

A *parfait media publication*

Monsoon Journal

VOL 10 ISSUE 5 OCTOBER 2015

Canada Elections 2015

Parties promising the voters a better Canada



(Left-Right) Stephen Harper, Conservative leader, Justin Trudeau, Liberal Leader and Tom Mulcair, NDP Leader

- The Conservatives are promising the voters balanced budgets
- The Liberals have promised to put more money in the pockets of the middle-class with tax cuts
- NDP promises to pump billions of dollars on Government expenditure

By Siva Sivapragasam

Canadians will stage a walk to the polling booths on October nineteenth to decide who will govern them for the next five years.

Election forecasts and polls surveys indicate a tight race and narrow margins of differences in popularity among the three parties. This would mean that Canada maybe heading towards a minority government.

All three major parties (Conservatives, Liberals

& NDP) are promising the voters a better Canada if they are elected.

The major issues in this year's election can be summed up as follows

- The economy
- Tax cuts
- Employment
- Allegations of scandals (e.g. The Senate scandal)
- The Syrian refugee crisis
- Foreign Policy

The latest CBC Polls Tracker gives the Conservatives a small lead in the polls (as on Oct 2nd) at 32.3 per cent, with the Liberals not far behind at 30.4 per cent and the New Democrats pulling up the rear with 26.8 percent support. This marks the high-water mark for the Tories so far in this campaign and the lowest average score for the NDP since the end of May.

With two more weeks to go for election day possibilities of changes in voting patterns can change as the campaigns get hotter during the coming two weeks. It's a Hobson's choice for the Canadian voter this election since the bread is buttered on both sides.

(more Oct 19 Election news & ads on pages 3, 4, 14, 23, 27, 35, 37, 47)

PROVIDING INCOME REPLACEMENTS DURING ACCIDENT, INJURY, AND ILLNESS. INSURANCE SOLUTIONS FOR LIFE, HEALTH, & GROUP!

BAMATHI RAMTHAS

905 999 8023

DENTAL OFFICE

DENTAL IMPLANT • ROOT CANAL • WISDOM TOOTH EXTRACTION

Dr. Iru Vijayanathan

BDS, FAGD, MFDS RCPS (Glasg) DENTAL SURGEON

3150 Eglinton Ave. East, Unit 5 Markham/Eglinton | Tel: 416.264.3232
3351 Markham Road, Unit 129, Markham/Steeles | Tel: 416.609.2022

DON'T SELL FOR LESS

MAKE THE MOST OUT OF YOUR HOME

PROVEN RESULTS!!

416-858-9633

OFFICE 416.287.2222

PARTNER WITH LIFE 100 AND EARN MORE...

We provide you with Exceptional Services:

- Life Licensing Qualification program LLQP
- Free Seminars and workshops for career development

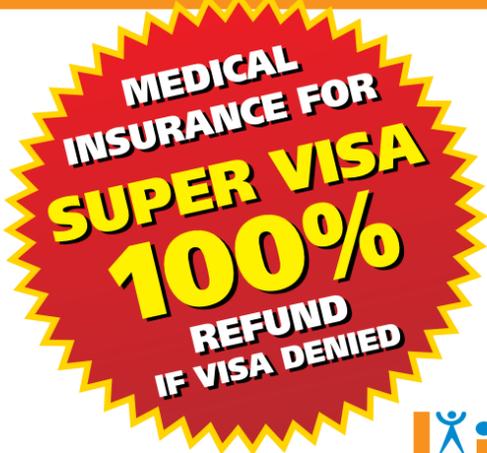
New advisors development program by Professional sales coach every week

FREE CLASSES

To Become RESP & INSURANCE ADVISORS

FREE OFFICE SPACE

FOR FULL TIME ADVISORS



- LIFE • CRITICAL ILLNESS • HEALTH & DENTAL • MORTGAGE INSURANCE
- GROUP BENEFITS • RRSP • RESP
- DISABILITY INSURANCE • LONG TERM CARE

Sritharan Thurairajah

Chartered Life Underwriter, Certified Health Insurance Specialist



- digi Media -



Direct: **416.918.9771**

Business: **416.321.2500**



10 Milner Business Court, Suite 208, Scarborough, ON M1B 3C6
Web: www.life100.ca, E-mail: info@life100.ca

Are you getting Million Dollar advice?



DO YOU KNOW YOUR
TAX RIGHTS?
IT IS NOT JUST NUMBERS,
IT IS THE LAW

INVESTMENT TAX ADVICE

- » Real Estate Investments
- » Business Tax Planning
- » Wealth Planning

DISPUTE RESOLUTION

- » Tax Court Of Canada Appeals
- » Voluntary Disclosure
- » CRA Audits



Shalini Sathya
LL.B., MTax

KNOW YOUR RIGHTS

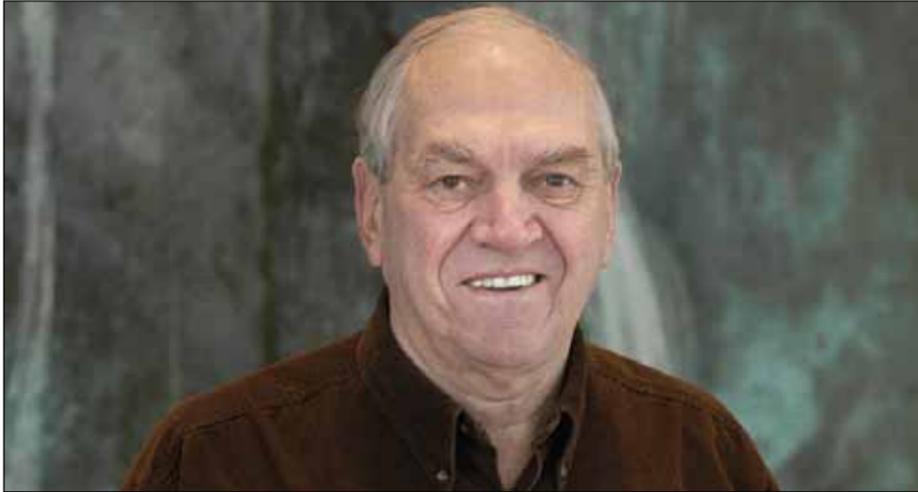
— CALL NOW —

416-291-7888

1585 Markham Road, Suite 204, Scarborough, ON, M1B 2W1



A message from Ed Broadbent: A new direction



John Edward "Ed" Broadbent, PC CC was leader of the federal New Democratic Party (NDP) from 1975 to 1989. In the 2004 federal election, he returned to Parliament for one additional term as the Member of Parliament for Ottawa Centre.

The last speech I gave as NDP leader was about child poverty.

Every Member of Parliament voted in favour of my motion to work together and end child poverty – it was unanimous.

That was twenty-five years ago, and successive Liberal and Conservative governments have done little, if anything at all, since then. They have a proven track record of not getting the job done – on child poverty, affordable childcare, the environment, and more.

Canadians are ready for change. With Tom Mulcair, we can finally defeat Stephen Harper and elect a truly progressive alternative. That's why I'm proud to support Tom at this critical time ahead of the most important election in a generation.

In this coming election, Tom and his team offer a new direction – a concrete

plan to kickstart the economy and put Canadian families first. A plan that clearly and decisively commits to closing tax loopholes on CEO stock options and redirecting that money dollar-for-dollar toward ending child poverty.

Put simply: The NDP offers a hopeful future – one Canadians can be proud of.

Tom has the experience and the plan to bring our party to new heights. Together, we can usher in a new era of strong, progressive values.

We're not quite there yet – we still have twenty-one days to go until the ballots are counted. With the biggest campaign deadline fast approaching, I hope you will make a donation to help see this through: ndp.ca/donate

All my best,
Ed
(via ~ ndp.ca)

Trudeau promotes innovation to create jobs, strengthen middle class, and grow economy

WINNIPEG – A Liberal government will make necessary new investments in innovation that will grow our economy immediately and create good, middle class jobs, said the Leader of the Liberal Party of Canada, Justin Trudeau, on September 29th.

"Canada is experiencing a period of no economic growth, middle class Canadians have not had a decent raise in over 30 years, and comparatively, our innovation and productivity performance is on the decline," said Mr. Trudeau. "Liberals will make much-needed investments now – not a decade from now – so businesses and entrepreneurs can succeed, grow, and innovate."

As a complement to already announced new investments in productivity-enhancing and sustainable infrastructure, as well as new investments to support job training and human capital development, a Liberal government will:

Invest \$200 million per year, over the next three years, in a new innovation agenda. We will provide direct support to incubators and accelerators, research facilities, financing, and other support for successful small companies wanting to grow and export. Our goal will be to create successful networks like the American and German partnerships between businesses, government, and university and college research; and

Invest an additional \$100 million per year, over the next three years,



in the Industrial Research Assistance Program. This new investment will include the implementation of a Small Business Innovation and Research Program, modelled after effective programs in the United States, Australia, and Japan.

"Thomas Mulcair won't help the middle class, and those working hard to join it, because his ideas for the economy don't come into effect for 8, 10, even 20 years. Liberals know that investment is required now to repair the damage done during the Harper decade," said Mr. Trudeau. "By making the right choices, and by choosing to invest right away, we will bring real, immediate change to the lives of all Canadians."

- liberal.ca

Harper Aims To Add More Than 700,000 New Canadian Homeowners By 2020

On September 29th Prime Minister Stephen Harper touted his plan for affordable, responsible homeownership in Canada. He announced that a re-elected Conservative Government would aim to add more than 700,000 new homeowners to Canada's rolls by 2020.

"Homeownership provides Canadian families with financial stability and strengthens our communities," said the Prime Minister. "Our Conservative government's low-tax balanced-budget plan will ensure that home ownership is within reach for even more Canadians."

A re-elected Conservative Government will build on its record of supporting affordable, responsible homeownership for families by:

-Expanding the Home Buyers' Plan from \$25,000 to \$35,000 so first-time home buyers can withdraw savings

tax-free to make their down payments and reduce their mortgages and interest payments.

-Maintaining the 2015 enhancement to Tax-Free Savings Accounts that allow annual contributions of up to \$10,000 so Canadians can save and invest more of their hard-earned money tax-free.

-Establishing a new permanent Home Renovation Tax Credit for home renovation expenses between \$1,000 and \$5,000.

-Collecting data on foreign buyer activity in Canada's housing market and taking concrete action to address foreign non-resident real estate speculation in coordination with provinces.

Canada's success is attributable to the Conservative government's careful economic management, prudent mortgage rules, and record of cutting taxes and raising wages for Canadian



families. Today, 7 out of 10 Canadian households own their homes. According to Statistics Canada, 28% of Canada's 9.2 million homeowners moved into their homes under our Conservative Government, and Canada's homeownership rate now exceeds that of the United States.

An aspirational target of more than 700,000 new Canadian homeowners by 2020 is consistent with scenarios set out by the Canadian Mortgage and Housing Corporation and the Canadian

Home Builders' Association. It would raise Canada's homeownership rate to approximately 72.5 percent.

This target would also support residential construction and local job creation. Nearly half a million Canadians are employed directly in the residential construction industry, a sector that largely employs local workers and contracts with small and local businesses. Expenditures in this sector are more than \$100 billion per year and account for more than 6% of Canada's GDP.

By contrast, the Liberals and NDP have committed to hiking taxes, to cancelling the enhanced Tax-Free Savings Account, and to cutting income splitting for families. And they have promised hundreds of millions in tax breaks for investors to build social housing. "The Liberals and NDP's expensive promises will make homeownership even less affordable for Canadian families," the Prime Minister said. "Only our Conservative Party has a low-tax plan to help Canadian families achieve their homeownership dreams."

- conservative.ca

MONSOON OPINION PAGE | OP-ED CONTRIBUTOR

PUBLISHING TEAM

Managing Editor & Publisher: Logan Velumailum, B. Sc. - toronto@monsoonjournal.com
 Editorial & Marketing Consultant: Siva Sivapragasam - tsivapragasam31@gmail.com
 Executive Editorial Board: Tashvir Narine - tashvir.narine@gmail.com
 Krishni Narine - krishni31@gmail.com
 K. Thirukumaran
 Graphics & Layout Design: Santosh Kumar - kasantosh@gmail.com
 Graphic Support: Suren Rasadurai
 Photo Journalists: Gnane B. Gnanendran - digitalgnane@yahoo.ca, Rudy Ruthran - rudy@ruthran.com
 Health & Care: Ayktah Grover - www.aurawellness.ca, Dr. Amal Siva, Jeavana Sritharan, Andrea Shanmugarajah, Dr. S. Sivanesan, Dr. Nuwan Fonseka, Dr. Shiyam Loganathan, Dr. Harshini Sriskanda
 Special Feature: Raymond Rajabalan, J.J. Atputharajah, Sri Krishnan Subramaniam, Senthil Senthivel, C. Kamalaharan, Dr. A. Gobikrishna, Sivanesan Sinniah, Devadas Chelvam, Kumar Punithavel, Nate Velumailum, Jennifer Dilipkumar, Partipan Kugadason (PK)
 Business & Finance: Arun Senathirajah - asenathi@hotmail.com
 David Joseph - David.joseph@investorsgroup.com
 Jay Wigna - www.taxonecentre.com
 Education: RG Education Centers - www.rgeducation.com
 Durham News: Durham Tamil Association - www.durhamtamils.com
 Tamil Cultural & Academic Society of Durham - www.tamilsociety.ca
 Markham News: City of Markham Communications - www.markham.ca
 Whitby News: Town of Whitby Communications - www.whitby.ca
 Waterloo News: www.tamilculturewaterloo.org
 Coverage on Institutions: The Scarborough Hospital - www.tsh.to
 Rough Valley Health System - www.rougevalley.ca
 Markham Stouffville Hospital - www.msh.on.ca
 Providence Health Care Foundation - www.providence.on.ca/foundation
 Words of Peace: www.wordsofpeace.ca
 Isha Yoga: www.innerengineering.com
 Circulation Co-ordinator: Donald. J

The Liberal Party of Canada best poised to 'Heave Steve'



At the Rally in Brampton, Ontario – October 4, 2015 (pic via: liberal.ca)

14 days. That is the time remaining before Canadians - across this vastly diverse geographic landscape choose the political party best suited to govern Canada on October 19, 2015. They shall likely begin finalizing their choice for the crucial ballot question, as the 42nd federal campaign draws to a conclusion. According to one of the latest poll numbers from Nanos Research, nationally, the Liberals lead with 35.3%, Conservatives at 31.0%, NDP, 24.3%, and the Greens with 4.5%, within 3.0 percentage points 19 times out of 20. Initially a three-way race between the frontrunner New Democrats, Conservatives, and the Liberals, the latter two parties have locked into a final showdown between the latter two parties. For the overwhelming number of voters opposed to the prospect of a fourth mandate to Stephen Harper, and his Conservative Party, they should now be identifying themselves with the Liberal Party of Canada.

October 4, 2015 saw both the Liberals and New Democrats mark this final stage of the volatile campaign with a few grandiose Ontario events to lockup voters' trust to replace Harper. Tom Mulcair and his NDP campaigned intensively in Southwestern Ontario, from Brantford to Essex--advocating that his government will tear up a Transatlantic Pacific Partnership trade agreement that hurts Canadian auto and dairy farming industries. Meanwhile, Justin Trudeau and his Liberals convened in Brampton at the Powerade Centre for what was touted as the biggest political rally in a generation of Canada. Attended by over 6,000 individuals, Trudeau was welcomed by a swath of supporters desiring political change in Ottawa to realign Canada socially and economically.

The event contained an electrifying atmosphere, based on the level of energy of the attendees motivated to have the Liberals emerge victorious on E-Day. Just getting to the event was considerably hectic due to the traffic, something Trudeau capital-



ized on politically speaking. These commute difficulties exemplified Harper's inaction on congestion and gridlock in the Greater Toronto Area, making it tumultuous to transport goods and services to market, and disrupting quality time for families, as contended by Trudeau. Although the Liberal leader's speech focused on condemning his political opponents in this race, the content was entirely directed at Stephen Harper's lackluster prime ministerial record. Observably, there were nearly zero references to Tom Mulcair's NDP, arguably highlighting the current state of the election campaign.

"Stephen Harper has nothing to offer but fear itself," said Trudeau in a passionate denouncement of the Conservative leader's unflinching political divisiveness on the niqab and terrorism debacles. Justin Trudeau even reached out to Conservative supporters dissatisfied with the ruling party, to demonstrate his conviction of a truly inclusive Canada. This can be considered one of many anticipated strategies leading up to October 19, to relocate voters into the Liberal fold for electorally defeating the Conservatives. The Liberal policy plan was also mentioned at points of the speech, where individuals can obtain further valuable knowledge by visiting the Liberal Party's website. If Canadians desperately want to close the Stephen Harper chapter of its political encyclopedia, vote Liberal for meaningful change, #RealChange that is!

- Contributed by:
Harrish Thirukumaran
 5th October, 2015

INDEX October 2015

Main News	1
Ads	2
Canada News	3 & 5
Publisher's Info	4
World News	6-9
Health & Care	10-19
Special Feature	20-32
Education	30
Science & Technology	31
Business & Finance	33
Food	36
Community Watch	34-46
Tribute	39
Ads	47 & 48



For Advertisements in Monsoon Journal
Call 416.358.3235

“Purity, patience and perseverance are the three essentials to success, and above all, love” - Swami Vivekananda

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

ALL RIGHTS RESERVED: No contents in Monsoon Journal may be printed without the written consent of the Publisher. The views and opinions expressed in the articles in Monsoon Journal are those of the authors and do not necessarily reflect those of the Publisher. While all efforts have been made to ensure accuracy Monsoon Journal is not responsible for any errors or omissions in the contents. Advertisers are responsible for the contents in the Advertisements and all liabilities for their claimers. To place community and non profit organization news submit by email to: toronto@monsoonjournal.com Tel: 416-358-3235.

MONSOON JOURNAL CIRCULATION: Toronto(GTA), Scarborough, Markham, Mississauga, Brampton, Pickering, Ajax, Vaughan, Waterloo. *Source for Multi Ethnic Exposure*

DISCLAIMER: Opinions and Interpretations appearing in the newspaper are those of the writers and need not be necessarily of Monsoon Journal. For additional any other information contact Monsoon Journal at 416-358-3235



Air Canada's Route launch Event

Canada's largest domestic and international airline Air Canada hosted an event to promote Delhi Dubai flight service. The event was held at The Carlu Round room on Sept 30th attended by senior staff from Air Canada, Incredible Indian Tourism officials, many other dignitaries, several travel and tour operators and media. The attendees had the pleasure of watching dance performances and enjoy the sumptuous food, open bar and refreshments.

As per information released on December 8, 2014, Air Canada will launch non-stop service between Toronto and Dubai beginning in November 2015. The new route will extend the airline's international network farther into the Middle East at a time of increased travel between North America and the region.

"Air Canada's international growth strategy continues to accelerate with the addition of the seventh new international destination to our global network announced in the past year. The three-times-weekly Dubai service will be Air Canada's first non-stop flight to the UAE at a time when air travel between North America and the region is growing, including more international connecting traffic over our Toronto global hub," said Calin Rovinescu, President and Chief Executive Officer at Air Canada.

"The introduction of the Boeing 787 Dreamliner to Air Canada's fleet this year has been a catalyst for our international expansion plans, which will receive an additional impetus in 2015 when the larger Dreamliner 787-9 series aircraft begins to enter the fleet. The Dreamliner has brought international air travel to a new level of comfort and Air Canada has further enhanced the experience with its award-winning, three-cabin service."

The Honourable Lisa Raitt, Minister of Transport, said: "This government is committed to helping the Canadian air industry increase its access to international markets. Air Canada's new service will play an important role in opening new markets in the Middle East and offer more options for travelers between Canada and the region.

This benefits our air sector and promotes increased trade."

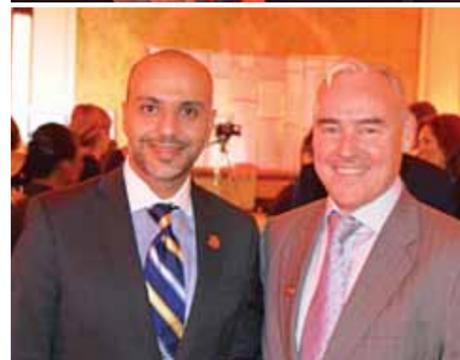
The new route will increase Air Canada's presence in the Middle East by providing its customers with direct, non-stop access to Dubai, complementing its other services in the region. Air Canada currently serves the region primarily through an extensive joint venture with its JV and Star Alliance partner Lufthansa over Frankfurt and Munich. In addition, the new route will build on Air Canada's existing codeshare relationship with Etihad Airways, with whom it codeshares on three flights a week between Toronto and Abu Dhabi, in the UAE.

Since last December, Air Canada has announced new international service to Delhi, Amsterdam, Rio de Janeiro, Osaka, Tokyo-Haneda and Panama City. Including Dubai, Air Canada now serves or has announced service to a total of 66 international destinations on five continents from its Toronto global hub.

Tickets for Dubai went on sale from Dec. 16, 2014 and the three-times-weekly service starts on Nov. 3, 2015. Flights will be operated with the Boeing 787 Dreamliner in a three cabin configuration, including next generation lie-flat seats in International Business Class, a Premium Economy cabin, and upgraded In-Flight Entertainment available at every seat throughout the aircraft. Flights provide for Aeroplan accumulation and redemption and, for eligible customers, priority check-in, Maple Leaf Lounge access in Toronto, priority boarding and other benefits.

About Air Canada

Air Canada is Canada's largest domestic and international airline serving more than 180 destinations on five continents. Canada's flag carrier is among the 20 largest airlines in the world and in 2013 served more than 35 million customers. Air Canada provides scheduled passenger service directly to 60 Canadian cities, 49 destinations in the United States and 73 cities in Europe, the Middle East, Asia, Australia, the Caribbean, Mexico and South America. Air Canada is a founding member of Star Alliance, the world's most com-



prehensive air transportation network serving 1,316 airports in 192 countries. Air Canada is the only international network carrier in North America to receive a Four-Star ranking according to independent U.K. research firm Skytrax that ranked Air Canada in a

worldwide survey of more than 18 million airline passengers as Best Airline in North America in 2014 for the fifth consecutive year. For more information, please visit: www.aircanada.com.

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



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



ARI A. ARIARAN CPA, CGA
Chartered Professional Accountant

Tel: 647-893-8295
416-293-1616

ari@aarian.com | www.aarian.com

CORPORATE TAX
PERSONAL TAX PLANNING
ACCOUNTING
FINANCIAL STATEMENTS
BUSINESS PLAN & PROPOSALS
FOR ALL BUSINESS NEEDS



Remembering Mohandas Karamchand Gandhi - The Creator of India's Independence

This article remembers the Creator of India's Independence

By Siva Sivapragasam

Fifteenth August 1947 was a day of rejoicing for every Indian - except for one person. Ironically, he was the most important personality responsible for India's Independence on this day.

He was Mohandas Karamchand Gandhi, fondly remembered as the Mahatma or Baabuji.

Just as the mid-night hour approached, Jawarhalal Nehru, the first Prime Minister of Independent India was waxing his eloquence with his famous "Tryst with Destiny" speech in Parliament, while Gandhi was fasting and observing 15th August as a day of mourning.

Why did Gandhi not rejoice Independence Day?

The Answer lies in his thinking about the Partitioning?

The partitioning of India was looming large in the minds of everyone. In an attempt to prevent the fragmentation and fracture of India, Gandhi suggested to Jawarhalal Nehru that Mohamed Ali Jinnah be made the first Prime Minister of Independent India. Nehru refused - Not because he was eyeing the post but because he feared a backlash by the Hindus. Gandhi was perturbed and became a sad man that he had to agree to something he dreaded. He could not convince the leaders of the Indian Congress and the Muslim League against the partitioning of India. He succumbed to the thinking of other Congress leaders and agreed to the partitioning. This left a permanent scar in his mind.

It was Gandhi who introduced Satyagraha as a form of non-violent protest and it required inner-discipline and total commitment to non-violence, not easy for normal mortals to follow. It was in later years that several politicians followed this principle of Satyagraha to win their demands without spilling blood. Gandhi strongly believed that non-violent changes would come about only through risk and sacrifice, by going to jail and offering our lives for peace and justice. He said "Freedom is to be wooed only inside prison walls, but never in council chambers, courts or the school-room" Based on this principle, he and several other Indian leaders went to jail for non-violent protests. When asked to explain the meaning of Life, he said "Renounce and Enjoy".

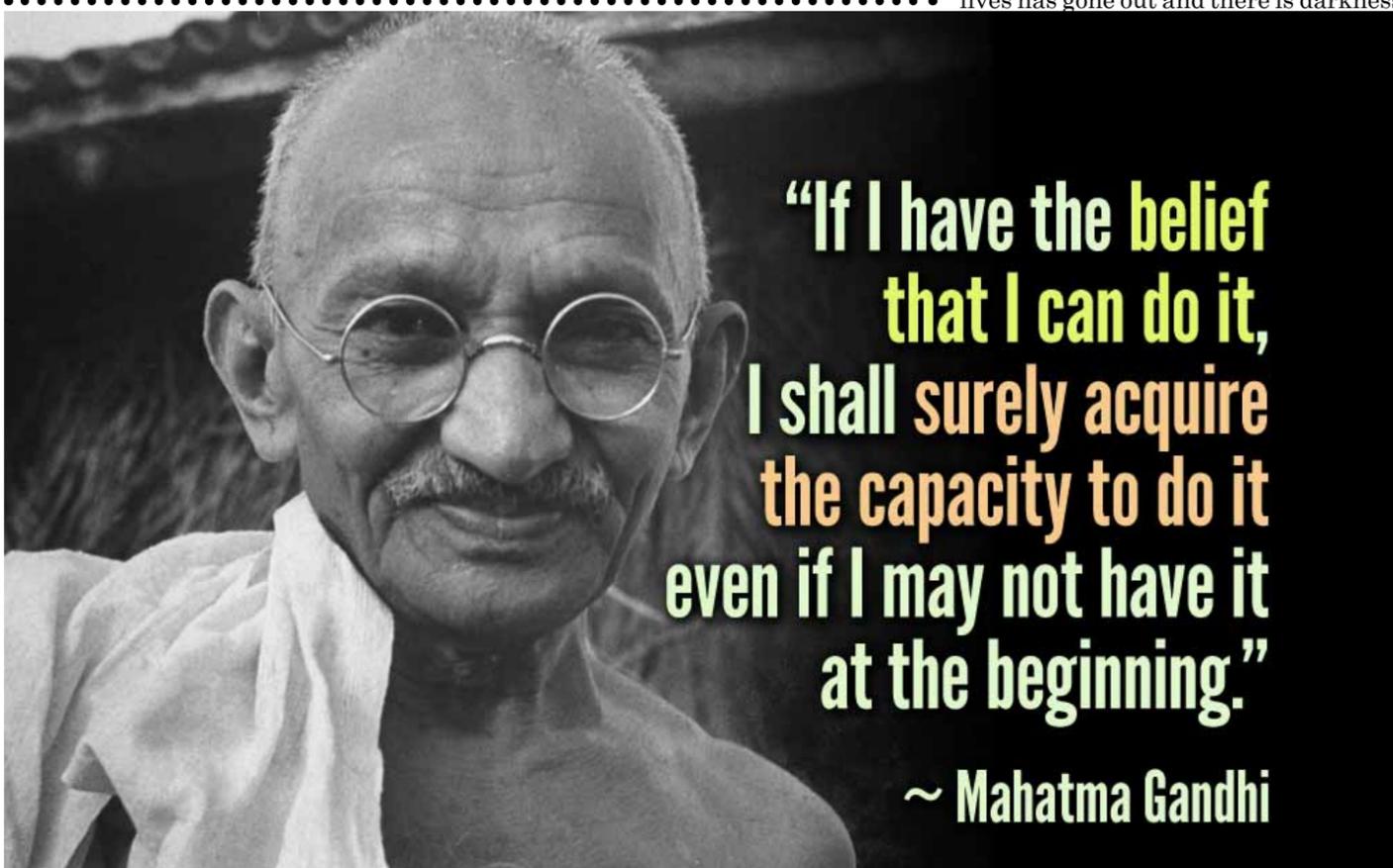
In Sri Lanka, Gandhian ideals were embodied in the Jaffna Youth Congress

"Generations to come will scarce believe that such a man as Gandhi walked this earth,"

- Albert Einstein

him, folded his hands in Namaste fashion and shot him at point-blank range. Gandhi felled down chanting "Hare Ram".

The whole of India went into darkness hearing his assassination. Nehru, addressing the nation in a choking fashion stated that "the light in our lives has gone out and there is darkness



India celebrates "Gandhi Jayanthi" this month marking the 146th. Birth Anniversary of Mahatma Gandhi. Gandhi Jayanthi is a national holiday, and world-wide as the International Day of Non-violence.

whose chief organizer was Handy Perinbanayagam, the former Principal of Kokuvil Hindu College. He was one of the pioneers in the North in taking forward Gandhian principles of national independence and non-violence as a means to achieve this.

Gandhi was admired even by his enemies. Nauram Godse, who killed him, first bent down and prayed at his feet before he fired the shots. He admitted in court that he killed Gandhi

not because he loved Gandhi less, but because he loved India more. Nauram Godse was a young Hindu fanatic from Poona who believed that Gandhi was giving in at the expense of the Hindus and decided to move him out of the political scene. When Gandhi was going for his prayers, Godse rushed towards

everywhere. Our beloved leader whom we call Baapu is no more". Nehru who has been with Gandhi all his life wept like a child.

When Gandhi mounted the steps of Buckingham Palace in his loin cloth and shawl, the British sneered at him. Undaunted, he sat at the roundtable conference. British Prime Minister Winston Churchill contemptuously referred to him as the "half-naked fakir" and stated that "we are handing over power to men of straw".

Over Sixty years later, Churchill's prophecy had gone wrong. India remains a vibrant democracy even with its flaws, and towers high as a world-power being the envy of all.

In the last phase of his life, Mahatma Gandhi was interviewed by a Western journalist, who asked him what his message was for future generations. Gandhi responded, "My life is my message".

www.monsoonjournal.com



At UN, President of Sri Lanka details country's 'new vision' built on sustainability and reconciliation

30 September 2015 – After years of conflict, “a new era of democracy” dawned in Sri Lanka this year, ushering in justice, freedom and equality, the country's President told the United Nations General Assembly today, reporting that his Government supports a “fresh universal approach” that deals honestly with the past while pursuing sustainable development.

“Our new vision for the country involves achieving the twin objectives of sustainable development and reconciliation. A fundamental requirement in this context is dealing with the past honestly and building a modern Sri Lankan nation,” Maithripala Sirisena told the Assembly, explaining that, in the wake of years of conflict, his Government is now moving forward with a process of “truth seeking, justice, reparation and non-recurrence.”

Rising to 21st century challenges will require Sri Lanka to adopt a new social, economic and political approach, and, in that regard, he said that reconciliation must receive “priority attention.” Indeed, the new consensus Government he is leading has already taken several steps to introduce and



President Maithripala Sirisena of Sri Lanka addresses the general debate of the General Assembly's seventieth session. UN Photo/Cia Pak

operationalize the constitutional and institutional reforms required to accelerate the achievement of these goals.

Mr. Sirisena said Sri Lanka has suffered from conflict and while such turmoil could bring destruction to a society, there are also many lessons that could be learned during and after a conflict. “All forms of war and terrorism are a disgrace to humanity,” he continued, saying that the challenge of the modern era is to find ways and means to “defeat such brutality against humanity.”

“Sri Lanka succeeded in eliminating terrorism, which continues to throttle other developing countries in many regions – from Asia and Africa to Latin America,” he said, declaring: “We defeated one of the world's most ruthless terror outfits. Equally, our post conflict experiences also have been significant. We believe that all these experiences can be shared fruitfully with other developing countries affected by terrorism.”

Turning to the issue of sustainable development, he said to ensure broader

advancement for all, it is necessary to pursue dialogue within the global South as well as between the North and South. “Development should result in the empowerment of women and youth and assure security for children. Frustration in youth usually leads to conflict,” Mr. Serisena continued, but noted that youth is the driving force for sustainable development.

“Therefore, we should transform the youth to a totally skilled workforce to succeed in the 21st century knowledge-based society. It should be a lead component of the post-2015 Sustainable Development Agenda,” underscored the President, adding that the overall aim must be to have an inclusive model of development that is capable of uplifting development standards globally.

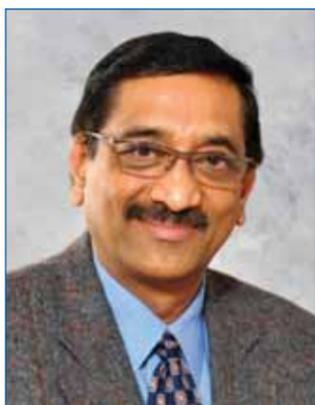
Stressing the need for a “fresh universal approach,” he said that extremism, over-consumption, arbitrary exploitation of the environment, violation of human rights, and massive income disparities can often cause insecurity, conflict, violation of fights, and exploitation.

As such, he said that the edifice of sustainable development should be built upon the foundation of self-discipline and equity. “If this could be practiced at personal, community, national and global levels, it would mark a giant leap forward for human kind.”

- *un.org*

Insurance & Banking Solutions

- Mortgages & Family Term Life Insurance
- Life Insurance (for all ages)
- Medical Free Life Insurance (for ages between 50 - 85)
- Disability Insurance, Critical Illness Insurance
- Individual Health, Dental, Travel & Visitors Insurance
- Group Insurance & Retirement Plans
- Mutual Funds, Investment Lending Products
- RRIFs, Annuities and Segregated Funds
- RRSP & RESP (Education Plan)
- TFSA (Tax Free Savings Account)



Financial Security Planning

Call (416) 291-0451, ext. 227
 Cell: (416) 518-9489
 Fax: (416) 291-3779
 Email: bala.balasundaram@f55f.com

Bala J. Balasundaram, B.Eng., CHS

FINANCIAL SECURITY AND INVESTMENT REPRESENTATIVE
 NATIONAL QUALITY AWARD WINNER

To help our clients reach their goals and dreams.

Freedom 55 Financial and design are trademarks of London Life Insurance Company. Quadrus Investment Services Ltd. and design are trademarks of Quadrus Investment Services Ltd. used with permission by London Life Insurance Company.



Freedom 55
 Financial

A division of London Life Insurance Company

QUADRUS

Quadrus Investment Services Ltd.



UN Resolution on Sri Lanka adopted without a vote

By Siva Sivapragasam

The new UN resolution on Sri Lanka that was submitted to the UNHRC last Thursday, (Sept 24th), has been adopted without a vote as part of the proceedings of 40th meeting of the UNHRC Council's ongoing 30th session. Sri Lanka also co-sponsored the resolution since consensus was reached over its content.

Foreign Judges, defence lawyers, prosecutors & investigators in the judicial mechanism

The resolution while welcoming the government's recognition on an accountability process to uphold the rule of law, affirms the importance of having independent judicial and prosecutorial institutions led by personnel known for integrity and impartiality and has further noted the 'importance of participation in a Sri Lankan judicial mechanism, including the Special Counsel's office, of Commonwealth and other foreign judges, defence lawyers, and authorized prosecutors and investigators'.

25 more additional sponsors this time

The resolution titled 'Promoting reconciliation, accountability and human rights in Sri Lanka' was submitted before the Council last Thursday following a series of negotiations between the Sri Lankan delegation and the 'Core Group' sponsors to which included delegations from Albania, Australia, Germany, Greece, Latvia, Montenegro, Poland, Romania, the former Yugoslav Republic of Macedonia, UK, Northern Ireland and the US. The resolution also enjoyed the support of 25 more additional co-sponsors.

Sri Lanka's progress in implementation of recommendations will be monitored

The resolution has also recognized the need for accountability and reconciliation process for the violations and abuses committed by the LTTE as highlighted in the recently released OISL (OHCHR Investigation on Sri Lanka) report. The resolution has also called for the OHCHR to continue to monitor Sri Lanka's progress in the implementation of its recommendations and other relevant processes linked to reconciliation, accountability, and hu-



man rights and calls for the High Commissioner's Office to present an oral update to the UNHRC at its 32nd session as well as a comprehensive report followed by discussion on the implementation of the present resolution at its 34th session.

U.S. & U.K. hail the adoption of the resolution

The United States and Britain hailed the adoption of the "historic resolution" on Sri Lanka at the UN Hu-

man Rights Council today.

The US Ambassador to Geneva Keith Harper said that the consensus resolution expresses international support for Sri Lanka as it takes courageous steps to strengthen democracy and restore civil liberties

The United Kingdom, which co-sponsored the resolution said the resolution sets Sri Lanka on a new path towards reconciliation and a more prosperous and inclusive future.

It is 'incumbent on Sri Lankan government to implement resolution' says Tamil National Alliance

The Tamil National Alliance (TNA) has called on the Sri Lankan government to implement a UN resolution "in a spirit of honesty and cooperation," while welcoming the passage of the landmark resolution at the UN Human Rights Council.

Full Text of Statement issued by Tamil National Alliance on October 1st after the adaptation of the consensus resolution:

The Tamil National Alliance welcomes the passage of today's resolution on Sri Lanka at the Human Rights Council. We welcome, in particular, Sri Lanka's co-sponsorship of the resolution indicating their willingness to implement it in full. The TNA has already welcomed the tabling of the draft last week after consensus was reached, and reiterate those sentiments. We hope that the spirit of cooperation that enabled consensus will animate the government's work in implementing this historic resolution.

Today's resolution reflects a difficult consensus, and involved the weakening of some paragraphs in the original draft resolution and the strengthening of others.

We are deeply mindful that any perceived compromise causes hurt to those most traumatized by the horrific crimes that have been committed in Sri Lanka. Nevertheless, the resolution – if implemented – provides a genuine opportunity for real progress on accountability and reconciliation. We are grateful to the co-sponsors of the resolution for engaging with the TNA throughout the process, and accommodating our concerns and views.

We welcome the Resolution's encouragement of Sri Lanka to implement the recommendations of the UN High Commissioner's Report. In this regard, we urge the government to implement the resolution in a spirit of honesty and cooperation, in particular, the Council's affirmation of the need

for the participation of Commonwealth and other foreign judges, prosecutors, investigators and lawyers in a court enabled to try international crimes, through a Special Counsel for prosecutions. We also note the critical importance of the government's commitment to a political settlement through necessary constitutional measures.

Other important guarantees include those concerning the review and repeal of the Prevention of Terrorism Act; the review of the Public Security Ordinance; the review of the Victims and Witness Protection Act and strengthened witness protection in the operationalization of the Act; a new office to trace missing persons; the acceleration of the return of lands to owners; the vetting of security sector employees through a fair administrative process; the ratification of the Disappearances Convention and criminalization of enforced disappearances; ending military involvement in civilian activities; re-

storing normality in civilian life; and cooperation with the Office of the High Commissioner for Human Rights and special procedures.

It is now incumbent on the government to implement the resolution. The resolution, by itself, will not win back the confidence of victims. That would require meaningful implementation in a spirit of cooperation. We call on the government to exhibit the courage to create a conducive atmosphere for implementation.

As stakeholders in the process of accountability in Sri Lanka, we will fully support the implementation of the recommendations of the OISL Report and the resolution. To this end, we will continue to engage all domestic and international stakeholders, including the Government of Sri Lanka. We hope that today's resolution will mark the beginning of a new chapter in Sri Lanka's quest for reconciliation.



Monsoon Journal is proud to inform everyone that we are in our 10th year of circulation.

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



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

Criminal Defence Lawyer

Edward H. Royle & Associates, LLP

Know Your Rights*
Have you been charged with assault?

It is a serious offence to assault a loved one. Section 265(1) of the Criminal Code defines assault in various ways. While most people recognize that hitting someone is an assault, many do not realize that even holding up your fist in a threatening manner qualifies.

In Ontario, police tend to have a zero tolerance policy for domestic charges. If any allegation is made that can support a conviction, charges will be laid, no matter how minor the alleged assault is.

It is important to note that it is not the complainant who is laying the charge. After police are contacted, the police lay the charge. Once a charge is laid, the complainant does not have the ability to drop the charge.

If you are facing a criminal charge, you can depend on me to advocate for you and help you through the process. As an experienced Criminal Defence Lawyer at Edward Royle & Associates, one of the largest criminal defence firms in the country, I understand the crippling effects a criminal conviction can have on your work prospects, travel and reputation. Efficiency and confidentiality are the hallmark of my practice. In addition, I also speak Tamil.

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.

You are invited

Tamil Mirror Awards Gala 2015 & 10th Year Celebration

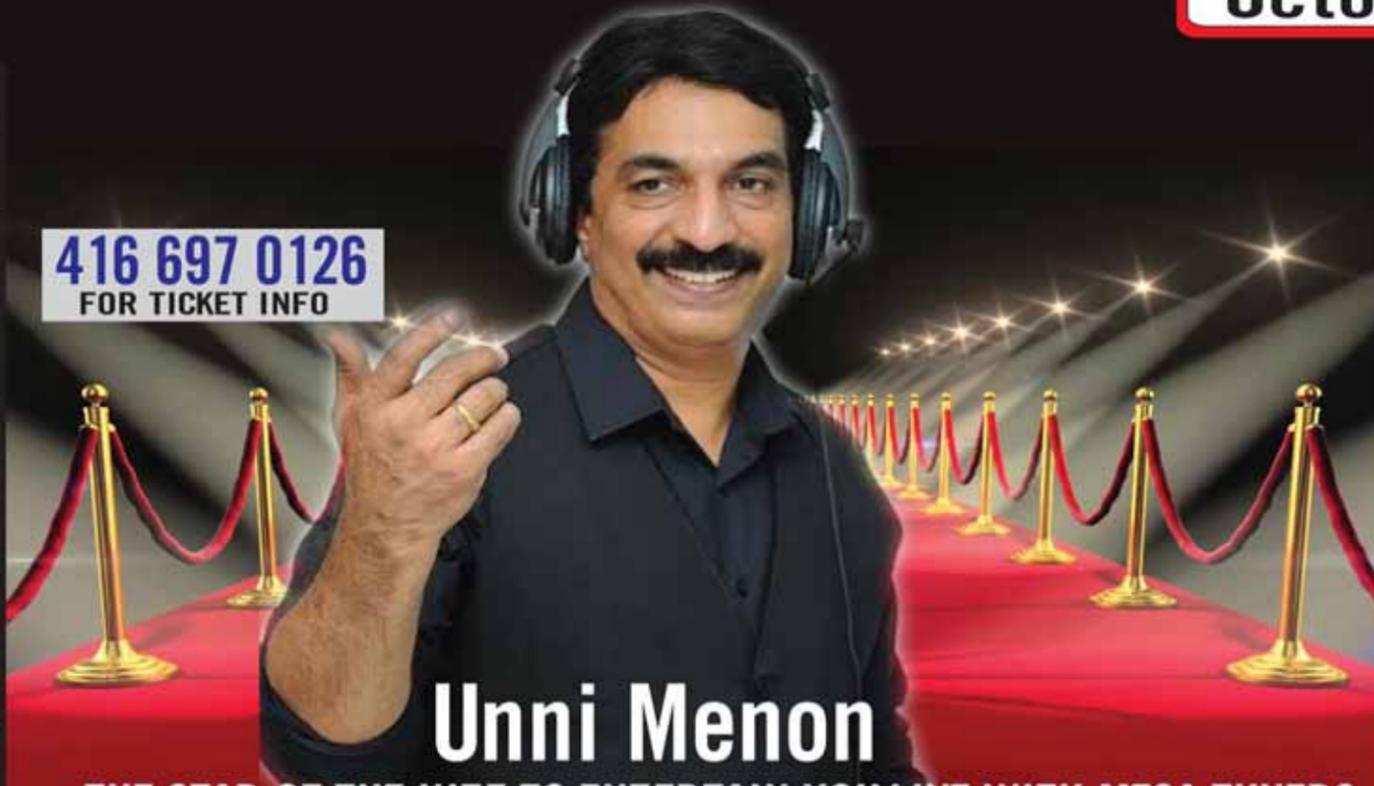
Sunday, 2015

11
October

Media Supporters



416 697 0126
 FOR TICKET INFO



Unni Menon

THE STAR OF THE NITE TO ENTERTAIN YOU LIVE WITH MEGA TUNERS

THE ESTATE BANQUET & EVENT CENTRE
 430 NUGGET AVE. SCARBOROUGH

Media Supporters





Helping your allergic child through the fall season

By Dr. Audrey Segal,

Paediatrician and allergist

The fall can be a particularly challenging time for children with allergies and their families. In addition to an increase in outdoor allergens, kids have returned to school and the potential of being exposed to allergens there as well. I hope you'll find the advice below helpful.

From mid-August until the first frost, there is an increase in pollen in the air, especially from ragweed. For those with ragweed or other weed allergies, the fall can be a miserable time of year. Reactions can include itchy, watery eyes; a runny, itchy nose; lots of sneezing; worsening of asthma; and worsening of eczema. Avoiding pollen is impractical (and impossible!), but there are things you can do to help your child through the allergy season. If there is a known pollen allergy:

Give your child an over-the-counter antihistamine.

Just make sure it is the non-drowsy variety or your child will have a hard time staying alert during the day!

Make your home a "safe place."

Keep pollen out as much as possible, by closing windows and using air conditioning when necessary. Take your shoes off at the door, and change your clothes if you have been walking outside, especially if you have brushed against plants.

If you suspect an allergy and it hasn't been diagnosed, start with a visit to your doctor to get a referral to an allergist. While you are waiting to see your allergist, you can follow the above tips to lessen exposure.

Food allergies

In addition to pollen and other environmental allergies, I also treat children with food allergies at Rouge Valley's allergy clinic. Parents of children with food allergies can be especially worried at back-to-school time, thinking that their children may be exposed through other students' food. Though reactions at school are rare (thanks to vigilant school policies!), there are ways to ensure that your child remains safe while outside your home:

Educate your children.

Teach them what they can't eat and not to share their food.

Always have them carry their epinephrine auto-injector (Allerject or EpiPen).

Having this locked up in an office or in a teacher's desk does not allow your child immediate access to this life-saving injection. As soon as an allergic child is exposed to a known allergen, caregivers should be prepared to give the epinephrine immediately if symptoms appear.

Show teachers or those caring for your child how to use the epinephrine auto-injector.

Not being sure how it works, or wondering if the child requires an injection,



can create a delay in getting the child the life-saving epinephrine that he or she needs. Different brands of auto-injectors give instructions on how to administer the shot, whether with words and pictures, or by talking you through each step. It is a very simple process to learn. And, reassure those looking after your child that it is always better to inject than not (the risks of untreated anaphylaxis are much greater than the risks of giving the epinephrine if it wasn't truly necessary). Of course, once your child is old enough, he or she will know how to use the injector. Don't forget to call 911, or visit the emergency room, after using the epinephrine.

So to sum up, if there is a known food allergy, and a child is exposed to this known trigger, be prepared to use the epinephrine auto-injector immediately if necessary. If your child has a reaction to something for the first time (with symptoms including, but not limited to: hives; swelling of the tongue, lips or face; difficulty breathing; profuse vomiting; lethargy; or any other worrisome symptoms) call 911 or see your doctor for immediate medical attention.

If you think your child has an allergy, talk to your family doctor or paediatrician about getting a referral to an allergist who can perform skin testing to the allergic trigger in question.

In the meantime, I hope you and your family get through the fall with minimal sniffles!

Dr. Audrey Segal works in the paediatric allergy clinic at Rouge Valley Centenary hospital campus. The clinic runs weekly on Tuesdays and Wednesdays from 8:30 a.m. to 4 p.m. Patients are referred to the clinic from community physicians, through the emergency department, or after discharge from the hospital. The clinic sees more than 1,000 patients a year, from infants to age 18, with environmental, food, and/or drug allergies. For a referral to the paediatric allergy clinic, please have your doctor call 416-281-7013, or fax to 416-281-7102.

Sold out Mayors' Golf supports children's care

Dr. Romas Stas named to Howard Sokolowski award for decades of support

Infants at Rouge Valley Ajax and Pickering hospital (RVAP) have a warm feeling all over thanks to this year's Mayors' Charity Golf Classic, with funds from this year's successful event to be used to purchase Panda Warmers for the Maternal and Newborn Unit.

Event co-chairs, Jim Witty and Vic Sgro, are proud to announce this year's event was a huge success and that the tournament raised \$135,000 for Rouge Valley Ajax and Pickering hospital. They expressed their appreciation to Pickering Mayor Dave Ryan and Ajax Mayor Steve Parish for taking part and helping to make it a premier tournament in Durham Region, year after year.

During a dinner presentation, the co-chairs paid tribute to the golfers and to the great support of the 2015 Corporate Leadership sponsors: Medallion; The News Advertiser; Pickering Professional Firefighters Assoc.; RBC; Runnymede; and Tribute Communities. Dr. Ade Odueke, Program Chief of Obstetrics and Gynecology at RVAP also thanked everyone for their support and explained that Panda Warmers are an important tool in caring for newborns. The machines ensure heat is evenly distributed to improve health, allow for interaction by medical staff and families, and are designed to be compact and efficient in what can be a busy and crowded environment.

This special occasion is also an opportunity for the Rouge Valley Health System Foundation to announce the recipient of the Howard Sokolowski Award, presented annually to an individual who has shown great dedication to health

care in the community. This year's recipient is Dr. Romas Stas, who is a generous volunteer and supporter of countless Rouge Valley Ajax and Pickering hospital (RVAP) activities and fundraising campaigns.

The Associate Chief of Staff for RVHS is well known for his efforts to brighten the spirits of patients and visitors during special occasions throughout the year, with hundreds of Canadian Flags on display leading up to Canada Day, and just as many decorations for holidays like Christmas, Easter and St. Patrick's Day. He has also been a member of fundraising campaigns in support of RVHS, including countless personal hours to help bring an MRI to RVAP and more recently, donating and helping to make renovations possible for an outdoor patio area designed to provide space for fresh air and recovery to hospital patients. Dr. Stas began practicing at the Ajax site more than 40 years ago.

"Dr. Stas is as quiet and humble as anyone you will ever meet. In so many ways he is a defining example of the impact one person can make on the health of our west Durham community," said Chad Hanna, President & CEO of the RVHS Foundation. "Saying that this man is just a doctor would be a disservice to what he means to everyone here. Some would describe him as the backbone, as well as the official cheerleader for Rouge Valley."

Created in 2001, the award honours Howard Sokolowski and his long and distinguished history of volunteer service for Rouge Valley Ajax and Pickering hospital.

AT THIS TIME OF THANKFULNESS, ROUGE VALLEY HEALTH SYSTEM FOUNDATION HAS SOME GREAT IDEAS TO RECOGNIZE THAT SPECIAL PERSON IN YOUR LIFE.

So many people make a difference in our lives. Our families love us; our teachers inspire us; our friends support us; our doctors care for us. A great way to acknowledge their impact on you is to make a **tribute donation** in their name to either Rouge Valley hospital.

The RVHS Foundation will send a personalized notecard with your message to that special person acknowledging your generosity in tribute to them.

To make your special occasion gift visit www.myrougevalley.ca

Add a plaque to the hospitals' **baby walls**, and recognize that special person for all to see. As families grow, what a great way to remember where it all began.

To add your special occasion gift visit www.myrougevalley.ca

Your donations will help purchase new equipment for our hospitals so that our communities will always receive the best health care, today and in the future.

Rouge Valley Centenary 2867 Ellesmere Road, Toronto, ON M1E 4B9 | 416-281-7342
Rouge Valley Ajax and Pickering 580 Harwood Avenue South, Ajax, ON L1S 2J4 | 905-483-2320 ext. 1509
www.myrougevalley.ca | foundations@rougevalley.ca



GET THE FACTS WITHOUT THE PRESSURE



RE/MAX
COMMUNITY
Realty Inc., Brokerage
416.287.2222

SERVICE YOU DESERVE, THE TEAM YOU CAN TRUST

FREE MARKET EVALUATION

For All Your Real Estate Needs. Prompt & Professional Service



Rasheela Sinnarajah
SALES REPRESENTATIVE
DIRECT: **416.726.8304**

Koshala Sinnarajah
SALES REPRESENTATIVE
DIRECT: **416.356.8757**

I am committed to making your mortgage experience comfortable & easy.

Mortgage

Refinancing

Consolidate Debt



Sen Sooriyakumar

Manager,
Mobile Mortgage Specialist

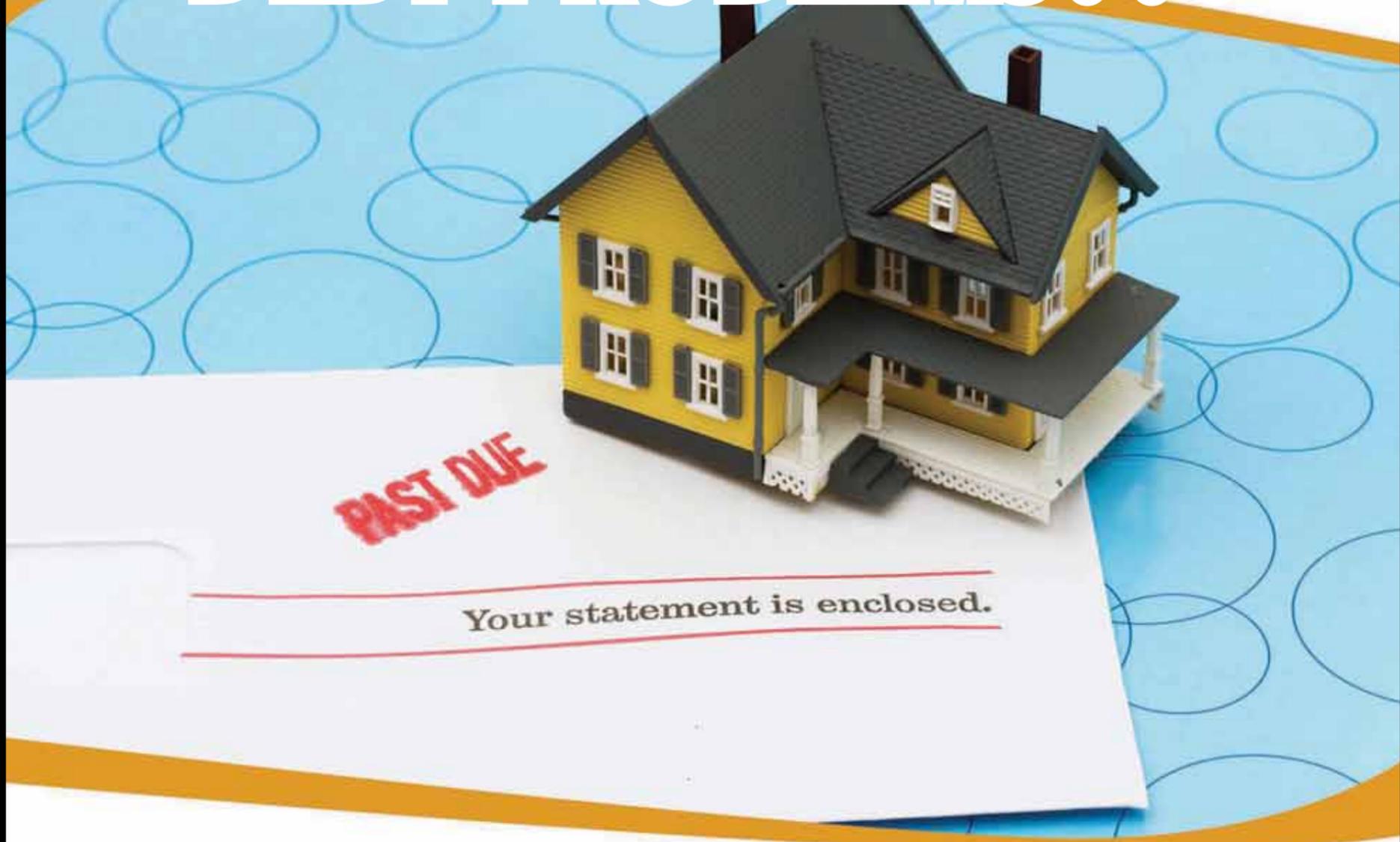
T: 416 953 7604

sen.sooriyakumar@td.com



TD Canada Trust

DEBT PROBLEMS???



JOINTLY SERVING ALL COMMUNITIES UNDER ONE ROOF

Unsettled Life due to Credit Problems!

Is Your Daily Life affected?

Worried that you will lose your House or Car!

Phone harassment from Collection Agencies !

Concern that your wages will be garnished by your creditors!

www.creditsolutioncanada.com

For All Your Problems, call for a free consultation

V. SRI

Certified Insolvency Counsellor

CREDIT SOLUTION CENTRE
Services of Trustee is available

80 Corporate Drive, Suite 309

Scarborough, ON M1H 3G5

Tel: **416.439.0224**

Fax: 416.439.0226

creditsolutioncentre@gmail.com



digit



Honda CHECKERED FLAG EVENT

OUR BIGGEST EVENT OF THE YEAR IS ENDING SOON!

GET A \$750 VICTORY LAP LEASE BONUS*

ON ALL LEASED 2015 CIVIC MODELS (EXCEPT CIVIC HYBRID)

17 CIVIC Canada's best-selling car 17 years in a row.**

2015 CIVIC DX FROM
\$39 @ 0.99% APR
\$0 DOWN PAYMENT /OAC **\$0** SECURITY DEPOSIT
 WEEKLY LEASE FOR 60 MONTHS². EXCLUDES LICENSE AND HST.
 FROM 8.6 CITY / 6.6 HWY (L/100 KM)[†]



2015 KELLEY BLUE BOOK BEST BUY AWARD
 BEST BUY AWARD: SMALL SUV[†]

NEW 2015 CR-V LX FROM
\$70 @ 1.99% APR
\$0 DOWN PAYMENT /OAC **\$0** SECURITY DEPOSIT
 WEEKLY LEASE FOR 60 MONTHS². EXCLUDES LICENSE AND HST.
 FROM 8.6 CITY / 6.9 HWY (L/100 KM)[†]



10 Best
CAR AND DRIVER 2015
 ONE OF CAR AND DRIVER'S 10 BEST FOR A RECORD 29TH TIME

2015 ACCORD LX FROM
\$62 @ 0.99% APR
\$0 DOWN PAYMENT /OAC **\$0** SECURITY DEPOSIT
 WEEKLY LEASE FOR 60 MONTHS². EXCLUDES LICENSE AND HST.
 FROM 10.1 CITY / 6.9 HWY (L/100 KM)[†]



Limited time weekly lease offers available through Honda Financial Services Inc. (HFS), to qualified retail customers on approved credit. Weekly payments include freight and PDI (ranges from \$1,495 to \$1,695 depending on model), EHF tires (\$28.45), EHF filters (ranges from \$1.00 to \$1.55 depending on model), A/C charge (\$100 except Civic DX models), and OMVIC fee (\$5). Taxes, license, insurance and registration are extra. QR Representative weekly lease example: 2015 Civic DX Sedan (Model FB2E2FEX) // 2015 CR-V LX 2WD (Model RM3H3FES) // 2015 Accord LX Sedan 6MT (Model CR2E3FE) on a 60 month term with 260 weekly payments at 0.99% // 1.99% // 0.99% lease APR. Weekly payment is \$38.96 // \$69.90 // \$61.95 with \$0 down or equivalent trade-in and \$1,100 // \$400 // \$550 total lease incentive included. Down payments, \$0 security deposit and first weekly payment due at lease inception. Total lease obligation is \$10,130.11 // \$18,173.41 // \$16,107.41. 120,000 kilometre allowance; charge of \$0.12/km for excess kilometres. PPSA lien registration fee of \$45.93 and lien registering agent's fee of \$5.65, due at time of delivery are not included. *\$750 Victory Lap Lease Bonus offer will be deducted from the negotiated price after taxes and can be combined with advertised lease rates and applies to retail customer lease agreements for new 2015 Honda Civic models (except Civic DX and Civic Hybrid) concluded between June 2nd, 2015 and June 30th, 2015 at participating Ontario Honda Dealers. For all offers: license, insurance, other taxes (including HST) and excess wear and tear are extra. Taxes payable on full amount of purchase price. Offers only valid for Ontario residents at Ontario Honda Dealers. Dealer may lease for less. Dealer order/trade may be necessary. Colour availability may vary by dealer. Vehicles and accessories are for illustration purposes only. Offers, prices and features subject to change without notice. See your Ontario Honda Dealer or visit HondaOntario.com for full details. ♦Based on Association of International Automobile Manufacturers of Canada (AIAMC) data reflecting sales between 1997 and December 2014. †Estimated fuel economy based on Government of Canada's new 5-cycle testing method. Your actual fuel consumption will vary based on driving habits and other factors - use for comparison only. For more information on 5-cycle testing, visit <http://www.nrcan.gc.ca/energy/efficiency/transportation/cars-light-trucks/buying/7491>. ‡For more information visit Kelley Blue Book's KBB.com. Kelley Blue Book is a registered trademark of Kelley Blue Book Co., Inc.



Shan சர்வானந்தன்
 Direct : 416 720 1184
atheesans@formulahonda.com

2240 Markham Road,
 Scarborough, ON
 M1B 2WA (Markham & Finch)
 Office: 416 754 4555
www.formulahonda.com

ராஜா தர்மலிங்கம்
 Direct : 647 833 4998
rajah@formulahonda.com



Mark Holland



markholland.ca
 @markhollandlib
 mark@markholland.ca
 905-409-4206

MARK
 #FIGHTS4YOU

October 19

Authorized by the Official Agent for Mark Holland

“Canada can offer expertise to the UN proposed hybrid court on violation of human rights in Sri Lanka”, says Scarborough - Rouge Park Liberal candidate Gary Anandasangaree

By Siva Sivaprasam

The Liberal Party candidate for Scarborough Rouge Park Gary Anandasangaree told a crowded Tamil community forum meeting held on October 3rd that Canada has the required expertise to offer advice to the UN proposed hybrid court that is to be set-up to inquire into the violation of human rights during the last stages of the Vanni war.

The community meeting was held by Gary Anandasangaree, Liberal Party candidate for Scarborough Rouge - Park, Mark Holland, Liberal Party candidate for Ajax and members of Team Trudeau with the Tamil community and the Media to discuss the UN Resolution on Sri Lanka, the UNHRC Report and Canada's role in moving it forward. The meeting took place at the campaign office of Mark Holland, the Liberal candidate for the Ajax riding.

Speaking further, Mr. Anandasangaree added that countries like Canada should also monitor the progress of the hybrid court to ensure that the recommendations of the UNHRC are carried out in a timely manner to ensure justice to the war affected victims.

Mr. Anandasangaree has been in the forefront in attending throughout the Geneva sessions of the UNHRC on the violation of human rights during the war and offering valuable advice. Gary Anandasangaree is an internationally recognized human rights lawyer and community activist who had advocated tirelessly for education and justice. He is seeking federal election for the Scarborough Rouge - Park riding as a Liberal candidate.



Gary Anandasangaree, (Liberal Party candidate for Scarborough - Rouge Park) and Professor Cheran addressing the audience

Professor Cheran from the University of Windsor who also spoke traced briefly the UN resolution episode and stated that the final resolution adopted has both merits and defects. He welcomed the participation of foreign judges, lawyers and investigators in the judicial mechanism. Dr. Cheran



Left to Right - Liberal Party candidates: Navdeep Baines (Mississauga-Malton), Jennifer O'Connell (Pickering-Uxbridge), John McCallum (Markham-Thornhill), Gary Anandasangaree (Scarborough Rouge-Park), Mark Holland (Ajax)

is the Associate Professor of Ethnicity, Migration, Racialization, Identity and International Development at the University of Windsor. Dr. Cheran is an academic, poet, playwright, journalist, and public intellectual.

Both Anandasangaree and Cheran answered several questions asked by the audience.

(Picture Courtesy - Perinbam@ekuruvi)



Generation X, Y, and Z: What is to come?



By: Jeavana Sritharan,
BHSc, MHSc,
PhD Student

We often hear references to the baby boomer population as a unique subset born after World War II. These individuals were born between the 1940s and 1960s and were a part of a spike in births after the war. At this time, nations were recovering from the hardships of war leading to a large boom of growth in the population. This particular generation has experienced unparalleled growth and success in terms of the economy and individual prosperity. The baby boomers entered the world at a time when education was evolving, property prices were rising and improving, and there were major advancements in technology. The baby boomers are now entering into the retirement phase. With the shifts in population growth and with each coming

the changes in the economy related to the job market, education, housing, and other factors.

The baby boomers are a large population and once they retire, there will be a large aging population that requires care. The following generations will need to fill the gaps to support the large baby boomer population. However, as that begins to occur we can see many other struggles the generation x, y, and z are already facing. No generation after the baby boomers will have it as good as they did. But the struggle now is focused around the millennials (children of the baby boomers) who are having trouble finding long term employment and are in debt with student loans. But people often forget the ones in between – generation X. Remember generation X was the post baby boom between the 1960s and up to the early 1980s. This generation faced the highest level of unemployment and are often the ‘forgotten’ generation. As they also get older, the millennials are faced with an aging population and the struggle to fill the gaps.



generation, we have to remember that there is a ripple effect that resonates through each generation before us and through each generation following us.

The generations following the baby boomers are appropriately identified as generation X (mid 1960s to early 1980s), generation Y (often called the ‘Millennials’, 1980s to 2000s), and generation Z (born after 2000). There is overlap between these years but these are rough representations of the years included. In the present time, the baby boomers are more likely to retire later than planned or are putting their pension towards helping their children (mainly generation Y). It is a noticeable pattern that has emerged due to

Why does it seem like the Millennials are faced with the most challenges?

There is a lot of pressure on the millennials or generation Y – who are the children of the baby boomers. But this is because of the high expectations that came with this generation. The millennials are a generation that were expecting high education levels, high salaries, and above average living. The millennials grew up with rapid technology changes and evolving education standards. The millennials often feel as if there is no space for them to thrive. One of the greatest concerns for this generation is student debt. Along with student debt, there



is the struggle of settling down with a house and a long term job in hand. This is further affecting the baby boomers who cannot retire as expected because the millennials rely on the support of their parents. The effect stems down to the coming generations who may face a tougher market or may realize that expectations are even higher than they were for the millennials.

Mental health struggle

What we can see is that the mentioned struggles are causing an increase in mental health problems in young adults who make up the millennials, generation Z, and so on. The expectations placed on these generations with the given limitations of a tight job market and competitive economy are causing an increase in suicide rates, homelessness, and other mental health problems. Universities are seeing a need for more mental health resources to cope with the number of students who require assistance. These generations feel a sense of hopelessness, anxiety, depression, and overwhelming pressure to succeed beyond what is provided and what is expected. Individuals in their late teens and early 20s are at the highest risk for mental illness and more and more students are presenting such signs. Universities are getting more competitive with

high average expectations or cut offs to enter specific programs and with fewer spaces available for graduate studies.

The ability to cope with pressure or expectations is an acquired skill that many young adults are not equipped with. Young adults/students need to learn resiliency and adaptation. The world is changing constantly and challenges will always be something of the present. These generations are constantly engaged in technology with little time to improve their mental health or skills. Through experience, people learn to survive and gain the skills of coping with pressure and being able to adapt. If parents do not allow their children to experience the changing world, how will they adapt for the future? Alongside parents, there is an increase in student run mental health programs to create awareness and provide help. With increases in resources, focus also needs to be placed on improving coping mechanisms and adaptation skills to prepare young adults for the pressures that they are facing now and the pressures they are going to face in the future.

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

For Advertisements in Monsoon Journal

Call 416.358.3235



Health & Care

MAKING HEALTHY “GAINS”

Longtime Scarborough resident Alberta Mathews is spreading the news far and wide about the Geriatric Assessment and Intervention Network (GAIN) Clinic at The Scarborough Hospital's (TSH) General campus, where she was recently a patient.

Her daughter, Nancy Gan, first read about GAIN in an edition of TSH's eNewsletter, My Scarborough Hospital, and encouraged her mother to make an appointment. Alberta, a senior, took her daughter's advice and is very pleased with the results.

"We have told umpteen people about the GAIN clinic, friends and family too," she said.

The GAIN Clinic is a network of coordinated health care services for older adults. An interprofessional team of health care professionals (including nurse practitioners, physiotherapists, occupational therapists, social workers, pharmacists, personal support workers, dedicated GAIN/Community Care Access Centre Care Coordinators, collaborating geriatricians, and other specialists) provides clinical care and education to ensure the best care for frail older adults and their families.

Alberta credits GAIN staff for helping her make meaningful improvements to her health and lifestyle. She says the pharmacist arrived prepared with a list of prescription medications from her regular pharmacist and was able to identify an opportunity for change – reducing her blood pressure medication from five pills down to one. The occupational therapist provided a great deal of help for a nagging shoulder

injury and recommended a nearby physiotherapy option. Their professionalism and senior-friendly approach made it all the more enjoyable.

"They really listen," Alberta says. "And they keep you interested. Although my appointment lasted a couple of hours, and I saw three or four people that morning, they never kept me waiting. The care was revolving; when one person finished their assessment, the next one came right in."

At TSH, appointments begin with a geriatric assessment, which is an outpatient appointment and usually takes about two hours. In addition to identifying and treating illnesses, the team looks at many other aspects that may be affecting a senior's life such as self-care, brain function, physical ability, as well as education and support for care givers.

In Alberta's case, one exercise included a GAIN staff member reading a list of names aloud to Alberta, and asking her to repeat them, backwards.

"I told my friend about the clinic and she made an appointment too," Alberta shares. "When it came to the list of names, she beat me by one. It's fun!"

Alberta wrapped up her appointment on a Saturday afternoon. She was pleasantly surprised to receive a call from her primary physician by 9 a.m. the following Monday, with an offer of a same-day appointment to discuss her GAIN assessment and medications. Never has she been more impressed or amazed with the speed of follow-up in health care.

"This is such a stellar example of how health care



should work – expedient and effective," says Nancy. "The Scarborough Hospital ... is a centre of excellence and a community gem ... We are so very fortunate to have this calibre of care and skill in our community."

Mental Health Therapy Moves Beyond Bricks and Mortar of Hospital

TSH is Canada's Only Hospital Delivering Internet-Assisted Cognitive Behavioural Therapy (as part of its Adult Outpatient Program) and a Mental Health App Library

The Scarborough Hospital's (TSH) Mental Health department is taking mental health therapy beyond the bricks and mortar of the hospital. As a leading provider of individual and group programming for those living with a major mental illness in Scarborough, TSH is now the first and only hospital in Canada to deliver Internet-Assisted Cognitive Behavioural Therapy (iCBT) (as part of its Adult Outpatient Program) and a one-of-a-kind Mental Health App Library.

Individuals in need of cognitive behavioural therapy typically face challenges like long wait lists, a shortage of therapists, and a lack of access to a therapist outside of regular business hours. Now, Adult Outpatient clients of TSH's Mental Health department can access treatment for anxiety and depression wherever and whenever it is most convenient for them.

"By offering this therapy through the Internet, along with these recommended mental health apps to support the process, patients are empowered to get the care they need on their terms and on their schedule," said Dr. David Gratzler, Psychiatrist, TSH. "It means that more people will get access to evidence-based therapy."

iCBT2

TSH is excited to announce the launch of iCBT2, a revamped version of iCBT that was originally developed through a partnership with Queen's University. Available through a physician's referral, the platform was recently redeveloped to make it more flexible, engaging, and patient-tailored.

Here's how it works: A TSH therapist (who is dedicated to providing online services) emails outpatients one module per week. Patients can complete them on their own time, and then email them back to the therapist. The therapist blocks off time to review the work and provide written feedback to the patient.

iCBT2 includes more substantive content, interaction, and videos, as well as aesthetic improvements, and takes only six weeks to complete (instead of the previous eight). With iCBT2, the program retention rate is now approximately 80 per cent – an impressive improvement from its previous rate of approximately 10 per cent.

"It helped me understand why I was experiencing certain symptoms, and taught me strategies about managing my anxiety," says



Ashley King, a 28-year-old patient who has suffered from depression and anxiety for many years. "There's a weekly activity sheet, which is useful in encouraging me to try things out of my comfort zone."

Mental Health App Library

While many TSH patients already use mental health apps and websites, not all of them are created equally. With this in mind, the Mental Health Adult Outpatient Program curated a Mental Health App Library consisting of 18 TSH physician- and therapist-approved apps for Android and Apple operating systems.

The free apps are designed to help improve mental health. They are meant to complement prescribed treatment plans, and are not intended to replace professional treatment.

"For example, a patient could use a relaxation app while taking transit to a mental health appointment," says Faiza Khalid-Khan, Director, Mental Health, TSH.

"In this example, the app walks the patient through relaxation exercises, and the patient arrives at their appointment already prepared with thoughts and questions, helping them to get the most out of their therapy session."

With the Mental Health App Library, patients can access trusted apps that provide support for anxiety, relaxation, depression, sleep, and post-traumatic stress disorder.

For more information on iCBT2, the Mental Health App Library, or other Mental Health programming, visit www.tsh.to.

Four Tips for Back-to-School Hand Hygiene

Summer has come and gone, and "the most wonderful time of the year" has arrived for parents: back to school! Parents everywhere are enjoying the peace and quiet, while their children hit the books and reunite with friends.

But schools are busy places, and it's easy to pick up bacteria and viruses on lockers, door handles, hand rails, sporting equipment, and many other public surfaces. In addition, the cooler fall weather brings people indoors and closer together. Hand hygiene is the most effective way that your children can protect themselves from a number of preventable illnesses, like the flu and the common cold.

There are a few simple things all students can do to keep their hands clean while at school—perhaps the most important one is to carry a travel-sized container of hand sanitizer foam or gel in their backpack.

"Hand sanitizer does a great job of killing harmful bacteria on your hands, provided you clean them correctly," said Vydia Nankoosingh, Manager, Infection Prevention and Control at The Scarborough Hospital. "It is important to clean your hands often and thoroughly to be totally effective."

To stay healthy, and to prevent the spread of infections to others, students should follow these simple tips to effectively clean their hands while they are at school:

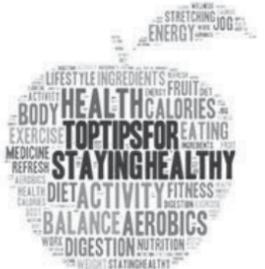
- Rub your hands together, palm to palm, using a dime-sized amount of sanitizer. Then use your palms to rub sanitizer on the back of your hands and between your fingers. Rub the sanitizer on each finger individually, paying particular attention to the fingertips. Continue until the sanitizer is dry.

- Hand sanitizer is not a substitute for soap and water if your hands are visibly soiled. If you can see dirt on your hands, soap and water is the way to go.

- For young children, alcohol-based sanitizers can be poisonous if ingested in significant quantities. Parents should teach younger children about the proper use of hand sanitizers, and monitor the quantity used.

- Always clean your hands after using the bathroom, before eating, after gym class or recess and after taking public transit.

When you're sitting around the dinner table this evening asking how your children's days went, consider reminding them about the importance of proper hand hygiene – and remember to lead by example at home!





WALKING, GOLFING, AND A RAFFLE, FOR A GREAT CAUSE



The Canadian Tamil Chamber of Commerce, the seventh annual Scarborough World Cup of Golf, and The Scarborough Win a Car Raffle, raise critical funds for newborn care at The Scarborough Hospital.

Through the park, on the golf greens, and with lottery hopes, Scarborough citizens stepped up this past summer up and raised over \$185,000 to support newborn care at The Scarborough Hospital (TSH).

At the Canadian Tamil Chamber of Commerce's Walk-a-thon in L'Amoreaux Park in June, over 300 people put their best foot forward to support the hospital. In July, TSH supporters crossed their fingers and hoped to win the Scarborough Win a Car Raffle. And in August, at the Angus Glen Golf Club, over 175 golfers took to the greens during the seventh annual Scarborough World Cup of Golf.

But the biggest winners this summer were the youngest and newest citizens of Scarborough.

The Walk-a-thon, raffle, and golf tournament raised funds that will support TSH's Maternal Newborn and Child Care program. Donations and sponsorship from all events will help the hospital upgrade current equipment and invest in new technology.

With help from generous donors, and sponsors like Scarborough Toyota, and Scotiabank, The Scarborough Hospital can buy equipment like fetal cardiac monitors so that doctors and nurses can use the latest technology to complement the compassionate, high quality care they provide to the hospital's smallest and sickest patients and their families.

Thanks to the generosity of the Tamil community, raffle ticket buyers, and hospital supporters and sponsors, entry into this world will soon be a little easier for Scarborough's newest and youngest citizens.



Men Advancing Philanthropy for Providence is waiting for YOU.

Listed

Exclusive MAPP Media Partner

Charitable giving with a **twist!** Network and socialize with other GTA executives, and mobilize your support of Providence Healthcare.



MAPP donors enjoy stellar events and rare experiences throughout the year geared towards male executives. All donations received through MAPP support essential programs and services at Providence Healthcare.

MAPP HAS SO MUCH TO OFFER!

- Four annual events, such as sailing regattas, spirit tastings and other incredible nights out on the town
- Networking opportunities to develop professional relationships with other like-minded individuals
- Giving back to the community

SUPPORT. DONATE. EXPERIENCE.

Your donation of \$1,000/year is your passport to MAPP and all the benefits of this exceptional group.

LEARN MORE ABOUT MAPP
Please contact Sandra Aldcroft:
416.285.3666, ext. 4231
saldcroft@providence.on.ca or
www.providence.on.ca/foundation
BIN: 13333 8046 RR0001

Providence Healthcare,
is inspired by our
158-year legacy to be
a welcoming community of
compassion, hope and healing.
We provide rehabilitation,
palliative care, long-term care
and community programs.

PROVIDENCE
Healthcare Foundation



PROVIDENCE
Healthcare Foundation

JOIN US FOR A "PARTY WITH A PURPOSE" HELP US RAISE \$1 MILLION FOR PROVIDENCE

PROVIDENCE HEALTHCARE'S 22D ANNUAL SILVER BALL IS COMING!

WHEN: SATURDAY, NOVEMBER 7, 2015
TIME: 6 PM – MIDNIGHT
WHERE: FAIRMONT ROYAL YORK (100 FRONT STREET WEST, TORONTO)

BE A PART OF OUR SILVER BALL. JOIN US FOR AN UNFORGETTABLE NIGHT OF FUN AND PHILANTHROPY AND HELP PROVIDENCE RAISE \$1 MILLION.



FOR MORE INFORMATION VISIT WWW.PROVIDENCE.ON.CA/FOUNDATION OR TO BUY TICKETS CONTACT THE FOUNDATION AT 416.285-3666, EXT. 4230
BIN: 13333 8046 RR0001



2015 Silver Ball Co-Chairs, Kanish A. Thevarasa, CA, CMA and Kulwant Mann



Elder Abuse: The Harsh Reality of Aging

By: Andrea Shanmugarajah



Elder abuse and neglect is not as uncommon as we would all like to believe – know how to spot the warning signs and how you can help.

Elder abuse and neglect occur when an elderly person is harmed, as a result of either an action or a lack of action by someone they trust. Elder abuse is not just limited to physical distress, but also psychological, emotional and financial pain. Elder abuse can happen inside the very homes of the elderly or their relatives, or even in facilities intended for their care, such as nursing or retirement homes. As they age, the elderly become part of a stigmatized and marginalized group, and the gradually lose their ability to speak up for themselves – they become frail, and this leaves room for people to take advantage of them. Millions of reports of abuse against the elderly are filed each year, and there are probably many more than are never reported. All around us every day, there are elderly people who are being physically and emotionally abused, and being taken advantage of by those they trust. They are unable to fight back themselves, which makes it our responsibility to be able to recognize the warning signs in those around us, and speak up for those who lack the ability to do so themselves.

Abuse of the elderly can take on many forms. First and foremost is elder neglect, as it makes up over half the reports of elder abuse – neglect occurs when a caregiver fails to provide adequate care for the elder, either intentionally or accidentally. However, physical and emotional abuse is also common, both of which can take on a variety of forms, including actual physical brutality, as well as threats, humiliation and isolation. Finally, the elderly can be abused financially, oftentimes through fraud, when a caregiver uses unscrupulous means to get access to the elderly person's finances. This can occur through outright stealing, credit card misuse, demanding money for fake charities/services, etc. Unfortunately, elderly persons who are not able to think as clearly as they once were are often the victims of financial abuse, and as a result, they remain unaware that they have been swindled. It's important to remember, again, that elder abuse in any form is something



that is happening to millions of people – it is not an isolated or rare phenomena. As such, we cannot assume that elder abuse has nothing to do with us or those we know – it is happening all around us, and we must open our eyes to be able to recognize the warning signs.

What unfortunately makes recognizing the warning signs difficult is the fact that some of the signs can often be written off as symptoms of aging, or of particular diseases, such as dementia. Particularly, an abusive caregiver may be eager to offer illness and aging as a ready excuse for what are really warning signs of abuse. Unfortunately, many of the signs of abuse or neglect do overlap with a deterioration in mental faculties that may come with aging, but all the same, we should not be too dismissive of anything that seems concerning in an elderly person. While you most likely won't be able to witness the abuse yourself, look for changes in the elderly person that might suggest that abuse or neglect is occurring. Generally speaking, an abused elderly person will undergo pretty dramatic personality changes, often becoming more passive or withdrawn. As well, you may be able to sense a palpable tension between the elderly person and their caregiver. In

physical abuse specifically, you may see some abnormal or inexplicable injuries, such as bruises or scars on parts of the body where they should not be. Financial abuse may be suggested if an elderly person is suddenly in a different financial position than they were before, or are suddenly unable to pay their own bills, when they previously did not seem to have any financial difficulty. Finally, neglect can be inferred not through the presence of visible signs, but through a lack of appropriate care or living conditions – if an elderly person is often unclean, malnourished, dehydrated or living in unsanitary conditions, it means that whoever is responsible for them is not providing them with the care they deserve.

So what can you do if you suspect this is happening, not to someone in your care, but to someone around you, be it a neighbour, a friend or a relative? There are three main steps you can take. First of all, listen to and support not only the elderly people you know, but also their caregivers. As mentioned, the elderly can display a number of warning signs when they are being abused, and you should be attentive enough to see these. But also, caregivers can often show warning

signs themselves, such as an inability to cope with the demands of the elderly person in their care of generally feeling overwhelmed. If this is the case with a caregiver you know, you should be able to step in and offer them support, in order to give them a break, and stop them from crossing the line into elder neglect. The second thing you can do is, if you suspect elder abuse is occurring to someone you know, take on the responsibility to intervene and report it. There are a number of help lines you can call if you suspect elder abuse, which will then reach out to agencies that can assist the elderly person. If you fear the elderly person is in immediate danger, then contact the police, giving them as much information about the person and the situation as you possibly can. But when seeking help on behalf of an elderly person, be mindful that the elderly person has the right to refuse any service, and they may not appreciate you involving yourself in what they see as a personal issue. Despite this, continue to offer support to the elderly person, and encourage them to seek care elsewhere. The third and final way you can help reduce elder abuse is by educating those around you. When people you know are seeking care facilities for their parents or grandparents, educate them about the risks or elder abuse and neglect, and help them make an informed decision about who will be responsible for the care of their loved ones. It is important for everyone to be aware of how widespread and prevalent elder abuse and neglect is, so that as a community, we can take the right steps towards alleviating it and hopefully one day eliminating it altogether.

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



Heaven on Earth

People talk about heaven as if it were a place or a state of being in which every wish is granted, and there is perfect peace. Prem Rawat, an internationally renowned ambassador of peace, offers a more down-to-earth definition.

“Heaven is not the fulfilment of a catalog of your desires,” he says. “Heaven is a reality that exists on the face of this Earth, every time the most precious gift called breath comes into you. That’s heaven.”

The idea that the simple act of breathing could have something to do with heaven is confusing to many people. It may even sound disappointing.

“When I say this,” Mr. Rawat says, “some people think, ‘How can that be heaven? That’s it? No, that can’t be heaven. That is so trivial! I breathe all day long, and I don’t feel any heaven.’”

Maybe, he suggests, that’s because we don’t understand how important our breath is.

“Your life started with a breath,” he says. “If you had been born and didn’t breathe, nobody would have taken you home. It’s not like somebody would have said, ‘Look. This is a completely perfect baby. The only thing that’s missing is this trivial little thing called breath.’”

“Maybe that trivial little thing is not so trivial after all. Maybe we fail to recognize its value in our

lives.” Without understanding the value of breath, he says, “We live, but we don’t understand, truly, what life is.” People are taught to aspire to an idea called heaven when they are very young. “Somebody told you what heaven is like a long time ago,” Mr. Rawat says, “and you took a picture. You’ve been chasing that picture ever since.”

While the details are different depending on what part of the world someone grew up in, the general concepts are the same: you have to earn heaven during your life on Earth, you can’t get there until you die, and only then will you experience true peace.

That’s not a very good deal, Mr. Rawat points out. What about experiencing peace while we’re still alive? What if there were a way to get rid of doubt and despair?

“We spend a lot of time washing ourselves on the outside,” he says. “The Indian sage Kabir said, ‘What’s the point of washing on the outside, if you don’t wash the dirt that’s on the inside?’ If you don’t take a shower, you will smell bad, there’s no question; but when the inside is dirty, the stench that produces is unbelievable. The outside stench can be masked with perfume, but how do you mask the dirt that’s on the inside?”

That dirt inside, he says, is composed of human

arrogance, of human unkindness, of doubt, uncertainty and ignorance. No soap will scrub it away; no perfume will cover it up.

“There’s only one thing that can get rid of it: to be washed clean from the inside,” he says—and that comes from having peace in your life.

“Peace is that flower, peace is that light, peace is that perfume, peace is that understanding, peace is that breeze that is real, from within. It is the flower whose perfume, when it blooms, dispels every other stench, and it becomes heaven.”

Finding peace, Mr. Rawat says, is not a problem. “Every day, peace is knocking on your door, wanting to be let in. People say, ‘I don’t feel so.’ Then remove the veil that stops you from seeing it, because that is the reality. The veil is not the reality. It is what is beyond the veil that is the reality.

“How will you know when you have perfected what I talk about? When you live that one day that is so full of gratitude, of kindness, of peace, of joy, that you could live that day for the rest of your life.”

To learn more about Prem Rawat, :

1 877 707 3221

416 431 5000 Tamil

www.wopg.org

www.tprf.org

Looking for a better career?



Be Job Ready in Less Than 1 Year!

IT Diploma Programs:

- Network Engineering
- Enterprise Network Engineering
- Enterprise Desktop Support Specialist
- Inter-Network Specialist

Healthcare Diploma Programs:

- Medical Office Assistant
- Community Service Worker

Business / Accounting

Diploma Programs:

- Accounting and Payroll Administration
- Computerized Accounting
- Office Assistant
- Office Administration and Accounting Specialist
- Computerized Office Applications
- Business Administration

NEW CLASSES STARTING SOON!

Financial assistance may be available to those who qualify

TORONTO
CAMPUS
York Mills Road /
Leslie Street



www.CitiCollege.ca

MISSISSAUGA
CAMPUS
Hwy 10 / Hwy 403
Opposite of Square One Mall

647-476-4148

905-281-1414

Not all programs are available at both locations.



Special Feature

TIPS TO CLEANSE THE FIVE ELEMENTS: ESSENTIAL BHUTA SHUDDHI

Sadhguru gives us tips to cleanse each of the five elements within us, which when practiced regularly, can lead to a sense of rejuvenation and wellbeing within.

Sadhguru: Before you attempt anything that is considered as a mystical process, it is very important to stabilize the five fundamental elements within you. These are known as pancha bhutas or maha tatwas in the yogic science. The body, the very earth, the universe, and the cosmos, all are just a play of five elements. The body's composition is such that most of it is water. Then there is earth, air, fire, and the rest is akash or etheric space.

How these five elements behave within you determines just about everything. Bhuta means element, bhuta shuddhi means to become free from the taint of elements or to cleanse the elements. It means to become free from the physical nature. Most human beings are completely in the grip of their physiological and psychological processes. Our physiology is something that we have accumulated. Likewise, the whole content of our psychological process has been accumulated in the form of impressions.



Between these two processes, who you are existentially, the nature of your being, is completely missed. If you want to access dimensions that are not yet in your experience, dimensions that are considered mystical, the first thing that you need to do is to start cleansing the five elements within you. When the elements are pure, you distinctly know the difference between what is physical, what is psychological, and what is existential.

Tips to Cleanse the Five Elements

Water

Among the five elements, water has the greatest significance because a major percentage of the body is water. You need to take sufficient care of the water that you consume – not just in terms of its physical purity, it being bacteria-free and so on, but in terms of how you keep the water and how you approach it. There is substantial scientific evidence today that a thought, an emotion, a touch can change the molecular structure of water and greatly alter the way water behaves within your system.

Water has a great sense of memory. Everything that happens around a body of water is in some way stored in the water molecules. You could call it a fluid computer. You

are not dealing with a commodity – you are dealing with life-making material. Water is life. It is important how you treat it before it enters your system.

You can keep the water in a metal container, preferably made of copper or an alloy of copper, wash the container every day with an organic substance, and keep the water in a place where it is not touched by other smells and substances – there is sufficient space around it. If you do this, and you approach it by holding the vessel in your hands with a sense of gratitude and reverence because it is life-making material, and then consume it, you will see it will do wonders within your system. Healthfulness and equanimity will be a natural consequence.

Earth

The earth that you walk upon has a sense of intelligence and memory. Even if you live in a concrete jungle, it is important to keep in touch with the earth upon which you live. Create ways for yourself to somehow remain in touch with it. If your bare hands and bare feet – particularly the palms and soles – come in touch with the earth on a daily basis, it will harmonize the

physiological process in your system.

Try to spend at least a few minutes in the garden, barefooted, touching plants or trees, because the earth is the basis of life. All life – yours and that of every other creature – has come from this earth. Stay in touch with it and harmonize your system.

Air

Though air represents only a small percentage of your body's elemental composition, it is the most dynamic element in terms of the transaction that happens on a minute-to-minute basis. It is well-known that what kind of air you breathe is important, but how you breathe and how consciously you do so is equally important.

If you are in pure air, it is important to bring the breath to a dynamic state with some activity.

Especially for those of you who live in large cities, it may not always be in your hands what kind of air you breathe, so it is good that at least for a few minutes every day, you take a walk in the park, along the lake or the river, whatever is available to you. If you have children, it is important that at least once a month, you take them out far enough from the city, where nature is in a reasonably pure state, and they can

climb a small hill, walk in a forest, or swim in a river, to be in touch with nature and do something where the breath is dynamic.

This is not just for aerobic exercise but because there is a constant exchange of air from within and without. The very intelligence in the body will make sure that when it senses the air is pure and alive, the way the body breathes will be different. With this exchange of air, cleansing will happen within the system. If you are in pure air, it is important to bring the breath to a dynamic state with some activity. You do not have to do too vigorous an activity – just enough to breathe slightly deeper than normal for a period of time. Especially for growing children, this is very important because it greatly enhances the body's integrity and strength.

If you are not able to take yourself out on a daily basis, you can do a simple yogic practice called nadi shuddhi at home to cleanse the breath.

Fire

Fire accounts for another part of your elemental makeup. What kind of fire burns within you? Is it the fire of greed, hatred, anger, resentment, lust, love, or compassion? If you cleanse the element of fire, once again your physical and mental wellbeing will be well-taken care of. You become an equanimous and exuberant being. A simple process you can do to cleanse the fire within you is get some sunlight every day. Though we have contaminated every other element, fortunately, sunlight cannot be contaminated – it has remained pure. Make best use of that.

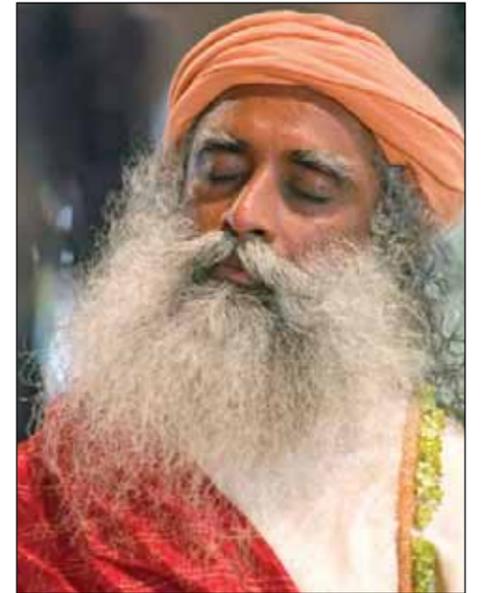
If you wish to, you can light a fire with an organic substance like straw or firewood, without any oil, and stand facing the fire with open hands and open eyes for three minutes. Then stand with your back to it, exposing your spine for three minutes. This process cleanses your aura and brings about a new sense of resurgence in the system. It rekindles and reconnects the fire within with the fire outside. This is the basis of all fire-based rituals of the East.

If having a fire is not practical for you, at least light a lamp with vegetable oil or ghee and be around this lamp. First, sit facing the lamp, then turn around and sit so that the fire element within you gets rekindled.

Akash

The fifth and most expansive dimension of the elemental composition is akash or etheric space. Akash has a certain intelligence. The nature, quality, and power of your life is essentially determined by how much access you have to the akashic intelligence. There is only a limited amount of water, air, earth, and fire, but the akashic dimension is limitless. If your access to it expands, both your perception and intelligence will grow.

One simple process you can do to find more access to the akashic intelligence is, after sunrise, before the sun crosses a 30° angle, look up at the sky and bow down to akash for holding you and this planet in place. After the sun crosses 30°, sometime during the day, look up and bow down again. Within 40 minutes after sunset, look



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

up at the sky and once again bow down to the etheric space around us that is holding everything in place.

If you get akash to co-operate with your life energies, life will happen in magical ways. An intelligence that you have never thought possible will become yours.

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


Liberal



VOTE FOR GARY

OCTOBER 19, 2015
SCARBOROUGH-ROUGE PARK

Authorized by the official agent for Gary Anandasangaree.

TO GET INVOLVED CALL
416 477 7153

voteforgary.ca  /garyforsrp  @gary_srp info@voteforgary.ca
3600 Ellesmere Rd. Unit 3, Scarborough, ON M1C4Y8

TEAM  L'ÉQUIPE
TRUDEAU
2015



'KONJUM THAMIL'

A DANCE ■■■■■■
RECITAL BY

- **Selvi Yalini**

- See more pictures on page 25

Toronto: The dance recital titled 'Konjum Thamil' by Selvi Yalini Rajakulasingam held on September 19, 2015 was indeed a magnificent one well appreciated by one and all present. It is no surprise that the program was titled 'Konjum Thamil' (Enticing Thamil) by the parents of Yalini whose devotion to the development of Thamil language, Thamil nationalism and Thamil arts and culture is well known. The dreams and expectations of Yalini's mother Manimekalai, who herself had formal training in Bharatha Natyam are bearing fulfilment through her daughter- a great triumph for the parents indeed!

The three forms of Thamil, namely prose, music and dance-drama are adored as Triplet-Thamil and the beauty of the latter was amply exemplified in the dances by Yalini.

Yalini is endowed with intelligence, talent and beauty. Her agile body movements along with apt facial expressions, rhythmic steps and intricate eye movements portrayed the deeper meanings of the hymns to which she danced. It is no exaggeration that the audience was enthralled by Yalini's performance!

The entire dance performance was organized in the Thanjavoor format. The art of Thamil dance which dates back to over two millenniums had a short period of disarray due to various invasions of the Thamil homeland. However, about 200 years ago the four maestro brothers Chinnaiah, Ponnaiah, Vadivelu and Sivananthan, famously known among the Thamilis as the 'Thanjavoor Quartet' revived and refined the art. The brilliant performance by Yalini served as a tribute to the famed quartet.

The dance recital commenced with the sollukattu dance (Ragam: Amirthavasini; Thalam: Kanda Tripuva) composed by the Thanjavoor Quartet and captivated the audience. This was followed by the dance to the Virutham Aimperum Kappiyangal (the five renowned classical literatures) which depicted the antiquity yet youthfulness of our Classical Thamil Language along with her purity and richness. This performance had an overwhelming impact on the audience evocating in them the magnificence and heritage of their own language.

Next in line was the dance to the prayer hymn 'Aanada Nadam Aduvar Thillai' (Ragam: Poorvikalyani Thalam: Roopakam) composed by Neela Kanda Sivan. The audience was spell-bound by the difficult and challenging grandiose postures of Yalini depicting the Dance of Shiva.

Thiru Eelaventhan in his speech towards the end of the recital mentioned that this dance evoked in him the Devine hymn of the Saiva Saint Navukkarasar commencing with the words "Kuniththa Puruvamum kovvai sevaayum ..." and continued that it would have evoked the same feelings among the spectators familiar with the hymn.

This dance was followed by Varnam, dance for the song by Bharathiyar- Chinnam chiru kiliye Kannama, Kavadi Chinthu, Dance for the song by Pon Suntharalingam -Ini Engal Kaalam Endru and Thillana each of which was a class by itself.

The last dance was Murugan Kuravanji a popular hit from the movie Madurai Veeran (Ragam: Senjurutti

Thalam: Tisra Chathusram) composed by the renowned G. Ramanathan Iyer. This dance was in a way the climax of the performance and received several rounds of applause from the audience.

The success of any dance recital is pivotal on the Nattuvankam and the orchestra. Yalini is fortunate in that her famous dance teacher namely, Kalaimaamani Nriya Choodamani Thirunagai Narthaki Nataraj under whom she refined her dancing talents in the last few years performed the Nattuvaankam. The vocalist Thiru Umashankar amazed the audience by his excellent rendering. He was accompanied on the Miruthangam by Thiru Nagai Narayanan and on the violin by Thiru Durai Srinivasan. The orchestra performance by the trio greatly contributed to the success of the dances.

It is obvious that the teachers and students of Bharathan Nattyam who were present in large numbers benefitted much from the performance by Yalini.

Prof. Sutharsan Thuraiappa who is well versed in the art of Bharatha Naatyam and other aesthetic forms of Thamil arts added meaning and insight to the dance performance by his excellent presentation.

Ms. Lata Pada, Founder and Artistic Director of Sampradaya Dance Creations and an authority in Bharatha Naatyam graced the occasion and praised Yalini amidst applause. She honored Yalini by her presence and praise.

The chief guest, Sangeetha Pooshanam Thiru Pon Suntharalingam praised Yalini for her accomplishment in the fine art of Bharatha Naatyam and wished her greater success in the coming years. It is noteworthy that Thiru Pon Suntharalingam's speech was preceded by the dance to his own song 'Ini Engal Kaalam Endru'.

Thiru Thambiah Sripathy of Thamil Isai Kaalamandram and former Sri Lankan Member of Parliament Thiru Eelaventhan addressed the audience on the virtues of Bharatha Natyam and its role in sustaining and promoting Thamil arts.

True to the adage 'Practice makes one perfect' the perseverance and devotion by Yalini and the unceasing encouragement rendered by her parents ensure that Yalini has a brilliant future in the field of Bharatha Naatyam.

The contented audience leaving the auditorium at the conclusion of the program with beaming smiles and pleasant words bear the ultimate testimony to the success of Yalini's dance recital!

- RAAGU



'KONJUM THAMIL'

A DANCE RECIPE
RECITAL BY
- Selvi Yalini



Every Life Insurance is not just a Policy, but a Life Saver for the Family

A monthly pay option to pay for your Super Visa insurance

Life Insurance
Disability
Consultant for Mortgage
Personal Loans
Consolidate Loans & Line of Credit
Non-Medical Insurance
RRSP, RESP
Super Visa

Are you a smoker?
Pay a non-smoker rate for the first 2 years of your life insurance policy and if you quit smoking within this period, the non-smoker rate continues...



Daisy Joseph
Financial Advisor
Direct: 647-739-8597
E-Mail: daisysjoseph7@gmail.com



HL Bayview Financial Inc
7850 Woodbine Ave, Suite 238
Markham, ON. L3R 0B9
Bus: 416-646-2200 Ex: 131



THAMIL HERITAGE SCHOOL

OF WATERLOO REGION and GUELPH”

15 YEARS OF COMMUNITY SERVICE - SUCCESS CELEBRATION

On September 19, 2015, The “Thamil Heritage school of Waterloo Region and Guelph”, the Thamil community organization serving the Thamil people living in the cities of Waterloo, Kitchener, Guelph and Cambridge for the past 15 years has proudly Celebrated its 15 Years of Successful Community Service at the Holiday Inn Hotel, Kitchener.

The celebration was attended by more than 200 people from all four cities and from Toronto and Mississauga as well. The highlights of the ceremony were two service award programs and one Children Achievement Award program. One of the service award program was to recognize and appreciate the community members who served the Thamil and Non-Thamil community for more than 10 years in the regions, Toronto and in Eelam. The other service award was to recognize and reward the highly dedicated Thamil Language Teachers who had been and has been teaching at those two Thamil schools run by the Association at different time period in the last 15 years.

The children Achievement awards were given to 22 Thamil kids from the regions with outstanding Academic, Extracurricular and Community Service achievements.

Also, 38 students from the two Thamil schools run by “Thamil Heritage school of Waterloo Region and Guelph”, proudly received Certificates in recognizing their impressive Thamil Language Skill levels.

The Celebration was made a great Success with the support of the Generous Sponsors from Waterloo, Kitchener, Guelph, Cambridge and Greater Toronto Area.

“We Sincerely Thank Our Generous Sponsors for Continuously Giving Us the Great Financial and Moral support for the past 15 Years”

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





Canadian Federal Election most likely to end in minority government

Analysis by: Raymond Rajabalan

“Coalitions, though successful, have always found this: that their triumph has been brief.” - Benjamin Disraeli, British Prime Minister



1804-1881

Recent public opinion polls suggest a tightening of the three-way race between Liberal Leader Justin Trudeau, Conservative Leader Stephen Harper and NDP Leader Tom Mulcair. Based on the present trend it appears whoever forms the next government at the Federal level it will be a minority government.

And that means either backroom negotiations to form a coalition or the biggest party attempting to run a minority government by doing deals with one or more of the other opposition parties.

In a minority situation, governments must rely on the support of other parties to stay in power, providing less stability than a majority government. At the federal level no minority government (excepting the odd case of the 14th) has lasted a standard four-year term. Most minority governments have lasted less than two years. The average duration of completed minorities in Canada is 479 days or approximately 1 year, 140 days counting only that part of the 14th Parliament that was a minority, or 1 year, 207 days counting the entire duration of it.

Based on the various recent poll results, If an election were held today, the seat projection model's best guess at the outcome would be 115 seats for the NDP, 113 for the Conservatives, and 109 for the Liberals, with the Greens taking one. That is about as close as it gets.

The likely ranges for the parties paints only a slightly clearer picture, with the NDP at 101 to 132 seats, the Conservatives at 98 to 136 seats, and the Liberals at 86 to 123 seats. This suggests that the NDP has the highest floor, the Conservatives have the highest ceiling, and the Liberals have potentially the least efficient vote. But the three parties still have almost even odds of winning, at least at this stage of the election campaign.

In any case, based on the present trend it appears whoever forms the

next government at the Federal level it will be yet another minority government.

A minority government tends to be much less stable than a majority government because, if they can unite for the purpose, opposing parliamentary members have the numbers to vote against legislation, or even bring down the government with a vote of no confidence.

The most important number in the 2015 federal election will be 170, the minimum number of seats required for any one party to form a majority government but the current trend indicates that this situation is out of the question.

Federal minority governments in Canada (1921-2008)

During the history of Canadian

politics, eleven minority governments have been elected at the federal level. There have also been two minority governments resulting from governments being replaced between elections, for a total of thirteen federal minority governments in twelve separate minority parliaments. There have been historical cases where the governing party had fewer than half of the seats but had the support of independents who called themselves members of the party; these cases are not included, as there was never any serious chance of the government falling.

In a minority situation, governments must rely on the support of other parties to stay in power, providing less stability than a majority government. At the federal level no minority government (excepting the odd case of the

14th) has lasted a standard four-year term. Most minority governments have lasted less than two years. The average duration of completed minorities in Canada is 479 days or approximately 1 year, 140 days counting only that part of the 14th Parliament that was a minority, or 1 year, 207 days counting the entire duration of it.

In addition to the minorities below, the 2nd Canadian Parliament was a minority for 56 days under prime minister Alexander Mackenzie after he took power from Sir John A. Macdonald following the Pacific Scandal. However, this event is generally not noted because Parliament was never in session while Mackenzie was in power.

The eleventh federal minority parliament was elected in the 2008 election.

Minority governments by term of office

Rank	Prime Minister	Party	Parliament	Seats (Minority size)	Year(s)	Duration from return of writs to dissolution	Notes
1	William Lyon Mackenzie King	Liberal	14th	116 of 235 (2 short)	1921–1925	3 years, 233 days ^[a]	Due to resignations and floor crossing, the 14th Parliament shifted back and forth between majority and minority status.
2	Stephen Harper	Conservative	39th	124 of 308 (30 short)	2006–2008	2 years, 207 days	
3	Stephen Harper	Conservative	40th	143 of 308 (12 short)	2008–2011	2 years, 142 days	
4	Lester B. Pearson	Liberal	27th	131 of 265 (2 short)	1965–1968	2 years, 135 days	
5	Lester B. Pearson	Liberal	26th	129 of 265 (4 short)	1963–1965	2 years, 123 days	
6	Pierre Trudeau	Liberal	29th	109 of 264 (23 short)	1972–1974	1 year, 170 days	
7	Paul Martin	Liberal	38th	135 of 308 (19 short)	2004–2006	1 year, 133 days	
8	William Lyon Mackenzie King	Liberal	15th	99 of 245 (24 short)	1925–1926	204 days	
9	John Diefenbaker	Progressive Conservative	25th	116 of 265 (17 short)	1962–1963	203 days	
10	Joe Clark	Progressive Conservative	31st	136 of 282 (5 short)	1979–1980	186 days	
11	John Diefenbaker	Progressive Conservative	23rd	112 of 265 (21 short)	1957–1958	177 days	
12	Alexander Mackenzie	Liberal	2nd	95 of 200 (5 short)	1873–1874	56 days	Mackenzie's government replaced Macdonald's government in the 2nd Parliament without an election. For more information, see Pacific Scandal .
13	Arthur Meighen	Conservative (1867)	15th	115 of 245 (8 short)	1926	3 days	Meighen's government replaced King's government in the 15th Parliament without an election. For more information, see King-Byng Affair .



VALLUVAR'S VIEWS GOOD GOVERNMENT



Valluvar pronounced the form of a good government two thousand years ago in his immortal couplets. He defined a responsible democratic government in a very specific manner. He said, 'Nellum uyiranre neerum uyir anre, mannan uyirthey malar thalai ulagam'. It is not the economic prosperity that is the back-bone of a good government. It is good governance that is imperative for the formation of a good government. He also underlined the need for a responsible opposition when he said, 'Idiparai illatha, emara mannan kedupapar illathum kedum'. If there is no one to point out the flaws the administration, any government will fail. He asserted the importance of constructive criticism when he said, 'Chevi kaippac chot porukkum panpudai venthan kavikkai keel thankum ulagu'.

People will abide by the rule of a good government if it has the tolerance that listens to criticism even if it is gruesome to accommodate. Valluvar sums up his ideas on good government in his chapter on 'Sengonmai'.

He says;

1. It should be fair by all citizens.
2. Citizens will depend on the government like the farmers who rely on the rain for their pursuits.
3. Only a good government can foster all the arts.
4. People will support a government that engages in righteous projects.
5. Economic prosperity depends on the right

conduct of the government.

6. A government can be successful if it ensures justice and fair play for all-not its military might.

7. A righteous government can be safeguarded by its performance.

8. An unrighteous government will perish.

9. A good government should protect its citizens, meet their grievances and punish the offenders.

10. A good government should weed out the unwanted elements in the society.

Valluvar's ideas are relevant to all the countries and all times. His understanding of the world and its problems are thorough and forthright.



"Vaiyathul valvaangu Vaalpavan,
Vaanuraiyum theivathul Vaikkpadum'.



POLITICS FOR RECONCILIATION

the Sri Lankan dream



FROM LEFT MAITRIPALA SIRISENA(PRESIDENT), CHANDRIKA KUMARANATHUNGA, AND RANIL WIKRAMASINGHA(PRIME MINISTER)

The parliamentary elections and the presidential elections of 2015, put Sri Lanka on the road to good government and national reconciliation. The earlier issues that dominated Sri Lankan politics for decades were put aside and there appears to be a turn for the good of the country at large. The leadership taken by Ranil, Sirisena and Chandrika bore fruitful results on the 8th of January, when the hitherto unknown personality in the name of Maitripala Sirisena became president of Sri Lanka. He promised to make several changes to bring about a democratic revolution in the country within hundred days of his administration, the significant change amongst these is the reduction of the powers of the president and the establishment of a Westminster - British type parliamentary government. Ranil and Maitri were able to fulfill the promises and held the parliamentary elections on August 12th as promised. The UNP was able to win the election with a slender majority and Ranil said that he would seek to establish a national government with the support of all willing parties. He has assumed the position of the prime-minister for the fourth time and he has the support of the president Sirisena who is able to get him the cooperation of some of the SLFP members of parliament. Though Ranil was prime-minister three times before, he could not achieve much because his period of office was short-

lived. However his role as an Education Minister in the Premedasa government was significant for the far-reaching changes he introduced to modernise the Sri Lankan education. He was thinking ahead of his times and initiated changes that pushed Sri Lanka into the electronic age.

The forces of divisionary politics are still active in Sri Lanka and will try to put obstacles in the way. Sri Lanka badly needs a continued time of peace and tranquility as it had lost immensely due to the continued civil strife. Its development has been severely affected especially in the North and East. Several lives have been lost and many people have been displaced from their places of abode. Many have migrated to foreign climes. Sri Lanka greatly needs a good government for its redemption and rehabilitation. All patriots should rally round and give full support to the progressive forces working towards these goals. The present government says it will establish a good government. Ranil's idea is that a national government will be able to get all the parties to work together for the good of the country.

The ethnic problem continues to be a canker in the body politic of the nation. It has to be solved by the cooperation of all parties in the country. Journalists

assert that only a few of the parliamentarians are interested in serving the country. They are showered with lot of privileges and benefits and they end up as selfish persons bent on serving themselves. Such attitudes must change drastically if Sri Lanka is to succeed in overcoming its urgent problems which have ballooned over the years. The TNA won significant number of seats in the north and east. They must make use of the opportunity to press for a permanent solution to the problems of the Tamils and enable them to live in peace and prosperity in the land of their birth. The nature of the voting in the latest elections show that the appeal of communalism or racism is declining in Sri Lanka and that is a great hope for its future development. The Indian Tamils too have won places in parliament and they too can work together to solve the issues relating to minorities.

Every effort should be made to see that totalitarianism and terrorism are shut out of the country forever. The road to reconciliation and harmony will bring in peace and plentitude which the country direly needs.

- an observer.

RYAN'S SPACE ADVENTURE

Name: Vernujen Velmurugan with Jim Karygiannis, Toronto Councillor and former MP for Toronto-Agincourt

Prize: 3rd Place - Juniors

Ninth & Final 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.



One day, a boy named Ryan came home and told his parents that he had to do a science project about planets. Ryan did not know anything about the eight planets in the solar system, so Ryan's parents went to a store and bought a rocket ship. They wanted to take Ryan to space to explore the planets and learn more information for his project.

The first planet they went to was Mercury. Ryan learned that Mercury is the closest planet to the sun. He also learned that half of Mercury is hot and the other half is cold.

The second planet they went to was Venus. Ryan learned that Venus is the hottest planet in the world. The third planet they went to was Mars. Ryan learned that there are robots in Mars. The fourth planet they went to was Jupiter. Ryan learned that Jupiter is the biggest planet in the solar system. The fifth planet they went to was Saturn. Ryan learned that Saturn has two rings. He also learned that Saturn has more than sixty-three moons. The sixth planet they went to was Uranus.

Ryan learned that Uranus is the coldest planet in the solar system. The seventh planet was Neptune. Ryan learned that Neptune is the farthest planet from the sun. The last planet they went to was Earth. Ryan discovered that Earth is not too big and not too small. He discovered that Earth is not too close to the sun and too far. Finally, Ryan went home and finished his project.

The next day, he went to school and presented his project about the eight planets in the solar system, and how each planet was different. After school, the teacher told Ryan that got an A+ on his science project.

“The next day, he went to school and presented his project about the eight planets in the solar system, and how each planet was different. After school, the teacher told Ryan that got an A+ on his science project”



RG Education Centers

Giving the Gift of Education

Giving the Gift of Education



Other courses include:

- Mathematics
- Science
- Physics
- Chemistry
- Biology
- Accounting
- English
- French
- Computer Studies
- Piano
- Guitar
- Voice

At RG Education Centers, we believe that all individuals have the potential to excel when given the proper materials and attention. RG Education Centers empowers students to reach their full potential by helping them master the skills and knowledge they need for success at a higher level.

We are committed to Quality Education and Training

3852 Finch Ave East, Suite 401 Scarborough ON, M1T 3T9

Tel: 416.609.9508

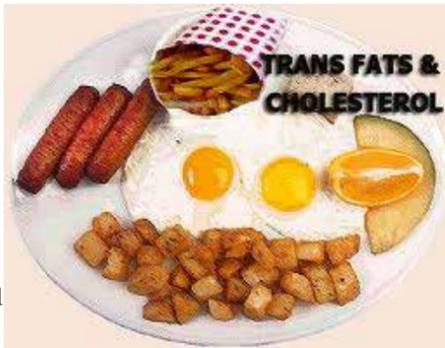
www.rgeducation.com

LENGTHY EXPOSURE TO ARTIFICIAL LIGHT COULD INCREASE OBESITY, DIABETES, AND OTHER DISEASES

Can leptin supplements sell on the internet work as an obesity treatment?

By: Uthayan Thurairajah

Prolonged exposure to natural and artificial light may be a better forecaster of weight gain than diet. We are exposed to both natural light as well as lengthy artificial light. Our sleep limitation resulted in decreased levels of the satiety hormone leptin. Leptin was discovered in 1994 by scientists. It has been called as an “obesity hormone” or “hunger hormone.” It was believed that the leptin was a weight loss treatment supplement. We can still see several Internet sites that sell leptin supplements.



What is leptin?

Leptin is not an obesity hormone but a hunger hormone. Leptin is made in the fat cells and protein that circulates in the bloodstream and goes to the brain. Leptin is the way our fat cells tell our brain that our energy thermostat is set right. Leptin threshold levels are genetically set for each person. If the leptin level is above that threshold, our brain senses that we have sufficient energy. We can burn energy, eat food, exercise at a normal rate.

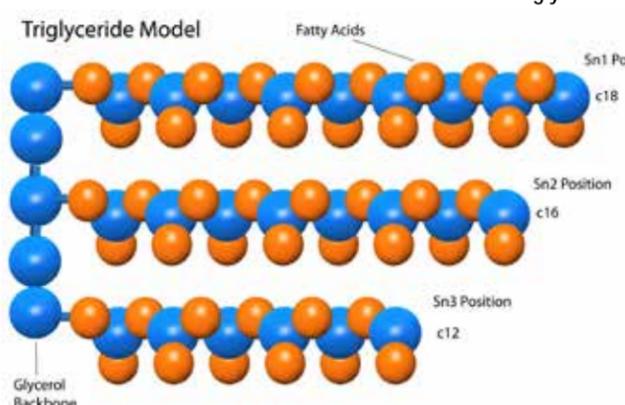
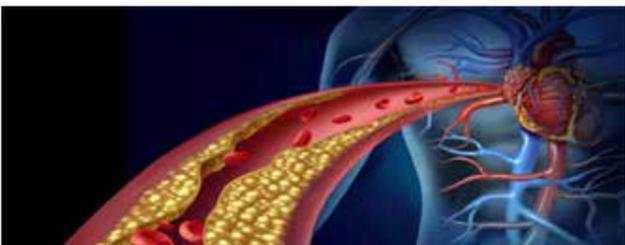
When we diet, we eat less, and our fat cells lose some fat. It decreases the amount of leptin produced and goes below our personal leptin threshold. When it does that, our brain senses starvation. Many processes begin within our body to drive leptin levels back up. One of the actions includes stimulation of the vagus nerve, which runs between the brain and the abdomen.

The vagus nerve is our energy storage nerve and turned on, so we get starving. The vagus nerve is designed to make us take extra energy and store it in our fat to generate more leptin to re-establish its personal threshold. It causes us to eat.



How does leptin affect weight?

If leptin works like a thermostat, why do we keep gaining weight? The overweight people have large amounts of leptin, but their brains are not getting the important signal to stop eating. This phenomenon is called leptin resistance. Leptin resistance is similar to insulin (a hormone that controls blood sugar) resistance in type 2 diabetes. The body does not respond properly even large amounts of insulin produced by the pancreas.



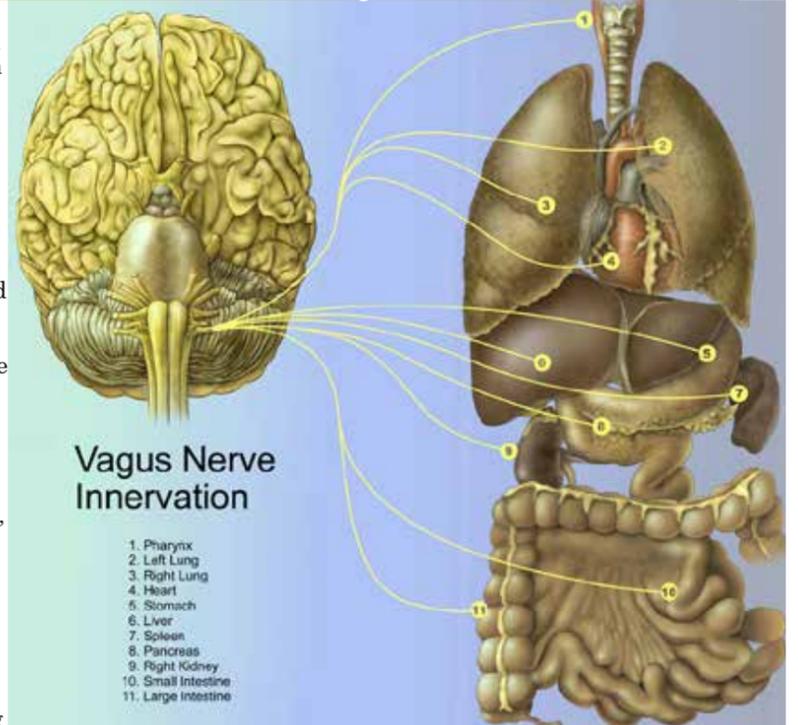
We all have a leptin foundation or floor, but we may not have a leptin roof. Leptin levels can keep going higher because of the leptin resistance which means we become fat, but our brain cannot see it. It is brain starvation while our body is obese.

When our leptin levels are low, food is even more rewarding. When your leptin levels are high, that is supposed to end the reward system so that you do not need to eat so much, and food does not look nearly as good. Therefore, leptin is part of the hunger system as well as part of the reward system.

In leptin-resistant people, the reward system does not signal a person to stop eating when leptin levels rise. The fat cells are trying to communicate with the brain, ‘Hello, I do not need to eat so much, but the brain cannot get the signal. That is why we get obese.

Can leptin work as an obesity treatment?

Many scientists discovered leptin as a possible treatment for obesity, but it did not work well. It was believed that giving leptin to the leptin-deficient people would rise the levels of leptin. This excessive levels would signal the brain to stop overeating. The fat body may produce more leptin, but it does not signal the brain



known to be related to the extended duration of daylight during summer. They stock more than required body fat in the body in preparation for the coming winter starvation. The same method affects the humans who are partly adapted to the artificial light and long summer durations and not subject to a winter food shortage. It is an explanation of the increasing global incidence of obesity and obesity-related illnesses such as Type 2 diabetes. It is supported by laboratory trials in which human sleep limitation resulted in decreased levels of the satiety hormone leptin. The leptin is a response to a caloric shortage, and elevated levels of the hunger hormone ghrelin, which stimulates appetite. The mean sleep duration in the North America population had decreased by one to two hours over the past forty years.

The hormone leptin plays a role in heart and bone health as well as keeping the immune system in order. The chronic inflammation, obesity, type 2 diabetes occur in the face of inadequate leptin signaling, and it is part of the cardiovascular disease. Scientists are also finding some connections between leptin and certain tumors.

because of leptin resistance. Therefore, it does not make sense to give people leptin if we have leptin resistance. If the resistance is there, the amount of leptin is not going to overcome that resistance.

What about leptin supplements?

Leptin is a digestible protein that does not enter the bloodstream; it cannot be taken in supplement form. If we were to take it as a pill, it is just like eating food. It is a protein, and our body would just break it up, so you would not absorb it from a pill. The supplements have not been fully proven to help. The overweight people have other options to aid leptin functioning. One option is to reduce resistance to insulin to bring down high levels of triglycerides (blood fat for leptin resistance).

Triglycerides are the foremost form of fat in the body and are important to human life. We can think of triglycerides when we see fats are being stored in our hips or belly. Triglycerides are the end product of fats in meals. Some triglycerides are made in the body from other energy sources such as carbohydrates. High triglyceride levels lead to type 2 diabetes and heart disease.

When we are insulin-resistant, we have high triglyceride levels. Insulin resistance generates leptin resistance. The higher levels of triglyceride hamper the leptin journey from the blood to the brain. The only way to send the signal to the brain is to get our triglyceride down. We have to get the sugar down so that our insulin resistance would improve, and that would help with the weight loss. A healthy diet and exercise can normal cholesterol levels, improve triglyceride levels and lower the risk of heart disease.

Does Artificial Light cause obesity and diabetes?

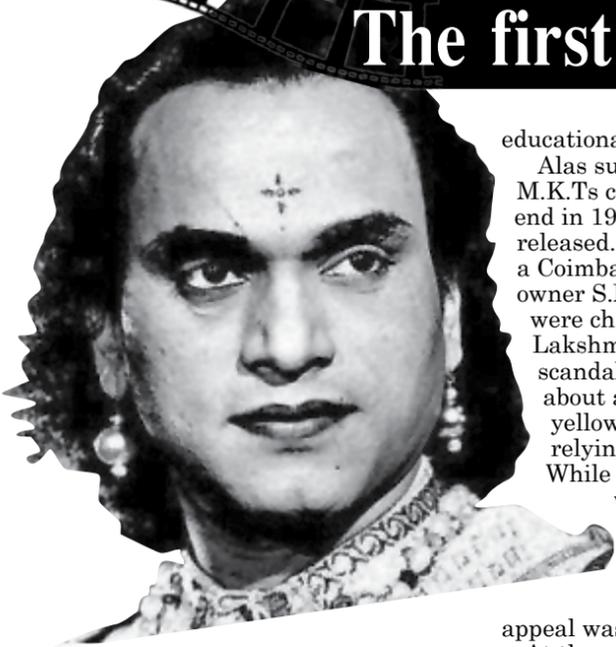
Many mammal species display a food craving



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. Ha 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.

M. K. THIYAGARAJA BHAGAVATHAR

The first superstar of Tamil cinema



C. Kamalaharan

Mayavaram Krishnamurthy Thiyagaraja Bhagavathar was the idol of millions of cinemagoers who mesmerised by his captivating voice went to the theatres mainly to listen to his songs. During his period the songs in movies ruled the roost as the average film had as many as 30 to 40 songs some even had more. Being a carnatic vocalist all his songs were based on a variety of ragas and most of them were devotional. The unique feature of his singing was that he rendered high pitched songs with ease. As an actor his handsome physique dreamy eyes well defined features and the locks flowing behind made him the heartthrob of his fans.

M.K.T as he is fondly referred to was hailed as a child prodigy in the late 1920s when he performed remarkably on stage as a young proficient classical singer and a stage artiste. He had acted only in fourteen films out of which six were blockbusters. With his debut in Pavalakkodi (1934) Ambikapathy (1937) Chinthamane (1937) Thiruneelakandar (1940) and Sivakavi (1943) were all outstanding movies. His most successful movie Haridas released in 1944 was the first movie to create a record by running continuously for three years celebrating three Deepavalis at Chennai Broadway theatre.

Due to his mastery both in singing and acting M.K.T was regarded as a demigod by moviegoers. His songs became popular all over Tamil Nadu and abroad. Wherever he went he was mobbed by his fans. Once when he was travelling in his car from Trichy to Puthukkottai the car had to halt at railway crossings. The mere sight of him caused a sudden stampede as the crowd thronged his car to have a glimpse of him. Whenever he travelled by train, the train had to stop at every station where his fans knowing his arrival in advance would congregate to see him. With him on board the train was always late by several hours.

M.K.T considered the uncrowned King of Tamil cinema of yesteryears was the richest star of his time. He had his meals in a golden plate and drove the latest cars. He lived in style owning a milk-white horse on which he appeared in the introductory scene of his super hit movie Haridas. He was a philanthropist who contributed liberally for important social and religious causes and never charged fees for concerts at temples and

educational institutions.

Alas such a glorious period in M.K.T's career came to an abrupt end in 1944, the year Haridas was released. M.K.T, N.S.Krishnan and a Coimbatore based movie studio owner S.M.Sri Ramulu Naidu were charged in the murder of Lakshmikanthan who wrote scandalous unauthenticated stories about actors and actresses in his yellow magazine 'Hindu Nesan' relying on gossip and hearsay. While S.M.Sri Ramulu Naidu was acquitted M.K.T and N.S.Krishnan were found guilty and convicted. Both of them appealed to the Madras High Court but the appeal was turned down.

At the peak of his popularity the arrest completely destroyed M.K.T's image and broke his morale. He was locked in the Madras jail from where through the window he heard his songs from his movie Haridas through loud speakers from the Moore market, opposite the jail. How distressing it would have been for the great legend of Tamil cinema to be in captive and listen to his songs from his movie being screened to packed houses. Singer cum actor Harry Belafonte's quotation seems quite apt to the situation, "You can cage the singer but not his song." Later on the lawyers of both M.K.T and N.S.K approached the Privy Council in London



and a re-trial was ordered. During the trial both of them were acquitted for want of evidence.

After languishing in jail for three years M.K.T appeared completely devastated as he stepped out of jail. At that time Haridas was running successfully all over Tamil Nadu and his fans were optimistic that M.K.T would pick up from where he left. But it was not so. Unfortunately for M.K.T a new wave of social reforms replaced mythological and historical films. With this replacement M.K.T's movies became out of date. Yet he made a few movies: Rajamukthi (1948) Shyamala (1952) Amarakavi (1953) Puthuvalvu (1957) and Sivakami (1960). But none of them were successful at box office. With the advent of M.G.R (Manthirikumari 1950) Shivagi Ganesan (Parasakthi 1952) N.T.Rama Rao (Pathalabairavi 1951) Gemini Ganesan (Thaillam 1952) and A.Nageswara Rao (Devadas 1953) M.K.T's movies couldn't fit in the new trend. Furthermore the introduction of playback singing and the changes in hair style and costumes posed the major set back

for M.K.T. As a result his era came to a close.

He withdrew from society resolved to follow a religious life and spent his time in temples mostly at Samayapuram temple in Trichy. He never sang film songs in carnatic music concerts or in temple festivals. His health too deteriorated owing to acute diabetes. It was really a heart-rending sight to see him take insulin injection all by himself on stage during concerts. The illness aggravated further enabling him to wear glasses due to diabetic retinopathy. During the closing days of his life he also suffered from blood pressure. As though by divine intervention he developed philosophical attitudes and went on pilgrimage to many religious places: Dharmapuram Atheenum, Ramakrishna Thapovanam, Pandaripur and Puttaparthi.

Dharsan at Prashanthi Nilaiyam, Puttaparthi.

Completely blind M.K.T arrived at Prashanthi Nilaiyam to have Swamy's dharsan. During the interview Swamy spoke to him about 'Gnanakkan' (Agnaspiritual insight) and said, "We see through the 'Oonakkan' (physical eye) commit mistakes and accumulate sins. Probably Swamy might have reminded M.K.T of his famous song 'Gnanakkan onru...' in the movie Chintamani in which he sings about Gnanakkan and Oonakkan. Swamy did not mention anything about curing M.K.T's eye defect. M.K.T said to Swamy, "Swamy I have not met you and got your dharsan before. I have seen everything on earth but I feel sad for not able to see you, how nice it would be if I am able to see you through my 'Oonakkan' (physical eye). Swamy for a moment stared at M.K.T and said, "For you to see me I give you sight, look at me." M.K.T was thrilled to see Lord Narayana and said, "Swamy I am able to see Lord Narayanan, you have given me sight and purified me." Swamy in reply said, "As you have seen me only in this dharsan all your past sins are washed away." Swamy asked M.K.T, "Are you fully satisfied, is it enough?" "Enough Swamy." With this Swamy had withdrawn M.K.T's sight. Fully satisfied M.K.T left Prashanthi Nilaiyam enlightened.

M.K.T had spent his last days in poverty as all his savings had been spent in the court cases. He also had to return the money received as advance to the producers due to the incompleteness of their movies. In this



helpless situation M.K.T once quipped, "Ennaipol vaalnthavarum illai Thaalnthavarum illai." (There isn't a person like me who led an extravagant life and fell to a low ebb.) He refused to get money from anybody even at the time of his declining health wealth and fame. When he was awarded the title of Diwan Bahadur by the governor of Madras for organising plays to raise money for the British war efforts during the Second World War he declined to accept it.

On the 1st of November 1959 the legendary star of Tamil Nadu breathed his last at the age of 49. His body was taken to Trichy and buried at Sangiliyandapuram beside his father's tomb. The final procession took 4 hours to reach the burial grounds due to the vast gathering of his fans from all walks of life.

It's a pity that no memorial had been erected to commemorate the life of this icon of Tamil cinema. The Samadhi too casts a deserted look now. But the former Chief Minister of Tamil Nadu M.G.R had re-named the Kalaingarangam cinema theatre in Trichy city as Thiyagaraja Bhagavathar Manram and former Tamil Nadu Chief Minister M.Karunanithi initiated a Tamil Nadu State Film Award in honour of M.K.Thiyagaraja Bhagavathar to be awarded annually for the best talents. It's also regretting that in spite of his versatility in carnatic music no saba organisation other than the Tamil Isai Sangam (for which M.K.T was one among the promoters) gave him the stage for concerts nor was he allowed to sing in the Thiyagaraja Aradhana festival at Thiruvaiyaru.

M.K.T, the inimitable illustrious artiste who should have met his end gracefully and in a dignified manner was defamed humiliated and made penniless when he breathed his last prematurely. Whatever reforms in the world of music may be M.K.T's melodious voice will continue to haunt the masses for generations as they are based purely on carnatic format and composed by legends.





MANAGING YOUR MONEY



Retirement: Myths and Realities

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

The retirement you choose will be unique to you, and that's as it should be – but in a general way, all retirements travel through three phases.

Phase 1: Figuring it out

Becoming retired is a change and while you might have dreamt about it, you really won't know what it will be like until you experience it. Much of who we are comes from work – our sense of accomplishment, our status and even our social connections – but the shift to retirement may mean figuring out who we truly are and learning how to be content through many retirement years. Before you retire, 'try on' different potential retirement lifestyles and chat with other retired friends about their retirement journey that may lead to discovering something new that you had not considered. Financially, you're likely to spend more during your early retirement years as you try out new things – so budget for these additional expenses but also remember that some fulfilling things (such as volunteering) are not expensive and provide a strong sense of self worth.

Phase 2: Settling in

At this point, you'll know exactly what you want out of retirement – and to be sure you'll enjoy it, always take care of your health. Financial planning becomes easier because most of your expenses are stable and predictable – but ensure you plan for the unexpected like a sudden health issue or major repair bill and periodically review your spending plan to ensure you've captured all your costs, including the effects of inflation.

Phase 3: Winding down

In this phase, folks usually slow

down due to declining health or finances. You'll find yourself thinking more and more about the financial and other legacies you'll leave.

Do what you can to maintain and improve your health – but be aware that health care costs can be significant. Although Canada's health care program is very good, you'll likely want to enhance your control over your own health – so be sure to understand your health care options and choices, especially what would happen if you become chronically or acutely ill.

These three phases of retirement aren't necessarily linear – for example, if a significant health event led to retirement, you may live for a time like you're in Phase 3 but with recovery, move back to Phase 1. And keep in mind that your spouse may not always be in the same phase as you.

Myths and realities

Whether your retirement is just around the corner or way down the road, you probably think about it – the shape of it, the quality of it – and perhaps worry about it, too. That's why you plan for retirement – to eliminate as many unknowns as possible and to chart the right retirement course for you. But every solid plan needs a solid foundation. The good news is that in this electronic age, there's lots of information out there. The bad news is there's also a lot of misinformation out there. So to give your plan the solid foundation it needs, let's dispel some myths and look at some basic realities of retirement.

Myth: Financial health is most important

Reality: Sure, having money defi-

nately provides additional choices in retirement but the reality is that people tend to 'right-size' their retirement lifestyle in line with their financial resources. As well, many people enjoy fulfilling and meaningful retirements without having lots of money – by volunteering, through part-time work, or other appropriate lifestyle choices. The biggest issue is your health – poor physical or mental health removes choices whether you have money or not. So your plan should include maintaining and improving your health and knowing how health issues will be handled before they happen.

Myth: The biggest risk to your retirement income is the stock market

Reality: Yes, poor investment returns early in retirement can have an impact, but avoiding the stock market by sheltering your investments in low-return vehicles such as Guaranteed Investment Certificates (GICs) may not be the answer. Unlike GICs, equity investments can provide the opportunity for the level of growth over the long term that can offset the effects of inflation. So, your plan should include strategies for accessing market growth while still protecting your income from the impact of a short term market turnaround.

Myth: You'll have plenty of spare time.

Reality: Experienced retirees will tell you that they have little spare time. Life tends to expand to fill up time so your plan should ensure your time fills up with things that are meaningful to you.

Myth: People work in retirement because of financial need.

Reality: Some people do work in retirement for financial reasons but many seek part-time, occasional or flexible work that provides social interaction, allows them to feel challenged, or provides a sense of accomplishment. So plan to talk to 'working retirees' about why they work and how they fit their retirement around it.

To eliminate all the retirement myths from your retirement realities, talk to your professional advisor about the best retirement plan for you.

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.

David Joseph, M.A., CFP, CLU. Financial Consultant

Investors Group Financial Services

300-200 Yorkland Blvd. North York, Ontario M2J 5C1

david.joseph@investorsgroup.com

Tel: (416) 491-7400 Ext. 674, Toll Free: 1-888-491-7415 Fax: (416) 491-7416

Website: <http://www.investorsgroup.com/en/david.joseph/home>



Arangetram of APEENAIYAH MAYOORAN at Markham Theatre



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



On Sep 04th, 2015, Apeenaiyah Mayooran rendered an excellent performance of Bharatha Natya Arangetram in the presence of about 500 audience at Flato Markham Theatre.

The Arangetram was presented by Shanthanayaki Nattiyakkovil, Smt. Poomgulali Elengkumaran.

Apeenaiyah demonstrated her skills of Bharatha Natyam in great styles and won the audience applause throughout the show. While it is the student who is presented as the graduate, it is fundamentally guru's mastery that was being celebrated through the Arangetram.

The show was compered by Miss Meera Karunakaran. It was a splendid delight seeing the experienced Isai Kalaimani Varna Rameswaran and Miruthanga Gnanavaruthy Vasuthevan Rajalingam along with Smt. Saarumathy Manokanthan for Vena and Mithuran Manogaran for Violin. The Chief Guest was T. Sripathy and Guest of Honor was Mr. Krishnar Yogendirarajah.

The audience enjoyed the dances throughout the entire program and complimented that this was one of the best performances given by an artist. Her guru and other speakers congratulated and wished Apeenaiyah Mayooran to continue to provide the best of her talent.

The evening programs' glittering guide explained the lineup of Pushpanjali, Jathiswaram, Shabda, Varnam, Padam (dedicated to Lord Krishna), Keerthanam (dedicated to Lord Shiva) Keerthanam (dedicated to Lord Murugan), Thillana and Mangalam for the enthralment of the audience. Jathiswaram was performed by Apeenaiyah and Varisha Mayooran. The program ended with Vote of Thanks by Apeenaiyah.

Apeenaiyah worked hard and dedicated her entire time this past year to this year to complete her Arangetram successfully. She stopped going to many vital outings, family events and avoided the company of friends to go to her practices.

Apeenaiyah debuts her talent and asks for the blessing. Her dedication and hard work will only enable Apeenaiyah to further pursue in the art of Bharathanatyam. May Lord Nadarajah shower his blessings on Apeenaiyah throughout her life.



Know your Candidates by Siva Sivapragasam



CHUCK KONKEL CAN MAKE A DIFFERENCE IN YOUR LIFE

In the 1950s, Chuck Konkel and his family came to Canada as refugees. He earned a Masters degree in International Relations and paid for his education by cleaning blast furnaces at a steel mill. Chuck speaks several languages and is an acclaimed novelist whose books were international best sellers. He is also an acknowledged expert in organized crime and creator of Canada's Hate Crime laws.

But Chuck is much more than this.

He has worked with Pin Ball Clemens to bring new books to children in Scarborough and aboriginal communities. He is patron of a sports league that involves Scarborough families to engage young people in healthy sports. For the past five years he has organized a summer fair called Konkel's Carnival which is a community highlight. He is currently involved in leading a major interfaith initiative to sponsor refugees from the Middle East which began a year ago. Chuck has worked tirelessly in Scarborough Guildwood trying to assist the residents.

He truly believes in family values; Chuck and his wife Robin have been married for 36 years and their daughter Laura is currently in law school. Laura has written two books for chil-



children's charities.

Chuck Konkel is the Conservative candidate in Scarborough Guildwood. He lost the last federal election by one of the smallest margins in Canada but has never stopped working since that day to become the voice of Scarborough Guildwood in Ottawa. He believes in developing local businesses and creating a public transportation system with the subway as its foundation. He believes in family values and protecting our children.

Please contact Chuck at konkel@sympatico.ca or call the office at 416 283 5858

Liberal's Mark Holland for Ajax

Mark Holland is the Liberal candidate for Ajax in the upcoming Federal election on October 19th. A lifelong community advocate, Mark has lived in the community his entire life and served Ajax as Member of Parliament from 2004 – 2011. As a Member of Parliament, Mark was responsible for many high-profile portfolios, including Liberal Critic for Natural Resources, and Liberal Critic for Public Safety and National Security. Throughout Mark's time in Opposition, he was also broadly recognized for his determination to hold the government accountable, for being a strong voice in Ottawa and for fighting for his constituents to ensure their concerns heard and ad-

dressed.

He has since served as the Executive Director of the Heart and Stroke Foundation of Ontario.



A dedicated lawyer Gary Anandasangaree to represent Scarborough-Rough Park in Ottawa

Gary is a lawyer and community leader who has lived, worked, and volunteered in Scarborough. He is determined to work hard to create a strong economy. He believes in cutting taxes to help middle class families, and helping businesses to expand and create jobs in the community.

He has served and supported community organizations, such as the United Way, CanTYD, the Children's Aid Society, and the Scarborough Hospital to help bring positive change to our neighbourhoods. Gary has worked tirelessly with at-risk youth and their families in navigating the justice system and finding the best opportunities for their successful reintegration.

He has been awarded both the Queen's Golden and Diamond Jubilee



medals for his service to the community.

Gary believes in making a real, positive difference in Scarborough-Rouge Park that makes Canada stronger by growing our economy.

Paul Calandra – PC Candidate for Markham-Stouffville

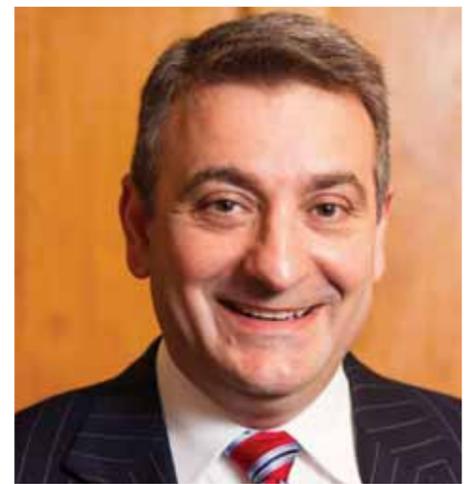
Paul Calandra, the PC candidate for Markham-Stouffville in this year's Federal election, was elected in 2008 as Member of Parliament for Oak Ridges-Markham and has proudly represented the residents of Markham, Stouffville, King, and Richmond Hill. Paul currently serves as the Parliamentary Secretary to the Prime Minister and for Intergovernmental Affairs.

Calandra studied History with a minor in Political Science at the Carlton University and obtained his BA in November 2008.

Paul has always made his constituents his first priority. He strongly believes in the principle of giving back to the community. He has used the resources of his office to give back to the community. One of the projects he has worked on locally is Hockey Night in Stouffville which is in its fifth year and has raised well over \$300,000 for Markham-Stouffville Hospital and other local charities.

Paul has always been a promoter of local heritage and history which is why in 2011 he organized a massive military celebration with our local Canadian Army regiment, the Governor General's Horse Guards.

In 2007, even before he was elected Paul made the commitment to work with local farmers on the federal airport lands in east Markham to ensure their land was protected from the development of an airport or reforestation by radical environmentalists.



This is what Harry Jeganathan, a trusted and longtime friend of Paul has to say about Paul Calandra, "His honesty and truthfulness was very refreshing. He has been forthright with what the Canadian Government can do and cannot do with the Sri Lankan Government. He was very vocal with the Canadian Government to put pressure on the Sri Lankan Government to stop the killing of innocent people and has been an ardent supporter of the Tamil community here and it's integration into the Canadian tapestry. He sums up by saying "Paul Calandra is a quiet leader in action"

Paul has always called Markham and Stouffville his home. As a child, he grew up in Markham and spent the summers on the family farm in Ballantree. Paul currently lives in Stouffville with his wife Melanie and daughters Natalie and Olivia.



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

THAI FISH CAKES WITH A LYCHEE DIPPING SAUCE



It could be assumed that fish cakes are just western versions of fish cutlets, and you wouldn't be very wrong. The traditional fish cutlet that adorns our seasonal celebratory plates (or weekend palaghaaram fest) can be transformed into these super nutritious fish cakes with little effort. Now we know that these ingredients are not ones typically found in a Tamil Kitchen, but the taste they produce make them a worthwhile investment. Leftovers can be used to make a Thai soup, Thai Green curry or simply to jazz up the regular curries you make at home. Lychee might not be your first choice of flavor for a dip, but Niranjini has been known to have an excellent sense of taste in pairing flavours. For those who prefer spicy food you can always add more chillies, black pepper, or Sriracha sauce- but in all honesty- sometimes- less is more!

Serves: 2

Ingredients:

- 3 Salmon Fillets (Skinless and boneless)
- 3 **Kaffir lime leaves (Chopped without the stem, but save stem to use later)**
- 2 **Tsp lemongrass paste**
- 1 Thai Chilli
- 2 Tsp Thai basil paste
- 1 lime
- Panko breadcrumbs**
- Egg
- Oil (To fry)**
- Salt to taste
- For the Dipping Sauce:-**
- 1 tin of lychees in juice
- 1 Thai Chilli
- Stems from the Kaffir lime leaves (Used above)**
- Dash of Toasted sesame oil
- Dash of Soy sauce

Method:

Lightly dry fry the salmon fillets till they're half done. Flake them with a fork, and add the lemongrass paste, Thai basil paste, salt, half of the lime juice and zest, 1 finely chopped chilli and Kaffir lime leaves (without stem) Mix it all together and form flat fish cakes to your desired size, then let them in the fridge for ten minutes. Heat some oil in a pan (Enough to shallow fry the fish cakes); meanwhile, place a whisked egg onto a plate and pour panko breadcrumbs onto another plate. Coat the fish cakes, first in egg, then in the breadcrumbs. Fry on both sides and remove onto a paper towel once they turn a golden brown colour.

Lychee Dipping Sauce:

Mix the Lychee juice with the Kaffir lime leaf stems, chopped chilli, soy sauce and sesame oil. Taste and add salt only if needed. Simmer the sauce on a low heat for 3 minutes and then let it cool before serving.

Before eating, please do take a picture and send it into Monsoon Journal so we can appreciate your efforts. On Instagram #monsoonjournal to make us smile.

Enjoy.....!



Conservative

போல் கலென்ட்ரா

Markham  **Stouffville**
தொகுதிக்கு மீண்டும் தெரிவு செய்வோம்.

Re - Elect
Paul Calandra
for Markham - Stouffville

போல் கலென்ட்ரா

பிரதமர் ஸ்ரீபன் ஹாப்பரின் நாடாளுமன்றக் காரியதரிசியாக அரசியல் அரங்கில் பின்புலத்தில் நின்று கொழும்பில் நடந்த பொதுநலவாய மாநாட்டை கனடா பகிஷ்கரித்தமை உட்பட நமது உரிமை முயற்சிகளுக்கான பல்வேறு செயல்பாடுகளுடன் உறுதியாகப் பயணித்தவர்.

As Parliamentary Secretary to the Prime Minister Paul firmly stood by Stephen Harper and supported his positions especially when Prime Minister Harper chose to boycott the Commonwealth Heads of Government Meeting in Sri Lanka.

2009 தமிழினப் பேரழிவின்போது கன்ஸவேடிவ் கட்சியின் நாடாளுமன்ற உறுப்பினராக இலங்கை சென்று மனித உரிமை மீறல்களை நேரடியாகக் கண்டு அவற்றைத் தடுக்க முயன்ற இவருக்கும், பற்றிக் பிரவுனுக்கும் விசா வழங்காமல் பயணத்தைத் தடுத்தது ஸ்ரீலங்கா தூதரகம்.

In May 2009 Paul Calandra and Patrick Brown applied for visas to visit Sri Lanka to observe the human rights abuses occurring against the Tamil people during the civil war, however, their visa applications were rejected by the Sri Lankan government.

ஆறு வருடங்களுக்கு முன் - உச்சக்கட்டப் போரின்போது - போரை நிறுத்தி அமைதி கொணரும் போர் நிலவரக் கலந்துரையாடல்களை மார்க்கம் பகுதியில் நிகழ்த்திய ஒரே ஒரு மத்திய நாடாளுமன்ற உறுப்பினர்.

During the course of the intensive civil war in Sri Lanka, Paul organized meetings in Markham to discuss the tragedies occurring in Sri Lanka.

ஸ்ரீலங்காவின் மனித உரிமை மீறல்களைக் கடுமையாக எதிர்க்கும் கன்ஸவேடிவ் கட்சியின் அரசாங்கத்தில் பொறுப்புணர்வுடன் ஒரு முதன்மை உறுப்பினராக இருந்து காய்களை நகர்த்தி உத்வேகத்துடன் நமக்காகப் பற்பல கருமமாற்றிய செயல் வீரர்.

The Harper Government played a key role in helping to expose Sri Lankan human rights violations and Paul has actively supported the Canadian government in that cause.

நம்மில் பலரைப்போல குடிவரவாளராய் கனடா வந்த சாமானிய இத்தாலியப் பெற்றோருக்குப் பிறந்து கடின உழைப்பாலும் சமூகத் தொண்டாலும் முன்னேறிய உழைப்பாளி.

Paul is the child of two Italian immigrants who, like the Tamil people, worked very hard to integrate into a new culture and society in Canada. Paul understands the struggle of an immigrant family and has achieved much through his hard work and dedication to public service.

நம் எதிர்கால சந்ததி நிம்மதியாக பாதுகாப்புடன் வளமாக வாழவும், வாழ வைத்திடவும் கன்ஸவேடிவ் கட்சி வேட்பாளரான போல் கலென்ட்ராவுக்கு இம்முறையும் வாக்களிப்போம்.

நமக்காக உறுதியாக நின்றவர்களுள் ஒருவர். இவரை ஆதரிப்பது எமது கடமை.

Paul stood up for Tamils now it is our turn to stand up for him!



www.facebook.com/TamilforPaul

www.Calandra.ca

905-554-4400

Authorized by the Official Agent for Paul Calandra



REMNANTS OF JAFFNA KINGDOM IN NALLUR

Heritage Sites of Nallur

Sri Lanka North

By Thulasi Muttulingam

Jaffna was once a Kingdom with its seat in Nallur. The Nallur Kandasamy temple, originally built by the Kings of Jaffna, has a recorded history going back more than a thousand years and is still the cultural icon that many people identify, with the peninsula of Jaffna. The temple's famous annual festival which drew pilgrims and tourists from all over Sri Lanka has recently concluded. What many people are unaware of however is that there are many other historical sites to see in Nallur, apart from the main temple. Jaffna's last kingdom still has remnants of its heyday dotting the area. Listed below are just a few of the sites you can visit to get a glimpse of its historical past. Note however that we're telling the stories of these places as per local folklore. There hasn't been enough research to corroborate the community's claims about them, but they're fascinating nonetheless.

1. King Sankili's statue

Just a few meters away from the Nallur temple, on the Jaffna – Pt. Pedro Road is a gold plated statue of Jaffna's last king. The old white statue made of stone was damaged during the war, so this is a new one, installed after war ended in 2009. King Sankili II's rule ended in 1619 when he was caught and executed by Portuguese invaders. He was not necessarily known as a popular or benevolent king according to the local people. They report contrasting anecdotes as to his claim to the throne, and whether he was in fact the previous king's nephew or illegitimate son.

Either way, he is said to have come to power by killing the legitimate heirs, and became known as a tyrannical despot who ruthlessly squashed dissent. Not content with subjugating his own people, he also made the fatal mistake of annoying the colonial Portuguese government in Colombo by beheading 600 of Mannar's local populace who had converted to Christianity. This brought about the vanquishing of the Jaffna kingdom and his own execution. He is now remembered and lauded for fighting the Portuguese whom the people didn't want to see taking over their land either, but Sankili II in the end is more famous for being the last king of Jaffna than for any yearning of the people to get back under his reign.

2. Palace Arch

The expanse of land (now reduced to a few square kilometers) surrounding the Nallur temple were once known as the grounds of the Royal Family of Jaffna. The land is known, even to this day as Sankilian Thoppu (Sankili's Garden) as the Royals had properties dotting the area, which were also thickly planted with trees.

The Royal Palace which Sankili II took over however has long since been destroyed (even before the war) except for one solitary remnant – the Arch to the Palace Gate. Carved from thick

stone and worked in intricate detail at the looping arch end, it can be seen a few meters away from the King's statue on the Jaffna –Pt. Pedro Road. This Arch alone from the original palace structure is still standing – a solitary testament to a bygone age, of Jaffna's palace intrigues and history.

3. The Queen's Bathing Tank.

The Queens and their attendants had a private bathing tank (now no longer private) at the back of the Palace, known as the Yamuna Aeri. According to local reports, there was once a tunnel leading from the palace to the tank so that the royal retinue of ladies, who probably practised purdah, were not so easily seen by the common people. This tunnel was seen by people until recent decades when fear that the LTTE might utilize it, led to its being sealed by the Army apparently.

Situated in a small hamlet beyond the Jaffna –Pt. Pedro Road, the tank still has an aura of historical nostalgia of it. As if it were reminiscing of a time when Queens

Queen's Bathing Tank



once bathed in it instead of the little boys now irreverently frolicking in its abandoned moss green waters.

4. The Raja Manthiri's Mansion.

Known in Tamil as the 'Manthiri Manai' (the Minister's Mansion), this building is in fairly more stable shape

Manthiri Manai



as compared to the Palace structure. It stands on the other side of the road opposite the Palace Arch. The Raja Manthiri's Quarters as it is known, is a rather fascinating, picturesque old world structure which is beginning to look increasingly out of place in urbanizing Nallur. If buildings have personalities, this one's is reminiscent of a venerable old man, lost in his own musings of a bygone age, oblivious to the antics of the youngsters around him.

Of the antics of those youngsters, a whole lot can be written. The ancient walls within the mansion have been vandalised all over with unseemly graffiti. The abandoned and cobwebbed nooks and corners of the mansion seem to have become ideal Lover's Spots away from prying eyes, and while conducting their clandestine rendezvous there, the young lovers have also left behind their eternal (or not) love for each other inked on the walls. This seems to have set the trend of other visitors to also scribble in their names and random thoughts. Despite the vandalism however, the building retains an aura of proud history and heritage, which deserves to be preserved, at least from now on.

5. The Jaffna

Archaeological Museum

The museum, opened in 1978 at the former home of the 19th century Tamil



Archaeological Museum

nationalist reformer Arumuka Navalar has quite a few interesting and diverse artefacts harking back to Jaffna's history. The eclectic collection ranges from prehistoric artefacts excavated from Kandaroada to colonial memorabilia of the Portuguese, Dutch and British eras. From Palanquins used by Royals and Nobles to wooden stocks used to punish the common people, intricately carved Hindu Gods and Goddesses made of wood and stone along with the Buddha carved in various positions and facial expressions / features, the Museum offers a comprehensive view of Jaffna's past spanning many centuries.

It is open Wednesdays- Mondays from 8.00 am - 4.00 pm and is well worth a visit.

The next time you visit Jaffna to check out its culture and history, allocate a day to visit all these spots in Nallur. The history of the ancient kingdom of Jaffna is obviously deeper than these five pieces, but if you're wandering around Nallur, it's a compact way to get a sense of what once was.



Statue of King Sankili

Tribute

Community Watch



OUR DEAR MR. KANAGARAJAH

By: Mrs. Soma Rasaiah

The quote "Good men must die, but death cannot kill their name," applies to our dear Mr. Kanagarajah, in a very outstanding way.

When I heard the news that Mr. Kanagarajah had passed away, my first thought was that a bright light had just gone out in the lives of his family and in the lives of Ratmalana Hindu college staff and students. Mr. Kanagarajah has touched the hearts of many of Ratmalana Hindu college Students and staff, on behalf of whom I stand here today. We are here because we cared, we are here because our connections were deep and based on love, trust and understanding, and that can only happen with a treasured person like Mr. Kanagarajah.

It is a privilege to have been asked to say a few words about Mr. Kanagarajah who has left us to be

with God. If we reflect on the time we spent with Mr. Kanagarajah and recall some of the significant events where he touched our hearts, we feel he is still in our midst and thoughts.

My experience of working with Mr. Kanagarajah at Ratmalana Hindu college, spans over ten years. As a Deputy Principal of the college for many years and as an acting Principal for short periods, Mr. Kanagarajah has been a dynamic person who has been a tower of strength to the college. His determination and confidence in himself, his compassion towards others and above all his unlimited patience far exceeded everyone else.

There were many occasions when Mr. Kanagarajah supported and defended the students against the strict discipline enforced by the Principal. He encouraged and motivated the teachers to continue their good work in spite of all odds. In short Mr. Kanagarajah's love and kindness encouraged the teachers and students to openly talk to him. I can still picture Mr. Kanagarajah walking into the staff room, always with a smile on his face. We teachers will be ready to pour out our complains and grievances, but Mr. Kanagarajah will never be swayed from his patience. He had a way to convince us with his tactful



Pathmanathan Kanagarajah
(21 April 1934 – 5 October 2014)

conversations. It is unimaginable that this outstanding Vice Principal won the hearts of many teachers and thousands of students with his kindness and genuine interest he showed in the welfare of those around him.

Today, our hearts are empty, because we cannot see him. There is an empty space, a large void, because of the way he shared himself, it was something that filled us all, with the sense that we were special to him.

Before I close, I would like to convey this message to the family. Be assured that though we always make our plans, it is God who determines our steps. When a loved one is lost and his absence makes life empty, remember that memories live forever. Nothing can take away the meaning they have brought to your lives nor the love you have shared. These memories are yours to cherish throughout your lives.

To me, Mr. Kanagarajah has been a dynamic mentor, a delightful friend and a great man. May his soul continue to rest in peace. Remember the words of Irving Berlin who said, "The song is ended, but the melody lingers."

A Doctor Evades Death
MAGIC BULLETS

Dr. S. Thirugnanasambandam



Life can be like a beautiful, winding river, mostly calm, with steady evenflow on level ground, and at times, it can be pretty turbulent and rough. My life was mostly smooth, aided by my able, diligent wife and also blessed by

the guiding hands of Providence. I am driven by the forces of my whims and fancies, my chosen causes and blind passions with no major upheavals.

I went on a mission of consecrating the ashes of my parted dear friend in India, departing Boston on 19th of January, 2015. It was a demanding schedule with quite a bit distance to cover with autos, trains and planes! I am quite used to that grilling travels and this time I had travelled to new areas that I had never seen before, stayed at the best of places and saw beautiful exhibits of both Devine and human design.

My challenge, that I needed to confront, began at Mumbai, India on February 1st. I started with respiratory infection which disabled me and caused me to forego my planned activities and commitments. I wasted time, precious time in the bed. I was sad but couldn't help myself. I did accomplish few things without fulfilling my boatload of expectations. With some improvement in my health, I started back my journey to USA which was uneventful. I reached back home on 10th February.

February 11, 2015 was spent in the bed without eating and drinking. I was indeed,

drained. Around 2 am, on 12th February, I woke up, hearing Sivapuranam from Thirusakam, a Tamil ecclesiastical hymn.

"பொய்யா இனவெல்லாம் போய்கல வந்தருளி
... மெய்க்குணமாக்கிபிளிகின்ற மெய்ச்சூடரே"

I was looking for the device that was transmitting the hymn. Quickly, I realized that the transmitter was in my "little" brain. I, just, couldn't turn off or tune out that beautiful, soul surrendering hymn. I got out of the bed and descended to my little office desk and started writing and putting the finishing touch on my self analysis article I was writing, "Where did I really belong?"

It was 04.30 AM and I did hit the sack for couple of hours. When I got out of the bed at 06.30 AM, I did notice that I was dragging my right leg. I told myself that I had a pinched nerve as an explanation for my ailment. I went to the hospital and worked hard for next ten hours, I must say that I had trouble with my penmanship with the right hand. I blamed it on the jet lagged status.

After finishing the office work, I needed to attend a compulsory computer class and that was a sheer disaster. I could not comprehend anything and I felt that my time was up to hang my white coat and stethoscope for good. I came home about 10.00 PM totally dejected and defeated. My defiant mind and never quitting attitude will not allow me to surrender.

Next day, February 13, I got ready to go to work feeling a bit better. As I was ready to get out of the house, my savior, my observant wife stopped me and questioned my right leg weakness and was not satisfied with my sim-

K C Kamalabayson:
"Respected by the Bench and
the Bar as a man of his word"

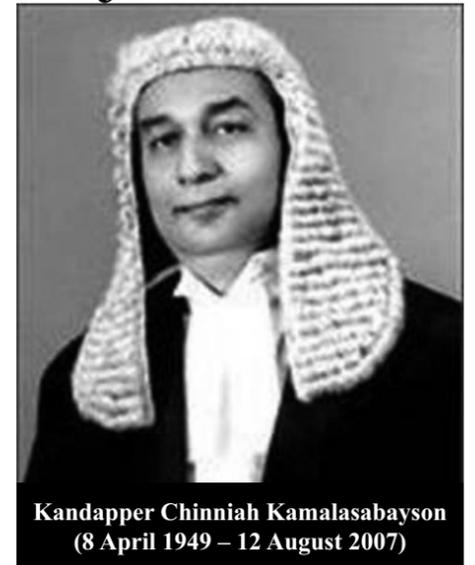
The 8th Annual K C Kamalabayson P.C. Oration, in memory of the late The Attorney General of Sri Lanka (1999-2007) was held on 4th of September in Colombo by The Kamalabayson Foundation. The Memorial Oration, "Where are we, and where to" – a topic assessing the present state of legal system in the country was delivered by Geoffrey Alagaratnam P.C., President of the Bar Association of Sri Lanka (BASL) for the years of 2015/2016.

"Though I may have been junior to Kamal, my association with him dates back to the late 1980's", Mr Geoffrey Alagaratnam P.C said in his opening remarks of the Oration. He thanked Mrs. Ramani Kamalabayson, wife of the late K C Kamalabayson P.C. and daughter Mrs. Vidhya Kandeban for continuing to organize the event every year. He said this "effort helps the legal profession, to periodically assess/take stock of where we are, what we do and what we are expected to do and what we need to do".

During his oration on the wide ranging situation of legal affairs, Mr. Geoffrey Alagaratnam P.C articulated on matters such as Judges of the Superior Courts, Assignments after Retirement, Judicial Services Commission, Constitutional Council And Commissions, The Society and The Members of the Bar.

Mr. Geoffrey Alagaratnam P.C, said: "I think we are at a juncture of history when public opinion is stacked in favour of democracy and rule of law and a firm "No" to arbitrariness. We as actors on this stage are required to play our part. Public opinion seemingly sees our profession as a torch bearer and a custodian of the rights enshrined in our constitution, where sovereignty lies in the people, to safeguard the tenets on which our freedoms are based. I think the tide is in our favour to demand and make a difference in this space and carve the path we want to tread. It also seems more urgent now than ever before."

In recalling the memory of K C Kamalabayson P.C., profoundly Mr. Geoffrey Alagaratnam P.C, said: "Kamal epitomized the gentleman lawyer – be it as a Junior State Counsel, as Attorney General and, even though brief, his stint when he reverted to the



Kandapper Chinniah Kamalabayson
(8 April 1949 – 12 August 2007)

unofficial Bar. I am sure there would be many an anecdote that we all can share of Kamal. But foremost in my mind is that Kamal was respected by the Bench and the Bar as a man of his word. At one time, it was also strongly rumored that he was a likely candidate for the position of Chief Justice. Had that happened, Kamal would have represented, during his life time, the three vital limbs of our legal system, the Judiciary, the Official Bar and the unofficial Bar". The talented and well respected legal luminary Mr. K C Kamalabayson P.C, served in public office enormously with integrity, genuinely humane qualities and rising above narrow societal visions.

Kandapper Chinniah Kamalabayson was born on 8 April 1949 in Trincomalee, Sri Lanka East. He was educated at Colombo Hindu Primary School and S. Thomas' College, Mount Lavinia. After school he joined Ceylon Law College, graduating in November 1971 with a first class honours pass. He later received a master's degree in public law from the University of Colombo and a master's degree in international business law from King's College London.

ple explanation and pushed me to see my doctor. I, reluctantly, called my good doctor and he agreed to see me in an hour.

After a thorough evaluation, my wise doctor, Dr Jeff Drogin, figured out that I needed to go to the Emergency room at the hospital for complete work up to figure out the ongoing trouble. He was pretty sure that it was not a simple pinched nerve as I had hoped and wished! I declined politely to go to hospital. As the saying goes, "the doctors and nurses are the worst patients," I am no exception.

At his insistence, I agreed to see a neurologist. Within a matter of couple of hours, I was evaluated by a wonderful Neurologist who concurred with my primary care evaluation and advised me to head to the hospital. I didn't budge.

While I was debating with my good friend, Dr. Rizvi, my neurologist, I was informed that I need to get MRI of my brain, scheduled at 3 PM, the same day. With lots of thoughts in my mind, I proceeded for the test. I was concerned but not consumed by the thoughts of events to come and needed to be faced. I had my MRI! and then, I was summoned to the reading room by my good friend, Dr. Jeff Rogg who reviewed my MRI. He looked at me with a kind, caring eyes and told me that I have at least TWENTY blood clots in my brain, causing right leg and right arm weakness.

He urged me to go to the emergency room. Having seen the MRI picture, I know that I must yield and follow the command. Having driven myself to the MRI facility, I needed to call my wife, and then my adorable Nathaniel to drive me to the hospital. He did and that was a long ride and collected myself to face the

eventuality including DEATH. I FELT THAT I WAS READY as I had no choice in the matter.

Next few weeks, I went through all the tests to figure out the cause of those twenty clots with no clue to find.

Could this happen again? Absolutely!

How big is the risk? Who knows?

The MRI showed twenty neat holes in the brain as if created by magic bullets. In spite of the magnitude of the clots, how come I was spared? It is up to anyone's guess.

The bell has been rung!

I must come to my senses with no illusions!!!

I must be eternally grateful for sparing my senses, speech, my mobility till

I eventually perish!!!!

I am eternally grateful to my wife for guiding me towards the right path.

How can I express in words, my sense of gratitude towards my dear friends Dr. Jeff Drogin, Dr. Syed Rizvi and Dr. Jeff Rogg for being there when I needed the help and guidance in spite of my indifference. They treated me and today I am still alive and kicking. What can I do without them, who were my support emotionally, physically and spiritually.

Life is more meaningful now than ever. I am seeing goodness in everything. I am kinder and gentler in my dealing with everyone. In a funny way, I am grateful for those 'magic bullets' for shedding perennial light in my path as I continue my journey!

"The woods are lovely, dark and deep,

But I have promises to keep,

And miles to go before I sleep,

And miles to go before I sleep."

Robert Frost.



Photos that changed the World

By: Raymond Rajabalan

There is a saying that “A Picture is worth a thousand Words”. This was very effectively proved by the picture of the death of the 4 year old Syrian child a few weeks ago.



4 year old Syrian child Alan Kurdi's death shook the world

A number of photographic images taken in various parts of the world during the past decades have shaken the conscience of the world and have vividly portrayed the horrifying effects of war, displacement of refugees and various forms of manmade disasters.

The most recent one is the heart wrenching picture of a 4 year old child who got drowned near Turkish beach along with his mother and brother while trying to flee from Syria. This single picture was enough to shake the conscience of many world leaders who immediately sprang into action to save the thousands of helpless refugees fleeing from war torn Syria.

Since the invention of photographic camera nearly 170 years ago a number of tragic situations around the globe have been captured by professional photographers resulting in many horrifying incidents being brought to light. Though many more mass killings and disastrous events had taken place during the earlier periods, in the absence of photographic evidence the intensity and magnitude of those happenings have been difficult to verify.

Some of the major calamities around the world are being provided below and one can judge how some of these photographs have been very powerful in bringing forth the horrors of human injustice.

Vietnam



Children fleeing Vietnam war

Nick Ut's photograph of five children running in terror from an accidental napalm attack was widely published around the world, and crystallized in people's minds the grim injustices of the Vietnam war. The war was heavily reported on and historians believe that images, particularly this one, had a huge impact at home, resulting in violent anti-war protests, a world-wide campaign for peace, and even contributing to the end of the war.

This picture was taken in 1972 June by Photographer Nick Ut for the Associated Press who transported the 9-year old naked girl Phan Thi Kim Phuc to a nearby hospital. This photo was published in the front page of New York Times and Eventually he won the 1973 Pulitzer Prize for Spot News Photography for “The Terror of War”, depicting children in flight from a napalm bombing. The fact was that this single photo led to melting of even the stone hearted resulting in the end of the 18 year old war. Such was the power of photography.

Hiroshima



Hiroshima bombing

In 1945 on Aug 6th America dropped the dreaded Atomic bomb over the city of Hiroshima in Japan. During this horrific attack Yoshito Matsushige, a Japanese Photo journalist happened to be in the vicinity. He survived the dropping of the atomic bomb and took five photographs on the day of the bombing in Hiroshima, the only photographs taken that day within Hiroshima that are known.

Matsushige was at home 2.7 km south of the hypocentre at the time of the explosion. He was not seriously injured, and determined to go to the city centre. A fire forced him back to Miyuki bridge, where the scene of desperate and dying people prevented him from using his camera for twenty minutes, when he took two frames at about 11:00. He tried again later that day but was too nauseated to take more than three more frames. The first two frames are of people who escaped serious injury next to Miyuki bridge; the second of these is taken closer up and shows them having cooking oil applied to their burns. A third shows a policeman, his head bandaged, issuing cer-

tificates to civilians. The last pair is taken close to home: one of the damage to his family's barbershop, and another out of his window.

Nagasaki



Dazed survivors after the atomic bombing holding rice balls supplied by relief agencies

Nagasaki is a Japanese city on the northwest coast of the island of Kyushu. It's set on a large natural harbor, with buildings on the terraces of surrounding hills. It is synonymous with a key moment during WWII, after suffering an Allied nuclear attack in August 1945.

Yōsuke Yamahata was a Japanese photographer best known for extensively photographing

Nagasaki the day after it was bombed. Yamahata was born in Singapore. He went to Tokyo in 1925 and eventually started at Hosei University (Tokyo) but dropped out in 1936 to work in Graphic Times Sun, a photographic company run by his father. From 1940, Yamahata worked as a military photographer in China and elsewhere in Asia outside Japan; he returned to Japan in 1942.

On August 10, 1945, a day after the Nagasaki bombing, Yamahata began to photograph the devastation, still working as a military photographer. Over a period of about twelve hours he took around a hundred exposures; by late afternoon, he had taken his final photographs near a first aid station north of the city. In a single day, he had completed the only extensive photographic record of the immediate aftermath of the atomic bombing of either Hiroshima or Nagasaki. These photographs appeared swiftly, for example in the August 21 issue of Mainichi Shinbun.

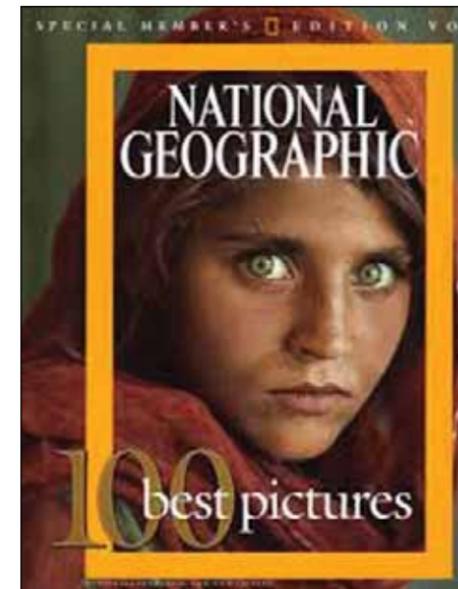
After the restrictions on coverage of the effects of the atomic bomb were

lifted earlier in 1952, Yamahata's photographs of Nagasaki appeared in the September 29 issue of Life Magazine. Only then the world came to know the extent of destructive effects of radiation. The same year, they appeared in the book Kiroku-shashin: Genbaku no Nagasaki. Some also appeared in the exhibition and book “The Family of Man”.

Restoration work was done on Yamahata's negatives after his death. An exhibition of prints, “Nagasaki Journey”, traveled to San Francisco, New York, and Nagasaki in commemoration of the 50th anniversary of the bombing.

Yamahata's photographs of Nagasaki remain the most complete record of the atomic bombing as seen immediately after the bombing. The New York Times has called his photographs “some of the most powerful images ever made”.

Afghanistan



Sharbat Gula 17 years earlier and now

Known only as the Afghan girl — her real identity unknown until she was rediscovered in 2002 — Sharbat Gula's face became one of the most iconic National Geographic covers of all time, and a symbol of the struggle of refugees everywhere.

She was the green-eyed ‘Afghan Girl’ who shot to global fame when a haunting picture of her appeared on the cover of a 1985 issue of National Geographic magazine.

Sharbat Gula shot to fame as a green-eyed 12-year-old on the cover of National Geographic in 1985 (left),



but a more recent image of her (right) is circulating in media as part of a row about corruption in Pakistan. It was taken from her identity card - a document she technically shouldn't have been allowed to acquire

The haunting image of the then 12-year-old Gula, taken in a refugee camp by photographer Steve McCurry, became the most famous cover image in National Geographic's history. After a 17-year search, McCurry tracked Gula down to a remote Afghan village in 2002 where she was living married to a baker and the mother of three daughters.

Sudan



Vulture Stalking a Child in Sudan

In March 1993, photographer Kevin Carter made a trip to southern Sudan, where he took now iconic photo of a vulture preying upon an emaciated Sudanese toddler near the village of Ayod. Carter said he waited about 20 minutes, hoping that the vulture would spread its wings. It didn't. Carter snapped the haunting photograph and chased the vulture away.

The photograph was sold to The New York Times where it appeared for the first time on March 26, 1993 as 'metaphor for Africa's despair'. Practically overnight hundreds of people contacted the newspaper to ask whether the child had survived, leading the newspaper to run an unusual special editor's note saying the girl had enough strength to walk away from the vulture, but that her ultimate fate was unknown. Journalists in the Sudan were told not to touch the famine victims, because of the risk of transmitting disease, but Carter came under criticism for not helping the girl.

Carter eventually won the Pulitzer Prize for this photo, but he couldn't enjoy it. "I'm really, really sorry I didn't pick the child up," he confided in a friend. Consumed with the violence he'd witnessed, and haunted by the questions as to the little girl's fate, he committed suicide three months later.

Minamata Disease - Japan



Kamimura Tomoko in the bath, cradled by her mother

For years, residents of Minamata, a town located on Kyushu (Japan's most southwesterly island), had observed

odd behavior among animals, particularly household cats. The felines would suddenly convulse and sometimes leap into the sea to their deaths — townspeople referred to the behavior as "cat dancing disease." In 1956, the first human patient of what soon became known as Minamata disease was identified. Symptoms included convulsions, slurred speech, loss of motor functions and uncontrollable limb movements. Three years later, an investigation concluded that the affliction was a result of industrial poisoning of Minamata Bay by the Chisso Corp., which had long been one of the port town's biggest employers. As a result of wastewater pollution by the plastic manufacturer, large amounts of mercury and other heavy metals found their way into the fish and shellfish that comprised a large part of the local diet. Thousands of residents have slowly suffered over the decades and died from the disease. It has taken as long for some to receive their due compensation from the corporation.

In 1971, American photojournalist Eugene Smith returned to Japan for a third time and lived in the small fishing village of Minamata, with his wife Aileen. Although they planned to stay for only three months, the couple stayed for three years. Smith's photos on a mercury poisoning scandal in Minamata were published in Asahi Camera, Camera 35, and Life in an article called "Death-Flow from a Pipe," and in this book called "Minamata: The Story of the Poisoning of a City."

The photos brought world attention to the Minamata disease caused by mercury being released into the ocean by a company called Chisso. The most famous photo was that of Kamimura Tomoko in the bath, cradled by her mother. Born in 1956, Tomoko suffered from mercury poisoning. Mercury had entered her bloodstream through the placenta, leaving her blind, deaf, and with useless legs. Smith heard about Tomoko's daily afternoon bath and asked her mother if he could photograph them. He carefully checked the bath's lighting, which came through a dark window. Smith determined that three in the afternoon would be the best time, and took the famous photo in December 1971.

Smith and his wife were attacked and injured in January 1972 during a confrontation between mercury poisoning victims and Chisso employees at the factory in Goi. Victims were violently evicted from Chisso property. Smith had to seek medical treatment in the U.S. for his injuries. Ken Kobre described the attack in an essay at the Masters Exhibition website: "Smith almost lost his eyesight covering the story. He and his wife, armed with camera and tape-recorder, accompanied a group of patients to record a meeting the group expected to have with an official of the company. The official

failed to show up. "But," Smith related, "suddenly, a group of about 100 men, on orders from the company, crowded into the room. They hit me first. They grabbed me and kicked me in the crotch and snatched the cameras, then hit me in the stomach. Then they dragged me out and picked me up and slammed my head on the concrete." Smith survived, but with limited vision in one eye.

Smith once said, "Photography is a small voice, at best, but sometimes-just sometimes-one photograph or a group of them can lure our senses to awareness. Much depends on the viewer; in some, photographs can summon enough emotion to be a catalyst to thought. Someone-or perhaps many-among us may be influenced to heed reason, to find a way to right that which is wrong, and may even search for a cure to an illness. The rest of us may perhaps feel a greater sense of understanding and compassion for those whose lives are alien to our own. Photography is a small voice. I believe in it. If it is well conceived, it sometimes works."

South Vietnam



General Nguyen Ngoc Loan executing a Viet Cong prisoner in Saigon; Eddie Adams, 1968

Associated Press photographer Eddie Adams captured this shot of a South Vietnamese general executing a Viet

Cong officer in the Tet Offensive, and it became one of the most iconic shots of the Vietnam War. Sadly, Adams would come to lament the damage the Pulitzer-winning photo did to Nguyen and his family, claiming that the man had killed a "so-called bad guy" and been demonized by people who didn't understand the scope of the situation.

There have been countless events of importance around the world from the time of beginning of mankind and each photograph of these events speaks volumes. This article is an attempt to record only a few such events. The endless list of Major disasters include Holocaust in Germany, Rwandan Genocide, Mass scale killings in various parts of the globe including Iraq, Serbia, Sri Lanka, Syria etc. This pattern of senseless atrocities is bound to continue unless the majority community in any country agrees to peacefully coexist with the minority communities. After all there is much meaning to the saying "more flies are caught by honey than vinegar" and it has been proved over and over again that much more has been achieved in the world by peaceful dialogues than the use of destructive weapons.

**For Advertisements
in Monsoon Journal
Call:
416.358.3235
www.monsoonjournal.com**



Uduvil Girls' College Alumni Association, Toronto, Canada Annual Dinner & Dance 2015



DINNER AND DANCE

October 10, 2015

Dear Members and Friends:

The Annual Dinner and Dance of the Uduvil Girls' College Alumni Association of Toronto, Canada will take place on **Saturday October 10th, 2015 at 6:30 p.m.** at:

J & J Swagat Banquet Hall, 415 Hood Road, Markham, L3R 3W2

Free parking available at the adjoining parking facility.

Your kind presence and cooperation will be very much appreciated. Please inform other Uduvillites and friends.

Tickets are priced at **\$40.00** (Buffet style vegetarian & non vegetarian meal).

For Tickets please contact:

- 416-316-9060 or dharslina.duraisamy@gmail.com
- 416-724-5461 or vasantho@rogers.com
- 416-491-0105 or ralphonus@sympatico.ca
- 416-449-2657 or
- 905-965-3939

Yours sincerely,
Dharslina Duraisamy
Sita Kumareshan
Suganthy Alphonsus
Sarajini Sathianathan
Devika Solomons



இலங்கை இந்துப் பேரவை Hindu Council of Sri Lanka

Reg.No : S / 2270

Project proposal for refurbishing existing wells to enhance the Livelihood Development of another set of Mangaiyar Mandram Widows/ Women headed families of the Puthumurippu Village, Kilinochchi District

PROJECT PROPOSAL

1. PROJECT TITLE:

Refurbishing of existing wells to enhance Livelihood development of the Mangaiyar Mandram Women/Women headed families of Puthumurippu Village

2. DISTRICT : Kilinochchi.

3. IMPLEMENTING AGENCY :

The Hindu Council of Sri Lanka (HCSL)

4. CONTACT PERSONS:

Mrs.Sivanandini Duraiswamy
Vice President HCSL;
Member in charge of projects
e mail – siva.duraiswamy1@gmail.com
+94 1125 88891; +94 77 9172909

Mr. Mukunthan – Member HCSL
077 723 4712 –
mukunthandiv@hotmail.com
Project Co-ordinator, Colombo.

Mr. Theivendran
Project Co-ordinator, Kilinochchi
0777402631

5. ADDRESS

: No.9, Castle Lane, Colombo-04, Sri Lanka

OBJECTIVES: The project aims at assisting the second set of project beneficiaries to enhance livelihood programmes by refurbishing their existing wells which were damaged greatly during the war years and which during the dry season go completely dry.

The Hindu Council works in the Kilinochchi, Mullaitivu and Batticaloa Districts essentially with the war widows or women headed families. We form the women into Mangaiyar Mandrams – (Women's Groups) which are self-help groups and teach them micro finance and how to increase the savings while we also help develop their livelihood programmes. Two years ago we were faced with the problem of the wells being damaged during the war and running dry during the dry season when agriculture/crops get affected. Kilinochchi being essentially an agricultural belt the women opted for Home Gardening and we were able to supply them with water pumps and the necessary agricultural appliances, good seeds from the Tinneveli farm and set up the Home gardening project to over about 100 women and help refurbish 5 wells for the poorer families.

Some of the other women now want us to refurbish their wells – 25 families and we are looking forward to receiving funds from supportive NGOs and help refurbish the wells. Here in Kilinochchi, the wells are very deep and more often over 40 feet below which makes working expensive.

Scope of the Project: The Council's new project is essentially based on a second group of women numbering 25 families where it addresses the issue of the disruption of the livelihood activities during the season when the wells run dry. Project area: Puthumurippu Agricultural Village located in the Kilinochchi AGA Division consists of families



இலங்கை இந்துப் பேரவை

Hindu Council of Sri Lanka

Reg.No : S / 2270

9, Castle Lane,
Colombo-04.Sri Lanka.
Tel: 2588891

Vice President : Mrs.S.Duraisamy—Tel: 2588891
Immediate Past President: V.Rajendra—Tel:2721785
Secretary General: Mr.M Velayuthan – Tel: 2365981
Treasurer: Mrs.Y.Thangavelu – Tel: 2360993
Project Officer : Mrs.V.Sumatharan-Tel :2366483

Web:www.hinduCouncilsl.com

29.09.2015.

TO ALL WELLWISHERS.

Dear Sir/Madam,

Our association known as Hindu Council Of Sri Lanka was formed in February 1985 and later was registered with the Society Ordinance, its registered number being S/2270. More particulars could be obtained from our website www.hinduCouncilsl.com.

We are now concentrating our activities on war affected widows from the North & East of Sri Lanka. Mahalir Manrams have been formed and assistance given to them for livelihood activities, such as sewing, home gardening, food parceling, grinding of chilli powder and packeting for sale and poultry farming. Presently some of the women headed families are requesting for funds for refurbishing of the wells for cultivation of food crops and drinking water. The existing wells do not have protective inner walls and therefore during rainy season the water turns muddy and cannot be used for drinking.

We annex herewith a project proposal & report for refurbishing of 10 wells for which we need about Rs.2,000,000.00. We will be grateful to you if you could fund this project in order to help those families seeking our assistance.

Name of Account :Hindu Council Of Sri Lanka.
Account No. :1990767
Name of Bank :Bank Of Ceylon, Milagiriya, Bambalapitya
Swift Code :BCEYLK LX.

Thank you,

V.RAJENDRA.
(Immediate Past President)

resettled in the area after the war ended in 2009. Total numbers of families resettled are 408 and each family has been given 2 acres of land. The village is in Grama Niladhari Division KN/37. It is in close proximity to the Mahadeva Ashram – an affiliate member of the Hindu Council.

Need Assessment: Refurbishing of wells is a vital need enabling the women to engage in the livelihood project of Home gardening. This would be a continuing process which would enhance the livelihood of the members of the Self help Groups – the Mangaiyar Mandrams.

Project beneficiaries:

- Young widows and their families.
- Women headed families.

Project activities:

The Hindu Council of Sri Lanka formed the women into Self help Groups – Mangaiyar Mandrams consisting of 25 members in each group. Our aim was/is to provide livelihood assistance in the form of needlework, home gardening, poultry to the women so that they would have a sustainable monthly income which would be sufficient for the family – nutritious meals, children's schooling and stationery etc. In our work we found that the women

were earning a small but tidy sum of money around Rs10,000 – Rs.12,000 per month and through the micro finance project lend money at a small interest and save money for the future lending scheme.

HCSL is a federation of Hindu Societies and temples and trusts from various parts of the country. It is working in 15 districts in the educational, social and religious fields for over 25 years. It emphasizes dialogue between religions to bring about peace and harmony through love and sharing.

The ethnic conflict has determined its activities – working with and for the displaced persons from the war torn areas of the North and East and participating in seminars to bring about peace with justice and fair play. It also played an important role in the eastern part of the country during the tsunami period.

The Council implements projects to restore the livelihood capacities of widows/ women headed families in Kilinochchi, Mullaitivu and Batticaloa by forming the women into Self help groups in Mangaiyar Mandrams and introducing Micro financing to them. It works towards creating a sustainable solution for the displaced, reduce tensions and bring about peace and harmony between the communities.



Senior Tamils' Centre of Ontario celebrated International Day of Peace 2015, at Burrows Hall, Toronto

The Seniors joined the millions supporting the cause of Peace by celebrating, in their own unique style, the UN declared Day of Peace observed worldwide, on September 21st, the theme for 2015 being "Partnership for Peace – Dignity for all"

The opening song 'Koil Valipadu' written by Kavimani Thesikavinayagampillai (1876-1954) was by Vijayaluxmy Seenivasagam.

The Guest Speaker Mr Ramathan Manoharan, Managing Director, Prem Architects & Engineers, Colombo spoke to an audience of 140

members, on the Importance of Peace, and the need for Peace. PeaceDay emphasises that Peace is a necessity and not a luxury in the life of every human being on this planet earth.

Peace Education program, an innovative educational program, to help participants discover their own inner resources to live in Peace, Dignity and Prosperity, was introduced.

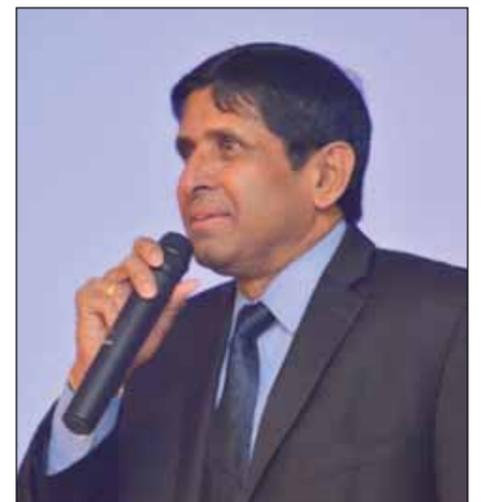
The finale was a pleasant dance for the song 'Shanthi Nilava Vendum' by Susheela Balasingam & Shanthini Thavarajah.



Sri Lankan Accountants Association hosts Seminar

Sri Lankan Accountants Association hosted a seminar at the Don Mills Public Library on September 12th. Royal bank team presented Small business financing information session and Tom McCallum presented about Holding Companies. More than 50 Accountants participated in this seminar. Mohan Sundramohan, Christine Bellamy, Shan Nithiyandanan and Ashu-

lee Sharma spoke from Royal bank. Association's current president Vina Devadas delivered the welcome speech and Secretary Ari A. Ariaran gave the vote of thanks. SAAC conducts professional development seminars monthly and if you wish to become a member or attend any of the events please visit: www.saac-ontario.comz





Point of View

Siva Selva - An Australian devotee of Lord Ganesha expresses his views on Toronto Temples



Siva Selvakulalingam of Sri Lankan origin and now resident in Adelaide, is a strong devotee of Lord Ganesha and is currently the President of the Hindu Temple in Adelaide, Australia. He is a retired businessman and is a recipient of the Medal of the Order of Australia for his services to the Hindu community in South Australia.

Mr. Selva was in Toronto recently and did a tour of most of the temples in Toronto and expressed a desire to "Monsoon Journal" to convey his views of the Temples. He was extremely pleased that there were several temples managed by the Hindu community and individual shiva shariars. He was impressed that the true traditions of Hinduism were followed here as in Sri Lanka. He was taken up by the deities which were installed inside wooden structures and frames.

He told "Monsoon Journal" that he was impressed by the way poojas were conducted on Fridays, the "utsava moorthis" carried around the inner "veethi" and the large number of devotees present on a working day. He expressed a desire that temples housed in warehouses should be housed in tra-

ditional temple premises. He was specially taken up by the Ayappan Temple and stated that this is perhaps the only one of this type in this part of the world. As a concluding observation, he remarked that Toronto is perhaps the only city that is leading the western Hindu world by having several Hindu places of worship and would develop into traditional Hindu temples within a ten year period.

Siva Selvakulalingam whose origin is from Sri Lanka was a mechanical engineer who headed the Malaysian based South East Asian office of the prestigious British firm Thomas Robinsons - makers of wood working machinery. He later migrated to Australia and continued his business by making some of the finest wine racks exported around the world.

After retirement, he and his wife Sivanee were actively engaged in religious and community work. He was the recipient of the Medal of the Order of Australia for his services to "the community through the Hindu Society of South Australia". In a letter to Selvakulalingam, Mr. Mike Rann, Prime Minister and Minister of Social Inclusion, South Australia, had described the award as "a much deserved recognition."

Tamil Chair in prestigious Harvard University soon

Two Tamil philanthropists promise \$ 1 million donation

By Siva Sivapragasam

Poet Subramania Bharathiyar's dream that the Tamil Language should spread throughout the world ("The-mathura Thamil osai ulahamellaam paravum varai seithal vendum") takes shape when the prestigious Harvard University sets-up a Chair for Tamil, a language spoken by over eighty - million people around the world.

Harvard University is the oldest institution of higher learning in the United States.

Tamil Nadu's DMK president M. Karunanidhi has asked the State government to help the efforts of the Tamil community in the United States to set up a Harvard Tamil Chair. In a statement, he said that two NRI Tamil doctors, Janakiraman and Thirugnana-sambandam, had received approval from the University to set up a Tamil Chair.

While the total amount needed is \$6 million, the duo had promised to fund \$1 million. The Tamil community needs to collect the remaining \$5 million. An effort has been made to reach out to the Tamil community. The idea of setting-up a Chair for Tamil in Harvard began in Pennsylvania when heart surgeon Thirugnana-sambandam met Vaidehi Herbert who had translated the Sangham Tamil books into English. Vaidehi came out with the suggestion when Sambandam discussed with



Dr. Janakiraman

Vaidehi his desire to do something for the Tamil language.

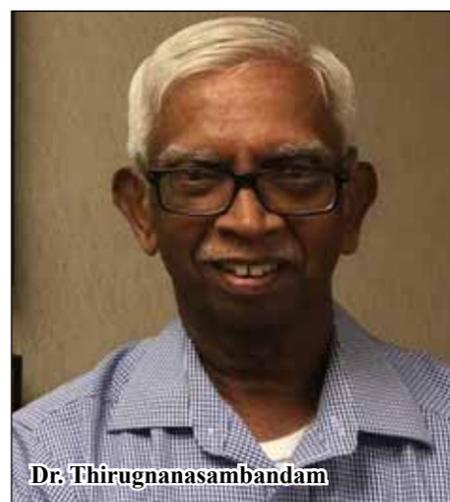
Harvard has two Chairs for Ukrainian spoken by 30 million people there was a Chair for Celtic spoken by 1.5 million. The university also has Chairs for Hebrew and Sanskrit among other languages. "it is necessary to have a Tamil Chair at Harvard as it is the language of over 80 million people across the world," Mr. Karunanidhi said.

A more detailed account of this news appears in an article written by veteran Tamil short story writer A. Muttulingam in the prestigious "Ananda Vikatan" magazine of 9th September 2015.

(Input from Hindu newspaper)



A. Muttulingam



Dr. Thirugnana-sambandam



Vaidehi Herbert

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



DURHAM TAMIL ASSOCIATION AT THE WHITBY HARBOUR DAY EVENT

The Whitby Harbour Day was celebrated on Saturday August 15, 2015 from noon to dark at Port Whitby Marina. Whitby Harbour Day is a free, summer celebration of Whitby's historic harbour with fun for the whole family. The event highlighted Whitby's harbour facilities including Port Whitby Marina and Whitby Yacht Club. The event featured water ski shows, community and boating displays, arts and crafts, food vendors, Station Gallery kids program and Artists,

children's activities and live entertainment. Durham Tamil Association pitched in this historic event with its fleet of active youth volunteers who were on their feet helping the visitors and vendors throughout the day. The youth applied free henna for the guests in their colorful booth and presented cultural programs. Harbour Day got wrapped up with a nautical Parade of Lights and spectacular firework display.



Councillor of Whitby Lorne Coe with TEAM DTA during the Whitby Harbour Day



TEAM DTA volunteers on their feet as grounds crew



TEAM DTA volunteers applying Henna to the guests

DTA'S CONTRIBUTION FOR THE "TASTE OF AJAX"

The Town of Ajax and the Rotary Club of Ajax presented Taste of Ajax on Saturday, August 15th at the Rotary Park in Ajax. The event featured a culinary celebration of gourmet food trucks, craft breweries, fast food on wheels, restaurants of Ajax, ice cream vendors, along with all day entertainment. Volunteers of Durham Tamil Association decorated the hands of the visitors with beautiful henna.

They also did face painting for kids of all ages. Residents were flowing in all through the day at the Ajax Waterfront like its never been seen before.



Kids with Henna



TEAM DTA volunteers during Taste of Ajax



DTA's Lavaniya applying Henna for the guest



DTA's Harini applying Henna for the guest



The evil world

By: Kumar Punithavel

There have been many saints and sages, who came into this world and tried to change its evil ways of life. But looking at what is happening in this world with so many wars and violence, we all must agree these sages and saints had been a failure. But one will agree it is also a fact, if not for them it may be worse.

Roughly two millenniums ago in South-India lived a great Tamil poet who was frustrated and observed that the God lacked of character. When reading this poem we will have to agree with his opinion about God! Before we proceed to look at the poem let's have a glimpse about this poet and the person he was.

The birth name of the poet was Nankaniar, meaning good-fruit or sweet-fruit. However he was always referred to as Pakkuduvai Nankaniar. There are two different opinions among the learned about the meaning of the word Pakkuduvai. The first opinion is that the vogue in those days is to use the name of the village the person hails from or his profession as a surname. Traditionally otherwise the surname was never used. Thus the Pakkuduvai is believed must be the name of his birth village. The second explanation is more interesting to note. The word Pakku in Tamil means bag and udukai means dress. The poet was so poor he is believed to have used a bag as his outfit. One can see in spite of his dire poverty, the learned respected his knowledge in his mother tongue Tamil. So much so even poverty was used as an honor to this great poet.

Our poet Nankaniar, observed that during his time people were so focused in amassing wealth, and did believe, the world is for the people of valour and wealthy only. People in those times, were always in war and focussed in mundane life and lived an unethical life and making the world an unjust society.

Pakkuduvai Nankaniar summed up the situation with a poem, giving the way they should live their lives. He first observed that in this world life is very unstable and unfair. When there is a funeral drum is echoing in one house there is also a drum played announcing the happy news of marriage with its soothing sound reverberating in another. He declares as follows:

"In a house funeral drum echo, another house

Wedding's soothing drums beat".

Next he observes while in one a young lass adorns with floral décor to receive her loved one, elsewhere a sad girl cries and tear drops down her eyes. In the next two lines the poet describes the scene thus:

**United adorn floral décor, detached
Sad eyes sprout tear that drops
down**

In the following lines the perturbed poet challenges the God who was the cause and answerable for this sad state of affairs. He first calls off the creation to be inconsistent, and goes on to say, the God has no character. How can we call him a just God when in his creation someone is enjoying and happy while some else sad and suffering? So he says the creation is inconsistent. It is very interesting to note he uses the term creator for God. Nankaniar must have thought one who creates something must be answerable to its effect. He goes on to say creator is characterless. He never said good or bad character, but just characterless. According to the Hindu theology God is said to be beyond duality. Wherever there is a tide there will be ebb somewhere. Wherever there is good character there is room for bad character. God the creator is beyond this duality. Thus he says:

**Creator of this inconsistency is
characterless**

In the next line the poet laments and says the world is cruel. Thus says:

Cruel this world,

Finally Pakkuduvai Nankaniar realizing this world is thus cruel he advises to seek bliss and be beyond this duality. To be born rich or poor means one has to struggle, thus the goal has to be beyond birth. On the final line the poet gives the solution to this predicament and says:

**Seek the bliss, those who grasp
its ways.**

Let us look at the whole poem now:-

In a house funeral drums echo, another house

Wedding's soothing drums beat

United adorn floral décor, detached

Sad eyes sprout tear and drops down

Creator of this inconsistency is characterless

Cruel oh this world,

**Seek the bliss, those who grasp its
ways. - Puranaanuru - 194**

The Tamil poem is :

ஓரில் நெய்தல் கறங்க, ஓர்இல்
ஈர்ந்தண் முழவின் பாணி ததும்பப்,
புணர்ந்தோர் பூவணி அணியப், பிரிந்தோர்
பைதல் உண்கண் பணிவார்பு உறைப்பப்,
படைத்தோன் மன்ற, அப் பண்பி லாளன்!
இன்னாது அம்ம, இவ் வுலகம்!
இனிய காண்க, இதன் இயல்புணர்ந்தோரே.....

...புறநானூறு - 194



தமிழ் கலாச்சார அறிவியல் சங்கம் - டுறம்
Tamil Cultural & Academic Society of Durham

நவராத்திரி விழா 2015
Navarathri Celebration

காலம் /Date: Sunday, October 18th 2015

நேரம்/Time: மாலை 6 - 9:00 வரை - 6 - 9 pm



இடம்/Venue

அம்பலவான வேத விநாயகர் கோவில்- ஏஜக்ஸ்

Ajax Ambalavana Vetha Vinayagar temple

282 MONARCH AVENUE-UNIT 21

AJAX, Ontario

அனைவரையும் உங்கள் குடும்பங்களுடன்
வருகை தர அன்புடன் அழைக்கின்றோம்
**Please come and join us on this
Auspicious day**

Contact: 416-726-7748

647-784-1829



Tamil Cultural & Academic Society of Durham

**Believe
You in
2015**

Talent show by TCASD Children & Youth

Saturday 14th, November 2015

6:00 pm

Pine Ridge Secondary School

2155 Liverpool Rd., North, Pickering, On. L1X 1v4

Contact:

416-726-7748

647-784-7829

Info.tamilociety.ca



AZ & DZ Drivers



Fast growing Logistics company immediately hiring experienced drivers and owner operators.

Please contact at 416 902 9462 or send resume to dispatch@inter-citi.com.



ELECT

CHUCK KONKEL

Scarborough Guildwood



konkel.ca
 t: 416-283-5858
 e: konkel@sympatico.ca
 3340 Lawrence Ave East

f: chuck konkel
 t: @electkonkel

Authorized by the Official Agent for Chuck Konkel

I Believe In Family Values And Protecting Our Children

SUPPORTING FAMILY VALUES and protecting our children

Bringing Industry To Scarborough Guildwood To Create Full Time Well Paying Jobs

Keeping Taxes Low for hard working Canadians and Seniors

Providing \$1,920 per year for every child under 6, \$720.00 for every child 6-17 years

Making the home renovation tax credit permanent

EI Programme compassionate leave EXTENDED FROM SIX WEEKS TO SIX MONTHS effective January 2016

MARCIL THANGARANI NINAIVU UNIVERSITY SCHOLARSHIP



Direct Family Financial Support Canada Inc. in association with *Monsoon Journal* Offers Two University Scholarships [2016]

Students attending any University in Canada in the second year (3 year program) or third year (4/5 year program) who fulfill the following conditions are eligible to apply

- 1) Proficient in Tamil (Speaking and reading) and in English or French (A or B grade or above 60% marks in Grade 11 or 12)
- 2) A Good performance grade in the first or second year at the University (above 65%)
- 3) The Selection Board may consider participation in community or school activities



Send Bio data and copies of school and University records to Direct family Financial Support Canada 38 Helene Cres, Waterloo ON N2L5E5 email- marcilfrancis@gmail.com

FIRST DEATH ANNIVERSARY

21
★
April
★
1934



05
★
Oct
★
2014

Pathmanathan Kanagarajah

Former Vice-Principal, Ratmalana Hindu College, Colombo, Sri Lanka

"In our heart your memory lingers
 Always tender, fond and true;
 There's not a day, dear dad, We do not think of you."

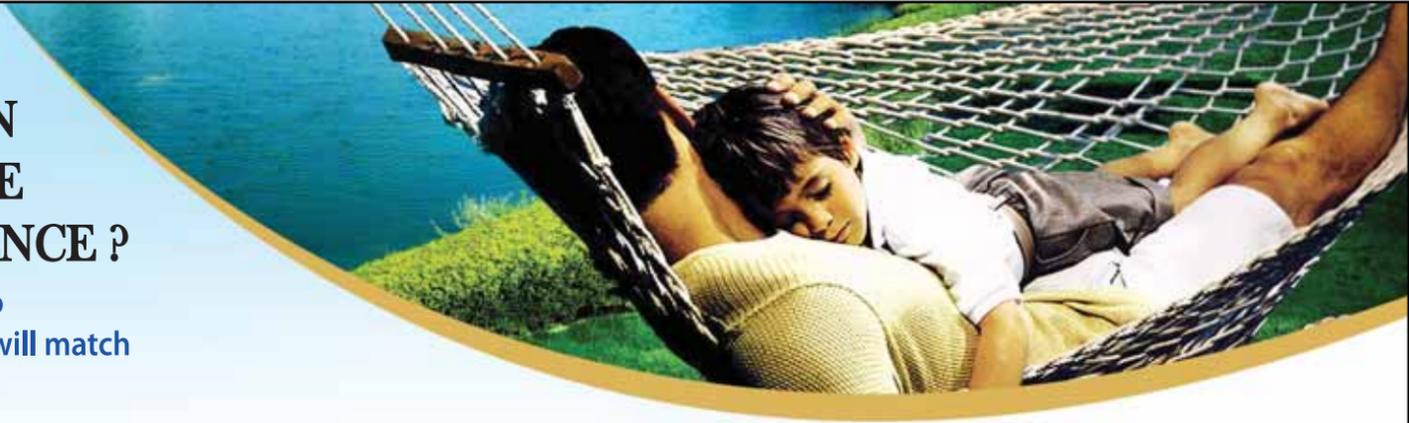
In memory of Mr. Pathmanathan Kanagarajah, Former Vice Principal of Ratmalana Hindu College, Colombo, Sri Lanka.

It's almost 1 year since our Dad passed away. At this 1 year Death Anniversary we would like to recognize and Thank all the well wishers who attended the funeral, sent floral tributes, messages of condolences and helped us in many ways during the funeral time. Thank you.

From the Family members : Ranji Kanagarajah (mom) Vasuki Devabalan (daughter), Vasanathan Kanagarajah, Jayanthan Kanagarajah (sons), Mohan Devabalan(son-in-law), Rajitha Jayanthan, Vidya Vasanathan (daughter-in-law) Charlene, Dillon, Janany, Aran, Cynthia and Tania. (Grand Children).

LOOKING FOR AN UNFORGETTABLE TRAVEL EXPERIENCE ?

We have competitive fares to Colombo/India/Europe and will match the Competition



சுகமான பயணங்களை பாதுகாப்புடன் சென்றடைந்திட... இலங்கை, இந்தியா, ஐரோப்பாவுக்கு...
 இலங்கை, இந்தியா, ஐரோப்பாவுக்கு...

Millennium Leisure Travels Inc.

CALL US AND SAVE BIG - Airline Tickets | Cruises | Vacation Packages | Tours

DELTA TORONTO EAST (INSIDE DELTA HOTEL) 2035 Kennedy Road, Toronto, On M1T 3G2

Tel: 4164319100 Toll Free: 1-866-FLY4MLT Email: info@flymlt.com Web: www.flymlt.com



Call me for a FREE Home Appraisal

TO BUY OR SELL



Velumailum LOGANathan B.Sc
 Broker of Record

Office **416-287-2222**
 Direct **416-500-7965**



THANK YOU FOR 150 YEARS

Over the years, we've connected with millions of Canadians. You've trusted Sun Life to help you build your savings, protect your family, and retire your way with confidence.

We're proud of our history and excited for a bright future. You can continue to count on us to help you achieve lifetime financial security. Let's talk about where you're at today.



Ajith Sabaratnam*, CHS™
Ajith Sabaratnam Insurance and Investment Services
 Tel: 905-276-7140 ext. 2248
 Cell: 647-401-5800
 ajith.sabaratnam@sunlife.com
 www.sunlife.ca/ajith.sabaratnam

Life's brighter under the sun

*Mutual funds offered by Sun Life Financial Investment Services (Canada) Inc.
 Sun Life Assurance Company of Canada is a member of the Sun Life Financial group of companies.
 © Sun Life Assurance Company of Canada, 2015.





DTA'S PARTICIPATION IN THE INDIAN INDEPENDENCE DAY CELEBRATION

India's 69th Independence Day was celebrated by ICCAD in Pickering Town Centre on Saturday, August 22nd. Durham Tamil Association was extremely proud to be part of this celebration which was focused on getting various communities together through "Unity in Diversity". DTA's Ommira Mehanathan, who is the student of Mrs. Shiyama Thayalan presented a classical Bharathanatyam dance for the guests and dignitaries at the Pickering Town Centre. Many colorful performances featuring various cultures were showcased right after the procession which commenced at the Esplanade Park in Pickering. Youth volunteers pitched in their help to make the event a memorable one.



Dignitaries with the chairperson of ICCAD Shashi Bhatia & President of DTA Josh Suresh



TEAM DTA with Mayor of Pickering Dave Ryan & Councillor of Ajax Renrick Ashby



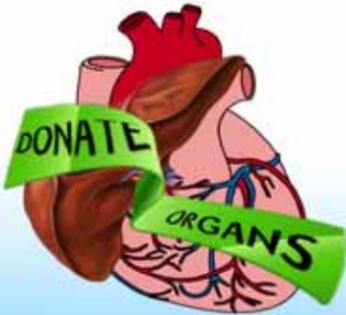
DTA's Ommira Mehanathan performing at the Indian Independence Day Celebration



Ommira Mehanathan on stage

Organ Donation Public Forum

Durham Tamil Association & CASSA in partnership with
The Town of Ajax



Wednesday, October 7th, 2015
5:30 - 8:30PM
McLean Community Centre;
Banquet Hall
95 Magil Drive, Ajax
647-909-6900 or
smilealwaysZuma@gmail.com

1 ORGAN DONOR CAN SAVE 8 LIVES.
IT ONLY TAKES 2 MINUTES FOR YOU TO REGISTER.

LIVE LIFE THEN GIVE LIFE



ARE YOU GETTING MILLION DOLLAR ADVICE?



ARE YOU IN GOOD HEALTH? Now's the TIME to ACT!



WHO WANTS TO BE AN INSURANCE ADVISOR?

Sritharan Thurairajah

Chartered Life Underwriter, Certified Health Insurance Specialist



Direct: **416.918.9771**

Business: **416.321.2500**



Is this the *right* time to Sell my Property

Call to clear your doubts or for a Free Market Evaluation

Velumailum Loganathan, B.Sc.

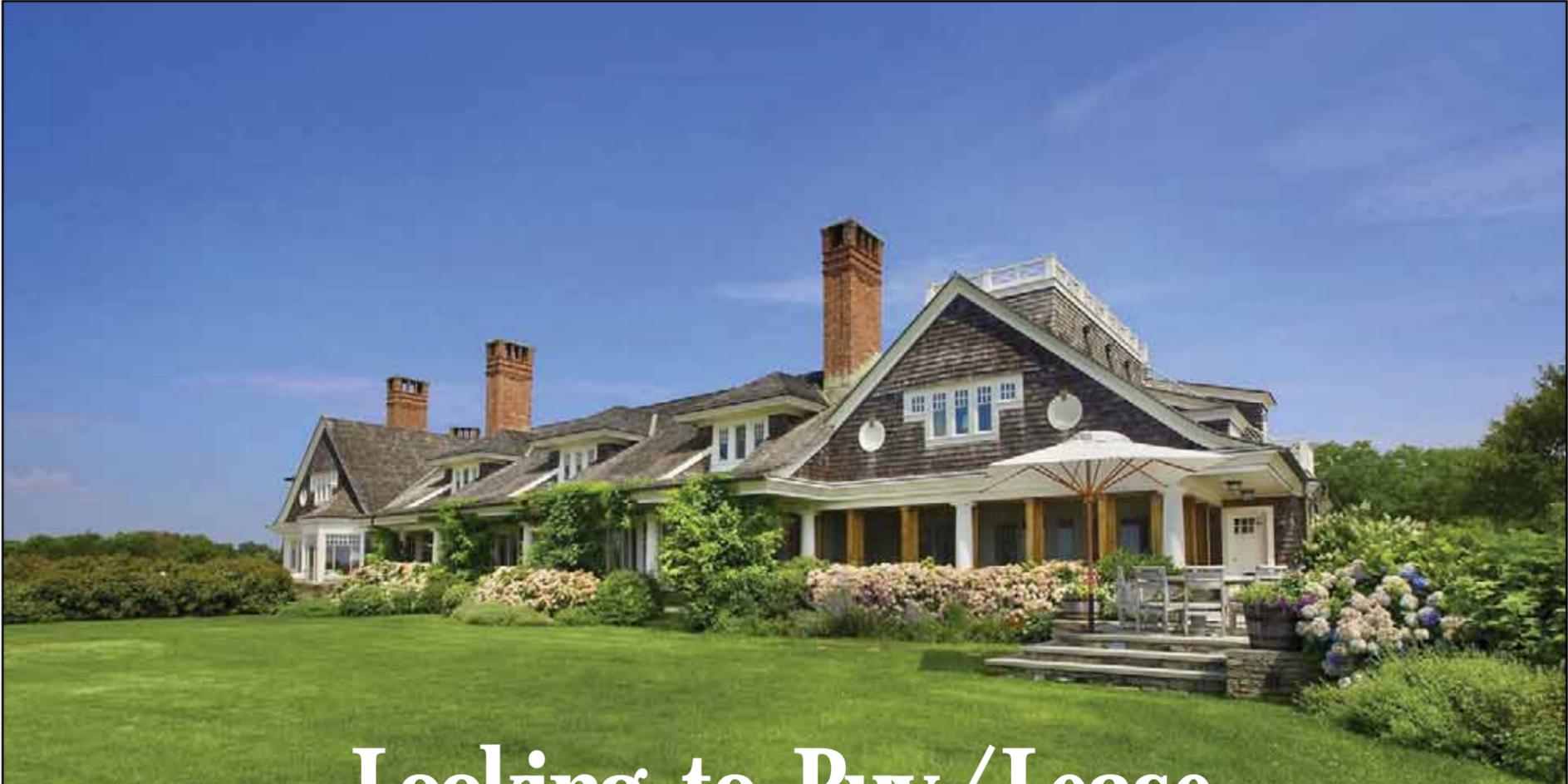
Broker of Record

416-500-7965



203-1265 Morningside Ave
Toronto, ON. M1B 3V9
Office: 416-287-2222





Looking to Buy/Lease
Residential or Commercial
Properties?
Contact me!

Mahan Ghajemukan

Sales Representative

416-999-2777

Smgajan@gmail.com



Realty Inc., Brokerage
Independently Owned & Operated

203-1265 Morningside Ave East
Toronto, ON. M1B 3V9
Tel: 416.287.2222
www.remaxcommunity.ca

A parfait media publication
Monsoon Journal
www.monsoonjournal.com
Montage of the Canadian Mosaic

VARIETY.

Check News & Events from various communities in the GTA.

"Printing the winds of change around us"



- 10th successful year in Circulation
- A monthly Newspaper in English
- Published in Toronto and print edition circulated in many areas including Greater Toronto, York, Peel, Durham and Waterloo Regions.
- An independent media from Toronto with Global perspective
- Viewed globally via Web & PDF versions

For
Advertisements
Call

Tel: 416-358-3235

E-Mail: toronto@monsoonjournal.com

Web: www.monsoonjournal.com



RE/MAX[®] sells a home every 2 minutes*

Choose wisely. Choose **RE/MAX[®]**



Velumailum Loganathan
 Broker of Record
416-500-7965



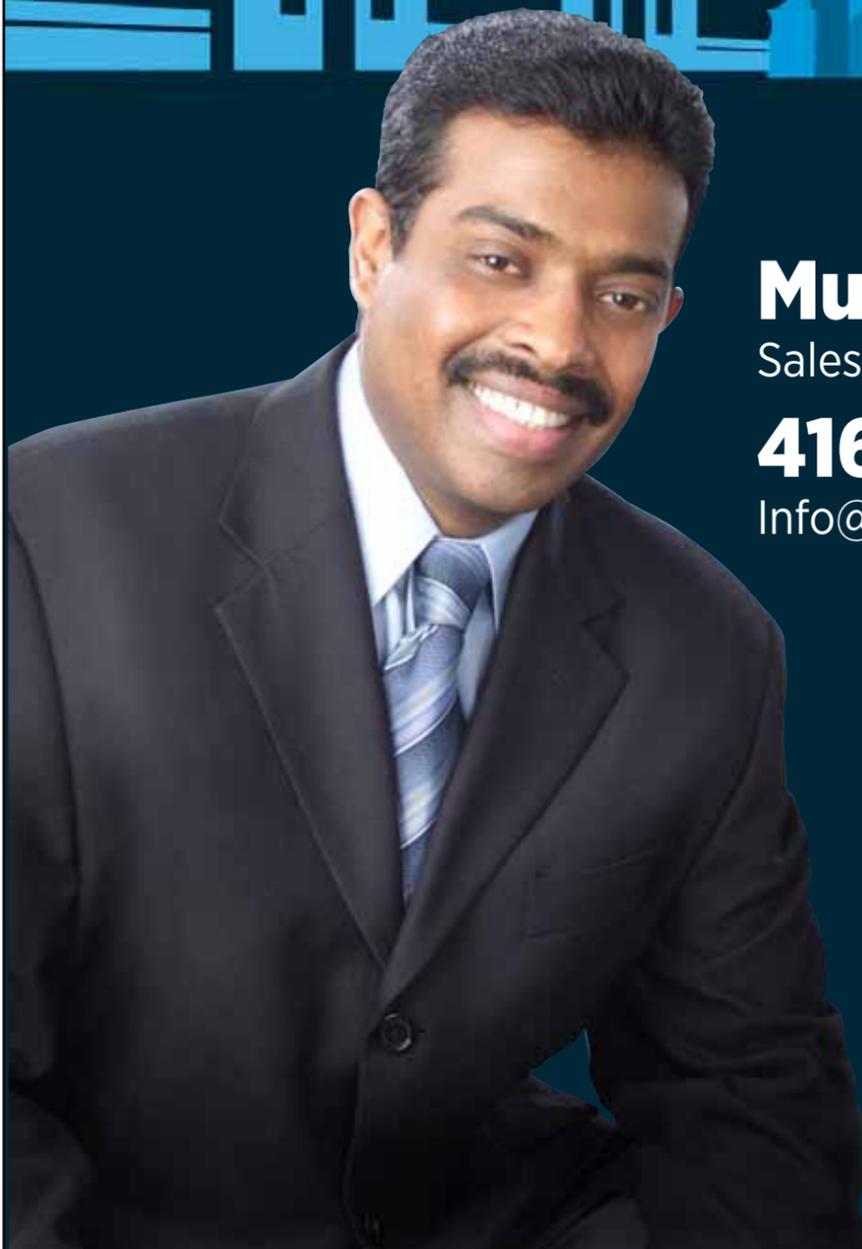
Independently owned and operated
 203-1265 Morningside Ave East
 Toronto, ON. M1B 3V9
 Tel: 416-287-2222
 recruiting@remaxcommunity.ca
 www.remaxcommunity.ca

*Based on data from RE/MAX and CREA



Rajeef Koneswaran
 Broker
416-568-1078

I will find you the right home - **FASTER!**
Get your home Sold - **FASTER!**



Murali Sivaguru

Sales Representative

416-271-2579

Info@sivaguru.com



Realty Inc., Brokerage

Independently Owned & Operated

203-1265 Morningside Ave East

Toronto, ON. M1B 3V9

Tel: 416.287.2222

www.remaxcommunity.ca

இறுக்கமான சூழலில் இலகுவான தீர்வு

\$1மில்லியன்
டொலருக்கான
ஆயுட்காப்புறுதி-
மாதாந்தக் கட்டணம்

ஆண்

பெண்

\$4140* | **\$2790***

*based on current rates for 10 year term
insurance to elite non smoker age 30

உங்களுக்கு

உகந்த காப்புறுதித்

திட்டங்களை பல்வேறு நிறுவனங்களுடன் ஒப்பிட்டு

குறைந்த கட்டணத்தில் பெற்றுக்கொள்ள அழையுங்கள்.

FREE CLASSES

To Become RESP & INSURANCE ADVISORS

LaCapitale



Desjardins

Manulife Financial



MDRT

Member of Million Dollar
Round TableDirect: **416.918.9771**Business: **416.321.2500**

- digi Media -

Sritharan Thurairajah

Chartered Life Underwriter, Certified Health Insurance Specialist

10 Milner Business Court, Suite 208, Scarborough, ON M1B 3C6

Web: www.life100.ca, E-mail: info@life100.ca

action
BUSINESS DEVELOPMENT

BUSINESS

DEVELOPMENT

Business Coaching Brings...

- ❖ Better Business Performance
- ❖ Growth to your Business
- ❖ Effective marketing and sales
- ❖ Makes you a better Leader
- ❖ Increased Value to your Business
- ❖ High value Exit / Succession Plans
- ❖ Increased cash flow

Call Today for a free consultation!

Kula Sellathurai

Certified Business Coach

416 902 9462

Kula@kulasellathurai.com

Over 25 yrs
of Business
Leadership
Experience





Call to find your Dream Property

Velumailum Loganathan, B.Sc.
Broker of Record

416-500-7965

 **RE/MAX[®]**
COMMUNITY
Realty Inc., Brokerage

203-1265 Morningside Ave
Toronto, ON. M1B 3V9
Office: 416-287-2222





FREELANCE PHOTOGRAPHERS PHOTOJOURNALISTS WANTED

Monsoon Journal is looking for freelance Photographers/Photojournalist to work along with the editorial team.

Monsoon Journal has media accreditation to access many corporate events.

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

Interested to meet people and cover social events.

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

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

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

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

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



Contact:

416-358-3235

toronto@monsoonjournal.com
www.monsoonjournal.com

SOLD



2 Bed room Condo Unit, 1703 McCowan Road

Sold for 96% of asking price

3 Bed room Condo Unit, 1703 McCowan Road

Sold over asking price

SOLD



3 Bed room Condo Unit, 45 Sunrise Ave

SOLD



2 Bed room Condo Unit, 2466 Eglinton Ave E



Realty Inc., Brokerage

203 - 1265 Morningside Ave

Toronto, ON. M1B 3V9, Tel: 416.287.2222

vlogan599@yahoo.com, www.remaxcommunity.ca



Velumailum Loganathan

Broker of Record

Direct: 416-500-7965



Tharuma Somasunderampillai
Sales Representative

Direct: 416-268-6098

* Not intended to solicit properties currently listed for sale or individuals currently under contract with a Brokerage.

Houses & Condos WANTED

List your Property with us to get Top \$\$\$\$\$

We have many buyers looking for homes and condos.

Renovation, Painting, Hardwood Flooring, Staging, Financing and Home Inspection can be arranged.



Call us for your **"Free Market Evaluation"**



Velumailum Loganathan

Broker of Record

Direct: 416-500-7965



Realty Inc., Brokerage

203 - 1265 Morningside Ave

Toronto, ON. M1B 3V9, Tel: 416.287.2222

vlogan599@yahoo.com, www.remaxcommunity.ca



Tharuma Somasunderampillai
Sales Representative

Direct: 416-268-6098

* Not intended to solicit properties currently listed for sale or individuals currently under contract with a Brokerage.

Monsoon Journal

A parfait media publication

Meticulously bringing the nostalgic Journey



- HOME
- ABOUT
- ARTICLES
- OBITUARIES
- ARCHIVES
- CONTACT



Justice Sripavan appointed Chief Justice of Sri Lanka

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

January 30, 2015, 8:58 PM

U.S. cautions Sri Lanka on challenges ahead

1 day ago

Pledges assistance to rebuild economy, prevent corruption, ensure good governance and human rights By Siva Sivapragasam The United States has cautioned the new Sri Lankan Government of the challenges it faced ahead while complementing the Government for what it has achieved [...]

READ FULL STORY →

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

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

January 30, 2015, 9:44 AM

New Era of Illuminating Engineering – Solid-State Lighting (LED) on Human Health

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

January 29, 2015, 9:50 PM

WEATHER

TORONTO

-9°C

scattered clouds
humidity: 76%
wind: 5km/h SW
H -9 • L -9

-5°C -15°C -7°C -15°C -16°C
WED THU FRI SAT SUN

CONNECT WITH US

Facebook Our page

Twitter Follow us!

Find us on Facebook

Monsoon Journal

55 people like Monsoon Journal.

Facebook social plugin

Tweets

Monsoon Journal @MonsoonJournal

Monsoon Journal wish to announce the release of Feb 2015 edition-Web&Print available from today #toronto #lka pic.twitter.com/qj0EneokXS

Monsoon Journal

CANADA NEWS



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

Ontario Premier Kathleen Wynne hosted a reception to Celebrate



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

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



Thai Pongal & Tamil Heritage Month

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

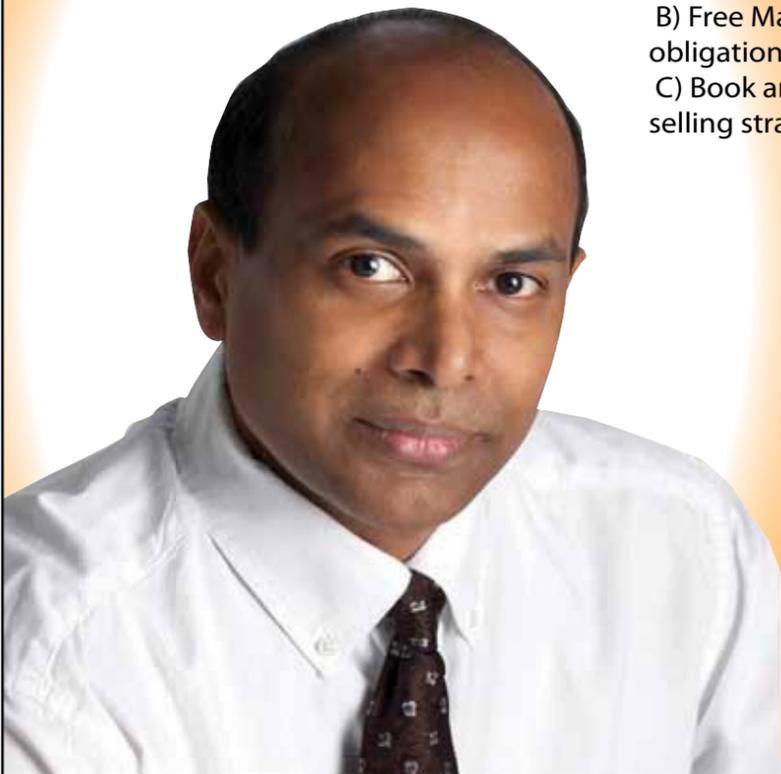
Visit our new website:

New Look

Many Interesting Sections

Daily Updates with News items, Articles, Obituaries and Many more..

Elango's Season Promotions



SELLERS

- A) Attractive commission based on Marketing Strategy.
- B) Free Market Evaluations, no cost, no obligations.
- C) Book an apt for 10 minutes to learn selling strategy.

BUYERS

- A) Flexible Selling Commission, if purchased property through me.
- B) Free home inspection and home staging.
- C) Book an apt for 10 minutes to learn about sourcing properties based on potential growth strategy and more.

Hundreds of satisfied clients,
reference available on request...

V. ELANGO

Sales Representative

elango_remax@outlook.com

416 844 2206



To Buy or Sell
Home, Condo,
Commercial or Business

RE/MAX



Contact your friendly Agents from Re/Max Community Realty:

Tel: 416-287-2222

RE/MAX COMMUNITY REALTY INC., Brokerage

203-1265 Morningside Ave Toronto, ON. M1B 3V9





GALAW | Gary Anandasangaree & Associates
Professional Corporation

- Real Estate
- Commercial
- Family
- Corporate
- Immigration
- Wills & Estate

416 321 1100
10 Milner Business Court Suite 210
Toronto Ontario M1B 3C6



ELECT

CHUCK KONKEL

Scarborough Guildwood



konkel.ca
 t: 416-283-5858
 e: konkel@sympatico.ca
 3340 Lawrence Ave East

f: chuck konkel
 t: @electkonkel

Authorized by the Official Agent for Chuck Konkel

I Believe In Family Values And Protecting Our Children

SUPPORTING FAMILY VALUES and protecting our children

Bringing Industry To Scarborough Guildwood To Create Full Time Well Paying Jobs

Keeping Taxes Low for hard working Canadians and Seniors

Providing \$1,920 per year for every child under 6, \$720.00 for every child 6-17 years

Making the home renovation tax credit permanent

EI Programme compassionate leave EXTENDED FROM SIX WEEKS TO SIX MONTHS effective January 2016

MARCIL THANGARANI NINAIVU UNIVERSITY SCHOLARSHIP



Direct Family Financial Support Canada Inc. in association with *Monsoon Journal* Offers Two University Scholarships [2016]

Students attending any University in Canada in the second year (3 year program) or third year (4/5 year program) who fulfill the following conditions are eligible to apply

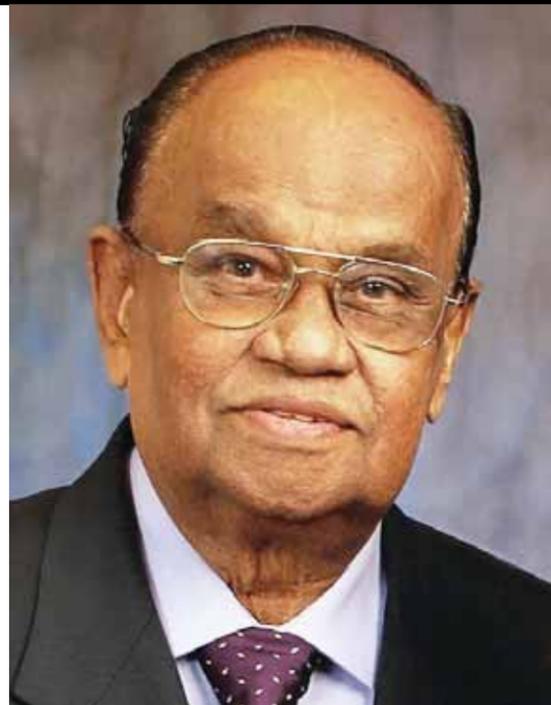
- 1) Proficient in Tamil (Speaking and reading) and in English or French (A or B grade or above 60% marks in Grade 11 or 12)
- 2) A Good performance grade in the first or second year at the University (above 65%)
- 3) The Selection Board may consider participation in community or school activities



Send Bio data and copies of school and University records to Direct family Financial Support Canada 38 Helene Cres, Waterloo ON N2L5E5 email- marcilfrancis@gmail.com

FIRST DEATH ANNIVERSARY

21
★
April
★
1934



05
★
Oct
★
2014

Pathmanathan Kanagarajah

Former Vice-Principal, Ratmalana Hindu College, Colombo, Sri Lanka

"In our heart your memory lingers
 Always tender, fond and true;
 There's not a day, dear dad, We do not think of you."

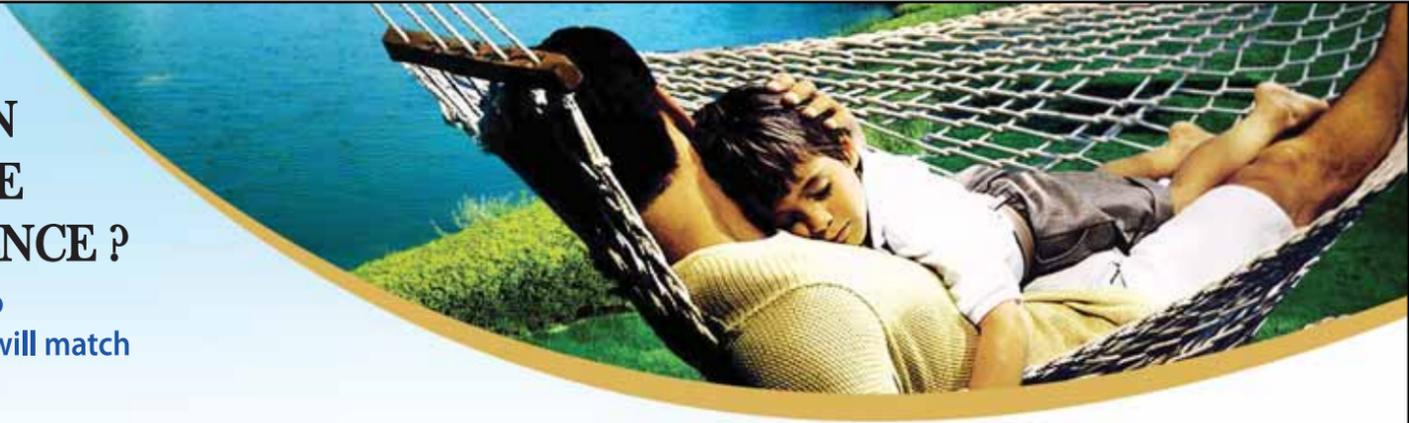
In memory of Mr. Pathmanathan Kanagarajah, Former Vice Principal of Ratmalana Hindu College, Colombo, Sri Lanka.

It's almost 1 year since our Dad passed away. At this 1 year Death Anniversary we would like to recognize and Thank all the well wishers who attended the funeral, sent floral tributes, messages of condolences and helped us in many ways during the funeral time. Thank you.

From the Family members : Ranji Kanagarajah (mom) Vasuki Devabalan (daughter), Vasanthan Kanagarajah, Jayanthan Kanagarajah (sons), Mohan Devabalan(son-in-law), Rajitha Jayanthan, Vidya Vasanthan (daughter-in-law) Charlene, Dillon, Janany, Aran, Cynthia and Tania. (Grand Children).

LOOKING FOR AN UNFORGETTABLE TRAVEL EXPERIENCE ?

We have competitive fares to Colombo/India/Europe and will match the Competition



சுகமான பயணங்களை பாதுகாப்புடன் சென்றடைந்திட... இலபதது சහ ஈர்வ்லாஈர் ஊழைஊஊ...

Millennium Leisure Travels Inc.

CALL US AND SAVE BIG - Airline Tickets | Cruises | Vacation Packages | Tours

DELTA TORONTO EAST (INSIDE DELTA HOTEL) 2035 Kennedy Road, Toronto, On M1T 3G2

Tel: 4164319100 Toll Free: 1-866-FLY4MLT Email: info@flymlt.com Web: www.flymlt.com



Call me for a **FREE Home Appraisal**

TO BUY OR SELL



Velumailum LOGANathan B.Sc
Broker of Record



Office **416-287-2222**
Direct **416-500-7965**



THANK YOU FOR 150 YEARS

Over the years, we've connected with millions of Canadians. You've trusted Sun Life to help you build your savings, protect your family, and retire your way with confidence.

We're proud of our history and excited for a bright future. You can continue to count on us to help you achieve lifetime financial security. Let's talk about where you're at today.



Ajith Sabaratnam*, CHS™
Ajith Sabaratnam Insurance and Investment Services
Tel: 905-276-7140 ext. 2248
Cell: 647-401-5800
ajith.sabaratnam@sunlife.com
www.sunlife.ca/ajith.sabaratnam

Life's brighter under the sun

*Mutual funds offered by Sun Life Financial Investment Services (Canada) Inc. Sun Life Assurance Company of Canada is a member of the Sun Life Financial group of companies. © Sun Life Assurance Company of Canada, 2015.

