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Justin Trudeau sworn in as Canada's 23rd Prime Minister



"Canada came together around an ambitious agenda for this country. An awful lot of work to do" - Prime Minister Trudeau

- Four South Asian community Ministers in Cabinet
- John McCallum Immigration, Refugees and Citizenship Minister

Hon. Ms. Bardish Chaggar,
Minister of Small Business and Tourism

Hon. John McCallum,
Minister of Immigration, Refugees and Citizenship

Hon. Maryam Monsef,
Minister of Democratic Institutions

Hon. Navdeep Singh Bains,
Minister of Innovation, Science and Economic Development

Hon. Harjit Sajjan,
Minister of National Defence

Hon. Amarjeet Sohi,
Minister of Infrastructure and Communities

By Siva Sivapragasam

Riding on a landslide victory at the polls and a wave of popularity among the people, Justin Trudeau has been sworn in as the new Prime Minister of Canada to effect a "real change" in the direction and the tone of a country built by the multi national mosaic framework of immigrant communities.

The 2015 federal election in Canada was significant and historic giving sharp gains for the Liberal party under the leadership of Trudeau. The swearing in ceremony was the culmination of a well-fought out campaign

which commanded an extraordinary attention among the people.

"Canada came together around an ambitious agenda for this country. An awful lot of work to do", Prime Minister Trudeau stressed in his speech after the swearing in ceremony.

The Liberals had promised during the election campaign to effect a Real Change for a better Canada by putting more money in the pockets of the middle class with tax cuts, creating a more honest and open Government, a true senate reform, a youth employment strategy, investing \$100 million for refugee re-settlement &

processing, bringing 25,000 Syrian refugees and improving health care services.

The Liberal Party and the "Trudeau Team" romped home to victory at the election capturing 184 seats and securing a comfortable majority in Parliament. The Liberal victory brings an end to the Stephen Harper era and a Conservative rule. Trudeau's victory was no doubt propelled by a national desire for a genuine and real change. The Trudeau Team created a landmark in Canadian electoral history by steering a party from third place at the dissolution of Parliament to first place when the campaign ended.

Contd. on page 3

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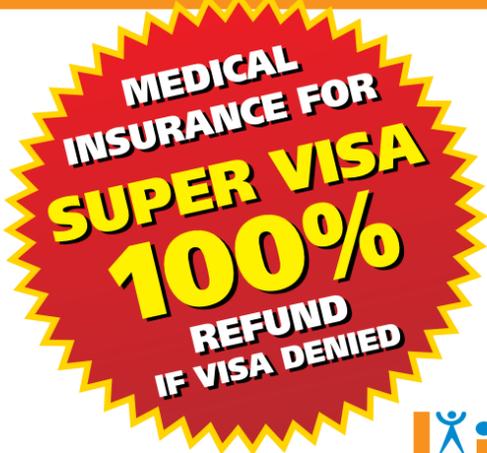
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Justin Trudeau sworn in as Canada's 23rd Prime Minister

Contd. from page 1

Trudeau has roped together a gender-balanced cabinet of fresh and energetic faces with strong parliamentary experience, diversely represented, and a pool swelling with deep talent. A significant feature is the inclusion of four Ministers of South Asian heritage, namely- Hon. Navdeep Singh Bains, Minister of Innovation, Science and Economic Development, Hon. Harjit Sajjan, Minister of Defence, Hon. Ms. Bardish Chaggar, Minister of Small Business and Hon. Amarjeet Sohi, Minister of Infrastructure. Hon.

Maryam Monsef who is the Minister of Democratic Institutions is of Afghan origin.

Some of the other important Ministers are - Foreign Affairs- Stéphane Dion, Immigration, Refugees and Citizenship- John McCallum, Finance - Bill Morneau. As Trudeau himself said, it is a government that "looks like Canada." That in itself is worth celebrating, whatever challenges lie ahead.

Canadians voted for a real change on Oct 19, and Trudeau has begun to deliver it in the corridors of power with his appointment of Cabinet Ministers.



Pic. left: Prime Minister Justin Trudeau

Bottom pic.: Prime Minister Justin Trudeau and Governor-General David Johnston with the new cabinet

FRONT ROW (L to R) Ralph Goodale, Jody Wilson-Raybould, Stéphane Dion, Chrystia Freeland, Justin Trudeau, David Johnston, John McCallum, Judy Foote, Lawrence MacAulay, Carolyn Bennett, Kent Hehr

MIDDLE ROW (L to R) Scott Brison, Marie-Claude Bibeau, Navdeep Bains, Diane LeBouthillier, Jean-Yves Duclos, MaryAnn Mihaychuk, Marc Garneau, Catherine McKenna, Bill Morneau, Mélanie Joly, Dominic LeBlanc, Jane Philpott

BACK ROW (L to R) Carla Qualtrough, Jim Carr, Kirsty Duncan, Amarjeet Sohi, Bardish Chaggar, Hunter Tootoo, Patty Hajdu, Harjit S. Sajjan, Maryam Monsef



Crosslinx Transit Solutions Signs Contract to Deliver Eglinton Crosstown by 2021

Province Moving Forward With Eglinton Crosstown LRT

Ontario is one step closer to delivering on the Eglinton Crosstown Light Rail Transit (Crosstown LRT) project to help ease congestion and create thousands of jobs.

MetroLinx and Infrastructure Ontario are working together to deliver the Crosstown LRT. The successful proponent, Crosslinx Transit Solutions (Crosslinx), has signed a contract for the construction and maintenance of the project. The value of the contract is approximately \$9.1 billion fixed-price and is being delivered using the Alternative Financing and Procurement (AFP) model. A key feature of the

LRT contract is a 30-year maintenance agreement which includes funding for lifecycle repair and renewal of building and system components.

The AFP delivery model protects taxpayers by transferring significant risks to the private sector and provides the opportunity for innovation in design and construction. For this project, the province benefitted from a rigorous, innovative and competitive procurement process that brought the contract \$2 billion under original estimate.

The Crosstown LRT will be delivered by 2021 and will run across Eglinton Avenue between Mount Dennis



(Weston Road) and Kennedy Station. The 19-kilometre corridor will include:

- A 10-kilometre underground portion between Keele Street and Laird Drive

- 25 stations and stops that will link to bus routes, three subway stations and various GO Transit lines

The construction of the Eglinton Crosstown is part of the largest infrastructure investment in Ontario's history - more than \$130 billion over 10 years, which is making 110,000 jobs possible every year on average across Ontario with projects such as roads,

bridges, transit systems, schools and hospitals.

Ontario's long-term infrastructure plan will help connect regions, develop new economic opportunities and improve quality of life for Ontarians by supporting critical infrastructure projects in cities, towns, and rural and remote communities.

Investing in transit and easing commutes is part of the government's plan for Ontario. The four-part plan is building Ontario up by investing in people's talents and skills, building new public infrastructure like roads and transit, creating a dynamic, innovative environment where business thrives, and building a secure retirement savings plan.

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: Gnan B. Gnanendran - digitalgnane@yahoo.ca, Rudy Ruthran - rudy@ruthran.com
 Health & Care: Ayktah Grover - www.aurawellness.ca, Dr. Amal Siva, Jeavana Sriharan, Andrea Shanmugarajah, Dr. S. Sivanesan, Dr. Nuwan Fonseka, Dr. Shiyam Loganathan, Dr. Harshini Sriskanda
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 Business & Finance: Arun Senathirajah - asenathi@hotmail.com
 David Joseph - David.joseph@investorsgroup.com
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 Circulation Co-ordinator: Donald. J

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Remembrance Day

November 11, 2015

Salute the Fallen Heroes



Traditional Ceremony at National War Memorial, in Ottawa. (November 11, 2014 - Photographer: MCpl Vincent Carbonneau -pic courtesy of: Office of The Governor General of Canada)

Act Today to Change Tomorrow

The month of November highlights many important dates; from Remembrance Day on November 11th, to World Diabetes Day on November 14th. Many men at the beginning of November even grow their moustaches for Movember to create awareness to Prostate Cancer. Health has become a prominent topic in today's culture and the World Health Organization continues to dedicate days to raise awareness and promote healthy living.

World Diabetes Day was created in 1991 by the International Diabetes Federation and World Health Organization as diabetes concerns began to rise. Almost 387 million adults were living with diabetes in 2014 and this number is anticipated to almost double to 600 million people by 2035.

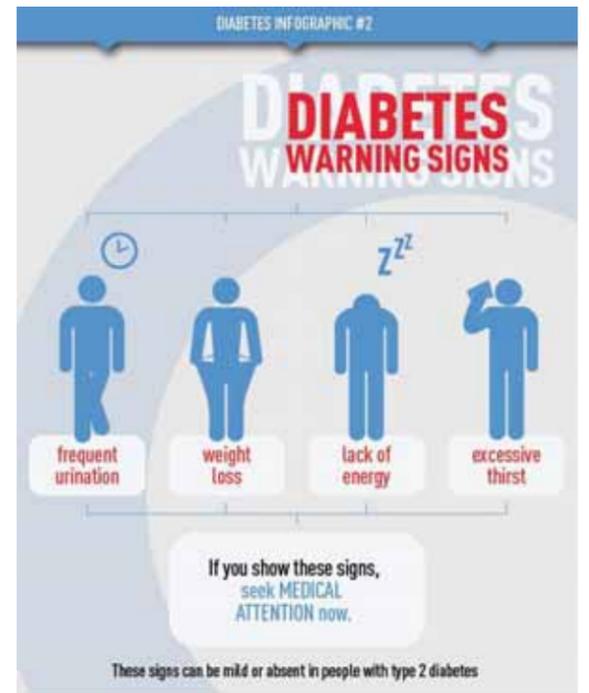
Imagine 1 in 2 people do not know that they have diabetes, and every 7 seconds 1 person dies from it. In 2014 there were 4.9 million deaths as a direct cause of diabetes.

Diabetes is a life-long disease that affects the way your body handles glucose, a kind of sugar, in your blood. We all have a family member or friend that is living with diabetes and has to manage their daily lifestyle. Even famous celebrities have been diagnosed with diabetes like Halle Berry, Tom Hanks and Larry King.

This year the theme for World Diabetes Day is Healthy Eating. By paying close attention to what our food choices are we are able to help stop type 2 diabetes, which about 90% of people with diabetes have. Managing all types of diabetes is important and with a healthy lifestyle, 70% of type 2 diabetes can be prevented.

By creating diabetes awareness and promoting healthy living at a young age, this will also help to deter the diabetes epidemic that is expected to take place. Taking the time to educate children and parents now is the key to reducing government spending to treat diabetes in the future. In 2014 it was estimated that it cost 612 billion USD to treat diabetes and manage complications.

Programs and Resources are available to the



public to receive support for children that have health concerns that could lead to diabetes.

In Scarborough, The Scarborough Hospital and Rouge Valley Health System jointly offers a new specialty clinic for children and teens with body weight health concerns. All of these measures are created to encourage families to make important lifestyle changes that will lead to improved health, stronger bodies and a better quality of life. Health providers taking action at a young age will help prevent later health risks down the road.

If we act now we can expect a better tomorrow. Governments working together to focus on health is the future of our global world. Talk to your doctor now to find out more information on what resources are available in your community. Let's have a healthy lifestyle now!

Krishni Narine (Hons. B.A.)

Community Development Officer

The Scarborough Hospital Foundation



“A love for tradition has never weakened a nation, indeed it has strengthened nations in their hour of peril.” Sir Winston S. Churchill (30 November 1874 – 24 January 1965) UK Statesman

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

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Province of Ontario Taking Action to Prohibit Carding and Street Checks Clear New Rules Will Protect Civil Liberties and Support Community Safety

The province has posted a draft regulation for public input that would prohibit the random and arbitrary collection of identifying information by police, referred to as carding or street checks.

The regulation would also establish clear and consistent rules to protect civil liberties during voluntary police-public interactions where police are seeking to collect identifying information, to ensure that those interactions are conducted without bias or discrimination, and done in a manner that promotes public confidence and keeps our communities safe.

The draft regulation - which will be posted online for comment - reflects input and feedback received through online submissions, public consultations and meetings with policing, civil liberties, privacy and community organizations as well as ethnic and cultural groups. Once in force, the regulation will be mandatory for every police service in Ontario.

There are three key parts to the draft regulation:



1) The express prohibition on random and arbitrary collection of identifying information by police

2) New rules to protect civil liberties during voluntary police-public interactions that take place for the purpose of keeping our communities safe from illegal activities that will require police to:

- Inform individuals that they are not legally required to provide information to the police officer
- Inform individuals that they are not required to remain in the presence of the officer
- Inform individuals why the information is being collected
- Provide information about the in-

teractions as well as how to file complaints and access this information

3) New training, data management, reporting, and other requirements to strengthen accountability and public confidence

The ministry will establish a panel of experts to support the development of the training requirements established in this regulation. The ministry will also launch a multi-year study to ensure that bias is removed from police-public interactions and to understand the impact on community safety from collecting identifying information through police interactions with the public.

The proposed regulation will ensure that all voluntary police-public interactions where police are seeking to collect identifying information are rights-based and consistent with the Canadian Charter of Rights and Freedoms as well as the Ontario's Human Rights Code. It will also support the province's police officers by providing them with clear and consistent rules to keep our communities safe.

QUICK FACTS

- Public meetings were held in Ottawa, Brampton, Thunder Bay, London and Toronto

- The ministry received 510 written submissions: 476 online submissions from the public and 34 written submissions from organizations

- The Police Services Act and its regulations set out the legal requirements for police services, police officers and police boards across the province

"Our government has been clear that we are opposed to any random and arbitrary collection of identifying information, and this regulation expressly prohibits that across Ontario. It also establishes clear and consistent rules for police officers to protect civil liberties in interactions that help keep our communities safe. I am proud that we are moving forward on these important changes that will help strengthen public accountability, and foster increased public trust in police, which is essential for building a stronger, safer Ontario."

- Yasir Naqvi, Minister of Community Safety and Correctional Services

Increasing Support for People Receiving Social Assistance Ontario Invests \$100 Million to Help Vulnerable Ontarians

Ontario has increased financial support for people receiving social assistance.

This fall, the social assistance rate increases announced in the 2015 Budget came into effect, including:

- \$25 more per month for single adults receiving Ontario Works who don't have children, for a total monthly increase of \$75 since 2013
- One per cent more for families receiving Ontario Works
- One per cent more for people with disabilities who access the Ontario Disability Support Program
- One per cent more for various other rates, including the Remote Communities Allowance and Assistance for Children with Severe Disabilities.

Since 2003, Ontario has increased social assistance rates by 18.3 per cent for families who access Ontario Works, by 29 per cent for singles with children who access Ontario Works and by 18.3 per cent for people with disabilities who receive Ontario Disability Support Program payments.

Providing vulnerable Ontarians with the support they need to realize their potential is part of the government's economic plan for Ontario. The four-part plan is building Ontario up by investing in people's talents and skills, making the largest investment in public infrastructure in Ontario's history, creating a dynamic, supportive environment where business thrives and building a secure savings plan.



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Indira Gandhi

- Legacy of A Leader

By Siva Sivapragasam

When Indira Gandhi became the Prime Minister of India in 1966 she was described as a "Dumb Doll" obviously referring to her possible inability then to tackle India's domestic and international issues. But barely four years later she was hailed as an invincible goddess when India won her war against Pakistan.

This writer had the opportunity of interviewing her father the First Prime Minister of India - the Late Pandit

ordered Lieutenant Colonel Sunderji of the Southern Command to invade the Golden Temple in Punjab she did this not because she loved the Sikhs less but because she loved India more. For this act she made the supreme sacrifice with her life when she was gunned down by her own trusted Sikh bodyguards. In later life her son Rajiv too had to lay down his life for being involved in the politics of a neighbouring nation.

Critics of Indira always dub her as a person who wishes to have an iron

The birth anniversary of India's former Prime Minister Indira Gandhi falls this month (November) and her death anniversary was last month (October). Many leaders have contributed to what the country is known today- "Incredible India". Indira Gandhi was one of them. But she was a controversial figure too. This article attempts to dwell into her controversy.

Jawaharlal Nehru somewhere around the 1960s when he visited Sri Lanka for the Non-Aligned Conference at the height of the Indo-China war. One of the questions put to him by the writer was about his successor and whether he was grooming his daughter to succeed him. With a twinkle in his eye and a smile on his face, Nehru said 'This is a not a matter for me to decide but a decision the people of India have to take.' The people of India did decide on her later when they made her the Prime Minister of the World's largest Democracy.

Indira Gandhi was certainly a person with a diverse personality when she took decisions for her country. From the Olympian heights of victory after the Pakistan war she plummeted down into the abyss of electoral defeat. A former Prime Minister of India Atal Behari Vajpayee from the Janatha Party even referred to her as a person who has been 'consigned to the dustbin of history'. But he was wrong. Within two years the Indian people brought her back with pride to lead their country and the Janatha party became history. But unfortunately the decisions she took for her country were mixed and thereby created a sense of bitterness among sections of her people. Even today people remember her as a person who introduced nineteen months of nightmarish emergency in the country. Such acts clouded the benefits she bequeathed to her country.

Sometimes referred to as the 'man in the Cabinet' she took bold decisions in the interest of her country. When she

grip with concentration of power in her hands. Some say that this was due to the large influence that her playboy younger son Sanjay had on the mother and perhaps her love to ensure dynastic succession. But unfortunately she could not achieve this due to the untimely death of Sanjay who died in a plane crash.

Her pride of achievements was of course the liberation of Bangla Desh in 1971 and Indians are so proud of this that she was looked upon as an incarnation of Shakthi, the Goddess of Power.

Her interest for the Tamils in Sri Lanka was no less. During the July 1983 riots when Tamils in the country were being burnt, massacred and their belongings looted there was an uproar in the Indian Parliament. Members were questioning her as to why India was silent. She walked out of the Lok Sabha proceedings, went into her room, telephoned the Sri Lankan President Jayawardene and told him that if the rioting is not controlled within the next 48 hours Indian troops will fly down to Sri Lanka to stop it. It was also rumoured that she had ordered the War Book be opened to invade Sri Lanka if the necessity arose. Jayawardene knew the seriousness of it and assured her that the rioting will stop. Both he and his Prime Minister immediately took steps to curb the violence. Gandhi also flew her Foreign Minister Narasimha Rao to Sri Lanka to ensure that Jayawardene kept his word. Thus, another Bangla Desh type invasion of Sri Lanka was averted.



She did not end her interest in the Tamils with this. When Appapillai Amirthalingam, the leader of the Tamil United Front was in exile in India soon after the July riots she called him to New Delhi from Chennai to attend India's Independence Day celebrations and introduced him for international exposure to the top-notch diplomats from all over the world as the Elected Leader of the Tamils in Sri Lanka. Amirthalingam told this writer that she had requested him to purposely come a little late for the function so that he would be the cynosure of all eyes present.

If History is to analyze the merits and demerits of Indira Gandhi both her faults and flaws may be long but at the same time her achievements and victories are even longer and impressive. The poison that was embedded in the form of the Emergency rule is now a thing of the past and the pres-

ent younger generation knows little about this and cares little about it. In an irony of fate and paradox it has done some good to the Indians to realize that India has to be a secular country with its multi ethnic, diverse nationalities and has to be governed democratically. Some say that she left a legacy of corrupt governance and political chicanery. This she did perhaps to fill the coffers of the Congress Party for electioneering. Thus her political interests came before the poverty-stricken and long-suffering nation.

India's rise under Indira was dazzling and in a way the meteoric rise had even surpassed that of her predecessors including that of her father who was a man of great vision and wisdom. Her sudden and tragic removal from the scene of politics like Shakespeare's Julius Caesar was indeed a great loss to the Indians and was perhaps a greater loss to the Tamils in Sri Lanka.

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May All the Beings in All the Worlds have Happiness and Peace



Jaffna Bishop Stresses the need for more government assistance to war affected widows in the North

Emphasizes the need for more employment opportunities for youth to eradicate the use of drugs

By Raymond Rajabalan

Rt.Rev. Dr. Justin Gnanapragasam, the newly appointed Bishop of Jaffna while meeting US Ambassador Atul Keshap and US Ambassador-at-large for Global Women's Issues Cathy Russell at the Bishops House, Jaffna on Wednesday pointed out that Government of Srilanka (GOSL) must take much more efforts to meet the needs of the war affected widows.

The Bishop remarked that at present the Church and other organizations have been doing their part to supplement the financial assistance provided by GOSL. The Bishop made this comment in response to a query by the US Ambassador if adequate financial assistance is being provided by the government to the war affected widows in the North.

During the meeting, the Bishop also raised the issue of the people displaced during the war and living in camps for the past 25 years and stressed the need

for them to be resettled. He also pointed out the issue of political prisoners being kept imprisoned for a very long period without any enquiry. When the duo raised the question about what steps should be taken to improve the conditions in Jaffna, the Bishop responded emphasizing the need for more employment opportunities for youth which will eventually eradicate the use of drugs amongst the youngsters.

The visiting diplomats held meetings with the Bishop of Jaffna, Justin Gnanapragasam, Northern Provincial Council Chief Minister CV Wigneswaran and Tamil women form civil society in the North-East.

The chief minister stressed the importance of US commitment to empower the people of the North, including the Tamil wom-



en in the North-East. Ms Russell also met with Tamil women entrepreneurs. Mr. Kasha stressed that the participa-

tion of women in the ongoing peace process was critical for sustainable peace on the island.

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General Assembly elects 18 members to UN Human Rights Council

The UN General Assembly on October 28th elected 18 States to serve on the United Nations Human Rights Council for three-year terms beginning on 1 January 2016.

Those elected were Belgium, Burundi, Côte d'Ivoire, Ecuador, Ethiopia, Georgia, Germany, Kenya, Kyrgyzstan, Mongolia, Panama, Philippines, Republic of Korea, Slovenia, Switzerland, Togo, United Arab Emirates and Venezuela.

The 18 outgoing members were Argentina, Brazil, Côte d'Ivoire, Estonia, Ethiopia, Gabon, Germany, Ireland, Japan, Kazakhstan, Kenya, Montenegro, Pakistan, Republic of Korea, Sierra Leone, United Arab Emirates, United States and Venezuela. In accordance with Assembly resolution 60/251, those Member States were eligible for immediate re-election except the delegation which had served two consecutive terms, namely, the United States.

Members of the Council serve for a period of three years and are not eligible for immediate re-election after serving two consecutive terms.

The distribution of seats for the current election was as follows: five seats for African States, five seats for Asia-Pacific States, two seats for Eastern European States, three seats for Latin

American and Caribbean States and three seats for Western European and other States.

Of those elected, Burundi, Georgia, Togo, Mongolia and Panama will be sitting on the Geneva-based body for the first time. Re-elected for an additional term was Côte d'Ivoire, Ethiopia, Germany, Kenya, Republic of Korea, United Arab Emirates and Venezuela.

The following States will also continue as members of the Human Rights Council: Albania, Algeria, Bangladesh, Bolivia, Botswana, China, Congo, Cuba, El Salvador, France, Ghana, India, Indonesia, Latvia, Maldives, Mexico, Morocco, Namibia, Netherlands, Nigeria, Paraguay, Portugal, Qatar, Russian Federation, Saudi Arabia, South Africa, the Former Yugoslav Republic of Macedonia, United Kingdom and Viet Nam.

Beginning in 2013, the Human Rights Council is expected to start its yearly membership cycle on 1 January. As a transitional measure, the period of office of its members ending in June 2015 has been exceptionally extended until the end of the calendar year.

Created by the Assembly in 2006, the 47-member Council is an inter-governmental body within the UN system responsible for strengthening the pro-



A wide view of the General Assembly Hall during the meeting, which was chaired by Ambassador Federico Alberto González Franco (on screens), of Paraguay and Vice-President of the General Assembly. UN Photo/Cia Pak

tection and protection of human rights around the globe and for addressing situations of human rights violations and making recommendations on them.

All of its members are elected by the world body's General Assembly, and it has the ability to discuss all thematic human rights issues and situations that require its attention throughout the year. It meets at the UN Office at

Geneva.

On the basis of equitable geographical distribution, Council seats are allocated to the five regional groups as follows: African States, 13 seats; Asia-Pacific States, 13 seats; Eastern European States, 6 seats; Latin American and Caribbean States, 8 seats; and Western European and other States, 7 seats. (UN.org)

Urgent action needed to address child statelessness - UNHCR

Thirteen-year-old Joe Hullman dreams of playing baseball in his native Dominican Republic. But because he has no birth certificate or identity papers, he scavenges instead for scrap metal at the San Pedro de Macoris municipal dump.

Half a world away in Cote d'Ivoire, 10-year-old Issa longs to go to school and get an education, but is left tending animals and cleaning at the local mosque because he cannot prove his identity and is stateless.

In Malaysia, meanwhile, 18-year-old Tha Chaa Yeny's hopes of one day becoming an architect have been dashed because she has no state identification card and just a birth certificate stating that she is a "non citizen."

"I like looking at buildings with designs on them, I want to be an architect. Sometimes I cry when I think about the fact that I will never have the chance to be one when I grow up," she said.

Every ten minutes a stateless child like Joe, Issa and Tha Chaa Yeny is born somewhere in the world. Unable to study, train for a career or even open a bank account, they face a lifetime of discrimination as their status profoundly affects their ability to learn, grow, and fulfil their dreams and ambitions.

Their experiences growing up stateless are highlighted in a new UNHCR study published on November 3rd: "I am Here, I Belong: the Urgent Need to End Childhood Statelessness". It



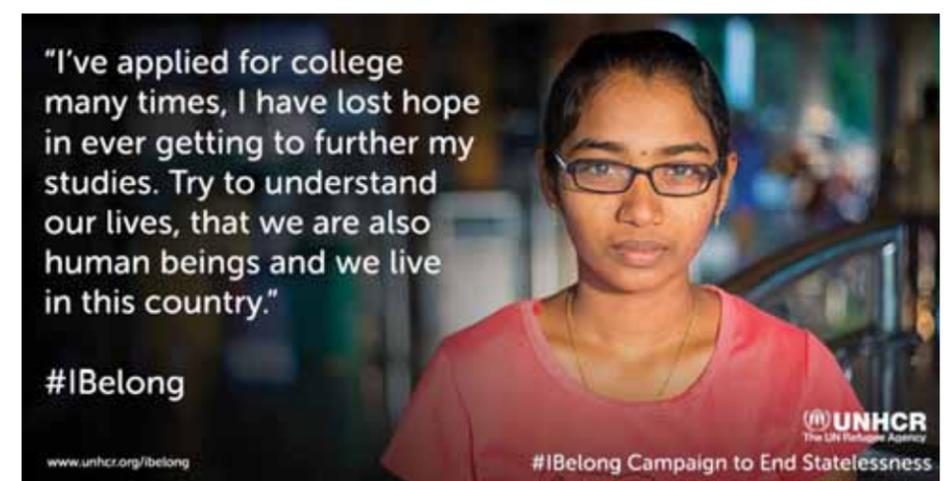
Joe Hullman, 13, works at San Pedro de Macoris municipal dump during his summer vacations looking for metal scraps in San Pedro de Macoris, in Dominican Republic-pic by: UNHCR/Markel Redondo

draws on interviews with more than 250 children and youngsters, their parents and guardians in seven countries around the world.

In the report, they tell of the tough challenges they face growing up, often on the margins of society, denied the rights most citizens enjoy. They say they are frequently treated like foreigners in the country they have lived in all their lives, describing themselves as "invisible," "alien," "living in a shadow," "like a street dog" and "worthless."

"In the short time that children get to be children, statelessness can set in stone grave problems that will haunt them throughout their childhoods and sentence them to a life of discrimination, frustration and despair,"

UN High Commissioner for Refugees António Guterres said at the launch of the report. "None of our children should be stateless. All children



Kavita in Malaysia wanted to teach art but no college would admit her because she was stateless. Un-deterred, she applied for a job with the local nursery school, but despite excelling during the interview she was refused employment because she could not set up a bank or pension account. Now, she works in a friend's grocery store. "It's a dead-end job," says Kavita. "But, for now this job has been very helpful since I don't have proof of any nationality and can't work anywhere else. But I wish to become a teacher. It's been my ambition since I was very young. I now tutor children at my uncle's house. It's how I keep my dream alive." Unable to acquire professional qualifications, many stateless young people pursue vocational courses

should belong."

Stateless young people often face discrimination and harassment by authorities and are more vulnerable to exploitation. Their lack of nationality often sentences them and their families and communities to remain impoverished and marginalized for generations

Statelessness also affects their future. One young woman in Asia, told UNHCR researchers that she has been unable to take up job offers as a teacher because she is stateless and can only find work in a local shop. "I want to tell the country, that there are many peo-

ple like me."

The UN refugee agency is urging all states to take steps, including allowing children to gain the nationality of the country in which they are born – if they would otherwise be stateless – and reforming laws that prevent mothers from passing their nationality to their children on an equal basis as fathers. It also seeks to ensure universal birth registration to prevent statelessness, and the elimination of laws and practices that deny children nationality because of their ethnicity, race or religion.



Adverse weather pushes global food prices up by 3.9 per cent in October, says UN agency

Weather-driven concerns about sugar and palm oil supplies have led to price increase of major food commodities in October, said Food and Agriculture Organization (FAO) on November 5th.

The FAO Food Outlook released today said that its Food Price Index averaged nearly 162 points in October, up 3.9 per cent from September, while still down 16 per cent from a year earlier.

The latest Cereal Supply and Demand Brief of the UN agency slightly reduced its forecast for global cereal production in October 2015 and now projects production at 2.53 billion tonnes, 1.1 per cent below last year's record output.

FAO said that the reduction reflects dimmer expectations about maize crops in India and Ukraine, mostly due to adverse weather.

Additionally, the UN agency said that drought in Thailand prompted a plummeted projection of the seasonal rice harvest.

FAO also said that the forecast for global wheat production has been raised, largely reflecting a bigger har-

vest in the European Union than earlier anticipated.

The UN agency also expects would cereal stocks to remain at a good level as global wheat inventories are rising further, reaching their highest level in 15 years.

The FAO's Sugar Price Index led the overall rise, surging 17.2 per cent from September due to fears that excessive rains in Brazil would impact sugarcane harvests backed by reports of drought in India and Thailand adding that the sharp jump reversed the sub-index's decline since February.

The UN food agency also reported a 6.2 per cent increase in the FAO Vegetable Oil Price Index as concerns intensify over the impact of El Niño on next year's palm oil supply in Indonesia, couples with coupled with slow progress in soybean plantings in Brazil, due also to unfavourable weather.

Further, FAO reported that the Dairy Price Index rose 9.4 per cent from September on concerns that milk output in New Zealand would decline but added that the Meat Price Index remained stable.



Additionally, the report also found that the Cereal Price Index also surged by a modest 1.7 per cent, mainly due to growing concerns over dry weather conditions affecting wheat crops in Ukraine and southern parts of the Russian Federation.

The FAO Food Price Index is a trade-weighted index that tracks prices on international markets of five major food commodity groups: cereals, meat, dairy products, vegetable oils and sugar.

- UN.org

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

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



Rouge Valley holds Nursing Hiring Fair

Hospital looking to hire more than 50 nurses at both campuses

Here's your chance to join a sought-after workplace in a meaningful career caring for patients and families. Rouge Valley Health System (RVHS) is hosting its Nursing Hiring Fair next week to hire more than 50 nurses.

The hospital is recruiting for registered nurses (RNs) and registered practical nurses (RPNs) to work at its hospi-

es (e.g. critical care) may be required for specialized areas. In addition, applicants must have current registration with the College of Nurses of Ontario and applicable BCLS/ACLS.

Booking an interview is easy

Applicants can book an interview time by visiting www.rougevalley.ca/hiringfair and completing the registration form.



Nursing Hiring Fair

- When: Friday, Nov. 6, from 4 p.m. to 8 p.m.; and Saturday, Nov. 7, from 9 a.m. to 5 p.m.
- Where: Rouge Valley Centenary, third floor, Dr. Bruce Johnston Conference Room.

tal campuses: Rouge Valley Centenary, in Scarborough; and Rouge Valley Ajax and Pickering, in Ajax. Rouge Valley is looking for nurses on several units and departments including cardiac care, critical care, emergency, medicine, women and children's, and the hospital staffing resource team. Full-time, part-time, and temporary positions are available.

All RNs and RPNs must have at least one year of recent and related Canadian hospital experience in their areas of expertise. Additional experience and cours-

es (e.g. critical care) may be required for specialized areas. In addition, applicants must have current registration with the College of Nurses of Ontario and applicable BCLS/ACLS. Interested candidates may also drop in on the day of the fair. The recruitment team will be screening accordingly. Getting an interview may take longer for those who attend without having filled in the online form in advance. For questions or to get more information about the Nursing Hiring Fair, please email careers@rougevalley.ca.

Community groups make inaugural Diversity Day at Rouge Valley a huge success

Rouge Valley Health System (RVHS) held its first-ever Diversity in Healthcare: Education & Awareness Day on Oct. 7 at both of its two hospital campuses: Rouge Valley Centenary (RVC) in Scarborough; and Rouge Valley Ajax and Pickering (RVAP) in Ajax. With the participation of various community groups, the day was a hit with RVHS staff.

At RVAP, participants were treated to a performance by students of Tamil heritage from the Institution of Academic and Fine Arts of Durham. The school, located in Ajax, serves over 100 students in academic and fine arts programs.

One of the institution's teachers, Vatsala Sathianathan, displayed significant Tamil cultural artifacts. Students Abi, Reshali, Kishani, Shajahi and Shakidya performed Tamil music on violins and traditional dances in the large cafeteria at the hospital. Despite the celebration being in the middle of a school day, the students performed over their lunch hour so they could participate. The hospital thanked the students and the teachers of the school for making the day more special for staff and members of the community, and Raveena Rajasingham for coordinating their contribution.

Other highlights of the event were the guest speakers: Dr. Joseph Chandrakanthan, a bioethicist who is regularly at RVHS and the team lead and senior staff bioethicist at the Centre for Clinical Ethics; and Tarryn Chatz, from the hospital's employee assistance program, ComPsych. Dr. Chandrakanthan spoke about cultural and religious practices at end-of-life. Chatz facilitated a workshop on mental health in the workplace. These powerful presentations underscored the importance of better understanding, appreciating and responding to the diversity of patients, the community and staff at the hospital.

The hospital also thanked other community organizations who participated in the educational day between the two campuses: Autism Ontario; Lakeridge Pinewood; Abilities Centre Whitby; United Way; Learning Disabilities Association of Durham Region; TAIBU Community Health Center; Scarborough Centre for Healthy Communities; YMCA Newcomer Information Centre; Carefirst Community Services Association; The 519; Health & Wellness Action Group; Islamic Circle of North America Scarborough; Miracle Centre Ministries; Variety Village; and Cota.



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

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





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Just as our knees carry half the weight of our body it is our feet that carries most of the body weight and as such the heel is a very vital part of the feet.

Heel pain is a very common foot problem. The sufferer usually feels pain either under the heel (plantar fasciitis) or just behind it (Achilles tendinitis), where the Achilles tendon connects to the heel bone.

Even though heel pain can be severe and sometimes disabling, it is rarely a health threat. Heel pain is typically mild and usually disappears on its own; however, in some cases the pain may persist and become chronic (long-term).

There are 26 bones in the human foot, of which the heel (calcaneus) is the largest. The human heel is de-



S. Pathmanathan, B.A. (Hons) Cey

Revised and translated by

S. Raymond Rajabalan, B.Sc. (Hons) Cey



don may swell. As the day progresses the pain usually gets worse.

- **Heel bumps (pump bumps)** - common in teenagers. The heel bone is not yet fully mature and rubs excessively, resulting in the formation of too much bone. Often caused by having a flat foot. Among females can be caused by starting to wear high heels before the bone is fully mature.

- **Tarsal tunnel syndrome** - a large nerve in the back of the foot becomes pinched, or entrapped (compressed). This is a type of compression neuropathy that can occur either in the ankle

which cannot heal and repair itself correctly - the Achilles tendon receives more tension than it can cope with and microscopic tears develop. Eventually, the tendon thickens, weakens and becomes painful.

Heel pain may also be caused by:

- **Achilles tendon rupture** - the tendon of the heel cord behind the ankle is torn.

- **Bone bruise.**

- **Bone cyst** - a solitary fluid-filled cyst (cavity) in a bone.

- **Gout** - levels of uric acid in the blood rise until the level becomes ex-



A heel pain sufferer commonly feels pain either under the heel (plantar fasciitis) or just behind it (Achilles tendinitis).

area, as well as fever.

- **Peripheral neuropathy** - neuropathy is a collection of disorders that occurs when nerves of the peripheral nervous system (the part of the nervous system outside of the brain and spinal cord) are damaged. The condition is

Heel Pain: Causes, Prevention and Treatments

signed to provide a rigid support for the weight of the body. When we are walking or running it absorbs the impact of the foot when it hits the ground, and springs us forward into our next stride. Experts say that the stress placed on a foot when walking may be 1.25 times our body weight, and 2.75 times when running. Consequently, the heel is vulnerable to damage, and ultimately pain.

In the majority of cases, heel pain has a mechanical cause. It may also be caused by arthritis, infection, an autoimmune problem trauma, a neurological problem, or some other systemic condition (condition that affects the whole body).

Causes of heel pain

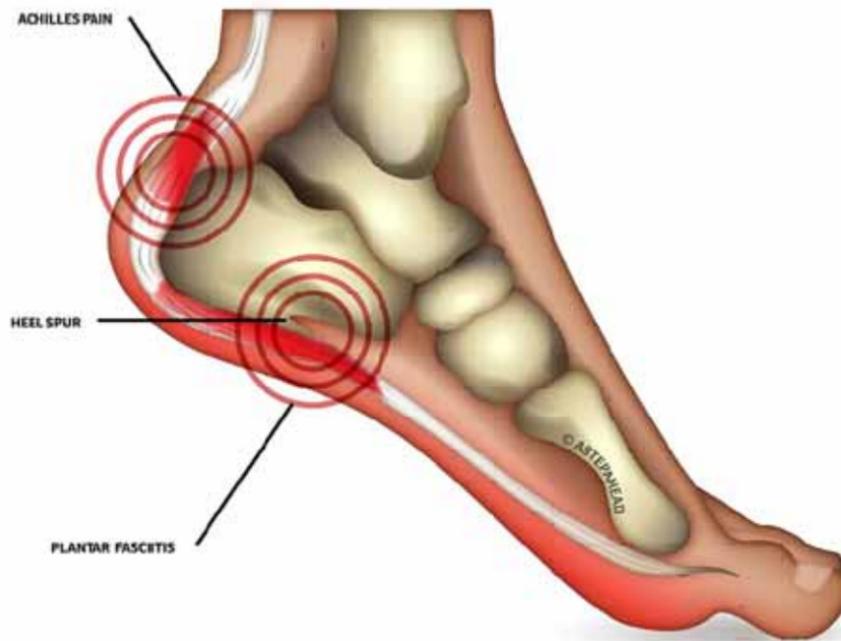
Heel pain is not usually caused by a single injury, such as a twist or fall, but rather the result of repetitive stress and pounding of the heel.

The most common causes of heel pain:

- **Plantar fasciitis (plantar fasciosis)** - inflammation of the plantar fascia. The plantar fascia is a strong bowstring-like ligament that runs from the calcaneum (heel bone) to the tip of the foot.

When the plantar fasciitis is stretched too far its soft tissue fibers become inflamed, usually where it attaches to the heel bone. Sometimes the problem may occur in the middle of the foot. The patient experiences pain under the foot, especially after long periods of rest. Some patients have calf-muscle cramps if the Achilles tendon tightens too.

- **Heel bursitis** - inflammation of the back of the heel, the bursa (a fibrous sac full of fluid). Can be caused by landing awkwardly or hard on the heels. Can also be caused by pressure from footwear. Pain is typically felt either deep inside the heel or at the back of the heel. Sometimes the Achilles ten-



or foot.

- **Chronic inflammation of the heel pad** - caused either by the heel pad becoming too thin, or heavy foot-steps.

- **Stress fracture** - this is a fracture caused by repetitive stress, commonly caused by strenuous exercise, sports or heavy manual work. Runners are particularly prone to stress fracture in the metatarsal bones of the foot. Can also be caused by osteoporosis.

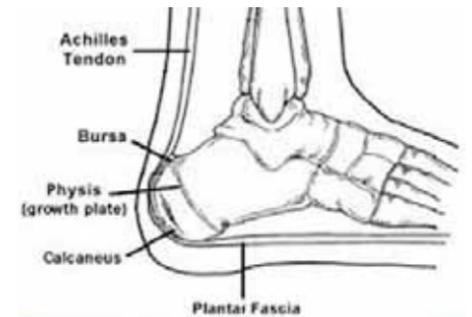
- **Severs disease (calcaneal apophysitis)** - the most common cause of heel pain in child/teenage athletes, caused by overuse and repetitive microtrauma of the growth plates of the calcaneus (heel bone). Children aged from 7-15 are most commonly affected.

- **Achilles tendonosis (degenerative tendinopathy)** - also referred to as tendonitis, tendinosis and tendinopathy. A chronic (long-term) condition associated with the progressive degeneration of the Achilles tendon. Sometimes the Achilles tendon does not function properly because of multiple, minor microscopic tears of the tendon,

cessive (hyperuricemia), causing urate crystals to build up around the joints. This causes inflammation and severe pain when a gout attack happens.

- **Neuroma (Morton's neuroma)** - a swollen nerve in the ball of the foot, commonly between the base of the second and third toes.

- **Osteomyelitis** - Osteomyelitis means infection of the bone or bone marrow; inflammation of the bone due to infection. Osteomyelitis sometimes occurs as a complication of injury or surgery. In some cases, the infection may get into bone tissue from the bloodstream. Patients with osteomyelitis typically experience deep pain and muscle spasms in the inflammation



generally referred to as peripheral neuropathy, and it is most commonly due to damage to nerve axons. Neuropathy usually causes pain and numbness in the hands and feet. It can result from traumatic injuries, infections, metabolic disorders and exposure to toxins. One of the most common causes of neuropathy is diabetes.

- **Problems with your gait** - wrong posture when walking/running.

- **Rheumatoid arthritis** - rheumatoid arthritis, sometimes referred to as rheumatoid disease, is a chronic (long lasting), progressive and disabling auto-immune disease condition that causes inflammation and pain in the joints, the tissue around the joints, and other organs in the human body. Rheumatoid arthritis usually affects the joints in the hands and feet first, but any joint may become affected. Patients with rheumatoid arthritis commonly have stiff joints and feel generally unwell and tired.

Prevention and Treatments will be continued in Dec 2015 issue

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THE KALEIDOSCOPE BALL RAISES \$700,000 TO SUPPORT DIAGNOSTIC IMAGING AT THE SCARBOROUGH HOSPITAL

SCARBOROUGH – The inaugural Kaleidoscope Ball, a partnership between The Scarborough Hospital Foundation and the Scarborough Walk of Fame, raised \$700,000 to support the Diagnostic Imaging department at The Scarborough Hospital (TSH). Funds raised will purchase much needed state-of-the-art diagnostic equipment.

Bringing together more than 500 people on Saturday, 17 October, the Kaleidoscope Ball celebrated the diversity and vitality of Scarborough’s global community.

“Tonight, the Scarborough community’s generosity was extraordinary,” said Michael Mazza, President and CEO of The Scarborough Hospital Foundation. “On behalf of the Foundation and the hospital, we extend our sincerest gratitude to the individuals and organizations that supported the gala and Diagnostic Imaging at The Scarborough Hospital.”

TSH’s Diagnostic Imaging department runs around-the-clock to diagnose people’s injuries, diseases, and life-threatening medical conditions. Diagnostic Imaging physicians and staff use machines like ultrasounds, X-rays, and MRIs to make fast and accurate diagnoses, enabling people to get the care and treatment they need as soon as possible. Last year, TSH’s highly trained Diagnostic Imaging team performed more than 200,000 exams.

At the gala, former Kindergarten teacher and TSH patient, Margi Huff, shared the impact that a fast and accurate breast cancer diagnosis had on her life.

“A few years ago, I found a lump in my breast. I was sent to The

Scarborough Hospital and, in just two days, I had an ultrasound followed by a biopsy,” Margi said. “Because the Diagnostic Imaging team identified what was wrong so quickly and accurately, my cancer was treatable and I had time to make the best decisions for my health. If I had to wait a month or more to get my diagnostic tests done, I probably would not be here tonight.”

Hosted by celebrated broadcasters, Christine Bentley and “Humble” Howard Glassman, the evening also paid tribute to the 2015 Scarborough Walk of Fame Inductees:

- **Dr. Sophie Hofstader, Award-Winning Dermatologist and Community Leader**
- **Betty Carr, Community Newspaper Leader**
- **Mike Holmes, Canada’s Most Trusted Contractor**
- **Farley Flex, Manager of Potential and Social Activist**
- **Cherie Piper, Olympic Gold Medalist and Hockey Legend**

Each inductee represents the best of the best in Scarborough, and strongly supports the world class health care that The Scarborough Hospital provides.



The final total of funds raised at the Ball will be confirmed in the coming weeks.

The Scarborough Hospital Foundation thanks the following organizations for their generous support of the Kaleidoscope Ball: Scarborough Radiologists, TD, Scarborough Town Centre, Centennial College, The Scarborough Hospital

Medical Staff Association, The Toronto Star, First Choice Hair Cutters, Royal de Versailles, Royal Bank, Scotiabank, Borden Ladner Gervais, Orlando Corporation, Advertex, Metroland Media, Canadian Clothing International, and Beck Taxi.

Thank-you also to Dalla, Freda’s, Hilti, and The Holmes Group for their in-kind support.

PROGRAM PROVIDES MENTAL HEALTH SUPPORT FOR CANCER PATIENTS

The statistics are shocking.

Compared to the general population, the incidence of depression for cancer patients can be anywhere from two and a half to six and a half times greater, and yet over 70 per cent of these patients do not receive care for their mental health issues.

The Scarborough Hospital’s (TSH’s) Mental Health and Cancer Care programs are helping to address this unmet need through the Psychosocial Oncology Support Team, or ‘POST’, as it is known. The program, which began in the fall of 2012 with just a weekly drop-in clinic for outpatients, has “completely evolved to offer a variety of services to patients at various points of care,” said Dr. David Gratzer, a Psychiatrist at TSH.

Oncology inpatients receive mental health consultations and care. As well, patients of the hospital’s Oncology Clinic have access to several Registered Nurses (RNs) and two General Practitioners specializing in mental health issues, who provide both group and one-on-one support services. There is also an outpatient clinic through the Mental Health program, which offers psychological interventions, such as mindfulness therapy.

For Julie Priestly, the services of the POST program have been a lifesaver.

After undergoing chemotherapy and radiation for over three years to treat metastatic breast cancer, the fear and anxiety of living with her disease was becoming overwhelming.

“I cried a lot and my thoughts often led me down dark paths,” said Julie.

“The techniques I learned during the Mindfulness-Based Stress Reduction Group have shown me a new way to change my perspective. They have made an immense difference in coping with anxiety, sleeplessness, restlessness, pain management, and my overall wellbeing. Practicing the techniques regularly significantly lightens my emotional and mental state.”

Kelly Brockington, an RN with the POST program at TSH, adds that the staff “see a lot of people with a background of anxiety and depression and they have told us that being able to access these services has helped them to deal with the ebbs and flow of treatment, and prevented them from sliding back into depression.”

Recently, the program has expanded to offer more online interventions. “We’ve found that as people become sicker, or if they aren’t feeling well after chemotherapy one week, they may not be able to participate in the outpatient services at the hospital. So if a patient misses a week of the group therapy, for instance, they can catch up online,

or by listening to that week’s session via an .mp3 player during their next treatment,” said Kelly.

In addition, there are a number of physician- and therapist-approved mindfulness and meditation apps that patients can download to complement the group or individual therapy they are receiving. In the future, the goal is to add more online options, such as chat rooms for patients, and mindfulness groups that can be accessed via Skype.

For Faiza Khalid-Khan, Director of the Mental Health program at TSH, the success of POST lies in its team-based approach. “We’re fortunate to have exceptional staff and physicians in the Mental Health and Cancer Care programs who have worked together to build this program from the ground up over the last three years, and we want to continue to innovate in order to be able to truly address the needs of our patients.”

Visit TSH’s website for more information about the Mental Health and Cancer Care programs.



THE SCARBOROUGH HOSPITAL ANNOUNCES NEW CHAIR AND VICE CHAIR OF ITS COMMUNITY AND PATIENT ADVISORY COUNCIL

Scarborough, ON – The Scarborough Hospital (TSH) is pleased to announce the new Chair and Vice Chair for its Community and Patient Advisory Council (CPAC). TSH's Board of Directors appointed Patrick Sherman as Chair and Ron Lowe as Vice Chair at its meeting earlier this month.

Patrick (Pat) Sherman, Chair, TSH CPAC

Patrick Sherman has spent the last 15 years consulting to the Ontario health sector, specializing in corporate governance, information privacy, and security. He worked with the Royal Ottawa Hospital assisting them with compliance to the Personal Health Information Protection Act that came into effect in Ontario in 2004. He also consulted with eHealth Ontario and the Ministry of Health and Long-Term Care with the implementation of electronic patient health records.

Prior to working as an independent consultant, Patrick had a successful 32-year career with IBM Canada in various senior management positions.

Since leaving IBM, he helped build three new companies and has served as a Director of a publicly traded Canadian corporation. He also has extensive experience with mergers and acquisitions. Early in his career, Patrick served for five years with the Canadian Armed Forces – Royal Canadian Air Force in far northern Canada.

Patrick has been a resident of Scarborough for more than 35 years. He has volunteered to serve on TSH's CPAC as a way of giving something back to his community.

"I volunteer on The Scarborough Hospital's Community and Patient Advisory Council to advocate on the community's behalf to The Scarborough Hospital and the Ontario government, and also to advocate to the larger community on behalf of the hospital," says Patrick. "This is a positive way of supporting and giving back to my community. I am passionate about improving the quality of life in Scarborough."

Ron Lowe, Vice Chair, TSH CPAC

Having retired from an esteemed career in education as a teacher and principal, Ron Lowe directs his new-found time to volunteer at TSH through the CPAC. He will be entering his third year as a member of the CPAC and has been actively involved in various discussions and community consultations. Recently, Ron made a presentation to hospital staff regarding perspectives on patient care.

Ron is an advocate for equity within our diverse community. He encourages members of Scarborough's diverse community – from youth to seniors – to actively participate in the stewardship of the hospital.

"I look forward to working in cooperation with all stakeholders to enable The Scarborough Hospital to reach its goals of serving and meeting the needs of the diverse community," says Ron.

Ron is a long-time Scarborough resident, growing up as a teenager near the General campus. He currently resides near the Birchmount campus.

TSH's CPAC

Members of TSH's CPAC bring the 'voice' of both the community and the patient/caregiver to the table.

As the 'community voice', members act as a communication liaison between TSH and the community and provide input into the hospital's community engagement strategy and strategic matters of importance to the community.

As the 'patient/caregiver voice', members have the opportunity to participate in initiatives that bring topical and relevant health care issues to the Scarborough community through formal public forums, as well as initiatives that relate to the hospital's strategic direction of "Patients as Partners", which is aimed at improving the patient and family experience in care delivery.

For more information on the roles and responsibilities of TSH's CPAC, view the Terms of Reference on the hospital's website.

THE SCARBOROUGH HOSPITAL TO CELEBRATE 90 YEARS OF HEALTH CARE EXCELLENCE AT COMMUNITY ANNIVERSARY EVENTS

Hospital launches "I Remember When" contest with launch of TSH anniversary website



SCARBOROUGH, ON – In 2015 and 2016, The Scarborough Hospital's (TSH) Birchmount and General campuses are celebrating their 30th and 60th anniversaries, respectively – making for a combined 90 years of service to the Scarborough community!

TSH invites the Scarborough community, including local residents, patients and their families, staff, physicians, volunteers, and retirees to see how TSH has changed lives, strengthened the community, and helped Scarborough grow.

In 1956, and again in 1985, residents of Scarborough came together to build two community hospitals: The Scarborough General Hospital, which opened to patients on May 12, 1956, and The Salvation Army Scarborough Grace Hospital, which opened to patients on November 18, 1985. They voluntarily amalgamated on September 9, 1999 to form TSH.

In partnership with The Scarborough Hospital Foundation, TSH is celebrating the donations, dedication, and drive that built these hospital campuses. In addition, Hospital Champion Awards will be presented to a few individuals in recognition of philanthropic or volunteer support to TSH, as selected by the Foundation's Philanthropic Councils.

Dates, times, and locations

Wednesday, November 18, 2015
6 p.m. – 8 p.m. | Remarks at 6:30 p.m.

The Scarborough Hospital
Birchmount campus,
Irene Stickland Centre
3030 Birchmount Road

Or

Thursday, November 19, 2015
6 p.m. – 8 p.m. | Remarks at 6:30 p.m.
The Scarborough Hospital General campus, Lee Family Auditorium
3050 Lawrence Avenue East

Anyone interested in attending is asked to RSVP (acceptances only) to Natalie Cheng at 416-438-2911, ext. 8341, or ncheng@tsh.to, by Tuesday, November 10, 2015. Please indicate if you will be attending on November 18 at the Birchmount campus or November 19 at the General campus.

Event parking is complimentary. You will receive a parking voucher at the event registration desk.

Please park in visitor parking.

New Anniversary Website

TSH is proud to announce the launch of its new historical website – www.tshhistory.ca – featuring TSH history, important milestones, and a place for community members to submit their greatest memories of their community hospital.

I Remember When... Contest

Visit <http://tshhistory.ca/memories.html> to share your greatest TSH memory. Your memory may be featured at TSH's anniversary celebrations in November and on www.tshhistory.ca. Plus you will be entered into a grand prize draw.

Memories will be collected from November 2015 to May 2016, with the grand prize winner being announced in May. The contest is open to community members, patients and their families, staff, physicians, retirees, and volunteers.

TSH would like to thank everyone in the Scarborough community for their ongoing support and contributions, and looks forward to celebrating with you.



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PROVIDENCE HEALTHCARE'S FALLS PREVENTION CLINIC TURNS ONE

Congratulations to Providence Healthcare's Falls Prevention Clinic on turning one. To celebrate a full year of operation, the Clinic, located in the east end at Warden and St. Clair Avenues, hosted an anniversary celebration on October 21 to recognize all program graduates.

"We were excited to have so many of our current and former clients attend as well as representatives from RBC Foundation who generously donated to the Clinic," says Kim Owens, Patient Care Manager of the Clinic. "We're able to celebrate the great progress we've made in our first year, and how well supported this very vulnerable population of people are, thanks to the work of our Clinic team."

The program was first developed in early 2014 after staff noticed a gap in care and a potential risk for frail patients returning home after rehab at Providence, so they championed the creation of the Falls Prevention Clinic. And thanks to a donation from RBC Foundation, the Clinic added an additional therapist in October 2014, increasing the capacity to help more people.

"Since initial development, our metrics show a drastic reduction in the number of falls experienced by



Members of the Falls Prevention Team at the Clinic's one year anniversary celebration.

our clients while participating in the program, an average of 80 per cent less," explains Owens. "We've heard

from a number of patients how the program works, helping with their balance and with building their confidence."

In addition to clients from Providence Hospital's inpatient rehab program, the Clinic also accepts referrals from the community. In fact, several group-based Falls Clinics have referred their own clients to Providence because of the unique one-on-one approach.

"We've had referrals from the GAIN Clinic at Scarborough Hospital, Sunnybrook Falls Program, and the East Toronto Family Health Team," adds Owens. "So word is getting out that we have this program unlike any other."

Staff review risks with clients at the initial appointment. This includes their falls history, health status, pharmacological, environmental, socio-demographic, physical (e.g.,

balance, gait, strength), emotional (e.g., fear of falling, mood) and cognitive (e.g., memory changes) components.

Following the assessment, patients are scheduled for 10-12 appointments, including one-on-one sessions with a physiotherapist, occupational therapist and rehab assistant, as well as the opportunity to access additional Providence education sessions.

"We focus on patient-specific goals, helping them to improve their balance, gait, strength and functional mobility. We help them with daily living skills like bathing, dressing, cooking and shopping, and link patients with supports in the community," says Owens. "Our goal is to help our people return home safely, and safely continue their lives in the community."

For more information on Providence's Falls Prevention Clinic, contact the Admissions Hotline at

416-285-3744.



Lynn Every (centre) celebrates her graduation from the Falls Prevention Clinic with her mother Patricia (on right) and her clinic physiotherapist Irene Nicolakis.

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



In Loving Memory: A Tribute

By: Andrea Shanmugarajah



For the last number of months, I have been writing articles about the issues faced by the elderly and their caregivers – an issue particularly dear to my heart. As many readers who have read my articles may know, I was initially inspired to reach out and make a change in the senior community because of the struggles I witnessed my own grandmother going through. She suffered from Progressive Supranuclear Palsy, an extremely rare degenerative disease. She lived at home with my family, but over the last number of years, her condition gradually deteriorated, ultimately leaving her bed-ridden and unable to communicate with us. We tried to make her as comfortable as possible, despite her condition, but even so, these last few years have been more difficult than I ever imagined. It has been indescribably hard to watch her lose the parts of herself that had shaped her into who she was. But, I made a promise to myself that she would live in my memory not as the woman at the mercy of a terrible disease for the last few years, but as the woman who helped raise my brother and me for all the years prior.

So, who was my grandma? She was first and foremost compassionate and giving – more generous than anyone I have ever, or will ever, meet. She honestly took joy in giving to others, deriving all her happiness from knowing that she had made someone else happy. She built her entire life around giving freely

In loving memory of
Maria Theresa Gnanapragasam



May 23, 1938 – October 13, 2015
You will be dearly missed.

and without limit, never expecting anything in return, and this quickly became the quality she was most known for. My mother has often been praised by others for being so willing to accept the burdens that come with caring for an ailing parent at home – however, my mom is always quick to point out that what

she has done for my grandmother is not even comparable to how my grandmother cared for her own parents in their old age. Her generosity truly knew no bounds, and unlike most people, she did not limit it to her own family. Rather, she took the selflessness she felt for her own kin and applied it to everyone she met. Her compassion and empathy were so great so as to almost be a fault – while she took joy in the joy of others, she also suffered when others suffered. She was by no means a weak woman – she could bear her own hardships, but she simply could not bear the pain of others.

Despite the difficulty of watching first hand as my own grandmother lost her independence, it was my experiences with her that led me to become more cognizant of the issues faced by the elderly community. But the ways in which she inspired me extend so far beyond the experiences we shared as she aged – the way she lived her life each and every day, long before she ever became sick, is what has really motivated me. The values she has instilled in me and my cousins, transcends not only her death, but also her sickness. I am eternally grateful to her for teaching me through example how to give freely, how to prioritize the happiness of others, how to appreciate every single thing I have been given. I am eternally grateful to her for giving me something to aspire towards, and for motivating me continuously to be a better person, in order to be more like her. I am eternally grateful to her for never letting me lose sight of what is really important, and setting me on this path to reach out and improve the lives of as many people as I can.

I hope that I have made her proud.

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WORDS OF PEACE



Listen for the Silence

People everywhere are looking for peace - for themselves, for their families, for future generations. If that seems like an impossible goal, says Prem Rawat, maybe that's because we don't understand what peace is.

Mr. Rawat, who has been celebrated as an ambassador of peace in several countries, has been talking to people about the need to experience peace for most of his life—but not by giving it a definition.

"I talk about peace indirectly," he says, "because if you want to understand what peace is, if you want to know what peace is, if you want to feel peace in your life, there's no point in talking about it. The thing that needs to be talked about is you, me—all of us on the face of this Earth—living our lives, doing whatever we do, and wanting to be content, wanting to be happy, wanting to be in peace."

The solution, Mr. Rawat says, doesn't involve the complex negotiations diplomats speak of in international peace conferences. It's much simpler than that: peace is inside every human being, waiting to be discovered.

"Nothing is missing," he says. "There have been no robberies in your home. No thief came. The peace that you have been looking for all your life was, is and will be, until you die, inside of you. That's the good news. So relax! It's okay! The plane has landed, and

you're safely at your destination.

"The issue is this: You understand noise, but you don't understand silence. I am here to tell you about silence. Do you know that without silence, noise would be painful? Do you know that without silence, there can be no beat? That's what makes great music sound really good.

"People think that when a drummer takes the drumstick, and he hits the drum, that makes it sound really good. That's not all there is to the beat. The silence is part of the rhythm. What defines a rhythm is that silence."

In the same way, Mr. Rawat explains, peace in the silence that gives meaning to our lives.

"The weights that you have acquired for your scales are the weights of accomplishment," he says. "What have I accomplished? Have I done this? Have I done that? These are not accomplishments. The real accomplishment is that you are alive.

"You are something more than the sum of all the goods and bads, the rights and wrongs, all the things that happen during a day, a week, a month, a year—indeed, during an entire lifetime. You are more than that.

"You don't know about the silence. You don't know that peace resides inside of you. You don't have to look for it outside. The reality that we search for is

not out there. It's inside of us, but we're caught in trying to control things, instead of realizing the beauty of what we have already been given.

"When you become close to that beauty that lies inside of you, then peace is imminent for you. The source of the joy that you want, a joy that will always be there, is inside of you, not outside! But we get carried away with the noise and forgot about the silence. We are mesmerized by mystery. We love the complicated and misunderstand the simplicity.

"Understand that peace is dancing inside of you. Begin to understand yourself—not that your name is Charlie, or that you love ice cream, or you love chilies. This is not the meaning of 'Know thyself.' That you get angry very quickly—no, this is not the meaning of 'Know thyself.'

"To know yourself is to understand that when a breath comes into you, you are blessed. You are alive, and your life is the universe in which peace dances for you. You are the instrument. You've got the music, and you've got the beat. Understand the silence, understand your possibility, and understand peace."

To learn more about Prem Rawat,
1 877 707 3221

416 431 5000 Tamil

416 264 7700 Hindi

www.wopg.org | www.tprf.org



Canada joins the list of countries run by political dynasties

by: Raymond Rajabalan

Justin Trudeau has been crowned as the Canada's next prime minister, after the stunning victory at the general election on October 19. His success is a triumph for his Liberal Party. But it also marks a significant change in Canada's political history: the arrival of its first political dynasty.

A political dynasty is a family which appears to have unusual access to political office, where successive generations enter politics and succeed. Sometimes power is transferred across families to spouses or siblings.

Justin's father, Pierre Trudeau, was Prime minister from 1968 to 1984, with a gap of only 9 months (1979-80). In fact, Justin grew up in the Canadian equivalent of 1600 Pennsylvania Avenue: 24 Sussex Drive. Pierre died in 2000, and Justin first came to national prominence when he delivered a stirring eulogy at the funeral.

On the other side of his family, Justin's maternal grandfather Hon. James Sinclair was the Minister of Fisheries between 1952 and 1957. Married to Doris Kathleen (née Bernard), he was the father of Margaret Sinclair, one-time wife of Prime Minister Pierre Trudeau and grandfather of Prime Minister Justin Trudeau, Alexandre Trudeau and Michael Trudeau.

Political dynasties in US history

Political dynasties have been common in US history since the beginning. Cousins Sam and John Adams both rank among the leading Founding Fathers. The Adams family provided both the 2nd president (John Adams), and the 6th (John's son, John Quincy Adams). Benjamin Harrison (23rd president) was the grandson of William Henry Harrison (9th). James Madison (4th) was a second cousin to Zachary Taylor (12th). Theodore (Teddy) Roosevelt and Franklin Delano Roosevelt were distant cousins.

Everyone knows the Kennedys. And now we have a Bush and Clinton competing to get on the ticket for 2016 Presidential Election. The senior Bush was the President between 1989-1993 and his son George W. Bush was the president since 2001-2009.

After Bill Clinton's terms of office his wife Hilary Clinton entered the Presidential race and finally ended up by accepting the still very powerful position of Secretary state and served under President Obama during his first term of office. Now Hilary is once again in the field hoping to become the next President.

It's the same further down the political food-chain, with many families



Liberal Party leader Justin Trudeau shares a moment with his wife Sophie Grégoire on a stage in Montreal, after he became the first child of a Canadian Prime Minister to also become Prime Minister



George H Bush

George W Bush



Hon. Pierre Trudeau Hon. James Sinclair successively sharing seats in Congress or power at the state and local level.

Political dynasties in Other Countries

Other countries aren't much better.

In the Philippines, elections in 2016 will be dominated by dynasties. About two-thirds of the outgoing Congress are heirs of political families. The outgoing president is the son of Corazon Aquino, who led the uprising against the dictator Ferdinand Marcos after Marcos had her husband whacked for being a prominent political opponent. But the Marcos clan is back in the picture, with Ferdinand's wife, son, daughter and nephew all running for different of-



Pt. Jawaharlal Nehru, his daughter Indira Gandhi and grandson Rajiv Gandhi

ices. Also running is the grandson of another president.

In India, the Nehru-Gandhi dynasty is a huge political player, although it has been on the back foot in recent years. The Guardian wrote in 2007 that "the Nehru-Gandhi brand has no peer in the world — a member of the family has been in charge of India for 40 of the 60 years since independence. The allure of India's first family blends the right to rule of British monarchy with the tragic glamour of America's Kennedy clan."

In Sri Lanka too we have many examples beginning with the first Prime Minister D.S.Senanayake who was succeeded by his son Dudley Senanayake. After the assassination of Prime Minister his wife Srimavo Bandaranayke became the Prime minister and later her daughter Chandrika became the President. There have been so many other instances of nepotism in the island nation and is bound to continue.

The current leaders of Japan, Kenya, Togo, South Korea and Bangladesh are also all related to former leaders of those nations.

Perhaps we shouldn't be surprised by the notion of an inherited right to rule. The principle of monarchy is found in most early cultures, with power usually passing from father to son, but sometimes to female relatives. (Notable exceptions include some matriarchal Native American societies.) Some actual monarchies persist, and some dictatorships act like monarchies: think North Korea, Syria and many of the former Soviet republics in Central Asia.

But what about in countries where the rule of law and democratic ideals are preached? So how do these families do so well in democracies?

Political scientists are quick to answer that:

- First, a name becomes a brand, and a brand gets you name recognition.
- Second, coming from an elite family gives you connections: who did you grow up with; who did you go to school with; who did you date; who did you marry; who did you work for — all of these connections can become huge assets down the line.

- Third, and perhaps most importantly: money. Elites are elites because they are usually rich. Super-rich. Money pays for campaigns and can also buy friends and influence. And even if they claw their way up from relatively humble origins like the Clintons, power in turn can create wealth.

Not many political scientists will argue this is healthy for a democracy. Many say platforms and programs are neglected in favor of pursuing personal power.

Perhaps a better historical model is what the ancient Greeks called **oligarchy**: where power is shared among a few elite families.

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BEING POSSESSED BY THE SPIRITUAL PATH

Every breath, every step, every act that you perform in your life becomes a spiritual process.

Once you are on a spiritual path, if you are genuinely on the path, you're not just obsessed; you are possessed. If you want to hit the peak of your consciousness, all the energy that you have has to be focused in one direction. If you're throwing it in ten different directions, it is obvious you are not going to get anywhere, isn't it? Even if you throw all the energy that you have in one direction, still it may not be sufficient. That is why the Master fills in that space of lifting you up when it is needed; but if you want to distribute your energy in ten different directions, then definitely it will be futile. So don't be obsessed; be possessed by the path. There is nothing else for you; everything else is just to get you there. Only when it becomes like this, your spiritual path means something.

"This is my spiritual path, this is my family, this is my profession, this is my club, these are my drinking friends," then you have a conflict. If you eat, you eat only because you want to know. If you drink, you drink only because you want to know. If you work, you work only because you want to know. Then there is no conflict.

What We Are Not

When a man has reached a state within himself where his actions are only to the extent required for outer life situations, then he is a complete person.

First we need to know that the basis of our misery is that we have established ourselves in untruth. We are deeply identified with that which we are not. Somewhere along the way we have gotten identified with things around us. We have got identified with our body and mind. That is the source of suffering.

Whatever you have known right

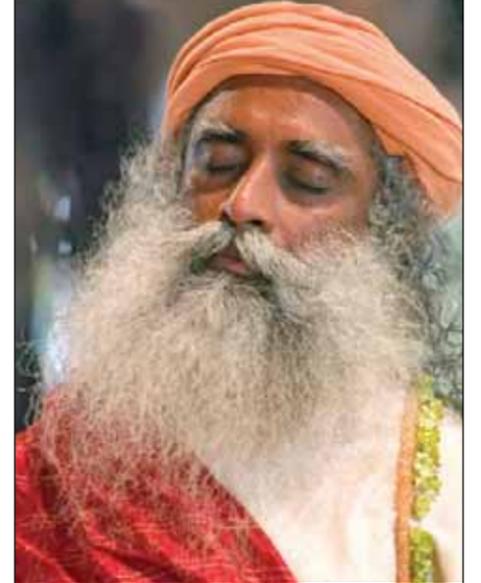
experience of who you are right now. It is not coming from any true experience. The only thing that you can experience is that which is within you. And that which is within you, you have never really looked at in real depth.

The whole experience of transcending your limitations must happen within you. If you want to transcend, only if you are truly willing, it can happen. Otherwise no power on earth or in heaven can move you.

Spirituality is simply the process of dis-identifying with what we are not, to shed the layers of conditioning so that we know what we are not. When that is completed, we arrive at something that cannot be discounted. This discovery will be the recognition of Divinity, and we will see that there is no reason for misery in the world.

The whole process of yoga is to make your interiority absolutely in your control. It is a possibility to move from a state of external enslavement to

ence and wisdom. Named one of India's 50 most influential people, he has ad-



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



If it is not so, if it is a side interest in your life, that you like spiritual entertainment - different people seek different types of entertainment and some people dabble with spirituality - that is up to you. I have nothing to say for such people. But if you're really seeking to know, then your whole being should be focused in one direction. You are completely possessed by it. This doesn't mean you will become unreasonable. This doesn't mean you can't run a family. This doesn't mean you can't fulfill your social responsibilities. Just use them as a spiritual process for yourself. Every breath, every step, every act that you perform in your life becomes a spiritual process. Only then there is no conflict. When you say,

now, your experience is only limited to your five sense organs. Whatever you have known either of the world or yourself has come to you only by seeing, hearing, smelling, touching and tasting. If these five senses go to sleep, you will neither know the world nor yourself. They feel everything only in comparison. So this is not a genuine experience.

All yogic practices are fundamentally aimed at giving you an experience beyond the five sense perceptions. This is not in terms of physical reality, it is in a totally different dimension. That dimension, if you want to call it God, or if you want to call it my Self, it does not matter. Whatever your idea of God is, it is simply coming from the limited

inner completeness, which is the state of unboundedness. If your inner nature is unbounded, your life is also unbounded. You can either sit with your eyes closed or you can perform different action - both ways your life can be complete.

When a human being has reached this state within himself, where his actions are only to the extent required for outer life situations, then he is a complete person. If within you, your inner nature has attained fulfillment regardless of the external situation, we can say that you have become unbounded. This is a state of true happiness.

Sadhguru is a contemporary mystic rooted as strongly in worldly and pragmatic matters as he is in inner experi-

dressed 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/toronto

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Justin Trudeau becomes Canada's new Prime Minister and is "now ready" to make a "real change"

- Tamil Canadian Gary Anandasangaree wins Scarborough - Rouge Park comfortably
- Sitting member Rathika Sitsabaiesan loses to Liberal candidate Shaun Chen
- Mark Holland beats Immigration Minister Chris Alexander
- Liberals obtain comfortable 184 seats to form a majority government

By Siva Sivapragasam

Justin Trudeau, the famous son of a more famous father and whom the Conservatives alleged was "not ready", is "now ready" to take over as Canada's newly minted Prime Minister for a "real change", after securing a resounding victory for the Liberal Party at the Federal Elections.

The Liberal Party and the "Trudeau Team" romped home to victory at Monday's election capturing 184 seats and securing a comfortable majority to sit in Parliament Hill. The Liberal victory brings an end to the Stephen Harper era and a decade of Conservative rule. Trudeau's victory was no doubt propelled by a national desire for a genuine change. The Trudeau Team created a landmark in Canadian electoral history by steering a party from third place at the dissolution of Parliament to first place when the campaign ended.

One of the highlights of the election for the Canadian Tamil community was the victory of the Liberal Party candidate Gary Anandasangaree, a Tamil Canadian who won the Scarborough-Rouge Park riding. Gary Anandasangaree is an internationally recognized human rights lawyer and community activist who has advocated tirelessly for education and justice. Gary has been a passionate advocate for human rights issues, regularly representing Lawyer's Rights Watch Canada at the United Nations. Gary is also a past President of the Canadian Tamils' Chamber of Commerce. Gary is married to Harini who is also a lawyer and they have 2 daughters, Bhairavi and Sahana.

The electoral results of Monday's polling turned out as follows:

Liberals	184
Conservatives	99
NDP	44
BQ	10
Green	1

Many issues were thrown before the voters – economy, employment, revoking citizenship, foreign policy, bringing in refugees, and even legalizing brothels and marijuana. Citizen Canada obviously weighed the pros and cons of the many issues before inking his vote for the right party. The marathon seventy-eight days of campaigning have been endless and exhausting.

The election of Justin Trudeau as Prime Minister offers Canada the prospect of a better and more constructive future for Canada. Canadians have chosen a strong, hopeful alternative to the Conservatives. The Liberal wave has swept across Canada winning 184 seats and giving the Trudeau team the people's endorsement to govern them for the next five years.

Justin Trudeau has promised Canadians a better Canada. It is now up to the "Trudeau Team" to deliver the goods promised.

This is Canada. And in Canada - Better is always possible.



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HUMANS OF NORTHERN SRI LANKA



The face Book Community page “Humans of Northern Sri Lanka” is a pictorial page by Thulasi Muttulingam. Thulasi Muttulingam is a journalist based in the North of Sri Lanka. Having grown up away from her hometown of Jaffna, it is currently her mission to research and document as much of her culture and heritage as she can. If you are similarly interested, check out more of her work at the facebook page ~ Humans of Northern Sri Lanka: To follow the updates, “Like” the page at: www.facebook.com/pages/Humans-of-Northern-Sri-Lanka

“The adage, “everybody has a story to tell” is especially true of Northern Sri Lanka! Cut off for several decades from the South, the people of the North have many unique characteristics and issues that hardly get press coverage! Here, inspired by Humans of New York, is a small attempt to redress this - dedicated to all lovers of Sri Lanka, including Northern Sri Lanka!” Here are few recent pictorials that featured in Humans of Northern Sri Lanka:

BY THULASI MUTTULINGAM

The farmer who owns a dozen cows and calves



“I love my cows and take good care of them. I provide them with better food now than I had as a kid growing up in a poverty stricken family of 10. I dropped out in fifth grade to help my father support our family through farming. I have always had cows whether they were profitable or not (before milk collection centres were set up near our village, they were not profitable). Farmers habitually had them for the organic fertilizer but never bothered to feed or water them. They were expected to graze and find water on their own. For me though, it was always a labour of love. I ensured they were well-looked after.

I had 15 cows in 2008 when we were compelled by war to displace. Until January 2009, I managed to herd all 15 with me wherever I went. When people offered to buy them for slaughter, I flatly refused. The money would have meant a lot to us then but I never even considered it. In fact, I spent a lot of money on their medication and health care as they fell sick often, moving continuously through slush and rain without adequate grazing lands. In the end though, there came a point where only people could move forward, animals couldn't. I was forced to leave them behind in Devipuram, Kilinochchi. I stayed with them for as long as I could before being compelled to move on.”



Like

Annaviyar Elaiya Pathmanathan

“I came to theatre through politics. We were part of the Marxist Revolutionaries of 1960s’ Jaffna fighting caste and class oppression at that time. Through this I came to realize a lifelong passion for theatre, which I took with me in displacement to India and then Australia, where I am domiciled now.



It is a kind of madness. I always say, Give me some mad people driven by a similar madness for theatre and I will produce plays. Even now, I produce at least one Tamil play a year in Australia.”

“I am known as Annaviyar Elaiya Pathmanathan in the Tamil Theatre World.

The word Annaviyar doesn't really have an English equivalent so I coined the word ‘theatreist’ to introduce myself. Unlike the English Director of a play, the Tamil Annaviyar has to be a versatile artist and stage manager. He has to be able to write plays, compose music, teach and direct the other artistes, be the stage manager, perform himself...

He has to be an all round expert of the Art Form.” “At the time we came of age as hot blooded youths tackling oppression, the biggest issues of oppression centred around caste and class in Jaffna.

I used to be part of a theatre group from my hometown of Nelliady called ‘Ambalathadikal’ who produced a play which became well-known called Kandan Karunai, which tackled the issue of the oppressed castes being denied entry into temples. Sponsored by a grass-roots organisation called the ‘People’s Movement for the Eradication of Untouchability’ made up of progressive Tamils, we went and staged this play by temples that were actively enforcing this.

While staging it in the vicinity of a famous Jaffna temple in 1969 (I'd rather not mention its name now, and no it was not Nallur), we had stones thrown at us on the stage.

The play was about the celestial messenger Narada who acts as a spy for the Gods, reporting to Lord Murugan that his devotees in Jaffna were being insufferable in their caste oppression. Murugan comes down personally to Jaffna to see what is going on and is promptly barred entry into his own temple, because as in the words of the bouncers barring entry, “People with names like Kandan and Murugan cannot enter temples.” (These were considered ‘low caste’ names. The higher castes differentiated themselves with more pompous sounding names).

When stones started raining on stage, the mood fast turned ugly. A man came rushing to the front, yelling ‘stop the play.’

The actor playing Murugan forgot his role and became so angry that he whacked the man with his wooden spear (vel). It broke in half. Narada joined in by whacking him with his tambura. That broke too.

“Wait, wait,” the man gasped. “I am one of your supporters. I was only suggesting we stop the play to deal with these elements disrupting the play before continuing.”

We had been whacking one of our own people. Anyway, the audience then ganged up to deal with the elements stoning us and threw them out, after which we continued with our play. Murugan and Narada had to act out the remaining half with their half-broken spear and tambura.”

Like

WOMEN’S EMPOWERMENT

A local women’s empowerment initiative in Jaffna called Vallamai held a street theatre performance recently.

They portrayed the various constraints exercised by society which are holding us back; the performers likened it to handcuffs which we had willingly put on ourselves.

Here a performer holds up a set of handcuffs he’s constrained by labelled seethanam (dowry).



Like

Breaking cultural and caste taboos



Women playing the Parai Drums. Once this sort of drumming was confined to the most oppressed of castes and thus not even men of a higher caste much less women would take it up. Women were also traditionally kept away from instruments such as drums. These attitudes are still not obsolete but many, such as these women are coming forward to break the taboos.

Like

“SWEET SAP”



I did it. I did it. I did it.
After searching high and low for two years through the Northern Province, I finally got my hands on some padaneer (non-alcoholic palmyrah toddy)
The pater did not appreciate being used as a guinea pig to find out whether the taste was authentic.
His verdict was that it was authentic but had too sweet a taste to it, he suspected they had added sugar.
It had a woody tang which was nice but was too sweet. I wish I knew why the average jaffna palate needs even naturally sweet stuff artificially sweetened further.

Like

Returning from maid work in Saudi Arabia and living in Puttalam

“I began working as a maid in Saudi Arabia in 1985 because my husband fell ill and was no longer able to support us.

Thus I personally did not get caught up in the eviction of Muslims from the Northern Province in 1990.

I didn't hear of it until 2 years later in 1992 actually. I had worked for two other employers who had treated me fairly well but in 1989, I moved into the employment of a family who kept me working day and night without paying me anything. I clung on in the hope they would eventually pay my dues.

I was cleaning the mistress's room one day when I came across a series of letters addressed to me, which she had never bothered to hand over to me.

I learnt of my community's eviction in 1990, of my husband's passing away soon afterwards, and the anguish of my children left wondering why their mother was not responding at all to their letters or not sending any money, leaving them penniless



orphans - all in one day.”

“I went on a hunger fast for 13 days and refused to do any more work before my employers relented and gave me my passport back along with an airline ticket to Sri Lanka. They still didn't give me my three years worth of salary but at that point, I didn't care. All I wanted to do was get back at any cost.

When I arrived, I found the community living in camps in Puttalam. Once the disparity between the rich and poor of our neighbourhood had been sharp. Now everyone was terribly poor.

Even so, cultural conditioning kept the women still confined within and not working. I was the first woman in the camp to go out and get work - planting onions on a farm. Thereafter many other women eventually followed my example even though I was mocked initially. I was paid Rs.55 per day.”

Was that an adequate amount?

“Well, this was back in 1992. Yes, it served for my family's daily needs. I was able to look after my three children with it.”

Were there any disparity between your wages and the men's wages?

Our pay depended on our efficiency at work - how many onions we could plant in a day. My pay was initially less than the others because I was not used to the work. The employing farmer family were very conscious of the fact I was the only female at work and so were quite solicitous of my welfare.

At the end of each day, when they counted out my earnings, they would be concerned I was not earning enough and give encouraging counsel. 'Don't worry umma, this is because you are new to this, you will soon pick up and be able to earn better.' As time went on and I did become more efficient, they did pay me better.

Like

Equal opportunities

A young woman engaged in road work for the Road Development Authority in Mannar province. In the North where women are still culturally constrained from doing traditional jobs because they are considered the 'weaker sex', many women are taking the equal opportunities offered by some spheres of the government sector to prove that they are indeed capable of hard & hardy work if given the chance.

They make quite a colourful sight at sites where they work, decked out in brightly coloured shalwars and the trademark bright orange jackets, engaged in digging, shovelling and laying of tar alongside their male colleagues whom they work with as equals.

Like





NISHAN DURAIAPPAH: A ROLE MODEL FOR ASPIRING PUBLIC SERVANTS

By *Harrish Thirukumaran*

On a mid-afternoon post-Halloween November 1st in Markham, Ontario, the Monsoon Journal obtained the opportunity to chat with police officer, Nishan Duraiappah, whom recently became a Deputy Chief of Police for Halton Region Police Services (HRPS):

New Role in diverse community

After being appointed to his new senior role, one of the issues Mr. Duraiappah hopes to address concerns the changing population makeup in Halton Region communities. In his view, Halton is increasingly becoming the first landing destination for first generation immigrants, moving away from more traditional destinations such as Toronto. This will necessitate delivering policing services that are both culturally and religiously sensitive in meeting the needs of these unique communities. Furthermore, Mr. Duraiappah has noticed some linkages between certain issues dealt with by HRPS can be associated with particular communities. "For example, mental health issues, domestic violence, fraud can have some very specific targeted communities which need to be equipped on how to respond to them." said Mr. Duraiappah.

Along with tailoring services to an increasingly diverse community landscape in Halton, the new Deputy Chief is determined to pursue opportunities for enabling more participative communities in finding insightful solutions to their problems. Public confidence in Halton Region Police Services and policing generally is upheld as a third key area moving forward, due largely to certain stigmas attached to policing in the public and media outlets. Understanding the importance accountability holds onto the policing profession, Mr. Duraiappah emphasized this can be achievable, by having HRPS focus on fostering community

safety through a solid service foundation. A stigma regularly attached to policing within Ontario is the practice of carding, or street checks, used for the purpose of gathering personal information unrelated to any police activities. On this delicate matter, if one assessed the hard data, the disproportionate effects of the checks on visible minority populations is acknowledgeable in urban areas, rather than most rural and suburban parts of the province, as contended by Mr. Duraiappah.

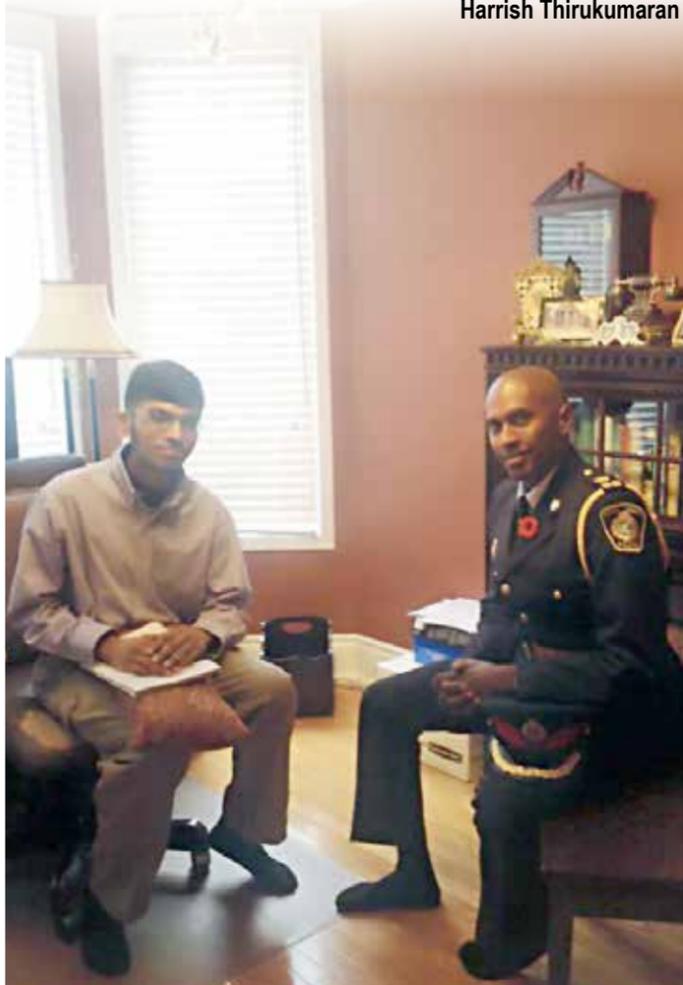
Boosting public trust

That being said, he nonetheless denounced the overt arbitrariness in imposing checks on certain individuals. He



Deputy Chief Nishan Duraiappah

Deputy Chief Nishan Duraiappah of Halton Region Police, Ontario and Harrish Thirukumaran



On a mid-afternoon post-Halloween November 1st in Markham, Ontario, the Monsoon Journal obtained the opportunity to chat with police officer, Nishan Duraiappah, whom recently became a Deputy Chief of Police for Halton Region Police Services (HRPS):

further added that there are merits to the policy, if it is administered legitimately and competently. Implying the work of HRPS, Mr. Duraiappah clarified that "we want to ensure there is a balance that speaks to our support to ensure there is no bias or discrimination in public contact with the police, but we also want to make sure it doesn't compromise the ability of police to ensure public safety." Speaking as both a young adult and a visible minority in Canada, he stressed that youth engagement with police officers, whether it be positive or negative, carries considerable weight in shaping their impressions. With both these factors, Mr. Duraiappah has welcomed the decision of the Ontario government to ban the discriminatory aspects of the current carding policy, while utilizing it as a means of crime prevention.



www.haltonpolice.ca

Although the true impact of this provincial policy change has yet to be realized for policing, Mr. Duraiappah firmly believes that individuals can be treated equally, when HRPS and other policing bodies exercise extraordinary powers for. The issue of, and subsequent response to carding sheds further light on the trait of adaptability that is crucial to policing performance in Ontario and Canada in its mandate to the public. In a sense, the new Deputy Chief interprets these changes as a reminder that a recurring task of his job and the broader policing community entails boosting public trust, something never to be shied away from in creating safer communities. Also, Mr. Duraiappah noted that Ontario and Canada should be proud of the work ethic of police officers and civilian employees within its extensive police community. He cited the general decrease in crime rates within the country as optimistically indicative of this quality.

Officers as normal people

Policing in Canada has had an advantage over the United States, in that the former has not experienced the complex issues dealt with by the latter on a regular basis. In short, Mr. Duraiappah sees improvements as a question of public confidence, and that must be routinely factored in to sustain a favourable police environment. Next, while the Policing and Ethnic Cultural

Program (PEACE) of Halton Region Police Services certainly contributed to his career choice, it was the relationships that Mr. Duraiappah that had an everlasting impact. Accordingly, he was able to personally meet police officers, supervisors who proved to be the real sources of inspiration for his particular career endeavour. It wasn't characterized as outright recruitment on their part, but more so an opportunity for the officers to demonstrate the human side of the profession to Mr. Duraiappah.

"The police are the public and the public are the police," quoted by Sir Robert Peel, the founder of modern policing in the United Kingdom--was a principle that resonated with Mr. Duraiappah. This reflected his perception that participants, like himself, in PEACE and other community-based programs allow them to see officers as normal people, coming home to their families or getting involved in their community. Mr. Duraiappah has maintained those initial connections to this day. Amusingly, prior to starting his policing career, he recalled how his own mother brought in a tray of scrumptious string hoppers and curried chicken during a Christmas shift at the police station. It was a kindly gesture to acknowledge the relationship he initially developed with the welcoming officers of the PEACE program, culminating in his decision to enter the police profession.

Make a difference

However, not all individuals, particularly youth, will enter policing because of relationships they build, but in the grand scheme of public confidence, they play a vital role. It helps to debunk negative media portrayals or other unfounded perceptions, by allowing them to experience an interaction, and judge on their own. One anecdotal example pertained to a Halton police officer returning a baseball to two initially fearful boys playing in a street, who actually ended up playing a casual game of catch. Their mother even sent a letter to HRPS expressing gratitude over the exchange. This, and other instances,

represents how small doses of interaction can make a difference in public perception, according to Mr. Duraiappah.

Moreover, it brings into greater perspective the new approaches to community involvement undertaken by Halton Region Police Services. Essentially, the message has gone from "this is how you can respond to problem A," to "how can I spend some time with you to understand the situation, understand the dynamics within this community group, then we can seek solutions." This highlights the HRPS inclination for collaborative community strategies, with both adults and youth in specific situations. It especially reflects the new leadership focus of HRPS youth program where it's about mobilizing young people with unique methods to problem solve or identify community issues. As mentioned, PEACE and other like-minded programs may not lead individuals to pursue policing, as was the case for Mr. Duraiappah, it will give those a chance to be policing ambassadors to their communities.

Demonstrate integrity and character

For those youth aspiring toward a career in law enforcement, Mr. Duraiappah stated that the composition of policing agencies should be reflective of growing Canadian diversity. It is recognized as an immensely rewarding career,

containing diverse specialization opportunities. As a competitive field, interested youth should have a good education, an aptitude to learn, based on the changing nature of police services in areas like technology. Presenting strong dedication for community involvement that ties to their own character is integral as they apply. He emphasized the profession is open to all postsecondary educational backgrounds, including law, criminology, business, and kinesiology.

Obviously, the profession warrants reasonable levels of fitness, but it also requires one to demonstrate their own integrity and character. In addition, it is ideal for individuals to be mindful that police organizations have varying cultures and identities, in which it is best to find ones that are compatible with their own values. Mr. Duraiappah was very humbled by his senior appointment, and of the fact he is the first Sri Lankan born Canadian of Tamil heritage to attain such a role. For him, he has overlooked this goal, as it has been normally about using his policing responsibilities to advance the betterment of communities in Halton, and not to necessarily increase his rank. He proudly considers it a genuine "testament" of the achievements the Canadian Tamil community has garnered with the opportunities they have been provided with.

From service to result

"I think we all, as a community, as a Sri Lankan community share the success because just as many first generation and second generation Sri Lankans have come to Canada and have been very successful, said Mr. Duraiappah. He hopes his career transition can help raise the profile of culturally specific issues in the community, and their participation. This includes areas like autism, as Mr. Duraiappah gets involved the South Asian Autism Awareness Centre in Scarborough, Ontario. With the new developments in his organization moving forward, for Nishan Duraiappah, public service is not just narrowly defined by the actions of public servants, but of the broader community whom contribute through volunteerism. "It's taking the focus away from the service to what the result is, is what we are intending."

Harrish Thirukumaran is pursuing a Bachelor's degree in Political Science at Brock University in St. Catharines, Ontario.



VALLUVAR'S VIEWS: CHARITY



By: JJ Aputharajah

Valluvar is emphatic in stating that only the gifts given to the poor and the needy are real charity. In the first kural in the section on charity he says 'to give the needy alone is charity; all the rest is investment in return. Customary social gifts cannot be deemed as charity.

Lord Jesus taught the lasting virtues of faith, hope and charity and of these he gave prominence to charity. Even if it would lead to heaven, to receive charity is bad, while without recompense of heavenly reward too, giving is good. Only the truly noble will give until it hurts. When giving such gifts a person should not mention about his straightened circumstances.

Plato is forthright when he says, "If a man is endowed with a generous mind, that is the best kind of nobility'. It may be unpleasant to be

begged of, but that is only till the distress-laden face of the receiver lights up in radiance. A true giver delights in the happiness of the receiver. Great are those who can bear the pangs of hunger but greater are those who relieve hunger's pain. By relieving the devastating burden of hunger, one lays the foundation for lasting investment.

The idea that God could be reached by serving his people is common to most religions. 'Makkal sevaye maheswaran sevay'. The man who has invariably practiced the virtue of sharing his meal, will never be hurt by the pangs of hunger. Faultless earning and generous sharing are hallmarks of a noble mind. Those who hoard wealth and lose it subsequently are not aware of the delights of charity. Wretched is the man of poverty who begs, but more wretched is the one who

meanly closes the door on the hungry and eats alone.

The Bible illustrates the idea in the story of poor Lazarus and the rich man who denied the crumbs for him going to hell. Death is painful but that would be lighter to a man who finds himself unable to relieve the distress of the poor. Jesus in his parable of the Good Samaritan explains that love is not just a feeling ;it has to be supported by action. The Samaritan took the risks to do good in spite of the

dangers he may incur. Social life is made more rich by actions of such human beings.

"Illanenum evvam uraiyamai eethal , Kulanudayan kanne ula". Valluvar's ideas on charity applies appropriately to social service and social justice concepts of the modern world. Life is made happy and endurable when all these concepts are accepted and followed by society at large. (Kural 221-230).



"Vaiyathul valvaangu Vaalpavan,
Vaauraiyum theivathul Vaikkppadum'.



CHANGING NATURE OF CURRENT SOUTH INDIAN Tamil Film Songs.

By: JJ Aputharajah

Nowadays Tamil Film songs are undergoing a radical change due to the impact of global trends. One will be able to note that today fast moving songs are very popular. New hybrid Western and African songs seems to have some kind of affect on traditional Tamil film songs and music. Even the content of the songs are changing. They mostly concentrate on the love relationship between a young man and a young lady. The words are not properly pronounced and lot of slangs intercede though it is not true of all the songs. However famous Tamil play back singers like TMS, S.P. Balasubramaniam, Jesudas, Susheela, Serkali Govindarajan, S.R. Janaki have already laid the foundations for good and popular songs and they still have their redeeming effect.

The correct trend is towards a care-free style of film songs that aims only to thrill the listeners-mainly of the younger generations. The songs delve mainly with love relationships-expression of love, endearments, descriptions of physical elements, expressions of sorrow at the loss or break of love relationships etc. One of the popular themes in Tamil films is friendship. The often quoted examples from the 21st century Tamil films are;

1. Nanbanai parthen-Ninaithale Innikkum-(2009).
2. Thozl, Thozla-Paandavar Poome(2008),
3. Taxi, Taxi- Sakkarakaddi (2008),
4. Enfriendaippole Yaru Macchan (Nanban-2012).
5. Kilakke Vidiyalai Irunthai-Autograph (2004)
6. Oru nanban Iruthai-Enakku 20. Unakku (18(2003)
7. Manase, manase-April Mathathil (2002),
8. Dosth, Bada Dosth-Sarajah (2008),
9. Yaaroo-Chennai 600028 (2007)
10. Eeswara Vaanam Marum-Kannethire Thonrinarl-(1998).

The tunes are chosen to highlight the feelings and emotions of the singers. It immortalizes the love relationship and make it appealing to the baser instincts of the younger generations. Most of them are composed in day to day colloquial parlance. They play on the feelings of youngsters and attract them in diverse ways to make them listen to them. They are also some times mixed up with pieces from English and Hindi songs.

A list of first lines of these songs will reveal their character and thinking:

1. Eluthuvatho puthuk Kavithai
2. Thamil naadup penkalin koothalkal en enthalkal
3. Naaliku vendum , inrayavalarchi
4. Aval vanthu viddal,pookale sattu oyvedungal.
3. Kappal vida va muutham mida vaa.
4. Ennama ippadi pannungreegamma.
5. Ellame, ellame unnal than,ithu vaaliba kaachal thana?.
6. Dandanakka dandanakka, Suparu lovu mattaru
7. Kaaduk kili pechchu cholla, Veedukk kili keduch cholla.
8. Intha mamanoda manachu mallikaipooppola ponnathu.
9. Gnapakam illayo thozhli.
10. Raja Raja cholan naan, ennai arlum thesam nee.
11. Un mela oru kannu,nanthane un muraippennu
12. Adiye,adiye ivale,en varlkai parlakkap piranthavale1.
13. Ennaik Sathiyamaik Kathalitha, aana othukkamadda!!.
14. Iva Karlup Paanai uthaddaika Kaadi kaduppai ethura.
15. Kannenu Mookenu Kongiduva,kalyanappedutha odiduva.



16. Manase,manase Kulappamenna,Ithuthan,vayasu kaathalikka.
17. Atharu, atharu,kaatadi viddaru.
18. Engure, Kalangure,Onrum pesath thonralai
19. Unmai sonal nechippaya? Mananthile nechippaya.
20. Adi, aathadi,ilamanasu ched dai kaddiparakuthu.ithu sariya?.

Old film songs were mainly based on cultural, religious, social and humanitarian values. They are still available for people to hear and relish. Awwayar - a classical film ran for months because of its Carnatic music and the linguistic richness it embodied. There were several films like that which reflected the ethos of the Tamil people. Nowadays the influence of the global panorama is reflected in the Tamil films of the contemporary world. However they have their values. In those days film songs were just printed in cheap booklets and sold in tea boutiques. Now they are available in C.Ds, audio and video recordings and are globally available and used by Tamils living in the nooks and corners of the world. It indirectly helps the younger generations to become familiar with the Tamil language and their way of life. Some kids and youth listen to these songs even if they do not

understand the Tamil language. Kuttup Paadu, now becoming popular lends easy music for dancing spiritedly. It is attracting the youngsters in a great way. In Sri Lanka, the radio has several FM channels that broadcast Tamil film songs in a significant way. They are Vanakkam FM, Thendral FM, Sakthi FM and Varnam FM. Youngsters learn to dance according to the tune and pattern of Tamil film songs. They are popular in parties where Tamils get together to enjoy each other's company.

Makers of Tamil films must ensure the quality of Tamil songs that they introduce in films. They must have contextual relevance and conform to the basic essentials of decency. They are made available to the whole world and become part of the global media. Therefore mere commercial advantages should be downplayed and the image of Tamil films have to be safe-guarded. Many Tamil films have attracted world audiences. Several of them have been dubbed in other languages for the benefit of other ethnic communities. One cannot deny the all embracing attractions of the Tamil film songs especially through popular media like the radio and the TV. Films can also serve as ambassadors of Tamil culture and they must be well deployed.



SRI LANKA BORN SAMANTHA RATNAM ELECTED FIRST "GREEN" MAYOR OF MORELAND CITY IN AUSTRALIA



Sri Lanka Born Samantha Ratnam was elected Mayor at the Ceremonial Meeting of The Council of The City of Moreland on Monday 26 October 2015. The City of Moreland is a local government area in metropolitan Melbourne, Victoria, Australia. It comprises the inner northern suburbs between 4 and 10 kilometres from the Melbourne city centre.

The news has gotten wide press coverage around the globe and here is a news item courtesy of "Moreland Leader" and an interview the New Mayor earlier upon becoming a Councillor (Cr):

A MIGRANT whose family fled Sri Lankan riots for a better life has been elected Moreland's first Greens mayor:

By Peter Reynolds

South Ward councillor Samantha Ratnam won the mayoral vote 6-5 over Labor candidate Cr Lita Gillies, bringing an end to the ALP's stranglehold on the mayorship.

Cr Ratnam had been unsuccessful in the previous two mayoral votes, but secured the vote of independent councillor Helen Davidson, who had backed Labor candidates in previous mayoral votes.

"I was more confident this year than the past two years, when I was pretty sure I did not have the numbers, but until the hands went up I was not sure it was going to happen," Cr Ratnam said.

The ascension to mayor has capped an incredible personal journey for Cr Ratnam, who arrived in Australia with her family in 1989 having fled war-torn Sri Lanka and spent time in Europe and Canada.

Aged 6 at the time, Cr Ratnam said she remembered the 1983 riots in Colombo that gave rise to the country's 30-year internal war, including her family being split as they took refuge when Sinhalese Sri Lankans burnt Tamil Sri Lankans' homes.

"I remember seeing the streets burning and for the first time seeing adults crying," she said.

"It was an experience that changes you in many ways, but going through it together with family helped the healing."

Her family left Sri Lanka in 1987 and Cr Ratnam said it wasn't until she moved to Brunswick seven years ago that she felt at home.

She said her experiences fuelled her interest in social work and motivated her to take the program manager position at the Asylum Seeker Resource Centre.

Looking forward, Cr Ratnam said planning issues would be high on her agenda.

She said she would advocate that Planning Minister Richard Wynne approve the Brunswick Structure Plan, Environmentally Efficient Design policy and Apartment Design Code with minimal or no changes.

"We need these rules set so people have certainty and clarity," she said.

She said other major projects in the next 12 months would include the design of the Oak Park pool redevelopment, construction of Pascoe Vale Community Centre and transport infrastructure, including improvements to Upfield Shared Path.

The major challenge facing Moreland Council, and all local governments, would be rates capping, Cr Ratnam said.

The State Government has introduced a Bill to stop councils increasing rates by more than the Melbourne consumer price index.

"It is really going to be a significant challenge," Cr Ratnam said. "It is going to put a level of restriction on what services we can provide the community."

Cr Ratnam said being head of what had at times been a divided council could be challenging but

she was confident councillors would work together.

"It should be an interesting year and there has certainly been a change in dynamic of the council," she said.

"But I have faith that everyone will put their best foot forward and make the last year of this council a successful one."

Hobbies and Interests

Music, dance, art, sport and yoga.

Local issues you are especially interested in?

- community health and well being
- supporting young people to participate in community life
- sustainable transport
- community safety
- creating environmentally sustainable and liveable neighbourhoods

Three things you want this council to achieve in the next four years?

- Improve options for sustainable and active forms of transport eg. Walking, cycling and public transport.
- Help residents feel heard and represented in urban planning matters.
- Setting the goal and beginning work towards making Moreland City Carbon neutral.

Vision for moreland?

- A sustainable and liveable community that residents take pride in.
- A city that cares for all residents especially those experiencing disadvantage and hardship.
- A city that is leader in sustainability policy and practice.

Top 5 issues facing Council over the next 5 years?

- Ensuring that social and transport infrastructure can support pace and scale of new urban development.
- Ensuring that the city addresses climate change and reduces carbon emissions.
- Urban development that can address populations increases, while keeping resident voices in the centre of planning decisions.
- Providing more affordable housing options.
- Ensuring residents have enough open space.

A brief q & a with cr samantha ratnam, published on the official city of moreland web portal:

What community activities in moreland have you been involved in?

I have been an active member of the moreland greens since 2009 and volunteer in the inner city area through the collingwood soup van, eating disorders foundation of victoria and hotham mission asylum seeker project.

What are some of your favourite things about moreland?

I love living in moreland. I am especially drawn to the vibrant active neighbourhood, the openness and warmth of the people and the strong social conscience of the community.

Work experience, career, job?

I am a social worker and have worked in drug and alcohol rehabilitation, mental health, international development and migrant settlement services. I am currently completing a phd in youth sociology that focuses on how young people participate in their communities as citizens.

Why did you run for council?

I love working with people and am passionate about helping to build stronger and more sustainable communities. I think that council plays a vital role in creating good neighbourhoods, representing the voices of residents, and supporting the community to plan for the future. I wanted to contribute to building a more sustainable and connected moreland



THE RIGHT LIGHT AT THE RIGHT TIME IS A NEW APPROACH FOR LOSING WEIGHT, SLEEPING BETTER, AND FIGHTING DISEASES INCLUDING DEMENTIA

Has God or Science Made a Mistake that all UV Light from the Sun is Harmful?

By: Uthayan Thurairajah



Many ancient cultures, including the Hindus, Tamils, Egyptians and Greeks, worshiped the sun. Morning light absorbed by our retinas helps set a master clock in our brain that cues other biological timers that regulate blood pressure, temperature, and hormone production.

The sunlight can boost energy, alertness, and your defenses against disease. The light's benefits that are so new even our doctor might not know. As soon as we wake up, expose to the brightest light. It is the fastest way to shake off sleepiness. Our alarm clock might say 8 am, but our body will still feel in the dark without the sun or artificial light boost.

What Is Dementia?

Dementia is a decline in mental ability rigorous enough to interfere with daily life. Memory loss is a major problem with dementia. Alzheimer's is the most common type of dementia.

What government can do?

It is expected to increase dementia cases shortly in Canada. Canadian government need to have a national strategy to address Alzheimer's disease and other forms of dementia. "By investing in research and prevention, we can delay onset for as long as possible so Canadians can live their life to the fullest," said Gary Anandasnanagree, a newly elected Liberal MP for Scarborough-Rouge Park with an overwhelming majority of the vote. He responded brilliantly to a dementia issue question raised by the Scarborough Mirror just a few days before the election. The public well received this response.

Has God or Science made a mistake?

The sun considered a god, has recently been found guilty of numerous crimes and is now thought to be armed and dangerous. The public is warned to be cautious and keep the sun out of our eyes and protect all the times. Sunlight is a Life-supporting nutrient. It may be one of biggest blunders science has made in the last 50 years.

There is no question that UV light in large amounts is harmful. Anything large amount is dangerous. We cannot live without air, water, heat – if you get thunder, floods, fire, it will kill you. For millions of years, human beings have evolved under sunlight, which contain ultraviolet radiation. Now, science has determined that God may have made a mistake and that all UV light is harmful.

What are the Light Therapies available?

Light can have profound effects on human health and well-being. This light therapy has been shown to impact positively human health and welfare in a variety of applications, including mood disorders; sleep disorders, shift work, jet lag, as well as applications for Alzheimer's dementia and aging populations.

1. Seasonal Affective Disorder

(SAD) and Non-SAD Disorders:

Light therapy has been shown very effective in treating mood disorders, such as Seasonal Affective Disorder (SAD) and non-SAD disorders. SAD is distinguished by seasonal depressive episodes, usually occurring in winter, where people are depressed during certain seasons. Mood disorders, including SAD, are associated with alterations in neurotransmitter and hormone production cycles, such as serotonin and cortisol, as well as disturbances in sleep/wake cycles.

Clinicians typically prefer to have patients undertake light therapy in the morning, but several studies have shown that light treatment

in the morning or evening can significantly diminish seasonal depression. Therefore, if morning is inconvenient, mid-day or evening light therapy trials may be considered.

2. Delayed Sleep Phase Disorder (DSPD):

DSPD is common in adolescents and adults and is characterized by delayed bedtime as well as delayed awakening. People with this disorder are often unable to entrain to a daytime schedule such as work or school. Light treatment in the morning after minimum core body temperature (MCBT) as well as a light exposure restriction in the evening serves to advance the pacemaker and assist people with this type of sleep disorder.



3. Advanced Sleep Phase Disorder

(ASPD):

ASPD is associated with a genetic disorder. It may also occur in older adults. It is characterized by early bedtimes as well as exceptionally early awakening in the morning. Older adults with this disorder may require caregiver's assistance at very early morning hours when they would otherwise be asleep. Light treatment in the evening, as well as a light exposure restriction in the morning after MCBT, serves to delay the pacemaker and assist people with this type of sleep disorder.

4. Shift Work Type Disorder:

Shift workers with a night shift schedule and those on a rotating shift schedule may experience a circadian rhythm shift work type sleep disorder. People with this disorder do not experience regular patterns of light and dark and their activity/rest patterns are not synchronized with their natural light/dark patterns. Consequently, their circadian rhythms are misaligned (desynchronized) with their activity/rest schedule.

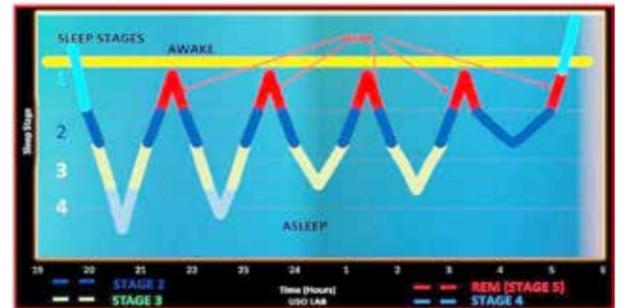
Light therapy may be able to align circadian rhythms of shift workers with their work schedule. Light therapy given at night can provide an acute alerting effect. However, light at night (LAN) may suppress melatonin, and suppression of melatonin by LAN has been correlated with increased breast & colorectal cancer risk in animal studies.



5. Jet Lag Type Disorder:

Airline travelers, pilots, and flight attendants may suffer from a circadian rhythm sleep disorder of the jet lag type. For airline travelers, this is a temporary condition, but it may be a permanent condition, like shift work, for pilots and flight attendants. Like in the shift work type, people with this disorder have circadian rhythms that are misaligned with the light-dark pattern in the destination time zone.

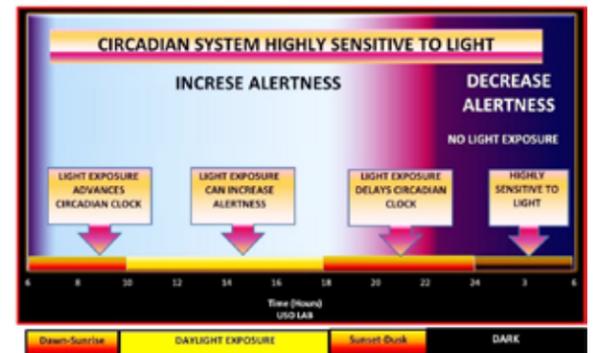
Light therapy may be used before airline travel



to align a traveler's circadian rhythms with their destination's day/night cycle. A simplified approach can be to phase advance one's circadian rhythms for eastward travel and to phase delays one's circadian rhythms for westward travel.

6. Alzheimer dementia:

Seniors are often cared for in group facilities with reduced exposure to high levels of light (e.g. daylight exposure). They often have altered circadian rhythms due to deteriorating function of their suprachiasmatic nucleus (SCN) and impaired visual functions due to lower retinal illuminance. They have symptoms such as prolonged wakefulness at night and compensatory daytime sleep caused by their disrupted circadian rhythms.



Robust light/dark patterns with exposure to bright light (over 1000 lux at the eye) have been shown to consolidate sleep patterns so that patients sleep more at night and are awake during the day. Also, these same light/dark patterns have resulted in decreased depressive symptoms. Last but not least, light therapy can mitigate sleep problems and improve depression symptoms in populations with Alzheimer disease and populations of elderly patients with dementia.



Uthayan Thurairajah is a Senior Engineer and Associate at MMM Group with over nineteen years of experience in Electrical Engineering and Lighting field, and he also holds a Lecturer position in the Department of Communication and Design at Ryerson University. Uthayan is a member of several Canadian and international professional association including Professional Engineers Ontario (PEO), Academy of Integrative Health and Medicine (AIHM) and Association for Prevention Teaching and Research (APTR). He has worked on numerous multi-disciplinary lighting and electrical projects for the Ministry of Transportation, various Towns, Municipalities, Regions and others. He carries out research on the subject of lighting and taken part in several 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.



Fr. Justin Gnanapragasam appointed as the new bishop of Jaffna, Sri Lanka

An in-depth report by *Raymond Rajabalan*

Pope Francis has appointed a new Bishop to the Diocese of Jaffna with effect from Oct 13th 2015. Monsignor Justin Bernard Gnanapragasam, the Vicar General of the diocese is the new Bishop of Jaffna. His consecration is scheduled to be held November 28th at St. Mary's Cathedral, Jaffna

The 67 year old priest takes over from Bishop Thomas Savundaranayagam, who has stepped down having reached the retirement age of 75 two years ago. Bishop Savundaranayagam who had been Bishop of Mannar since 1981, was transferred to Jaffna in 1992.

Born, May 13, 1948, in Karampon, Kayts, in the Diocese of Jaffna, Msgr. Gnanapragasam had his primary education at Kayts, St. Anthony's College. He entered the minor seminary of Jaffna and continued his secondary school at St. Patrick's College. After his further studies in philosophy at the National seminary of Kandy and theology at the Papal Seminary, Poona in India, he was ordained to the priesthood on April 24, 1974.

Biography

- Rt. Rev. Dr. Justin Bernard Gnanapiragasam B.Th, MA, Ph.D

Education

- University of Southampton, England, Doctorate (Ph.D) in Education (1986-1988)
 - University of Hull, England/Irish School of Ecumenics, Masters Degree (M.A) in Ecumenical Theology (1979-1980)
 - Pontifical Atheaneum, Poona, India, Bachelor of Theology (B.Th) (1972-1974)
 - Seminaries- Pontifical Athenaeum, Poona, National Seminary, Kandy and St. Martin's Minor seminary, Jaffna
 - Secondary Education - St. Patrick's College, Jaffna and St. Anthony's College, Kayts
- ## Appointments
- Member, University Council, University of Jaffna (1998-2014)
 - Evaluator and examiner of M Phil and Doctoral theses, University of Jaffna (2002 onwards)
 - Chairman, Student Discipline Committee, University of Jaffna (2003-2011)
 - Attained Class 1 Grade in Sri Lanka College Principals' Service (1991)
 - Cluster Principal for a group of twelve Government Schools (1990-



1994) during Rectorship of St. Henry's College, Ilavalai

- Rector of St. Henry's College, Ilavalai (1989-2002) and previously Vice Rector (1976-1989)

- Visiting Lecturer in Christian Civilization at University of Jaffna (1982-1984)

- Assistant Director, Long Technical Institute, Kilinochchi (1975-1976)

Diocesan and Parish Assignments

- Vicar General - Jaffna Diocese (2007-2015)

- Manager - Catholic Press, Jaffna (2008-2015)

- Rector St. Patrick's College, Jaffna (2002-2007)

- Member, Diocesan Episcopal Council (1994-2002) (2007 Onwards)

- Dean (Vicar Forane) Ilavalai Deanery consisting of nine parishes (1994-2002)

- Chairman, Diocesan Commission for Education (1992-2002)

- Visiting Lecturer in Philosophy of Education at St. Xavier's Major Seminary, Jaffna (1992-2006)

- Chairman, Diocesan Commission for Ecumenism (1981-1988)

- Parish priest, St. Jude's Church, Ilavalai (1989-2000 during Rectorship at St. Henry's College)

- Parish priest, Mareesankoodal Mission, Ilavalai (1980-1985 during Vice Rectorship at St. Henry's College)

- Assistant Parish priest, St. Anne's Church, Ilavalai (1976-1979 during Vice Rectorship at St. Henry's College)

- Assistant Parish priest, Uruthirapuram Mission and Orphanage, Vanni (1975-1976 during Long Techni-

Birthday Celebrations

By: JJ Aputharajah

Sellathurai annar, formerly of the Ashram celebrated his ninety-seventh birth-day recently at Markham in the company of his kith and kin. He loved life and people and it was always a joy to greet him and commune with him. He was essentially a man of God and was remarkably faithful to him. Speaking at a prayer-meeting held in his honour, Rev. Jebanesan quipped that he was blessed with the permanent at-

iyasis' of the Tamil tradition.

Sellathurai annar's life was shaped by the ashram spirit and he continued his support for the Ashram at Maruthanamadam even after his exodus to Canada. At Toronto, he joined the TCCC of which his son-in-law Gnanam Hunt is a founder member. He served as an interpreter in the Canadian Immigration Department and was helpful to many refugees aspiring to find new haven in Canada.



titude of a child's mind and quoted the words of Jesus when he said that one has to have the mind of a child if he is to enter the kingdom of God.

He retired from public service in Sri Lanka and worked for the Christa-seva ashram at Maruthanamadam founded by the late Sevak Selvaratnam. The CSA was based on the Thirupattur ashram which underlined the need to worship Christ in the indigenous setting. The ashram way of life is simple, pious and holy. The adherents avoided meat and are vegetarians like the 'san-

He partnered Rev & Mrs. Drews of St. Lutheran Church at Ossington and helped many immigrants to find settlement in Canada mainly from India and Sri Lanka. Whenever he had the opportunity, he continued to sing the lyric: 'Yesu ennaruthme enakkor Inpam pirakkuthammah, kasiniyile avar pol oruvaraiyum kandathillai-yammah'. He always testified to each and everyone the joys and blessings that Jesus bestowed upon him. May God bless him abundantly for his love and service for his fellowmen.

cal Institute Asst Directorship)

- First appointment after ordination - Assistant parish priest Kilinochchi and Valaipadu Missions (1974-1975)

Research and Publications

- Catholic Education in Sri Lanka during its first century as a British Colony, 1796-1901 (Unpublished Ph D thesis, University of Southampton, England, 1988)

- The concern for the poor as seen in the life of the Commission on World Mission and Evangelism of the World council of Churches (Unpublished M A Dissertation, University of Hull, England, 1980)

- A caring Education for our children (University of Jaffna Journal, Jaffna, Sri Lanka, 2000)

- Thoughts on Catholic Bishop's Social Teaching in the context of UNited Kingdom General election, 1987 (department of Education, University of Southampton, England, 1987)

The newly appointed Bishop in his message has specially stated that the concern and anxieties of the Tamil people in the North will be given due attention and the respective authorities will be informed to take necessary and proper actions to relieve the sufferings of our people.

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Overview

Choosing between risk and return is one of the most important decisions that an investor has to make. To reap higher returns, you must generally accept more risk; however, in many stock markets around the world, stocks with the highest volatility have not necessarily been the best performers over many time periods. During some periods, the least volatile companies have actually done better. This has added further uncertainty among investors regarding how to effectively invest their assets.

What is a low volatility strategy?

When market volatility occurs, recovering from a decline in a portfolio value takes time. The larger the decline, the greater the market gain that must occur to break even again. Since the market declines of 2008, many in-

vestors look to reduce risk in their investment portfolios, but realize that moving to bonds may not achieve the returns that they desire. A low volatility strategy is designed to participate in stock market growth, but limit the downside risk compared to the broad market. For example, if your investment incurred a loss of 50% in the stock market, your investment would have to grow by 100% to recover your loss, while a less significant decline of 20% requires a much lower margin of recovery. Reducing the level of volatility your investment could incur is a primary objective of low volatility equity funds. Because low volatility funds tend to experience smaller relative declines, they are expected to recover more quickly than higher risk investments. Consequently, a low volatility

Low-beta stock selection

Beta is a financial term that relates to a stock's sensitivity to broad market movements. Where the market is assigned a value of 1.00, a beta less than 1.00 is viewed as less risky than the broad market.

Studies have shown that less volatile U.S. stocks have outperformed higher-risk U.S. stocks over the last 30 years. Some have referred to this as an anomaly because high-risk stocks are expected to outperform in the long term. Regardless, during the last

thirty years, less volatile stocks have benefited from smaller declines during several market corrections while still benefiting from market growth during advancing markets. The end result is that low-beta stocks tend to have higher risk-adjusted returns than the market over time.

Options strategy

These Low Volatility Equity Funds use an options strategy to help control volatility.

Puts are purchased to limit the fund's decline relative to the market should significant volatility occur. Put options are financial contracts between two parties that give the fund the right, but not the obligation, to sell a specified amount of an underlying stock at a specified price within a specified time period. This is equivalent to paying for

insurance against an extreme equity decline. While it can be expensive, it is worthwhile because when the value of stocks decline, the fund is able to exercise its right to sell shares at a certain price, even though certain stocks may be trading below that price.

The funds also sell call options, which can be an effective strategy for improving their absolute and risk-adjusted returns. A call option is also a financial contract between two parties. In this instance, however, the fund would be obligated to sell an agreed

quantity of a particular stock to the purchaser of the option at a certain time and for a certain price (strike price). Call options are typically sold when it is believed there is limited upside left in a particular stock. While a certain amount of profit might be given up should the stock continue to rise in value, the premium that has been paid for the option is expected in most instances to offset further gains. Plus, the fund still incurs a gain up to the strike price.

valuation, leverage and a variety of quality and risk metrics, which are good indicators of future risk. Low volatility stocks may also have a low beta as a byproduct of the aforementioned factors, but it is not the sole criteria for identifying lower risk.

Who should invest in low volatility funds?

Investors are increasingly looking for options to minimize risk within their equity portfolios without necessarily sacrificing returns. One option for investors is to consider investing in lower volatility equities. Low volatility equity funds are ideal for investors who want exposure to equity markets due to the higher growth potential that stocks offer, but want to avoid the excessive market risk that is associated with more traditional equity funds. When investing in low volatility funds, it is recommended that they be held within a well diversified portfolio. This would include allocations to equity investments from around the world as well as an appropriate allocation to fixed income that will provide further risk reduction over the long term. It is important to note that the expected risk associated with these low volatility funds is relative to their corresponding equity benchmark and that these funds will not totally eliminate market volatility, but attempt to remove a portion of it. As a result, this investment strategy may not be appropriate for investors who are not comfortable with any level of investment risk due to their need for capital preservation. Circumstances such as those would likely warrant an investment in a money market fund or perhaps a GIC, with the lower return expectation that they bring.

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Low volatility stock selection

Beta is only one measure of assessing risk. There are different schools of thought that feel there are other methods that are equal if not better at reducing market risk compared to lowering beta alone. Low volatility stocks are identified through such factors as

SUNDARAM - THE PRASHANTHI NILAYAM IN CHENNAI

To mark the 90th birthday of Bhagawan Sri Sathya Sai Baba

C. Kamalaharan

I was one of the few Sri Lankans who were fortunate to engage in



service at Sundaram the hallowed shrine considered to be the Prashanthi Nilayam in Chennai. Sundaram literally meaning divine beauty was inaugurated by Swamy on the 19th of January 1981. The immaculate building was designed by Swamy who looked into every detail during its construction. There are more than 700 Sathya Sai Centres in Tamil Nadu and Sundaram is the nerve centre of the entire network. Every activity is conducted strictly according to the guidelines laid by Prashanthi Nilayam. On Thursdays and Sundays bhajans are held in the



evenings and devotees throng in large number to attend the bhajans. The main hall is always fully occupied by devotees before the commencement of the bhajans and those arriving late are guided to sit in rows on the sandy lawn outside the hall within the precinct. Chairs are laid out for the elderly at the back. At times when the precinct itself is full devotees have to stand outside the parapet wall. During Swamy's birthday celebrations a large gathering of devotees arriving late were seen milling around the area.

Sevadals the backbone of the Sai Organisation perform their duty with total dedication. They are responsible for maintaining discipline, for orderly seating arrangements inside and outside the main hall, for traffic control and for distribution of 'prasadam'. The only weapon they carry is Love. Visvanathan Anand Indian chess Grandmaster and former world chess champion who stays close to Sundaram visits Sundaram quite often. He once said, "The most impressive thing for me is the dedication, discipline and

commitment the volunteers show. Just love can make people do such wonderful things."

Service activities Blood donation (Liquid Love)

Among the various services done by the sevadals the most commendable and invaluable one is the round the clock service of organising blood donors for patients.

The need-based software and the database of more than 3000 donors that includes all blood groups are set up. These are constantly updated as they serve on an average of 100 patients per month. The moment a request is made for a donor from any city hospital the one selected in that particular blood group immediately arrives at the particular hospital ready to donate blood.

Vision restoration project

This project was undertaken during Swamy's 75th birthday celebrations. Accordingly about 75000 cataract surgeries were conducted throughout Tamil Nadu. Realising the need for it among the poor section of society the project is being conducted even now. Sevadals go to each and every slum area, identify the patients and convince them about the need for undergoing surgery. They also take the responsibility of transporting them to the voluntary service camp, provide necessary instructions and medicines for post operative recovery.

Disaster Management Programme

Tamil Nadu sevadals rendered exemplary service to the affected victims of the December 2004 tsunami. They distributed food clothing and other requirements worth over hundred crore rupees. Procuring all the materials needed packing them properly and shipping 5000 boxes of relief materials to the affected people in Nagapattinam was a gallant effort. In order to face such disasters in future Disaster Management Training Programmes are conducted in all the 23 districts of Tamil Nadu for sevadal youths and Disaster Awareness Programmes are planned for college students.



Free Medical Services

Every Sunday free medical services are held at 'Sai Krupa' a medical camp close to Sundaram. Doctors from all disciplines serve hundreds of poor patients. The services of cardiologists, thoracic surgeons, plastic surgeons and vascular surgeons are also obtained.

Medical camps for auto-rickshaw drivers are also held. They are checked for B.P diabetes and other ailments. Medicines are provided and those afflicted with serious problems are sent to hospitals for further treatment. Due to the pep talks on health by the medical staff the auto-rickshaw drivers faithfully follow their advice and instructions.



Sri Sathya Sai Utility Services

A special counter is set up on the left side inside the Central Railway Station providing voluntary services to weary travellers including first aid. All types of informations requested by travellers are also provided.

Training Bhajan Singers

Sundaram organizes auditions to select prospective bhajan singers and trains them to sing in samities and at special functions. Training is conducted on Sundays for about two hours by lead singers from the regular Sundaram bhajan group. They teach the intricacies in bhajan singing: modulation of voice to suit a particular song, the variations to be adopted in different songs the correct pronunciation and the relevant pitch. They also teach the particular raga in each of the bhajan song. Those displaying remarkable competence in singing are inducted in the regular Sundaram bhajan group.

Nagarasankirtan

Nagarasankirtan is another important sadhana at Sundaram. It is conducted on the first Sunday of each month and on special occasions commencing at 5.15 a.m with Omkaram and Subrapatham in the main hall. Later the participants assemble outside on the road. A group of elderly gentlemen well versed in veda parayanam walk ahead at a distance chanting verdic manthiram followed by mahilas with lead singers in front. The gents maintain a short distance behind them being led by lead singers. In between the mahilas and the gents a cycle on which an amplifier set is mounted is moved along slowly. The mahilas and the gents take alternate turns and sing projecting their voice through the loudspeakers with the accompaniment of the harmonium, the dolki, the damaroods and the cymbals besides the rhythmic clapping of the participants. The sevadals pace on either side providing security, maintaining law

and order and controlling traffic. What a blissful feeling one experiences while being part of it and enjoying the bhajans flawlessly sung by the Sundaram Bhajan Group. The songs they select are most suitable for the occasion; fast moving and high pitched to boost the spiritual moral of the participants and the residents of the area. I always advice Sai devotees going to Chennai to take part in the enrapturing Nagarasankirtan which is the best, not to be seen anywhere.

During Swami's visits to Sundaram Nagarasankirtan was held daily and people assembled in large numbers to participate and to have good dharsan of Swami as he appeared on the lotus shaped balcony to bless the vast gathering. One day when Swami had asked the State President about the details of the programme for the following day the president presented in detail beginning with Nagarasankirtan. Swami cut short and said, "No Nagarasankirtan tomorrow." "Why Swami?" "Swami says no." The president conveyed this to the sevadals who were thoroughly disappointed. They urged the president to request Swami to permit them conduct the Nagarasankirtan as scheduled. When this was brought to the notice of Swami His immediate response was, "Uppoh vaichchukkoh" (then have it). The following morning no sooner the Nagarasankirtan had gone half way a sudden gust of wind accompanied by thunder, lightening and rain lashed the area. The branches of trees and electric wires swayed as the blowing intensified.

Despite this the Nagarasankirtan continued and reached Sundaram as scheduled. Completely drenched in the rain the devotees stood below the balcony for Swami's dharsan. Swami appeared smiling raised both His hands and blessed the entire gathering. He told the president, "Swami sonnall kerkamaadiyal." (You won't listen to what Swami says). Omniscient Swami aware of the impending calamity had forewarned the sevadals to cancel the programme. Even now the Nagarasankirtan continues to be held during the first Sunday of each month and during Swamy's birthday celebrations owing to its energising and exhilarating effect.

Sundaram Bhajans

Sundaram bhajans have become popular everywhere and they have become an indelible part in the lives of Sai devotees. The cassettes and cds released at Sundaram are in demand world over. I have seen in most Sai centres devotees having copies of Sundaram bhajan book in English. The lyrics are very helpful for bhajan singers as they carry transliterated English version of the bhajans for proper pronunciation.

I have noticed in some Sai centres within the country and abroad the attendance in the weekly bhajans had sharply declined after Swami left His physical body. But as regards Sundaram the place is still

bustling with devotees because it shows the path of enlightenment to thousand of spiritual aspirants. It is also a place for peace comfort and solace to many a troubled heart and soul. Many who have visited Sundaram feel revitalized and invigorated on leaving. For Sai devotees who have hitherto not visited sundaram a visit is a must.





Ajith Sabaratnam elected new President of the Canadian Tamils' Chamber of Commerce (CTCC)

CTCC 25th Anniversary Event on Sept 26th, 2016

By Siva Sivapragasam

Ajith Sabaratnam, a successful entrepreneur in the Insurance Services has been elected the President of the Canadian Tamils' Chamber of Commerce (CTCC) for the year 2015/2016

The election of the new office-bearers took place on Saturday October at the Annual General Meeting held at JC's Banquet Hall.

Ajith Sabaratnam earlier held the post of Executive Vice-President. He has been in the financial services industry since 1987 and is a financial advisor with Sun Life Financial since 2001. Since joining the company, he was placed in the top two producers nationally in 2004 and has been the number one producer in the region and recognized amongst the top 10 advisors in Canada for past 11 years. His contribution as an Elite advisor to his community has been very impactful and earned him a reputable respect amongst his people. He has been a member of the Canadian Tamils' Chamber of Commerce for the past ten years.

Other members of the Board are as follows:

Dilani Gunarajah,
Executive Vice-President.

Ravi Kanagasabey,
Vice-President, Internal Affairs

Moon Mahalingam,
Vice-President, Finance

Venu Puvirasan,
Vice-President, Membership

Shalini Sathya,
Vice-President, Community Relations

Directors - Suren Navaratnarajah, Gabriel Roshan Thavaratnam and Jey Jeyakanthan. Past President S. Jeyakumar will also be a member of the Board.

The Chamber conveyed it's best wishes at the AGM to the newly elected Federal MP Gary Anandasangaree who was present at the meeting and also addressed the membership.

Ms. Shalini Sathya, the newly elected Vice-President of Community Relations proposed the Vote of Thanks while Ravi Kanagasabey, Vice-President-Internal Affairs conducted the proceedings of the meeting.

The Chamber celebrates it's 25th Anniversary next year (2016) and a grand event is being planned out. The event will take place on September 26th, 2016 in Toronto. Further details about the event will be announced later.

Established in 1991, the Canadian Tamil Chamber of Commerce (CTCC) is a voluntary, non-political, and not-for profit organization aimed at developing successful businesses and entrepreneurship in the Tamil community in Canada, and at promoting charitableness and volunteerism in the community. The CTCC mission is to "Develop and Foster Entrepreneurship" and help to produce business leaders and entrepreneurs who would contribute to the development of Canadian economy in general and enrich the Tamil community in particular.

(Seen here are some pictures taken at the meeting) - Picture Courtesy: Kajen Kaneshalingam



Ajith Sabaratnam elected new President of the Canadian Tamils' Chamber of Commerce (CTCC)



Newly elected Executive Vice-President Dilani Gunarajah



The new Chamber Board



The new President with some of the past Presidents, from L-R: Ken Kirupa (2009-2010), Logan Velumailum (1997-1999 & 2005-2007), Sinnadurai Jeyakumar (2013-2015), Gary Anandasangaree (2007-2009), Ajith Sabaratnam (2015-2016), Sritharan Thurairajah (2012-2013) & Mike Ahilan (2010-2012)



President Ajith Sabaratnam with newly elected Federal MP Gary Anandasangaree, also a past president of Chamber (2007-2009)



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 most of the ingredients will have their Tamil names. 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

Baba Ganoush



This sounds like a new Saamiyaar has arrived in town, however, it actually is the name of a fantastically tasty dish made using the Kattharikkai that most Tamil People buy on a weekly basis. After all, can you really find a Tamil house that doesn't eat Kattharikkai? The only ingredient that maybe you would have to purchase is called tahini. This is a ground sesame seed paste, which is high in protein and vitamins, and low in cholesterol *big smiles people*. Adding this to some basic ingredients conjures up a healthy snack that pairs well with flatbreads, chips, chapathi- or even dosai!

Method:

Roast the aubergines (big dark purple ones are the best for this recipe) in the oven, on a medium-high heat or on a griddle pan, for 30 minutes. Poke some holes in them before you do to prevent them from exploding. The longer you leave the aubergines roasting, the smokier the flavour will be. If you want a smokier flavour, leave it to roast for longer. About 15 minutes into the roasting of the aubergines, throw in two cloves of garlic (skin on), so they can roast as well. Once the aubergines have roasted well, wrap them in foil and leave them for 15 minutes. Take the garlic cloves out and leave them aside. After the aubergines have rested, remove the foil, scoop the insides out into a strainer and let it strain for 10 minutes. Try not to include the seeds, as this will give the dish a bitter taste. The water within the roasted aubergines will make the dish watery, so we want to remove it. Once strained, put the roasted aubergine into a mixing bowl. Then add the tahini paste and vigorously mix. Using a whisk may help. If you want the dish to be smooth, then you can do this in a blender, however we prefer it to be rustic! Peel the skin off the roasted garlic cloves

Serves: 2

Ingredients:

2 aubergines (kattharikkai)

2tsp tahini

Salt (uppu to taste)

1 Lemon (elumichai)

Parsley (voakkoasu small bunch)

2 Garlic cloves (poondu)

2 tbsp Extra virgin olive oil (or as needed)

(they should slip off pretty easily) and mash them up using a knife. Add this roasted garlic paste to the mixture, followed by the juice of a whole lemon, chopped fresh parsley and good amount of salt. We used pink Himalayan salt, (because we fancy like that *giggle*) but any salt will do. Mix this well and then slowly add the extra virgin olive oil until the mixture is well combined.

That's pretty much it! Baba ganoush is pretty aesthetically unlucky, so when serving, add a good splash of olive oil and perhaps decorate it with parsley, pickles, sumac, pine nuts - anything you like!

As always, we want to see your creations! Tag us in your pictures on Instagram, using #monsoonjournal, or send us a picture via email. If you are looking for a particular recipe, send us an email at toronto@monsoonjournal.com - your request could be on the next Monsoon Kitchen!

Enjoy.....!

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THE JCC OBA CENTRAL NITE '15

23rd Annual Get-together & Dinner

The annual Get-together and Dinner of the JCCOBA was held on the 24th October 2015 at Markham Convention Centre, Scarborough. It was a momentous occasion for the old boys and past teachers to mix and mingle with each other and recall golden memories of the good old days they had spent at Central.

In his welcome address the President Mr. S. Sriranganathan gave a brief account of the activities of the association and the forthcoming bicentenary celebrations of the college. He invited all the old boys to be part of the historic celebrations to be held in Canada and in Jaffna.

The Chief Guest Mr. R. Selvaratnam brought nostalgic memories of his ten years student life and described it as the best period in his life, a life devoid of stress and responsibility. He spoke at length reminiscing his days as a sportsman at Central and attributed his rise to the highest position in sports management to his alma mater.

Mr. N. Thirukumaran the Secretary thanked the Chief Guest, Mr. R. Selvaratnam, the Guests of Honour, Mr. C. Kamalaharan & Mr. Sri-Gugan Sri-Skanda-Rajah and all invitees who magnanimously graced the occasion by their presence. He also thanked those who helped in organising the function and made it a successful and memorable one.

To entertain the guests the Bharatha Natyam dance by a cute little girl and the Western dance by two belles kept the audience spellbound throughout the performance.

On the whole it was a joyous occasion full of fun and frolic that would ever remain etched in memory.



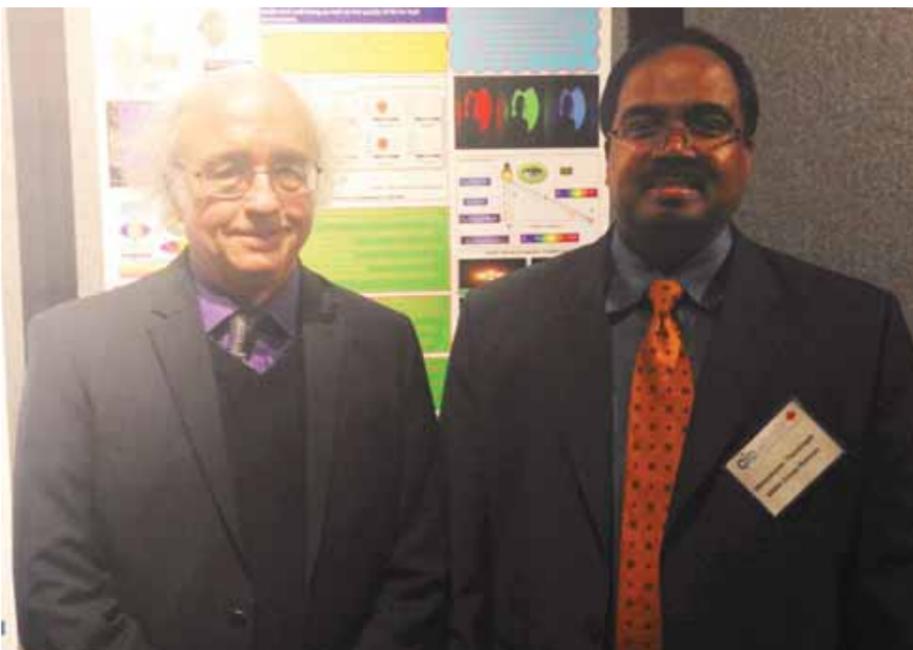


Uthayan Thurairajah Speaks at the Internal Commission on Illumination Technical Conference at the University of Toronto Impact Centre

The 10th Biannual Technical Conference of the Canadian National Committee of International Commission on Illumination (CNC/CIE) and International Commission on Illumination USA (CIE/USA) celebrated the International Year of Light 2015 (IYL2015) between October 18 and 20, 2015 in the City of Toronto.

Our Science and Technology section contributor Uthayan Thurairajah from time to time present research papers and invited to address international audiences. This time, two of the Uthayan research papers have been accepted for presentation at the above-noted conference. Uthayan Thurairajah is a senior engineer and associate at MMM Group and a Lecturer at Ryerson University, made such presentations at the University of Toronto Impact Centre.

A professional engineer with more than 19 years of experience in the electrical engineering and lighting field, Uthayan presented a comprehensive human-centred approach to roadway lighting design as well as indoor and outdoor lighting design and health. His session, Integrating science into the Lighting Design including the latest research on visual and non-visual receptors, and the effect they have on body rhythms and health. He has proved that the current practices and the method of lighting design need to change to human-centered holistic approach. He has discussed at least three important lighting issues including terminology and Methods which is going to be obsolete in the near future. He elaborated the differences between research, laboratory condition and real



Uthayan Thurairajah & Prof. Dr. George Brainerd, Pennsylvania University & NASA Neuroscientist



Uthayan Thurairajah & Dr. Joanne Zwinkels, Research Officer, National Research Council Canada

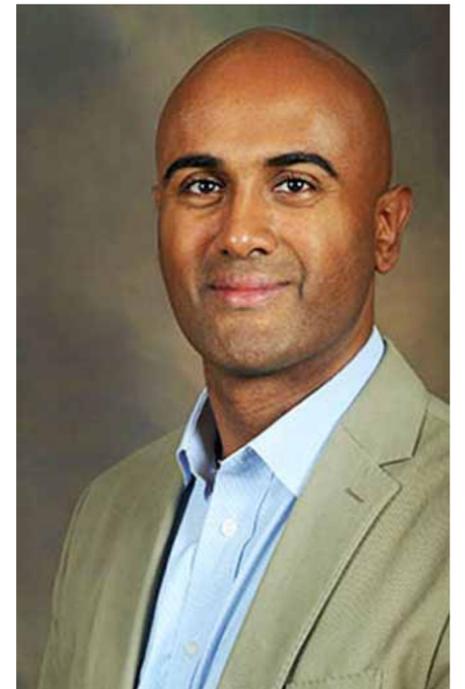
January as Tamil Heritage Month motion passed across Toronto by District School Board

Initiative taken by TDSB Member Parthi Kandavel
A motion declaring January as the Tamil Heritage Month has been passed by the Toronto District School Board

This motion will allow all public schools to celebrate Tamil heritage, culture, language and history during the month of January every year not only with Tamil students but with students of different backgrounds and culture. The motion was passed unanimously with the support of all 21 Trustees.

There are 12,272 students of Tamil heritage in the TDSB student body and this constitutes approximately 5 per cent of the total student population and Tamil is the second largest language group in the TDSB student body.

The passing of the above historic motion to enrich Tamil heritage and culture was achieved due to the interest and initiative taken by Mr. Parthi Kandavel, a member of the Toronto District School Board for Ward 18, Scarborough Southwest.



Parthi Kandavel, Member TDSB - Ward 18, Scarborough Southwest.

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world application. He has proposed a new lighting design method for residential use in consideration of Light and Health.

In his first presentations, Uthayan explained how a holistic roadway lighting design approach makes a vital contribution to the visibility, operational efficiency, health and safety of the motorists as well as pedestrians. The second session investigated artificial light and health, where he discussed a human-centered approach to indoor and outdoor lighting design to synchronize with our circadian rhythms using LED technology. The Light and Health was the primary focus of his presentation. He has proved that we can do amazing thing with light and lighting given the new technological development. Prof. Dr. George Brainerd, Pennsylvania University & NASA Neuroscientist and Dr. Joanne Zwinkels, Research Officer & Co-chair of the conference, National Research Council Canada appreciated Uthayan's research work and the presentation.

Uthayan is a member of several Canadian and international professional

associations including Professional Engineers Ontario, Academy of Integrative Health and Medicine, American College of Preventive Medicine and Association for Prevention Teaching and Research. He has worked on multi-disciplinary lighting and electrical projects for various clients. He carries out research on the subject of light and has 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 and is passionate about integrating science and health into the lighting design.

CNC/CIE and CIE/USA is a biannual event of the Internal Commission on Illumination. Lighting designers, manufacturers, city planners, architects, researchers, students, and engineers use CIE as a platform to meet and learn about the latest developments in the field lighting design, and discuss the future of the lighting profession. More information on the organization can be found at <http://www.cie-usnc.org/> or <http://www.cnc-cie.ca/> and/or <http://www.cie.co.at/>

Monsoon Journal

Wishes

Readers, Advertisers & Well-Wishers
a Happy Deepavali / Diwali

November 11, 2015



HAPPY
DIWALI



By B. Kolappan

Actor, comedian and singer Manorama, affectionately referred to as 'Aachi', whose performance matched and sometimes bettered the lead actors of her movies, died of multiple organ failure on 10 October 2015. She was 78 and is survived by her son and singer-actor Boopathy.

She had acted with M.G.R., Sivaji-Ganesan, NTR, Jayalalitha, Kamal Haasan, Rajinikanth, Nagesh, 'Cho' Ramaswamy, 'Thengai' Srinivasan and the present-day actors.

An artiste who matched the best in the industry:

Manorama's life in a way resembled the unforgettable Karuppayee-turned-JilJilRamamani-turned Rojarani of ThillanaMohanambal. Born as Gopichanda in Mannargudi, she moved

yareyOotandey became an instant hit and a cine magazine described her as the star of the month. "But actor 'Cho' Ramaswamy who was cast opposite her in the film wrote a letter to the magazine saying she was the star of the generation," recalled Mr. Vamanan.

She was caught in a rare controversy when she campaigned against actor Rajinikanth in support of Chief Minister Jayalalitha in the 1996 elections.

Whether comedy or drama, Manorama's success sprang not just from her remarkable talent but also her amazing ability to adapt.

MaalayittaMangai, the 1958 drama produced by Kannadasan and directed by G.R. Nathan, is remembered mainly for two reasons today — one, the magical Viswanathan-Ramamurthy score,



'Aachi' Manorama passed away last month and the saddened fans around the globe continue pay homage and express grief. Here is a compilation about the much loved star, courtesy of The Hindu:

Manorama, who matched protagonists of her day, passes away

with her family to Pallathur in Chettinad to eke out a livelihood. There she assumed the name 'Pallathur Papa' and later Manorama.

Even while acting in plays in Pallathur, she got a chance to act in a film with late S.S. Rajendran and Devika made in Pudukottai. But it did not see the light of day. But SSR had spotted her talent and invited her to participate in the drama Manimagudam in Chennai. Thus began her film career.

Her first film was MalayittaMangai produced by lyricist Kannadasan in 1958. Her experience in the theatre and singing talents came in handy in the film world. She rendered her first song, under the baton of G.K. Venkatesh.

But it was the parody of "Pogathey Pogathey En Kanava", in the film RathaThilagam, to the music of K.V. Mahadevan produced by Kannadasan, that identified her talent as a singer.

She went on to sing under every music director even as she was leaving her mark in the film industry as a comedian. For A.R. Rahman, she sang "MadrasaiSuthiPaarkaPoren" for the film May Matham.

Her body language and dialogue delivery coupled with an affable nature secured her a permanent place in the Tamil film industry. Whether it was the corrupt Madras Tamil or dialects of Thanjavur or Madurai or the Kongu region, she rendered them all effortlessly. She acted in over 1,000 films and sang hundreds of songs.

Film historian Vamanan in his book ThiraiIsaiAlaigal has said it was MuktaSrinivasan who gave her an opportunity to render the song in Madras Tamil in the film Bommalattam. VaaVaathi-

studded with hits like Naanandriyaarvaruvaar and Senthamizhthenmozhiyaal. And two, the actress listed as "puthumugaarimugam" at the bottom of the second scroll of cast names, far below the character artists: Manorama. She plays Anjalai, the domestic help earning a salary of six rupees in a rich household. It's a supporting role, with comic shades — she would go on to play a similar role in many films.

Sakalalakavalli, the versatile actor: Back in the day, ThillanaMohanambal was one of the few novels that was successfully translated into a movie. Director of the film A.P. Nagarajan made it a star-packed film. Most of the characters essayed in the film stand out even now, years after its release.

But Manorama just slipped under the skin of the character — Karuppayee-turned-JilJilRamamani-turned Roja Rani — refused to be overshadowed even by the thespian and her mentor SivajiGanesan.

Nothing captured the life of a Sadir dancer — who had to contend with the life of having to be at the mercy of landlords, normally known as Minors.

When she tells SivajiGanesan in the film "YellathanKattren. YennaPrayojanam. IppadiPeraiMaathi-VachittuOorOoraPeyaAlaiyiren" (I have learnt every art form. What is the point? I have to change my name and moving around like a ghost), her poignant words

possessed with talents.

JilJilRamamani, the fictitious character probably bore the closest resemblance to Manorama.

In the film, SikkilShanmugasundram would introduce her to his troupe, saying that she could perform Karagam, poikalkudirai, sadir and all other art forms. "OndrumVidurathuIl-lai. Sakalalakavalli" (She doesn't leave anything untouched. She's so versatile). Knowing her as he did, he probably was paying the highest compliment to Manorama the artiste. She indeed was a Sakalalakavalli.

UnnalMudiyumThambi - Evolution as a character artist:

Manorama was K. Balachander's choice for the role of daughter-in-law of a famous musician. Caught between the imperious father-in-law BilahariMarthanadamPillai and a speech impaired husband and airrepressible brother-in-law, Manorama as AnniAnkayarkanni suffers silently even as she seeks to effect peace in the family.

the finest character role in Tamil films. Her facial expressions in the scene in which her husband plays Karaharapriya in nagaswaram to bring together his father and brother was no less musical.

PattikadaPattanama - Adding flavour to Madurai dialect:

Vellaiamma, the quintessential Madurai woman, is all courage and firmness beneath her jovial disposition. Manorama, who donned the role in the film PattikadaPattanama, was in full flow and enthralled everyone with her effortless rendering the Madurai dialect. The way she says "Aithan" (Aithan) is both loveable and ridiculous.

She had the audience in splits when she almost drowns M.R.R. Vasu's sidekick Pakkoda Kader in the Vaigairiver and later thrashes Vasu after inviting him for a feast. Her courage is manifest when she comes all the way to Chennai in search of Vasu, who had deserted her after marriage.

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FASTING

17/11/2015 - Tuesday - Surasamharam - சூரசம்ஹாரம்
18/11/2015 - Wednesday - Paaranai - பாரனை



Spread of Municipal Land Transfer Tax - Call to Action

The Ontario Ministry of Municipal Affairs and Housing has indicated that they intend to allow every municipality in Ontario the power to charge a Municipal Land Transfer Tax (MLTT), a change that could double the land transfer taxes consumers have to pay on their next home.

Since 2008, only the City of Toronto has been able to levy a municipal land transfer tax. A recent study showed that the Toronto land transfer tax has cost the city almost 15,000 jobs and \$2.3 billion in lost economic activity.

Together we can stop the spread of

this tax to other municipalities. Toronto Real Estate Board (TREB) along with Ontario Real Estate Association

(OREA) and REALTOR® Boards/Associations across Ontario are taking action against MLTT.

TREB is calling on all Members to take action now and say NO to another home owner tax. Together we can stop the spread of this tax.



Second Suites Legal in Toronto

In an effort to increase the supply of affordable housing, Toronto City Council passed a by-law a year ago that legalized second suites, also known as accessory apartments. Several members of the public appealed this decision to the Ontario Municipal Board (OMB), and as a result the by-law could not

take effect until the OMB issued a decision on the matter.

In April 2000, the OMB approved the new by-law, but refused to allow it to take effect until changes were made to address public concerns regarding the exterior appearance of homes

with second suites, and the provision of parking. City of Toronto staff have made the necessary changes to the by-law, and the OMB has now issued its final order allowing the bylaw to take effect. As a result, second suites are now legal in the City of Toronto in all single family and semi-detached homes, providing they meet certain criteria, including fire and building codes. For legal and zoning information on second suites in other Greater Toronto Area municipalities, please contact your local planning department.

The above articles are by courtesy of Toronto Real Estate Board

Fraudulent Rental Listings

A Member from Toronto Real Estate Board has reported that a property for sale has been fraudulently displayed for rent on Kijiji and Craigslist. The rental amount shown is unusually low for the area. This alerted a person familiar with the area to question the amount and contact the Member.

Another person contacted the poster of the ad and asked to view the property. They were advised to view the pictures and send a deposit, as the poster was out of town due to a family member being ill. When the potential renter drove to the location, they saw the for sale sign on the property and contacted the Member, who let them know it was not available for rent and had been fraudulently posted.

The homeowner has reported the situation to the local police.

In order to guard against such



fraudulent activity, TREB Members may choose to routinely undertake an Internet search of their listings. Once alerted to such occurrences, they can be reported to local police and to the Canadian Anti-Fraud Call Centre, which is jointly managed by the Ontario Provincial Police (OPP), the Royal Canadian Mounted Police (RCMP), and the Competition Bureau.

For more information, visit www.antifraudcentre.ca

HOMAGE To The Fallen & Tamil Lives perished

November 2015



(Pic By: Brian Gratwicke)

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Uma Suresh



ORGAN DONATION PUBLIC FORUM BY DURHAM TAMIL ASSOCIATION

Organ Donation Public Forum to raise awareness on the increasing need of the organ donation was held by Durham Tamil Association on Wednesday, October 7th at the McLean Community Centre in Ajax. CASSA extended the invitation to DTA to run this campaign along with the Town of Ajax & Trillium Gift of Life Network. Tracey Vaughan, Director of Recreation & Culture for the Town of Ajax, Councillor Marilyn Crawford, Executive Director of CASSA Neethan Shan J.R.Dash – Communications Advisor of Trillium Gift of Life Network, Dr.Michelle Snyder – Hospital Development Coordinator of TGLN, VP of Canadian Afghan Council Tariq Fahimi, Pandit Damodar Sharma of Devi Mandir, Imam Shaikh Abdul Mannan of Pickering Islamic Center, VP of Friends Indeed Saeed Siddiqui, Nallathamby, President of Pickering Islamic Centre Mohammed Rahim and Organ donation recipient Nallaratan Masilamani facilitated the public forum.



Guests at the dinner table



Panel Discussion with Multi Faith leaders



TEAM DTA with the Dignitaries & Community Partners

It was a great surprise to witness many youth from various ethnic back ground attending this awareness forum. Many new donors registered during this campaign. The forum lasted up to three hours with a video presentation and slide show presentation by the TEAM DTA Youth, which was concluded by a tasty dinner provided by Canbe Foods in Ajax.

Please log on to beadonor.ca/durhamtamilassociation if you like to register and become an organ donor. If you have any questions or concerns, please connect with Durham Tamil Association via phone 9054287007 or by email info@durhamtamils.com



Dignitaries enjoying the dinner



Youth enjoying the dinner

UMA SURESH OF DURHAM TAMIL ASSOCIATION CHOSEN FROM ONTARIO FOR THE CCS AWARD

On Thursday October 22nd, Canadian Cancer Society Head Office honored the committed volunteers with an award at the Trillium Trails in Oshawa.

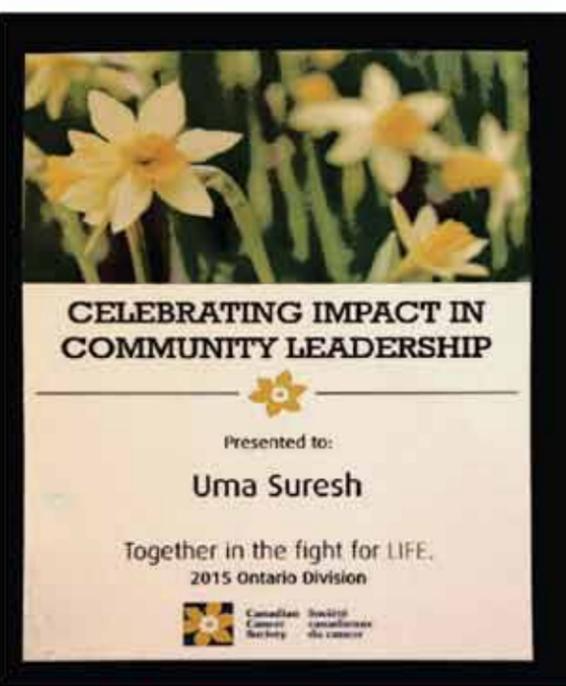
Kendra Chopcian, Manager of the Canadian Cancer Society - Durham Region and Sharon Alipanopoulos, Volunteer Engagement Coordinator at the Canadian Cancer Society - Durham Region presented

"CELEBRATING IMPACT IN COMMUNITY LEADERSHIP AWARD 2015"

to Mrs. Uma Suresh, who is the Program/ Volunteer/ Membership Coordinator of Durham Tamil Association.

This was awarded by the Head Office of the Canadian Cancer Society, to their 6 outstanding volunteers of Ontario Division, who were chosen for their selfless achievements in various categories. Uma Suresh was the only recipient chosen for her leadership quality and was honored by this esteemed award. Since 2012, Uma Suresh initiated the commitment to raise funds for the Canadian Cancer Society, with a team of youth of Durham Tamil Association through the Daffodil Campaign, with about 20 volunteers. Currently, the number of youth volunteers are over 50 in numbers.

DAFFODIL CAMPAIGN		
2012 -	TEAM DTA Raised	\$ 2,006.75
2013 -	TEAM DTA Raised	\$ 2,141.25
2014 -	TEAM DTA Raised	\$ 3,006.85
2015 -	TEAM DTA Raised	\$ 7,317.26
PINK RIBBON CAMPAIGN		
2015 -	TEAM DTA Raised	\$ 2,561.00



Canadian Cancer Society's prestigious Celebrating Impact In Community Leadership Award presented to Uma Suresh of Durham Tamil Association

In her speech, she appreciated her husband Josh Suresh & VP Kanga Sivanathan, who were the role models for her. She dedicated the award to all children, parents & youth of Durham Tamil Association for their committed TEAM effort. Heartfelt thanks to Canadian Cancer Society on behalf of the Board of Directors & families of Durham Tamil Association, for recognizing the selfless efforts of committed volunteers.



Kendra Chopcian, Manager of the CCS - Durham Region & Sharon Alipanopoulos, Volunteer Engagement Coordinator of the CCS with Uma Suresh who was chosen for the Leadership Award



VP of DTA Kanga Siva with his wife witnessing Uma Suresh being awarded by CCS for Ontario Division



Canadian Tamil Medical Association Annual Fundraising Gala

**“Lights of Healing”
on November 7th.**

The Canadian Tamil Medical Association's Annual Fundraising Gala known as Lights of Healing will be held on November 7th at the Scarborough Convention Centre.

The Association raised funds during last year's Gala for a community wellness centre in Toronto and a mental health rehabilitation centre and humanitarian support for the paraplegic persons from Northern and Eastern Sri Lanka who were affected by the war.

The Association has in the past contributed funding to several projects in Canada and Sri Lanka.

Gala Dinner tickets for this year's Gala can be obtained from the following:

Dr. Shan - 416 266 5161 | Dr. Shanthakumar - 647 293 0924 | Dr. R. Logan - 905 944 0100

**Alzheimer's Awareness Gala Event
on November 14, at the Park Hyatt, Toronto**

Canadian Global Initiative against Alzheimer's (CGIAA) is organizing An Awareness Dinner Gala and a key-note speech on the prevention of the disease, at the Park Hyatt, Toronto, on November 14th. The Gala is for the benefit of the Alzheimer Society of Toronto.

The Gala is being hosted by the Award winning science writer and broadcaster Jay Ingram, and Dr. David Morgan, a world leader in Alzheimer's disease research will give a keynote address titled "Preventing Alzheimer's by 2025: How will we get there from here". The host, Mr. Ingram will also be signing his book, "The End of Memory": A Natural History of Aging and Alzheimer's, which "charts the history of the disease before it was noted by Alois Alzheimer right through the twenty-first century, as Researchers continue to search for a cure". More details about the event and tickets can be obtained from the following web-link :

<http://www.newswire.ca/news-releases/tickets-now-available-for-gala-to-support-alzheimers-disease-hosted-by-broadcaster-and-author-jay-ingram-529954731.html>

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Palm Roots Photo Exhibition
for families facing poverty in Jaffna, on Sunday,
November 15th at the Scarborough Convention Centre

By Siva Sivapragasam

Jananie Bhaskaran is a young photo-journalist who was taken-up by the sufferings of school aged children in Jaffna, during her visit to Jaffna in 2013. She realized how these children have been denied access to resources and supplies for their education.

Janani started a charity-based auction in August 2013 to raise funds for these families facing poverty in Jaffna. Her ambition is to see children of the North being provided with proper education and an environment to change their current living conditions. Her focus is to provide these children the best opportunities to become educated and confident leaders as adults through her Palm Roots charity work and other projects she hopes to initiate in the future.

The 2015 Palm Roots Photo Exhibition will take place on Sunday, November 15th at the Scarborough Convention Centre. Janani invites those interested in helping these poverty stricken children to attend the exhibition and help a worthy cause.

(Seen here are some images of photos to be displayed at the Exhibition)



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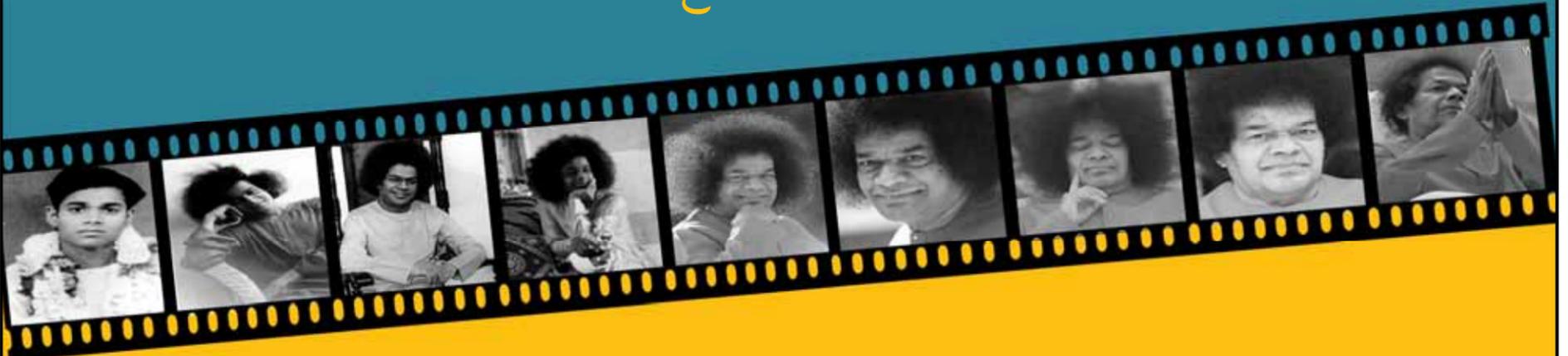
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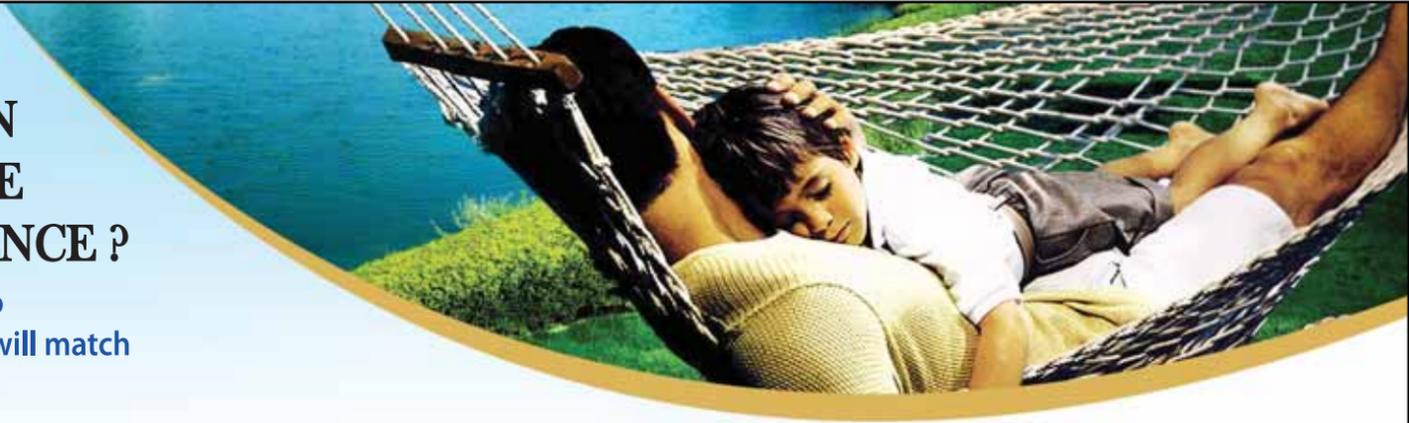
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TCASD Halloween Event 2015



Celebrating Halloween is one of the enjoyments among young children and adults too. Dressing the kids in their favourite costumes and bringing them to school and events is one of joyful time of the season.

TCASD celebrated this year's Halloween at Mc Lean Community centre with members and guests. Costume contest, Colouring and Pumpkin carving were the activities that were organized by the TCASD Executive Team and Youth Team.

Children were very excited and happily participated in all events, pumpkins started to talk after carving them. It was very fascinating watching the children walking with their Halloween costumes. They all participated in all contest.

Plenty of chocolates, and snacks were distributed with Pizza. It was a fun loving Halloween evening with TCASD Family and members.





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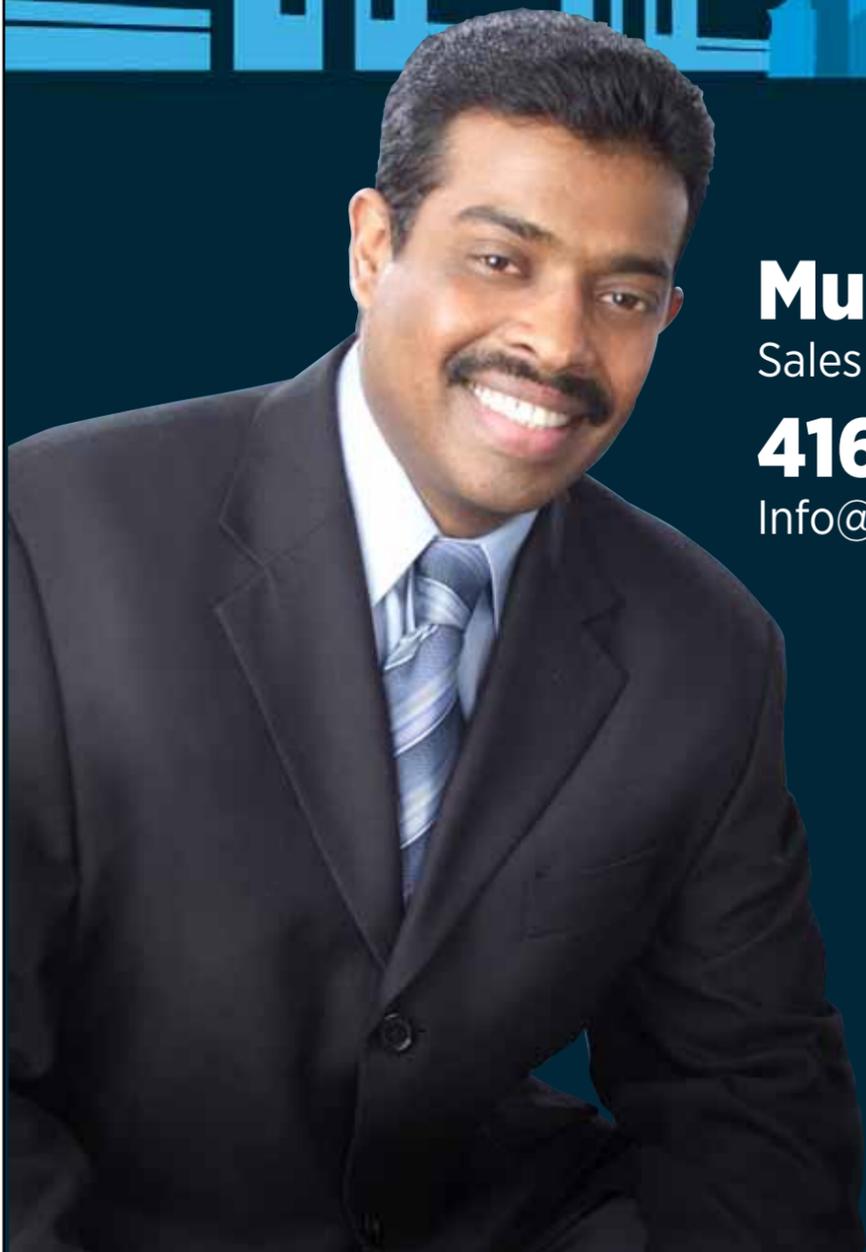
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Interested to meet people and cover social events.

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

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1 day ago

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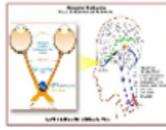
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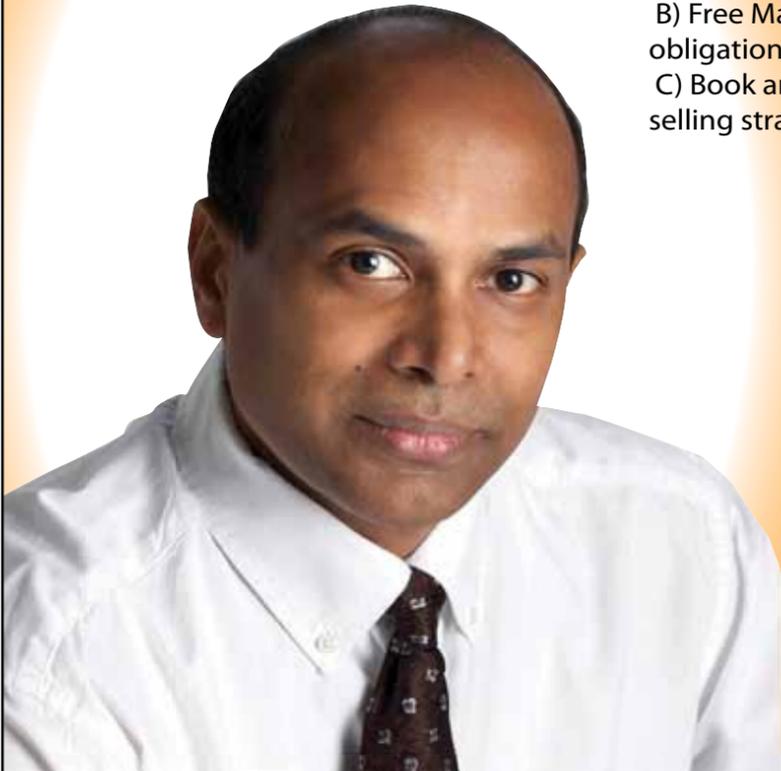
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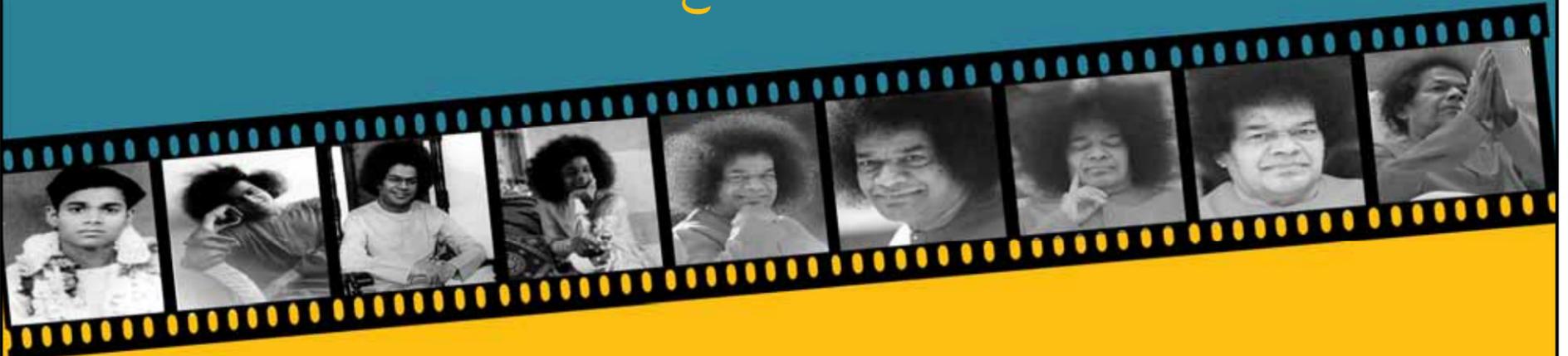
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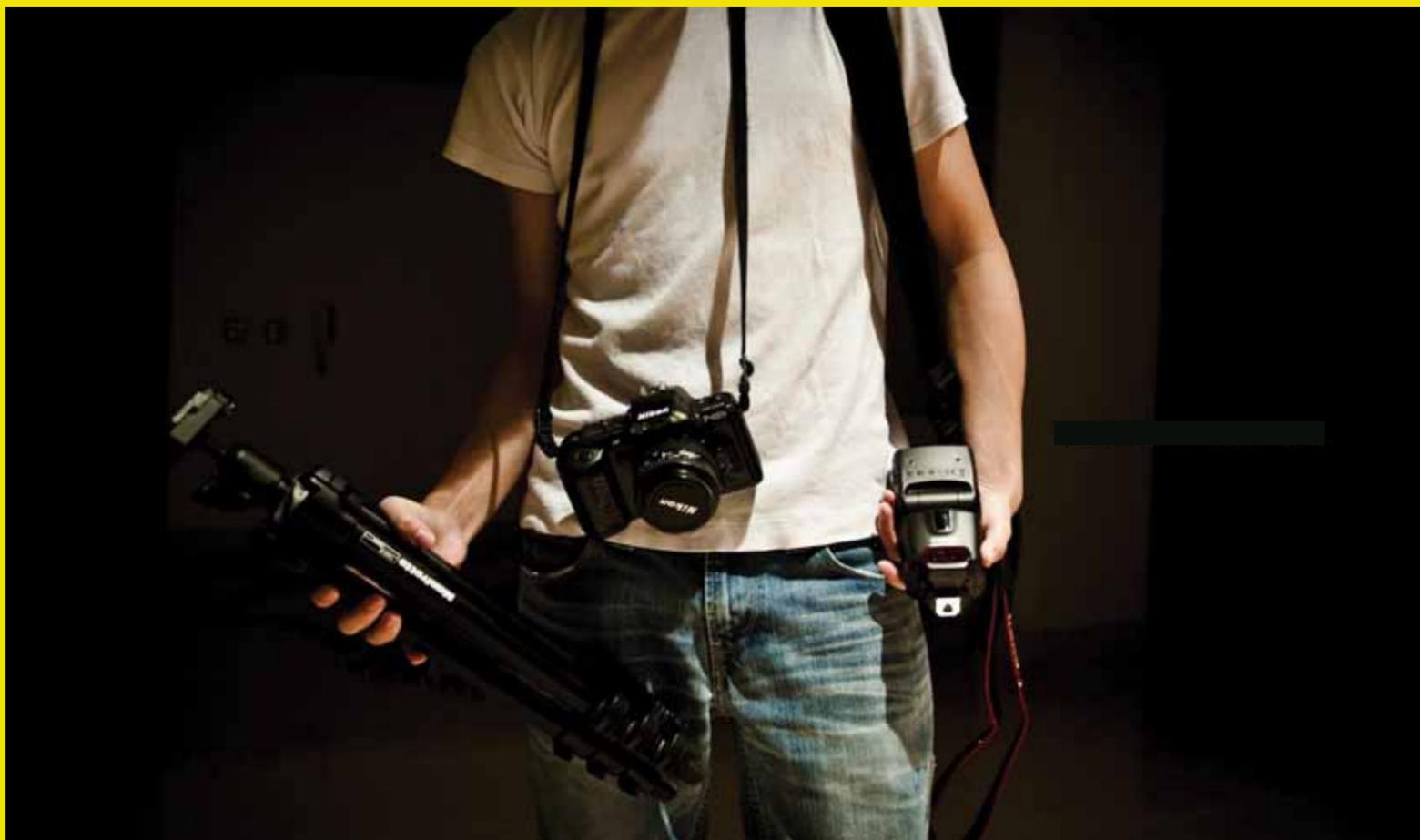
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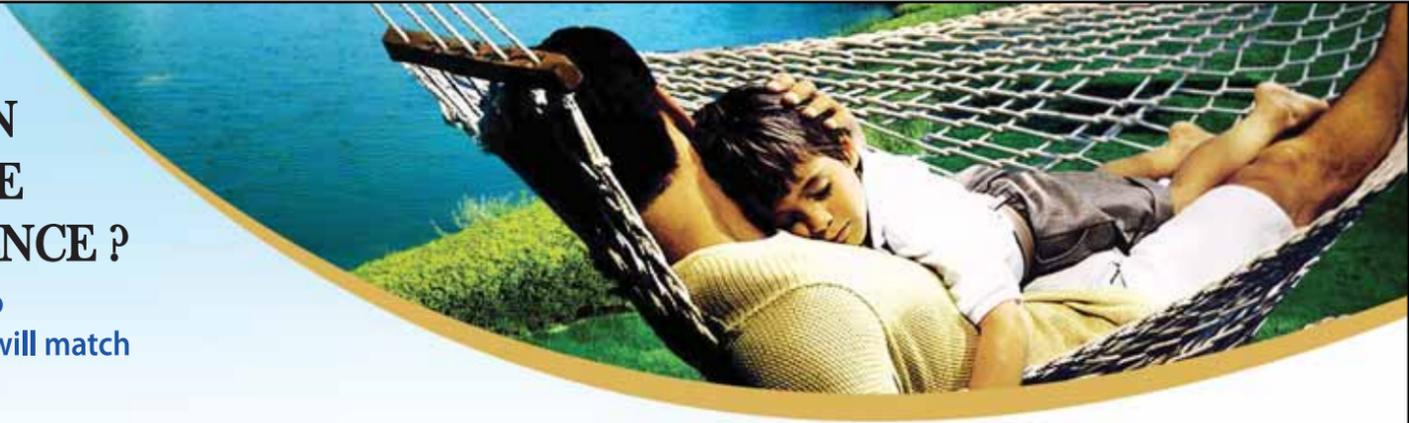
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