigilantes to raise awareness on what had happened to her. That is not true. If you look at the picture, you can see her dry body on a dry pile of leaves with blood stains from her mouth to her chin. It had been raining the night before we found her. I was the first to see her body and it was water logged, lying on muddy water-soaked leaves and all stains including blood had been washed off from her body by then."

"In fact," he adds, "the police when they eventually showed up at 10.00 am told us that the rain might have done much damage in washing away whatever evidence there were. I think it was the perpetrators themselves who took this photo and then released it. They felt so invincible and proud of their actions that they felt able to do this."

Nishanthan also believes that the abandoned house behind which his sister's body was discovered is not the actual scene of her rape and murder. "I went out the previous day along that path to search for her. The dogs accompanied me then too. How come they didn't sense her there at that time? I think the perpetrators had abducted her to one of their houses and then simply dumped her body there past midnight."

Some of the arrested suspects' houses have been damaged – fully or in part, by angry villagers. Or so the story goes. There is an uneasy suspicion on the part of some people including Vidhya's family

that this might be a good way to get rid of evidence as well.

Udeni Thewarapperuma, a women's rights activist and lawyer following this case, has the same concern: "We don't yet know if it was protestors or the



The shrubbery by which Vidhya is thought to have been kidnapped

perpetrators themselves who damaged those houses – but people should be alert to the possibility of evidences being obscured via this method and should not become unwittingly complicit in it. At this stage in the investigations we should have strong evidence collected

business of extreme sado-masochistic pornography; that Vidhya was raped and killed for the sake of such a pornographic video and that this high definition video had been apprehended too.

Police spokesperson ASP Ruwan



The abandoned house behind which her body was found

against the suspects – and it worries me that we still haven't heard of what that evidence is, or how strong is the case against the arrested suspects. As with the recent Kotakethana murder acquittal case, we do not want to hear some years down the line that the suspects have been let go of due to lack

Gunasekara however denies this. "The suspects were caught on the information of local people. We have no video evidence of the crime and while forensic investigations are ongoing to match samples of DNA between suspects and what was found at the crime scene, the results are not out yet; they will take



Vidhya's other dog and chickens about her house premises

of evidence." This issue might be more of a real worry than many people euphoric over nine suspects being caught might think. According to several online websites which the local Tamils are

some time."

"In any case," ASP Gunasekara further clarified, "this investigation is not in the hands of the police anymore. A special unit of the CID is

investigating the case now. The special investigations unit is also investigating whether there were any lapses in the Jaffna police's handling of the case, due to widespread people's protests over the issue.

That issue in question would be on how one of the main suspects apprehended and handed over to the Jaffna police - the Swiss Resident had been spotted on the loose in Wellawatte, Colombo the next day. Due to massive people's protests in Jaffna, he had then been apprehended by the Wellawatte police and brought back to Jaffna. A leading law academic has been implicated in the matter by the online Tamil websites and local press but he has refuted the allegations as baseless. ASP Gunasekara declined to say more on the matter other than that investigations are on-going.

Meanwhile calls to the editors of two popular Jaffna Daily papers also gave some contrasting information. According to one editor, it was unprofessional online websites which had made the claim that video evidence and thus the right set of suspects had been caught, with a strong case against them. "We did not make that claim until two days ago when Minister Rajitha Senarathne too said this seems to have been a case of pornography –related crime. We then quoted him on the matter but we did not make that claim otherwise, as it had not been substantiated till then."

According to the other editor however, local vigilantes who had caught and beaten the suspects before handing them over to the police had reported that they had checked the suspects' mobile phones and found the video evidence. "They said that they handed this evidence over to the police too. If the police are now saying they have no such evidence, we wonder how much of mishandling has occurred over the investigations on this case," was his response.

President Maithripala Sirisena when he met the family in Jaffna had promised them a fast-track court and swift investigations to bring the criminals to book. That is all they have now to look forward to. Their gentle, animal-loving Vidhya who had skipped off to school on May 13th after telling her pet goat that she would get back to pet her some more, will no more turn in through their gate to do just that. All that her grieving family can hope for is that the perpetrators of the horrible crime against their beloved girl be brought to book.

It might not seem like much but in Pungudutivu, Vidhya's mother had been told not to expect even that much. "This is not the first time a horrific rape /murder has happened here. The perpetrators in each case are never brought to book, and as soon as her body was found, people told me that those who had done this to Vidhya would never be brought to book either.

I have faith however. I went to the temple and tried to light camphor to send my prayers up to God. It was raining and I couldn't light the camphor. I raged at God for not giving me even this solace but then it stopped raining. The rain stopped only until I could finish lighting the camphor and make my prayers demanding that the perpetrators be caught. As soon as I finished and turned back to go home, it started pouring again. God head my prayer. That very day, I heard three people had been arrested and many more arrests followed in the days after. I want justice for Vidhya.

President Maithripala told us that it was not within his power to deliver Vidhya back to us – but that he would do all he could within his power to deliver justice. We are waiting."

PICS BY THULASI MUTTULINGAM



VIA VILLAGE SCARVES & WRAPS

Via Village is a subsidiary of Vanni Aid Foundation, USA and Vanni Aid Canada. Via Village is the website and the product is also sold as Via Village. The product is made in Vanni by the war affected girls. The total number of girls in the team is sixteen and out of them, six are combatant girls who had gone for rehabilitation and now earning a very good amount once in 3 months when the team visits and works there for about 15 days. On the last trip in February to March 2015, five of them were taken on a tour to Colombo and down South and were given the opportunity to see most of the tourist shops where this product is marketed.

This encourages them to produce quality products.

Beginning to color their own silk items with non-toxic acid dyes (just vinegar) to match some of the beautiful wool tones



The white-on-white pieces make wonderful, romantic wedding accessories. Each piece is naturally unique but we also accommodate custom orders. They can also create throws of any size, swaddling blankets for christenings and pillow cases to suit any decor.

Another variation they are working on is multi-layered patterns, hand-painted over a template of their own devising in gentle silvers, soft golds touches of bronze. Some of these pieces will also have the wool texture, others will simply be a light Habutai silk, perhaps twisted and tied as they dry for a controlled crumple effect. No pictures of these are available yet!

The next Via Village production session will be in July 2015 when Tina Wendon, who masterminded this project returns to Sri Lanka. They expect delivery late August. Meanwhile, I can create small quantities and have an armful on any US doorstep in 3 weeks if you find a venue that might like to get a feel for their profitability, says Tina.

Small boutiques and individual buyers may like to know that I enjoy working with like-minded people and I welcome feedback, even the possibility of developing an exclusive, customized collection, states Tina.

If you've had a chance to check out viavillage.com, you'll have read some of the Via Village story and know that our girls are not employees. We've established a Trust that treats them as entrepreneurial beneficiaries of a business I have every intention of turning over to them as soon it becomes self-sustaining. The profits are shared equally amongst them after very basic material costs are covered. I will continue to advise and design, regardless. My role is voluntary but my reward is priceless...the hugs at the end of a long day, Tina Wendon with one of the team member.

Two directions are emerging, one is boho, breezy and contemporary, very versatile. These pieces pair well with a cami, distressed jeans, leggings, bare legs, booties or sandals. Curl up on the couch or throw over a strapless dress, slip on some heels, grab a clutch and go! The other is a little more structured with a heavier, commercially dyed silk and touch of warmth, better suited to an occasion or a more mature customer, see below. These items are carried by an exclusive, offspring boutique of Paradise Road called PR in Horton Place, Colombo, Sri Lanka.



The first handful items seen here are those currently selling pretty steadily in Colombo, Sri Lanka mostly in Barefoot, a well-known shop/gallery/café popular with tourists, expats and the Embassy staff. These items are also represented at Silk Garden in Kandy, a high-end tourist pit-stop.



Please note these pieces are still in the development phase. A small collection of garments assembled from their custom-sized, hand-rolled scarves in signature light texture is put together here. A mid-length kimono-esque wrap, a long, sleeveless duster and a hi-lo vest, cropped in the back, longer in the front are seen. Nothing is cut or stitched, just shaped with the magic of technique, fusing a light layer of superfine merino wool fibres securely into a Habutai silk substrate using only soap, water and controlled friction. Lots of details are engaged for these, a combination of a flutter edge with a lettuce finish, for example or a scattered topping of banana silk or sea cell fibres for a subtle sheen. Simple but skilled, no machinery is involved!



By: Raymond Rajabalan

The 2015 Pan American Games, officially the XVII Pan American Games or the 17th Pan American Games, is a major international multi-sport event that is scheduled to be held from July 10–26, 2015, in Toronto, Ontario, Canada, with some events held in seventeen other Golden Horseshoe communities such as Hamilton and Markham among others. Approximately 6,135 athletes from 41 nations are expected to participate in 36 sports. A record of 45% of competitors are expected to be women, the most ever for any multi sport event. The first event, water polo, will begin three days earlier, on July 7. Both the Pan American and Parapan American Games are being organized by the Toronto 2015 Organizing Committee (TO2015). The 2015 Pan American Games will become the third Pan American Games hosted by

Place. After the Games, some of the new facilities will be reused in their games time form, while others will be resized. A total of 30 competition venues across 14 municipalities were used for competition. Ten of these venues were newly built, while fifteen were renovated to stage the games.

The opening and closing ceremonies will be held at Rogers Centre, which at games time will be known as the Pan Am Ceremonies Venue. Some of the competition venues in the Toronto area included National Soccer Stadium, the Pan Am / Parapan Am Fields, the Exhibition Centre and the CIBC Pan American and Parapan American Aquatics Centre and Field House. Competition venues outside the city of Toronto include the CIBC Hamilton Pan Am Soccer Stadium, Mississauga Sports Centre, Atos Markham Pan Am / Parapan Am Centre in Markham, the Os-

Premier of Ontario Kathleen Wynne announced, "The province is investing more than \$3.5 million in Pan Am/Parapan Am Trails to help create a continuous trail of more than 2,000 kilometres."

2015 Pan American Games Athletes' Village

The Athlete's Village will be located in the West Don Lands along Front Street between Bayview Avenue and Cherry Street. It will have the capacity to hold 10,000 athletes and officials during the Pan Am and Parapan Am Games and after the games will be converted into housing. The development will be certified LEED Gold.

Medals

In October 2013 it was announced that the medals for the games would be produced and designed by the Royal Canadian Mint. In September 2014 it was announced that the supplier of the raw

2015 Pan American Games opening ceremony

The opening ceremony of the 2015 Pan American Games is scheduled to take place on Friday July 10, 2015. The opening ceremony will be produced and directed by Cirque du Soleil. The production will become the largest event produced by the company.

Participating nations

All 41 nations of PASO are expected to compete. This represents a drop of one from the 2011 Pan American Games, as the Netherlands Antilles Olympic Committee was dissolved in 2011

Sports

A total of 36 sports, 51 disciplines and 364 medal events will be contested at the games. Basque pelota is the only sport dropped from the last games. Golf (after being added to the Olympic program for 2016) will be making its Pan American

2015 Pan American Games

Canada and the first by the province of Ontario. Previously, Canada hosted the 1967 Pan American Games and the 1999 Pan American Games, both in Winnipeg, Manitoba. The 2015 Parapan American Games will be held twelve days after the Pan American Games.

Following Pan American Sports Organization (PASO) tradition, former Toronto mayor Rob Ford and Canadian Minister for Sport Bal Gosal received the Pan American Sports Organization flag during the closing ceremony of the 2011 Pan American Games in Guadalajara, Mexico.

The 2015 Pan American Games will become the first completely ecologically friendly games, because it will be fully carbon neutral. The Games will also be the largest multi-sport event ever to be held in Canada, double the size of the 2010 Winter Olympics in Vancouver.

Toronto was selected by the Canadian Olympic Committee as the official bid city from Canada for the 2015 Pan American Games. The Canadian Olympic Committee chose Toronto and the surrounding region as the Canadian candidate. No other Canadian city was given a chance to bid in a domestic race, and thus Toronto was selected without a vote. Toronto's interest in bidding came after failing to land the 1996 Summer Olympics and the 2008 Summer Olympics, which were held in Atlanta and Beijing respectively.

Toronto won the bidding process to host the Pan and Parapan American Games by a vote of the Pan American Sports Organization (PASO) on November 6, 2009, at the PASO Session held in Guadalajara, Mexico. The result was announced by PASO President Mario Vázquez Raña. Toronto faced two other finalists short listed Lima, Peru, and Bogotá, Colombia. Toronto earned 33 votes, while contesting candidate cities Lima and Bogotá received 11 and 7 votes, respectively.

The 2015 Pan American Games used a mixture of new venues, existing and temporary facilities, some of them in well-known locations such as Exhibition

hawa Sports Centre in Oshawa, and the Royal Canadian Henley Rowing Course in St. Catharines.

TRANSPORTATION

The Union Pearson Express

The Union Pearson Express, an airport rail link from Toronto Pearson International Airport to Union Station, began construction in 2011 and will be open in advance of the games. The games created a deadline for a project that had been stalled for years. In addition, a new GO Transit train station in Hamilton at James Street North will open in time for the Games.

Public trail

In October 2013, an expansion of the Pan Am site was announced to help complete 250 kilometres (160 mi) in gaps in Ontario's Trans Canada Trail and connect communities from Ottawa to Windsor and Fort Erie to Huntsville in time for the Games. Connections to the Waterfront Trail were expected to be expanded and complete gaps in the Trail.

minerals used in the medals (over 4,000 in total) would be Barrick Gold. All the materials used in the medals will come from the company's operations in the Pan American region.

2015 Pan American Games torch relay

An application period for Canadians to carry the torch opened in October 2014 and continued till December. The torch will take a 41 day journey after being lit in May 2015 at the pyramids of Teotihuacan, Mexico. The torch will be brought through a total of 130 communities, mostly in Ontario (with five outside the province, Richmond, Winnipeg, Calgary, Halifax and Montreal). The torch will be carried by about 3,000 torchbearers and travel approximately 20,000 kilometres (12,000 mi). The relay began on May 30, 2015 in Toronto and finish on July 10, the date of the opening ceremony. The detailed torch relay route and celebration sites were announced on February 24, 2015.

Games debut. Canoe slalom, the only Olympic discipline to never have been held at the Games, will also make its debut, meaning for the first time ever the entire Olympic sports program will be contested. Furthermore, both canoe disciplines will have C-1 events for women for the first time ever Women's baseball and women's rugby sevens will also make their debuts, with men's softball returning to the program, after last being contested in 2003. A total of 19 sports (which represents the largest ever amount) will be direct or indirect (such as opportunities to gain qualification times) qualifiers for the 2016 Summer Olympics in Rio de Janeiro.

Aquatics

Events will begin three days before the opening ceremony on July 7 and end with the closing ceremony on July 26

Official Logo of 2015 PanAm Games

On September 29, 2010, the official logo of the games was unveiled at a street party at Maple Leaf Square. According to Ian Troop, the chief executive officer of Toronto 2015 organizing committee, the logo is designed on the basis of the different art styles seen throughout the countries of PASO.

The colours in the logo are green, blue and orange. The logo has three distinct shapes each with one of the three colours. The bottom two represent a "T and O" which represents the city in which the games will be held, Toronto. The year 2015 is written inside the letters.

Official Mascot of 2015 PanAm Games

Official Mascot of 2015 PanAm Games, "Pachi the Porcupine" was selected by a panel of children who voted online. The design was created by four school girls from Markham, Ontario, who derived the name "Pachi" from a Japanese phrase meaning "clapping with joy". Pachi was designed with forty-one quills, representing the attending nations, in five colours, representing the virtues: youth, passion, collaboration, determination and creativity.

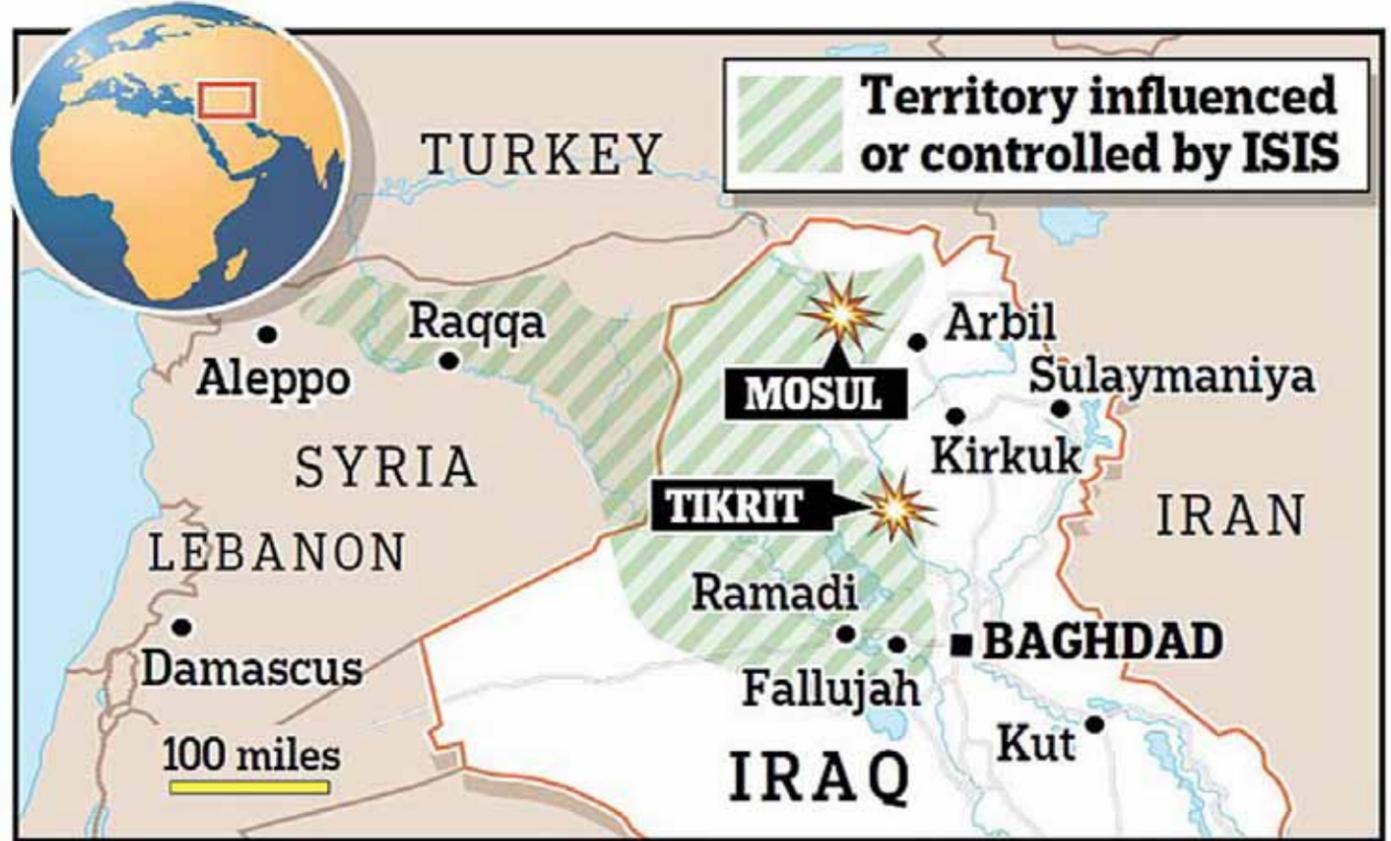




Special Feature

By: JJ Atputharajah

Right round the centuries religion has been one of the major factors that has been the cause of conflicts between interest groups. It is indeed a powerful force that impels people to take violent actions in its cause. In the world today, there are more than 1.5 billion people who profess the religion of Islam. Most Muslims are basically peaceful and wish to see an orderly world. However the militants in the group capitalize on the beliefs of the extremists and induce many others to become violent too. The Islamic State of Iraq and ash-sham (ISIS)-the Islamic State now gaining influence in the Middle-East is talking of world supremacy creating threats to others. The religious orientation of these militants causes them to desire the destruction of their opponents and hasten the end of the world as prophesied in the Muslim scriptures. One begins to wonder whether the adage



The ISIS and the Threat to World Peace

'History repeats itself- is true in this case. In the Middle ages there were a series of wars between the Muslims and the Christians called the ' crusades.' The current developments tend to forecast a similar development on a relatively larger scale with more sophisticated weapons with the possibility of destruction in vast proportions. The ISIS Muslims are both blood dirty and genocidal and have a tendency to do anything for their religion. Incidentally, Prime-Minister Stephen Harper on a recent visit to Iraq warned that the ISIS has waged a war against civilization and all that goes with it.

In September 2014, Sheik Abu Mohammed al Adnani spokesman for the ISIS called upon the Muslims in Western Countries like France and Canada to find an infidel and smash his head with a rock, poison him, run him over with a car or destroy his crops. Their religious hatred was seen in their utterances when Adnani referred to the US Secretary of state, John Kerry as an "uncircumcised geezer." The reality is that the Islamic State is Islamic. It is not defined by geography-it is hybrid: part movement, part network and part organization. It boasts of 20,000 fighters, fueled by religious ideology and has an agenda. It has attracted psychopaths and adventure seekers, drawn largely from the disaffected populations of the Middle-East and Europe. But the religion preached by its most devout followers derives from the basic tenets of the Islamic faith. They fol-

low the prophetic methodology of Mohamed. The Islamic State adherents are extremely passionate about their religion. The Tunisian jihadist Abu Muquatal exhorted their supporters in France to kill unbelievers immediately. He said, 'I call them to follow the method of the brothers who executed operations in Europe. Rely upon Allah. I also say to them do not look for any specific targets. Kill any body. All the kuffar over there are targets. Don't tire yourself and look for difficult targets.'

Religion has been a truly powerful force in human history. Even the Holy Bible indicates that there will be a clash of religions of monumental proportions affecting world's society. Arab nations in the past have in the past been conquered by European powers, have had their national boundaries redrawn for political reasons and have felt denigrated and victimized. In their own towns and villages, in poor rural areas and their cities, many have absolutely longed for some kind of revenge.

Countless Arab Muslims have been fed an ideological diet by their imams and other leaders suggesting that a coming 'Mahdi' or super-religio-political leader will come at the end of this age to deliver them from oppression and make them feel proud again. These feelings of a deprivation and revenge had impelled the Islamic State to perpetuate and magnify these feelings to produce a 'Caliphate' -a full-blown empire of Islam through which supporters can band themselves together

to throw off the shackles imposed on them by the people of America and Europe. The extremist Arab leaders do want to get even and hold up their heads again by making use of the old Muslim prophesies.

The ISIS appears to be overtaking most of the Middle -East. The stakes are high causing enormous human, economic and strategic loss. Saudi Arabia is experiencing terrorist attack or instability. Though the Western countries cannot completely remove the threat of ISIS, they can weaken it. They could prevent the flow of money to the ISIS. Government and Financial institutions could stop the financial support to the ISIS from individuals. They could curtail the flow of individuals leaving for Iraq and Syria. They can observe vigilance by installing a Europe-wide watch-list. Turkey deciding that it will no longer serve as a conduit for ISIS is a welcome factor. They will also enforce the UN Security Council Resolution 2178 which calls for stronger international co-operation against terrorism.

It is important to launch a counter-attack on ISIS if the world is going to avoid a massive challenge to its peaceful existence. It has caused misery to those living under its rule. Muslim religious leaders and scholars must rally round and explain to the people that the activities of the ISIS are illegitimate from the standpoint of Islam. The western countries should challenge ISIS directly in Iraq and Syria.

Iran and Shia Militants are backing ISIS. Moreover, Iraqi Sunnis also sympathize with it in spite of their misgivings. Outsiders should provide political and military supplies to Kurdish forces and Sunni tribes. In Syria, air attacks on IS's forces are necessary. A multinational Sunnite force consisting of soldiers from neighboring countries, particularly Jordan should be created.

The US and other NATO countries could offer assistance but the fight should be waged by other Sunnis. What is happening is the conflict with civilization. ISIS is posing as the true defender of Islam. It should not be tolerated. Moderate opposition forces and local Kurds could be part of the multinational Sunnite force. Air attacks should be stepped up to slow down the ISIS and to find time to develop alternate strategies. Diplomacy should reduce the fighting between the Syrian government and its own people-as the UN is attempting to do in Aleppo. The biggest danger to peace in 2015 will be the widening of the regional crisis to Saudi Arabia and Jordan has a massive refugee burden.

The ISIS is also threatening to cause trouble through its pockets in countries like Germany, France, U.K, Canada and the US. Recently a mega sports event in Germany was cancelled due to a terrorist threat. All in all the trouble in the Middle -East should not be allowed to spread to other areas; if the threat to world peace is to be effectively avoided.

Book Review



Special Feature

India Shastra

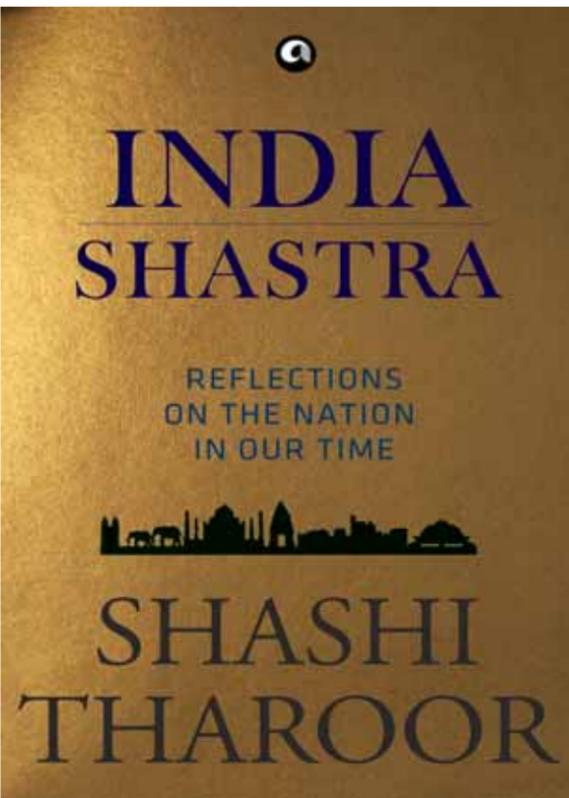
Author: Shashi Tharoor
Publishers: Aleph Book Company
Reviewed by Siva Sivapragasam

India Shastra: Reflections on the Nation in our Time by Shashi Tharoor is an extensive collection of 100 essays and offers much food for thought on contemporary India and events from its recent history that have contributed to its present state of affairs in the political, social, economic, cultural and communal arenas.

Divided into eight neatly segregated sections, *India Shastra: Reflections on the Nation in our Time*, Author Shashi Tharoor talks about the events that have shaped India until May of 2014. The important results of the last general elections and the BJP's coming to power has naturally made the author devote the first two sections in the book. The rest of the sections are concerned with the important issues that face the country both in the domestic and global fronts.

Author Tharoor has also made some valuable suggestions how the Congress Party can resuscitate itself from the defeat at the last general elections. India has been on the road of continuous transformation in the political and economic spheres since it gained independence.

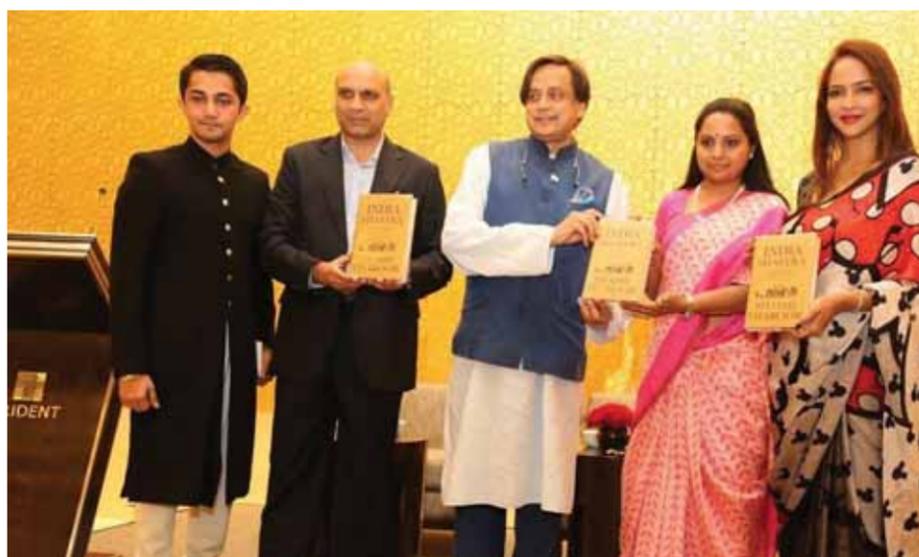
The change of regime at the last general elections has brought the country at a crucial juncture and people await many changes in the near future. Shashi Tharoor discusses in his book the factors that will determine and decide where and how India will be heading towards the future. This book is a valuable resource of information and providing insight to readers



who are anxious to understand the current political and economic situation in the world's largest democracy. He has covered a host of problems that India has been struggling to overcome over decades.

Author Shashi Tharoor has worked for the United Nations since May 1978 ending up as Under-Secretary during Kofi Annan's time when he was Secretary-General. He has also won many journalism and literary awards, including the Commonwealth Writers' Prize. On his return to India he became a member of Parliament contesting under the Congress Party ticket in Thiruvananthapuram.

India Shastra is a must-read book for those interested in understanding India's complex and crucial problems and issues both in the domestic and global fronts.



Author Shashi Tharoor (centre) at book launch with Lakshmi Manchu, K Kavitha MP and other big celebrities

Short story workshop by A. Muttulingam

By: Thuraiyooran

Canada Tamil Writers association held the above workshop on Saturday 30th May 2015. This was organized by Dr. E. Balasuntharam on behalf of the association. Twenty people, who are already writers in different fields and aspiring to be writers participated actively. It was more or less like a discussion rather than a lecture type of workshop and hence there was active participation from every one who attended. This was conducted by none other than our well known short story writer A. Muttulingam, who has plen-



Writer A. Muttulingam



Workshop Organizer Prof. E. Balasuntharam and seated, Writer Siva Sinniah & Canada Tamil Writers Association's President S. Sivanayagamoorthy

ty of awards and laurels to his credit. He had painstakingly prepared some materials for the participants to get a hands on approach to the subject. Samples of his stories were distributed to all with specific instructions, which prompted them to come out with their suggestions and remarks. Before starting this exercise he dealt with some of the special features of a good short story. They are as follows:

1. The story must make the reader to read it over again.
2. The tune and tempo must be attractive to the reader.
3. The language used must be appropriate to the reader and must be easy flowing.
4. Must not contain the usual clichés like describing the face of the woman to that of a full moon, which are obsolete and boring to the reader.
5. The first line of the story must be appealing and attractive to the reader and must tempt to read the whole story.
6. The ending must be unexpected and urge the reader to look for his other stories too.
7. The main theme or the soul of the story must also be attractive.
8. The story must contain details of the situation like that of a photograph, so the reader will be able to visualize it and get involved in it. For this the writer must develop the skill of close

observation.

9. After writing a story, must read it over and over again to modify and correct with certain time lapses in between.

10. Better to write everyday and keep on writing.

11. When writing something make sure that it is believable and acceptable, even though it is not true.

12. Avoid writing like an ordinary person or students. Eg. I climbed to the top of a tree. This is the normal way of writing. But a story writer must change it to I climbed and climbed until there was no tree.

13. Try to develop your own style of writing rather than imitating another writer.

These salient features were supported by some exercises which were very useful and informative.

The workshop was presided by the association's President S. Sivanayagamoorthy who welcomed the guest speaker and the participants. Dr. Balasuntharam introduced the speaker and spoke about his short stories and his awards and accolades he received from various organizations throughout the world. He also mentioned of holding workshops for various fields of writing in the near future, may be monthly. At the end of the workshop Secretary Sivanayani Muhunthan proposed a vote of thanks.

THE ISSUE OF BULLYING

Everyday people of all ages are bullied. Bullying is a crucial issue happening in our society. Many people are becoming so concerned and worried about this: they are wondering whether there will be an end to this never-ending problem. To solve the issue of bullying, you must first understand bullying. Knowing what bullying really is, why it is happening, and forms it takes can help understand the situation as a whole. Also, knowing the effect of bullying on an individual, ways to respond to it, and how to cope or help someone else cope with it will help you address the situation and find a resolution.

Bullying is when someone is targeted for a reason. The person being bullied can be bullied verbally, physically and/or indirectly. The bullying is usually linked behind a reason and does not happen unintentionally.

Bullying happens because of specific reasons. Many people believe this is because the bully has low self-esteem or personal problems, but this is rarely the case. Research has proven that most often, the bully has above

average self-esteem and do not have a lot or any personal problems. Most of the time, it is because the bully wants attention, power, or is under peer pressure. Sometimes it is because of the victim's ethnicity, religion, culture, family, past or how he or she looks. This may make the victim feel poorly about him/herself. As bullying takes different forms, it may make the victim feel worst.

Bullying has so far been categorized into 4 different forms: physical bullying, verbal bullying, cyber-bullying and social bullying. Physical bullying is when a person or a group of people abuse someone or a group physically (E.g. punching, shoving). Verbal bullying is when a person abuses someone by saying mean things, posing threats, and using profane language (i.e. swearing). Cyber-bullying takes place when the internet is used to bully someone. This involves saying mean things on a chat, posting comments that aren't nice, or putting inappropriate pictures

online. These are parts of cyber-bullying. Finally, there is social bullying. Social bullying occurs when a group or individual makes fun of a person because of their social stance. One of the common ways people socially bully someone is by spreading rumours or gossiping. Many people do this without realizing how it can affect someone.

Bullying has many negative effects on people, especially their mental health. Very often, bullying can lead to stress. As the problem gets bigger, the stress can become depression, anxiety etc. This could affect the victim's health negatively. They may also start falling behind in their studies and start to drop out of activities. If this problem is not addressed, it could turn into something fatal, like a suicide.

Suicide is also commonly caused by bullying. The victim usually wants to suicide because they cannot take the amount of bullying happening to them. They think that by taking their life, the bullying will end. What they do not realize is that the bully might start bullying someone else. This could cause another victim to commit suicide, which will only make loved ones sad. Most of the time, the victim is afraid to tell someone about the bullying or do not have a reliable figure in their life whom they can talk to about what is happening to them. If you feel like someone you know is thinking about committing suicide, confronting them and talking about it can help stop them.

Responding to bullying is very important. The way you respond to the bullying is very important because it can escalate or de-escalate the problem. There are 3 ways to respond: passively, aggressively, and assertively. Being passive is when you let the bullying continue and do not stand up for yourself. The

aggressive way to respond is when you yell, hit, or fight back with the bully. These two ways to respond in bullying usually only makes the bullying worse. Finally, there is the assertive way to respond. Being assertive is when you stand up for yourself

Bullying is when someone is targeted for a reason. The person being bullied can be bullied verbally, physically and/or indirectly. The bullying is usually linked behind a reason and does not happen unintentionally.

in a way that no one gets hurt, tell someone (e.g. teacher), or report the bullying online (www.stopbully.com). Responding assertively is the best way to solve bullying.

When someone that you know is trying to cope with stress, the best thing to do is help them. Encourage them to join in different activities and help them stay occupied. Discuss the different ways to deal with the bullying and try to keep them happy. If not, they might start to consider something like suicide.

Bullying is never right and can have many negative effects on a person. By learning what bullying is, how to deal with it, and so on, we can find a resolution to this problem. One day, we might all live in a world without bullying and treat each other equally.

Name: Kanisha Sritharan
Grade: 8
Prize: 2nd Place Intermediate
Fifth 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.





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Fluoride Draws More Attention of the Scientific World for Its Poisonous Effects

WHAT ARE THE SAFEST WAYS TO REMOVE FLUORIDE NATURALLY FROM OUR BODY?

By: Uthayan Thurairajah

Fluoride is one of the greatest public health threats of modern times and drew attention of the scientific world for its toxic effects. There are two basic types of fluoride, namely sodium fluoride (NaF) and calcium fluoride (CaF₂). NaF is a soluble salt and CaF₂ emerges naturally in underground water sources and seawater. The groundwater with fluoride concentrations occurs in many areas of the world including large parts of the world including India and Sri Lanka. Calcium fluoride does not have same toxic as sodium fluoride. CaF₂ does not negatively affect so many other health issues as NaF, which is added to many water supplies.

CaF₂ is a compound that contain calcium and fluoride that occurs naturally as the mineral fluorite. Fluoride is toxic to humans; however Calcium Fluoride is measured the least toxic and somewhat harmless due to its extreme insolubility. Calcium is an antidote for fluoride poisoning. When a remedy exists in combination with a poison, it makes the poison far less toxic to the body.

Sodium Fluoride is used in most dental varnish, mouthwashes, toothpaste, dental preparations and nutritional supplements. Sodium Fluoride is also used as pesticide and insecticide, as a preservative in glues, as a growth inhibitor for bacteria, fungi, and mold. Added to aluminum, steel, and molten metal products, sodium fluoride creates a more uniform metal. Other industrial uses for sodium fluoride include glass frosting and wood preservative as well as chemical and biological weapons.

Fluoride can cause arthritis, cell death, cancers, disrupted the immune system, genetic damage, hyperactivity and fatigue, lowered thyroid function and IQ, dementia, deactivated essential enzymes and lower life span. There are hands-on steps we can take to detoxify our body of fluoride naturally.

It is important to keep the fluoride-free Pineal Gland



A scientist, Jennifer Luke undertook the first study the effects of sodium fluoride on the pineal gland in the late 1990's in England. She determined that the pineal gland absorbed more fluoride than any other physical matter in the body, even bones.

Her conclusions were a breakthrough because of the pineal gland's importance to the endocrine system. Her study provided the missing link to a lot of physiological damage from sodium fluoride that had been hypothesized but not positively connected. An absolute root source for the chain reaction of blocked endocrine activity had been isolated.

A Frequent exposure to outdoor sunshine, 15 minutes or more at a time will help to stimulate a fluoride calcified pineal gland. We have to make sure to take off our hat. The pineal gland affects so much other enzyme and endocrine activity, including melatonin production. When we expose to sunlight, we stimulate serotonin production to keep us active thought out the day. To balance,



Turmeric Plant



Turmeric Root

pineal gland affects the melatonin production during the darkness, which makes us slow down and keep us relax and sound sleep.

Day time exercise, a healthful diet, and meditation all contribute to higher melatonin production from the pineal gland. Though very helpful to many of getting a full night's deep sleep. There are hands-on steps that we can take to remove fluoride naturally from our body.

Tamarind and Turmeric usually protect us against fluoride harmfulness

Tamarind tree is originally come from Africa and migrated to Sri Lanka and Southeast Asia. It has been used in Ayurvedic Medicine. The pulp and leaves from the tree can be converted to drinks and strong solutions. Tamarind can eliminate fluorides through the urine.

Turmeric is a spice, commonly used in Sri Lankan and Indian cuisine, helps to protect the brain against fluoride poisoning. The Mohanlal Sukhadia University team found that turmeric neutralizes existing fluoride and protects against additional fluoride.

Other methods to avoid fluoride harmfulness

Fluoride salts replace the iodine that thyroid glands need to function. Iodine supplementation has been clinically demonstrated to increase the urine irrigation of sodium fluoride from the body as calcium fluoride. The calcium is robbed from our body, so make sure we are taking effective calcium and magnesium supplements. These minerals help remove fluorides from bone matter. Lecithin is recommended as an adjunct to using iodine for excreting fluorides.

We obtain Vitamin C from food sources is another way to flush fluoride from your system. Dry Saunas and exercise releases sodium fluoride stored in our fatty tissues. The minerals lost through sweating can be replaced calcium/magnesium supplements. Keep the pure fluoride-free water intake high.

Borox contains boron, has a history of subjective success for detoxifying sodium fluoride. You can find the borox in some supermarkets. Borox needs to be taken in with pure water in small quantities. Fulvic acid is one of the nature's most powerful organic electrolytes. The fulvic acid works to achieve and maintain appropriate chemical balance in cells, which includes ridding them of fluoride and other toxins.



Tamarind Tree



Tamarind

Despite claims that the fluoride provides dental health improvement, it leads to worse dental health and other serious health consequences. It may be impossible to avoid fluoride entirely. We can take many steps to avoiding much of the fluoride we consume as well as to eliminate existing fluoride in our bodies.

The U.S. Centers for Disease Control and Prevention admits that there is no verifiable, scientific proof that fluoride

in any way prevents cavities. Man-made fluoride is the first inorganic ion and one of the greatest public health threats of modern times. Complementing with turmeric, tamarind and other methods can completely reverse the damage caused by fluoride and protect the brain against fluoride poisoning.



Uthayan Thurairajah is a 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 a member of several Canadian and international professional association including 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 in 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.



There is no better time than now to be a private corporation

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

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 "If you were to spend some time reading the biographies of the wealthiest people on the planet, virtually every one of them (leaving aside those who simply inherited their wealth) made their fortune in private equity", says David Kaufman of the Financial Post.

Many successful private corporations are built from the ground up by passionate entrepreneurs, families or groups of friends or acquaintances. Where a private corporation is a Canadian Controlled Private Corporation (CCPC) with certain tax qualifications they could achieve significant tax savings and create financial room for re-investment or to fund the preferred lifestyle of business owners. However it is arguable that many private corporations are not maximizing on their tax status. Needless to say, the quality of the tax planning and tax law compliance advice received would make all the difference.

A very brief overview of some of the advantageous tax strategies that may impact private corporations are discussed herein. Also included further below are the limitations and challenges associated with being a private corporation that can serve as a check list for aspiring businesses.

Low corporate tax rate

Corporate tax rate on active business income is significantly lower than the average personal tax rate. The 2015 Budget proposes to reduce it further for the coming years. The use of a corporation allows a business owner to legally decide on the amount of their earnings as well as the preferred form or forms like salary, bonuses or dividends besides retaining the option to change the form in the future. Business owners can plan around their personal tax liability by controlled release of earnings or even plan to differ it for select years. This legally approved tax planning strategy allows for significant tax savings on a continuing basis.

Sheltering the capital gains

If the shares in the business qualify as small business shares, capital gains of up to \$800,000 upon the sale of the shares can be shielded under the capital gain exemption. Where family members are also shareholders, each individual is eligible to their own capital gain exemption amount. The capital gains exemption is only available under strict conditions and to maximize this advantage, it is recommended that business owners plan well in advance and seek professional advice prior to executing this strategy.

Family members as shareholders

Subject to certain conditions business owners with low income spouses or adult children can consider introducing family members as shareholders in

the corporation. Corporate income can be split with these individuals and the income earned either as dividends or salary will be taxed at a lower tax rate in the hands of the family members. Timing would be critical to achieve maximum efficiency if this strategy is to be adopted.

Assistance of a multi member tax planning professional team for example can structure a corporation's cash flow when a family member requires financial maintenance such that the business owners don't need to meet this demand with their after tax income.

Providing for retirement

When planning for retirement, business owners can take advantage of pension investment vehicles that are set up with a targeted level of retirement income. The corporation may also be able to deduct the contributions provided they meet specified conditions.

Those business owners who have achieved significant growth during the life cycle of the business and are at least 40 years of age should also consider strategies for succession planning. Generally such strategies would involve a tax law specializing, multi professional team that starts off with identifying the capital gains crystallization trigger point and goes right up to funding the final succession bill to CRA without unduly straining the business's cash flow.

Funding expenses

Many non-deductible or restricted expenses which usually end up being treated as personal expense and paid with after tax cash can become legal corporate expenses, if appropriately structured.

Financing

Recycling funds from cash rich or funding a cash starved business corporation could help business owners create additional wealth as well as legitimately retain it.

If business owners require short term credit to finance their personal requirements, a corporate loan at relatively lower interest rate to bank credit rates may be available. There are strict rules under which the shareholder loans operate. Generally the loan would not have to be included into the borrower (owner's) income if the loan is repaid with one year after the end of the taxation year in which funds are borrowed. There may also be interest inclusion if the interest rate offered by the corporation is less than the prescribed rate. Access to easy cash could open a window of opportunities to an entrepreneur mindset business owner.

Conversely an appropriately structured investment vehicle can provide the much needed funds to a business corporation and provide a secure as well as superior return to the owners or debt holders. Proper structuring can work magically in reclassifying debt

as equity while navigating the critical banking covenants associated with working capital funding.

Limitations and Challenges

While there are significant benefits to operating an incorporated business, it may not suit every business scenario. Some costs particularly in the early stages of a life cycle of the business may be burdensome for a business owner to carry.

Payroll costs

All salaries paid to the business owner in his capacity as an employee are subject to CPP, EI and income taxes. The regular employer and employee contributions that are mandatory may not be sustainable when a business is at its growth phase. In these circumstances it may be financially prudent for a business owner to restructure into some other form of business.

Director's liability

Even though a corporation is a separate person and liability is limited to the business, there are circumstances under which the Canada Revenue Agency can issue assessments against Directors. Where there are payments due for HST, CPP, EI, payroll taxes or other trust funds, Directors liability can often be used to seek payment. Business owners who rely heavily on a bookkeeper for their compliance obligations and must pay close attention to ensure that the corporation's obliga-



tions are being met. Passive investors with little or no involvement in the operations of the business must also be alert to ensure the compliance of active Directors.

In retrospect

There can never be boiler plate approach to tax strategies for private corporations. It is important to consider the life cycle of the business, the cash flow requirements, physical and any family related issues of the business owner. A cost and benefit analysis will help steer the decision making process. As relevant to most situations, the quality of the advice received would make all the difference between a successfully executed strategy and a failed one.

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.

Soniya Ponniah wins 2015 Scholarship Award presented by the Association of Black Law Enforcers (A.B.L.E)



Soniya accepting her Scholarship Award

Soniya Ponniah who is of Sri Lankan origin and a grade 12 student from the Notre Dame Catholic Secondary School is one of the recipients of the 23rd Annual Scholarship Awards presented by the Association of Black Law Enforcers.

Soniya has grown as an individual through numerous volunteer experiences. One of her recent experiences is her participation in the Peer Academic Leadership Programme at Notre Dame. Through her volunteering skills, she has enhanced her community reach.

Soniya will be entering Carlton University this September to pursue her dream career in Law and she looks forward to become a criminal lawyer. She is thankful to the A.B.L.E. organization which has greatly assisted her in continuing her educational pursuits.

A.B.L.E is an organization of law enforcement professionals and offers scholarships on an annual basis to young people from the black and visible communities selected on the basis of academic achievement, community service and financial need.

MANAGING YOUR MONEY

How do you make your mortgage payment tax deductible?

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

The Home Equity Diversification Plan can be an effective alternative to simply paying down home mortgage debt when utilized in the right situation. It allows a home owner to convert non-deductible mortgage debt to deductible investment debt with every mortgage payment. This strategy is based on premise that tax deductible interest payments are more financially sound than non-deductible interest payments. Tax savings from the deduction of interest - can be used to make additional principal payments on non-deductible mortgage debt

Home Equity Diversification Plan (HEDP)

Home Equity Diversification plan (HEDP) is a leveraging strategy that gradually allows the home owners to unlock the equity in their real estate through a series of regular investment loans. It allows the home owners to take advantage of long-term investment growth without committing extra monthly cash-flow to the strategy.

In the Home Equity Diversification Plan, home owners convert the mortgage to an All-in-one Account (AIO) with two variable limit sub-accounts. The first

mortgage sub-account.

In the example the home owner has an All-In-One account (AIO) that is split into two sub-accounts. Sub-Account #1 is segregated to represent the home owner's mortgage. Sub-account 2 will be utilized for the Investment Loan to facilitate the HEDP strategy.

The home owner will set up a fixed monthly payment to sub-account #1 to pay down a portion of the principal owing as well as the monthly accrued interest. Each payment of principal on the mortgage increases the credit limit available in sub-account two for the investment loan.

Home owner will set up a monthly Pre-Authorized Contribution (PAC) that will debit the investment sub-account and invest in a non-registered mutual fund account.

Total debt remains constant if investment debt increases in proportion to the decrease in mortgage debt. If the home owners prefer to see a reduction in overall debt they can opt to invest a slightly lower amount than their monthly principal repayment.

With linked credit facilities, monthly



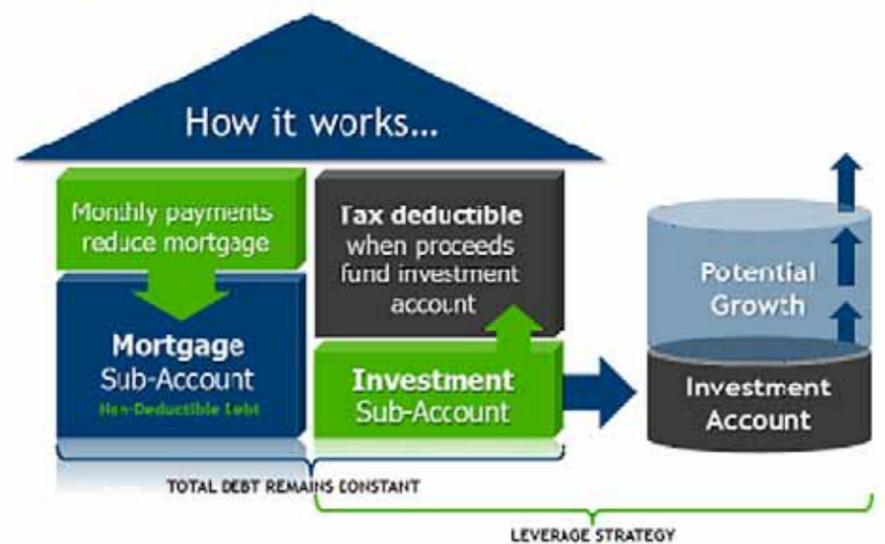
variable limit sub-account pays out the existing mortgage (we will refer to this as the "mortgage sub-account" or "mortgage"). The second variable limit sub-account is used to fund the purchase of investments (we will refer to this as the "investment sub-account" or "investment line of credit"). Each payment of principal on the mortgage sub-account increases the credit limit on the investment sub-account. Investment assets increase in proportion to the decrease in personal debt, although the home owner can choose to borrow less for investment than the amount paid in principal on the

payments can remain fixed (subject to interest rate increases) until the mortgage sub-account is eliminated. Tax savings from the deduction of interest on the investment sub-account permits additional principle payments on the mortgage sub-account.

Home Equity Diversification Plan is a wealth enhancement strategy designed to increase a home owner's net-worth over time. It is not a debt reduction strategy. Leveraging on a monthly basis- dollar cost averaging into the market has less risk than single lump-sum investment. Over the long term, HEDP has the poten-

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Home Equity Diversification Plan



For internal use only.

tial to increase a Home owner's after-tax net worth when compared to traditional planning. As with any leveraging strategy, the improvement in personal net worth is predicated upon investment returns exceeding the cost of borrowing. Leveraging can increase returns, but it can also magnify losses.

Under Federal and provincial law (with the exception of Quebec):

- The ability to deduct interest is dependent upon the use made of the borrowed funds (not the asset used as security for the loan).
- Interest on borrowed money used to acquire an investment for the purpose of earning income is deductible.
- "Income" includes interest, dividends, rents and royalties, but not capital gains.

• Under current case law and Canada Revenue Agency (CRA) assessing policy, there must be a reasonable expectation that the property will produce some income. There is no quantum or reasonable expectation of profit test.

• In practice, the CRA generally considers that a taxpayer has a reasonable expectation of earning income on common stock and mutual funds, but each situation is potentially open to being determined on the particular facts.

• Regular interest is deductible in the year if paid or payable, "depending on the method regularly followed by the taxpayer in computing the taxpayer's income"

• Investment Expenses from all sources netted against Investment Income from all sources

• Carry Back/Forward - Investment Expenses that cannot be used in the year can be carried back three years and forward indefinitely to apply against investment income in another taxation year (to the extent investment income earned in the particular year exceeds expenses incurred in the particular year)

Home Equity Diversification, otherwise known in the industry as the Smith Maneuver is a leveraging strategy that allows clients to take advantage of investing with a dollar cost averaging approach. It offers investors the opportunity to build wealth without committing extra cash and to take advantage of the potential for long-term investment growth. The plan may be ideal for home owners who want to invest while still maintaining their standard of living.

Home Equity Diversification Plan (HEDP) is a leverage strategy and is subject to all compliance and regulatory guidelines and approval requirements of a financial institution. The decision on whether a leverage strategy is suitable for a particular home owner is based on the specific circumstance for that particular home owner.

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 and/ or to arrange a free educational seminar please contact me.

AGONY AND ECSTASY

(The travails of a grandpa)

By: C. Kamalaharan

Arriving in the wheelchair at Gate No 27, Nadarajah master embarked on the connecting flight and trudged forward wheeling his hand luggage along the aisle as he went in search of his seat No: D2. On finding it between D1 and D3 he attempted in vain to lift his hand luggage on to the overhead rack. On seeing him failing in his attempt the smart young gentleman in seat No: D1 went to his rescue, took the luggage and placed it on the rack. Nada as he was affectionately called thanked him profusely for the timely help, sat in his seat and fastened the seat belt before the announcement to do so. Kumar, the smart gentleman seated by his side asked Nada in Tamil, "Embarked on a long journey?" Thoroughly excited to have a Tamil gentleman by his side Nada replied, "Yes Thamby very tedious" and expressing his pleasure he continued, "Glad to meet you." "So am I" replied Kumar.

Happy to have a travelling companion, Nada adjusted himself comfortably in his seat and exchanged formalities with his new found neighbour Kumar. While relaxing Nada took his hand phone and scrolled the pictures stored in it. All of a sudden his eyes swelled with tears as he intently gazed at the photo of two kids and wiped the tears as he sobbed. Kumar deeply moved by what he saw asked Nada, "What happened Sir, you seemed to be disturbed, anything serious?" "These are my grand kids, children of my son so cute and smart. They begged me not to leave, I really miss them." Continuing he said, "Thamby, parting is terrible particularly for grand parents who thoroughly enjoy the company of the grand kids during their twilight years." After hearing his woes Kumar asked him, "Where are you bound for Sir." "I'm going to spend some time with my daughter and grand kids in Montreal." "From Sydney to Montreal! such a long journey!" "What to do Thamby my children are scattered in different countries. I am being drifted hither and thither by this thing called attachment."

As the flight took off and went on cruising smoothly at the height of 35000 feet the air hostess brought Nada's special Hindu meal (special

meals are served first in all flights. He turned the clip to release the tray attached to the back of the seat in front of him and placed the food tray on it. The seats being cramped and the tray space just sufficient to accommodate the food tray Nada feeling hungry unwrapped the compact food packet hurriedly and began to devour the food taking care not to spill it. As he was having his meal under restricted conditions another setback intervened when the stout man seated just in front of him had reclined his seat and relaxed unaware that the tray attached to the back of his seat had pressed Nada's belly. Observing the predicament in which Nada was Kumar got up leaned over and made a humble request to bring back the seat to its former straight position until Nada finished eating.

Having finished his meal Nada confronted another problem of going to the rest room to ease himself. This too seemed to be a troublesome task. The neighbour seated on his left had to walk out into the aisle to enable Nada to move out. On his return too this inevitable procedure had to be followed. Then when the person seated on his right had to move out both Nada and the neighbour seated on his left had to move out. The whole procedure had to be followed throughout the flight.

After easing himself Nada returned and relaxed in his reclined seat. All of a sudden a sudden jerk in the plane jolted Nada out of his nap. He excitedly asked Kumar, "What is it Thamby?" "Don't be scared Sir, this is quite normal in a flight. See how cool the other passengers and the crew members are. They are accustomed to these sudden jerks during flights." As the jerk continued Nada not satisfied with Kumar's explanation began to bother him, "Thamby, we are travelling at such a height and if anything misfires we are finished." "No not at all Sir, don't harbour such unwarranted fears." "Then why does this turbulence continue?" "You see Sir, when travelling in a car the car bumps as it falls into pot holes or trenches. During flights turbulences are also similar to this when the planes pass through dense clouds or through air pockets." "But Thamby,



generally speaking I'm scared to travel in a plane." "Sir, see how many flights are in the sky every now and then throughout the world. According to statistics in America alone about 1.8 million passengers are up in the sky over the US on 24,600 flights daily. And more than one lakh flights are operated daily throughout the world." Even after Kumar's assurances Nada's botheration continued, "Are the planes fully checked prior to take off?" "Sir, with the vast technological advancements air travel is now quite safe and before take off a plane is completely scrutinized investigated checked and re-checked. During flight too everything is continuously monitored. Sir, you are nineteen times safer in a flight than in a car and as regards turbulences aircrafts can survive the strongest turbulences even a thunderstorm." Quite satisfied with all the credible explanations Nada dozed to sleep.

When the air hostess arrived wheeling the trolley with drinks she asked Nada, "Any drink Sir?" Kumar intervened and asked him Beer or anything stronger Sir?" "No I never drink such stuff. I only want coffee with milk and a packet of splendour." Kumar thought for awhile and asked, "Are you diabetic Sir?" "No not at all. I only want to be on the safe side. How about you Thamby?" "Me too the same. I'm not diabetic and I take only one spoon of sugar." "That's good Thamby always be on the safe side."

On hearing the announcement for landing Nada immediately fastened the seat belt and brought the seat from the reclined position to its straight position. As the plane was descending a thud sound was heard. "Muruga! Muruga!" Nada invoked his chosen deity out of fear. Kumar again assured him "It's nothing, be cool we're about to land." With a bouncing sound the wheel touched the runway and the plane vibrated with a screeching sound.

Nadarajah instinctively murmured "Muruga." The plane slowly taxied along the runway and halted as it came in contact with the air bridge. Kumar brought down the hand luggage from the rack and both of them wheeled the luggage into the terminal building and arrived at the carousel that brings the luggage from the plane. After collecting their luggage they placed them in the trolleys and moved into the visitor's lounge where the visitors were anxiously waiting to receive the passengers. All of a sudden voices were heard in unison "Thatha Thatha" Nada's grand kids shouted in jubilation. Nada's face brightened and hurrying there he hugged and kissed them. What appeared as agony during departure at Sydney airport had been eclipsed by ecstasy on arrival at Montreal airport. This is how the mindset of grand parents changes during different situations and dispel unwanted fears.

While leaving the airport in a joyful mood Nada expressed his gratitude to Kumar, "Thamby, thank you so much, you have come as God to help me, may God bless you. To which Kumar's prompt reply was, "What! thanking and blessing me. Its I who have to thank and bless you." Nada with a bewildered look, "Why Thamby?" "Because of you Sir I'm in this position leading a happy contented and peaceful life." "Because of Me! I can't understand what you say." "Its your grinding in mathematics at school that made me an engineer." "You are!" "I'm post master Chelliah's son." "Oh! I see, then why didn't you disclose your identity during the flight." "Sir I kept it as a suspense till this moment." "You 'vaduva' rascal," saying so Nada hugged Kumar warmly and both of them parted with all smiles.

The sketch drawn by K. Dagshayani daughter of the writer being very much impressed by the story.



GENIE SISTERS SAMAYAL SANTHAI



Welcome to our new recipe corner! We sisters will entice you with recipes that we have fallen in love with and teach you a little Tamil along the way, as all the ingredients will have their Tamil names, as well. Both of us love to cook and we have developed very different styles. Niranjini has a very refined palate and cooks more contemporary world cuisine with an Asian touch. Rajini is a seasoned homemaker who loves making traditional dishes for her friends and family. Follow us on Instagram: @ninjaeatsfood and @tamil_food

Eat more, learn more!

Sisters Niranjini Thirunesan (left in photo) and Rajini Nathan live in London and are of Sri Lankan heritage. Niranjini is a graduate in Human Biology, and has a clear **passion for food**. You can find more of her recipes on her blog www.ninjaeatsfood.wordpress.com Rajini has a background in psychology and travels the world with her husband Victor and daughter Azaaryah. Their travels are detailed at www.myreluctanttravels.wordpress.com

KATTHARIKKAI PIRATTAL



According to diabetics, aubergines are low in fat, protein and carbohydrate. However, no Sri Lankan Tamil meal is complete without the oil-ridden Katttharikkai (Aubergine/Brinjal), and as we are also a community susceptible to the expanding waistline, we thought we would share this 'healthier' version of the traditional katttharikkai pirattal.

Serves:- 4-6
(or just 4 if you're really hungry)

Ingredients:-

3 Tbs Nalennai (Sesame oil)
¼ tsp Kadugu (Mustard seeds)
1 tsp Perunseeragam (Fennel seeds)

1 tsp Seeragam (Jeera)
¼ tsp Venthayam (Methi seeds)
1 tsp Kaayntha milagai (Dried whole chilly)
10 Fresh Kariveapilai (Curry leaves)
2 Patchai milagai (Green chillies)
1 Large Katttharikkai (Aubergine)
2 tsp Inji Poondu viludhu (Ginger and Garlic paste)
2 Tablespoons of Kotthamalli powder (Coriander/Dhania)
2 Tsp Seeragam powder (Jeera)
1Tsp Manjal thool (Turmeric/Haldi powder)
3 Tbs Sri Lankan Roasted Chilli powder
1Tbs Tomato Puree
Puli Thanni (tamarind water from a lime size tamarind ball)
Salt – to taste

Method:

Preheat oven to 200°C (180°C for fan assisted ovens)

Cut the aubergines into long thick slices, similar to that of chunky chips. Mix together with 2 tbsp of coriander powder, ¼ tsp of turmeric powder, 2 tbsp of Roasted Sri Lankan chilli powder, 1 tsp jeera powder, salt and 2 tbsp of sesame oil. Lay onto a foil lined baking tray and bake for 20 mins.

Meanwhile, place a wok onto a medium flame and add the remaining oil. One heated, throw in the mustard seeds. When these start to pop, add the fennel seeds, jeera seeds, methi seeds, dried chillies, curry leaves and green chillies, tempering this for 20 seconds. Next, add the ginger/garlic paste and roast until slightly brown. Once the colour has formed, add in the remaining turmeric powder, Roasted Sri Lankan chilli powder, coriander and jeera powder with the tomato puree. If the mixture seems a little dry add some water (about 100 ml to loosen up the mixture). Simmer this mixture for 5 minutes to let the spices cook. Once the aubergines are ready, add this to the mixture in the wok, along with the tamarind water and simmer for another 5 minutes. Taste for salt- if needed add more**.

Tastes great with sambhar and lemon rice...need those recipes too?
Watch this space!

****Try using Pink Himalayan Sea Salt, instead of the usual table salt. It can help increase circulation around the body, whilst lowering blood pressure at the same time.**

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TAKE-OUT & CATERING'S PROMOTION BENEFITING MARKHAM STOUFFVILLE HOSPITAL

Babu Take Out & Catering has proudly donated \$5 from every \$25 gift certificate and \$10 from every \$50 gift certificate purchased to the Markham Stouffville Hospital Foundation in supporting your community's health services. The special fundraising promo was held for about two months until May 17th for gift certificate purchases at Babu Take Out & Catering.

The proceeds collected over \$6,000 from this initiative were donated on May 18th at Babu Take-Out & Catering Markham branch with several dignitaries in attendance. This fund goes towards the \$250,000 pledge made by the Tamil Community to support Markham Stouffville Hospital. With the support of Markham Ward 7 Councillor, Logan Kanapathi, many music concerts, dances and galas have already been held to contribute towards this commitment.

The fundraising goal is to be fulfilled through numerous upcoming events and fundraisers hosted by members of the Tamil Community.

In attendance on May 18th to handover the cheque to Markham Stouffville Hospital was Patrick Brown, leader of the Conservative Party of Ontario, Bob Saroya, Federal Conservative candidate for Markham Unionville, Neethan Shan, Former President of Ontario NDP, Babu (Kandiah) Rajakulasingam, Owner, Babu Take Out & Catering with his wife, son and daughter, Councillor Logan Kanapathi, Ward 7, Markham, Members from York Regional Police, Allan Bell, Director, Community Relations & Corporate Partnerships, Dr. Subarna Thirugnanam, ICU Physician, Markham Stouffville Hospital and many other dignitaries from the community.

Senthil Thirugnana, Marketing for Babu Catering passionately emceed the event.



Photo courtesy: Charles Devasagayam, Tamil Mirror



DOORS OPEN RICHMOND HILL 2015 AT THE RICHMOND HILL HINDU TEMPLE

The Ganesha Temple

This was the first year that the Ganesha Temple was invited to join the "Doors Open Richmond Hill 2015" event held on Saturday, May 9th. It turned out to be an overwhelming success.

There were few reasons for that. The first being the support of our community both financially and in kind. On the publicity side, Balu Srinivasan, the Web Master of the Temple's web gave a good account of the event in our Temple Web, which was very much appreciated by the Organizers of the event from the Town of Richmond Hill. Due publicity was also given by print media like this newspaper, Monsoon Journal and the Richmond Hill Community Newspaper,

The Liberals and the Asian Television Network which was kind enough to arrange for an interview to explain about the Doors Open event in general and about the Ganesha

Temple's participation in particular. They broadcast that interview both on Thursday evening and Friday morning before the Saturday, May 9th event. Our volunteers also distributed a short note at all houses near and around the temple area just a day or two before the event which proved to be effective, since quite a few visitors mentioned about receiving the note at their places.

Calling this an overwhelming success itself could be called an understatement, since we had close to 800 visitors as per the organizers and the next closest at other centres was just 200. This seems to be the highest number of visitors ever for Doors Open in Richmond Hill thus far. The reason for the outstanding success is purely because of very eager, enthusiastic and dedicated volunteers of all ages. Particularly the younger age group volunteers really made the day not only for us the organizers, but also

to all the visitors. The visitors were also given a taste of our traditional Bharatha Natyam presented by youngsters.

The credit goes to their dance teachers and their support in this cause. As the saying goes, "the proof of the pudding is in the eating", the comments / opinions / experiences expressed by the visitors in the Guest Book speaks for it. Quite a number of visitors also had told us that they would like to bring groups to visit the Temple. The biggest compliment, we thought was from couple of other Religious Centres writing on the Guest Book, that they were extremely happy to have us as their neighbours in the Community. If we have to say in one sentence the reason for this success, it is VOLUNTEERS, VOLUNTEERS, VOLUNTEERS!!!

Some photos from the event can be seen here.





Super Visa Insurance

1) What is a Super Visa Insurance?

Super Visa Insurance is designed to cover medical emergency treatment costs incurred while a Super Visa holder resides in Canada or is on a side-trip in other country, provided that the majority of the insurance coverage period is spent in Canada.

2) Why is it necessary?

A proof of an adequate Super Visa Insurance is required by the Citizenship and Immigration Canada, as a part of the Super Visa program, in order to accommodate the immediate needs for medical assistance of a visa holder.

One of the official application requirements for Super Visa is an appropriate health insurance policy that has to be bought. Therefore, it is essential for the applicant to send a proof of Super Visa medical insurance coverage along with the rest of the documents in order to be approved for the program

3) What is the important informa-

tion to consider about Super Visa Insurance?

Super Visa insurance Canada policy ONLY provides medical emergency-based coverage EXCLUDING regular physical examinations, routine doctor and clinic visits as well as other associated cases of seeking medical attention that are not considered urgent according to a Policy Wording of a particular Canadian insurance company.

4) What are the options for refund?

- 100% refunds if your application is denied by the CIC.
- Pro rated refund if your parent or grandparent does not have a claim.

5) What are the options to pay for the supervise Insurance?

- a fully paid upfront
 - a monthly pay basis
- Super Visa Insurance Canada MUST:
- Be valid for at least 1 year
 - Cover health care, hospitalization and repatriation



- Provide a minimum coverage of \$100,000
- Be valid for each entry to Canada and available for review by a Point of Entry (POE) officer
- Be purchased from a private Canadian insurance company

Note that once you make a purchase,

you should always carry a proof of your Super Visa insurance coverage with you on a trip.

Provided by Daisy Joseph, Financial Advisor HL Bayview Financial Inc. Her advt and details can be seen on page 23

Greater Toronto Area sales increase despite supply shortage



Sales of homes in the Greater Toronto Area were up by 6.3 per cent year-over-year, according to the latest data for May.

The Toronto Real Estate Board figures show sales of 11,706 homes in May with all housing types selling more except for detached homes in the City of Toronto. This was due to low supply.

Average selling prices were up 11 per cent year-over-year at \$649,599 across all property types.

Across the GTA detached house sales were up three per cent year-over-year and prices were up 14 per cent; semi-detached sales were up 6.8 per cent, prices were up 11.1 per cent; townhouse sales were up 7.5 per cent,

prices were up 10.7 per cent; and apartment sales were up 13.2 per cent, prices were up five per cent.

Are you looking to invest in property? If you like, we can connect you with one of our mortgage experts to tell you exactly how much you can afford to borrow, which is the best mortgage for you or how much they could save you right now if you have an existing mortgage.

If you are looking to buy or sell real estate, contact **Loganathan Velumailum** at RE/MAX Community Realty Inc. Nobody in the world sells more real estate than RE/MAX, based on study of buyers and sellers in Canada & USA made in 2013. Real Estate Advt and details can be seen on page 48.

OBITUARIES - MAY 2015

RATNASUNDRAM - THAMBIPILLAI (Retired Commissioner General of Inland Revenue, former Director VAT (GST) Development Unit - Ministry of Finance, former Consultant of Tax Administration Government of Antigua (W.I.) Inland Revenue Department). Son of late Thambipillai and Kanagambigai, son-in-law of late Rasiah and Thangaluxmy, beloved husband of late Bavani, father of Bavan, father-in-law of Roshni, grandfather of Dylan Yonesh, Bianca Ria, brother of late Alalasundram, Lankeswary, Sivagnaneswary, Yogeswary, Swarneswary, Maheswary, brother-in-law of Leelathevy, Thuraisamy, late Ambalavanar, late Thiagarajah, Ramanathan, Maheson.

JOE SANTHIAPILLAI, formerly Director of Lever Brothers and Technical Advisor for the United Nations, born 15 November 1934 passed away on 12 April 2015 in the UK. Beloved husband of Rajini (Raji), father of Dilukshan (Dilu), Rajeev and Arjuna, father-in-law of Doris and Sharmini and grandfather of Kiara, Sienna and Kaaya, brother of the late Olive Rajaratnam, Flo Eliathamby, Rev. Fr. Kingsley Santhiapillai, Anton Santhiapillai and Indra Santhiapillai, survived by Stella Manuelpillai (Canada) and Bernard (Babani), Santhiapillai.

RAJARATNAM - SIVAGNANASOTHY - (Retired Deputy General Manager, Bank of Ceylon). Beloved husband of the late Ratnawathy, loving father of Bhavani, Sivani and Janani, father-in-law of Shanmugathan, Sriengan and Balakumar, grandfather of Selvan, Kumaran, Anjali, Arunan and Dhakshi and Darani, brother of the late Jegasothy, late Swami Prakashamayananda (Jothy Swami), Ratnasothy, late Indumathy late Chandramathy and Dr. Thavasothy, passed away in Sydney, Australia. Sivani (daughter) e-mail: sivani.sothy@gmail.com No. 19/55, Chiswick Road, Greenacre, NSW 2190, Australia.

SATCUNAN - MERLE PRIMROSE - passed away peacefully on April 19, 2015. Beloved wife of late Sinnathamby Poorana Satcunan, loving mother of Chelvarani (dec.) Santha, Sathiamalar, Mano, Sarojini, Sathi, mother-in-law of Kirubai (dec.) Wim, Thiru (dec.) Kirthi, Jeya and Ranjini and dear grandmother to 14 grandchildren and 17 great grandchildren. Her funeral will take place in Melbourne Australia.

RATNASABAPATHY - NADARASA (Attorney-at-Law, LLB London), former Senior Partner of Julius & Creasy, passed away in Sydney, Australia on 21 May 2015. Mr. Ratnasabapathy was the beloved husband of Pathma, loving father of Manjula, Pradeepan and Niranjala, kind father-in-law of Anandan, Verni and Suresh, adoring grandfather of Radheesh, Thushara, Sahana, Arwin, Tarun and Varun and dear brother of late Dr. Shanmugalingam, Parameswary, Rajeswary, Paramanathan and Sarvanathan. Private funeral and cremation was held in Sydney, Australia.

RAJENDRAN DANIEL STEPHEN (Proprietor, Daniel's Bookshop, Wellawatte). Loving husband of Grace, much loved father of Rajiv and Maureen Rajani, father-in-law of Surienee and Jude Niranjana, adored grandfather of Nithinshi, brother of the late Jesudasana, Mary, Rajasingham & Arulamma, Nathan and Rani, passed away.



STC Embark on a New Initiative - "Clean Air Ambassadors"

The "Clean Air Ambassador's Project" was proudly launched on the 8th of May 2015 by the Senior Tamils' Centre of Ontario (STC). This 3 year project is funded by the Ontario Trillium Foundation which is an agency of the Government of Ontario, and Canada's largest granting foundation.

Today, seniors, are facing lack of mobility and lung disease (asthma, bronchitis etc.) caused by air pollution. Globally, the world is facing serious challenges and costs related to air pollution, smog and global warming that together represent one of humankind's greatest threats. According to U.S. Centers for Disease Control and Prevention report, the annual death toll from extreme heat is already on the rise. It further predicted, the number of heat-related deaths would climb from the current annual rate of around 700 to around 5,000 by the year 2050. Reduc-

ing cases of heat stroke may be one obvious benefit of cutting our greenhouse gas (GHG) emissions. A heat wave's effects in recent years saw an increase in the number of children and elderly people hospitalized for suicide attempts, kidney disease, diabetes, de-hydration etc. Smog can also intensify, as high temperatures speed up the formation of ozone and other airborne pollutants. According to Transport Canada, transportation is the single largest source of GHG emission in Canada and 44% of the emissions are attributable to passenger vehicle travel. All these issues are interconnected with air pollution and climate change having detrimental effects, on human health, safety and wellbeing.

The Clean Air Ambassador program provides opportunities for the STC members to spread knowledge about global warming to other Ontarians encourage

them to take personal actions and activities that help reduce GHG emissions. Engaging Ontarians in initiatives that reduce global warming through reducing GHG emissions by changing personal commute, practising water conservation, energy conservation etc. The reduction of air pollution and smog result in cleaner air that help all Ontarians breathe easier, better and help beat lung diseases and live healthier. Through this program STC volunteers learn and to adapt, on new initiative in an innovative way, collaborate with other community organizations and work together to help reduce global warming, collectively.

STC is already working with University of Toronto Engineering Strategies and Practice course students and developing an online model, to help measuring GHG emission, to be used in the Clean Air Ambassadors program.



Monsoon Journal is proud to inform everyone that we are in our 10th year of circulation. We thank all our advertisers, readers and well-wishers who helped us reach this milestone.



Nurses Appreciation Gala

The Nurses Appreciation Gala was hosted by Med Pro Link affiliated with Cornerstone Financial Group on Saturday, May 23, 2015. Cornerstone Financial Services were represented by Advisors Daisy Joseph, Anita M. Lo & Joan Wallace. Guest speakers Dr. Natsha Browne and Richard Stadnyk as well as President and CEO of Meds Pro Link Howard Russ and Joan Wallace from Cornerstone Financial made their presentation and keynote speeches.

It was an evening of fun and recognition for nurses for their dedicated work. This event was in appreciation of nurses and to recognize and thank them for their services to the well-being of the community. There were many prizes and surprises as all nurses received a gift. All the participants were served with sumptuous dinner in the end.





Durham Tamil Association received the Community Group Award for 2014 from the City of Pickering

The City of Pickering presented Civic Awards to members of the community who exemplified outstanding service and achievements during 2014. On May 25th, many individuals, community groups and service organizations including Durham Tamil Association gathered at the City Hall in Pickering to witness this event. TEAM DTA Youth were in attendance along with President Josh Suresh, Secretary Mano Pancharatnam, Board Director Yoka Selvan & Program Coordinator Uma Suresh. Mayor

of Pickering Dave Ryan announced that Durham Tamil Association has been chosen for the Community Group Award for their visibility in Durham Region through their selfless service to the community and gave the medal to the President Josh Suresh. Councillors Ian Cumming, Jennifer O'Connell, Bill MacLean, Rick Johnson, Kevin Ash assisted the Mayor in this award ceremony by giving he Civic Award Pin to all the youth who are committed to serving the Durham Region.



President of DTA Josh Suresh, Secretary Mano Pancharatnam, Board Director Yoka Selvan & Program Coordinator Uma Suresh receiving the Best Community Group Award for 2014



TEAM DTA Youth & Executive Members with Mayor of Pickering Dave Ryan, Councillors Jennifer O'Connell, Rick Johnson, Ian Cumming & Bill MacLean during the Civic Award Ceremony

5TH ANNUAL IMPACT OF FAMILY VIOLENCE AGAINST SOUTH ASIAN WOMEN CONFERENCE IN OTTAWA

Durham Tamil Association was invited by Social Services Network to be part of the steering committee which lead the 5th Annual Impact of Family Violence against South Asian Women on May 13th & 14th in University of Ottawa. In partnership with Peel, York, Toronto, Durham & Ottawa Regional Police & Children Aid Societies, various service providers including WMRCC, Durham Tamil Association etc., this conference was focused on providing the advocacy and recommendations to stop the violence against women. Canada's Minister for Citizenship Immigration Hon. Chris Alexander was invited by Durham Tamil Association to be the chief guest for the opening



MP Corneliu Chisu, MP Rathika Sitsabaiesan & MP Kirsty Duncan joined the reception by Senator Hon. Salma Attaullahjan to the organizers @ the Ottawa Parliament



Facilitators of the conference against women violence



Hon. Mobina Jaffer, Senator @ the FVC with DTA's VP Kanga Sivanathan & Uma Suresh

ceremony. Senator Hon. Salma Attaullahjan, Senator Hon. Mobina Jaffer, MP Rathika Sitsabaiesan and MP Kirsty Duncan along with Police officials, service providers and key note speakers were in attendance.

VP of DTA, Kanga Sivanathan along with Program Coordinator Uma Suresh attended this 2 day conference.



VP Kanga Siva & Uma Suresh with Peel Regional Detective Rick Hawes, Sgt Emmy Itheme of DRPS, RCMP Officer Ajit Tiwana & Const Bobbili Johnny of Toronto Police



VP of DTA Kanga Sivanathan & Uma Suresh with the Executives of SSN in Ottawa

Various workshops were scheduled for these two days including those for the youth, men, seniors, service providers and women. Uma Suresh facilitated the workshop for the South Asian women. On May 13th, Senator Hon. Salma Attaullahjan honored the organizers and steering committee members by giving a grand reception inside the Ottawa Parliament. It was a great honour for Durham Tamil Association to be part of this community awareness program.



Hon. Min. Chris Alexander with Sgt. Emmy Itheme, Michael Bowe, Naushad Hirji, Sen. Hon. Salma Atullahjan, Esther Enyolu, Dr. Naila Butt, Uma Suresh & PC Johnny Bobbili

DURHAM TAMIL ASSOCIATION'S CONTRIBUTION TO HOW-TO-IN-10 FESTIVALS OF DURHAM

Durham Tamil Association has been actively involved with the How-To-In-10 Festivals, hosted by various libraries across Durham Region. The objective of the festival is to enable the visitors learn various arts of different culture, each in 10

minutes. TEAM DTA Youth applied henna to hundreds of visitors, taught the popular Tamils' art called Kolam, demonstrated how to wear a saree and also enabled children & adults of various backgrounds to write their names in Tamil.



TEAM DTA Youth & volunteers Yoka Selvan, Latha Ragu & Uma Suresh @ the Clarington Library



Kids learning how to draw Kolam @ Whitby Library



TEAM DTA Youth & volunteer Mrs. Sumi Devakumar along with Rhonda Jessup of Whitby Public Library



TEAM DTA Youth applying Henna to the guests @ Whitby Library



With our young models who passionately wore saree



DTA's Latha Ragu teaching the methods to wear a saree @ the Clarington Library



TEAM DTA Youth applying Henna to the guests @ the Clarington Library



DTA's Kirthika applying Henna for guests during the How To In 10 Festival, hosted by Pickering Library



Kaya was happy to learn how to draw Kolam



Hareem was happy to draw this Kolam & learned how to write her name in Tamil @ the Pickering Library



Kids learning how to draw Kolam @ the Pickering Library



MP Corneliu Chisu with TEAM DTA Youth @ the How To In 10 Festival by Pickering Library on 23 May 2015



APOT.Asia Forum in Colombo explores in-flight service enhancement strategies

SriLankan Airlines DIRECTOR/CEO Rakhita Jayawardena chairs the forum

Asia Pacific On-board Travel (APOT. Asia), an organization that brings together aviation and hospitality leaders in the Asia Pacific Region, held its annual forum in Colombo on June 1, 2015 at the Hilton Colombo, with the participation of over 50 APOT delegates, airline representatives and industry stakeholders.

Minister of Aviation Services, Honourable Reginald Cooray was the Chief Guest on the occasion while Chairman, Sri Lanka Tourism Promotions Bureau Mr. Rohantha Athukorala delivered the keynote address of the conference.

Aimed at collectively innovating and improving service standards of on-board service delivery, thereby increasing the tourist movements in the region, APOT boasts of a member base of more than 750 personnel spread across 56 countries, representing international airlines, airline caterers, inflight product and service providers and media organizations.

The previous annual forums of APOT.Asia have been held in Bali, Indonesia, Seoul, South Korea and Da-nang, Vietnam. This year, the Forum will be held in Colombo with the participation of industry delegates representing Indonesia, Australia, India, Malaysia, Japan, United Kingdom, Hong Kong, Germany, USA, Korea, Singapore, the Netherlands, France, Vietnam and China. This year's forum has a host of interactive sessions focusing on in-flight service enhancements, airline food, passenger well-being and trends in the Europe and USA markets. The line-up also includes a chefs' competition and a trade show.

SriLankan Airlines, Director/ CEO Mr. Rakhita Jayawardena, with his wealth of experience and expertise as a pioneer in in-flight duty retail, has taken over the chairmanship of APOT. Asia. Commenting on the importance of knowledge and experience sharing among the industry leaders, Mr. Jay-

awardena said, "I hope these educational sessions will direct you towards timely service enhancements and value additions to serve your customers better. This is a knowledge sharing platform where many success stories will be related to inspire you."

Travel trends are rapidly changing and we need to be aware of the innovative and creative initiatives that will lead the industry in the future."

APOT.Asia annual forums have also become an ideal platform to address and discuss in detail the challenges faced by the industry and collectively discover strategies to overcome them. APOT. Asia is an organization that endorses innovation through which the airlines and aviation service providers can enhance their products and services to suit the modern-day traveller.

Commenting on the support extended by the Sri Lanka Tourism, Mr. Jayawardena added, "I take this opportunity to thank Minister of Tour-

ism Hon. Navin Dissanayake and Sri Lanka Tourism Promotions Bureau Chairman, Mr. Rohantha Athukorala for their wholehearted support to make this event a success. I am certain that their dedication and far-sighted initiatives will continually contribute to the country's development drive."

Supported by Sri Lanka Tourism Promotions Bureau and Sri Lanka Tea Board, this year's Forum will be concluded with a tea gathering coinciding with the launch of a Guinness Record initiative for tea plucking.

Commenting on SriLankan's role, Mr. Jayawardena further said, "SriLankan Airlines, as the country's national carrier that has been involved in many tourism promotional ventures, is happy to be part of this event. And, we will continue to endorse endeavours of this nature that support the growth of the industry."

Info: Corporate Communications, SriLankan Airlines



Chairman Sri Lanka Tourism Promotions Bureau, Mr. Rohantha Athukorala delivering the keynote address



Aviation Minister, Hon. Reginald Cooray addressing the gathering



Chairman APOT.Asia and SriLankan Airlines Director/CEO, Mr. Rakhita Jayawardena welcoming the participants of the conference



SriLankan Airlines' staff welcoming the delegates



Participants at the forum



Project Zero to Help Reduce Fire and Carbon Monoxide Deaths in Markham

Enbridge Gas Distribution, the Fire Marshal's Public Fire Safety Council and the City of Markham's Fire and Emergency Services announced they are partnering to improve home safety and bring fire and carbon monoxide-related deaths down to zero.

Markham's Fire and Emergency Services received 460 combination smoke and carbon monoxide alarms through Project Zero - a public education campaign that is providing 3,330 alarms to residents in 15 municipalities in Ontario. This year, Enbridge invested \$100,000 in Project Zero. Since 2009, Project Zero has been launched in 79 Ontario communities.

"With the new law making carbon monoxide alarms mandatory in all Ontario homes this spring, Enbridge is ever more committed to safety and assisting communities to comply with the new law to help prevent deaths due to carbon monoxide exposure," said Trevor Tuck, Director of Distribution Protection at Enbridge Gas Distribution. "This partnership will help educate customers about the importance of installing a combination smoke and carbon monoxide alarm as well as properly maintaining fuel-burning equipment."

"Smoke and carbon monoxide alarms are critical life safety devices. They detect the presence of smoke and deadly gas and provide those precious seconds for occupants to escape. Everyone needs to have them in their homes," said Ted Wieclawek, Ontario Fire Marshal, Chief of Emergency Management

and Chair of the Fire Marshal's Public Fire Safety Council.

Laws requiring carbon monoxide alarms came into effect in fall 2014 with compliance dates being phased in this year. As of April 2015, it is now the law in Ontario that every home must have a working carbon monoxide alarm on every storey and outside all sleeping areas. As a continuous champion of safety, Enbridge welcomes this new law and is proud to support Project Zero and public education efforts with the Ontario Fire Marshal.

"We are very pleased to partner with Enbridge Gas Distribution and the Fire Marshal's Public Fire Safety Council on this important initiative," said Mayor Frank Scarpitti. "It is critical that we work together to educate Markham residents about what they must do to protect themselves, and their families, against home fire and carbon monoxide emergencies."

When properly installed and maintained, combination smoke and carbon monoxide alarms help provide the early warning that is needed to safely escape from a house fire or carbon monoxide exposure.

"We are delighted to be a Project Zero recipient of combination smoke and carbon monoxide alarms," said Markham Fire Chief Bill Snowball. "These alarms will help us educate Markham residents about the requirement to install carbon monoxide alarms, home fire safety and carbon monoxide emergencies. When seconds



count, early detection is second only to education."

Carbon monoxide is a toxic, odourless gas that is a by-product of incomplete combustion of many types of common fuels. It is important that all fuel-burning equipment be properly maintained to prevent carbon monoxide buildup. Carbon monoxide alarms are recommended as a second line of defense to protect against the dangers of carbon monoxide poisoning.

About Enbridge Gas Distribution:

Enbridge Gas Distribution Inc. has a more than 165-year history and is Canada's largest natural gas distribution company. It is owned by Enbridge Inc., a Canadian-based leader in energy transportation and distribution. Enbridge has ranked as one of the Global 100 Most Sustainable Corporations for the past seven years and was also named as one of Canada's Top 100 Employers in 2015. Enbridge Gas Distribution and its affiliates distribute natural gas to over two million customers in Ontario, Quebec, New York State and New Brunswick. For more information, visit www.enbridgegas.com or follow us on Twitter @EnbridgeGasNews.

About the Fire Marshal's Public Fire Safety Council:

The Fire Marshal's Public Fire Safety Council (Council) is a registered charity established in 1993 with a mission to help create "a world where no one is hurt by fire." The Council, chaired by the Ontario Fire Marshal and supported by the Office of the Fire Marshal and Emergency Management, operates at arm's length from the government and promotes fire prevention and public education through sponsorships and partnerships with various groups and individuals with an interest in public safety.

About Markham:

Markham, a municipality with more than 345,000 residents centrally located in the Greater Toronto area, is home to over 400 corporate head offices and more than 1,100 high tech and life science companies. Founded in the 1790s, today Markham is Canada's most diverse community, enjoys a rich heritage, outstanding community planning and services, and a vibrant local economy. Markham has received the Excellence Canada PEP III Integrated and Accessibility Awards, and multiple heritage and environmental awards. Markham is proud to be an official Host City for the 2015 Pan American and Parapan American Games.

www.markham.ca

Markham Welcomes Naming-Rights Sponsor for Markham Pan Am Centre

The City of Markham and Happy Life Wealth Management Inc. have entered into a long-term agreement to be the naming-rights sponsor for the Fitness Centre within the Markham Pan Am Centre. "Markham is proud to provide its residents with numerous opportunities to enjoy activities at a wide range of facilities and amenities. We are particularly proud of the new Markham Pan Am Centre as a world-class facility available to our residents," said Mayor Frank Scarpitti "As part of our commitment

to community partnerships, I welcome Happy Life Wealth Management Inc. as the naming sponsor of the fitness centre within this world-class facility, which will now be known as the Happy Life Fitness Centre."

Happy Life Fitness Centre is a state-of-the-art, two-level health and fitness facility located within the Markham Pan Am Centre, which is located on 2.4 hectares of property in the City's new downtown area, Markham Centre. The centre is a 464.5 sq. m. (5,000 sq. ft.) space with

strength & conditioning equipment on the ground level and cardio equipment on the second level.

"I am happy to be part of the community where I also live and work," said CEO Eric Luo, Happy Life Wealth Management Developments Inc. "Health is wealth, and sponsoring the fitness centre is a natural fit with our philosophy of Happiness, Prosperity & Longevity."

About Happy Life Wealth Management Inc.:

Happy Life Wealth Management Inc. aims to provide the highest level of personal financial services in a friendly, professional manner; to encourage savings and the wise use of credit; to increase the knowledge and ability of our clients to

manage and control their financial well-being. Happy Life Wealth Management Inc operates in four cities across Canada, with its head office located in Markham. To contact Happy Life: happylifewealth.ca or Toll-Free:1-855-477-0707



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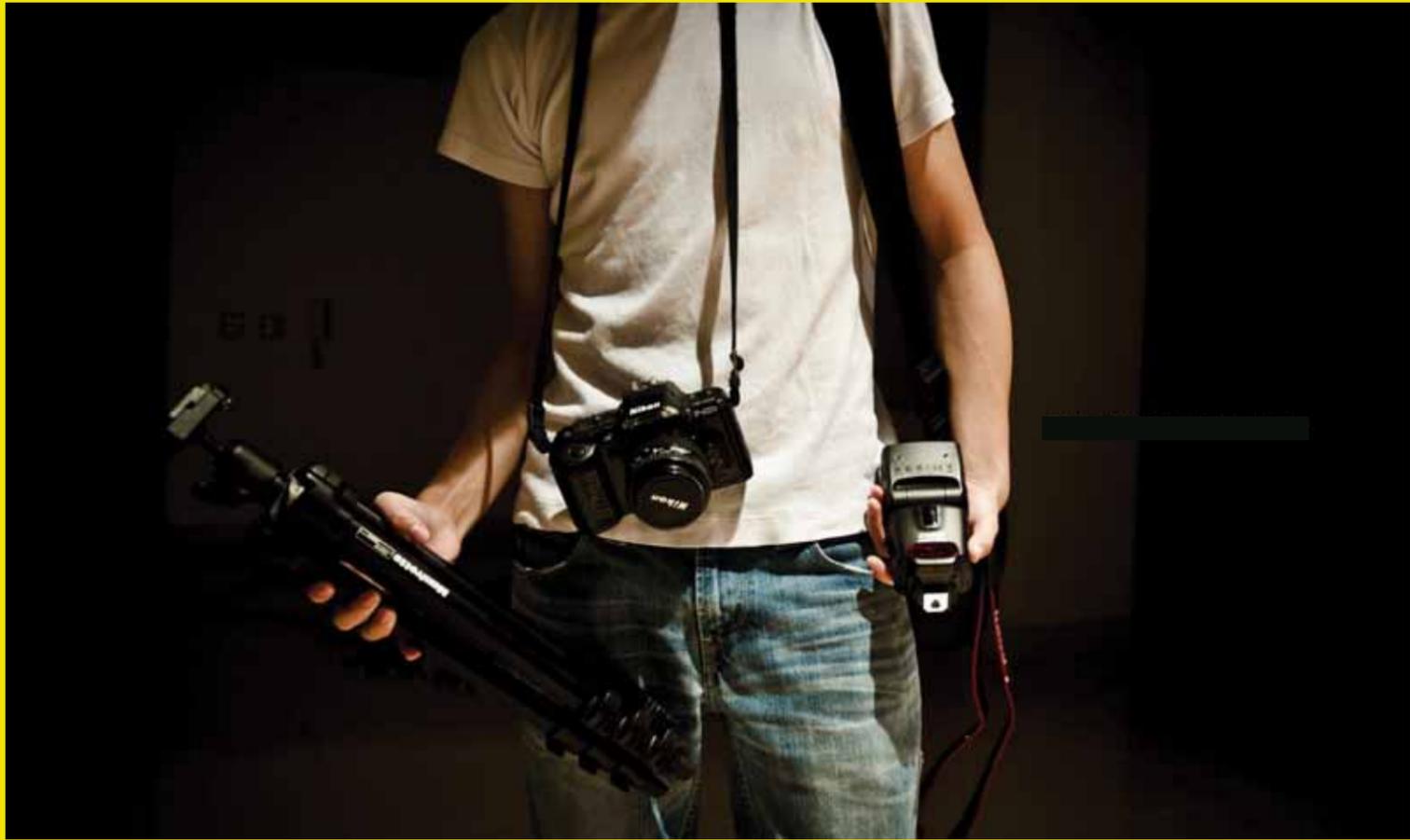
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Are you interested to meet people and cover cultural and social events.

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

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

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

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

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



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CITY PRESENTED WITH THE OUTSTANDING AGENCY ACCREDITATION ACHIEVEMENT AWARD



During May month end Council meeting, the City of Mississauga's Revenue and Materiel division was presented with the Outstanding Agency Accreditation Achievement Award (OA4) from the National Institute of Government Purchasing (NIGP).

Lisa Buitenhuis, NIGP board member, presented staff members the award, which formally recognizes excellence in public procurement. "This is a very prestigious and meaningful award for the City," said Gary Kent, Commissioner of Corporate Services

and Chief Financial Officer for the City. "We are diligent in complying with the code of purchasing ethics established by the NIGP. This award signifies the City's ongoing commitment to professionalism and best practices in purchasing and the procurement field." The City is a first-time OA4 award recipient and one of only four agencies in Canada to win the award. Additionally, the City of Mississauga is currently the only Canadian city certified. For more information, please visit: nigp.org.

Mississauga City News

Mississauga is a modern, vibrant and beautiful world-class city with a lot going for it. With more than 52 per cent of the city's population is of multicultural origin, the City wants to ensure all residents, no matter what language they speak, have access to up-to-date information happening in the community.

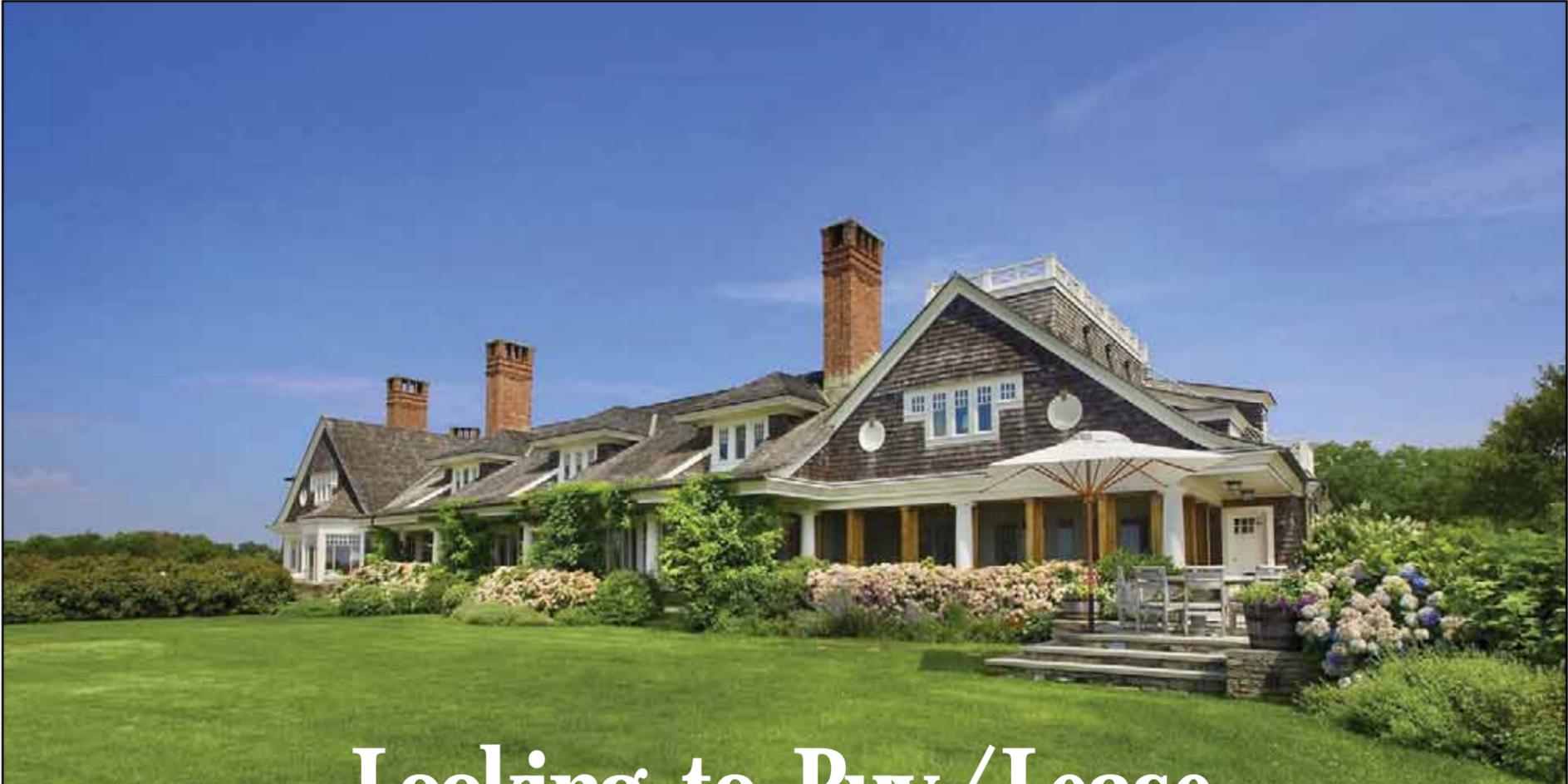
Monsoon Journal is committed and will try its best to bring Mississauga City news from the categories mentioned below:

- **Announcements**
- **Awards and milestones**
- **Citizen engagement opportunities**
- **Council committees**
- **Cultural festivals**
- **Important projects**
- **Important seasonal reminders**
- **Issues that affect residents**
- **Upcoming events**



Backgrounder:

The National Institute of Governmental Purchasing, Inc. is a national, membership-based non-profit organization providing support to professionals in the public sector purchasing profession. The Institute is composed of 70 affiliate chapters and more than 2,600 agency members representing federal, state, provincial and local government levels throughout the United States and Canada. These agencies represent over 12,000 individuals serving the public procurement community.



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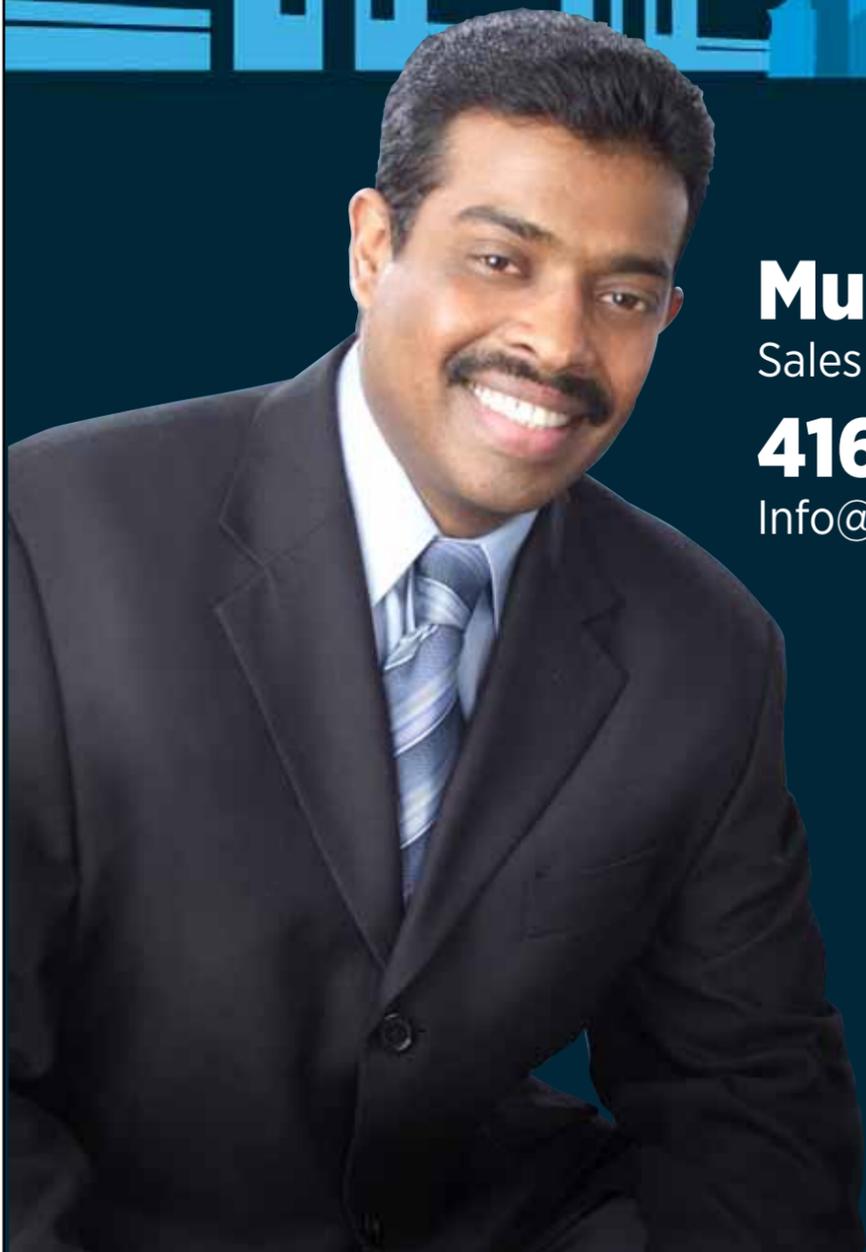
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Interested to meet people and cover social events.

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

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

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

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

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1 day ago

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CANADA NEWS



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Ontario Premier Kathleen Wynne hosted a reception to Celebrate



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

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



Thai Pongal & Tamil Heritage Month

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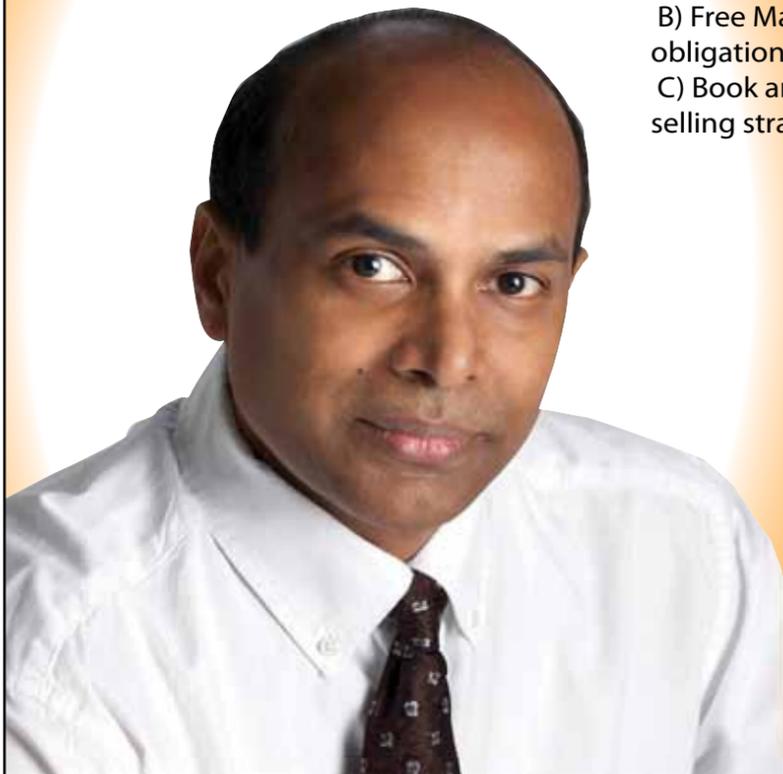
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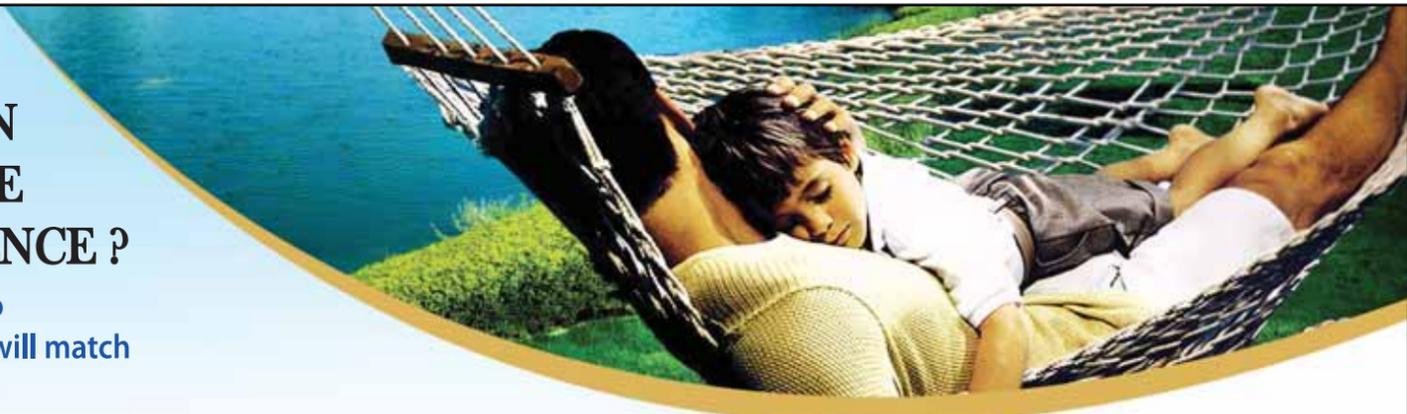
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LEARN THE SIGNS OF STROKE

FACE

is it drooping?



A RMS

can you raise both?



S PEECH

is it slurred or jumbled?



TIME

to call 9-1-1 right away.



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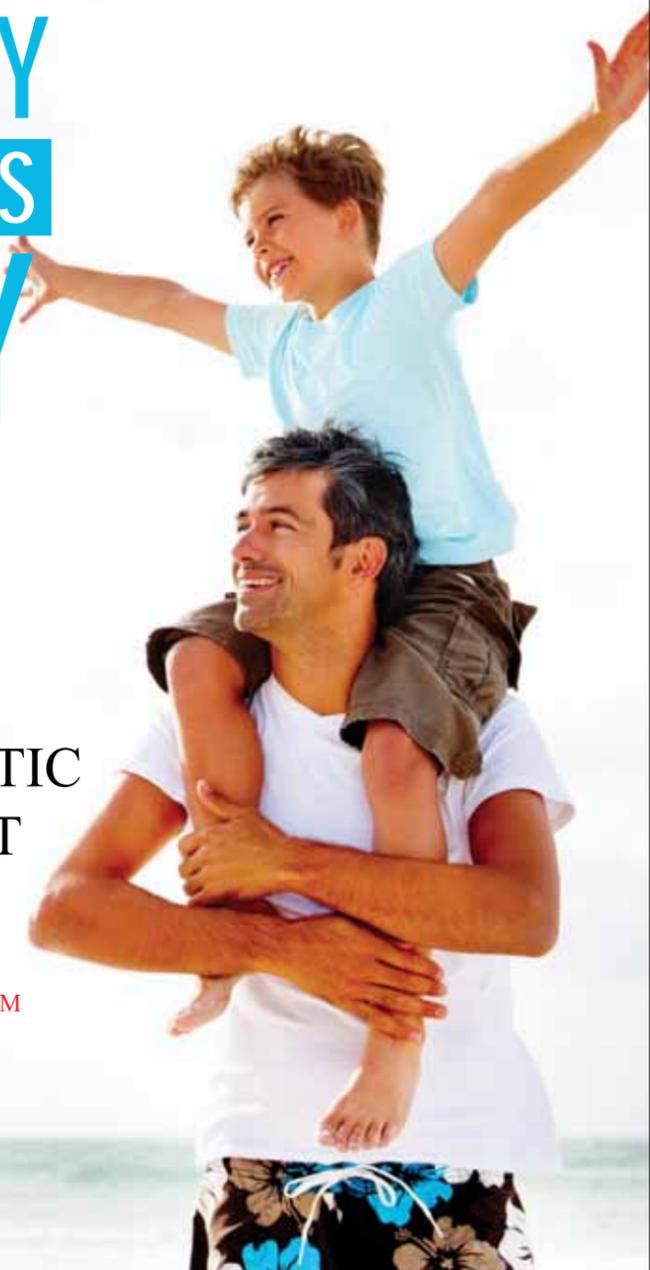
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