

A *parfait media publication*

Monsoon Journal

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Liberal Party Leader Justin Trudeau visits Tamil Fest Street Festival

Scarborough-Rouge Park Liberal Candidate Gary Anandasangaree welcomes Trudeau

By Siva Sivapragasam

Liberal Party Leader Justin Trudeau took time off from his busy election campaign to visit the Tamil Fest street festival and displayed his culinary skill in making "Kothu-roti", a traditional spicy Tamil delicacy made with flour mixed with vegetables and meat.

Trudeau was accompanied by Gary Anandasangaree who is the Liberal candidate for the Scarborough-Rouge Park constituency in the coming Federal election.

Gary Anandasangaree is a young lawyer from Osgoode Hall Law School and has earned a reputation as an internationally recognized human rights lawyer and community activist who has advocated tirelessly for education and justice.

Gary graduated with an Honours degree in Political Science in 1996 from Carleton University and was awarded the Henry Marshall Tory Award in recognition of his outstanding contribution to the University while attaining a high academic standing.

Gary attended Osgoode Hall Law School, was called to the bar in 2006, and now manages his own firm in Scarborough. Gary has been a passionate advocate for human rights issues, regularly representing Lawyer's Rights Watch Canada at the United Nations.

Gary has demonstrated leadership at a number of organizations aimed at supporting his local community and communities nationwide. He has served as Chair of the Canadian Tamil Youth Development Centre, President of the Canadian Tamils' Chamber of Commerce, counsel to the Canadian Tamil Congress.

He was also a legal counsel to the Independent Mortgage Brokers and Agents, board member of the Youth Challenge Fund, member of the Toronto Police Chief's Advisory Board, and member of the United Way Newcomers Grant Program.

In honour of his devotion to community service and local advocacy, Gary has received both the Queen's Golden and Diamond Jubilee medals. Gary received



Gary Anandasangaree, Federal Liberal Candidate in Scarborough-Rouge Park, welcomes the crowd at CTC's Tamil Fest



Gary Anandasangaree and Mr. Trudeau eat a plate of Kothu Roti from Hopper Hut

the Osgoode Hall Law School "One to Watch" Gold Key Award and the South Asian Bar Association's Young Practitioner Award.

More coverage on Tamil Fest 2015 on Page 24



Gary Anandasangaree gives Justin Trudeau, the leader of the Liberal Party of Canada, a tour around the Tamil Canadian Mobile Museum



Mr. Trudeau is making Kothu Roti, a popular Tamil dish



Mr. Trudeau trying his skills in "Silambattam" - an art of Self Defence using a bamboo pole

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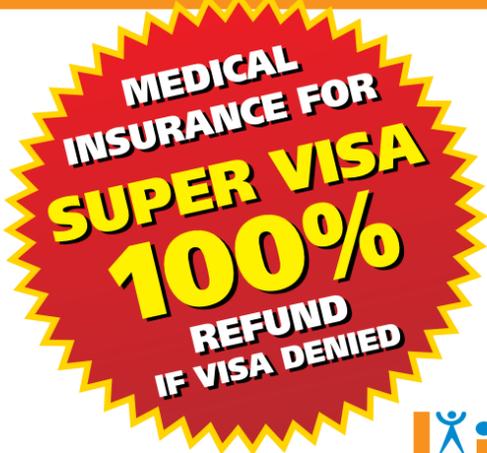
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Mulcair slams Harper over manufacturing job losses



NDP Leader Tom Mulcair at a campaign stop in Hamilton

NDP Leader Tom Mulcair focused on his plan to kick-start manufacturing, support small businesses and create jobs, while blaming Stephen Harper's failed plan for the loss of 400,000 manufacturing jobs at a campaign stop in Hamilton on August 25th.

"Stephen Harper's plan isn't working. Nearly 10,000 workers in Hamilton lost a manufacturing job on Stephen Harper's watch, and Mr. Harper is once again leading Canada into recession," said Mulcair.

"The NDP has a concrete plan to create manufacturing jobs and help small businesses right here in Hamilton and across Canada."

An NDP government will cut the Small Business tax rate from 11 per cent to 9 per cent, a plan endorsed by

the Canadian Federation of Independent Business. This cut will help small business to invest in growth and new jobs, as well as strengthen our economy, and will be fully implemented in the first two years of an NDP mandate.

"I love to play outside with my grandchildren and I know they would love these natural playgrounds designed and built here at Bienenstock," said Mulcair. "Hard working, small businesses like Bienenstock are creating the majority of new jobs in Canada. Our plan will help them grow and succeed."

On October 19, voters in Hamilton and across Canada have a clear choice; four more years of Stephen Harper or the NDP's concrete plans to bring change to Ottawa. - ndp.ca

Recession challenge: Let's think about economic growth in an aging society, Canadian Medical Association says

Canada's latest recession should prompt Canadians to think hard about how we grow the economy in an aging society — and how a revitalized health system can help, Dr. Cindy Forbes, president of the Canadian Medical Association (CMA) said on September 1.

"A healthy health care system has wide economic implications affecting everything from fiscal policy to labour output as the ratio of active members of the workforce to retired Canadians continues to decline," Dr. Forbes said.

Currently, there are about five working Canadians for every retiree. That ratio is expected to fall to 2.7 workers per retiree by 2030.

Dr. Forbes made the comments after Statistics Canada reported that the

gross domestic product declined for a sixth straight month to fit the technical definition of an economic recession.

"Good social policy is good economic policy," she said.

"We can't continue to warehouse seniors in hospital beds at \$1,000 a day when they should be in long-term care or home care at a fraction of the cost because we're not spending smart. Nor can we expect an army of informal caregivers to work 1.5 billion hours of unpaid work a year looking after loved ones and depriving the economy of productivity worth \$1.3 billion."

As the federal Department of Finance noted in a 2012 report, unless productivity growth and labour market participation improve, population

30,000 More New Immigrants To Receive a 'Welcome To Remember' Gift from WelcomePack Canada

Over 30 Canadian brands part of this value-driven newcomer initiative

September 2, 2015 - Markham, ON

Following on the heels of a successful inaugural WelcomePack Canada program that reached 30,000 new Canadian immigrants in 2013-14, the company has unveiled its 2015 WelcomePack which is being distributed free of cost to newcomers who landed in Canada on or after January 1, 2013. These welcome gift boxes are distributed through over 60 newcomer settlement services centres in the GTA including YMCA, The Centre for Education & Training, S.E.A.S. Centre, Indian Rainbow Community Services, SAFSS, Peel Multicultural Council, Toronto District School Board, and Peel District School Board, among others.

As part of its welcome to Canada initiative, the WelcomePack program connects newcomers with Canadian brands and local businesses, to the benefit of both. Over 30 leading Canadian brands are part of this newcomer welcome program, including RBC, Buick, Unilever, Chatr Mobile, General Mills, TFI Foods, Tridel, McCormick Canada, McMaster University and Humber College.

This unique and innovative newcomer program goes beyond the attractive gift box filled with products and gifts from the participating brands. WelcomePack Canada also publishes a magazine that provides helpful information for newcomers on topics like jobs, housing, schools, healthcare, finances and commuting as well as redeemable special offer coupons. The new company website (www.welcomepackcanada.com) provides helpful articles and advice to newcomers to fast track their settling in and acculturation to Canadian living. The website also serves as a hub for newcomers to



find out about the events and information workshops organized for them by the newcomer settlement services agencies in Ontario.

This year WelcomePack Canada introduced a co-branded Savings Plus card with CorporatePlus Club enabling newcomers to benefit from unlimited savings at over 200 retail locations in the GTA, including more than 100 restaurants. The company also partnered with Perkopolis Canada to offer newcomers exclusive access to various discounted products and services, including: theatre, hotels, attractions, movies, shopping, travel & much more.

"Through the WelcomePack Canada program we want newcomers to experience a memorable welcome to their new home country. We also add value by delivering access to year-round savings and insightful information to help them settle in" says Andrew Srinathan, Vice President at WelcomePack Canada.

If you have landed in Canada as a Permanent Resident on or after January 1, 2013, pick up your free WelcomePack gift box today! For more information,

visit www.welcomepackcanada.com

aging will lead to slower growth in output and income.

Canadians over 65 may represent 14 per cent of the population today, yet they account for almost half of our health costs. By 2036, seniors will have grown to 25 per cent of the population, accounting for 62 per cent of health costs unless governments start thinking differently, Dr. Forbes said.

"This is why the CMA is calling on all political parties in the current election campaign to reveal their plans for seniors care (go to: demandaplan.ca).

"We also believe the next federal government should sit down with the provinces and territories to develop a national seniors strategy soon after taking office," Dr. Forbes said.

Given the amount of medical and re-

search expertise in this country, there is no reason why health and life sciences can't one day be a key economic driver, if Canadians start thinking hard about their future, she added.

(The Canadian Medical Association (CMA) is the national voice of Canadian physicians. Founded in 1867, the CMA is a voluntary professional organization representing more than 80,000 of Canada's physicians and comprising 12 provincial and territorial medical associations and 60 national medical organizations. CMA's mission is helping physicians care for patients. The CMA will be the leader in engaging and serving physicians and be the national voice for the highest standards for health and health care.)

from the publisher's desk

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What's at stake on October 19?



We are now a month away from Canada's 42nd general election. The federal poll will be held on October 19, 2015, the third Monday of that month, determining which political party leads the country moving forward. Once called on August 2, 2015, this campaign gained the status as being the longest in the country's political history, creating 78 full campaign days until Election Day. The Conservative Party of Canada, the incumbent party led by Stephen Harper, hopes to get re-elected to a fourth majority mandate since assuming office in February 2006.

However, they are facing some competitive roadblocks in from the New Democratic Party of Canada (NDP) and the Liberal Party of Canada. Previously the former Leader of the Official Opposition in the Canadian House of Commons, Thomas Mulcair is the leader of the NDP and Justin Trudeau leads the Liberals. Elizabeth May is leading the Green Party of Canada, another visible party in this 2015 election campaign, and Gilles Duceppe, defeated in his riding in the 2011 campaign, has returned to the leadership of the Bloc Québécois.

According to the CBC poll tracker, the NDP is leading among sampled voters with 33.2%, the Conservatives are in second place at 29.1%, while the Liberals stand at 27.3%. In addition, the Green Party of Canada and the Bloc Québécois are polling at 5.5% and 3.6%, respectively. These numbers seem to appear the way they do based on the nature of the election issues in defining the overall campaign narrative.

Essentially, the issues are, but not limited to, the current state of Canada's economy, the environment, domestic security, and democratic institutions. Different studies have ended up coming to the same conclusion that Canada is in fact experiencing a recession, indicated by low gross domestic product numbers. From oil pipeline projects such as Keystone XL and Energy East, climate change also

dominates the campaign trail in terms of balancing environmental regulations over Canada's significant oil sector and its contribution to economic growth.

Heightened by the Parliament Hill attacks in October 2014, the Islamic State of Iraq and Syria (ISIS), and other extremist elements abroad have been viewed as threats to Canada's own domestic security. In particular, tackling this problem has turned into a question of not treading over Canadians' individual civil liberties in applying appropriate security protections across the country. Given the continuation of the trial of Canadian senator Mike Duffy on criminal charges involving his ineligible expense claims, it has renewed discussion around Senate reform.

Moreover, due to allegedly suspicious behaviour of a few Conservative staffers in the Prime Minister's Office concerning the affair, the transparency and accountability in operating this institution has also come under examination.

The main political parties are already in the process of formulating their platforms in response to the issues outlined here and others, to ensure Canada is effectively governed for a prosperous future. In that sense, it is a duty of the electorate to exercise their fundamental right to vote if they desire positive impacts from their Canadian government both in the short and long term.

Canadians, from the youngest to the oldest generation, should make sure they are registered to vote by visiting an Elections Canada office or going through their website.

As with others, this election will prove to be absolutely critical for Canada, especially given today's uncertainties. In response, reasonable time and effort should go towards understanding the platform merits of the various parties, in casting an informed vote this October.

Contributed by **Harrish Thirukumaran**



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Canadian Diabetes Association urges federal parties to make the health of Canadians a priority



The Canadian Diabetes Association (CDA) on September 1st released its priorities for the federal election campaign, urging all parties to commit to reducing the risk of type 2 diabetes, and ensuring that all Canadians affected by diabetes have equitable access to high-quality care and services to optimally manage their disease.

Action on diabetes is particularly important as the disease has reached epidemic proportions: today, more than 10 million Canadians have diabetes or prediabetes. Diabetes is a serious chronic disease that causes 30 per cent of all strokes, 40 per cent of all heart attacks, 50 per cent of kidney failure requiring dialysis and 70 per cent of all lower limb non-traumatic amputations.

"We know that diabetes will cost our health-care system and economy \$14 billion in 2015, and \$17.5 billion annually by 2025," says Dr. Jan Hux, chief science officer at the CDA. "Canadians can't wait any longer. Unless we take action now, diabetes threatens not only more Canadians, but also the viability of our health-care system and our economic prosperity."

The CDA urges all federal parties to commit to the following priorities:

1. A tax on sugar-sweetened beverages because of the clear connection between high consumption of these drinks and the development of type 2 diabetes. A single serving of soft drink (e.g. non diet pop) contains about 10 teaspoons of sugar. Countries such as Mexico,

France, regions in the U.S. and Europe have applied taxes on sugar-sweetened beverages to deter consumption.

2. Establishing a national pharmaceutical program so that people with diabetes can access the medications, devices and supplies they need to manage their disease. While one in 10 Canadians has difficulty paying for medications even if they have insurance, this rises to one in four for those without coverage. These costs are particularly onerous for people with diabetes: many have to choose between paying for medications and other essential daily expenses.

3. Expanding the disability tax credit (DTC) to include all people with type 1 diabetes to provide financial relief for burdensome annual expenses. The in-

clusion of insulin as a life-sustaining therapy within the eligibility criteria for the DTC is intended to provide financial relief to insulin-dependent individuals. However, significant inequities exist in accessing the DTC and most adults with type 1 diabetes do not qualify for the DTC.

"Diabetes costs us all. No region or population in Canada is immune to the disease," says Dr. Hux. "We encourage Canadians to ask their federal candidates to commit to support a healthier Canada."

Learn more about how to get involved in the election campaign to take action on diabetes by visiting <http://www.diabetes.ca/how-you-can-help/advocate/election-central>

Harper Announces Long-Term Support For The Canadian Partnership Against Cancer

Prime Minister Stephen Harper on August 29th announced that a re-elected Harper government would renew the mandate of the Canadian Partnership against Cancer for another five years, beginning in 2017.

"Millions of Canadians are affected by cancer, either through personal struggle, or by supporting a family member who suffers from this devastating disease," the Prime Minister said. "Our support for the Canadian Partnership against Cancer is part of our ongoing commitment to keep Canadians and their families healthy, and to fund cutting-edge cancer research leading us on the path to a cure."

The Harper Government launched the Canadian Partnership against Cancer in 2006 and renewed its mandate for five years in 2007. The Partnership is carrying out invaluable work that is producing real results. These include reducing the expected number of new cases of cancer among Canadians; enhancing the quality of life for those living with cancer; and increasing the likelihood of Canadians surviving from cancer.

The Conservative Government's support for the Canadian Partnership



against Cancer reflects our ongoing commitment to Canada's publicly-funded, universally accessible and sustainable health care system, and our respect for provincial jurisdiction over health care delivery.

"Our government is committed to a publicly-funded, universally accessible and sustainable health care system," said Prime Minister Harper, noting the government's strong record of supporting ground-breaking research into cancer and other diseases as well as

consistent, sustainable increases to the Canada Health Transfer.

"Justin is just not capable of managing Canada's finances and ensuring that health transfers continue to increase while budgets remain balanced and taxes stay low," the Prime Minister said. "When his Liberal party was in government, it reduced the deficit by slashing health transfers to provinces, directly impacting health care services to Canadians."

"Thomas Mulcair and the NDP

say that they will spend even more on health transfers but haven't said how they will pay for it," the Prime Minister said. "Based on their record in numerous provinces, the NDP will embark upon out-of-control spending, wrecking the economy and leading to economic chaos. We cannot have a strong health care system without a strong economy. That's why Canadians who rely on our health care system simply cannot afford Mulcair and the NDP."

- (conservative.ca)



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Prime Minister Ranil Wickremesinghe assures a new Sri Lanka with equal opportunities for everybody

SLFP will back a national Government

TNA also to offer support for the National Government

By Siva Sivapragasam

Ranil Wickremesinghe, the newly minted Prime Minister who romped home to victory at the recent Parliamentary elections wants to create a new Sri Lanka with a level playing field where every citizen will have equal opportunities irrespective of his race or religion. Mr. Wickremesinghe took oaths as the Prime Minister of Sri Lanka for the fourth time.

He is a product of the prestigious educational institution Royal College which had seen many of its old boys holding positions of a President, Prime Minister and Cabinet Minister. He is also the son of the famous and much respected Press Baron Esmond Wickremesinghe who was styled as a "king-maker" during his days as the boss of Lake House.

Mr. Wickremesinghe's statement has brought a soothing effect on the minorities in the country who have been torn asunder during the previous Rajapakse regimes when Sinhala nationalism and religious strife took the front stage. Even during the election campaigns this was evident when speaker after speaker from the UPFA spat out communalism in their speeches on the platforms. Mr. Wickremesinghe also told a media briefing at Temple Trees that a national policy that addressed main issues that the country faced would be worked out with broad consensus of all parties.

He said that he would start discussions with the President and all other political parties on a national policy.

The SLFP Central Committee has approved the party's participation of a national Government led by Wickremesinghe. The TNA is also expected to support the new national Government. The UNP led Government is therefore assured of a comfortable majority.

Issuing a special statement from his official residence "Temple-Trees", the United National Party (UNP) Leader and the new Prime Minister Ranil Wickremesinghe urged the people not to divide themselves as winners and losers but to work together as one family for the betterment of Sri Lanka and to introduce a new political culture to the country.

Mr. Wickremesinghe said the people had given a mandate for good gover-



Prime Minister Ranil Wickremesinghe flashes a smile on UNP victory

nance and consensus-based politics. He also commended all those who helped ensure the holding of a free and fair election. He stated that the majority of the people of this country have approved the continuance of good governance and consensual politics endorsed by the people through the silent revolution of 8th of January.

"There should not be a division amongst people as winners and losers. We should get together as the sons and daughters of our motherland to the task of building a new political culture in this country. We have to unitedly work towards lifting the nation to a new height by facing challenges of the new era.", he stated in his statement..

Mr. Wickremesinghe stated that he wanted to build a civilized society, build a consensual government and create a new country with equal opportunities for everybody. Prime Minister Ranil Wickremesinghe topped the UNP Co-



Prime Minister Ranil Wickremesinghe with his wife Maithree at the Media event

lombo district in the election list with a record number of 500,566 votes.

The Governments of The United States of America and the United Kingdom have commended the people of Sri Lanka for their commitment to democracy and maintaining the rule of law at the General Election. Indian Prime Minister Narendra Modi and Tamil Nadu former Chief Minister Muthuvel Karunanithi have also offered their congratulations and best wishes to Ranil Wickremesinghe on his victory at the elections.

According to Indian sources, India is happy that Sri Lankans have voted democrat Ranil Wickremesinghe in and junked authoritarian Mahinda Ra-

japaksa out a second time in a matter of seven months and a half in Monday's parliamentary election. India had always been perturbed with the Rajapakse regime over its too close a connection with China.

Meanwhile, former President Mahinda Rajapaksa has confirmed that he will assume duties as an Opposition MP while stating that he accepts the results of the parliamentary elections with humility.

A political activist in Colombo told "Monsoon Journal" that with the united efforts of all communities and major parties one sees in the horizon Sri Lanka becoming a second Singapore in the future.

Somasundaram Skandakumar appointed Sri Lanka's Ambassador to Australia

By Siva Sivapragasam
Somasundaram Skandakumar, former Chairman of George Steuarts and well-known cricketer has been appointed as Sri Lanka's Ambassador to Australia.

Skandakumar, who is a product of Royal College joined the well known firm George Stuarts in 1974 after graduating from the University of Ceylon (Colombo Campus) as it was known then with a Bachelor of Science Degree in Pure and Applied Mathematics along with Chemistry.

Somasundaram Skandakumar, originally from the country's northern city of Jaffna was a past secretary of the Board of Control for Cricket in Sri Lanka.

Skandakumar served George Steuart Group of Companies for 34 years. He was the Managing Director of the company for three years and also the Group Chairman for eight years.



Skandakumar has also served as the Chairman of Sri Lanka Cricket Board and the Captain of Tamil Union Cricket Team.

An off-spinner and top order batsman, Skanda was a fine cricketer for Royal College and then Colombo University before representing Tamil Union. He won the Best Performance award

in the 1966 Royal - Thomian and was made a College Prefect later that year.

Skandakumar has been into various charities after his retirement. One of them is 'Oru Paanai', (one plate or pot) a UK based approved charity of which he chaired the Sri Lankan branch that is currently providing many children in over 300 identified schools in the north and east of Sri Lanka with a single nutritious midday meal.

Skandakumar's father Mr. Somasundaram was an official attached to the Treasury in Sri Lanka's Ministry of Finance and was also known as a good palm reader too.

Former President of Bloomfield Mr. Shelly Wickramasinghe described Skanda as a 'fine, honest man and a true sportsman.'

Friends who knew him describe Skandakumar as "a gentlemen par excellence".



Sri Lankan President Sirisena assures Tamils of equal opportunities and facilities

By Siva Sivapragasam

Tamils in Sri Lanka are being given an assurance that the Government would work wholeheartedly to provide equal facilities and opportunities for them.

This assurance was given by none other than the head of the state, namely President Sirisena, at an event in Sampur to mark the resettlement of people in Sampur who had been displaced by the war. Sampur is a tiny village in the district of Trincomalee in North-East Sri Lanka.

President Sirisena also remarked that more than any others the Tamils know the trauma of war.

Ponkala and Vijaylatha, women in their thirties, are a happy lot today. In 2006, they had to leave their village Sampur (about 275 km from Colombo) at the height of an armed conflict between a militant group and the government. About a month ago, they returned to their native place.

One Saturday, the two women were present at an event to mark the commencement of resettlement in the village. President Maithripala Sirisena



Three main players in Sri Lankan politics today – Former President Chandrika Kumaratunga, President Sirisena and TNA Leader Sampanthan, at the Sampoor event

and his predecessor, Chandrika Kumaratunga Bandaranaike, kicked off the process by handing over land deeds to 25 internally displaced Tamils who had owned land in the village.

A local official says that so far, 205 families have come back out of the 825 families forced to flee. The remaining could come only after the Navy vacates the sites it's occupying. The authorities have sought a few months to shift to a new place.

Sirisena assured Tamils of the Northern and Eastern Provinces that



President Sirisena in Sampur with TNA leader R. Sampanthan

his government would work wholeheartedly to provide them facilities and opportunities on par with what was being made available to people in other parts of the country.

A Ministry will be created to pursue closely the matters of reconciliation and brotherhood, he said. The President, who earlier went to camps of internally displaced people, said he felt sad to see the conditions in which the people had been living.

"More than others, the Tamils know the trauma of war," he said, exhorting the people to ensure that the country faced no more wars.

D.M. Swaminathan, United Na-

tional Party leader and who held the portfolio of Resettlement and Rehabilitation till now, said 75,000 houses were built to cater to the post-war requirements of the provinces of the East and the North.

Tamil National Alliance (TNA) leader R. Sampanthan who was also present said the Tamils wanted to lead their lives as equal citizens in a "united, undivided Sri Lanka."

Eastern Province Chief Minister Z.A. Nazeer Ahamed urged the Central government to turn Sampoor into a model village and an "oasis of peace."

Eastern Province Governor Austin Fernando, Sri Lanka Muslim Congress leader, Rauf Hakeem and TNA leaders, Mavai S. Senathirajah, M.A. Sumanthiran and Selvam Adaikalanathan were among those present.

A political activist in Colombo familiar with Sri Lankan politics told "Monsoon Journal" that President Sirisena is a simple man of the people who can be trusted and understood, and such statements and assurances by the Head of State would go a long way in creating a sense of trust and confidence among the Tamil community. They look forward for better times under the new Government of good governance after undergoing severe hardships over the recent years after thirty years of war.

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“This victory is a victory for soft power. This victory is a victory for our future” - M.A. Sumanthiran

The Tamil National Alliance has achieved a resounding victory at the 2015 General Election, successfully overcoming the challenges and fierce opposition it faced.

For the second time this year, the Tamil People have shown a clear intention to strengthen the hand of the Tamil National Alliance. They have done so keeping intact the goal of their long term political struggle, and with hope that their lives will be restored. Our People's clear recognition of the crucial nature of this election, and their overwhelming response in casting their vote and thus ensuring the victory of the Tamil National Alliance, once again reflects to the world the great political wisdom of the Tamil People. Let me take this opportunity to first humbly express my heartfelt thanks to all those who voted for us.

Let me also express my heartfelt thanks to all the people of my native Jaffna who placed their trust in me and cast the 58,043 preferential votes I received from the Jaffna electoral division. This victory is just the beginning for us.

My humble and affectionate thanks to all the Provincial Council Members and Local Council Members of

the Ilankai Tamil Arasu Kadchi who stood by me and gave of their time and energy, working tirelessly for my victory, expecting nothing in return. I will need your continued help and cooperation in the future as well.

This victory also belongs to the youth who campaigned for me, going from door to door, introducing me to people who did not know about me, and clarifying the doubts and questions concerning my political stance. Their clear thinking and political understanding gives me great hope for the future of Tamil politics. I am also aware of youth who have a part in this victory by way of their work via facebook. My thanks to you as well.

I see my victory as the victory of my politics. I had decided that if I contested and lost this election, I would withdraw from the political arena. The People have chosen me despite the overwhelming false allegations and propaganda that targeted me. This strongly reflects their faith and dedication to my political stance - the politics of soft power. This victory is a victory for our future. This victory is the victory of our youth.

The Tamil People cannot experience



Mr and Mrs Sumanthiran accorded welcome in Vadamaradchi East, Sri Lanka North after the August 17th poll verdict

any more loss. We cannot continue to lose our youth in devastating numbers in the future. Now is the time to move forwards, with dignity, towards what has been achieved as a result of our suffering. Emotional speeches and empty rhetoric will only weaken us politically and will never result in a solution dawning.

I bow to the decree of the Tamil People. I will serve according to the mandate given. I will work tirelessly to

reach a solution to the National problem and at the same time make a concrete contribution towards solving the day to day problems of our People, and strengthening our youth.

Your participation as a People does not end with your vote. You play an important role in providing me with direction and in strengthening our politics.

Let us decide our destiny.
- M. A. Sumanthiran (Member of Parliament for the District of Jaffna)

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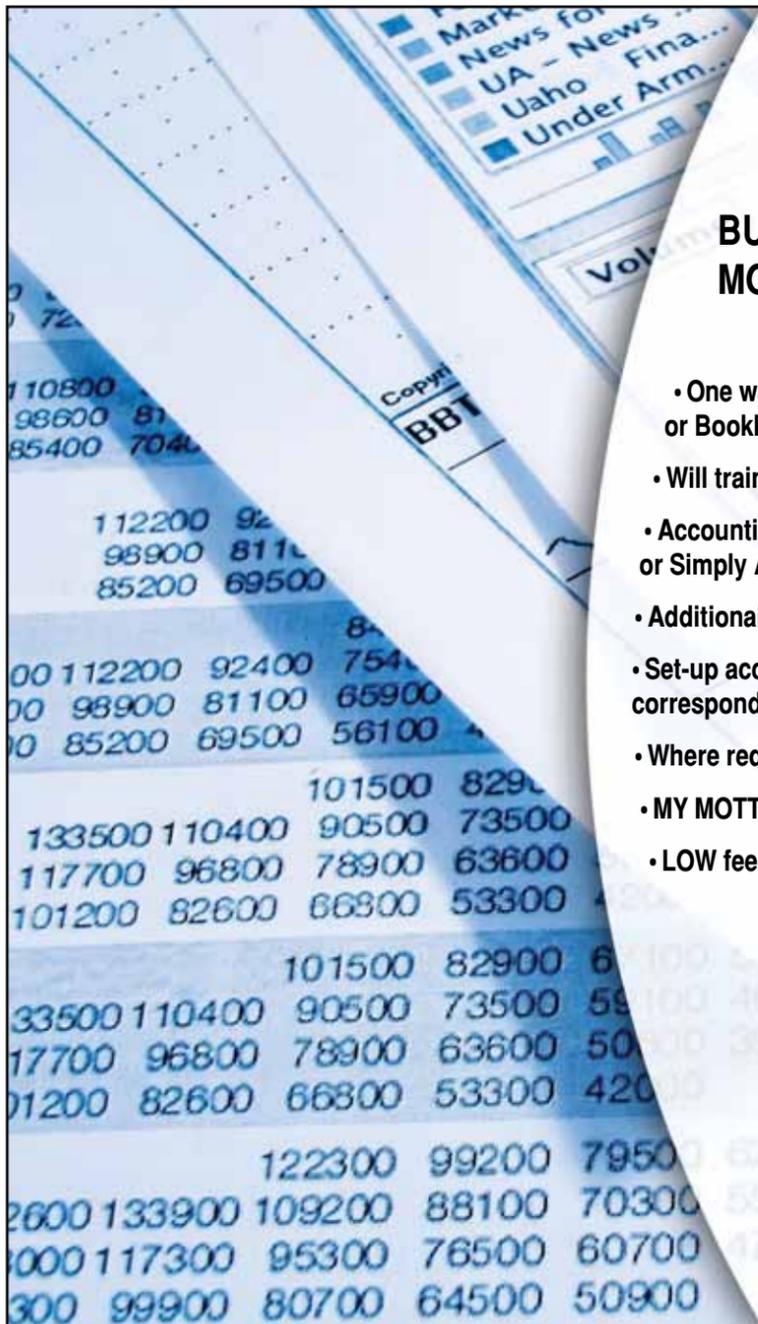
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Around the World

Some 3,000 asylum-seekers now pass through former Yugoslav Republic of Macedonia daily – UNICEF

The number of “exhausted and desperate” women and children making their way from Syria, Afghanistan and Iraq through the former Yugoslav Republic of Macedonia seeking refuge in Europe has tripled in the past three months, the United Nations Children’s Fund (UNICEF) said on September 1st.

“An estimated 3,000 people are transiting through the former Yugoslav Republic of Macedonia daily,” UNICEF said in a press release. “A third of them are women and children – up from 10 per cent in June. Some 12 per cent of the women are pregnant.”

UNICEF went on to say that “many families have been on the move with their children for months, enduring searing hot days, arriving with only the clothes and shoes they are wearing. They are physically exhausted and in desperate need of a place to rest. Many are suffering dehydration, blisters, cold, diarrhoea and sunburn.”

“Despite the best efforts, they need more water and greater access to sanitation and hygiene facilities,” the agency said. “Many are deeply distressed

and some need medical assistance.”

Since June 2015, more than 52,000 people have been registered at the border’s Reception Centre in Gevgelija after entering from Greece, according to UNICEF, which also said “it is estimated that just as many transit through the country without being registered.”

The Office of the UN High Commissioner for Refugees (UNHCR) reported seeing people arriving in the former Yugoslav Republic of Macedonia and moving on almost immediately by bus or train up to Serbia and then onwards from there.

According to figures from the Ministry of Interior, 80 per cent originate from Syria, while 5 per cent are from Afghanistan and another 5 per cent are from Iraq.

And “the number of women and children fleeing violence in their countries of origin and passing through the Former Yugoslav Republic of Macedonia seeking refuge in Europe has tripled in the past three months,” according to the agency.

UNICEF said “regardless of their



Lamar, 4, has travelled with her mother for just over 2 months from Syria to the Gevgelija border crossing, former Yugoslav Republic of Macedonia, heading to Germany to reunite with her father, who reached there 4 months ago.

Photo: UNICEF/Tomislav Georgiev

status, children moving across borders, with their families or unaccompanied, should be given appropriate help and protection” and that earlier this year UNICEF had put forward a 10-point plan to the European Union to be guided on the best interests of children who were migrants or refugees.

“Their applications for refugee status should be processed swiftly and fairly at border crossings with proper monitoring and enforcement.” It said. “Authorities in Europe should apply existing laws and policies to safeguard and protect the rights of children.”

– UN.org

Deepa Balachandran, B.A. (Hons.), B. Ed., J.D.

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For a free consultation, contact me at

647-622-3911.

*Please note: The material on this advertisement is not intended as legal advice. If you are the alleged victim/complainant (not the person charged), I cannot offer advice. Please contact your local Victims Services office for assistance.



Rouge Valley Centenary welcomes new program chief and new clinics in obstetrics and gynecology

Dr. Colette Rutherford has been appointed by the Rouge Valley Health System (RVHS) Board of Directors as the new program chief for obstetrics and gynecology (OBS/GYN) at the Rouge Valley Centenary hospital campus in Scarborough.

Dr. Rutherford has been with Rouge Valley Centenary (RVC) for 10 years and is excited to build on the forward momentum in the department, such as the opening of the birthing and newborn centre under her predecessor, Dr. Terry Logaridis, in 2009.

Born in Jamaica, Dr. Rutherford lived in Toronto and Stouffville as a child. As a master of public health student, she also lived for several months in Pakistan. After completing her medical training, she was drawn to Rouge Valley because she wanted to live and work in a place that was both ethnically and culturally diverse.

Dr. Rutherford earned her master of health science degree from the University of Toronto and worked in the area of public health before becoming a physician. While working in New York City during a tuberculosis outbreak, she was inspired to go to medical school, and returned to Toronto to earn her doctor of medicine. She was immediately drawn to OBS/GYN because of the focus on women's health, and the connections she could see between education and positive health outcomes for women.

"Women want to know how to take care of themselves and be active partners in their own healthcare," says Dr. Rutherford. "Women frequently have questions about what is 'normal,' and I spend time answering questions about their health. In my practice generally, I like to see a breakdown of barriers in communication, and the building of a community of women helping each other."

Maternal fetal medicine clinic

The new program chief has several plans for further improving care options for patients, including the growth of the maternal fetal medicine clinic. Currently, the clinic runs once or twice a month, and brings in a consultant from Toronto-based Sunnybrook Hospital or Mount Sinai Hospital to confer with high-risk patients, including those with suspected fetal abnormalities, those expecting twins or more, and those experiencing complications due to gestational diabetes. In the clinic, a patient can have an ultrasound and speak with a specialist the same day, and at the same location. This greatly reduces the number of trips



Dr. Colette Rutherford

for medical appointments and the length of time pregnant women need to commute for care.

"If you're pregnant and something is not quite right, you want to be as close to home as possible," says Dr. Rutherford. She would like to expand the clinic, offering more dates per month. She also envisions the clinic expanding to offer onsite genetic diagnosis.

New IUD clinic

In addition, two new obstetrician/gynecologists have joined the team, Dr. Brenda Sohn and Dr. Lami Oyewumi, who will be opening a weekly intrauterine device (IUD) insertion clinic this fall to service the Rouge Valley community. Says Dr. Rutherford: "In some areas, women are waiting months for IUD insertion; this clinic will allow family doctors to send their patients here for faster service."

Level 2C NICU

Rouge Valley Centenary also has had an advanced level 2C neonatal intensive care unit (NICU) since 2011. The level 2C designation means that the hospital can deliver and care for babies as premature as 30 weeks gestation. This highly-specialized facility is a part of the birthing and newborn centre at RVC and provides care to support the advanced health care needs of high-risk newborns.

Says Dr. Naresh Mohan, chief of staff, RVHS: "Both the medical advisory committee and I look forward to Dr. Rutherford's contributions as a medical leader and her engagement in continuing the excellent patient care provided in the maternal newborn program. Dr. Rutherford and Dr. Logaridis will be working together to ensure a smooth transition of the appropriate leadership responsibilities."

Dr. Rutherford is accepting new patients. For an appointment, family physicians can fax referrals to 416-282-3812. To learn more about the birthing and newborn centre, please visit www.rougevalley.ca/maternal-newborn-care.

Rouge Valley team helps patients save their skin

Echo magazine also features end-of-life care, the new Strategic Plan, surgeons using new portable X-ray machines, new doctors, and much more

Rouge Valley is helping patients save their skin.

Rose Raizman, a nurse practitioner, leads the Save Our Skin (SOS) team at Rouge Valley to combat pressure ulcers of hospital inpatients. Rouge Valley has increased staff training, purchased special surface beds, and invested in nurses for the SOS team. Patients at high risk for pressure ulcers (such as those with hip fractures) are tagged for prevention. Because of all of these initiatives, Rouge Valley's pressure ulcer rate is well below the national average.

Raizman also oversees the wound care clinic for inpatients and outpatients at Rouge Valley Health System (RVHS). Half of the patients she sees are suffering with low leg ulcers, including those that develop in diabetics due to poor circulation. She does more than treat the wound. She also checks all aspects of the patient's life and connects them with appropriate resources, such as specialists and social services, so that wounds will not reappear. The clinic helps patients gain back their quality of life.

Read more about Raizman and the SOS team, and more on services being offered at RVHS, in the latest issue of Echo — the hospital's quarterly magazine.

The new edition of the Echo magazine also features articles on:

- The unveiling of a newly-designed patient patio at Rouge Valley Ajax and Pickering (RVAP), offering patients a beautiful outdoor space in which to recover;
- The launching of the new Strategic

Plan for RVHS for 2015-2018;

- The new Board of Directors for 2015-2016, including the new Board Chair, Fred Clifford;

- An end-of-life care report, based on community advice on how to improve care and supports provided as people approach the end of their lives;

- A Central East Local Health Integration Network investment of \$1 million provided to RVHS to expand cardiovascular rehabilitation and secondary prevention services;

- The new program chief for obstetrics & gynecology at Rouge Valley Centenary, Dr. Colette Rutherford;

- Rouge Valley welcoming four new physician specialists: Dr. Elena Sokolova, a neurologist; Dr. Sacha Bhinder, a respirologist; Dr. Alim Mansoorali Punja, an anesthesiologist/interventional chronic pain physician; and Dr. Jesse Delaney, an intensivist;

- New, portable X-ray machines that produce live and continuous images for surgeons during procedures to aid in the diagnosis and repair of feet, hand, wrist, and finger injuries;

- Celebrating excellence in nursing care, including two RVAP nurses, Karin Martens-Wasylyk and Marja Watkinson, who were nominated for the Toronto Star's Nightingale Award.

Download the new Echo magazine. It is also available in print at both Rouge Valley hospital campuses. The magazine is also sent to 1,200 doctors' offices, plus to community organizations in the area.



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

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



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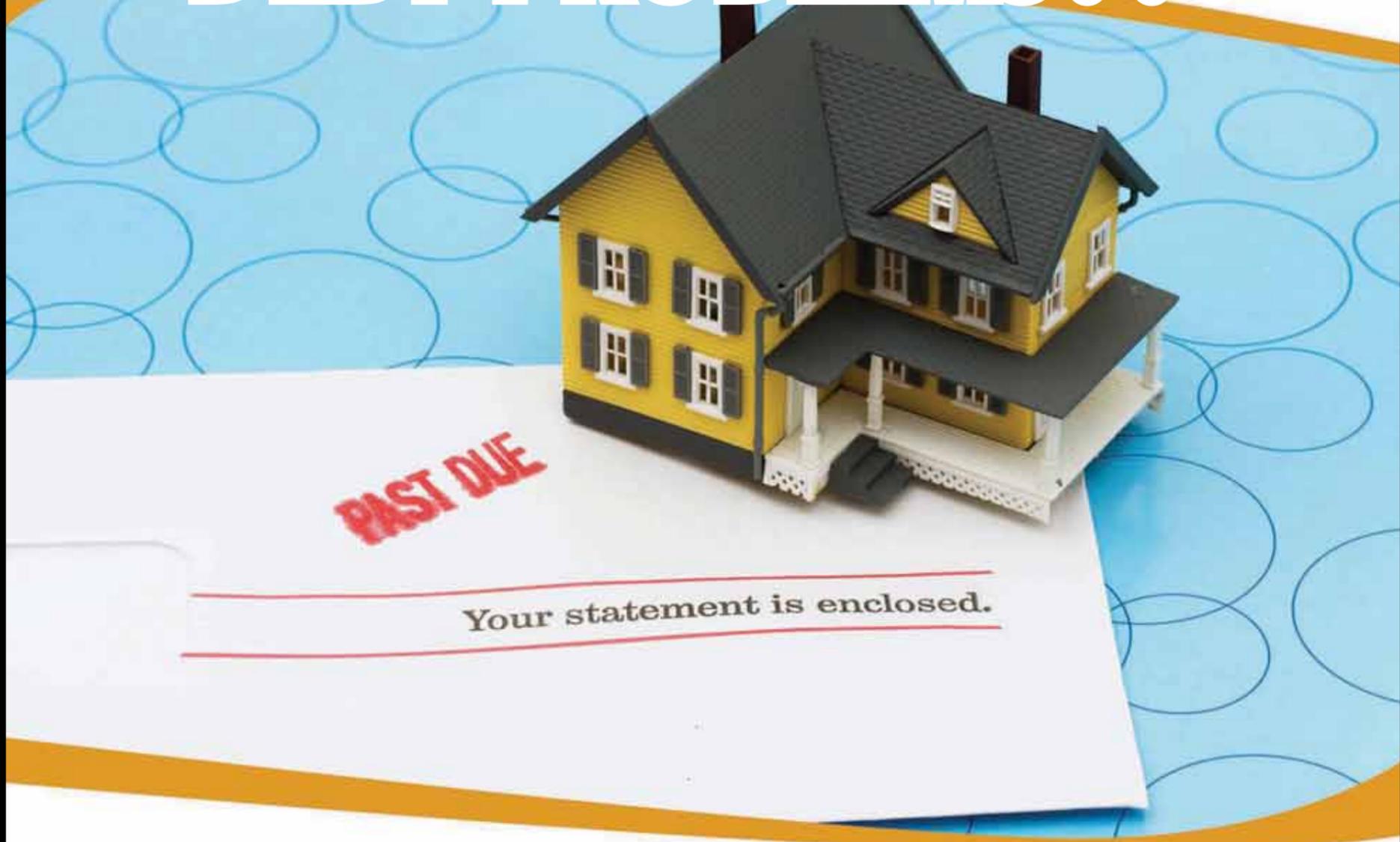
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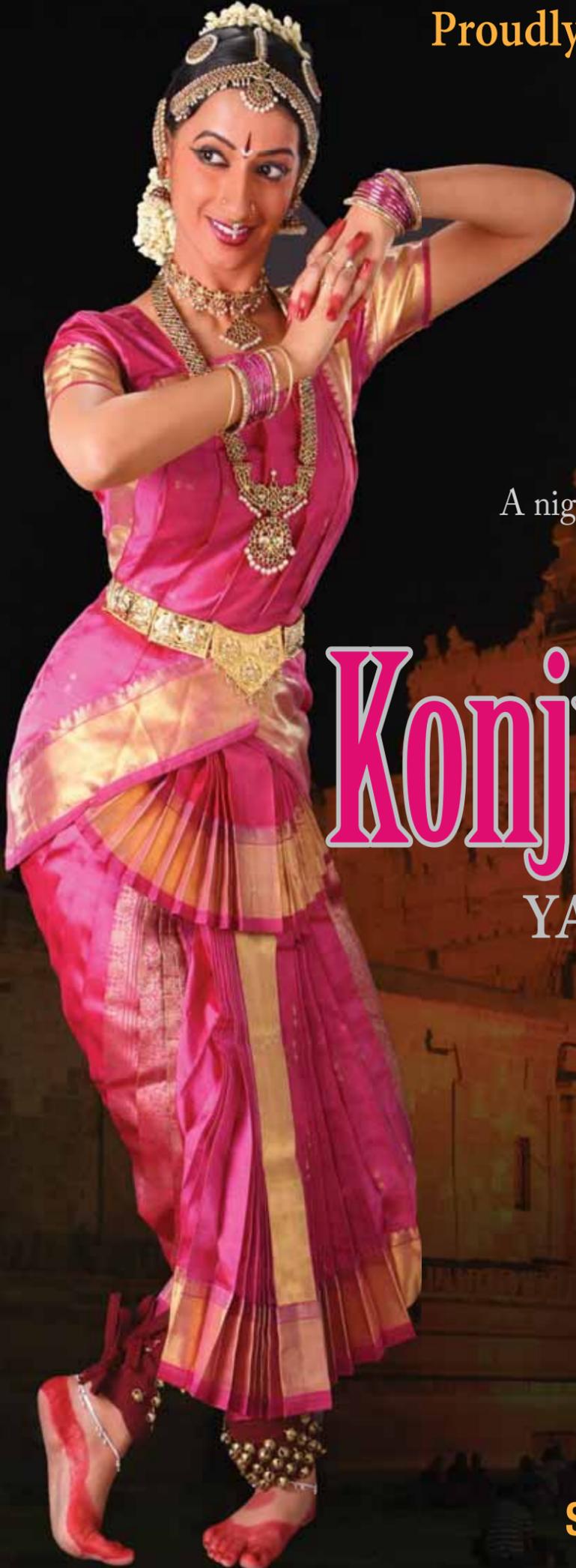


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The reality of vaccinations: *should you vaccinate your children?*



By: Jeavana
Sritharan,
BHSc, MHSc,
PhD Student

There are shifting paradigms on the issue of vaccinations with many parents who believe children should not be vaccinated and many parents who believe children should be vaccinated. Both sides of the debate are represented by knowledgeable and committed parents who only want to ensure that their children are receiving the best care possible. In certain areas of North America, there is a growing number of parents who are opting to not vaccinate their children, deeming religious or philosophical exemptions. Because of this shift and change in vaccinating children, there have been outbreaks of different diseases that had been previously eliminated from North America for a long period of time due to the success of vaccines. The recent outbreaks include measles, mumps, and other infections.

The purpose of vaccinating as many people as possible is to ensure that a majority of the population is protected from contagious diseases. When the majority of the population is vaccinated (80-90%), there is something called 'herd immunity' that occurs. This means that most of the community will be fully protected regardless of the small portion of individuals who actually did not get vaccinated. If certain individuals are not vaccinated for particular reasons, they are ultimately protected by 'herd immunity' because a majority of the population is already vaccinated. This herd immunity is also known as community immunity.

What is the fear behind vaccinations?

So what is the big fear behind vaccines? Autism. Some parents believe that with the more vaccines a child gets, the more at risk the child is for autism. This fear stems from a study published in 1998 that linked the MMR (measles, mumps, and rubella) vaccine to autism. Then another article was published in 1999 that indicated that the mercury preservative in vaccines could be toxic for infants. This was then stirred up in the media when Jenny McCarthy, an American actress and comedian, went on the Oprah Show and claimed that vaccines caused her son's autism. At this time, multiple studies were done on the association between the MMR

vaccine and autism and no association was found. It was following this that the journal that published the original study in 1998 that stirred up the controversy between vaccines and autism was actually retracted.

Why is autism being linked to vaccinations in children?

Well, experts believe that this is purely coincidental. The simple explanation is as follows: a child gets their first dose of the MMR vaccine at about 12-15 months and this is when the first symptoms of autism appear. It is the same for other conditions that appear at specific ages during vaccinations, the timing of these shots and when a child shows symptoms is what makes people think the two elements are linked. It has come to the point where strong autism activists no longer want to focus on vaccinations being linked to autism but rather they want to focus on other major causes of autism and provide research on new areas. A growing number no longer believe that vaccines are linked autism.

However, this does not mean that vaccines do not cause any adverse effects in the human body. There are compensation programs for serious effects from vaccinations but these effects are quite rare.

Individuals are more likely to become affected by vaccine preventable diseases like measles or mumps than by vaccine related injuries. The numbers are quite different. For example, if children are not vaccinated for measles then 1 in 2,000 children will die from measles whereas the vaccine itself can cause a serious adverse effect in 1 in 30,000 children. Also, if a vaccine is deemed unsafe even in a tiny percentage of children, then the vaccine will not be approved and will not be used further. Before a vaccine is brought into the public it goes through extensive trials to ensure it is absolutely ready for public use.

Mumps

In recent years, there have been outbreaks of mumps which have reached mainstream media. In 2014, a mumps outbreak passed through the National Hockey League affecting many well-known players including Sidney Crosby.

Many who heard the news thought that mumps were no longer a concern in our era but outbreaks do still occur. Mumps can remain within the human body for up to a few weeks before the individual experiences any symptoms. It is a virus that can cause swelling of the glands and can demonstrate fever



like symptoms. The virus can be passed between individuals unknowingly even without any symptoms present. It can be passed through respiratory droplets of saliva and mucus where saliva may be exchanged between individuals. For example, when sharing drinks or food or when kissing. Coughing and sneezing can also spread the virus especially if in close proximity with other individuals. In the NHL this virus can be easily passed between players as there are many players and teams that pass through similar shared areas and the virus can be transferred through shared water bottles. The NHL is a perfect breeding spot for this virus to thrive in. Outbreaks can easily occur in enclosed populations or settings like schools and sports leagues.

Mumps can lead to more serious infections and there is no treatment for mumps aside from treating the symptoms. Over time the body will fight mumps and recovery depends on each individual ranging from a week to a few weeks.

Measles

The United States saw a record high of measles cases in 2014 which the nation did not see since 1994. Almost all cases were caused by international travel by unvaccinated people. Individuals primarily contracted measles in other countries and brought the virus back to the US where it spread between communities. Many of the US health professionals were surprised to see many measles cases especially when the nation has such robust vaccination programs. Measles can spread quickly in younger children and it is especially important for them to receive the vaccinations if they plan to travel internationally.

It is a serious respiratory condition that can lead to hospitalization. The symptoms range and can include fe-

vers, skin rashes, pink eye, runny nose, and cough. It is highly contagious and an infected individual would need to be isolated immediately. It is still common in other parts of the world, specifically in Europe, Asia, the Pacific, and Africa.

The most effective way to prevent the spread of mumps or measles is through vaccination. The MMR vaccine which physicians often discuss with parents will help protect individuals against measles, mumps, and rubella viruses. It is a 2 step vaccine where the first shot is up to 80% effective and the second shot boosts the effectiveness to 90%. Also, general practices such as handwashing, use of hand sanitizers, avoiding hand to mouth contact, sanitizing of frequently touched surfaces, and using separate bottles or dishes for drinks and food can help prevent the spread.

This debate will be ongoing for many years to come. It is important for you as a parent to do your own research on particular vaccines and understand the purpose behind them. Following the media or suggestions from other parents is not thorough enough. It is important to actually look at the research on vaccines and understand the policies and procedures in place for vaccines that are mandatory or advised. Through human evolution many diseases have been eradicated or controlled because of effective vaccination programs. In the end, the decision you make as a parent not only affects your children but also the children who are in contact with your children and the community at large.

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. Contact email: info@healthperspectives.ca



PERSON- AND FAMILY-CENTRED CARE What it Really Means

The Scarborough Hospital (TSH) is a Best Practice Spotlight Organization (BPSO) candidate. BPSOs are health care and academic organizations selected by the Registered Nurses' Association of Ontario (RNAO) to implement and evaluate its internationally acclaimed best practice guidelines (BPGs).

TSH is implementing and evaluating eight BPGs, and is poised to be officially designated as a BPSO in 2018, upon successful completion of its candidacy. Evidence from these BPGs will be incorporated into standards of practice, policies, and protocols across the various units and departments at the hospital. TSH is transforming and ready for the spotlight!

If you're interested in learning more about how this work will impact TSH, its patients, and the community, check out the Question-and-Answer article below, featuring Liora Krinsky and Heather Holden, Co-Leads for the Person- and Family-Centred Care (PFCC) guideline.

Liora Krinsky, Clinical Resource Leader, Medicine and Specialized Geriatrics

Liora has been at TSH for two years. She is the Clinical Resource Leader for Medicine and Specialized Geriatrics, and consults with members of the interprofessional team to support them in providing excellent patient care. Liora is also a member of the Palliative Consultation team, which meets with patients and families who are experiencing life-limiting diseases. She assists with symptom management and enables palliative patients to participate in their care with dignity, ensuring the highest quality life possible in the time they have remaining.

On the Job

Did you always want to work in health care?
Yes, from the age of five. I received

a gift from my aunt, a toy nursing kit – nursing cap, stethoscope, and thermometer. I was sold.

Why did you become a BPSO Lead?

I joined the PFCC committee (originally the Patient Experience committee) as I felt the patient was getting “lost” and was more of an “observer” in their own care. When I was asked to co-lead the PFCC guideline, I jumped at the opportunity.

In your eyes, how does BPSO candidacy impact patient care?

Immensely! Patients are the experts in their own lives and the PFCC guideline will allow caregivers to partner with patients so that patients can have the health care experience they deserve. Recently in Canada, there has been a movement to reform the health care system, with a focus on including the patient (and their family) as true partners in care. We encourage patients to become part of the development of strategies to improve the quality, effectiveness, and efficiency of care and service delivery at all levels of the health care system. When patients are active participants and partners, their care becomes more accessible, comprehensive, and coordinated to their individual needs. And, their patient experience improves.

Name a colleague you admire and explain why.

I worked in a large academic hospital in South Africa in the 1980s. The Chief Nursing Executive was a progressive thinker and the first of my many mentors. She instilled in me the concept of “always putting patients before paperwork.” That is, the patient (and their family) is always the priority and centre of care. Over the years, this has become my professional mission statement.

What is the best professional advice you've ever received?

Be confident in what you know and always ask what you don't.

Off the Clock

Who would play you in a movie?

Anne Heche.

I love...

Scuba diving with sharks.

If you could have any super power what would you choose?

Healing.

Early bird or night owl?

Early bird. I meditate every morning before I start my day.

What is the best compliment you've ever received?

“Thank you for really listening to me.”

Heather Holden, Clinical Resource Leader, 4Central/ASU, and Specialty Clinics, General campus

Heather joined The Scarborough Hospital 16 years ago. For the last seven years, she has been serving as a Clinical Resource Leader. She organizes and supports staff educational needs, conducts orientation for new staff, works with staff, patients, and families to foster a positive, caring patient experience that is based on evidence and quality improvement.

On the Job

Did you always want to work in health care?

I decided I wanted to work in health care at about the age of 15 when my grandmother was diagnosed with Alzheimer's. Although, I am told that I had aspirations of being a nurse dating back to early grade school. My mother kept many of my drawings and stories from grades one and two and many of them referenced becoming a nurse “when I grew up.”

Why did you become a BPSO Lead?

As part of my job, I am always interested in working with staff, patients, and families to improve the patient experience. I volunteered to be part of the Person-Focused Approach to Care working group. Once we received the news about BPSO I was approached

by Liora, to join her in leading the implementation.

In your eyes, how does BPSO candidacy impact patient care?

It brings a high-level focus to “Patients as Partners” in care! Establishing a true collaborative partnership with our patients can improve a person's health and wellness, and increase staff and patient satisfaction. For TSH to become a BPSO demonstrates to the community that we respect our patients as partners in their care. As health care providers, we get to know the whole person: their goals, beliefs, values, culture, experiences of health and life circumstances, and care needs.

For more on Patients as Partners, see page 10 of TSH's Strategic Plan, Building a Healthier Scarborough.

Name a colleague you admire and explain why.

This is a difficult question as I admire so many of the people I work with for many reasons! I really admire my colleagues who demonstrate courage and advocate for patients on a daily basis.

What is the best professional advice you've ever received?

Always have an open mind to new ways of looking at situations.

Off the Clock

What is your favourite movie or book?

The Notebook. I preferred the movie over the book.

Where would you bury hidden treasure if you had some?

I wouldn't bury it. I would share it with friends and family.

Rules to live by:

If you do not step forward you will always be in the same place.

Name the first concert you ever went to. Sharon, Lois and Bram when I was about five or six years old!

What's your favourite way to relax?
Spending quality time with my family.

DEVELOPMENT OF FOURTH INTEGRATED HEALTH SERVICE PLAN UNDERWAY

Helping People Live Healthier at Home Invitation to complete Survey

The Central East Local Health Integration Network (Central East LHIN) is developing its fourth Integrated Health Service Plan (IHSP), a document that sets out shared goals for the organizations and service providers who make up the local health care system including hospitals, community support service agencies, community health centres, the community care access centre, community mental health and addiction agencies and long term care homes.

In IHSP 4 (2016-2019), the focus will continue to be putting people and patients first - improving their health care experience and their health outcomes – as outlined in Ontario's Patients First: Action Plan for Health Care.

This will mean continuing to improve access, better connecting services, making evidence-based decisions on value and quality that will sustain the system for generations to come and providing people with the education and information they need to make the right decisions about their health.

In the Central East LHIN, this will mean helping people to live healthier at home.



Planning conversations with a number of Central East LHIN Planning Partners, patients and their caregivers clearly shows that living healthier at home means receiving the right information, the right care and the right services so that local residents only have to go to the hospital or move to a long-term care home when living in their own

home is no longer the safest option or their situation requires specialized or acute care.

As the Central East LHIN works with its planning partners to develop IHSP 4, the LHIN also wants to hear from patients, clients, consumers, residents and caregivers about their experiences with the health care system, their goals

for living a healthier life in their homes and communities and how that can be achieved. The LHIN also wants to hear from health care service providers about the challenges they face in delivering co-ordinated and comprehensive care to their patients, clients, consumers, residents and their families and the opportunities they see in better supporting them to live healthier lives in their homes and their communities and how that can be achieved.

“Hearing from people about their goals for living a healthier life in their homes and communities will help the Central East LHIN to determine what is required to support the local health care system to improve the health care experience and outcomes of our residents. I hope everyone takes the opportunity to share their experiences with us as we continue to develop our fourth Integrated Health Service Plan for 2016-2019,” said Deborah Hammons, Chief Executive Officer, Central East LHIN.

To complete the survey and to learn more about the Central East LHIN's Integrated Health Service Plan, please visit www.centraleastlhin.on.ca

TSH'S SEXUAL ASSAULT AND DOMESTIC VIOLENCE CARE CENTRE RECEIVES GOVERNMENT FUNDING TO ENHANCE SERVICES

Ontario Premier Kathleen Wynne visits TSH for funding announcement and roundtable discussion

Premier Kathleen Wynne visited The Scarborough Hospital (TSH) today to announce new funding for hospital-based Sexual Assault and Domestic Violence Treatment Centres. Joining the Premier for the announcement was Minister of Children and Youth Services, Tracy MacCharles, who is also responsible for Women's Issues.

As part of this investment, Premier Wynne announced that the Sexual Assault and Domestic Violence Care Centre (SA/DVCC) at TSH will receive over \$28,000 in funding annually for three years. The new funding is dedicated to improving access to counselling services.

This enhanced funding stems from provincial government's Action Plan to Stop Sexual Violence and Harassment, released in March 2015. TSH is a member of the Ontario Network of SA/DVCCs, and one of only two centres in Toronto.

"(This action plan) is about raising public awareness and provoking discussion on challenging issues like rape culture, consent, and gender inequality," said Premier Wynne.

"We feel incredibly grateful to staff at The Scarborough Hospital's Sexual Assault and Domestic Violence Care Centre for the work that they do. You are on the front lines of our

struggle to end the disturbing trend of sexual violence and harassment in our communities, our homes, and our

"We thank Premier Wynne and Minister MacCharles for their leadership and commitment to

who have been sexually assaulted or experienced partner violence, the centre is a vital service in the Scarborough community. Services include emergency medical and nursing care, crisis intervention, safety planning, collection of forensic evidence, and arranging health care follow-up.

Sexual assault patients receive follow-up counselling through an innovative, integrated partnership with SCHC. The partnership was established in response to patient feedback that indicated patients found it traumatic to return to the hospital, a stark reminder of the immediate aftermath of their assault.

"Our partnership with The Scarborough Hospital has been truly beneficial, resulting in decreased wait times and improved access to services for patients," said Kim Cook, Vice-President, Community Health and Chief Professional Practice at SCHC.

"Our social workers provide trauma-based therapy to support patients on their journey to recovery at three of SCHC's sites in Scarborough. This is frequently complemented by additional wraparound services offered by SCHC, which relate to physical and mental health, and social, financial, and environmental well-being."

More information on TSH's SA/DVCC can be found at www.tsh.to.

More information about SA/DVCC services provided by SCHC can be found at www.schc.onario.ca.



workplaces."

Premier Wynne and Minister MacCharles joined SA/DVCC leadership and frontline staff for a roundtable discussion relating to the issues of sexual assault and domestic violence. Also participating in the roundtable were colleagues from TSH's partner for this program, Scarborough Centre for Healthy Communities (SCHC). In addition, Mitzie Hunter, MPP Scarborough-Guildwood; Soo Wong, MPP Scarborough-Agincourt; and, Bas Balkissoon, MPP for Scarborough-Rouge River also participated.

improving treatment and support services for sexual assault victims through the government's Action Plan to Stop Sexual Violence and Harassment," said Robert Biron, President and CEO of TSH. "This plan is an important step forward in creating a safer and healthier Ontario."

TSH and SCHC's SA/DVCC is highly regarded for the exceptional care it provides to meet the sensitive needs of a vulnerable population. With acute care offered at both TSH campuses, 24 hours a day, to men, women, and transgendered individuals

Sun Protection and Signs of Skin Cancer



By now, you've surely spent more than a few days cruising around in the sun this summer. Just remember to take a moment and consider the harmful effects summer weather can have on our largest organ – our skin – next time you head outdoors.

According to the Canadian Skin Cancer Foundation, more than 80,000

cases of skin cancer are diagnosed in Canada each year; more than 5,000 of which are melanoma, the mostly deadly form of skin cancer.

Overexposure to the sun can cause your immune system to malfunction, and cause melanoma and non-melanoma skin cancer, as well as wrinkles, freckles, and telangiectasias (dilation of small blood vessels).

"Watch for signs of melanoma, such as asymmetry (when

one section of your skin is unlike the other), border irregularity on moles (when moles appear scalloped or poorly defined), and colour that varies from one area to another, with shades of tan, brown, and black, and sometimes white, red, or blue," explains Dr. Sarah Wong, Plastic Surgeon with The Scarborough Hospital.

"Also look at the size of these growths – anything greater than six millimetres is a red flag, but it can be smaller. A change in size, shape, or colour can also indicate melanoma. If any of these characteristics occur, visit your family physician or dermatologist."

While nothing can undo sun damage to your skin, Dr. Wong says it's never too late to start protecting yourself. She offers the following advice:

- ➔ The sun can damage your skin in as little as 15 minutes. Wear sunscreen or cosmetics with a sun protection factor (SPF) of 15 or greater, 30 minutes before sun exposure and then every few hours thereafter.

- ➔ Avoid direct sun exposure as much as possible during peak ultraviolet (UV) ray times (between 10 a.m. and 3 p.m.)

- ➔ Perform self-exams on your skin regularly to become familiar with existing growths and to notice any changes or new growths. You can even sign up for monthly skin check reminders from the Canadian Skin

Cancer Foundation.

- ➔ The average T-shirt has an SPF rating of less than 15. Protect your skin from UV rays by wearing tightly woven fabrics such as denim and wool, which offer more protection than fabrics with an open weave, like lace. Also, wear long pants in darker colours and clothes that fit loosely.

- ➔ Hats with brims can also offer protection to your face and neck.

- ➔ Listen to the news to get updates on the latest weather alerts. If a heat warning is in effect, try to stay indoors. If you must go out, stay in the shade, carry an umbrella, or avoid exposure to the sun.

- ➔ Eighty per cent of a person's lifetime exposure is before the age of 18, so fostering sun protection habits in your children when they are young is key to preventing skin cancer caused by sun damage.

- ➔ Even when the sky is overcast, you still need sun protection.

As long as you take the appropriate precautions, you can still enjoy the sunny days ahead.

LIVING OUR VALUES

■ Social Justice ■ Compassionate Service ■ Sanctity of Life
■ Community ■ Human Dignity ■ Social Responsibility

Located at Warden and St. Clair Avenues, Providence Healthcare provides rehabilitation, palliative, long-term care and community programs within a community of compassion, hope and healing. Every year, Providence holds the 'Living Our Values' Awards, an opportunity for Providence staff, volunteers and physicians to nominate an individual or team who has made outstanding contributions to the organization's mission by living out its' values through their daily interactions with patients, residents, clients, community partners, families, visitors and each other. Awards are determined by a judging panel. Meet this year's recipients...

A GIFT FROM ABOVE



GLENN

Glenn Found, a volunteer in Providence's Houses of Providence, was awarded for living the organization's value of compassionate service, which recognizes a person who attends to the needs of others with thoughtfulness, understanding and sensitivity.

"Glenn treats all the residents with equality and value, always taking time to listen to what the resident has to say," say his Houses' colleagues. From the mouth of one resident, "Glenn's my favourite! He's kind hearted and would do anything for you. He's a fun loving, great personality."

Some residents like to do activities in their rooms. "We have a resident who because of her condition spends a good deal of her time watching TV. Glenn introduced her to a board puzzle and she now enjoys assembling puzzles

daily; Glenn keeps her well supplied!"

Another resident enjoys listening to the radio, so when it stopped working, Glenn got it fixed.

"One of our residents maintains that God sent Glenn to help her."

And helping he does. "Glenn plays a major role in our annual fall fair and has become quite the baker. He'll start baking weeks in advance producing trays and trays of baked goods."

Described as a person who is kind, generous of heart, respectful, sincere and a good friend, Glenn is respected by the residents and missed when he's not there. Says one staff member, "He's a special part of our Houses. With his caring nature, he rises above the ordinary and makes the Houses a much more interesting place to be for others."

A CHANCE TO SHARE MEMORIES



SYLVIA

Sylvia Pellerin is a busy lady. Located at the heart of Providence Hospital's Neuro and Stroke Rehab, the Unit Admin Coordinator has staff, patients and families constantly passing her desk, seeking help for a variety of things. "She always takes the time to get to know each and every patient and their families," say colleagues. In her nomination, her team members pointed out that "being non-judgmental, empathetic, respectful, empowering and approaching others with kindness and a sense of caring" are all parts of the value of compassionate service that Sylvia exudes.

A long-time Providence Healthcare employee (over 35 years!), she's described as a leader, a friend and a true testament to the organization's values. "We had one patient who had a critical follow-up appointment that was especially hard to arrange. On the morning of the appointment, there was mix up with transit and the patient required an escort to travel with her. The patient was distraught. Sylvia reassured her that she would travel with her to the other hospital so the patient would not miss her appointment."

Sylvia's also seen as providing patients an opportunity to escape the fact that they are in a hospital. "Each year, she transforms our halls into a magical scene for holidays. Coming in on her own time and enlisting friends and family to help, she brings the warmth of holidays to everyone."

Her actions consistently make a lasting impression – evidenced by the large volume of thank you calls, cards and hugs she receives.

Say her colleagues, "By creating a warm and welcoming environment, a friendly face to talk with and a chance to feel engaged and valued, she provides our patients with a chance to share memories."

EPITOME OF HUMAN DIGNITY



DEBBIE

From Providence Hospital's Palliative Care unit to her current role in the Hospital's Orthopaedic and Amputee Rehab, Registered Practical Nurse Debbie Spence has touched the lives of many people. "To be present and see firsthand the impact she has on her patients' well-being is very moving and inspiring," say her colleagues. "She is the epitome of our human dignity value."

The value of human dignity recognizes an individual who demonstrates that everyone has intrinsic value and is worthy of respect. In her nomination, Debbie's teammates describe how she's so devoted to helping patients that she often walks with confused and agitated patients – even if they are not on her assignment! This was the case with one patient, a 93-year-old lady with dementia.

"Her only family was an elderly cousin who found it difficult to visit. She liked to walk and would otherwise become agitated. Debbie recognized her need to keep moving and made special efforts to spend one-on-one time."

Debbie's seen as not only taking on her patients' physical needs, but their emotional needs too. "She's never too busy to make a patient's bed or sit and talk about an issue or make a cup of tea for someone who just needs attention."

Like that of her work with another patient, a 94-year-old with cognitive impairment and no family. The one

thing that brought her comfort was her little brown stuffed bear, "Mr. T". "Debbie would make sure that Mr.T went everywhere that her patient went!"

She stayed at Providence for many months while awaiting a long-term care placement. "Debbie would sit and listen to her. She became the one person whom this patient liked and trusted."

When the patient left Providence, she said it was Debbie that she would miss the most... a sentiment echoed by countless patients.

"Debbie takes care not only of the patients' physical needs, but their emotional needs too," say her colleagues. "She recognizes each person's intrinsic value and truly makes them feel cared for and cared about."

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2015 Silver Ball Co-Chairs,
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Role Reversal: How to Cope with Becoming a Caregiver for the Elderly

By: Andrea Shanmugarajah



The challenges that come along with aging can be hard to deal with; however, it is not only the elderly person who struggles to cope with the ongoing changes. For the children and grandchildren of the elderly, stepping into a new role as caregiver can be formidable. So how can you, as a caregiver, handle this transition?

As a caregiver for an ailing parent or grandparent, you will likely have to take on an abundance of new responsibilities, many of which are sure to feel intimidating or foreign to you. At times, the pressure of selflessly caring for a senior can become overwhelming, leaving you feeling alone. However, though the challenges associated with being a caregiver are plenty, it can also be an extremely rewarding experience. And, there are ways in which you can ease the strain on both you and your elderly relative, to make the process of caregiving more enjoyable.

Over the coming years, as the elderly in your life decline in both their physical and mental health, you may start participating in caregiving, a process that requires love, kindness and selflessness. You most likely would never have been formally trained to care for an ailing person, and may not have anticipated being in this situation. However, your love for the seniors in your lives drives you to provide the best care you can and make any of the necessary sacrifices. The good news is that even without any formal training, anyone can become a commendable caregiver, as long as you have access to the right help and support. In this article, I will present some tips to help you become as loving and effective a caregiver as you can.

First of all, it is important that you acknowledge and accept any feelings you may have about being a caregiver – particularly the negative ones. Caregiving is a selfless endeavour, but that does not necessarily mean you have to be a saint. It is perfectly natural to have misgivings or resentment about the situation you are in, and these feelings do not at all imply that you do not love your family member. All they mean is that you are human, and you too can only do so much in the face of a

difficult situation. So, accept any anger and resentment you might feel towards the person you are caring for, even if it is irrational. Acknowledge the guilt that you might experience if you feel like you're not doing enough, or the anxiety you feel about the additional responsibilities you have taken on. Deal with any grief you may be feeling about the suffering that your loved one is going through. It's critical you not only acknowledge these feelings, but also express them, rather than keeping them bottled up inside. Find a supportive and non-judgmental outlet in your community where you can reach out to others when you need help.

In the same vein, even as a caregiver, it is essential that you continue to look after yourself and your own needs, even as you try to put another person before yourself. Continue to maintain a healthy lifestyle, even in the face of your new responsibilities, by eating well and exercising regularly. Find ways to manage stress, because your stress levels will undoubtedly increase once you take on the role of caregiver. While you may believe that slacking off on your own self-care in favour of that of your parent's is beneficial, in the long run, it will actually harm both of you. Not taking care of yourself and making yourself a priority will result in you getting burned out, and this will surely lead to a decrease in the quality of life of both you and the person you care for.

Finally, to be an effective caregiver, it is important that you don't try to do it all. You might feel like now that you have shouldered the responsibility of caring for an ailing parent or grandparent, the burden is entirely yours to bear. However, this is far from the truth. You can't and shouldn't try to do it all – being a caregiver requires help from family, friends and healthcare professionals. Caregiving is a demanding undertaking, and you may feel like you desperately need someone to lean on – reach out for help at these times, to avoid getting burned out and compromising the standard of your care. Reaching out involves not only the individuals in your personal life, but also the services offered by the community. In Toronto, there are a variety of resources and services to help the elderly as well as their caregivers, and it's important that you educate yourself on what is available in order to take advantage of them. No matter how much you love your parent or grandparent, the weight of caring for



them can at times be a burden, so don't expect yourself to bear it alone. Caring for an elderly person can be a positive experience, but only if everyone is willing to chip in and lend a helping hand – even if you are the primary caregiver, you should never be the only caregiver.

For those of you who are about to embark on the caregiving journey, or perhaps are not quite a caregiver yet, but foresee becoming one in the near future, it is important to gather as much knowledge and support around you as you possibly can. Learn as much as possible about the illnesses that your parent or grandparent is suffering from, so that you can feel more confident in your own role as caregiver. As well, seek out others who act as caregivers, so you can build a support system of people who know what you are going through. If you can remain realistic about how much you can do for your loved ones, and have support and help from members of your family, it is more than possible to care for an ailing senior without feeling like you are sacrificing your own life. Though there

is no denying that caregiving can be stressful and challenging, the support available to caregivers is endless, so educate yourself on the resources available to you. That way, you will be able to meet both your own and your parent's needs, allowing the experience of caregiving to be a positive one for everyone involved.

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



A fundamental Need: *PEACE*

For many people, the word means an absence of war. For Prem Rawat, who brings a message of hope and peace to people from all walks of life, it means something completely different, something much more personal.

We know that there are certain needs we all have to fulfill in order to sustain life. “Yes, we need food,” Mr. Rawat says. “We need air. We need water. We need a clean planet to live on. These are not just concepts. So what else do we need in our lives?”

“Just like food and water, peace is a fundamental need in our lives. Without peace, we have no future; our children have no future; mankind has no future.

“The good news,” he says, “is that this peace is inside of you, and always will be. Peace is the most profound, and yet the simplest, thing that dances on this stage called a human being. The day you recognize this, the day you experience it, you will start truly living.”

Mr. Rawat notes that, in his travels, many people have asked him, “If peace is inside of us, then why don’t we know about it?”

“First of all,” he says, “do we know ourselves? Because if we don’t know ourselves, then it is impossible to understand what that need is. When we are hungry, we know what to do. With thirst, we know. With

sleep, we know. But what about the innate thirst we have for peace? How do we satisfy that?”

“First, that thirst, that passion, has to be understood. Second, it has to be fulfilled. Only then will human beings start to recognize each other as who we are.”

What, then, are the traits of a human being? “Kindness is a trait of humanity,” Mr. Rawat says. “Love is a human quality. Anger is not. Kindness does not cost anything. To become kind, be kind to yourself first. Then, you can be kind to others.”

When we don’t recognize ourselves, then arrogance takes over. But when a person is in peace, “there is a simplicity, there is an appreciation, there is gratitude,” he says. “There is a recognition—a recognition of each other, a recognition that my need is like yours, that being human isn’t about power. It isn’t about destruction. It is about preserving that which is precious. It is about appreciating the gift that we have been given. It is about being alive.

“Being alive is having a heart full of gratitude, having an understanding, a passion for peace, a clarity that the objective is simply being alive. That’s when the reason why the sun is where it is makes sense. That is when being on this Earth makes sense.”

There is a huge impact when people start to un-

derstand what peace means, says Mr. Rawat.

“Some people think, ‘Oh, but when you have peace, you become a vegetable.’ I have been traveling around the world speaking about peace for 52 years. I can assure you, I have never seen anyone so alive as the person who has found a passion for peace—alive, embracing life, celebrating life, and saying, ‘Thank you. Thank you for life.’”

To those who feel they are too old to begin to look for peace in their lives, he says, “Look up. There is the moon. Look up. There are the clouds. Can you see them? If they don’t care how old you are, why do you? Peace is for everyone. It’s for the young; it’s for the old. It is for all those who are living beings on this planet Earth.

“You know whether you feel peace in your life or you don’t. If you don’t have peace, get it. If you have peace, enjoy it. Feel your passion to be alive. Feel your passion in this life, in this moment, in this existence. That’s what it’s all about.”

To learn more about Prem Rawat, visit:

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THE JOURNEY IS NOT HARD, YOU ARE

Dear Sadhguru, How to become a salt doll and dissolve completely? Why is the journey so hard?

The journey is not hard, you are. A rock dipped in the ocean one thousand times does not dissolve. Actually, there is no such thing as a journey if you ask me, because to make a journey you need a distance. What is the distance between you and yourself? How long would it take to make this journey? The word "journey" is used more as a device, otherwise people will just sit around, but if you say "journey" they know they have to get somewhere.

Some time ago, we were teaching a program in Los Angeles and initiating people

Intelligence is about crossing the limitations set by the physical.

into Shambhavi, just a twenty-one minute kriya. Typical of Los Angeles, somebody asked me, "Sadhguru, why are you teaching such long and difficult processes. Ramana Maharshi said you don't have to do anything and it will happen." I said, "What he said is right, but you must understand what he meant. Ramana sat down and did nothing for fourteen years. Rats came and bit into his thigh and ate up his flesh; it got worm-infested and he still did nothing. But you are made in a way where if a mosquito bites, you will call 911!"

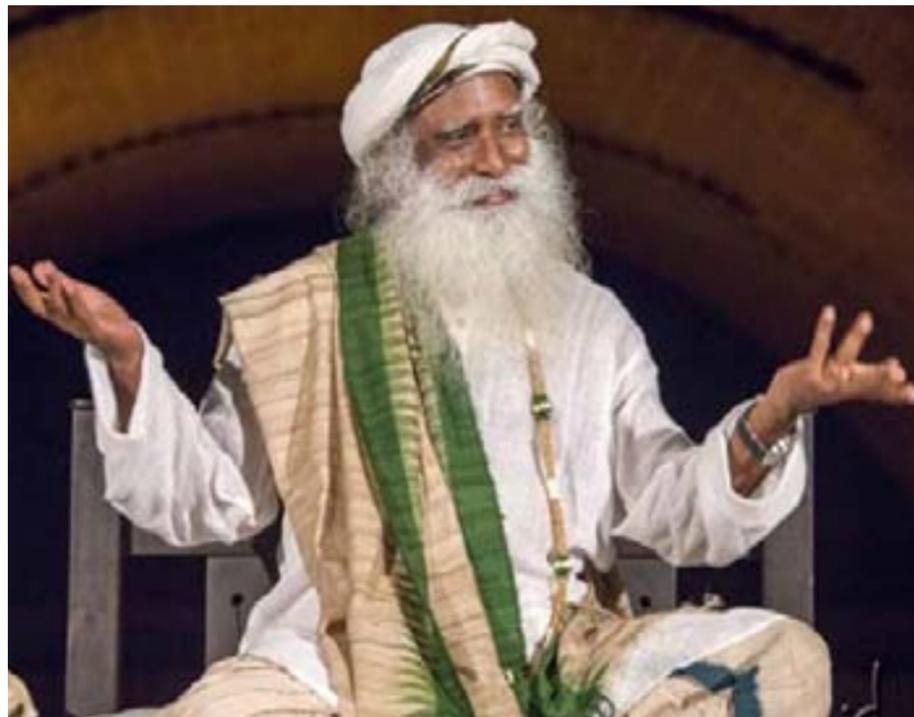
If you can do nothing like Ramana, why would I teach you something like Shambhavi Mahamudra? If you are in such a state of doing nothing, why would I teach anything to you? For you to sit quietly for three minutes, I have to continuously keep talking, otherwise you will start scratching yourself. It is not that we have to make something out of you; that would be too hard. We just have to stop your compulsive thoughts, to "un-think" you. To make you understand this, we have to bend you, twist you, turn you upside down; we have to do many things.

The problem is you think you are something. Tell me, what are you made of? Are you made of the same material as the rest of Creation? Or are you made of different material? Is there one leaf, bird or atom in the Existence that can function without the source of Creation throbbing in it? It is everywhere, and you are also made of the same material, so why are you acting so funny and thinking you are different? Intelligence was given to you so that you will throb with the larger intelligence. The way of the existence is that it offers you the possibility of existing in various dimensions of possibilities, whether you choose the lowest or the highest of the choices offered is up to you. Intelligence is about crossing the limitations set by the physical. But you think because you have a certain level of intelligence, you can do your own thing. If you do your own thing, you will become like a rock which does not melt into anything.

As you sit here, air is constantly entering you in the form of breath and making your life happen; this you allow. When you are hungry, what is all over the world enters your plate; that you also allow. You are keeping a couple of doors open to survive, but everything else is closed. You understand, "If I do not open my nostrils, I cannot breathe, if I do not open my mouth, I cannot eat." But if you are truly intelligent, you would extend this and understand, "If I do not open up completely, my life will not happen to its fullest possibility. The fullest

through one's karmic body of info to make judgments, but that is only for work. When I simply look at someone, I just look as if it is the first time because the worst thing you can do is have an opinion of another life. You don't have a right to hold an opinion on any life.

If you want to dissolve, one important thing is not to have an opinion on anything. Society is training you to hold an opinion on everything; otherwise you will have no self-esteem. Your self is such hollow nonsense that it needs people to tell you, "Oh you are a beautiful person." You are thriving on opinions, not only on other peoples' opinions, your own opinions. You are a person only because of the opinions that you hold. If you did not hold any opinion, you would



Becoming a salt doll means you are willing to die the way you are, so that something far bigger than yourself can happen

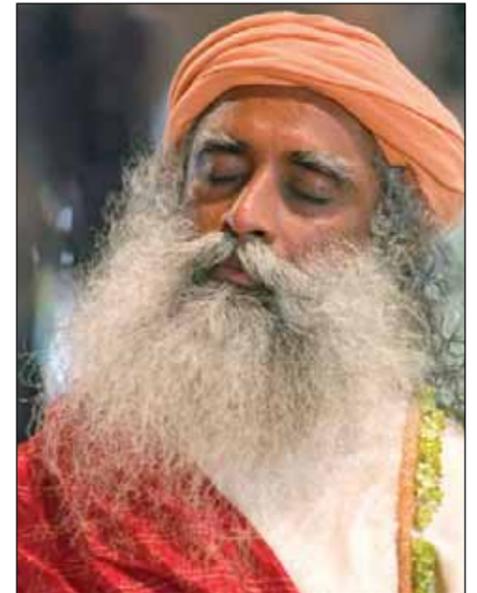
dimension of life will not touch me." This does not need any extraordinary intelligence. Everybody has enough intelligence to understand this.

Becoming a salt doll means you are willing to die the way you are, so that something far bigger than yourself can happen. The problem is you are so enamored with yourself. You are who you are only because of the opinions that you hold. It is very important that you do not make an opinion about anything. Within myself, I have never formed a single opinion about anybody. I always look at people as if I am seeing them for the first time. Always. Yes, when it comes to work and activity, we consider what they have done yesterday, as when it comes to specific activities, knowing the trends and tendencies of a person becomes relevant. When it comes to Mystical work, I will sieve

be a salt doll. If you just sit, it is not just the air that will enter you, the whole Existence will enter you. Nothing is stopping it except your own ideas about yourself. Do not hold any ideas either about yourself or anybody, just look at everything the way it is – you will merge with everything, there is no other way to be.

Salt Doll

*In search of truth
did I go back and forth
Wandered through Mountains
bathed in rivers sacred, with the pious
Whichever way the blind pointed
with hope and zest me travelled
Every which way I smelled the scent
but round and round is all I went
Wasted lives to know the one who is not*



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

*but the feverish pitch of seeking
would cease not*

*What does it take to fathom the ocean
even fish or whale is clueless of the ocean
It is only the salt that can be ocean
a Salt Doll I became, just a plunge made
me the ocean.*

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

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

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

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Toronto's first Tamil Fest Street Festival draws a mammoth attendance of around 90,000 people

A Celebration of Culture and Cuisine

By Siva Sivapragasam

Toronto's Tamil community displayed its power and prestige recently at the Tamil street festival with a massive turn-out of around 90,000 people. The Tamil street festival, first of its kind for the community and appropriately titled "Tamil Fest" was organized by the Canadian Tamil Congress and took place along Morningside Avenue during a weekend. The two-day festival turned out to be a smashing success for both the Congress and the community. The organizers estimated a crowd of 30,000 to turn-up but the number that came was three times the forecast.

The side-walk of the street was literally covered with a variety of colorful booths which displayed different products and services interspersed with eateries filled with traditional Tamil delicacies like "kothu-roti" and "hoppers" with thirst quenchers "coconut water" and "Sri Lankan strong

black coffee".

The Tamil Canadian community which is today estimated to be around 300,000 is one of Canada's fast growing migrant communities proud of its successful professionals, business entrepreneurs and active community members strictly following and nurturing their traditional cultural and religious activities.

The vast number of Tamil trade outlets and Hindu temples in greater Toronto area bear testimony to this fact. Today the community which is 300,000 strong makes a significant presence in the City of Toronto.

The two-day festival was a unique platform that showcased and exhibited traditional and modern Tamil Culture, cuisine, arts and entertainment. Some of the highlights of this two-day festival had traditional Tamil Dance and Music displaying talent, Tamil culture and cuisine, A Tamil Canadian historical museum, fireworks display at night and traditional Tamil

street performances.

Notable attendees at the festival were federal candidates from all parties mingling with the crowd. Liberal Party leader Justin Trudeau who was also a visitor displayed his skill by participating in the traditional Tamil "silambaatam" game (a battle between teams holding long poles).

The opening ceremony began with the lighting of the traditional oil lamp followed by singing of the Canadian anthem and the Tamil Thai vaalthu.

The President of the Canadian Tamil Congress Mr. Raj Thavaratnasingham welcomed the guests and spoke of the activities of the CTC and its contribution to the Tamil community. Several public officials including Minister of Citizenship and Immigration Chris Alexander made speeches. Others who spoke were Federal MP Rathika Sitsabaiesan, Provincial MMPs Bas Balkissoon, Mitzie Hunter, Dipika Damerla, and City Counsellors Logan Kanapathi and Raymond Cho.

Mr. Sivan Ilangko who gave the inauguration speech addressed the audience noting that the event was historic and first of its kind to be held for the first time outside Asia. He pointed out that the event showcased the vibrancy of Tamil culture and language. He also emphasized that Tamil is a language that is still spoken by more than seventy million people around the world.

Tamil Fest 2015 was an extravagant display of Tamil culture, tradition and heritage. The Canadian Tamil Congress which organized the festival promises that the coming year's 2016 event will see many more new items and still a bigger crowd.

The street festival will also be an ideal marketing opportunity for Toronto's corporate, banking and business sector who want to market their products and services to the 300,000 Toronto's Tamil community.

Photo Courtesy: Digital Gwane & Social Media



MPP Dipika Damerla (Ontario's Associate Minister of Health and Long-Term Care) speaking at the Tamil Fest on Saturday, August 29th. Also seen in the picture are MPPs Mitizie Hunter, Bass Balkissoon & Dr. V. Shanthakumar



Liberal Leader Trudeau being welcomed by a visitor to the event



Liberal Leader Trudeau demonstrates his culinary skill in making "Kothu Roti"



Ontario NDP Leader Andrea Horwath and Neethan Shan with Markham-Thornhill NDP candidate Senthil Chelliah



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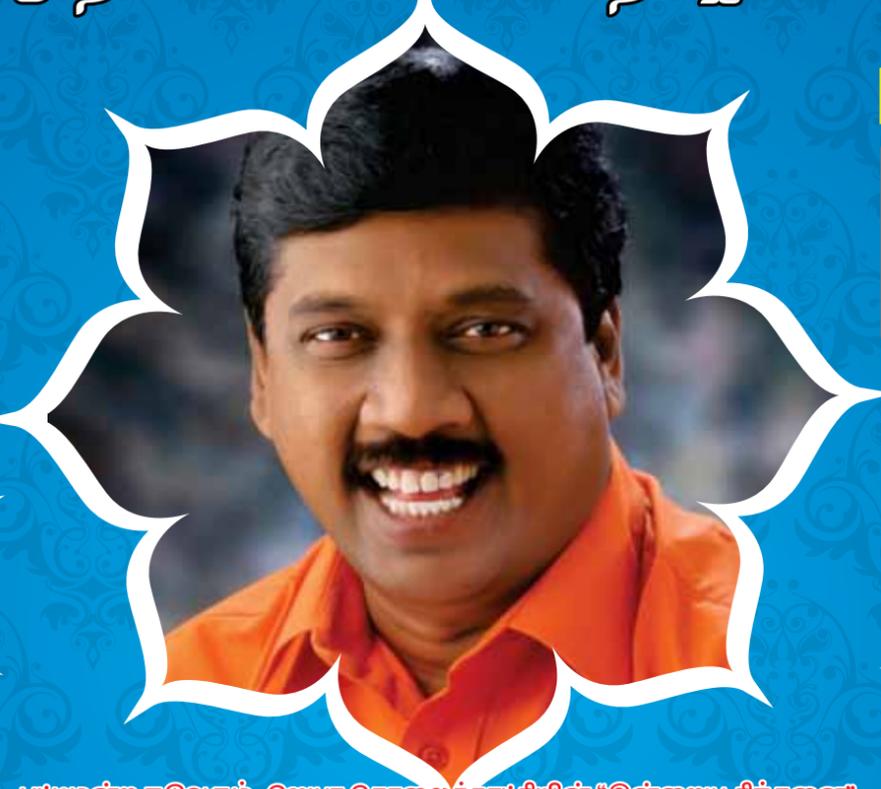
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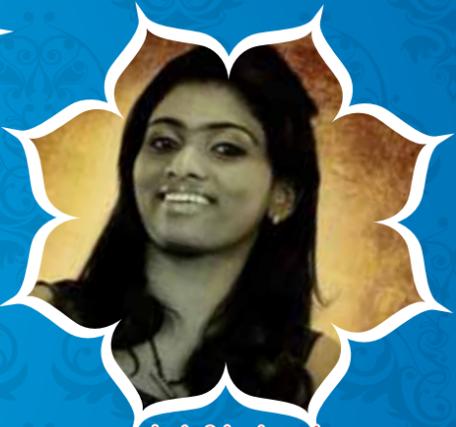
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NDP in reach of majority, new poll suggests



by Raymond Rajabalan

A new poll puts the New Democratic Party (NDP) with 40 per cent support, with the Liberals ahead of the Conservatives in second place with 30 per cent. The Tories have 23 per cent support.

The poll, conducted on Sunday and Monday (Aug 23, 24), may have captured both anger at the revelations emerging from testimony of Conservative officials at Sen. Mike Duffy's fraud trial, as well as the recent stock market scare, which has heightened talk of a faltering Canadian economy, said Forum Research president Lorne Bozinoff.

The New Democratic Party has the backing of an unprecedented 40 per cent of Canadians, a level of support that could secure Thomas Mulcair a majority in the House of Commons, a new poll has found.

The Forum Research poll for the Toronto Star projects the NDP with enough support to win 174 seats in the Oct. 19 election. Justin Trudeau's Liberals now sit in second place with 30 per cent support, while Stephen Harper's Conservatives are losing support and have the backing of just 23 per cent of the 1,440 Canadians surveyed.

The poll, conducted on Sunday and Monday (Aug 23, 24), may have captured both anger at the revelations emerging from testimony of Conser-

vative officials at Sen. Mike Duffy's fraud trial, as well as the recent stock market scare, which has heightened talk of a faltering Canadian economy, said Forum Research president Lorne Bozinoff.

"Maybe you could say it's a perfect storm for the Tories because they're the ones who seem to have taken this on the chin," he said. "We've said all along that if this economy goes south it's over for the Tories. They're in charge, they're it and on top of that they've built a lot of their campaign around being great economic managers."

Harper's campaign headaches seem to have benefitted the NDP, which now has 54 per cent support in Quebec, 41 per cent in Manitoba and Saskatchewan, and 39 per cent in British Columbia.

In Ontario, the province with the most seats in the House of Commons, Mulcair's New Democrats lead with 36 per cent of respondents saying they would vote for the party. The Liberals are second with 33 per cent and the Tories have 26 per cent support.

"The strength of the NDP is pretty pervasive across age groups, across regions of the country," Bozinoff said.

That is most apparent in Quebec, where the once-dominant sovereignist Bloc Québécois (BQ) is in third place behind the Liberals and just ahead of the Conservatives, and is projected not to win any seats in the Oct. 19 vote.

"If the BQ goes nowhere, that creates a serious, serious problem for the other two parties because a lot of the NDP seats are in Quebec and if (the Liberals and Conservatives) are writing Quebec off it's hard for them to make any progress," Bozinoff said.

"If you're trying to get half the seats (in the House of Commons) and you're writing off a quarter of the seats, there's not a lot left and then you've got to share them with the other parties."

Much could still change in the election race, which is expected to enter a more intensive phase as summer ends, vacations draw to a close and Canadians settle back into their usual school and work routines.

But that could also usher in more trouble for the Tories if the economic problems continue or if more revelations emerge from the influence peddling trial of former PMO adviser Bruce Carson, who is alleged to have leveraged his ties with the Conservative government for the benefit of a water purification company seeking federal contracts.

While the Conservative election message has been centred on the risks of inexperienced or high-spending parties forming government, the New Democrats are keen to show a pattern of rule-breaking, be it related to election spending limits, improper expense claims, or actual violations of the law that undermine the promise of

transparency and accountability that brought the Harper government to power in 2006.

Bozinoff said the poll results indicate the revelations of scandal, sleaze and politicking are causing core Conservative supporters to have second thoughts about their vote.

"The Tories have been steady at about 28 or 29 (per cent) for months or years even. That's been their base. They've taken good care of their base with the gun registry and everything . . . Now the base is getting antsy," he said, adding that much could still change in the more than seven weeks before voting day.

"We can't write anybody off but the NDP are looking stronger day by day."

The poll is considered accurate to within three percentage points, 19 times out of 20.

During the 41st General Election in 2011 for the very first time NDP led by Jack Layton did so well that for a while the voters and pollsters thought that Harper Government was about to be defeated. However Harper triumphed for the third time.

Four years later, it appears that the orange wave sweeping the country may result in NDP actually forming the Government. However, just like the old saying "there is many a slip between the cup and the lip" and anything and everything is possible during a nationwide election.

Government: 166 Opposition:142 Majority:24

"Party position at the time of dissolution of Parliament."

Political Affiliation	Elected Members	Number of Candidates	Number of Valid Votes	Percentage of Popular Vote
Conservative Party of Canada	166	307	5,835,270	39.6%
New Democratic Party	103	308	4,512,411	30.6%
Liberal Party of Canada	34	308	2,783,076	18.9%
Bloc Québécois	4	75	891,425	6.1%
Green Party of Canada	1	304	572,095	3.9%
Other		285	129,703	1%
Total	308	1,587	14,723,980	100%



VALLUVAR'S VIEWS FRIENDSHIP



By: JJ Aputharajah

Valluvar gives pride of place to friendship in human relationships. There is nothing so rare to achieve as a good friendship and it serves as a fortress against all kinds of adversities. In the day to day social context, friendship extols in sincerity and protective strengths. The friendship of the worthy develops day by day like the waxing crescent moon. but foolish associations deteriorate like the waning thereof,. as one sees greater beauty and derives enhanced pleasures from the study of a great book, noble friendships gain in worth sand grace day by day. Friendship is not for laughter alone, but for harsh and ethical advice too. When one deviates from the right path, a true friend will dare to provide wise counsel. Cicero said crisply, "Dare to give me advice with all frankness'. Identity of feelings alone

count for close friendship - for which constant companionship is not really necessary. It is true and sincere feelings that lead to genuine friendships.

In Purananuru, Kopperum Cholan and Pisir Andhayar became great friends, yet they never met each other face to face but were soulful friends. Later when the king died, the poet also gave up his life immediately. A surface smile on the face is not friendship but genuine affection springs from the heart and lights up the face. Poet Bharathy meaningfully said," Muham malaravum, kaariyam keddavum seivathu nadpu alla, manam mahilavum kariyam aahavum kooduvathu nadpu'. A true friend keeps one away from the wrong path and helps him to follow the right path. Nevertheless, if misfortune befalls him, he will stand by him to the very end. Valluvar hit the nail on the head when he

said ' like the hand that goes to the rescue when a garment slips, stepping in to help when a friend faces adversity, is true friendship'.

The throne of genuine friendship is found, without doubt, where two allied hearts beat,- under all circumstances, in unison and mutual support. Bible reinforces this idea in Proverbs :17-17 when it says "A friend loveth at all times and a brother is born to adversity". Good friendships are not measured by ordinary yardsticks; but when such measures are openly stated, the friendship descends to relatively meaner levels. Valluvar praises true friendships and places it on a higher pedestal- as the best possible human relationship. It cannot be expressed but only experiences by genuine hearts blended together in mutual love and understanding.

In Purananuru, Kopperum Cholan and Pisir Andhayar became great friends, yet they never met each other face to face but were soulful friends. Later when the king died, the poet also gave up his life immediately



THE BACHELOR PARTY

An eye-opener for all boozers



C. Kamalaharan

The hall was bustling with weekend revellers among them were recently passed out graduates in a jubilant mood. They had arrived to take part in the Bachelor Party of their batchmate Suresh who was to enter into wedlock soon. Glasses were brimming with beer and shouts of cheers resounded as they raised the glasses and sipped the frothing brew. Away from the merriment sat aloof was Ramesh a steadfast teetotaler. "Machchan what are you doing here, come and join us?" the others invited him. "Please don't trouble me. You know well that I detest such parties. I have come mainly to honour Suresh's invitation and abstain from the boozing." "But you should remember that in today's society those who dissociate themselves from such parties will be considered outcasts," said the others. "I do remember that but I don't mind being considered an outcast." "O.K we will not press you further, how about soft drink?" "I'll have coke." Within minutes the master of ceremonies Ravi brought a glass of coke and handed it to Ramesh. Moments after he consumed it Ramesh experienced a pleasant feeling of being in a different world, happy and relaxed. "How is it Ramesh?" asked Ravi. "I feel fine." "How about one more drink?" "No thanks." Later on Ramesh felt nauseous followed by dizziness. "I feel giddy, don't know why," remarked Ramesh. "Machchan I have mixed vodka in your drink for a slight kick," said Ravi. "Vodka in my drink! dammit what have you done?" he shouted in a fit of rage. Just then his hand phone vibrated in his pocket. It was from his sweetheart Uma. Restraining himself he answered, "Hai Uma how are you?" "You seem to be unsteady in your speech, what happened?" "Nothing Uma I'm fine. What's the matter?" "I want to meet you personally and convey a delightful message, come immediately." "Where are you?" "In the park as usual." "O.K I'll be there within an hour." As there was hardly enough time Ramesh rushed home, took a quick bath, attired himself in casual clothes, sprayed his body with sweet fragrance and arrived in the park. "You were blabbering something when I called you, any problem?" "I was attending my friend's Bachelor Party." "Oh! in a Bachelor Party champagne would have freely flowed and so you had a drink?" "No Uma being strictly a teetotaler I kept aloof from the boozing." "That's nice of you." said Uma. Ramesh continued "My father would always caution us not to join any party where liquor is served because in such parties the glasses would be refilled on the sly even if a person wasn't in a mood to go for another drink. This would ultimately transform him into a heavy boozer." "There you are, always follow your father's advice." said Uma. "Well Uma what's the delightful message you wanted to convey?" "My parents have shown the green light for our marriage." "Oh how nice to hear!" Ramesh responded joyfully. He decided then and

there to be a 'good boy' refraining from taking part in any boozing party.

But however much Ramesh tried to avoid attending the parties hoisted by his batchmates they tactfully lured and drew him into their company. Even though he was vigilant and tried his best to keep away from the boozing his friends shrewdly mixed alcohol in his drink and transformed him into an alcoholic. Being so much attached to Uma with whom marriage had already been fixed Ramesh

was torn between the love for Uma and the desire for alcohol. Not able to give up drinking he cut short his visits to Uma giving lame excuses and whenever he went to meet her he ensured that his breath was liquor free and avoided blabbering in his speech.

It so happened one day when Ramesh was boozing with his so called friends in the hall Uma had been in the adjoining hall participating in her friend's birthday party. She accidentally saw Ramesh staggering with a glass of alcohol in one hand and a cigarette butt in the other. She in an outburst of fury gaterashed into the hall and yelled at him, "You bloody cheat had told me an unpardonable lie that you are a teetotaler. Are you a teetotaler with alcohol and cigarette butt in your hands?" She continued relentlessly with her verbal assault, "You have thoroughly disappointed me. What will my parents think when our marriage has already been fixed? No! No! I don't want you. Hereafter never try to meet me or send somebody for reconciliation. It's all over," saying so she made a hasty exit through the door.

Ramesh in a state of helplessness and anguish turned his wrath against his friends. "You have ruined my reputation, my self-respect, my image and my love affair by your dirty pranks. What do you gain by this?" "Sorry Machchan," saying so all of them hurried and stood before him pleading. Ramesh stepped back and shouted, "What Machchan! is this the way you treat a Machchan? Go to hell, no more dealings with you," he left the hall very much agitated.

A few days later Ramesh experienced abdominal pain, fatigue, nausea accompanied by vomiting and diarrhoea. On admission to the hospital the doctor on duty directed him to go to a Haematologist, the doctor who treats diseases of the liver. Perusing the medical history entered in the file a lengthy conversation took place.

Doctor: "Do you drink?"

Ramesh: "Yes Doctor."

Doctor: "Do you drink in excess?"

Ramesh: "Yes Doctor."

Doctor: "About fifteen drinks per week?"

Ramesh: "Much more Doctor."

Doctor: "Drinking too much will weaken your immune system as a result your body becomes an easy target for diseases of the brain, heart, liver and pancreas. It might also lead to cancer. What's the reason for drinking too much?"

Ramesh: "It's due to the pressure exerted by my peers who are the real culprits. They failing to

force me to drink had stealthily mixed alcohol in the soft drink I consumed. Continuous association with them developed a desire to drink and as a result I became an alcoholic."

Doctor: "Don't worry you have developed only the early symptoms of diseases associated with liver. Therefore as a first step you should reduce the intake of alcohol by shunning temptations and avoiding boozing parties. What I mean is you should take liquor only in moderation from now itself and gradually bring down the level of consumption. This will be possible only when you avoid company and enjoy a drink lonely at home. Why not switch on to red wine which is good for the heart?"

Ramesh: "But Doctor red wine will not provide the usual kick."

Doctor: "Look here, take things seriously or else you will have to regret later when serious problems develop in the liver: fatty liver, hepatitis, fibrosis and cirrhosis. It might even end up in your death. Remember the maxim: Prevention is better than Cure." Continuing further he said, "Alcoholism is curable provided you go for regular consultation, take medicines as prescribed and follow the doctor's advice faithfully."

Ramesh: "Thank you Doctor, hereafter I'll follow according to your advice."

Following the advice of the doctor Ramesh gradually turned over a new leaf. It was Uma the primary cause for this transformation. The way she vehemently chided him in public and severed all connections with him was haunting him on and off. He loved her most sincerely and losing her was something terrible. He blamed himself for his unpardonable display of boozing in public and resolved to give up drinking completely. But it seemed quite impossible at the start as he was an addict. Having a strong will power he followed a routine of getting up early in the mornings, sat in silent prayer and meditation, consumed a full glass of water and went out jogging. He kept himself busy in the computer, read books and listened to his favourite music. He became a vegetarian and led a disciplined life. Within a short time he was back to normal, attended his official duties diligently and won the admiration of the higher ups. His parents pressed him to get married when good proposals came their way. But he rejected them outright as his heart remained open for Uma only.

One morning when he entered the cubicle in his office a pleasant surprise awaited him. A bouquet was on his table with an envelope attached to it. He hurriedly opened the envelope took the note and read it: Congratulations Ramesh, happy to receive news that you have recovered completely and resumed duty as an executive. Meet me this evening in the park. — Uma. Ramesh's joy was boundless and as he arrived at the park another pleasant surprise awaited him. With Uma were her parents who received him warmly. Uma's father began, "We have been following your activities throughout and came to know that you were an unfortunate victim of circumstances that led you to become an alcoholic. We constantly checked your medical reports from the Haematologist who is a good friend of mine. He has given a clean chit about your health. You have undergone tremendous change and returned to your normal life within a short time. We wholeheartedly welcome you into our family."

A week later Ramesh's colleagues hoisted a Bachelor Party in the very same hall where he was humiliated. Normally a Bachelor Party is associated with boozing. But here a noteworthy feature was the absence of boozing. It was a peaceful and joyous occasion for Ramesh who was in high spirit. As the celebration came to a close he thanked his colleagues, bid good bye to them left the hall and stepped into the car that waited for him with Uma in the driver's seat...

THE FRIENDSHIP BETWEEN TWO ANIMALS

Once upon a time, there was a squirrel that lived in a tree. She had two baby sisters. Every day, the squirrel went out to find food. She had a neighbour named Yellow Trail Bird. They never talked to each other.

One day, the squirrel went out as usual. While she was out, a big white cat climbed onto the tree and tried to attack the babies. They were very scared and started to shout. Meanwhile, the Yellow Trail Bird was sleeping in her nest. She heard the babies shouting loudly. She flew over to the squirrel's tree. She saw the cat trying to attack the babies.

"Oh my gosh!" she said. "What do I do? How do I save the babies? But no matter what, I should try my best."

Name: Ashlee Jesuthasan with Jim Karigiannis, Toronto Councillor and former MP for Toronto-Agincourt

Grade: 2

Prize: 2nd Place - Juniors

Eighth 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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The bird flew over the cat's head and attacked him, but the cat was very strong. He attacked the bird too. At last, the bird pecked into the cat's eye, and the cat ran away.

Finally, the squirrel came back and found out what happened. She said, "Thanks" to the bird. Since then they became friends.

“ Finally, the squirrel came back and found out what happened. She said, “Thanks” to the bird. Since then they became friends. ”

AN INTELLIGENT WIRELESS NETWORK TO CONTROL INDOOR & OUTDOOR LIGHTING

A Healthy Lighting Control System Provides A Dynamic Environment Based On Human Needs.

By: Uthayan Thurairajah

What is a wireless control system?

The lighting control system (LCS) is an intelligent network. LCS incorporates communication between various system inputs and outputs with the use of one or more central computing devices. These lighting control systems are used on both the interior and exterior lighting of residential, commercial, and industrial areas.

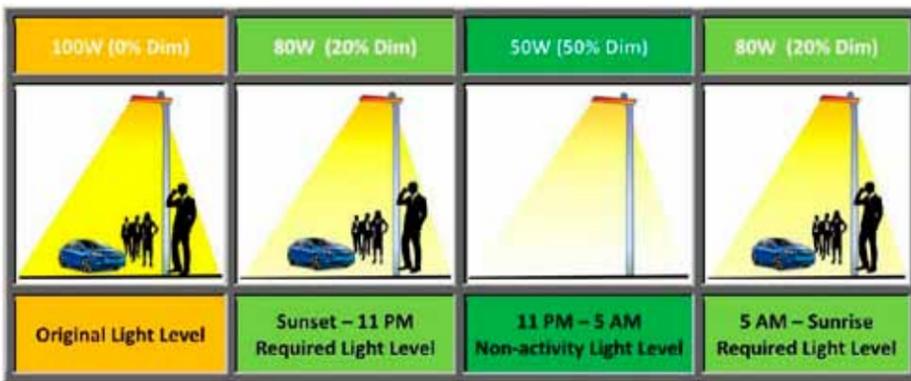
The LCS bring the right quantity of light to a location where and when it is most needed. This

The principal advantage of a lighting control system versus stand-alone lighting controls or manual switching is the ability to control a separate light source or groups of lights from an individual user interface device.

technology may include high-efficiency luminaires and automated controls that make adjustments based on conditions such as human needs and occupancy or daylight availability.

Why do we need a wireless control system?

The wireless control system's purpose is to limit and save energy. LED luminaires provide energy saving and reduce light pollution. LCS further reduces energy and cost by controlling luminaire output power. Some field installation data indicates that the new energy efficient LEDs can save up to 50% power. The control systems that can dim the luminaire output can



save up to an additional 30% power. The combination of new, efficient LED luminaires and dimming controls can yield 60%-70% savings in energy and cost.

Where is a wireless control system implemented?
The wireless control systems can touch almost

LCS considerably reduce energy consumption, repair costs, and maintenance expenses

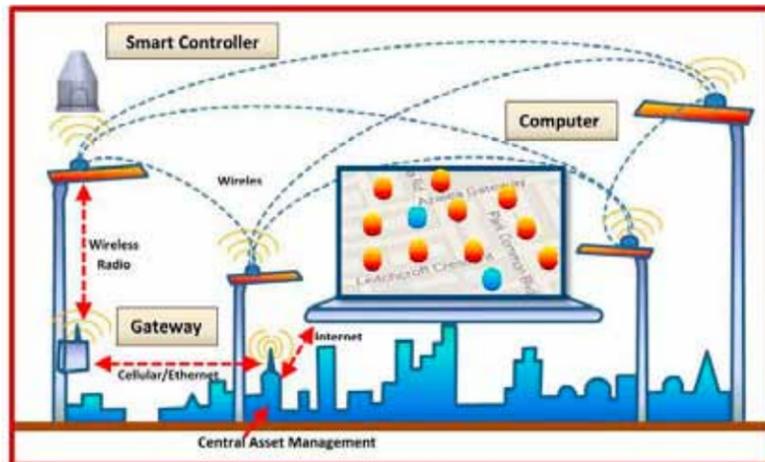
every aspect our daily life. The smart lighting control system network can illuminate from city and freeway streetlights to indoor and outdoor parking complexes, to residential, commercial and institutional facilities and everywhere in between. The wireless control networks are providing an important maintenance value, offer significant cost savings, and improved energy and environmental efficiency.

The wireless control networks provide the ability to monitor and manage a large number of outdoor lighting fixtures. It also effectively regulates and reduces maintenance costs and facilitates full asset control and track energy savings of all the lighting fixtures in the system.

When do you need a wireless control?

Wireless lighting controls are used when there is a requirement to control luminaires to implement energy saving, reduce maintenance costs and to report on assets. The most common applications where wireless controls should be considered, but not limited to, are street and highways, area lighting, parking lots, parking garages, industrial lighting, and others.

Wireless controls can be used in a wide variety of outdoor lighting fixtures. If retrofitting existing HID outdoor luminaires and installing new LEDs or maintaining a mix of luminaires, all can be considered



Extended luminaire life can be achieved when dimming and switching off lights when not required

useful applications for wireless controls and should be evaluated as part of your planning process.

The ideal condition for a wireless control system is when retrofitting existing luminaires to LED or installing new LED luminaires, which combined with a wireless control system, delivers the greatest Return On Investment (ROI).

Does LCS satisfy human needs?

The LED technology and LCS provide effective lighting to suppress melatonin and avoid sky glow, glare, and trespass lighting. This keeps the drivers and pedestrian active during the night time and keeps the people sleep well when they get home safely. Indoor lighting can be tuned such a way to suppress or increase melatonin production.

What LCS is best for the cities?

The best lighting control system for the Cities can be decided during decision-making process based on many different criteria. This challenging undertaking can be

simplified by breaking it down into smaller categories that are easy to understand and control.

1. The mandatory functionality

The system needs to support each luminaire to deliver the required control functionality successfully. The mandatory performance requirements are necessary when selecting a solution for a high-performance wireless control system. The important points are the LCS remotely monitor and control any number of the luminaire to guarantee proper operation and measure the energy usage of each luminaire. The LCS required to have data privacy, network protection, self-healing, multiple (ON/OFF/Dimming) schedule controls, fault-tolerant, luminaire health monitoring and fault notification capabilities, asset reporting, and others.

2. Optimal Results

As we go through the decision-making process, we will discover that each product may provide similar operating platforms. Many LCS may have specific capabilities that are not the best option for our needs. The critical capabilities of LCS is to get optimum results including wireless topology (mesh, star, point

The ability to control multiple light sources from a device allows complex lighting scenes and provide the required lighting to satisfy human needs

to point), dimming (0-10v, PWM, DALI), controller location, Gateway function, management software (web-based or not, GPS), training and support, and others.

3. Decision-Making/Roll-out of a Project

The strategic planning for product selection and rollout of the project are two important factors when planning a new or retrofit LCS system. A Proper Strategic planning is necessary to provide direction for the project. We need to document clearly the needs, assumptions and requirements for the program and also create and develop a concise guideline specification overview for the Luminaire and Control requirements. Include the mandatory as well as the "nice to have" requirements.

The development of an installation or project rollout plan is necessary for a successful wireless control system.

We can outline all assumptions, schedules, installation, resource allocations, and review these with all project partners. These are general guidelines that can help to assure success in planning and installing a wireless control system.

There is a variety of available options and considerations for any wireless control system project. It is important to have a plan in place to guide the team as well as during and after the system installation. An effective wireless lighting control system will provide meaningful energy and maintenance savings when properly installed and maintained.

The vision of the future streetlights will have the ability to monitor conversations, people movement and possibly announce government warnings. The future Streetlights can provide greater communication, public safety, traffic control, advertising and video surveillance features. Therefore, the new 'intelligent' street lights may be equipped with cameras, microphones, display screens and PA systems. Each street lighting pole may contain a speaker to announce emergency alerts, and a video display equipped with vicinity sensors capable of recording both pedestrian and road traffic. The speakers can be used for public announcements as well as advertising



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 holds a Lecturer position in the Department of Communication and Design at Ryerson University. Uthayan is a member of several Canadian and international professional association including Professional Engineers Ontario (PEO), 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 carries out research on the subject of lighting and taken part in numerous projects. 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. He is passionate about integrating science and health into the lighting design.



Stork Oh stork

After the brutal winter of 2014 when my daughter suggested we go for week holiday in Clear Water, Florida, it was indeed welcome news to me. I immediately packed my clothes and joined them. In Clear Water one of the main attraction for the young children is the wild water kingdom. Children never exhaust fascination with water.

It was a very clear sunny day and we all went to the attraction and everyone jumped into the tidal wave pool. Me being a teenager with half century of experience decided to opt out and sat in a shady place with a book to read. In a little

to as Sathimuthapulavar meaning poet of Sathimutham. It is interesting to note in this sonnet too, like in English sonnets, had fourteen lines.

Our poet was very poor, and in those days, unless born with wealth these poets depended on the kings and wealthy one's benevolence for survival. Many a time they composed poems praising the rich and kings, and were given wealth in return. The Tamil literature is pock marked with these poems of praise. Sathimuthapulaver due to poverty took leave from his beloved wife and journeyed to Madurai the capitol of Pandian king Maaran so that he can

he must have been reminded of the yams of Palmyra which were plenty in his village.

The poet goes on to describing the bird in order to flatter it before asking for a favour! He says, 'Thy beak like coral Palmyra's yam sharp Splinted and scarlet legged stork'.

Before one asks a favour will always see the comfort of the person so as to get to get a positive response. In this poem too the poet makes sure that the stork first goes to its destination the southern tip of India to the sea. He says, 'Thee with thy mate after dip in southern Kumari'. Now that the stork has reached its destination and had dip in the Kumari beach, the poet wants them to fly back in the northerly direction, 'If journeyed northerly way'. He requests the stork to stop at the pond in his village Sakthimangalam. 'Stop at my hamlet Sakthimanglam's pond'

Now the poet had a new problem. How will the stork know who is his wife to convey his message. Here once again we can see his poetic ability and the Tamil language's beauty. He describes his poor abode as a hut with damp walls under the roof. One cannot fail to observe it is December and the rainy season is on. In the parlour of that house his wife will be awaiting for an omen to tell her what happened to husband who went to see the king. One should remember even to this day the innocent ticking of a lizard on the roof is interpreted as good or bad omen based on the direction the lizard ticks to the observer. Our poet believed that his loved one too having no other means will be seated in the damp

house parlour hoping to see a good omen! Damp walled roof parlour lizard's ticking, awaits for omen my wife, inform her.

Now that he has established

the location and identity of his wife he narrates his message to his wife. He first mentions that he has reached King Maaran's city and goes on to mention that he is frozen by the northerly wind. One should note it is during the winter months that these migratory birds fly south towards the equator for warm. As mentioned earlier the

episode must have happened in December month. He says, 'In our king Maaran's city, Frozen by the cold northerly wind'.

Next our poet goes on to describe himself so that the stork can describe to his wife. He says he is staying in a public-house, as he was a stranger to the city. He goes on to say to avert the cold as he do not have any warm clothing he is covering his chest with bear hands, his legs are curled up like a serpent curled in a snake charmer's rattan container! He also calls his sight as a pitiable one, 'In a public-house cuddle the body with bare hands and legs curled like serpent in a rattan coffer tell her you saw pitiable me'.

It is told that when the desperate Sathimuthapulavar narrated the sonnet loud directed to the stork that was flying high in the sky, the king had chanced to be around in disguise on a sentry round which was his custom. Hearing the sonnet the king was greatly grieved and threw his shawl at the poet and walked away un-noticed. Next day the king sent his soldiers and got the poet down to the palace and rewarded him sumptuously. On receipt of the gift the poet had composed another poem of great appreciation of the king's benevolence. These are the only two poems available by the poet of Sathimangalam, more appropriately we could say the two anonymous poems of the poet from Sakthimangalam. Let us see the sonnet the translation and the original:

*Stork, Oh stork, the scarlet legged stork
Thy beak like coral Palmyra's yam sharp
Splinted and scarlet legged stork
Thee with thy mate after dip in southern Kumari
If journeyed northerly way
Stop at my hamlet Sakthimanglam's pond
Damp walled roof parlour lizard's ticking
Awaits for omen my wife, inform her
In our king Maaran's city
Frozen by the cold northerly wind
In a public-house cuddle the body
With bare hands and legs curled like
Serpent in a rattan coffer
Tell her you saw pitiable me.*

Translated by
Kumar Punithavel

நாராய் நாராய் செங்கால் நாராய்
பழம்படு பணயின் கிழங்கு பிளந்தன்ன
பவழக்கூர் வாய் செங்கால் நாராய்
நீயும் நின் மனைவியும் தென் திசைக் குமரியாடி
வடதிசைக் கேகுவிராயின்
எம்முர் சத்திமுத்த வாவிடும் தங்கி
நனைசவர் கூரை கனைகுரல் பல்லி
பாடு பாரத்திருக்கும் எம் மனைவியைக் கண்டு
எங்கோன் மாறன் வழுதி கூடலில்
வாடையின் மெலிந்து
கையது கொண்டு மெய்யது பொத்தி
காலது கொண்டு மேலது தழீஇப்
பேழையுள் இருக்கும் பாம்பென் உயிர்க்கும்
ஏழையாளனைக் கண்டனம் எனுமே.

- தனியூடல் திரட்டு, 506



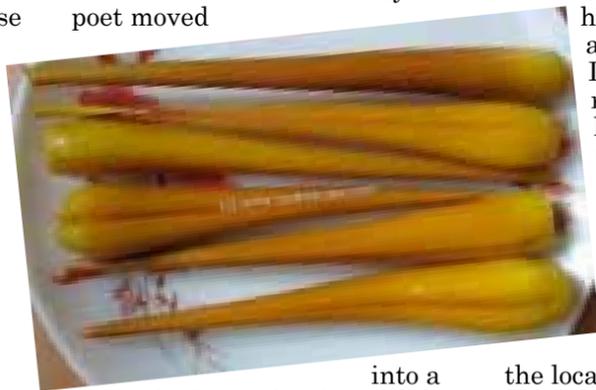
while my serenity and privacy was violated with a sharp thump sound. When I looked around saw a stork on the other end of the bench I was seated. Normally these birds are shy of humans, but not the ones in amusement parks. In fact these birds depend on humans to feed them.

The bird was a large one with ruby coloured long legs and long red beaks. Its feathers were bright white. Looking at the bird I was reminded of a song I learnt roughly half a century ago. I quickly pulled out my camera and took a photo of it.

In my secondary school Tamil literature syllabus was a poem which was more than a thousand years old. It was a standalone poem and not a verse in an epic, which can be compared to sonnets in English. The poem was written in lovely lyrical language. In the days gone by, the poets who composed these types of lovely meaningful poem never bothered to mention their name. However to identify them we use the name of their birth place or their profession. Because he was born in a village called Sathimutham he is referred

earn a reward from the King.

When he reached Madurai it was dusk, and too late to enter the palace. It must have been around December when it is winter and monsoon rains fall in Madurai. As it was chilly our poet moved



into a public-house for the night. Far away from home like me a Canadian, in Clear Water, must have felt the loneliness. Looking up he saw a large white stork flying in the sky. The poet had previously seen these type of migratory birds flying over his village Sathimangalam heading towards the southern tip of India called Kaniakumari, which is also called Kumari for shorten form, He immediately hailed, 'Stork, Oh stork, the scarlet legged stork'. Looking at the narrow red coral red beak,



MANAGING YOUR MONEY



Managing investment risk actively

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

In the investment world, the term “investment risk” relates to the fluctuations in the value of a stock, bond or a mutual fund assets. Investors generally want to avoid excessive investment risk. It stems from the rationale that investors feel a great deal more displeasure when the value of their investment declines, than the pleasure they experience when their investment increases. Therefore, it stands to reason if investors are going to invest in risky assets such as stocks and bonds they would prefer to do so in such a way that the potential rewards outweigh the potential risks. Given a choice between two investments with the same amount of risk, a rational investor would always take the security with the higher return. Given two investments with the same expected return, the investor would always choose the security with the lower risk.

Achieving your investment goals requires patience and a keen understanding of how you would like to achieve those goals. Designing your investment portfolio should not only consider the rate of return you wish to achieve but also the investment risk you may encounter. Generally, the desire for a specific investment return should be secondary. The primary focus should be on identifying your comfort level with risk and then, through proper analysis, determine an appropriate mix of assets that will potentially provide the highest return that corresponds to the desired amount of risk you are willing to withstand.

The objective to reduce investment risk is critical, as it is far easier to lose money than it is to earn it. What is often overlooked is that it takes a greater effort to recover a loss than it did to incur that loss in the first place. Market declines have been known to be even more extreme which places an even greater emphasis on obtaining higher

returns to recover investment losses. Proper care must be taken to avoid excessive market volatility and insulate yourself as much as possible from such occurrences. The easiest way to reduce risk is by investing in assets that offer a guaranteed rate of return. The problem is that the investment return of a guaranteed investment is relatively low. This means that over time the effects of inflation will likely ravage the value of the investment. Quite often investing in risky assets such as stocks and bonds tends to be the most appropriate means for achieving an investment goal. To that end, the best way to invest in stocks and bonds without incurring an excessive amount of risk is by diversifying your assets. Proper diversification and asset allocation is essential, as it will reduce risk without sacrificing a whole lot of return. Investing always involves an element of risk, and no matter how careful an investor is, losses will occasionally occur. That is why an appropriate investment strategy must be in place to help minimize risk.

As a seasoned investor, you know the value of effective asset allocation – but you can also unlock additional opportunities by taking traditional asset allocation one step further via an investment strategy known as dynamic asset allocation.

As you may already know, asset allocation is the practice of allocating investments across various asset classes, such as equity and fixed income, to best balance risk and reward for each investor. You have your own unique risk tolerance, which differs from that of other investors. You also have your own asset allocation strategy based on your tolerance for risk, your financial goals and your investment timeline.

Dynamic asset allocation takes asset allocation to another level. Through ongoing analysis of the global financial

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market, investment managers can uncover opportunities that still fit within the parameters of an appropriate predetermined range of risk tolerance. The primary aim of such an investment is to reduce the impact of shorter-term market fluctuations, thus providing a smoother ride towards achieving your long-term financial goals.

Here’s an example of a fund portfolio guided by dynamic asset allocation principles: The foundation of the fund is a strategic asset mix of fixed income, real property and equity investments. The allocations around each type of investment are adjusted by a skilled investment professional based on ongoing assessments of the global financial market. Where the portfolio manager has a positive view on the global economy he may have a higher weight in equities without necessarily assuming the associated risk that is typical of more traditional equity funds. That’s because of the presence of several low volatility equity funds.

Dynamic asset allocation portfolios are typically available as unit trust, corporate class, T-series or fixed income funds.

A dynamic investment solution might be for you if you want to:

*Have a more active management approach to your investments.

* Have an expert portfolio management team taking care of day-to-day investment decisions.

* And, depending on the portfolio you choose, obtaining tax-efficient income from your investments now or

in the future (T-series) or deferring income tax on your investment (corporate class).

As the appetite for a potentially higher return increases, so does the corresponding investment risks. That is because obtaining a higher return usually involves a greater emphasis on equity type investments that are characteristically more volatile in terms of price fluctuation. For the more aggressive investor, a portion of their equity investments may focus on emerging markets or a particular industrial sector. Through a strategic asset allocation approach, it is possible to combine a series of fixed-income securities and equities together in a portfolio that will exhibit less volatility than most of the individual constituents — provided every security included complements the diversity of the portfolio’s content. Using this approach and resisting the temptation to “time” the market by temporarily concentrating holdings in any one area will not completely remove the risk of financial loss, but it can help you to build personal wealth without taking undue risk.

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.



Learning through Cultural and Creative Discovery



Sponsors & Founders

By Niroja Arulananthan

July 24th, 2015 marked the conclusion of another successful summer of learning through documentary making by youth. At their annual celebration and awards presentation gala, organizers of the Centre for Leadership and Innovation's YDocs program ensured that no detail was left out in showcasing the hard work and talent of their participants.

Formed in 2012, the Centre for Leadership and Innovation (CFLI) is a registered non-profit operated entirely by a team of dedicated volunteers. While founders Kumar Ratnam, Sivan Ilangko, and Umesh Vallipuram initially began the organization to develop leadership skills among youth, their vision and mandate has now expanded to greater lengths with the inclusion of programs like YDocs.

YDocs is an intensive 6 week program packed with learning, fun, and creative thinking for youth between the ages of 10 and 18. Youth participants are divided into teams, assigned a topic about a social issue, trained on project management and the basics of documentary making, and then left to collaborate and work as a team to create an innovative product. Their documentary is then reviewed by a panel of expert judges and selected for awards in various categories. However, this unique learning opportunity extends far beyond the mere translation of knowledge in project management and documentary making. YDocs is challenging traditional notions of education by creating education reform through the emphasis of higher order learning skills such as critical thinking, creativity, and innovation.

Using a project based model, organizers are expanding learning outside of school classrooms and instead creating a community based platform. Vibrant communities are built on the foundation of a strong education system and organizations like CFLI are leading the charge in doing this. Our ever changing economy means that

youth are now entering a workforce that is more competitive, connected, and technologically engaged than ever before. By engaging youth in creatively using technology, CFLI is aligning their learning with global needs. By requiring youth to research social issues, like child labour, and develop a documentary based on it, CFLI is teaching youth to become aware of global issues and demonstrate good citizenship. By creating a program where experiential learning can thrive, CFLI is providing one of the highest levels of learning one can have by directly involving the youth in their learning experience.

Benjamin Franklin once said, "tell me and I forget, teach me and I remember, involve me and I will learn". It is clear that his motto is at the root of CFLI's teaching model and the growing success of the program demonstrates that the community is embracing this.

(Seen here are some pictures of the event)



Youth Participants

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(Near Finch & Middlefield Road)

Application forms and sample questions are available at the following web sites

<http://www.jhcacanada.com/forms/application-forms/>

Please send the application form to kgunaretnam@hotmail.com before September 7th 2015.

Only contestants that have completed one of the grades from 3-11 as of September 6th 2015 may participate. Contestants that have completed grade 12 may not participate.

For further details please call: Kumar: (416) 859-4977, Krish: (416) 930-9119, Kathir (416) 856-6900



Bharatha Natya Arangetram of Vinusha & Vidurshana Thiraviyarajah

Disciples of Kalaimamani Narthaki Nataraj & Shakthi Bhaskar



The Arangetram of two sisters - Vinusha & Vidurshana was held on Saturday, Aug 22nd at Armenian Youth Centre with a full house audience in attendance. Both sisters demonstrated their skills of Bharatha Natyam in great styles and won the audience applause throughout the show. The guru is well known Kalaimamani Narthaki Nataraj & Shakthi Bhaskar. The show was compered by the popular TV & Radio host B H

Abdul Hameed who flew especially for this event. Few of the great moments captured during

the Grand Bharatanatyam Arangetram of Vinusha and Vidurshana Thiraviyarajah are displayed here.

It was a splendid delight seeing the experienced Vidwan Umashankar along with Nagai Subramanian Narayanan and that too before Mridangam maestro Trichy Sankaran as Chief Guest and Guest of Honour, the renowned vocalist Bhushany Kalyanaraman.

The show captivated the audience to the great performance of the duo. Their artistic ability enchanted all guests with heritage.

The parents Raj

Thiraviyarajah Subrayam and Mrs. Thiraviyaraj made arrangements, care and the hospitality for all the guests of the evening, witnessing the great performance.

Raj Subrayam along with the family thanked everyone who came for their daughters' arangetram and showered their blessings; special thanks to the gurus, chief guest, guest of honour, special guest B H Abdul Hameed, Vidwan B. Umashankar (vocal), Durai Srinivasan (Violinist), Nagai Narayanan (Mridangam) and Aparam were rendered.

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



GENIE SISTERS
**SAMAYAL
SANTHAI**



Welcome to our 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 (where possible), 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

AVOCADO CHAPATHIS



Everyone seems to be on a health kick: running more, drink plenty of water, eating more kale and introducing avocados into their diets. Recent research suggests that the high levels of monounsaturated fats in avocados play a huge role in heart-related benefits, those fats namely being oleic acid. Approximately 68% of fats found in one cup of avocado come from monounsaturated fat. Avocados also provide us with phytosterols, which are shown to provide essential anti-inflammatory benefits to our body systems, including cardiovascular system. Coronary Heart Disease (CHD) is hugely prevalent within the South Asian community, with us being twice as likely to experience the disease as compared to the general population. Taking all this into consideration, we've come up with a simple way to include avocados in your diet, without having to compromise on home comforts. Five ingredients, simple to make and delicious!

Method:

Remove the flesh from the avocado and place it in a large mixing bowl. Mash it into a paste and add the salt, cumin powder, onion and chapathi flour. Mix everything together until the flour comes together like a ball. Leave to rest for 10 minutes. Knead the mixture for two minutes and roll out into flat chapathis. Cook the

Serves: 2

Ingredients:

- 1 large ripe avocado
- 6 heaped tbsp chapathi flour**
Pinch of salt (uppu)
- ½ tsp cumin powder (seeragam)**
- 1 small finely chopped red onion (vengayam)**

chapathis, one by one, on a medium flame, turning the chapathis on a tawa/any non-stick flat pan.

It's really as simple as that! Don't forget to use the hashtag #monsoonjournal on Instagram, so we can appreciate your efforts.

Enjoy!





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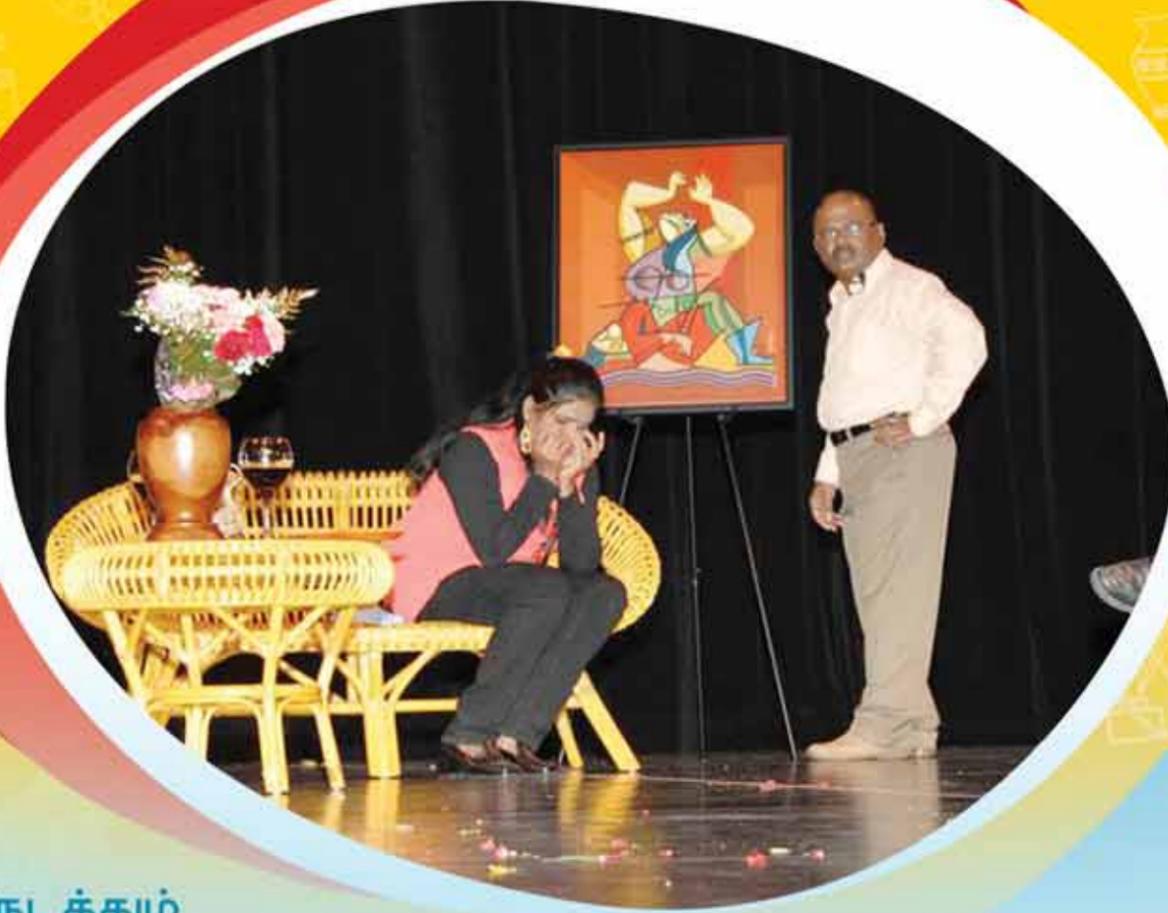
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SOCIAL ACTIVIST Shanthi Sachithanandam IS NO MORE.....

By Siva Sivapragasam

She proceeded with her higher studies to obtain an Engineering Degree. But after her graduation, fate had it otherwise. Her passion and interest in humanitarian and social issues switched her mind towards those fields.

Well-known social Activist, political critic and sociological researcher Shanthi Sachithanandam passed away recently at a relatively young age of fifty-eight years due to a terminal illness.

Tamil newspapers on social issues. She was the founder of "Viluthu Development Centre", an NGO organization which was concerned with social issues. She earlier worked for the UN organization.

Shanthi had her secondary education at St. Bridget's Convent in Colombo and proceeded to obtain an Engineering degree from the University of Moratuwa. But Shanthi's interests and future life were carved for other activities. She decided to dedicate her life to social issues and human rights. She therefore decided to continue to focus her attention on those. She well versed in all three languages –

English, Tamil and Sinhala too.

Shanthi also developed her social development interests through "Mantra" an NGO project in Batticaloa. Shanthi's interests in politics and social issues can be traced to her father who was a politician with leftist ideas and an active member of the LSSP. He contested parliamentary elections way back in 1970 as an LSSP candidate in the Nallur electorate. She was also a student of Tamil carnatic music and even followed a course at the prestigious Annamalai University in Tamil Nadu.

Shanthi's husband Mano Rajasingham pre-deceased her few years ago. She leaves behind two daughters and a son.

Shanthi Satchithanandam perfectly fits Simone de Beauvoir's description of a woman "One is not born, but rather becomes, a woman"



SILAN KADIRGAMAR

By Siva Sivapragasam

Historian, human rights activist and progressive intellectual Santasilan Kadirgamar, affectionately known as Silan, has passed away after a brief illness at a ripe age of eighty-one.

I came to know Silan during our University days at Peradeniya where we were colleagues and later at the Jaffna College Undergraduate Department where we both were lecturers, he in History and me in Economics. Silan graduated in History from the University Peradeniya Campus and joined the Jaffna College Undergraduate Dept. as a lecturer in Modern History, Politics and International Relations. He was one of the favourite lecturers among students for his easy and lucid style in presenting his lectures.

He was interested in knowing how subjects like Western history and Economics can be taught in Tamil. So, he converted himself to a student by attending my Economics lectures in Tamil to students who were preparing for the Ceylon University external degree.

Silan went to Japan as a Japan Foundation Fellow and was attached to the Institute for the Study of the Languages and Cultures of Asia and Africa, at the Tokyo University of Foreign Studies. Later he joined the Tokyo Women's Christian University and the International Christian University, Mitaka, Tokyo as a research associate. He also Taught at the Meiji Gakuin University in Tokyo and Yokohama Campuses, Sophia University Community College, Keisen University, Aoyama Gakuin Junior College, Wako University and the International School of the Sacred Heart at



different periods 1983 to 2000. He was also invited to lecture at the Faculty of Arts in the University of Tokyo to undergraduate and post-graduate students on Nationalism, Ethnic Conflict and Peace-Making in South Asia with special reference to Lanka. He returned to Sri Lanka in June 2000.

One of his great contributions was a Memorial Volume on Handy Perinbanayagam, the great Educationist from Jaffna and the former Principal of Kokuvil Hindu College. There was a connection between the two in the sense they were both

followers of the Leftist Party- the LSSP. Incidentally, Silan's wife Sakunthala and Handy's daughter Dr. Selvi Thiruchandran who is the Executive Director of the Women's Education and Research Centre in Sri Lanka, were colleagues and close friends at the University in Peradeniya.

He leaves behind his wife Sakunthala and two sons, one of whom is Ahilan, a political economist.

Silan's life was gentle and the elements so mixed in him that nature would stand-up and tell the world here is a true gentleman.



SCENES OF NALLUR

Temple – Jaffna, Sri Lanka

By: Thulasi Muttulingam



The annual Nallur Kovil Festival in Jaffna is currently in full swing now. The thoroughfares of Nallur are thronging with pilgrims and tourists from all over the country.

The temple is open in the daytime too, but the festivities and thus the crowds start appearing only around early evening. As dusk sets in, so does a holy albeit carnival atmosphere at Nallur.

streets leading to Nallur Temple

Families come decked out in their best Kanjivaram sarees, veshtis and pavadai-sattai to pray, but along the way, also pause to purchase everything from pots and pans to statues of Gods at these wayside stalls.

2 The statues, made of plaster of paris, are apparently produced by a group of local artisans in Alaveddy, Jaffna.



There are several sign boards about, cautioning tourists to



respect the local culture by dressing appropriately, to remove your footwear outside the temple precincts, not to spit or dirty the streets as people later on in the festival will be doing pradakshina (rolling along the ground round the temple as a form of worship). Make sure you don't engage in public displays of affection either. The only couple tolerated to do that are the Gods Krishna and Ratha in plaster

tooth inclined, there are also savouries like cassava chips and pakoras.

5 For the savoury fans, there are several vendors selling fresh fried bhajis, patties and ulundu or parippu vades.

6 Or you could try out some steamed Kadalai sprinkled with various other savoury bits, and spicy sauces.



relief.

A big part of the festival experience is of course the food. In keeping with Hindu cultural norms, there are a variety of food stuff both savoury and sweet available at various stalls, but they are all vegetarian.

7 We tried one. At only Rs. 50, it hit the spot; steamed kadalai mixed with spices, fresh onions, pakoras, cassava chips, topped off with a savoury sauce.



Stalls of various types and hues have been set up along the four main streets leading to the temple catering to both religious pilgrims and the tourists; and of course the local people who are a combination of both, they come to pray as well as to see.

1 Temporary shops set up along the



3 Women hawkers selling roasted peanuts and grams, popular snacks among temple-goers.

4 Also on display were candy of every type imaginable from the local Halvas and Jalebis to lollipops and toffees, most of them dripping with saccharine sweetness. For the not so sweet-





6 As for the sweet tooth inclined... Well, this is the Mecca where Rio ice cream is. Along with a host of various other ice cream vendors and parlours dotting the area, you are going to be spoilt for choice.

extracts of the local gooseberries, Nelli, was predictably sweet. It wasn't saccharine however and was quite a pleasant drink, topped off with pieces of fresh pineapple and casa casa seeds.



7 As is to be expected, the ice cream parlours have their own pilgrims thronging them.

11 Their sundae special at only Rs.200 had quite generous amounts of five differently flavoured scoops; strawberry, chocolate, pistachio, mango and coconut, sprinkled with chocolate chips, jelly, cashews and smarties. Considering that Jaffna's ice

cream parlours were once famous for overly saccharine fare, we were pleasantly surprised by the taste. The sweetness is not particularly more so than is typically found in



8 We checked out Lingam's ice cream parlour first, as it is one of the main rivals challenging Rio's supremacy. They had a slew of ice-creams, juices and snacks on offer – all vegetarian (we are not sure about the gelatine in the ice cream and jelly though).

We ordered their sundae special and the locally ubiquitous cordial Nelli Crush, made famous by the nuns of Tholagatti.

10 The green Nelli Crush cordial (Rs.70), supposedly made from



Colombo, and at Rs.200, is well worth the price.

For comparison, we also tried out Rio but have to say, we were disappointed after coming in from Lingam's.



12 They too had a wide variety of vegetarian snacks, juices and ice cream confections available but we tried only their sundae special to see

how it compared with Lingam's. 13 The menu stated that their sundae special comprised of chocolate and strawberry scoops but I suppose they had run out of chocolate because they served it with a coconut ice cream scoop instead – which didn't particularly gel well with the strawberry. They also had less generous sprinklings of chocolate chips and cashews and at Rs.300, did not compare well either in price or in fare to Lingam's. As a stand-alone dish however, it did quite well. Here again, the saccharine and artificial taste in the ice creams have been toned down quite a bit. As a native of Jaffna, I had not visited these parlours after tasting their fare years ago because their artificial taste did not sit well with me – so it was a pleasant surprise to taste them again, and find they have drastically improved.

Given my lack of a sweet tooth, I had not expected it to be an enjoyable experience – yet it was.

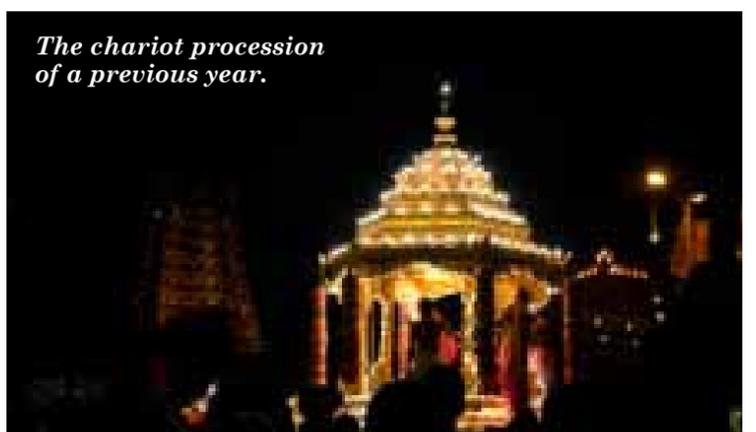
The 25 day festival started on August 19th and will culminate in a flurry of cultural events and processions on September 13th.

From September 11th – 13th will be the most crowd-pulling events – the kavadi dances, the temple chariot processions and the enacting of the battles and

marriages of Lord Murugan (the main deity at the Nallur temple). If you are not used to heavy crowds however, take care to keep to the outer precincts of the temple where you can easily edge away. The crowds can get claustrophobic at times.

Currently however, the throng is manageable. If you want to see Jaffna

Hindu society in full flow with all their cultural paraphernalia on display, a visit to the Nallur festival might be worth your while.



The chariot procession of a previous year.



JAFFNA CENTRAL - VEMBADI 16th ANNUAL WALK-A-THON IN AID OF SICKKIDS FOUNDATION



On Saturday July 5th, 2015 the Jaffna Central College Old Boys Association, Canada and Vembadi Old Girls Association, Canada together held the 16th annual walk-a-thon at Morningside Park, Scarborough. It is another successful fundraising event and the 2 associations collected \$4130 for the Sick kids Foundation. In the last 16 years we have raised \$51,130.00 for this amazing cause.

The Sick kid's foundation will honour the two associations for raising more than Fifty thousand dollars by placing a special plaque at the donor's corridor in the hospital in May 2016. I would like to express my sincere appreciation to everyone who had participated and supported this wonderful charitable cause.

These associations also raise funds in Canada to give to students in Sri Lanka. Recently JCCOBA has allocated SKR 200000.00 (\$2000) to support 7 needy students studying at Jaffna Central College for a year.

*By Dr. K. Theivendirarajah,
Executive committee member,
JCCOBA,
Canada*

Handing over a cheque for \$4130.00 to Emily Clark, Coordinator Events of SickKids Foundation by the members of the JCCOBA and VOGA at the Hospital for Sick Kids on August 14th 2015. (Standing L-R: Esa Para Esananda, V. Nishanthan, Sulojana Kandavel, Siva Kanapathypillai, Emily Clark and Dr.K. Theivendirarajah).





DTA'S PARTICIPATION IN THE FILIPINO FIESTA EVENT "SANTACRUZAN"



Dignitaries during the Santacruzán Fiesta Parade

Flores de Mayo (Spanish for "Flowers of May") is a festival held in the Philippines in the month of May. It is one of the May devotions to the Blessed Virgin Mary and lasts for the entire month.

The Santacruzán is the pageant on the last day of Flores de Mayo, held in honour of Helena of Constantinople (known as Reyna Elena) and Constantine the Great finding the True Cross in Jerusalem.

The Filipino-Canadian Heritage & Resource of Durham organized the colorful Santacruzán Parade this year on June 27th at the Pickering Civic Hall following the Flag Raising. TEAM DTA Youth were invited to participate which was truly a honour. Many dignitaries witnessed this cheerful event.



Beautiful participants of TEAM DTA posing after the Santacruzán



DTA proudly took part in the Santacruzán



Celebration of Ganesh Visarjan - September 20th, 2015

Sankat Mochan Hanuman Mandir & Cultural Centre is a Hindu Temple located at 339 Westney Road, Ajax Ontario L1T 3R8. Our spiritual leader is Pandit Rabindranauth Tiwari (Pt. Rudy).

Our Temple will be celebrating Ganesh Visarjan on Sept 20th, 2015! The congregation will assembled at the Temple, where prayers were being conducted to the Murti of Lord Ganesh for the past 10days. We will adorn a Truck with flowers and decorations where the murti of the Lord will be placed. This truck will start a procession of the devotees in their cars to Paradise Park by the Lake in Ajax.

The devotees will lift the Lord out of the truck and proceed with drums and singing to the tents that will be set up for special service. Worship, hymns and prayers will be conduct. There will also be cultural dances to celebrate this festival and special guests from the Town of Ajax in attendance.

Afterwards the murti will be lifted and a procession will begin to the Lake, devotees will then immerse the Lord into the Lake.

Celebration of Lord Ganesh Birthday known as Ganesh (Vinayaka) Chaturthi

- The festival of Ganesh Chaturthi is celebrated as an occasion to bring all people together.

- He is the one who unites the human society.

- Ganesh Chaturthi is celebrated as a public event.

- It is a national festival in order "to bridge the gap between the different sectors of people and find a context in which to build a new grassroots of unity between them", and generate nationalistic fervour among people.

This festival facilitated community participation and involvement in the form of intellectual discourses, poetry recitals, performances of plays, musical concerts, and folk dances.

- A replica of Lord Ganesh is hand crafted and is made of clay. All material is non-toxic and is 100% biodegradable.

- Clay is used to symbolize the nature of all beings of the universe, that is, the body of all beings are made of the elements of the universe and after death they return to the universe.

The Murthi is normally carried by four adult individuals to a safe depth while chanting special prayers and then deposited.

We are here to Serve!
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Ganesh Visarjan 2015

Sunday September 20th, 2015
3pm to 6pm

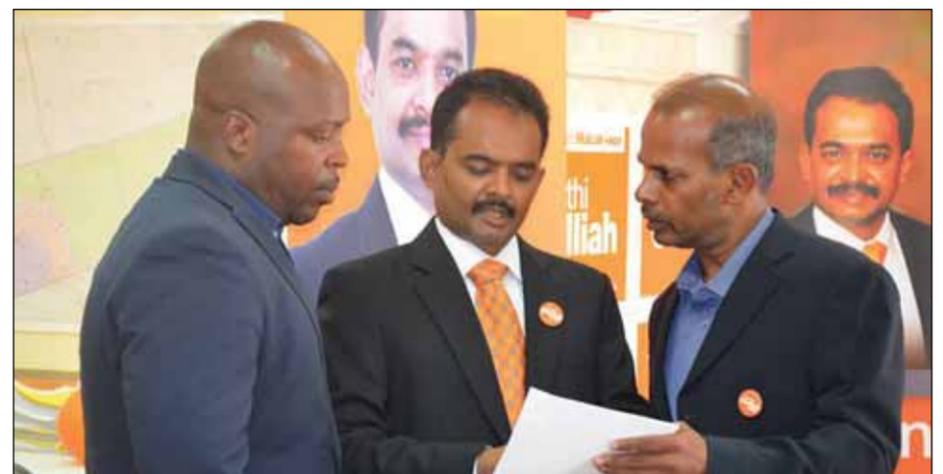
At Mandir:
 Satsang from 10am-12Neon
 Special Ganesh Puja at 1:30pm followed by procession to Paradise Park, (Water Front Ajax)

At Paradise Park:
 Puja and the Immersion of Lord Ganesh in Lake Ontario
 Snacks will be served!

Pt. Rabindranauth Tiwari (Pt. Rudy) 905-683-1436 or 416-846-0726

Election 2015 - Markham-Thornhill NDP Candidate Senthil Chelliah

Pictures from the grand opening of Senthil Chelliah's campaign office taken on August 19, 2015 attended by members of the community and well wishers.





Ajax PC Candidate Chris Alexander opens new campaign office in Ajax

By Siva Sivapragasam

Chris Alexander who is the Conservative candidate for the riding of Ajax has opened a new campaign office near the Salem/Kingston intersection in Ajax. Alexander was elected to the House of Commons in May 2011 and is currently the Minister of Citizenship & Immigration.

During his tenure as the Minister he was responsible for several far reaching changes in Canadian citizenship and immigration laws which have helped to clear the huge backlog of applications.

In July 2013, Mr. Alexander was appointed Minister of Citizenship and Immigration. Previously, he was appointed Parliamentary Secretary to the Minister of National Defence in May 2011.

Prior to entering federal politics,

Mr. Alexander served Canada as a diplomat. His first posting was at the Canadian Embassy in Russia, and in 2003, he became Canada's first resident Ambassador in Kabul, Afghanistan. Between 2005 and 2009, he served as a Deputy Special Representative of the United Nations Assistance Mission in Afghanistan.

He earned a Bachelor of Arts degree from McGill University and an M.A. in Political Science, Philosophy and Economics from Balliol College, Oxford. He lives in Ajax with his wife Hedvig and their two daughters.

Several of his supporters, well-wishers and members of the Media were present at the campaign office opening event.

Seen here are some pictures taken at the event.

(Picture Courtesy: Vic Pant)



Ajax Liberal Party candidate Mark Holland's Media Event



Liberal

By Siva Sivapragasam

Mr. Holland is the Liberal party candidate for Ajax for the coming Federal elections and had served the community as a local councilor and Member of Parliament for fourteen years. He has also served as the Executive Director of the Heart & Stroke Foundation of Ontario.

At a Media event recently, talking about the economy Holland says that the Harper policies have led to a slide

wealthy in order that Canadians will have more money to raise their kids.

Holland also criticized the unprecedented power being concentrated in the hands of the Prime Minister's Office. "Canadians no longer trust their government, because it does not trust them", he stated. He remarked that the Liberal plan is for an open and fair government that will modernize the way the Canadian government works and bring back trust and accountability.

"We have better ideas and policies to put the Canadian Economy on track. We need a change since we have watched Stephen Harper put power ahead of Canadians", says Mark Holland at an interview with "Monsoon Journal" at a recent Media event held recently in Ajax.

in the country's economy and we are in for worse times if the Harper Government is allowed to continue.

He stated that middle class Canadians need more money in their pockets to save, invest and grow the economy. – to bring back fairness and to strengthen the heart of the Canadian economy. He said that the Liberal plan is to give more child benefit payments by cancelling tax breaks and benefits for the

The Liberal Party candidate for Ajax ended up the conversation by saying that a strong voice is needed in Ottawa. "We need a representative that gets results and stands up for all of us and that it's time for a change and a new direction", he added.

The Media event was hosted by Radha Radhakrishnan, President of RK Global Consultants Inc.

(Picture Courtesy: Charles Deva)



Community Watch



13th Annual Doors Open Markham on September 19

Explore Some of Markham's Unique Sport, Cultural and Heritage Sites

Doors Open Markham 2015 embraces the Doors Open Ontario sport heritage theme, showcasing the community's sport history with facilities and clubs that have been with us for generations as well as Markham's newest sport facility.

This free annual community-wide event is hosted by community volunteers and showcases some of Markham's extraordinary cultural and heritage properties that range from some of the oldest houses located at Markham Heritage Estates, to the recently restored Stiver Mill Cultural Centre.

- What:** Doors Open Markham 2015
- When:** Saturday, September 19, 2015
10:00 a.m. - 4 p.m.
- Where:** Markham Centre (2 sites)
Markham Village (4 sites)
Unionville (5 sites)

Several new sites will be featured this year including Crosby Arena in Unionville, the Markham Pan Am Centre in Markham Centre and the Markham Village Old Town Hall in Markham Village.

Visitors will receive a Doors Open Markham Passport at the first location they visit, which they can have stamped by a volunteer at each Doors Open site they explore. Once the Passport has at least five stamps from different sites, it may be redeemed at either the Markham Pan Am Centre or the Markham Village Lawn Bowling Club for a reusable gift bag containing some special items.

Visit DoorsOpenMarkham.com for a complete list of sites to visit, along with the activities taking place at the sites.

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TNA Leader Sampanthan becomes Leader of the Opposition in Sri Lanka's Parliament

"We are loyal to this country and the people of this country". It was his party's "primary duty" to ensure that there was a "fair and acceptable" settlement of the Tamil issue. - *Sampanthan in Parliament*

By Siva Sivapragasam

History was created for a second time when TNA Leader and MP for Trincomalee Rajavaroathayam Sampanthan became the Leader of the Opposition in Sri Lanka's new Parliament. Appapillai Amirthalingam of the Tamil United Liberation Front (TULF) was the first Tamil to hold the post between 1977 and 1983.

Parliament's Speaker Karu Jayasuriya informed parliament that TNA leader R. Sampanthan was recognized as opposition leader in parliament. He said no request had been made by the UPFA with regard to the post of opposition leader.

Mr. Sampanthan, joined the Ilankai Tamil Arasu Katchi (also known as Federal Party) in 1956 and was first elected to Parliament from Trincomalee in 1977 on the ticket of the TULF when general elections were held under the 1972 Constitution.

Since 2001, he has been the leader of the TNA, which now consists of the ITAK, the Tamil Eelam Liberation Organisation (TELO), the Eelam People's Revolutionary Liberation Front (EPRLF) and the People's Liberation Organisation of Tamil Eelam (PLOTE). Mr. Sampanthan has served as MP for more than 22 years.

After his appointment as Leader of the Opposition, speaking on a motion to increase the number of Cabinet Min-



isters to 48 and that of State Ministers and Deputy Ministers to 45, Mr. Sampanthan told the Parliament that his party would work closely with everyone to resolve the Tamil question while "we are loyal to this country and people of this country". It was his party's "primary duty" to ensure that there was a "fair and acceptable" settlement of the Tamil issue.

Mr. Sampanthan had his early education at St. Patrick's College, Jaffna, St. Joseph's College, Trincomalee and St. Sebastian's College, Moratuwa. After his college education, he entered Ceylon Law College passing out as an Attorney-At-Law. After qualifying as a lawyer, he practiced law in Trincomalee. He won the Trincomalee seat in the Parliamentary elections held in 1977 and entered Parliament as a TULF member.

Sampanthan married Leelawathi, daughter of P.K.Rudra and is the father of two sons - Sanjeevan and Senthuran and one daughter Krishanthini.

Jaffna Hindu College Old Boys Association in Canada celebrates college 125th Anniversary with a two-day event on Oct 10th & 11th

The Jaffna Hindu College Old boys Association in Canada will be celebrating the school's 125th Anniversary with a two-day event on October 11th and 12th. The event on 10th will be held in Scarborough at the Chinese Cultural Centre while the second day event on the 12th will be in Markham at the Flato Markham Theatre.

Reputed and well-known speaker from Tamil Nadu Dr. G. Gnanasambandan will be present at the event. He is the author of fourteen books and a seasoned moderator at several TV talk-shows. Two famous super-singers from Chennai Diwakar and Soniya will also provide musical entertainments to the audience at the two shows.

The JHCA Canada has spearheaded several projects for the school and

has been in the forefront for the upliftment of the college in a variety of spheres. The College 125th Anniversary event is being celebrated in several parts of the world by the relevant Old Boys Associations.

Guests at the event next month are assured of an enjoyable evening with a variety of entertaining events.

Tickets for the event are available from the following:

- Buva: 416-570-5261,**
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- Krish: 416-930-9119,**
- Mohan: 416-871-8534,**
- Kathir: 416-856-6900,**
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Monsoon Journal has media accreditation to access many corporate events.

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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.

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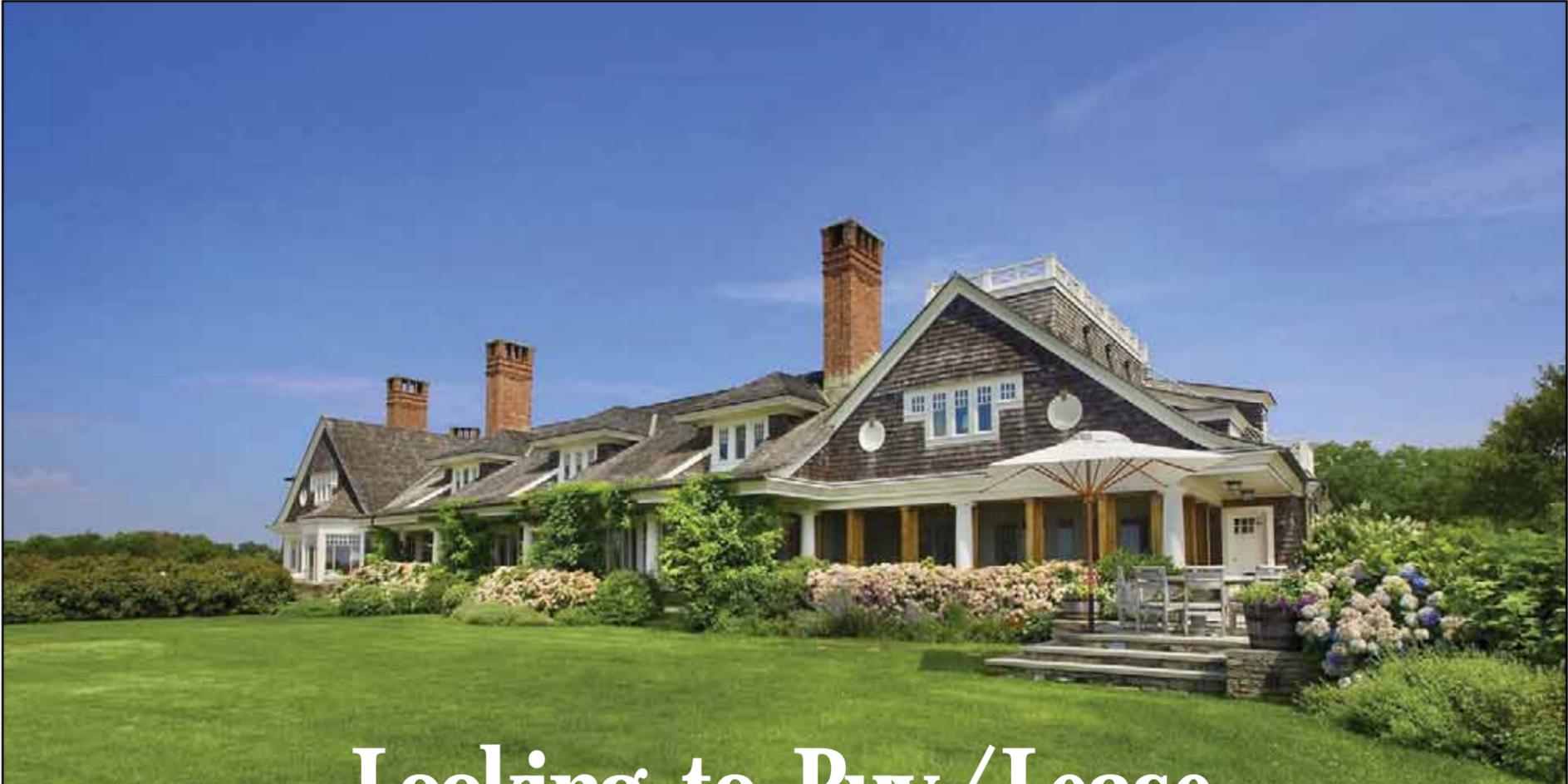
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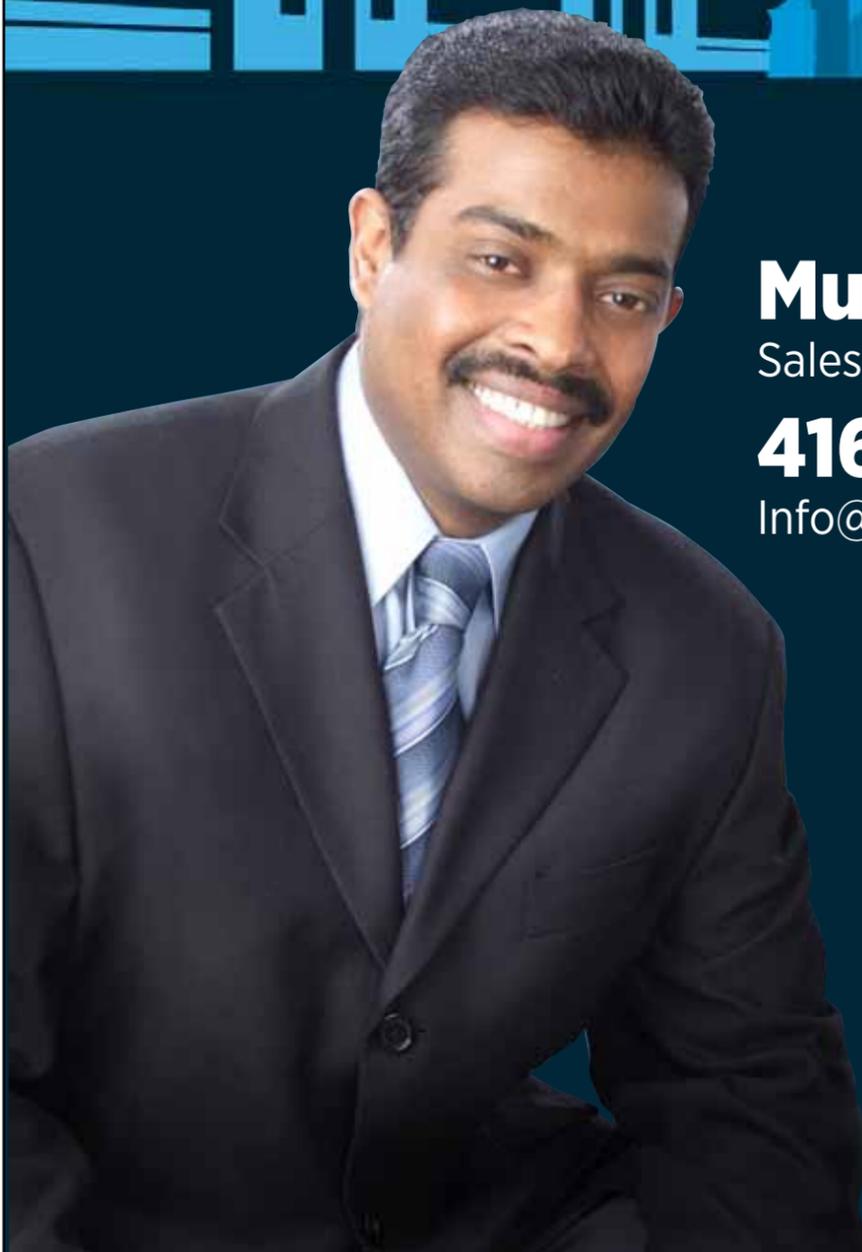
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Interested to meet people and cover social events.

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.

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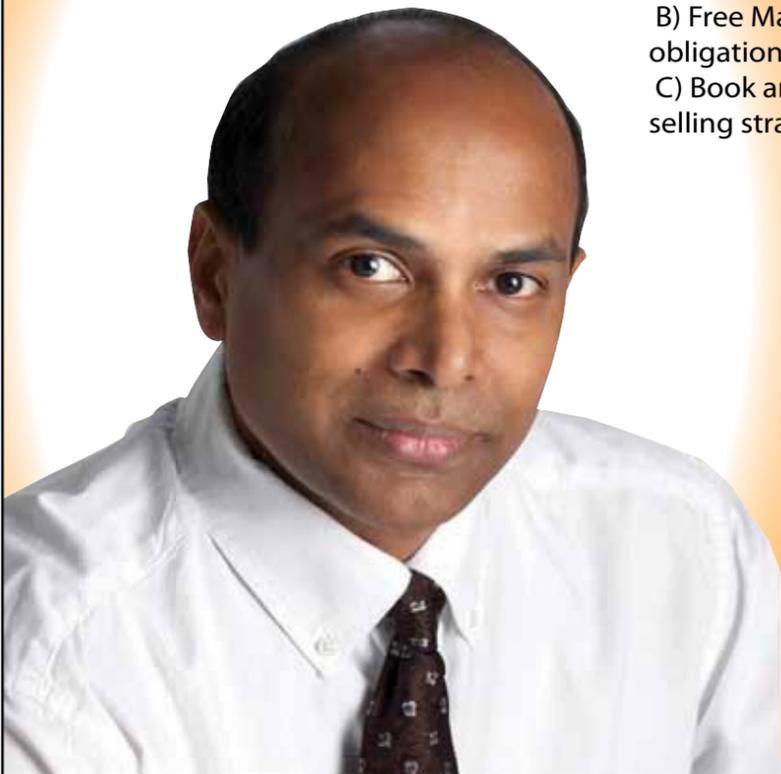
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