

A parfait media publication

Monsoon Journal

VOL 11 ISSUE 2 JULY 2016

Happy Canada Day, July 1, 2016

Ontario Progressive Conservative Party Leader Patrick Brown at the Annual Tay Township & Victoria Harbour Pre Canada Day Parade with Mayor Scott Warnock, June 25, 2016.
pics via: twitter.com/brownbarrie



British PM David Cameron to quit premiership as UK votes against remaining in the EU Former London Mayor Boris Johnson tipped to be UK's new Prime Minister

By Siva Sivapragasam

... Please see page 8

RE/MAX Community Realty celebrates 3rd Anniversary in Grand Scale

RE/MAX Community Realty Inc., Brokerage, one of the upcoming leaders in Real Estate based in Greater Toronto Area has just celebrated the 3rd Anniversary in a grand scale in the presence of well over 250 guests. The event was held on Saturday, June 25th in an outdoor setting with lots of fun for the kids of guests, variety of food items prepared and served at the site, premium liquor of all kinds, selection of deserts, music and dance until dawn.

... Please see page 38 for full details



Cutting the cake on the 3rd Anniversary Party: (L-R) Gurinder Sandhu, Former Executive Vice President, RE/MAX Integra, now joined as Managing Partner, RE/MAX Hallmark Realty, Gary Anandasangaree, MP, Scarborough-Rouge Park, from RE/MAX Community Realty, Rajeef Koneswaran, wife Chandra & Logan Velumailum and Nancy Sears, Franchise Development, RE/MAX Integra, Ontario-Atlantic Canada



Monsoon Journal contributors Krishni & Tashvir Narine are estatic to announce the arrival of their son,

Arran Logan Sathya Narine

Born Friday June 24th, 2016, 2:18 am | 7 pounds, 15 ounces, 20.47 inches.

Thank you to the maternity staff at The Scarborough Hospital for their excellent care.

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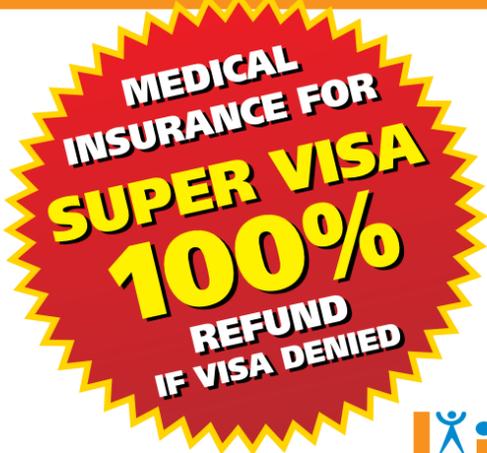
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"Diversity is one of this country's greatest strengths, and our multiculturalism echoes the diverse First Nations, Inuit and Métis cultures of this land"

Full Text of Remarks by His Excellency the Right Honourable David Johnston - The Governor General of Canada, on marking the 20th anniversary of National Aboriginal Day held at the Woodland Cultural Centre, Brantford, Ontario, on Tuesday, June 21, 2016:

Let me begin by acknowledging that this gathering is taking place on the traditional lands of the Six Nations.

Twenty years ago, when proclaiming National Aboriginal Day in a ceremony at Rideau Hall, my predecessor Roméo LeBlanc spoke of the great contributions first peoples have made to this country.

It's a theme I want to continue here today in Brantford on this National Aboriginal Day.

Brantford, of course, takes its name from Chief Joseph Brant, the 18th century Mohawk leader who played such a key role in the military and political affairs of the country that would become Canada.

Chief Brant's story is an example of something we have too often failed to acknowledge in this country: the fact that Canada as we know it exists thanks to the contributions of first peoples.

But historically, we have more than failed to acknowledge this fact.

We have actively tried to ignore, suppress and erase the memory of those contributions, along with the diverse and vibrant indigenous cultures that gave rise to them.

Indeed, that was one of the reasons why this building, the former Mohawk Institute Indian Residential School, was built.

My wife, Sharon, and I have the solemn responsibility of serving as honorary witnesses to the Truth and Re-

conciliation Commission, and I'd like to share with you an excerpt from the Commission's final report.

It's from a section detailing corporal punishment at residential schools, and it mentions this very building we're standing in.

It is painful, but important, reading. I quote:

"Some schools had a specific room set aside to serve as a 'punishment room'," the paragraph begins.

"After a 1907 inspection of the Mohawk institute in Brantford, the Ontario inspector for Indian agencies, J.G. Ramsden, reported, 'I cannot say that I was favourably impressed with the sight of two prison cells in the boys play house. I was informed, however, that these were for pupils who ran away from the institution, confinement being for a week at a time when pupils returned.'"

It continues:

"In 1914, a father successfully sued the Mohawk Institute principal for locking his daughter in a cell for three days on what was described as a 'water diet.'"

End quote.

Let's never allow ourselves to forget about those children who were boarded here, who tried to run away, who were inhumanely punished.

As a lifelong educator, I'm deeply disturbed by the residential school system's betrayal of the most fundamental principles of learning.

Education should never be about the narrow exclusion of cultures or worldviews.

Rather, learning must be about inclusiveness, discovery of the self, of others, and of the world around us.

The approach should be one of diversity, respect and celebration of dif-



Their Excellencies celebrated the 20th anniversary of National Aboriginal Day at the Woodland Cultural Centre, a former residential school in Brantford, Ontario.



Their Excellencies thanked the residential school survivor for sharing his story, allowing current and future generations to better understand the history of the residential school system.

- Photographer: MCpl Vincent Carbonneau, Rideau Hall - gg.ca

ference.

Here at the Woodland Cultural Centre, you're helping to preserve and promote First Nations culture and heritage, and to tell the story of Canada in all of its great complexity.

On behalf of all Canadians, I thank and commend you for that.

National Aboriginal Day likewise presents us with an opportunity to continue to tell the complete story of Canada.

Today, we celebrate first peoples and cultures and work towards healing the wounds of the past and creating a better future for all.

I believe diversity is one of this country's greatest strengths, and our multiculturalism echoes the diverse First Nations, Inuit and Métis cultures of this land.

I encourage all Canadians to learn more about first peoples and cultures today and throughout the year.

And let us all—Aboriginal and non-Aboriginal alike—seek new ways to work together in partnership and cooperation.

Happy National Aboriginal Day, Canada!

Liberal Candidate for Scarborough-Rouge River thanks Ontario Liberals for "transparent nomination process"

Piragal Thiru has been nominated to run in the riding of Scarborough-Rouge River byelection after a hard fought contest. In a recent social media posting, the winning candidate has praised the "open and fair" process the Ontario Liberals put forward in the riding for this byelection.

Full text of posting by Piragal Thiru: "I'm truly honoured to be nominated as the Liberal candidate for Scar-

borough - Rouge River. Special thanks and commendations to my fellow candidates, volunteers and members for all their hard work and time this past Sunday. It was a great nomination race and I would like to thank the Ontario Liberal Party for keeping this process open, transparent and fair. We had an amazing turnout, demonstrating how strong we are as Liberals. Let's keep the momentum going and move

forward together so we can win the bye-election. Together we will continue to build on the government's commitments to increase access to education, create jobs and act on climate change. Let's win this!"

Piragal Thiru of the Ontario Liberals will face the Progressive Conservatives' Raymond Cho and the NDP's Neethan Shan.



Piragal Thiru



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from the publisher's desk

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Canada Day in the midst of "Brexit": We are dependent on others for our well-being today



In only a few days, Canadians from coast to coast will be marking the 149th Canada Day on July 1st. Interestingly, one year from that time, Canada will be celebrating 150 years since its formation as a Confederation under Great Britain in 1867. These occasions usually have entailed barbecues, parades, picnics, a sense of patriotism, family bonding, and, of course, the always-extravagant fireworks. Yet, Canada Day 2016 will be occurring in the midst of significant global change. This is unfolding in Europe after the United Kingdom voted to leave the European Union (EU), a supranational organization governing the continent, on June 23, 2016.

Accordingly, it was a rather slim margin of victory for the leave or Brexit campaign, who acquired 51.8% of the vote in contrast to 48.1% for the remain campaign there. Based on news reports emerging in reaction to the vote, the event seems to represent the UK's rejection of contemporary globalization. Particularly, it would be that of immigration policy which largely fueled this electoral indictment of the EU.

Other consequences of this apparent upheaval include a falling British pound alongside an overall downward pressure in global financial markets; the forthcoming resignation of UK Prime Minister David Cameron; and new independence referendum discussions in Scotland. Although the UK faces the most direct complications from these and others from this successful 'Brexit' vote, Canada is also positioned to feel the effects.

However, while these effects will certainly be economic in nature, with Canada Day approaching shortly, it also ideally induces a sort of reflection from the country on as a federation in a globalizing world. This Canada Day should be a time where Canadians from across different

parts of the country reassert their sense of national cohesion and tolerance for each other and countries outside of it, such as in North America. Arguably, it has become necessary given that the referendum outcome has, from certain accounts, revitalized the sovereignty movement in Quebec. This seems akin to the situation between the United Kingdom and the European Union. Though, as the UK will soon realize with this decision, it involves a complex process of negotiations, especially concerning trade, because globalization has inevitably become an inevitable activity.

In light of the way our world currently operates, it is in best interest of all Canadian provinces to embrace the federal model and all of its values - economic policies, immigration and the environment. In response to Brexit, Prime Minister Justin Trudeau, on Canada's behalf, acknowledged that the "UK and the EU are important strategic partners for Canada with whom we enjoy deep historical ties and common values. We continue to build relations with both parties as they forge a new relationship." Furthermore, he maintained that Canadians' own prosperity necessarily results from the cordial and professional relationships with the UK and various other countries. As reiterated by the Canadian PM, we are dependent on others for our wellbeing today.

Not only is this case for Canada itself, but it will also be so for the United Kingdom and the European Union in accommodating these political changes effectively. So Overall, with this and other considerations in mind, Canadians will certainly see the added significance of this Canada Day as the predecessor for the country's 150th birthday that will glow on the world stage.

Contributed by: Harrish Thirukumar

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“May your choices reflect your hopes, not your fears.” - Nelson Mandela (18 July 1918 – 5 December 2013)

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

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Canadian Tamils' Chamber of Commerce (CTCC) supported CIMA Mayor Trophy on Saturday, June 25, 2016



The Chartered Institute of Management Accountants (CIMA) introduced Toronto's annual CIMA Mayor's Cricket Trophy tournament in 2005. Since then, the event has helped to raise funds to support youth cricket programs such as Cricket Across the Pond scholarships and the Mayor's School Cricket Tournament in Toronto.

This year, as Canadian Tamils' Chamber of Commerce (CTCC) prepare for the grand scale celebrations for the 25 years success of Business Excellence, CTCC was proud to support this event and President of CTCC Ajith Sabaratnam released the following statement.

Thank you to all the members who attended the CIMA Mayor's Trophy. It was truly a unique experience to watch Mayor Tory, MP Adam Vaughan, Global and Mail CEO, Phillip Crawley and many others play cricket today. We would like to thank all of the local media stations: TET, Kalaapam Tamil

TV and ATN for covering the event.

One of the program CIMA Mayor Trophy introduced was The CIMA Mayor's School Cricket Tournament that was initiated in 2011 with the aim of providing Toronto's thriving school cricket program with the due recognition and support through the City. As a logical extension of the CIMA/City of Toronto partnership, CIMA took on the lead role in promoting school cricket and piloted the inaugural CIMA Mayor's School Cricket Tournament in 2011. The 2011 School Cricket competition involved an outdoor cricket tournament with TDSB middle school and high school cricket teams from the Toronto East playing against Toronto West schools. The 2011 champion school teams Woburn Collegiate and Smithfield Middle School were invited to the Toronto City Hall and recognized by the City at a school cricket awards ceremony.

THE HINDU TEMPLE SOCIETY OF CANADA Richmond Hill Ganesha Temple 2016 ANNUAL MURUGAN FESTIVAL

Compiled by Kidambi Raj
Member, Board of Trustees

The Annual festival for Lord Muruga, started on Sunday, June 26th with an elaborate Homam and religious rituals performed as per the Agama Sastras, to bring good health and prosperity to all the devotees and the community at large. The ceremony was conducted by the Chief Priest, Sivacharyamani Sri S. Ketheeswara Kurukkal. It started with the Kodi Ettram (raising the flag of the Deity), marking the beginning of the festival. There were special Nava Kalasa (nine vessels) Ab-

hishekkam, Yaga Puja, Vasantha Mandapa Puja followed by procession of the Utsava (miniature idol) idol of Deity with exquisite and beautiful decoration seated on a different Vahana (vehicle) and taken around inside the temple to the accompaniment of traditional Nadaswaram and Mirdangam music for the remaining days of the festival.

Since this festival just started on the 26th of June and would conclude on July 12th. The details of this year's Murugan festival will be covered in detail in the August issue. Attached are few pictures of the Kodi Ettram part of the festival.



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Reserve Bank of India Governor Raghuram Rajan quits post

“One of the ‘100 Most Influential People in the World’ - Time Magazine”

By Siva Sivapragasam

The resignation of Reserve Bank of India's Governor Raghuram Rajan from his post has sent shockwaves across the financial sector.

The 53-year old economist had said he was open to a second term, but will instead be returning to academia in the United States when his three-year tenure is up in September.



There has been intense speculation about whether Rajan, who had been appointed Reserve Bank chief by the previous government, would serve a second term under the administration of Prime Minister Narendra Modi.

Rajan received degrees from prestigious universities in India and the United States and taught finance at the Booth School of Business at the University of Chicago. He also functioned as the Chief Economist for the International Monetary Fund in US. Raghuram Rajan was born into a Tamil Brahmin family. Time Magazine has named him as one of the '100 Most Influential People in the World'.

There were severe differences of opinion between Rajan and those in the government, including in the finance ministry bureaucracy, on the RBI's monetary policy, particularly on the issue of the central bank's refusal to lower interest rates.

People in the government and industry had complained about Rajan's obstinacy in not reducing interest rates, especially when the oil import bill was low and other macro-economic indicators were suitable.

Those in the government and industry were looking at the RBI to reduce interest rates to spur growth in real estate and the MSME sector.

A spurt in these two sectors, or so it was argued, would have contributed to job growth -- one of the principal planks of Prime Minister Narendra Modi's 2014 Lok Sabha campaign.

It was also deeply resented that Rajan had backers such as former finance minister P Chidambaram and Infosys co-founder N R Narayana Murthy. Both had gone on record asking for a second term for Rajan. Reports also suggested differences over an enlarged role for the Reserve Bank, including a proposed cabinet post for the governor, but the government wasn't interested.

Rajan was a fresh face in India's banking bureaucracy and served the International Monetary Fund as the Chief Economist. He boldly forecast in 2005 the financial crisis of 2008. A marathon runner with a dashing demeanor, he was quickly dubbed "Rockstar Rajan."

Rajan had a reputation as pragmatist who could calm skittish investors and attract foreign capital. However, Rajan comfortably ventured beyond the usual remit of a banker. The fact that Rajan holds a Green Card, a document that gives him legal permanent resident status in the U.S., was also raised as if to suggest it compromised his allegiance to India

BJP Parliamentarian Subramanian Swamy launched a no-holds-barred attack on him in May, accusing Rajan of wrecking the economy with his interest rate policy and then said the RBI Chief was "mentally not Indian."

Rajan was alternately admired and scorned for his outspokenness. Industry leaders and the political Opposition were upset over Rajan's decision.

"India is the loser," wrote Harvard educated Palaniappan Chidambaram who was the Finance Minister when Rajan was appointed.

In a twist of co-incidence, Sri Lankan Central Bank Governor Arjuna Mahendran's second term in office is also in jeopardy where a section of the Opposition in Parliament is opposing his second term.

(With output from Rediff News)

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On International Yoga Day, Ban spotlights importance of healthy living in realizing Global Goals

21 June 2016 – United Nations Secretary-General Ban Ki-moon today urged everyone to embrace healthier choices and lifestyles and to commit to unity with other human beings, regardless of ethnicity, faith, age, gender identity or sexual orientation.

“Practicing yoga can also help raise awareness of our role as consumers of the planet’s resources and as individuals with a duty to respect and live in peace with our neighbours,” Mr. Ban said, marking the second International Day of Yoga, since the UN General Assembly adopted a resolution last year dedicating 21 June to the practice. “All these elements are essential to building a sustainable future of dignity and opportunity for all,” he added.

Yoga is an ancient physical, mental and spiritual practice that originated in India and is now practiced in various forms around the world. The word ‘yoga’ derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness.

This year’s observance of the International Day highlights the important role healthy living plays in the realization of the Sustainable Development Goals (SDGs), adopted last year by all UN

Member States.

Noting the benefits of yoga, the Secretary-General explained: “Physical inactivity is linked with a number of non-communicable diseases, such as cancer, diabetes and cardiovascular diseases, which are among the leading causes of illness and death worldwide. By improving fitness, teaching us how to breathe correctly, and working to diminish stress, yoga can help to cultivate healthier lifestyles.”

The ancient practice of yoga represents the “breath of the eternal,” according to one of the world’s oldest practitioners, 97-year-old Tao Porchon-Lynch, who began learning yoga in India at age eight.

Speaking to UN Radio as part of a yoga session at Headquarters today, Ms. Porchon-Lynch said she was pleased to see more and more people participating in yoga and she wanted to teach that “when you take a breath, you’re tuning in to the life force inside of you and you’re tuning in to the very spirit of life.” She said people are always telling her what she could not do, but she had no interest in that. “I know that within me is the possibility to go out and do it!” she said.

As for the United Nations, Ms. Por-

chon-Lynch said the world body was most necessary. “We need to be able to sit down and talk to each other; we don’t need to [search for] what is wrong in life. Whatever you put in your mind, you materialize, so let’s materialize peace and beauty and [the knowledge] that each one of us has something good to offer.” Asked what a world where everyone practiced yoga would look like, she said; “It would be a beautiful springtime; a world where everything flourishes. I don’t believe in hatred. I believe on the smiles on peoples’ faces.”

Yogi Sadhguru Jaggi Vasudev, founder of the Isha Foundation said two billion people around the world practice yoga, fundamentally, “because it works.” Every human being can have a pleasant and peaceful life experience if they “fix” themselves from the inside. And while it is true that one might not be able to teach yoga lessons in a war zone, war itself is a manifestation of what is happening in human minds. “So we can’t start with the outside, we have to start inside,” he said.

Among the worldwide events that took place to mark the Day, the Permanent Mission of India to the UN in association with the UN Department of Public Information, gathered people in the UN



International Day of Yoga celebration at UN Headquarters. Photo: Runa A

Secretariat Circle at UN Headquarters, New York.

Participants at the event will included: -the President of the General Assembly, Mogens Lykketoft;

- the Under-Secretary-General for Communications and Public Information, Cristina Gallach;

- Ambassador Syed Akbaruddin, Permanent Representative of India to the UN;

- and Sadhguru Jaggi Vasudev, a renowned spiritual leader who will lead a simple yoga practice.

The event also included a musical incantation on yoga. (UN.org)

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Around the World

British PM David Cameron to quit premiership as UK votes against remaining in the EU

Former London Mayor Boris Johnson tipped to be UK's new Prime Minister

By Siva Sivapragasam

The majority of people in UK voted at a referendum for the country to leave the European Union forcing British Prime Minister David Cameron to step down as Prime Minister. London's former Mayor Boris Johnson is tipped to be UK's next Prime Minister.

The vote to leave the Union was carried through with 52% voting to leave and 48% percent opting to stay within the European Union at the referendum popularly termed as the "Brexit Vote". The referendum turnout was 71.8%, with more than 30 million people voting. It was the highest turnout in a UK-wide vote since the 1992 general election.

England voted strongly to leave the Union by 53.4% to 46.6%, as did Wales, getting 52.5% of the vote and Remain in the Union getting 47.5%. Scotland and Northern Ireland both backed staying in the EU.

The European Union - often known as the EU - is an economic and politi-

cal partnership involving 28 European countries. It began after World War Two to foster economic co-operation, with the idea that countries which trade together are more likely to avoid going to war with each other.

It has since grown to become a "single market" allowing goods and people to move around, basically as if the member states were one country.

It has its own currency, the euro, which is used by 19 of the member countries, its own parliament and it now sets rules in a wide range of areas - including on the environment, transport, consumer rights and even things such as mobile phone charges.

Those campaigning for Britain to stay in the EU said it gets a big boost from membership - it makes selling things to other EU countries easier and, they argued, the flow of immigrants, most of whom are young and keen to work, fuels economic growth and helps pay for public services.

Big business - with a few exceptions - tended to be in favour of Britain

staying in the EU because it makes it easier for them to move money, people and products around the world. They also said Britain's status in the world would be damaged by leaving and that we are more secure as part of the 28 nation club, rather than going it alone.

European leaders including French President Hollande, German Chancellor Angela Merkel and European Union President expressed their dismay over Britain quitting the Union.

US president Barack Obama also wanted Britain to remain in the EU, as did other EU nations such as France and Germany. However, U.S. Republican party Presidential nominee Donald Trump praised the British people for "taking their country back". The anti-immigration campaign



was a common factor for both Donald Trump and those campaigning for Britain's exit from the European Union.

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In wake of UK vote to leave EU, Ban says UN to continue to work with both 'important partners'

24 June 2016 – Following the vote in the United Kingdom to leave the European Union, United Nations Secretary-General Ban Ki-moon said today that the UN looks forward to continuing to work with both “important partners.”

“The Secretary-General expects the European Union to continue to be a solid partner for the United Nations on development and humanitarian issues, as well as peace and security, including migration. He also expects that the United Kingdom will continue to exercise its leadership in many areas, including international development. He very much hopes that this will continue,” said a statement released by the office of Mr. Ban’s spokesperson.

“When we work together, we are stronger,” the statement also said.

In the statement, the Secretary-General said he has closely followed discussions surrounding the referendum in the UK, and that the vote to leave the EU came at the end of “intensive deliberations and rich discus-



sions,” not just in the UK, but across Europe.

“Now, as the United Kingdom and other EU Member States embark on the process of charting a way forward, the Secretary-General trusts in Europe’s well-proven history of pragmatism and common responsibility in the interest of European citizens,” the statement said.

“At the UN, we look forward to continuing our work with the United Kingdom and the European Union – both important partners,” the Secretary-General also said in the statement. *(UN.org)*

A fearless Judge in Jaffna

Judge Ilancheliyan struck terror in the hearts of Jaffna’s criminals

By P.K. Balachandran

The North Sri Lankan Tamil-majority town of Jaffna was traditionally known for its industrious, scholarly, and above all, law abiding citizens. During the armed struggle for an independent Tamil Eelam, the Liberation Tigers of Tamil Eelam (LTTE) had seen to it that no one (other than they) broke the law or the norms of Tamil society.

But armed robberies, house break-ins, internecine gang warfare, rapes, eve teasing, and drug and alcohol abuse began to surface and assume menacing proportions after the war ended with the annihilation of the LTTE in May 2009.

Armed with knives and swords, gangs inspired by Tamil action movies, freely moved about Jaffna town, zipping through streets on motorbikes, indulging in turf wars, house break-ins, and chain snatchings. School students had taken to drugs, alcohol and even pimping. What was particularly galling was that some of the young offenders

were from families of professionals.

The people, from Chief Minister C.V. Wigneswaran downwards, pointed an accusing finger at the 150,000 Lankan troops stationed in the Northern Province supposedly to maintain law and order. If criminals were running amok, Security Forces personnel must be hand in glove with them, they alleged. Chief Minister Wigneswaran kept calling for a total withdrawal of the armed forces to restore law and order.

But while most Tamils were content to put the blame on outsiders and did little to change the situation themselves, Jaffna High Court Judge Manickavasagar Ilancheliyan decided to take the cudgels. Using a mixture of law, spunk and derring-do, he brought the crime rate down visibly in just a year and a half, winning plaudits from every section of society.

“The parents of the errant boys were among the happiest as they had totally lost control over them,” Ilancheliyan told Express.

Contd. on page 10...



Deepa Balachandran, B.A. (Hons.), B. Ed., J.D.
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A fearless Judge in Jaffna

Contd. from page 9...

The US government made Ilancheliyan an honorary citizen of the US in recognition of his contribution to judicial independence

“I used my judicial power to order the Special Task Force (STF) to aggressively patrol the streets in the evenings. Many Tamil leaders objected to this saying that the STF was accused of human rights violations in Eastern Lanka. But I saw the STF as an arm of the police which had a duty to enforce law and order. I also declared the assembly of more than five persons as unlawful and ordered the arrest of violators,” he said.

Correcting another weakness in the local judicial system, Ilancheliyan stopped the practice of letting the accused go off on bail or to allow lawyers to seek adjournments continually.

“I believe in taking strong deterrent action,” he said when asked if he was not too harsh.

Going beyond his official brief, Ilancheliyan would informally warn offenders to cease indulging in unlawful acts. To control the drug menace, he warned a leading Tamil politician

suspected of having links with Kerala ganja distributors, that he could be arrested.

Landmark Cases

Ilancheliyan's awesome reputation as a fearless judge stemmed from his handling of the Krishanthi Kumaraswamy rape and murder case in 1999. The incident which took place at Chemmani in Jaffna district, involved Captain-rank military personnel. The case involving an 18 year old Jaffna school girl who was abducted and raped in an army camp, got international attention when accused Corporal Somaratne Rajapakse revealed in Ilancheliyan's court, that 300 to 400 bodies were buried in a mass grave at Chemmani and that seven officers had indulged in rape and murder.

Ilancheliyan not only had the officers arrested, but ordered exhumation of the bodies. Fifteen bodies were exhumed under the glare of the international media.



“Predictably, the Defense Ministry objected to the arrests, and many thought that Lanka's Sinhalese majority will not allow a Tamil judge to remand Sinhalese army officers. But President Chandrika Kumaratunga bowed to international pressure and allowed the arrests. However, the four arrested officers went to the Court of Appeal in Colombo and got bail,” Ilancheliyan said.

The officers went on to get promotion to Lt. Colonel rank even as the case was on.

In the case of the rape of two Tamil women at Viswamadu in 2010, Ilancheliyan sent four Corporals to 20 years RI, and ordered compensation of LKR 500,000 and a fine of LKR 25,000. If the compensation and fine were not paid, the accused would undergo 30 years' RI, he ruled.

“These two cases in which a Lankan judge brought army personnel to book were used by the present Lankan government to argue at the September 2015 session of the UN Human Rights Council, that the Lankan judiciary is independent and courageous and that there is no need to have foreign judges in the proposed Judicial Mechanism to try war crimes,” Ilancheliyan said.

In 2001, the US government made Ilancheliyan an honorary citizen of the US in recognition of his contribution to judicial independence.

Recalling the award, Ilancheliyan said: “When I was told by US officials that I could stay back in the US as a citizen, I said I would like to continue to serve the Lankan judiciary. Thereupon, a State Department official remarked that their choice was right!”

(Courtesy: New Indian Express)

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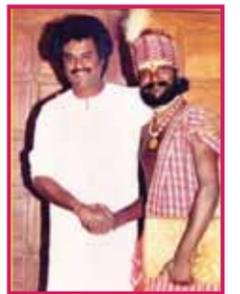


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Senior Exercises

It's Never Too Late to Start



By: Andrea Shanmugarajah

By now, you probably know that regular exercise is critical to maintaining good health at all ages. It can be especially important if you hope to live a longer, healthier life. However, as you age, you will start to see your body changing – you will no longer be able to do all the things you could do when you were younger. That being said, these new physical restrictions by no means suggest that you should give up on physical activity altogether!

There are still a number of ways you can incorporate regular physical activity into your life, regardless of your age or fitness level. This article will outline a number of types of exercise that you can benefit from even as you get older.

As you age, you may see changes to certain aspects of your physical health. This can include, but is not limited to, your endurance, strength, flexibility and range of motion. The degree to which these things change will vary from person to person.

However, even if you experience decreases in your physical abilities, there are still a variety of activities that will allow you to get the necessary amount

of exercise each day. One example of this would be yoga – the degree of physicality required for yoga varies a lot, which means that you can tailor it to suit your own abilities.

Exercising is crucial to aging successfully – but how can you maintain an active lifestyle even as your body changes with age?

Nowadays, there are even yoga classes offered while sitting down, for those who are less mobile – this goes to show that you can benefit from practicing yoga at any age or fitness level. Similarly, walking is an activity that most people can engage in. While a brisk walk is ideal, you should be able to adjust your walking pace and length depending on your own physical limitations.

There are also fitness classes that are available exclusively for seniors – that way, you won't have to worry about tailoring the fitness regime to your own capabilities.

These classes can include things like dance, aerobics and swimming. Classes like these can be extremely helpful be-

cause they allow you to reach your fitness goals with the help of a trainer professional, and they also allow you to be in a more social environment. Being surrounded by like-minded people who

are also working on their own personal fitness can encourage and motivate you to keep pushing yourself.

As you can see, the amount of exercise you incorporate into your life should not be restricted by your age or physical ability. There are a number of ways of exercising daily at any age, as long as you are willing to do so. Though your body might be changing, it does not mean that you should stop physical activity altogether – instead, change the degree and type of activity you do, in order to keep up with the physical changes your body is going through.

Remember that the above list just contains some suggestions – there are a number of other ways you can get regular exercise, and what matters

more than the actual type of exercise is just knowing your limits and not over-exerting yourself. That way, you are sure to maintain a healthy, active lifestyle in a way that suits the needs of your body.

Andrea Shanmugarajah

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



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



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Special Feature

Sri Lanka's High Commissioner in Australia Skandakumar visits Adelaide Hindu Temple

By Siva Sivapragasam

Sri Lanka's High Commissioner in Australia Somasundaram Skandakumar paid a visit to the Hindu Temple in Australia recently and was warmly welcomed by the Sri Lankan community resident in Adelaide and members of other communities.

Mr. Skandakumar was the new High Commissioner appointed by the Sri Lankan Government after the regime change. Skandakumar is a product of Royal College, the prestigious educational institution in Colombo, and was also the Chairman of the well-known mercantile establishment in Sri Lanka, namely George Steuarts Ltd.

High Commissioner Skandakumar was received by the Temple President Mr. Siva Selva and other office bearers of the Temple committee, along with residents of the Adelaide South Asian

community. President of the Temple Siva Selva is a retired Sales Engineer of a British Company who migrated from Malaysia to Australia. He now devotes his retired life towards the activities of the Temple as it's President.

HC Skandakumar considered the temple visit as a "divine blessing" and participated in the special Pooja at the Temple. He was gifted with a statue of Lord Ganesa who is said to protect people from evil.

In a short speech delivered to the devotees, the High Commissioner emphasized the element of unity among all communities and stressed that all are children of one common mother and that this message is conveyed in the National Anthem.

(Seen here is a picture taken of the High Commissioner's visit. The High Commissioner is seen with the Temple President Siva Selva on his right in the picture)



Top actors like to be cast at least in one scene with Rajnikanth

'Top actors came to me while Kabali was being shot, to ask me to cast them in at least one scene with Thalaivar (Rajnikanth) -- even if it required them to clean a table on the side while Thalaivar is in the shot.'

"Kabali" film producer Kalaipuli S Thanu, whose association with the southern superstar goes back four decades, tries to explain the Rajinikanth phenomenon in an interview for Rediffusion. After all, even before its release the film has already raked in Rs 200 crore! The forthcoming new Rajinikanth film "Kabali" teaser has had 22 million views so far. "No movie has got so many views on You tube so soon. In 22 days, it has crossed 20 million views.", says Thanu. "I will not be able to disclose names but top actors came to me while Kabali was being shot, to ask me to cast them in at least one scene with Thalaivar -- even if it required them to clean a table on the side while Thalaivar is in the shot. I don't know how to explain this. Marketing of a movie is a trick."

In nearly five decades in the Tamil film industry, you have produced films



starring several top actors like Kamal Haasan in Aalavandhan, Vijay in Thuppaki and Theri, Suriya in Kaakha Kaakha, Vikram in Kanthaswamy, and Mammootty and Ajith in Kondukondain Kondukondain. What is the difference between Rajinikanth and all these actors? He is kadavul (god), the rest of them are devotees (laughs). At the airport, he would be walking while we would be running to keep pace with him. In the past 50 years, whenever I have marketed any of my productions, I have always done so with an intention to impress Thalaivar. But he called me from the US, where he is vacationing now and said, "Thanu, keep it simple. I will meet everyone after the film is a hit." So we went by what he said."

(T S Sudhir in Hyderabad)

Sanofi announces results from type 2 diabetes clinical trials

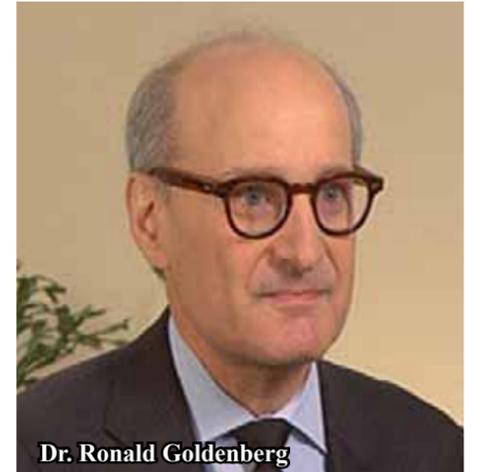
Data from The Canadian Diabetes Association shows that there are 11 million Canadians living with diabetes or prediabetes today. Every three minutes, another Canadian is diagnosed. The reality remains – chances are high that diabetes affects you or someone you know.¹

In particular, type 2 diabetes occurs when the body can't properly use the insulin that is released (called insulin insensitivity) or does not make enough insulin. As a result, sugar builds up in the blood instead of being used as energy. About 90 per cent of people with diabetes have type 2 diabetes.¹

Sanofi, a global healthcare leader, is one of the largest investors in Canada's biopharmaceutical industry with an R&D investment of \$133.3 million in 2015. The company announced its results from the pivotal Phase 3 LixiLan-O and LixiLan-L clinical trials. The trials are facilitated with the investigational titratable fixed-ratio combination of basal insulin glargine 100 Units/mL and GLP-1 receptor agonist lixisenatide in adults with type 2 diabetes.

Both pivotal studies demonstrated superior reduction in HbA1c with the new fixed-ratio combination vs. insulin glargine in patients with type 2 diabetes not controlled on basal insulin and vs. both insulin glargine and Lixisenatide alone in patients inadequately controlled on oral agents.

"The results of the LixiLan-O and LixiLan-L studies are encouraging for the Canadian diabetes treatment landscape as nearly 50 per cent of people treated with insulin injections alone



Dr. Ronald Goldenberg

for their diabetes are not achieving their glycemic goals. New treatment options such as a combination solution will likely help those living with diabetes better meet their health goals and address care gaps," says Dr. Ronald Goldenberg MD, FRCPC, FACE, Consultant Endocrinologist, North York General Hospital & LMC Diabetes & Endocrinology, Toronto, Ontario.

Full results were presented on June 12th at the American Diabetes Association 76th Scientific Sessions in New Orleans, LA, U.S. Top-line results were previously reported in Q3 of 2015.²

"These studies reflect Sanofi's commitment to innovative approaches in developing medicines intended to help patients meet their needs throughout their diabetes journey," said Jorge Insuasty MD, Senior Vice President, Global Head of Development, Sanofi. "We look forward to continuing to work with the FDA and EMA as they complete their reviews and to receiving their decisions."

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Pledging support:

Justice N. Kirubakaran (seventh from left) releasing a CD containing the theme song for the Harvard Tamil Chair, in Chennai. Cardiologist Vijay Janakiraman and industrialist Palani Periyasamy are receiving it. Also in the picture are N. Ram, Chairman-Kasthuri & Sons, Actor Sivakumar and Orator Gnanasampanthan.— (Courtesy The Hindu, Photo: V. Ganesan)



Chennai meeting seeks funding for Harvard Tamil Chair

“The Hindu pledges support for the project”, says N. Ram, Chairman, Kasturi and Sons

Members of the civil society, including judges of the Madras High Court, doctors, actors and Tamil writers, came together recently in Chennai seeking funds to establish the first Sangam Professorship in Tamil Studies at Harvard University.

The effort will cost around Rs. 40 crore and two US-based doctors hailing from Tamil Nadu began the initiative with a contribution of Rs. 3.5 crore each.

A DVD and an audio CD of the theme song for Harvard Tamil Chair were released at the event. Speaking after the launch, Madras High Court judge N. Kirubakaran

said it was not enough if Tamil was given classical status in India. The greatness of the language must be taken to the world and this was an opportunity for that, he added. He urged educationists,

industrialists and film actors and their fans to contribute generously.

Former Madras High Court judge K. Chandru said if Tamil thrived today, it couldn't be without the support of Tamils who lived abroad, adding that if they required money, it was the duty of every Tamil to support the cause.

Madras High Court Judge M. M. Sundresh said Tamil was a way of life, not just a language. For the Tamils, the language was equivalent to God. Citing the story of king Adhiyaman presenting a

gooseberry to Avvai so that she, who represented Tamil, would live long, he said the language lived beyond kingdoms and dynasties.

Actor Sivakumar, appreciating the efforts of cardiologist Vijay Janakiraman and oncologist S. T. Sambandam, urged Chief Minister Jayalalithaa to ensure Tamil was taught to all students in the State till Class 12.

Chairman, Kasturi and Sons, N. Ram, who pledged The Hindu's support for the initiative, appreciated the effort of the doctors. Mr. Ram said that Tamil Chair Inc. was expecting funds for the effort from the government.

Writer S. Ramakrishnan, who cited the example of the Roja Muthiah library that has had

support from Chicago University, said that like Jews had come together to sponsor a Chair for Hebrew, Tamils should chip in for setting up the chair in Tamil.

M. Arumugam, managing director, Broadline Technologies, S. Ramalingam, National president, Energy and Fuel Users' Association of India, orator K. Gnanasambandam and hotelier Palani Periyasamy graced the occasion.

Those willing to contribute for this effort can do so at www.harvardtamilchair.com. Details can be had during working days 044-26411766 or 044-28333083 between 10 a.m. and 5 p.m. (Courtesy: The Hindu)

South Asian Community Festival by TDSB



The Toronto District School Board organized a cultural event at the Stephen Leacock Collegiate Institute to mark the Annual South Asian Community Festival. Pictures show some events at the event. Mayurika Sithambaranathan and Nivedha Arunagirinathan compered the event activities.

29 ஆவது ஆண்டு
மீலண்ட் மறைசாட்சிகளின்
திருத்தலத் திருப்பயணம்

சனிக்கிழமை
16 July 2016

11:30 செய்மாவை / Rosary
12:00 கூட்டுத்திருப்பலி / Holy Mass
3:30 நற்கருனை / Benediction
ஆராதனை/ ஆசீர்வாதம்

Tamil Catholic Community of Toronto (TCCT) & Our Lady of Good Health Parish organize
Pilgrimage for Peace, Justice and Equality
Martyrs' Shrine, Midland, Ontario
Saturday July 16th 2016, 11:30am - 4:30pm

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* For those using a GPS the Shrine's street address is 16503 Highway 12 West, Midland, L4R 4A5.
For Further Details: 416-473-4717 / 416-259-6759 / 416-569-5833 / 647-286-3103 or Visit tamilpilgrimages.com

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Special Feature

TAMIL
JOURNEYS
'86

In 1986, I was working in a textile plant in the city of Montreal. On August 12th, 1986, a few hours after I started my midnight shift, a friendly security guard by the name of Eddy came to the lab. Knowing I was Sri Lankan, he informed me that he just heard on the radio that a group of Tamil Sri Lankans found drifting in two lifeboats were rescued by fishermen off the coast of Newfoundland.

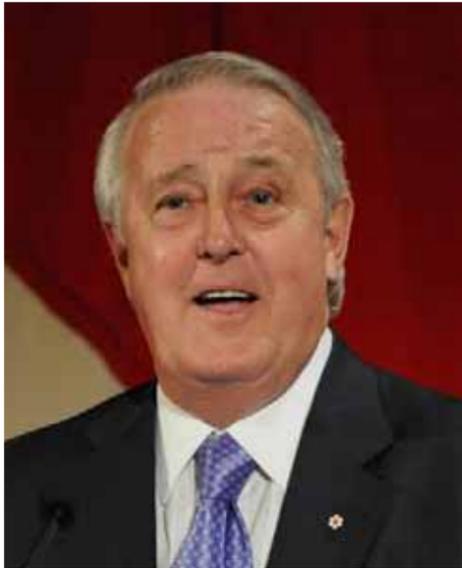
At that time, I was the President of Eelam Tamil Association of Quebec (ETAQ), a Montreal based non-profit organization that served the Tamil community, including by helping Tamil refugees. ETAQ was well recognized by the federal and provincial governments and received funding from both. The organization's office was donated by St. Stephen's Church, an Anglican church located at Atwater Ave. near downtown Montreal.

When I heard the news about the arrival of the two boats filled with fellow Tamils, I was happy that they had arrived safely in Canada, yet sad about their desperate journey risking their lives. Immediately, I felt that it was our duty to give a hand to these refugees. At the time, I couldn't get in touch with any of the Board of Directors as it was early hour of the day. I decided to wait until my shift ended.

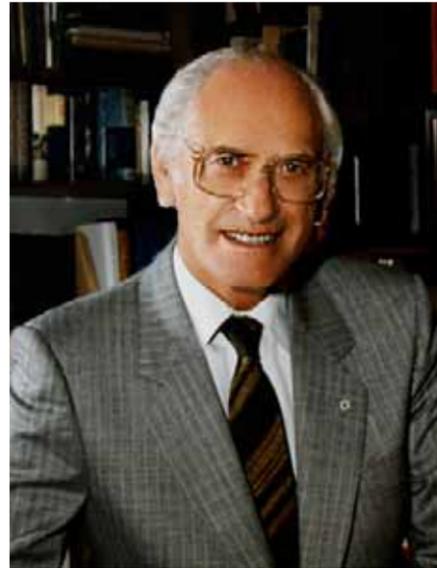
When I came home at 8AM, I contacted the other members of ETAQ's Board. Everyone supported the idea of sending a Board member accompanied by an immigration lawyer. We contacted a prominent immigration lawyer Mme. Joyce Yedid who agreed to accompany one of us to St John's, Newfoundland. It was decided that I would go with Mme. Joyce Yedid.

We were fortunate in that both the Minister of Immigration Hon. Benoit Bouchard and the Minister of State for Immigration Hon. Gerry Weiner were elected to the Federal Parliament from the province of Quebec. Hon. Gerry Weiner represented the Montreal area riding of West Island where a number of Tamils resided. A Tamil constituent of West Island contacted Hon. Gerry Weiner and received his assurance that the Tamils who came by boat would be afforded due process in their refugee claims and would not be deported arbitrarily. With this assurance, we started making arrangements to fly to St. John's.

The news about our departure



Prime Minister Brian Mulroney
(b: March 20, 1939)



Rabbi Gunther Plaut
(November 1, 1912 - February 8, 2012)



Barbara Amiel
(b: 4 December 1940)

Rescue of 155 Tamil refugees from two lifeboats off the coast of Newfoundland: *Thirty years ago...*

reached the media and some reporters visited me at the apartment where I lived with my family. They interviewed me and even took pictures of my family members. A CTV camera crew filmed me while I was packing my bag. It occurred to me then that the refugees in Newfoundland would have a tough time handling the press there.

When Mme. Joyce Yedid and I arrived at Dorval airport in Montreal, we were greeted by a few reporters. When we then arrived at St John's airport at about 8 PM, we were once again greeted by a more reporters. A pair of RCMP officers also awaited us. They wanted to know the purpose of our mission.

A local CBC reporter was kind enough to drive us to the Memorial University residences, where the Tamil refugees were being housed. At the university residences, we learned that they were housing 146 adult males, 3 adult females and 5 children from the boat. The youngest of the group was an 11-month old boy named Thillakshan. An adult male member of the group was at a hospital in St. John's with a non life-threatening ailment. Initially they looked like a group of frightened human beings not prepared to trust anybody. Mme. Joyce Yedid and I explained to them that we had come to help them protect their rights and take them to Montreal. It took some time for them to trust us. Later they apologized and told us they had been treated badly by the Tamil interpreters recruited by the federal government from St. John's and Toronto.

"Give me your tired, your poor,
Your huddled masses, yearning to breath free.
The wretched refuse of your teeming shore.
Send these homeless, tempest-tossed, to me.
I lit my lamp beside the golden door."

- Emma Lazarus

(Inscribed on the base of Statue of Liberty in New York, U.S.A.)

The RCMP officials allowed me to stay at the University residence with the refugees. For the next few hours they narrated to me their perilous journey. First, they were herded into the dark cramped cargo hold of the 455 tonne coastal freighter. There was only enough space for each person to lie down. There was no space to move about or to take a walk. This resulted in people having to spend multiple days either sitting or lying down. They were not provided with adequate food and water. They were denied access to deck level toilets and forced to use buckets, which fouled the air they were breathing inside the cargo hold.

On August 9th, the captain of the ship Wolfgang Bindel, put all 155 refugees in two 35-foot lifeboats not capable of accommodating even half the group, thereby endangering the lives of the entire group. One boat had an uninstalled outboard motor, a compass, a small knife and small screw driver. There were two fishermen in the group who had some knowledge of installing outboard boat motors. They tried to install the motor and the lack of proper tools made their task almost impos-

sible. Finally, they had to use their mouth as tools. They had to bite out pieces of the boat to construct a port to fix the outboard motor. There were two barrels of water and another barrel of gasoline. The boat fitted with the outboard motor towed the second boat and travelled towards Montreal, which they thought was only 10 miles away as they had been told by the captain of the ship. The group was not aware that they were near the island of Newfoundland. They spent two days on the lifeboats in the choppy waters off of Newfoundland. Halfway through their ordeal, they ran out of gas and started drifting aimlessly. During this period the shores of Newfoundland were blanketed with heavy fog and the refugees couldn't see much around them.

When the fog lifted for a brief period on August 11th, Captain Gus Dalton of the long liner 'Atlantic Reaper', spotted the boats six nautical miles from St. Shott's on the south eastern coast of Newfoundland, a sight he said he will never forget. He said the refugees in the lifeboats were packed like sardines and he couldn't even see between them. All he could see were the heads of 155



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hungry, cold and confused men women and children. Dalton took 47 people aboard his 15- m eter boat which had been fishing for cod and flounder. The others were picked up by two other Nfld longliners. The fishermen informed the Canadian Coast Guard and the fisheries patrol vessel Leonard J. Crowley was dispatched from St. John's. All were transferred to the patrol vessel and taken to St. John's. The federal government housed the new arrivals in the residence of Memorial University, in St. John's. The residence was empty as the students had gone home for the summer.

An official from the Red Cross told me when I was at St. John's that this group of Tamils were lucky to be alive. When they were drifting, if they had missed Newfoundland they would have encountered icebergs or if they had come too close to shore, the choppy waves and rocks would have smashed the boats smashed to pieces.

After staying for 3 days in St. John's where they submitted formal requests for refugee status and received Minister's permits to stay in Canada and work for a year, the group of Tamils was ready to move on to Montreal and Toronto. The group flew to Montreal and Toronto via a federal government chartered plane, with the exception of 10 individuals who flew on another plane. One member of the group remained at the hospital at St. John's and he joined the others a few days later. The federal government allowed me to join the group in the chartered aircraft. Ninety-three opted to settle down in Montreal and 61 wanted to go to Toronto. A large number of Tamils gathered at the Montreal airport with banners to welcome the group. The airport authorities seeing a large crowd at the terminal building decided to avoid bringing the refugees to the terminal building and instead took them directly from the tarmac to a hotel.

Sun Youth Organization of Montreal arranged to house the new arrivals in space donated by two Montreal hotels, the Queen Elizabeth Hotel and Holiday Inn for the first night after they had arrived. Mr. Earl De La Peralles, the Executive Director and other members of the Sun Youth Organization played a big role in making this possible.

The next day the members of the group were taken in batches of 20 to the offices of Quebec Immigration Department to apply for health cards and authorization to receive welfare benefits. Later that day all but 10 members of the group had found accommodation with relatives, friends and well-wishers. The Quebec government then provided accommodation at a hotel for



those 10 members of the group. On August 16th, ETAQ called a press conference at St. Stephan's Church Hall to tell the Canadian public the truth behind their voyage to Canada. In front of international and Canadian journalists, the spokesperson for the group apologized for giving various versions of their voyage during the past one week and explained that it was due to desperation and their fear of deportation from Canada.

A number of government and community groups such as Sun Youth, South Asia Community Centre, members of the Tamil community, well-wishers from other communities and merchants of South Asian origin provided money, clothing, fresh food and groceries to the Tamil refugees to help them as they started their lives in Canada. The business community of Montreal also did their part by offering the refugees jobs. At one point ETAQ was in possession of 28 immediate job offers for the members from the group.

The arrival of the Tamil refugees also stirred up lot of debate within Canadian society. People wrote letters to leading newspapers in favour and against the Canadian government's decision to allow the Tamils to stay in Canada. The main slogan of those who opposed the decision was to send the Tamils back where they came from. One reader went to the extreme of suggesting in his letter to the 'Toronto Sun' that the Canadian government should have sunken the life-boats. A number of editorials were also written by mainstream newspapers about the arrival of the Tamils. Most agreed that by accepting two boatloads of Tamil refugees, Canada has shown the world that Canada is a generous country, thereby passing what is called the Tamil test with flying colours.

The arrival of Tamils also sparked hot debates in many radio talk shows. During these talk shows, old wounds



were re-opened and Canada's decision to turn back 356 Sikhs who came 100 years ago to Canada from India aboard the Komagata Maru was taken up for discussion. Another incident extensively discussed was Canada's decision to refuse boatloads of Jewish refugees fleeing from Nazi persecution.

From Parliament Hill in Ottawa, then Prime Minister Brian Mulroney stood firmly behind his decision to allow the Tamil refugees into Canada, despite the public debates and criticism by some members of parliament including some of the back benchers of his own party. He made a passionate appeal to Canadians to welcome the 155 Sri Lankan Tamils rescued off the coast of Newfoundland. He said "My government will do anything but allow refugees in lifeboats to be turned aimlessly around in the ocean and turned away from our shores." A few days later in a meeting organized by young progressive conservatives at the University of Ottawa, Prime Minister Mulroney said, "I can tell you this-that Canada was built by immigrants and refugees, and those who arrive in lifeboats off our shores are not going to be turned away."

Prime Minister Brian Mulroney also had to face some sharp criticism from then Liberal immigration critic Sergio Marchi (Former MP for Etobicoke North who later became the Minister of Immigration in a Liberal government) who suggested that an alternative to one year ministerial permits for boat people would be the creation of detention camps until their stories could be

verified and proven. Prime Minister Mulroney responded to that criticism saying, "Well this is totally unacceptable. This is a country that has never turned away and should have never turned away proper people or people in difficult situation. And so we are going to look after it fairly and objectively and quickly."

A week after the arrival of Tamils, the Liberal Opposition leader, John Turner, and the leader of the New Democratic Party, Edward Broadbent, agreed that Canada did the right thing by welcoming the Sri Lankan Tamil refugees.

I wish to conclude this memoir with comments made by two eminent Canadians regarding the arrival of the 155 Tamil Sri Lankan refugees. The first one was by Rabbi Gunther Plaut who was commissioned by the Canadian government 1985 to recommend a new refugee determination policy: "If these people invested their life savings to come to Canada and risked their very lives, then they must be people with great fortitude and ingenuity and probably Canada is better off for having them"

The second one was by respected columnist Barbara Amiel: "Sri Lankans had shown such tenacity and ingenuity and heart - wrenching desire to get to this land, they have fulfilled a good part of their admission requirements by simply getting here."

Selva Ponnuchamy

Former President of Eelam Tamil Association of Quebec.

e - mail : ponnuchamy@gmail.com



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WORDS OF PEACE



An Understanding Within

Peace starts with an understanding of who we are, says Prem Rawat, who has spoken about personal fulfillment to audiences around the globe since he was very young. The understanding we need, he says, is already within each of us. It just needs to be discovered.

“When we look at this world today,” Mr. Rawat says, “we see that there’s so much technology, and obviously there’s more wealth than there ever has been. We can ask why there isn’t peace.

Wasn’t that the whole point of it, that if we were more educated, if we were wealthier, if we were this or that, then there would be peace?”

This is important, he says, because whether we are rich or poor, educated or uneducated, living in peace is as fundamental to our well-being as food and shelter.

“It is in the heart of every human being that the need for peace dances, and the source of peace lies,” he says. “I cannot help but think that in the process of acquiring whatever we have in this world, we have forgot-

ten something very fundamental: we have forgotten who we are. Who are you? Who am I?”

It isn’t enough, Mr. Rawat says, to imagine or believe in peace. It needs to be real. Too often, people let their imaginations run wild. He tells a story from his childhood about some people who were convinced they would win a lottery.

“These people really were caught up in it,” he says. “They believed that, yes, their lottery ticket would win. They talked and talked about what they would do with the money. ‘We’ll buy this,’ they said. ‘We’ll buy that.’ They would talk about it day and night.

“To tell the truth, when this was happening—because I was just a kid—I accepted all of it, too. Everybody around me accepted that this would really happen. I was a happy kid, so I sort of believed that whatever they imagined could happen would in fact happen.

“Finally the day came when the winning lottery number was published in the newspaper, and their

number wasn’t there. That finally brought the whole business to an end.

“Why do I give this example? Because this is what happens to us in this world. We make big plans based on very little. We need to base our lives on something real.”

Mr. Rawat has made it his priority to present the possibility of peace to everyone who wants to listen. To do this, he devotes his time to traveling around the world.

“I go from place to place,” he says, “and everywhere that I go, I speak about the same thing. For me, in a way, every place I go is the same, because I go for only one purpose—to speak to those who want to listen, who want to understand what this life is about.

“Real understanding is when we understand the reality within us. We have a lamp within us, but in order to light it we also need to have oil. The fuel that lamp needs is understanding. Without that, the wick won’t burn for very long.

“If we light that lamp with the oil of understanding, then we’ll nev-

er need to live in darkness. We will never, ever need to live in darkness. First, we need to understand things properly.

“That’s how it is. It’s very simple. It’s all about understanding. What have you understood? Do you have patience? Have you understood your own patience? Have you acquired the patience to understand the possibility that is presented to you every single day?

“It’s simple, but it’s profound: You can succeed, but whose success are you looking for? Somebody else’s idea of success, or the success you can feel in your life? That’s what it needs to be.

“Fulfilment is 100 percent success. If I can evoke some thoughts that will cause someone to look within and to understand this, that’s wonderful.”

To learn more about Prem Rawat:
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www.wopg.org
www.tprf.org



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Is summer learning needed?

By: Janani Srikantha

We've all heard the adage "practice makes perfect". But why? A very brief explanation of a complex process is that when we complete a task, for example writing an essay, our brain coordinates multiple areas to activate our memory, balance logical and creativity thinking, process visual information, enable motor functions, access language skills, and more. Often, when we learn new skills, it can feel taxing on our energy and arduous. However, with practice, it becomes a more natural process that we can engage in. The practice helps our brain optimize the coordination needed to complete the task. This optimization process is called myelination which increases the speed and strength of the nerve impulses in the brain, as with practice we trigger a repeated pattern of electrical signals through our neurons.

Think back to times when you have stopped learning music or participating in a sport. When you pick up that instrument or game again, it is often difficult to go immediately back to your previous level of ability. We need to take the time to rebuild and let our brain once again optimize the process needed to accomplish the task efficiently. The same occurs with academic learning when children take a prolonged break.

Research in education shows that students who don't engage in any form of learning activities, during the summer holiday, experience a learning loss. It has been found that students' performance lowers by an average of one month at the end of summer, compared to their performance at the beginning of the holiday.

Out of all the subjects, math and English take the biggest hit with some students losing about 2.6 months worth of grade level equivalency in math and 2 months of grade level equivalency in English. The significance of these losses is that they are cumulative and the widening achievement gap, over the years, can be attributed to holiday learning loss.

During a new academic year, it takes about four to six weeks, which is approximately 17% of the school year, to review all the knowledge and skills that was forgotten during the summer. Therefore, students who engage in educational activities during the holiday can be more efficient learners and often make gains.

So what can we do to help our children maintain their academic level during an extended school holiday? Studies show that there are a key considerations to be taken into account before enrolling for a summer program:

1) Frequency

It has been proven that with each ad-



ditional week of attendance, there is a statistically significant improvement in academic performance. This indicates that to maintain and improve academic performance, consistent practice is needed. Therefore, ensure that the learning program is one that your child can attend on a regular basis, and not just once or twice during the summer.

2) Feedback

Repeated poor-quality practice leads to bad habits, which are difficult to un-wire. Therefore, your child should receive plenty of feedback on a regular basis, as they adapt and develop to their full academic potential.

3) Personalization

Quality practice comes with differentiated instruction. A book full of worksheets is not going to be an effective learning tool, if they are given to a child at random. Also, every child in the learning program does not require identical support. An evaluation of your child's strengths and areas of need should be conducted, so that focussed lessons help them succeed.

4) Small Class Size

For personalized lessons to occur, it is recommended that summer learning groups aren't large. A smaller class provides the opportunity for your child to develop their interpersonal and communication skills, while still receiving indi-

vidualized instruction.

5) Alignment with School Curriculum

The summer learning program should align with the school curriculum in two ways. Any concepts that your child needs support in from the previous grade should be mastered. Following this, knowledge and skills should be built that align with the upcoming year, so that your child is prepared with a preliminary understanding of core concepts.

6) Engagement

We form our memories using a combination of consolidation, attention, and connection to determine what is important and subsequently remembered. Children remember best when they learn in a context that they understand and is important to them. Summer learning classes should develop lesson plans based on the interests of students in the class, and incorporate hands-on learning that actively engage each child.

7) Balance

Daily practice is beneficial, but it is not necessary to spend most of the day in a learning program. Children can maintain their academic performance and be given the opportunity for free-play.

This summer, take the time to engage in learning programs, visit the library regularly, participate in family reading and outings, and be curious inquir-

ers with your child by solving problems that integrate mathematics and literacy skills. When a child is practicing and building on the skills they know in an authentic, fun, and engaging context, they are truly learning.

Janani Srikantha is a certified teacher who is experienced with the Ontario curriculum and the International Baccalaureate. She provides academic support using personalized learning plans based on students' needs.



thinkshif.edu

She is currently completing her graduate studies to further understand how the integration to technology is redefining how a student learns. The education landscape is changing, and she helps parents and families to engage their child in learning. Janani has led workshops for educators and parents on topics that address different facets of education. For more information or queries on how to help your child with learning, please email info@thinkshif.edu.com or visit Thinkshift Edu on Facebook.



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VALLUVAR'S VIEWS: GOOD REPUTATION



PHOTO CREDIT: CALL-CENTER-WORLD

By: JJ Atputharajah

In life, nothing is as worthwhile as the public esteem arising out of philanthropy. Philanthropy includes both social justice and charity. The fame of a man who gives voluntarily to the needy, will live forever in the words of all speakers and writers. The outstandingly unique reputation of a benevolent man will live forever; all the rest will fade away. A man who earns outstanding reputation in the world, will be honoured by discerning people. Poverty is wealth, if it arises from causes that give him fame; for such people death too is life everlasting and such life is welcome to noble sages. Karna of Mahabharatha was

an outstanding embodiment if such values. If one is born at all he should be born to glory; Otherwise, is better that he was not born. Kambaramayanam speaks of Vibeedanana who matches these essentials of glory. It states "Maranthum Nan puharlallal vendalan". If some men are strangers to fame, why should they blame themselves?; Why should they blame those who scorn them for it?. If in the final analysis, one fails to earn the esteem of the public, he is sure to get the blame of the world. One's duty is to perform acts of virtue, arising out of benevolent charity, which will ensure the acquisition of good

reputation for the person concerned. Only those who live shunning blame may said to live; those who live without a good name are deemed to

have not lived at all. One should lead a positive and well purposeful life.

Valluvar encases the idea in the kural:

"Vasai oliya varlvare varlvaar;
Isai oliya varlvaar vaarla thavar".

A good name is greater than all riches.
(Kural: 231-240).



"Vaiyathul valvaangu Vaalpavan,
Vaauraiyum theivathul Vaikkppadam".

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TEN

Her Journey

Sajesha Manoharan

By: Janani Srikantha, TEN Women – (Tamil Entrepreneurial Network for Women)

When it comes to cars, girls rule! Just ask Sajesha (Sunny) Manoharan who made history at that 17th annual Toronto Automotive Technology Competition.

Sajesha's journey to the competition began two years ago in the Grade 10 Transportation program at Jean Vanier Catholic Secondary School. Since beginning the class, Sajesha and her partner Nerissa D'Souza have spent innumerable hours preparing for the challenge as they transitioned into senior students at the school

Right from the get-go, Sajesha and Nerissa earned respect in the automotive industry by identifying and correcting the fault which prevented the 2016 Volkswagen Jetta from starting. The girls were a force to be reckoned with when they successfully started the car in twenty minutes with their closest competitor taking forty-five minutes to solve the problem. Overall, there were only four out of twenty-one teams completing the challenge, making Sajesha and Nerissa a duo to watch for. As they continued to complete a series of tasks throughout the day, Sajesha and Nerissa achieved third place in the competition at the Canadian International Auto Show, and hold the honour of being the first all-female team to finish in the top three. Through TCDSB's CITI-Motive OYAP Program, Sajesha is recognized as an Automotive Apprentice. This allows her to complete her second year of college while finishing her final year of high school.

At such a young age, Sajesha has not only followed her passion to achieve success but she has broken barriers. To that, she is grateful to her parents who have been supportive of her career decision, and admits that they protect her when disapproval is voiced within the Tamil community with regards to a girl being in the automotive trade.

Sajesha hopes that her success inspires other students to follow their passions and not be limited by gender or cultural stereotypes within the community. Sajesha's determination to carve a path for her future that is fuelled

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by her interests rather than community expectations shows her to be a mature, independent, young woman who sets her sights firmly on her goals. She aims to study and work in a field that she is truly passionate about, which in turn motivates her to continue to learn everything she can about the automotive industry. Although she has a few more years to complete her education and build her work experience, she hopes to become a leading entrepreneur in the field.

With her dedication and tenacity, we expect to see a lot more of Sajesha as she takes on the world of cars. Sajesha Manoharan is an inspiration to all of us to follow our passions and, in that process, be true to who we are.



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Canbe Drinks

- Sharbath \$3.00
- Sharbath With ice \$3.50
- Ealooda \$5.00
- Canbe Special Sundae \$5.00
- Masala Butter Milk \$ 2.00
- Lassi \$3.00
- Mango Lassi \$3:49
- Water & Pop \$1.00

Canbe Sweets & Snacks

- Kallu Thotal - 1 LB \$6.99
- Mango Thotal - 1 LB \$6.99
- Pineapple Thotal - 1 LB \$6.99
- Banana Thotal - 1 LB \$6.99
- Fruit Halwa - 1 LB \$7.99
- Mysore Pak - 1 LB \$4.99
- Ladoo 1 LB \$5.99
- Ladoo \$0.50/each
- Chickpeas \$5.00

Canbe Roti

- Fresh Roti w/ Sambol \$1.00
- Fresh Roti w/ Fish Sambol \$1.50
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PITCH DAY 2016

Ideas, Innovation, and Drive



By: Janani Srikantha

On Saturday, June 4th, the Markham Convergence Centre was filled with the buzz of anticipation and innovation, as the Ideator Business Plan Competition 2016 - Pitch Day was ready to begin.

Ideal Incubator began with the initiative to foster entrepreneurship. Brett Nelson, Forbes Executive Editor, defines “entrepreneurs, in the purest sense, are those who identify a need—any need—and fill it. It’s a primordial urge, independent of product, service, industry or market.” Ideal Incubator’s underlying principle is to stand by those who truly want to make a difference by filling a need. They aim to encourage our own community to develop groundbreaking ideas, while also building bridges between communities nationally and globally.

The Ideator Pitch Day reflected this mission by providing a platform for nine participants, including students, to share their ideas for their business plan. Satheejan Guganathan, whose role is in business development for Ideal Incubator, described the event as being cornerstone for our community as many students have innovative ideas that they want pursue with drive and passion, and need the foundation to do so.

Ideal Incubator also brought together four judges whose start-up experience and knowledge was invaluable to both the competitors and the audience. Vejeey Gandier, a technology enthusiast and entrepreneur, who has cofounded two start-ups, secured millions of dollars in investments, and achieved success on Dragon’s Den shared the importance of having faith to follow through with your idea. As an entrepreneur, it is easy to question if you are pursuing the correct path. The true answer, Vejeey reminded us, is that we will not know until we put the product on the market. He also emphasized the importance of

prioritization and choosing the best feature that creates value for your product or service, so that it either directly or indirectly makes money. He concluded with the advice to “be the coolest kid in the area”, and in order to do this you have to be willing to challenge current policies and practices.

Nisha Saraveswaran, an entrepreneur who is passionate about the environment, spoke of the need to always remember your ‘why’. It is essential that as an entrepreneur, you are truly passionate about your idea in order to spend every waking moment pursuing your dreams. She underscored that it is the sheer grit and willingness to be resourceful, by approaching every single person you encounter with your idea, that will set you apart as a successful entrepreneur.

The importance of enhancing your competitive edge and getting your technology out to the market was illustrated by Balinder Rai, business development manager at Ontario Centres of Excellence. She highlighted that it is essential to grow your idea so that it is sustainable with long term potential. Balinder spoke of seizing opportunities with academic institutions throughout the many stages of your journey, as there is a synergy that exists in the ecosystem for entrepreneurs to utilize to leverage resources.

Lucas Chang, lead organizer of Start Up York Region and Co-Founder of Y2 (Youth for Youth), affirmed the necessity to not only be innovative, but to have conviction and passion as an entrepreneur. It is that drive that will resonate with others. “It takes a village to raise an entrepreneur,” mirrors the intent of the Ideator Business Plan Competition, as Lucas reiterated the many resources that can be collated for entrepreneurs to support each other. It is the understanding that all entrepreneurs are part of an ecosystem, where success lies in each

person’s contribution, that will lead our community to be at the forefront of innovation.

Inspired by the knowledge and experience of the four judges, the competitors presented their idea for their start-up business. The presentation of a diverse range of products and services that cater to a variety of niches reflected the potential that exists within the community. Express Breakfast is a high school breakfast service that aims to provide nutritious meals to students so that they are able to better engage in class. Schedulock develops a real estate showing management solution, on the web and through Android and iOS devices, to facilitate the process in an efficient and secure manner. Candy Cutlery creates edible spoons for local dessert parlours to promote the awareness of plastic waste reduction. Heelspirations handcrafts customized, luxury shoes to meet the style and comfort of each client. innoWATT is an interactive energy management device that controls and manages your home’s power usage, helping reduce power consumption by at least 30%. GotBallz personalizes your snacks by customizing protein energy balls to meet your taste and dietary preferences. IMP Consulting leverages funds and resources by connecting teams of students to small and medium enterprises. SpotME is a mobile app that enables users to locate service providers who have been recommended by contacts in their personal network. Wedding Source is an event planning business that uses an online platform and application to connect vendors to clients.

With five minutes to pitch their business plan, followed by a three minute round of questions, each competitor demonstrated that they have the passion and drive to fulfill a need that they, as entrepreneurs, have identified. After much deliberation by the judges, based on the pitches and the commercial viability of the product or service, Candy Cutlery

received the first place award, followed by Schedulock and Wedding Source. The judges also decided that the best overall pitch was presented by GotBallz, and Candy Cutlery was voted by the audience to receive the Fan Favourite award. Both Express Breakfast and innoWATT were acknowledged to be the best student pitches.

For the winners and all competing entrepreneurs, the Pitch Day was just the beginning of their journey. Neloshan Selvakumaran of Wedding Source is excited to develop his next steps for marketing and branding. Schedulock’s founder, Alexander Poon, is motivated to go forward and collaborate with more brokerages to interact with the product. Lyn Chen, Nawal Fatima, Sheetal Vemannagari, and Jack Dubeau, the team behind Candy Cutlery, are pursuing further competitions to refine their product and grow.

Ideal Incubator’s purpose of providing a foundation and resources for entrepreneurs was evident throughout the day, as the audience consisted of key players in the entrepreneurial ecosystem. Vinthan Asokanathan, a legal partner at Nava Law, the event sponsor, spoke with many entrepreneurs advising them of the often complex legal matters that a start-up business faces. A Caribbean inspired brunch was provided by Chef Roshan, a young entrepreneur, who is inspired to support other entrepreneurs as they start their ventures. In addition, Lankasri, the event media partner, emphasized the importance of promoting young talent to inspire them to pursue their ideas. Butterfly Squad captured the event through video and photography to showcase the talent and innovation that the Ideal Business Plan Competition 2016 brought forward. The burgeoning community that Ideal Incubator aims to support has many young innovators that we expect to see grow and succeed over the upcoming years.





ULURU - THE SACRED LANDSTONE ROCK OF THE ABORIGINES

One of the world's natural tourists attraction sites

By: C. Kamalaharan



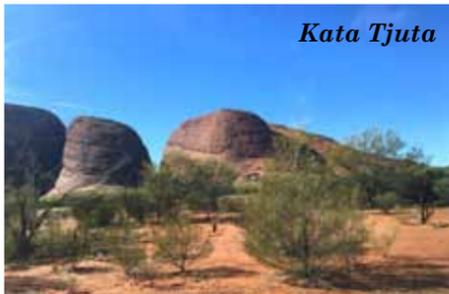
Uluru

The weekend trip to Uluru to view the large sandstone rock formation in the central part of the northern territory in Central Australia was the most memorable one. The Uluru rock stands 348 meters high and is 450 kms away from the nearest town of Alice Spring. Though risen to a great height the bulk of it is below the ground. The local people call it Uluru. Later when it was sighted in 1873 by surveyor William Goss it was named Ayers Rock in honour of the Chief Secretary of South Australia Sir Henry Ayers. Since then both the names are in common usage.

It was almost a three hour flight from Sydney to the sun scorched plain. As the flight descended the red colour of the vast shrubby land spread far and wide came into view. Moments later the panorama of the beauty and grandeur of Uluru appeared majestically, followed by the domes of Kata Tjuta at a distance. On landing the plane taxied along the tarmac and came to a halt a few meters away from the Ayers Rock Airport terminal (also known as Connellan terminal). Except the terminal and a few commercial buildings we saw



Uluru



Kata Tjuta

wilderness spread far and wide. The terminal is a compact building which serves as the arrival and departure lobbies placed side by side but the formalities are carried out as they are done elsewhere. From the airport we hired a van and arrived at the reception of the Desert Garden Hotel where we booked accommodation in one of the

well furnished cottages close to the main building. There are restaurants, shops, a supermarket, a swimming pool and other establishments which provided all our needs.

Uluru is a massive sandstone rock sacred to the Aborigines who are known as Anangu. It is completely a bare rock without any vegetation. But the base of it is nourished by rain water flowing down along all the sides of it forming waterholes, rich greenery and a variety of wild life, transforming it into the most suitable habitat for the Aborigines to camp in the caves and sustain life by the water and available food.

It is strongly believed that Uluru was created by the ancestral beings and that the Anangu people are the direct descendants of them. Another strong belief prevails regarding certain rock outcroppings which the Anangu people by a simple touch communicate and receive blessings from their ancestors. Although the Anangu people's one-time nomadic lifestyle has changed they still continue to live by these ancient laws and traditions passed down through stories from ancestors.

Uluru-Kata Tjuta National Park is the Aboriginal land which is jointly owned by Anangu, the traditional owners and the Australian govt. which currently owns a 99-year lease. To enter the park passes have to be obtained at a special barrier. According to rule the park closes overnight and there is no provision for camping inside.

The first visit we did on arrival as most others do was to see the much spoken splendour of the sunrise and sunset. The following day early in the morning we sped towards Uluru. On the way at a distance we saw the 36 steep-sided domes of Kata Tjuta



Viewing sunrise



at a distance. On arrival we found that visitors had already arrived and their cars parked in designated areas. For the convenience of the tourists to relax and view the fascinating sunrise spectacle wooden platforms on elevated grounds have been constructed at five vantage points. Viewing sunrise and sunset at Uluru- Kata Tjuta is an awe-inspiring experience. We don't see the

rising or the setting sun instead we see only the reflection of its rays falling on the rock. During sunrise and sunset the rock changes colours from grey to brown and then to red, to orange and finally to yellow. This takes place because when the sun is low during sunrise and sunset the atmosphere acts as a giant prism splitting the sun's rays into different colours. People gather in large numbers to view this spectacular light show.

During day time we strolled around the massive sand dunes of Uluru along the shrubby path viewing specific locations of importance. The Mutitjulu waterhole was the key source of water



The waterhole



The cave

available for animals and humans for many thousand of years. Surrounded by beautiful scenery and the shade provided by the towering rock the waterhole provides an enchanting view. We saw some of the rock paintings, the traditional art of the aborigines in the caves at the base of the rock. The paintings appeared smudged because the old paintings are simply painted over with new ones and that too the paint is prepared largely by water. The rock paintings include figures like boomeranges, waterholes and abstract symbols. The walk around the base of Uluru a distance of 9.4 kms on a flat path can be completed in 3 - 5 hours. The walk provides an opportunity to see Uluru from all sides and also the caves waterholes springs and paintings at the base. Besides the Base Walk there are some other wonderful walks in Uluru. The Liru Walk is the second largest walk about four kilometres from the cultural centre to the base of Uuru. It would take an hour and thirty minutes to cover the distance providing



The Mala walk

fantastic views of the flora and fauna in its natural surroundings. Mala Walk is a stroll from the Mala Walk car park to the edge of the gorgeous Kantji Gorge. Experiencing the natural beauty of the gorge is the highlight of the walk.

The Anangu people do not climb Uluru because of its sacredness and they request visitors too not to climb. A sign at the base of Uluru posted by them requests visitors to refrain from climbing. However since Uluru is currently leased to Australia as a National Park, visitors are free to climb



The arduous climb

the rock. There is a marked path with chain hand hold to make climbing easier. In spite of this climbing is not that easy. The steep climb to the top takes almost an hour in hot desert conditions.

Visitors are advised to drink plenty of water while climbing. Those who are unfit for climbing suffer from an attack of vertigo. I have seen a lot of people climbing up and coming down. There has been 35 deaths while climbing. Therefore emergency radio alarms are installed at various points at the base of Uluru in case tourists are injured or face health problems. Climbing Uluru is generally closed to the public when high winds are present at the top.

A large reptile fauna inhabits the shrubby mainland which extends far and wide. Frogs are in abundance at the base of Uluru Kata Tjuta following the summer rains. A bat population haunts the caves and crevices of Kata Tjuta. The Anangu people haunt and gather animal prey in remote areas of the park. They hunt red kangaroos, bush turkey, emu and lizards. Its really a wonder how the aborigin people lived in such a hot desert climate feeding on bush seeds and animals thousands of years ago braving all odds.

In the Uluru-Kata Tjuta National Park there is a Cultural Centre where one can learn more about Aboriginal history, culture and the sacredness of Uluru. It houses an amazing collection of original ceramics paintings that reveal the culture of the Anangu, the traditional custodians of Uluru. The centre provides informations about the activities and park values through dynamic displays, video and art work. The Anangu people are well versed in the art of painting. During our visit to the centre we saw two elderly Anangu ladies deeply engaged in painting. As there was a notification 'no photography and no filming' within the centre I couldn't record the activities of the centre in my camera.

Our two day stay in an entirely different environment came to a close. It was a well spent one. We were able to enrich our knowledge of the history and activities of the Anangu people. What wearisome, burdensome and dreadful lives they had led through thousands of years. Its really heartwarming to note that in spite of the severe difficulties and adversities they went through, they continue to maintain their identities and their much cherished traditions and culture.

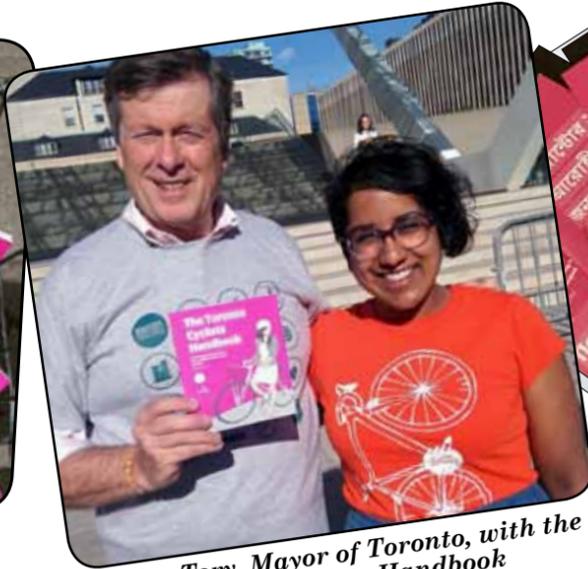


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John Tory, Mayor of Toronto, with the Toronto Cyclists Handbook



The Toronto Cyclists Handbook is available in 13 different languages, including Tamil, Urdu, Hindi, Tagalog, and Bengali

Have you ever wanted to ride a bike in Toronto, whether to work, school, or for fun, but weren't sure where to start? Cycle Toronto can help! This May, Cycle Toronto published the Toronto Cyclists Handbook in partnership with Culture Link Settlement Services. The Handbook details everything you've ever wanted to know about cycling in the city, all in one book!

Topics covered include:

Bicycle parts and diagrams

- ✓ Where to buy a used bike or fix up your bike for free
- ✓ How to make sure your bicycle fits you properly
- ✓ Rules of the road for both cyclists and drivers
- ✓ How to make right and left turns
- ✓ The safest places to ride
And more!

The Handbook has been published in thirteen of Toronto's most-spoken languages, including Tamil, Urdu, Tagalog, Hindi, and Bengali. You can download a copy of the Handbook in any of these languages from www.cycleto.ca/handbook today.

Cycle Toronto is the city's largest member-based cycling advocacy group, working at City Hall for safe streets and a healthy city. The organisation has partnered with Culture Link to create the Handbook so that all Torontonians can experience the joys of cycling in their city.

Why ride a bike?

Health

Cycling can get you in shape, improve your mental health, and will give you more energy. Try adding cycling to your commute, and you could easily get an hour of activity per day.

Convenience

It's often faster than public transit or sitting in traffic, especially if you

take residential roads and park trails. With a bike, you can go wherever you want, whenever you want. Try riding it to your nearest train station instead of taking the bus!

Environment Riding a bike is environmentally-friendly - the only thing you burn is calories, not fuel.

Affordability Once you own a bike, it costs very little per year to maintain, and it's free to ride! Annually, a bicycle costs a fraction of a car, gas, or transit fares.

Fun! Finally, riding a bike is fun and empowering, and a great way to

explore your neighbourhood with your family and friends. Try riding to work or school and you'll arrive refreshed and ready to take on the day.

Pick up or download your copy of the Toronto Cyclists Handbook today!

The Toronto Cyclists Handbook will get you on your bike and enjoying all the benefits of cycling. Download it today at www.cycleto.ca/handbook. You can also find FREE hard copies of the Handbook at: your closest library your closest Civic Centre at City Hall (Bay & Queen) Non-English Handbooks can be found at: Cycle Toronto (215 Spadina Ave, Suite 149 - Spadina Ave and Richmond St)

CultureLink Settlement Services (2340 Dundas Street West, Suite 301 - Dundas West Ave and Bloor St) Scarborough Cycles Community Hub Danforth (3079 Danforth Ave, at Victoria Park Rd)

Scarborough Cycles Community Hub Birchmount Bluffs (93 Birchmount Rd, at Kingston Rd)

You can also download the Toronto Cycling Map, published by the City of Toronto, at www.toronto.ca/cycling/map. Use the map to plan cycling routes and fun trips around the city. You'd be surprised at how many bike trails and paths there are near you! Don't wait - start experiencing the benefits of riding a bike today!

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Helping the Homeless

Every day, you either go to a store or just walk around the block. You see a poor family or a homeless person. When they see you, they ask you for food, water or money to buy basic life necessities, like food. When you hear them, you just ignore them and walk away. You think you can keep all your money and spend it on items and other things you want, but that family or person could use it on something really important. If I had won the lottery or if I were rich, then I would give some of that money to the homeless because they need it the most. I would help them because it is a very supportive and generous act. Second of all, it is great for earning good karma. If I were homeless, I would ask people for money because I would not have any. Plus, life would be harsh because I would not have a home or even food and water.

If you give money to the poor, they would really appreciate it. If you just walk away and pretend they were not there, or lie about not having money, it would be rude. If you say no because you do not trust them or you do not want to, it is okay because at least you are not ignoring or lying to them. When you give money to the homeless, it is really generous and kind of you. You know they need it the most. If you support the homeless, you are one of the people who are trying to get them off the streets and give them a home to live in. Even a small amount of money would be very kind. When you give money to the homeless, you are helping them survive. Every day of their lives could be their last day on Earth. They could die of hunger, thirst or bad weather conditions. Giving money to the poor could help them live longer. What would be better is if a group or everyone with homes could help the homeless. If we do, everyone can live a happy life and there would be no homeless people in

the town, country, continent, or even better, the world.

When you are giving money to the needy, you can be helping yourself even if you're giving money because of something called karma. Karma could be a superstition, but it could happen. Karma is something that can be good or bad. It all depends on if you are good or bad, because good things will happen to good people and vice-versa. It is like Santa's good or naughty list, or where you go when you die – Heaven or far below bedrock. If you spare some money to the homeless, good things will happen. If you are rude to the homeless, watch out because something bad may happen to you.

My last reason for why you should help the homeless is because you should imagine your life in their shoes. You would understand how it feels to be homeless. Imagine yourself being forced to live on the streets. You would have to live without food and water. You cannot buy anything because you have no money. Every day could be the last day of your life. If someone gave you money, you would be happy. If they were rude to you, you would be sad. You would have to go on your knees and beg for money. Life would be terrible for you and you would wish that you were not homeless. That is the life of a homeless person.

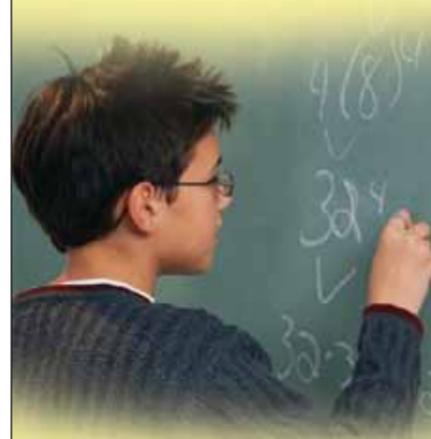
Yes, it is important to help the needy because if you do, they would be able to live longer. If you or a big group of people with homes help the needy, all of you are generous. Giving money to the homeless can give you good karma. If you are rude to them, you will collect bad karma. Plus, before you leave the poor person or family, think about how terrible your life would be if you were homeless. Please help the needy so they can have lives that are as great as yours.



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LET FOOD & WATER BE A POWERFUL CANCER MEDICINE

OUR HEALTHY BODY HAS INHERENT ABILITY FOR SELF-HEALING

By: Uthayan Thurairajah

The food we eat and drink must be our first medicine and kitchen is our first pharmacy. Every time we eat or drink, we are either feeding disease or fighting it. The plant kingdom has shown excellent connectivity with the animal and human world. The essential nutrient and chemicals contained in the plant can heal so many diseases for animal and human. Sunlight is accumulated in the food in greens, in fruits. Herbal medicine is different from the conventional allopathic treatment. We feed the soil, and the plant gives us oxygen (through photosynthesis) and feeds us. There is an interdependent relationship.



The human tongue has got four sensors: sour, sweet, salt, and bitter. The earliest food for a human was fruit, eggs, and insects. We do not have to eat insects, but eggs and fruit are good. The sweetness is to make fruit taste good and feel good in our body. A quick way to say "no" to cancer is to remove all junk food from the fridge. Healthy living is the single best way to eradicate cancer from our body. Restocking our home and body with Nature's Pharmacy is good. Nature can heal our body, and promote health. The garden should be better understood as a pharmacy. The plants are containing actual medicines that are lethal to cancer while exponentially strengthening immunity and vitality.

Food is the foundation of health

Big pharmaceutical companies buy off scientists and pay for studies to produce the results that they want to get their drugs approved. The current educational system designed such a way a doctor to go through six years of medical school, plus their entire residency and never have a single course in nutrition. We have a food industry that pays no attention to health, and we have a health industry



that pays no attention to food. We all know intellectually that a gram (g) of prevention is worth a kilogram (kg) of cure. What we are living is the complete opposite.

We have much money being made by the food industry for selling whatever it can sell for the lowest possible price. We have got much money being made by a medical industry that is now 18 percent of gross domestic product in the United States, and most of that money is being made off treating the symptoms of the disease. Disease that we know how to prevent, but there is not money to be earned in that. We are not accusing every individual doctor of being out just to make money. We are saying that we have got a system in place that systematically causes us to be sick.

It is funny and shocking that the Association of Nutrition and Dietetics is the major group for the dieticians of the United States. They have their annual meetings, and some of their sponsors are companies like McDonald and Coca-Cola. They give away Coca Cola to everyone at these sessions for free. They sponsor sessions, discussion groups on topics, but say in the program, sponsored by McDonald and Coca Cola. How objective and revolutionary do you think that information is going to be? When you look at the data and what is the impact of these companies on the health of our kids.

We do not have to give up good tasting food to be able to live a healthy lifestyle. We have to abandon man-made processed sugars. Nature produces all kinds of natural sugars that are excellent for our body. They contain a whole spectrum of nutrients. They contain the fiber, and so when we eat nature's candies, we eat these fruits, especially the fruits and the vegetables that nature produces, at the same time, keeping our bodies healthy through nature's pharmacy.

What nature is saying is, all right, what I have got is some sugar here and the fungus living around us in the trillions wants to eat this. The plant has to create its protection. It creates a substance called phytoalexins, and that is one of those is resveratrol. People have heard about it in red grapes. Red grapes are another thing. So the sweet thing in the grape has to protect itself. So if a fungus lands on this and it eats that phytoalexin, it dies - it is a pre-drug essentially. The drug companies cannot duplicate this stuff, and that is the beauty of what we have got here is you cannot patent a natural substance, and that is why the \$280 billion dollars a year drug industry cannot come up with something as efficient as this. Phytoalexins in red and green fruits and vegetables have been shown to be anti-cancer, the same way that they protect the plant against fungus.

Why don't we have salvestrol today in our body? Natural vegetables and fruits produce it just in the last day or two as they become ripe because that was when they were higher in sugars and that is



when fungi tend to attack the fruits and vegetables. So that is when they make salvestrol. Who eats vine ripened fruit today? Fruits are picked green and ship to a natural food store or organic food store. Otherwise, they can not get it there and lose half their produce to spoilage. Therefore, we are eating all of this food that is salvestrol-depleted and one of the powerful agents that Mother Nature uses to kill cancer cells.

Water inhibits cancer growth



If we can super-hydrate a cell, it can take on almost anything. If you can get enough water into the cell, it functions optimally. Water goes into every cell, carry nutrition into every cell, and bring toxins out of every cell. It is allowing the physiological role of the cell to be increased. Water is not a cure, just enabling the body to do that. It is called Molecular Resonance Effect Technology (MRET).

After Chernobyl disaster (nuclear accident in Russia), some people did not get cancer, and it turned out it was because of the specific kind of water that they were drinking. They found that in some areas, the group of people suffering from radiation, they were placed in different resorts. In some areas, their rehabilitation was

much better compared with the other groups. By accident, they found it was because of the mineral spring water. They did some studies and within a couple of years, they concluded that it is not because of the mineral content of the water, but because of the unique molecular structure of water. It took Dr. Howard Fisher probably another ten years to develop a technology (MRET) how to recreate the same type of water in our kitchen.

MRET is unique equipment. It treats the water with extremely low intensity, low frequency, electromagnetic isolation, which is kind of like resembling the earth magnetic field intensity. They did much research in regards to how this water can affect human physiology, and they found it has a very profound effect. There were many studies done in Europe, in the United States, and in Russia in regards to how this MRET activated water can affect a human. The MRET water, not only better hydrate the cells, but it also inhibits cancer growth. Another hydration specialist is Paul Barattiero share some fascinating information about molecular hydrogen in the water.

Hydroxyl is the most cytotoxic or cell-damaging free radical in the body. Molecular hydrogen (H2) combines with HO to create water in the cell. This provides tremendous benefits in the mitochondria and cells of the body. Hydrogen gets in there, combines with it, and the bioprocess is water. So, we can convert the most cytotoxic free radical into water molecules. It is very powerful.

We do have studies. It is true science and not pseudoscience. It is nice to be able to know what the mechanism is, and it is good for people to be drinking hydrogen-enriched water. We have a few studies on animals. A few cell studies and some human studies showing that molecular hydrogen benefits cancer.

The cancer cure lies in our food, in detoxifying our body properly, and making sure we do not have dental toxicities. It is also essential to balance our energy, in dealing with our stress and our emotional wounds. We can use food and plants to repair our bodies as well as staying on top of everything, making sure that we can prevent cancer in the future.

The incredible power of combining superfoods with rich nutrient replenish our body every day. It is fueling us with nutrients that bring your body energy, aid in detoxification, strengthen the immune system, and equip the body to fight and fend off disease, including the vanquished foe - cancer. Special water contains vital keys to protecting the body from cancer, and even healing a body that already has cancer. It is better that we have to hydrate consistently with clean water.

Disclaimer: This article is intended for professional informational purposes only. The decisions on patient care should be based on all laboratory tests, health histories and clinical evaluations of each person.



Uthayan Thurairajah is a Senior Engineer and Associate at WSP | MMM Group with over twenty 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 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.



MANAGING YOUR MONEY

Millennials – the new transformers

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

Millennials, also known as generation Y are the demographic cohort following generation X. They were born roughly between 1981 -2000. The millennial generation is now the one impacting our world. Being the largest generation in the Canadian workforce, it already has a significant influence on our culture, politics and economy. Small wonder they are driving workplace transformation, destined to reshape our country and possibly the entire world – and yet, many of them still live at home. With rent and housing prices soaring in many Canadian cities, some millennials moved back with their parents to cut expenses. In the last Canadian census:

- 42.3% of Canadians aged 20 to 29 years lived with their parents – a significant increase from 30 years ago.
- 63.3% of young men and 55.2% of young women aged 20 to 24 lived with their parent(s).
- Almost one quarter of young adults are “boomerang kids” having returned to their parental home after leaving at some point in the past.

Millennials choose to remain at home for reasons that range from the financial constraints they now face, and staying in school longer to effectively compete in the job market (while shouldering steadily increasing post-secondary education costs), to escalating housing costs.

Parenting styles like “helicopter par-



ents” (who hover over their children and micromanage their lives) may also be a factor in the millennials’ decision to linger longer at home. One downside for parents of many millennials is having double-duty responsibility for their older children and their own parents. These are “sandwich generation” parents, whose emotional and financial support of both their parents and their children can take a tremendous toll on retirement savings.

While it’s true that for many young adults, living with parents is a fiscally-responsible decision even when they are working full time, and can be an ideal way to save for a house or start a business –leaving the nest is an important rite of passage

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for both parents and children. And whether the move is months or years away, it’s a good idea to set a date and make a plan. Here’s how to prepare for nest-leaving:

- Pay off debt – especially high interest debt, before it’s competing with your rent or mortgage payments.
- Establish a good credit history – get a credit card for small purchases and always pay the full balance by the due date.
- Save for major purchases – pay cash for furniture, appliances and other large purchases.
- Build an emergency fund – for minor setbacks like home or car repairs.

Even in the face of these trends, there are ways for parents of millennials who are having trouble becoming financially independent to help without necessarily jeopardizing their own savings or retirement plans. Children who move back home can contribute to the household financially by paying rent or contributing to the costs of food and utility.

In spite of being the most educated and

tech-savvy generation, many millennials demonstrate a lack of financial literacy. Parents and their financial advisors can help fill in knowledge gap and teach financial lessons that will remain valuable throughout their children’s lives. Even grown-up children look to parents for guidance, so get them involved in discussions about the household budget, and share successes at paying down debt, committing to saving for the future and realizing retirement dreams.

Both millennials and their parents should talk to a professional advisor about strategies to help avoid hefty debt and bring your entire financial life into focus so you can balance all your priorities while maintaining a sound, long-term financial plan.

Disclaimer:

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

Toronto’s Tamil Business and Professional community initiate funding for Tamil Chair in Harvard University

By Siva Sivapragasam

Some business and professional members of Toronto’s Tamil community interested in the funding for the Tamil Harvard Chair gathered at the Southern Aroma South Asian Restaurant for a breakfast meeting recently to initiate the funding process.

The guests present at the meeting had a roundtable discussion of how the awareness for the project should be taken forward with the guests presenting a variety of views. At the end of the meeting, contributions were made by those present at the meeting.

Sivan Ilangko, one of the live-wires of the Canada Chapter for the Harvard Tamil Chair project made a welcome speech and introduced the guests present. He was followed by well-known Tamil short story writer Appadurai Muttulingam who heads the Canada Chapter for the project. He briefly outlined the vision attached to the project explaining the need and the importance of a Tamil Chair at Harvard where several languages already have a Chair at this prestigious and internationally recognized higher seat of learning.

He stressed the need for the Tamil community in Toronto to get involved in the project. He also mentioned that two events are lined up in the coming months to help the funding process. Mr. Siva Sivapragasam, Executive Editor of the South Asian newspaper ‘Monsoon Journal’ who

spoke next mentioned that Poet Bharathiyar’s dream that Tamil should be spread throughout the world will now become a reality. He pointed out that all are gathered at the event to promote and encourage the establishment of a Chair for our mother tongue – Tamil, world’s greatest and oldest language, in the world’s best accepted centre of higher education-the prestigious Harvard University in Cambridge, Massachusetts. He stressed that Tamil, out of all classical languages has the distinction of being a spoken language to this day with a rich literary tradition. He mentioned that it is in the hands of the living generation to protect and nurture the noble language we have inherited and that setting up of a Chair in Harvard will be a major achievement towards this goal.

Dr. Thirugnanasampanthan, one of the pioneers of the project from US was present at the meeting to explain the origin of the project to the guests and thanked the donors and the speakers for creating an awareness for the project. He also mentioned that an event was taking place in Chennai to promote the project in Tamil Nadu. The highlight of the event will be the release of a video portraying a theme song for the Harvard Tamil Chair project sung by two well-known musicians Seerhali Dr. Sivasithambaram and Nithiasri Mahadevan. The guests present at the breakfast meeting supported the cause by making donations at the end of the meeting. Rep-

resentatives from the Arali Village Association and Toronto Tamil catholic community were present at the meeting and both organizations made donations to support the cause.

(Seen here are some pictures taken at the event)



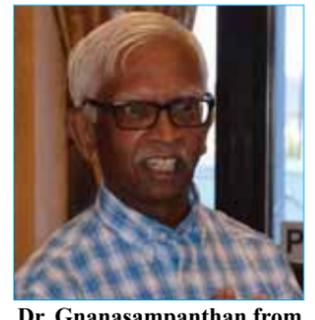
Mr. Muttulingam addressing the guests



Sivan Ilangko speaks to the guests



Siva Sivapragasam outlines the need for support for the funding process



Dr. Gnanasampanthan from US explains the efforts made to establish the Tamil Chair



Some of the guests present at the meeting



A Tale of Human interest

TALKING FOOD WITH ARUSUVAI NADARAJAN



Arusuvai Arasu Natarajan has wielded the ladle for 83 years and served lakhs of meals at nearly 75,000 weddings. He speaks to SUBHA J RAO about his catering journey for the Hindu Newspaper (*Extracts of the interview*)

Natarajan, a little boy of 11, was helping his grandfather Subramania Iyer in the kitchen. He was a few years into the job, and had just learnt an important lesson — when fingers sting after snapping the stalks off red chillies, extract the juice of tamarind to soothe them.

He was to find out another that day. Steaming cauldrons of rice and sambar were sending up wispy, fragrant curls in the firewood-scented kitchen. And, then, young Natarajan was asked to put the ladies finger in the kadai, to make poriyal. He lifted with difficulty the eight kilograms of chopped vegetables, dropped them into a vessel and added some water for good measure. Within minutes, the panicking lad prostrated in front of his grandfather. “Ennada payale?” he asked. And, then, smiling, taught him to convert the gooey mass into a delectable kootu.

Nearly eight decades later, the boy, whose name has since been prefixed with Arusuvai Arasu, goes down nostalgia lane. His eyes glint with the memory of the day he learnt his greatest lesson — there must be no mistakes in cooking, but when you commit one, think out of the box to set it right.

It was because of this fierce desire to learn that a boy from an impoverished family of cooks made a mark for himself. “I started off when

I was seven or eight years, working at the Sankara Mutt in Kumbakonam, helping my grandfather. I would sweep, clean, wash... My constant refrain used to be, ‘Mama, naan panraen’,” smiles Natarajan.

He worked as a server at Modern Hotel, Trichy, and handled 32 seats at a go. “I would recite all the items by rote... idli, dosai, poori, pongal...” He later joined Ambi Iyer hotel and Adikudi hotel. He also worked for wedding caterers, because it brought in more money, and also taught him how to scale up a recipe and handle large crowds.

He moved to Madras in 1952 and worked in MIT hostel, Chromepet, before Jayaram Iyer brought him to Geetha Café, Pandy Bazaar. There, he whipped up tiffin, and his favourite, saapad. “I loved cooking rasam, white pumpkin sambar... creating a meal is joyous, day in and day out.”

In 1956, M.N. Sambamoorthy Iyer offered Natarajan his first opportunity in wedding catering at 121, Varadamuthiyappan Theru Chatram.

“There’s been no looking back since. We’ve done close to 75,000 weddings as a family, and the children are taking the legacy forward,” he says.

People referred us by ‘taste of mouth’, says Natarajan, and points out to an old photograph on the wall taken at his wedding. A young couple of very moderate means looks towards

the future. “Now, see this one,” he says, of the photograph of his late wife Nagalakshmi — decked in jewellery and glowing with prosperity. “I cooked for a living; cooking gave me life.” He takes pride in saying that cooking is a divine art.

Natarajan has seen the decades pass and new technology take over the kitchen — from the time of soot-filled workspaces where cooks blew air into wood-fired ovens, where the kitchen floor had to be constantly cleared of ash and tiny embers of coal, to today’s clinically-clean steam-fired kitchens and gas-fired stoves. “This is very convenient, but can anything match the fragrance of food cooked over a wood fire? Never,” he pronounces.

And “nothing can beat the individual flavour and taste of South Indian vegetables such as bittergourd, ridgegourd and snakegourd”.

As for Natarajan, his favourites are rasam, avaraikkai poriyal, white pumpkin sambar and ashoka halwa.

Even today, at 90, Natarajan goes to the office on Raja Badar Road, T. Nagar, every day. Occasionally, he visits wedding halls too.

Last week, he was at Rani Meiyammai Hall in Egmore, at 8 in the morning, trademark white khadi veshti, shirt and thundu in place, his forehead smeared with vibhuti. He walked about the kitchen, checking how the vegetables were being chopped, the fruits peeled, and the

meal served. He borrowed a ladle from a helper and fried a batch of colocasia.

And then, unable to resist the temptation, he headed to the dosa counter. With a sure hand, he cleaned the tawa, poured some batter and shaped it diligently. In went the ghee, and seconds later, crisp dosas were ready to be served.

The legacy

The next two generations of Natarajan’s family have joined the business. His eight children, daughters-in-law and grandchildren handle various aspects of it. The menu has grown to include North Indian, Mexican and Italian dishes. They’ve even catered abroad — son Sridhar took a team to Australia, and next month, a group heads to Indonesia.

Natarajan says his eldest son Kumar is also a teacher of sorts; “he introduced me to many things and his approach is very different”. Sridhar manages the show and Sowmya Ramesh, his youngest daughter, ensures the weddings are eco-friendly.

Some things have stayed the same at Arusuvai Arasu Caterers. Surya Raja, resident vada maker, has been making these delicious treats for more than 30 years; Prabhu is the expert on sweets. The cooks and serving staff have been with them for long; so have those supplying grocery, milk and banana leaf. “We’ve all grown together,” says Natarajan. (*Courtesy: The Hindu*)



GENIE SISTERS SAMAYAL SANTHAI

Welcome to our recipe corner! We sisters will entice you with recipes that we have fallen in love with and teach you a little Tamil along the way, as all the ingredients will have their Tamil names. 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

Chicken Rendang



A lot of interest has been shown on this recipe as it is as delicious as it is complex. The Malaysian Chicken Rendang is undoubtedly an excellent dish to serve for a special occasion. Typically made with beef, we have substituted it with chicken, but it can be made with most meats. It is the epitome of aromatic and flavoursome food, delicious and as memorable as the first bite.

Ingredients:

- ▶ 1Kg chicken (washed, skinned and cut into medium size pieces) [kozhi]
- ▶ 2 tbsp oil (sunflower/vegetable) [ennai]
- ▶ 5cm cinnamon stick [kari pattai]
- ▶ 1 star anise
- ▶ 1 ½ tbsp galangal paste
- ▶ 1tbsp ginger and garlic paste [inji poondu vizhuthu]
- ▶ 2 lemongrass stalks (ground into a paste)
- ▶ 4 medium red onions (diced) [vengaayam]
- ▶ 1 tsp turmeric powder [manjal]
- ▶ 1 tsp dark soy sauce
- ▶ 3 kaffir lime leaves
- ▶ 5 Kashmiri chillies (soaked in water and ground to a wet paste)
- ▶ 1 cup of ground coconut (roasted till a golden brown colour) [thiruvina thengai]
- ▶ 1 tbsp coriander powder
- ▶ [kotthamalli thool]
- ▶ Salt to taste [uppu]

Into a wok with oil, add cinnamon and star anise. Once the cinnamon starts turning a dark brown colour, add the ginger/garlic paste and cook until the raw smell evaporates and the paste turns a golden brown colour. Then add the galangal paste and cook for a minute. Throw in the onions and cook until the onions turn brown. Once the onions are cooked, add the lemongrass paste, turmeric, chilli paste, soy sauce and lime leaves. Cook this mixture until the oil starts to separate and then add the chicken, salt to taste and coriander powder. Cook this until the chicken is done and the mixture becomes a thick paste. Then add the ground roasted coconut and cook for a further few minutes and the dish is done!

The preparation of some of the ingredients does take some effort, however, all the ingredients and pastes can be pre-made and stored in the freezer, or made the day before.

Try making this recipe this month and do hashtag #monsoonjournal on Instagram and send us your pics, comments and feedback. Spread the love (and recipe!)



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Trustee Parthi Kandavel

Dear families,

It has been a privilege to serve as a trustee on the Toronto District School Board. This year we celebrate the first annual Tamil Heritage Month at the TDSB. As part of the month's celebrations we held poetry, art, and essay competitions, with great participation from kindergarten to Grade 12. The month also provided our children the opportunity to celebrate Tamil culture within their schools.

Now this month we celebrate the birth of Canada, our country, which has given us so many gifts, the most important of which is access to a quality public education. For education is the strongest way to give each child a chance to reach their full potential.

It's worth remembering not only how we've benefited from Canada, but also the sacrifices and love that parents make on behalf of their children. We see the results of their dedication in our 2016 Graduates, whom I'd like to congratulate and wish a fun and safe summer!

Best wishes,

அன்புடையர்,

ரொறன்ரோ மாவட்டக் கல்விச்சபையின் அறங்காவலராக மக்களுக்குப் பணியாற்றக் கிடைத்த வாய்ப்பை நான் பெரும் பேறாகக் கருதுகின்றேன். குறிப்பாகக் கல்விச்சபையில், தமிழர் மரபுரிமை மாதம் என்ற கொண்டாட்டத்துக்கான அங்கீகாரத்தைத் தைப் பெற்று, முதற்றடவையாக தமிழர் மரபுரிமை மாத நிகழ்வுகள் கடந்த ஜனவரி மாதம் சிறப்பாக நடைபெறவும் நான் பங்காற்றியிருந்தேன்.

தமிழ் மரபுரிமை மாதக் கொண்டாங்களை முன்னிட்டு, பாலர் வகுப்பு முதல் 12ம் வகுப்புவரையான மாணவர்களிடையே கவிதை, கட்டுரை மற்றும் ஓவியப் போட்டிகளும் நடத்தப்பட்டு பெறுமதியான பரிசில்களும் வழங்கப்பட்டன. அதேவேளை தமிழ் மாணவர் தாம் பயிலும் பாடசாலைகளிலும் பிற மாணவரோடு இணைந்து தமிழர் பண்பாட்டு நிகழ்வுகளைக் கொண்டாடினர்.

இது நாம் எமது நாடான கனடாவின் பிறந்தநாளைக் கொண்டுகின்ற மாதம். உயர்ந்த வாழ்வுக்கான வளங்களைத் தந்திருக்கும் கனடா, உயர்தரம் மிக்க கல்விக்கான வாய்ப்புகளையும் எமக்கு வழங்கியிருக்கின்றது என்பது முக்கியமானதாகும்.

இந்தக் கல்வியானது ஒவ்வொரு மாணவரும் தமது முழுத் திறன்களையும் வெளிப்படுத்துவதற்கான வாய்ப்புகளை வழங்கும் வலிமையான வழியாகத் திகழ்கின்றது.

இந்த நல்ல நாளில் நாம் வளம் தரும் கனடாவை நினைவு கூறுவதோடு, அர்ப்பணிப்போடும் பேரன்போடும் தமது பிள்ளைகளின் கல்வியில் அக்கறை செலுத்தும் பெற்றோரையும் நான் நினைவு கொள்கின்றேன். 2016ம் ஆண்டுக்கான கல்விப் பெறுபேறுகளில் இதன் விளைவுகளை நாம் காண முடியும்.

தேர்வுகளில் வெற்றி பெறும் மாணவர்களை வாழ்த்துவதோடு, அனைவருக்கும் இக்கோடைகால விடுமுறை மகிழ்வானதாகவும் பாதுகாப்பானதாகவும் அமைய நான் வாழ்த்துகின்றேன்.

நன்றி!

P. Kandavel.

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**Realty celebrates
3rd Anniversary
in Grand Scale**



Cutting the cake on the 3rd Anniversary Party: (L-R) Gurinder Sandhu, Former Executive Vice President, RE/MAX Integra, now joined as Managing Partner, RE/MAX Hallmark Realty, Gary Anandasangaree, MP, Scarborough-Rouge Park, from RE/MAX Community Realty, Rajeef Koneswaran, wife Chandra & Logan Velumailum and Nancy Sears, Franchise Development, RE/MAX Integra, Ontario-Atlantic Canada



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Pole Marquee specially for the event



Fun for kids & face painting



Bar with premium liquor sponsored by Sutha & Ranier Team, Cash Point Mortgages



Desert Station decorated with variety selections

RE/MAX Community Realty Inc., Brokerage, one of the upcoming leaders in Real Estate based in Greater Toronto Area has just celebrated the 3rd Anniversary in a grand scale in the presence of well over 250 guests. The event was held on Saturday, June 25th in an outdoor setting with lots of fun for the kids of guests, variety of food items prepared and served at the site, premium liquor of all kinds, selection of deserts, music and dance until dawn.

RE/MAX Community Realty Inc., Brokerage is the very first franchise with the world renowned RE/MAX brand ownership held by Tamil heritage of Sri Lankan origin and serving across the Canadian mosaic with over 9 different languages spoken by agents at this office. At the present time RE/MAX Community is with well over 100 agents and the office employs 10 full

and part time staff. Additionally RE/MAX Community provides special coaching and training by reputed and qualified professional coaches and also expanding its office space to accommodate the new agents who are being hired. Especially in the recent months the office management is attracting many new and experienced agents and the brokerage is continuing to grow steadily.

The event was attended by special guests, Nancy Sears, Franchise Development, RE/MAX Integra, Ontario-Atlantic Canada, Gurinder Sandhu, former Executive Vice-President at RE/MAX Integra and now as Managing Partner at RE/MAX Hallmark Realty for Toronto Region, Gary Anandasangaree, MP, Scarborough-Rouge Park, Parthi Kandavel, School Trustee, Several professionals from a broad spectrum of fields, RE/MAX Community

agents, staff and friends and well wishers.

RE/MAX Community office functions get support to host events by their many partners, banks, lawyers, other professionals associated the real estate trades and at this time, the bar cost with premium liquor for all the guests were supported by Cash Point Mortgages owned by Sutha & Ranier Team.

Rajeef Koneswaran & Logan Velumailum of RE/MAX Community Realty, having a track record of nearly 20 years of successful real estate entrepreneurship in Canada assured the agents that the office

will continue to provide leadership and promote its agents to succeed in their professional career. They thanked all the guests and agents for attending the 3rd Anniversary event of RE/MAX Community Realty Inc.

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



IMPORTANT MESSAGE FOR ALL SRI LANKAN PENSIONERS

The Annual General Meeting of the Sri Lankan Pensioners Association will be held on Saturday, 9th of July 2016 from 10am to 3pm.

The venue of the Meeting is the "MIRACLE FAMILY TEMPLE" Auditorium at 1100 Bellamy Road North, which is just 50 yards north of Ellesmere Road on Bellamy Road (Ellesmere Road/Bellamy), Scarborough, Ontario M1H 1H2 – Tel: 416 439 7000.

All Sri Lankan Pensioners are welcome for this function. Coffee and Lunch will be served to all Participants.

All members are requested to renew their membership by paying their membership fee for the year 2016/2017.

Pensioners who have not joined the Association are requested to join immediately or even at the Annual General Meeting.

The General Secretary Mr. Ragupathy met the earlier DGP Mr. Hettiarachchi and Asst. Director (Foreign Pensions) Mr. Ranasinghe on February 2nd 2016 and also the New DGP Mr. Jagath D. Dias and also Mr. Ranasinghe, Asst. Director of Foreign Pensions again on April 25th 2016 and presented our problems. The outcome of the meeting will be discussed at the

Meeting.

Any member who has any problem is requested to submit in writing.

Members who wish to hold office in the Board of Directors are requested to submit their names, membership number, the position he /she wishes to hold with a proposer and seconder.

The High Commissioner for Sri Lanka in Canada, The Consulate General for Sri Lanka in Toronto, The Pensions Officer, Toronto, The Federal MPP., and The Councillors who are connected with our activities will be invited to attend the AGM.

All Sri Lankan Pensioners are requested to enroll as members to show our unity and strength in bargaining for our Rights.

The following office bearers may be contacted for any further information. Mr. R. S. Jogendra – President – 647 285 9336, Mr. G. S. de Silva – Vice President – 416 293 8592, Mr. Maya Kandiah – vice President – 416 291 6667, Mr. Edmond Wijesinghe – Asst. Secretary - 905 666 0764, Mr. N. Sathanathan – Treasurer – 416 908 1156, Mr. N. Viveganandan – Asst. Treasurer- 416 296 0136. R. Ragupathy, Hony. Secretary OSPA – 647 996 4360

The Pentecostal Movement - Vibrant Christian Mission



By: JJ Atputharajah

The international Pentecostal movement is a vibrant Christian movement active in many parts of the world. Jesus during his life on earth spoke of two baptisms-one is that of the remissions of sin by water and the other is the baptism of the Holy Spirit to protect us from further temptations of the devil due to our carnal origin. The Holy Spirit keeps us closer to the loving care of God in all our activities. 'He walks with me and talks with me'. The experience of immanuel (Christ in us) is their greatest goal. It keeps us tuned with the grace and power of God. Jesus encouraged his disciples to spread his message throughout the world and empowered them with the Holy Spirit after his ascension into the heaven. On the Day of the Pentecost, he gave them the baptism of the Holy Spirit and the gift of speaking in unknown tongues so that they could communicate with all the nationalities in their own tongues. I Luke Chapter 3 verses 21-22, we learn that the Holy Spirit enabled Jesus to bring more people to God. The main purpose is to preach the good news to the poor and to free them from all kinds of hazards. The Holy Spirit is a gift of communication. It is said that on the Day of the Pentecost more than 3000 people were added to the church. (Acts: 2-Verses: 4, 11). Gifts of the spirit gave several powers to the workers of God to promote the good news throughout the world. It gave the disciples powers of healing. The healings were a proof of the presence of God. The Holy Spirit grants better joy; it helps in evangelism; it makes Pentecostalism a value oriented movement, it is an inclusive movement bent on winning the world to Christ.

The spirit that filled the disciples on the Day of Pentecost made it a lively movement that is still at work in all parts of the world. St. Paul on his missionary journeys took the good news to Europe and especially to Rome. It is the will of God that made the Roman Emperor Constantine to embrace Christianity and he was able to take the message to all the principalities and dominions in the world. It is through the Portuguese, Dutch and the British that Christianity was brought to India

and Sri Lanka. Christ wanted his people to be always on the move to do good to the world and hence the Pentecostal movement. The Pentecostal faith was brought to Sri Lanka through a great Malayalee Pastor named Pastor Paul alias Raman Kuddi in 1927. Pastor Paul and his sons started faith homes in all the important towns in Sri Lanka both in the south and the north. Annual conventions were held in Jaffna and the main focus was in healing and drawing people to the faith. Moratuwa, Mattakuliya and Wellawatte are some of the main towns where the meetings were held with full attendance. Massive cadjan -topped sheds were erected to hold meetings to spread the message of the movement. In South India more than 5000 people were present at the conventions and there were very large conversions. Many men and women surrendered themselves to the work of God and they went to Singapore, Malaysia, Sri Lanka and several countries to work for the spread of the Gospel. In Toronto there are several brands of the Pentecostal faith drawing large numbers into their vibrant Christian activities. Jesus wanted the Christian faith to be a movement. They never tarry but work in constant steadfastness and trust in the mighty power of God instilled in them by the Holy-Spirit.

The Modern Pentecostal movement is relatively the most important religious movement of the 20th century. Beginning in 1901 with a handful of students in a bible school in Topeka, Kansas the number of Pentecostals steadily increased throughout the world during the course of the 20th century. The style of worship has influenced most of the Protestant churches, especially the evangelical churches actively practicing the Christian faith. The Agincourt Pentecostal Church, The Grace New Covenant Pentecostal Church and the Global Kingdom Ministries are some of the more active Pentecostal churches actively practicing in Toronto drawing large number of worshipers.. By 1993, they had become the largest family of Protestants in the world. In 2000, there were an estimated 560 million Pentecostals in the world. God works mysteriously to perform his marvelous deeds.



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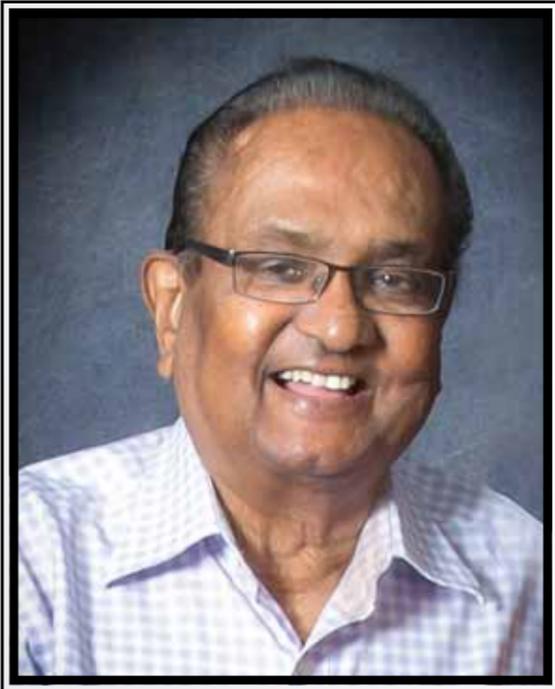


STAR PROFESSIONALS



Appreciation

Sathananthan Wijayanayagam



*“While we mourn his death,
we’ll celebrate his life”*

By Dharman Kulatungam

I am honoured to pay my tribute and reflections as a member of the Jaffna College Toronto Alumni Association and a close friend of a truly giving man, Mr. Sathananthan Wijayanayagam. Satha as we affectionately called him, after a valiant battle with his illness, loosened the bonds of this world to soar into the realm of God’s eternal home, peacefully, with his family beside him to let him go, with the knowledge that he loved and was loved.

Satha was the eldest son of the late S.A. Wijayanayagam (chief Shroff) and the late Sornawathy Wijayanayagam of Sandilipay, Sri Lanaka. He had five siblings, Karuna, Yoganandan (Ingrid), Kuganandan (Kugasothi), Thevaki (late Rajanathan) and Janaki (Soundranayagam).

Satha and his brother Karuna joined Jaffna College, Vaddukodai in 1947, and the rest of his siblings in 1949 to further their studies. Though I was in the junior classes, I came to know Satha and Karuna as they were in the hostel next to our house, and my father, the late Lyman Kulathungam was his warden. Later, the Wijayanayagam family came to live in Vaddukodai for a brief time.

Satha soon made himself fully involved in the life and activities of the college during the five years he was there and left an indelible legacy. He was elected President of the Student Council in 1951. Satha was also the President of the Academy, Grade 11 and 12 Literary Association. Satha excelled in sports- Basketball & Athletics. Satha achieved his dream of admitting two of his sons Udish and Chenthuran to Jaffna College in 1984.

On completion of his studies Satha joined the Ceylon Sugar Cooperation and worked for a number of years in Amparai, and soon earned his recognition. In 1971 he and a few of his associates moved on to establish a private company, “The Sugar Products” at Akkarayan Kulam, Kilinochi, and Satha was its Managing Director.

Satha married Sushila (nee Rajasundaram) in 1963 and they made a very handsome couple and remained so till the last. Together Satha and Sushila, who was a tremendous morale support and his best friend, shaped a family that has forever benefited from the values, gentleness and the spirit they infused

into the pattern of their daily living. They have four children, Dinesh (Dharshi), Udish (Jodi), Chenthuran (Vidya) and Subangi (Thana Akilesan). Their Golden Jubilee celebration of marriage in 2013 was an event of charm and glory.

Satha’s love for his Alma Mater was unabated and he never abandoned his loyalty to it, come what may be, the quality many of us may not always possess. On moving to Toronto Satha and his family fully involved themselves in the life of the newly established Toronto Branch of the Jaffna College Alumni Association. He was elected the second Secretary and later became President. The association remains eternally grateful for the diligent efforts he took for the publications of the Brochures for two of the milestone anniversaries of the College.

Satha was always active and a very giving and caring person, soft spoken and courteous, ever willing to give a hand and helped where he could. We the members of the Association are very indebted for all what he has done for it. It was but fitting and moving that at his funeral, in accordance with the wish of the family, the members were able to render the College Anthem as a salute. He remains an Icon in the Association as well as in the community specially the Sandilipay People Manram. Satha has had a happy marriage, a wonderful family, a happy home and a rewarding career.

In conclusion I would like to convey the following thoughts to Sushila and family:

To Sushila, may the footprints of Sathas unwavering love left upon your heart remain consoling to you. To you, his children and grandchildren- You should be rest assured that you were a joy to your Dad/grandpa everyday of your life and he was immensely proud of you. To you, his siblings- His love, compassion and empathy to all of you will live on through you whom he has left behind. Our loved ones don’t make our lives, but loving them do.

To us his friends, we are fortunate to share Sathas wonderful life journey and may we continue to savour the fidelity of Sathas friendship; and may Sathas zest for life, dedication and passion to make a difference in the world live in each of us. Satha, you will never be forgotten and we praise and thank God for the gift of you to us.

OBITUARIES

July 2016

WENCESLAUS - M.G.

- Former Managing Director of Express Newspapers (Pvt) Ltd. and Chairman of Nirmal Paper Converters (Pvt) Ltd. and Nirmal Printers (Pvt) Ltd., beloved husband of Celine, son of late Mr & Mrs. Gnanapragasam Pillai, son-in-law of late Mr. & Mrs. M.J. Pillai, loving father of Nirmala, Shyamala & Premila, father-in-law of Geoff & Vijay, adoring grandfather of Arjun, Prakash, Vikram, Gautham & Anuj, grandfather-in-law of Anjali, great grandfather of Ariana. Funeral was held on 15th June 2016.. No. 19/A, Alfred Place, Colombo 3.

SWAMPILLAI - INDRA

(Retired Consultant Anaesthetist, passed away peacefully on 30th May 2016, safe in the arms of Jesus. She was the beloved wife of Cecil Swampillai (Ex B.C.C.) and loving mother of Angela (Consultant Oncologist) and Christene (Consultant Anaesthetist), mother-in-law of Rajan Yodaw and Andrew Kumuthan, precious grandmother of Dylan, Isabella, Amelia and Abigail, much loved sister of Ivan (UK), Sheila (Canada), Stella (Canada), late Sylvia and sister-in-law of Philip Joseph (Canada), Indra Petropillai (UK) and late Christy Emmanuel (UK) and B. Emmanuel (Canada). Telephone contact Angela Swampillai (UK). 07901678907.

SUPRAMANIAM (nee ISABELLE SARASWATHIE SARA PROCTOR)

- formerly of Sri Lanka. Called to rest with Jesus. 13th June 2016 in Australia. Aged 90 years. Dearly beloved wife of the late Daniel Supramaniam DK, loving mother of Jayanthi and Dayalan DK Suppa (Dec'd), mother-in-law of Anston and Doreen (Sri Lanka), cherished grandma of Allan and Anis, Dinesh (Sri Lanka) and Sanchia and great grandchildren Roshan, Levi, Ravi and Taj.

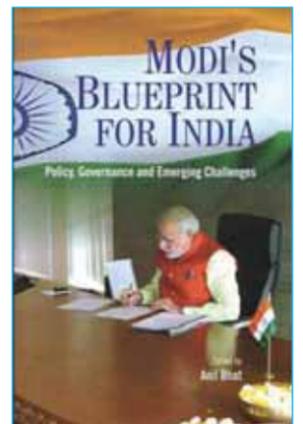
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THE HINDU TEMPLE SOCIETY OF CANADA : Richmond Hill Ganesha Temple

- Compiled by Kidambi Raj Member, Board of Trustees

NINE BELIEFS IN HINDUISM

Our beliefs determine our thoughts and attitudes about life, which in turn direct our actions. By our actions, we create our destiny. Beliefs about sacred matters - God, Soul and Cosmos.

These are essential to one's approach to life. Hindus believe many diverse things, but there are a few bedrock concepts on which most Hindus concur. The following Nine Beliefs, though not exhaustive, offer a simple summary of Hindu Spirituality:

1. Hindus believe in one, all-pervasive Supreme Being who is both immanent and Transcendent, both Creator and Unmanifest Reality.
2. Hindus believe in the divinity of the Four Vedas, the world's most ancient scripture, and venerate the agamas as equally revealed. These primordial hymns are God's words and the bedrock of Sanatana Dharma, the eternal religion.
3. Hindus believe that the universe undergoes endless cycles of creation, preservation and dissolution.
4. Hindus believe in Karma, the law of cause and effect by which each individual creates his own destiny by his thoughts, words and deeds.
5. Hindus believe that the soul reincarnates, evolving through many births until all Karmas have been resolved and Moksha, liberation from the cycle of re-birth, is attained. Not a single soul will be deprived of this destiny.
6. Hindus believe that divine beings



exist in unseen worlds and that temple worship, rituals, Sacraments and personal devotionals create a communion with these Devas and Gods.

7. Hindus believe that an enlightened master, or satguru, is essential to know the Transcendent Absolute, as are personal discipline, good conduct, purification, pilgrimage, self-inquiry, meditation and surrender in God. 8. Hindus believe that all life is sacred, to be loved and revered, and therefore practice of ahimsa, non-injury, in thought, word and deed.

9. Hindus believe that no religion teaches the only way to salvation above all others, but that all genuine paths are facets of God's Light, deserving tolerance and understanding.

Hinduism, the world's oldest religion, has no beginning - it precedes recorded history. It has no human founder. It is a mystical religion, leading the devotee to personally experience the Truth within, finally reaching the pinnacle of consciousness where man and God are one.

WHY VISIT TEMPLES

Scientific Reason:

There are thousands of temples all over India in different size, shape and locations but not all of them are considered to be built the Vedic way. Generally, a temple should be located at a place where earth's magnetic wave path passes through densely. It can be in the outskirts of a town/village or city, or in middle of the dwelling place, or on a hill-top. The essence of visiting a temple is discussed here.

Now, these temples are located strategically at a place where the positive energy is abundantly available from the magnetic and electric wave distributions of north/south pole thrust. The main idol is placed in the core center of the temple, known as Garbhagriha or Moolasthanam. In fact, the temple structure is built after the idol has been placed. This Moolasthanam is where earth's magnetic waves are found to be the highest.

We know that there are some copper plates, inscribed with Vedic scripts, buried beneath the Main Idol. What are they really for? No, they are not God's / priests' flash cards when they forget the slokas. The copper plate absorbs earth's magnetic waves and radiates it to the surroundings. Thus a person regularly visiting a temple and walking clockwise around the Main Idol receives the beamed magnetic waves and his body absorbs it. This is a very slow process and a regular visit will let him absorb more of

this positive energy. Scientifically, it is, The positive energy that we all require to have a healthy life.

Further, the Sanctum is closed on three sides. This increases the effect of all energies. The lamp that is lit radiates heat energy and also provides light inside the sanctum to the priests performing the pooja. The ringing of the bells and the chanting of prayers takes a worshipper in to trance, thus not letting his mind waver. When done in groups, this helps people forget personal problems for a while and relieve their stress. The fragrance from the flowers, the burning of camphor give out the chemical energy further aiding in a different good aura. The effect of all these energies is supplemented by the positive energy from the idol, the copper plates and utensils in the Moolasthanam / Garbhagriha. Theertham, (the holy) water used during the pooja to wash the idol is not plain water cleaning the dust off an idol. It is a concoction of Cardamom and few herbs.

Karpura (Benzoin), Saffron / saffron, Tulsi (Holy Basil), Clove, etc... Washing the idol is to charge the water with the magnetic radiations thus increasing its medicinal values. Three spoons of this holy water is distributed to devotees. Again, this water is mainly a source of magneto-therapy. Besides, the clove essence protects one from tooth decay, the saffron Tulsi leaves protects one from common cold and cough, cardamom

AMAZING FACTS ABOUT CHIDAMBARAM TEMPLE

After 8 years of Research and Development, Western scientists have proved that at Lord Nataraja's big toe is the Centre Point of World's Magnetic Equator.

Our ancient Tamil Scholar Thirumoolar has proved this. Five thousand years ago in his treatise Thirumandiram which is a wonderful scientific guide for the whole world. To understand his studies, it may need a 100 years for us.

Chidambaram temple embodies the following characteristics :

1. This temple is located at the Centre Point of World's Magnetic Equator.
2. Of the five temples that represent each one of the Pancha Boothas (the five basic elements, wind, water, fire, earth and space), Chidambaram Temple represents the Skies, Kalahasthi Temple represents the Wind and the Kanchi Ekambareswarar Temple represents the Land. All these three temples are located in a straight line at 79 degrees 41 minutes Longitude. This can be verified using Google. An amazing fact and astronomical miracle !
3. Chidambaram Temple is based on the Human Body having 9 entrances denoting, 9 Entrances or Openings of the human body.
4. The temple roof is made of 21,600 gold sheets, which denote the 21,600 breaths taken by a human being every day ($15 \times 60 \times 24 = 21,600$).
5. These 21,600 gold sheets are fixed on the Gopuram using 72,000 gold nails which denote the total number of Naadis (nerves) in the Human body. These transfer energy to certain body parts that are invisible.
6. The great Tamil scholar Thirumoolar states that man represents the shape of Sivalingam, which represents Chidambaram, which represents Sadasivam which represents His dance !
7. Ponnambalam is placed slightly tilted towards the left. This represents our



Heart. To reach this, we need to climb 5 steps called Pachakshara padi. Si, Va, Ya, Na, Ma are the five Panchakshara mantras.

8. Ponnambalam has 28 pillars denoting the 28 Aagamaas, as well as the 28 methods to worship Lord Siva. These 28 pillars support 64 Roof Beams and 64 Cross Beams. The 64 Roof Beams represent the 64 Arts and the 64 Cross Beams represent the Blood vessels running across the Human body.

9. Then there are Four pillars holding the Kanakasabha, representing the Four Vedas.

10. The 9 Kalasas (vessels) on the Golden Roof represent the 9 types of Sakhtis or energies.

11. The 6 pillars in the Artha Mandapa represent the 6 types of Sastras.

12. The 18 pillars in the adjacent Mandapa represent the 18 Puranas.

13. The Dance of Lord Nataraja is described as Cosmic Dance by Western Scientists.

Whatever Science is propounding now has been stated thousands of years ago!

and Pachha Karpuram (benzoin), act as mouth fresheners. It is proved that Theertham is a very good blood purifier, as it is highly energized. Hence it is given as Prasadam to the devotees. This way, one can claim to remain healthy by regularly visiting the Temples.

This is why our elders used to suggest us to offer prayers at the temple so that you will be cured of many ailments. They were not always superstitious. Yes, in a few cases they did go overboard when due to ignorance they hoped many serious diseases could be cured at temples by deities. When people go to a temple for the Deepaaraadhana, and when the doors open up, the positive energy gushes out onto the persons who are there. The water that is sprinkled onto the assemblages passes on the energy to all. This also explains why men are not allowed to wear shirts at a few temples and women are requested to wear more ornaments during temple visits. It is through these jewels (metal) that positive energy is absorbed by the women. Also, it is a prac-

tice to leave newly purchased jewels at an idol's feet and then wear them with the idol's blessings. This act is now justified after reading this article. This act of seeking divine blessings before using any new article, like books or pens or automobiles may have stemmed from this through mere observation that the positive energy that we all require to have a healthy life.

Energy lost in a day's work is regained through a temple visit and one is refreshed slightly. The positive energy that is spread out in the entire temple and especially around where the main idol is placed, are simply absorbed by one's body and mind. All the rituals, all the practices are, in reality, well researched, studied and scientifically backed thesis which form the ways of nature to lead a good healthy life.

The scientific and research part of the practices are well camouflaged as elder's instructions or "granny's

teaching's" which should be obeyed as a mark of respect so as to once again, avoid stress to the mediocre brains.

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

WILL TO REACH OUT



As these plane full of people show (News report: “Passengers Show a Heartwarming Display of Love To Grandmother Of Orlando Victim”) - there are far more of kind people out there than people like the Orlando shooter.



Passengers Show A Heartwarming Display Of Love To Grandmother Of Orlando Victim | The Gaily Grind
One of the youngest victims in Orlando's deadly shooting was Luis Omar Ocasio-Capo. Known as Omar to friends, he was a dancer and barista.



I have always believed as a journalist that we need to portray all these good stories too, to balance out the bad. Otherwise, seeing the unnatural representation of only (or mostly) negative stories in the media, people might run the risk of skewedly viewing the world as all bad.

As I travel the war torn North, I continuously meet such amazing individuals who have lost so much of themselves and their loved ones again and again during an agonizingly protracted civil war - yet still find it in their hearts to help and to hope.

Recently I took a couple of ladies visiting from Colombo wishful of helping war affected people here to meet the KESSA Group in Mannar - a group of firebrand women from one of the most rural and poverty stricken regions of the war-torn North. They have come together as a voluntary group to help other people suffering in their midst over issues of unsustainable poverty, stigmatisation or violence.

One of the visitors asked them what motivated them, when they had so many problems of their own to deal with?

Margaret aunty (see her post below) replied: “We are defined by our will to reach out and ease others’ suffering. We are the kind of people who will immediately jump into a well ourselves to rescue someone who has fallen in - without thought first to whether we ourselves can swim or not. That is the urge that unites us all and keeps us doing what we do.”

There are far more good people than bad people out there. Believe it

Personal motto in life

To this day, my fellow refugees stationed at Menik Farm post war, remember me with gratitude - long after the camp closed. I was one of the few Tamil inmates there who could speak Sinhala fluently.

Due to this, many people came to me to translate what they had to say to the army and police personnel or government doctors tending to us. Soon the army soldiers and police too started seeking me out whenever they felt the need of an

interpreter. I was not always comfortable with this. Helping my fellow refugees was one thing, but being perceived as helping the army and police policing them was another. It had the potential to lead to conflict for me too. Once for instance, there



was a violent conflict between two families in the camp in which one person apparently brandished a knife – and the police came to settle the matter. In order to speak to the concerned parties, they needed me as an interpreter and came to collect me first. I was minding my own business on a side street of Menik farm when I saw them approaching. I knew instinctively what they were coming for so I turned on my heels and ran off. I did not want to be involved in that matter. Who wants to be on the bad side of people who brandish knives? To my mortification though, the police ran after me.

We ran through half the camp that way with people gaping at us before I realized how ridiculous it looked and stopped. I didn’t want the people to think the police were chasing me for some personal misdemeanour of my own. So when they caught up with me, I had to go translate for them, as there was no-one else to translate.

My personal motto in life has been to live in such a way that people when they see me approaching will shout happily, “Yay, Margaret aunty is coming this way” - rather than shrivel in horror, “Oh no, is that Margaret coming this way?”

As you can see though, it is not always possible.



Snapshot of the situation

One legged man on a bicycle, transporting firewood to sell.

The picture captures the effects of a war on a country that does not have much of a social security net for the war affected, such as this disabled man. I believe a certain quota of disabled

people get Rs.3000 (approx. \$20) per month from the Government but that’s it.

It’s nowhere near enough to sustain either the disabled person or his family - such as in the case of this man who is likely the breadwinner for his family.

While some have collapsed under the impossible odds, others display an admirable sense of resilience and spirit.

This picture is a snapshot of the situation prevailing in the North today; war trauma and disabilities, unemployment and underemployment, lack of social security... and yet.. also, strength, courage, and against all odds, a can-do attitude (Y)

Photo Courtesy: K.P Yogarajah



Maternal care

Twin calves whose mother died soon after their birth due to lack of medical care. Yes cows need maternal care too. The dairy farmers live off their frequent pregnancies and thus milk production, yet often do not summon veterinary doctors or transport their animals to the affordable government run clinics. Even the relatively inexpensive cost of treatment (in comparison to losing the cow) is considered too much of a cost and bother. An unfortunate state of affairs we are seeking to change.

These two are the neighbourhood pets due to their orphan status. They demand a lot of petting as their due

(via: facebook.com/animalloversofjaffna)



Durham Tamil Association (DTA) Celebrates Ajax Home Week at the Peace and Community Harmony Concert!



DTA volunteers participated in the Ajax Home Week, 5th Annual "Peace and Community Harmony Multicultural Performing Arts Concert" on June 18th at Pickering. The goals for this particular Peace and Community Harmony Concert, as in previous years, for HW PCH Concerts staged in June, is to commemorate, and raise awareness for: National Aboriginal Day June 21, and Canadian Multicultural Day June 27 – through the performing and musical arts, and by listening and learning from youth social justice presentations. Another goal, is also to strive to achieve "Unity in Diversity" and Peace in our communities.

DTA had 2 acts on stage: Our youth band Chaos Theory with Luc Gaylie, Jeremy and Joshua Francis performed live 2 songs to support the peace and

harmony theme - "Imagine" by John Lennon & "All Along the Watch Tower" by Jimi Hendrix. It was a captivating performance and the boys received a lot of compliments from the audience.

The other act was a solo performance by Byra Kumar who thrilled the audience with her amazing voice and brought colour by singing two songs: - first song was "At Last" by Etta James and the second was "adiye" from the Tamil hit movie "Kadal."

DTA also hosted a booth to promote upcoming activities and network with other organizations.

Executive members, Yoka Selvan, Norin Francis, Dinesh Kumar, Josh Suresh and Jeya Sella volunteered their time.

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Visa Prob.	and all other Problems

பிரபல மந்திரிமார்களும், நடிகர், நடிகைகளுக்கு ஜோதிடம் பார்த்து புகழ் பெற்றவர். கைரேகை பார்த்து, முகரேகை பார்த்து, ஜாதகம் பார்த்து, ராசி நட்சத்திரமும் பார்த்து, பிறந்த ஆண்டு திகதி பார்த்து நடந்தது நடந்துகிட்டு இருக்கிறது நடக்கப் போறது பற்றிச் சொல்லுவார்

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- ☞ கணவன், மனைவி, காதலர் ஒற்றுமை பிணக்குகள்.
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- ☞ திருமணயோகம், காதல் விவகாரங்கள்.
- ☞ தொழில், மனை, அபிவிருத்தி, முன்னேற்றம், லட்சுமிகடாட்சம்.
- ☞ வாகன மனைப்பொருத்தங்கள், வீசாப் பிரச்சனைகள், கோட்டு வழக்கு.
- ☞ ஆரோக்கியம் பாக்கியம், வியாழ முன்னேற்றம், சேவன கோளாறும்.
- ☞ பேய் பிசாசு தொந்தரவா, எதிர்ப்பால தொந்தரவா, கண்திருஸ்டி.
- ☞ நாகதோசம் போன்ற எந்தப் பிரச்சினையாக இருந்தாலும்.



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MAYOR JOHN TORY LAUDS THE HUMANITARIAN WORK OF SAI COMMUNITY

Speaking at the National Conference on “Transforming Communities through Love and Service” hosted by the Sathya Sai International Organisation (SSIO Canada), Toronto Mayor John Tory lauded the work being done by the Sai Volunteers in the GTA in promoting Values and Character Education. He congratulated the Sathya Sai School of Canada for regularly finishing # 1 amongst all Ontario Schools tested by EQAO exams and it is a testament that focuses on good values in the curriculum moulds brighter students. It was Sathya Sai Baba’s will to start the Sathya Sai School in Toronto in the year 2000 and after operating for 16 years in leased premises, the School is now moving into its new campus with 30,000 sq. ft. of a state-of-the-art building at 451 Ellesmere Road, Toronto. It is designed as a green building with low carbon footprint.

Mayor Tory also appreciated another Sai initiative, the “PARENTING” programs conducted by the Canadian Institute of Sathya Sai Education (CISSE). This program enhances parenting skills with love and thereby helps to raise the children better and strengthen the families. “Good families will make a better City and a better Nation” added the Mayor.

He further stated, “Toronto is the most diverse City in the World and let us celebrate the Conference theme ‘Love All, Serve All’ – regardless of some of the problems we have in our City, we have done a better job living with diversity and harmony. We embrace and celebrate people of diversity”. The Mayor was also proud that the Toronto City Council supports every year the “Walk for Values”

conducted by SSIO Canada at the Nathan Philips Square. This event has now spread to 8 Cities in Canada and over 30 Cities around the World promoting Values and build Communities of Character.

Earlier, Dr. T. Thayaparan, an Ottawa based Defence Scientist who is the President of Sathya Sai International Organisation, Canada welcomed the 550 delegates from across the country that attended the Conference during the Victoria Day long weekend at the Toronto Don Valley Hotel & Suites. In his welcome address, Dr. Thayaparan stressed that the objective of the 60 Sai Centres and Devotional Groups in Canada is to serve the society and care for the environment in its nation building efforts and also to realize the Divine Universal principals inherent in every human being that manifest bringing personal transformation.

Dr. Thayaparan stressed on the theme of this conference is “Love All; Serve All” and added that we live in an exceptional country, and we have been given a unique opportunity to serve and to support our fellow citizens. Sathya Sai Baba’s life, His message, His ideals and His humanitarian works can all be enshrined in one word, that is, LOVE. His life is His message and His message is love. He says, “God is love; live in love,” and he exhorts us to “Start the day with love. Fill the day with love. Spend the day with love. End the day with love. This is the way to God”.

The messages from Ontario Premier Kathleen Wynne and Federal Minister Navdeep Bains were read.

The Conference was opened by Dr. Narendranath Reddy, Chairman of the Prasanthi



David Gries - Co-Chair Publication Committee, SSIO



Dr. David Jones, Professor, University of Calgary



Dr. Narendra Reddy -Chairman Prashanthi Council, SSIO



Dr. Phil Gosselin -Chair Zone 1 SSIO



Dr. Revathi Chennabathni - Principal, Sathya Sai School Ca.



Dr.T. Thayaparan - President, SSIO, Ca

Council, SSIO - the governing body that oversees the activities of Sathya Sai International Organisation around the World. The California based Dr. Reddy stated that the message of Love and Service is common to all the great messengers of God. Jesus taught love and sacrifice, Buddha taught the path of nonviolence and right living. However today, all are caught in the net of the world-wide-web (www). Man is only pursuing money, resulting in greed, sorrow and depression. To come out of this net, Sathya Sai Baba has shown three paths of www – selfless work, worship and wisdom to practice human values that help discriminate between what is right and wrong. Service makes one pure and humble. Dr. Reddy highlighted the humanitarian projects that SSIO has undertaken around the World and a video presentation was shown: <https://youtu.be/EasB6uCgVmE>. Currently SSIO has over 2,000 Sai Centres spread in 123 countries. Membership of Sai Centre is at no charge and open for all Communities and Faiths.

The highlights of the first day were the distinguished keynote multifait speakers drawn from Roman Catholic, Protestant, Islam, Buddhism, Judaism, Hinduism, and Zoroastrianism Faiths who addressed the delegates

and resolved to work together by lighting a joint candle and “Transforming the Communities through Love and Service”. The speakers included: Rev. Damian MacPherson, SA, Director for Ecumenical and Interfaith Affairs, Roman Catholic Archdiocese of Toronto; Joe Abbey-Colborne, Director of Faith in the City; Imam Dr. Abdul Hai Patel, Director - Interfaith Relations, Canadian Council of Imams; Swamini Shivapriyananda, Senior Acharya, Chinmaya Mission, Toronto; Rev. Dr. Bhante Saranapala, Urban Buddhist Monk; Ervad Dr. Jehan Bagli, Zoroastrian Society of Ontario and Ms. Julie Shuter, for Rabbi Cory Weiss, Toronto Board of Rabbis. Sri Jaswant Singh sent message of support from Ontario Khalsa Darbar (Sikh) as he was indisposed.

The Interfaith Panel resolved to foster greater understanding by working together and giving opportunities to youth through social, cultural, musical, dance, drama festival programs.

Other eminent speakers drawn from the academia and medical professions included an inspirational speaker from Argentina, Leonardo Gutter, who headed the Latin American Programs of the Organisation. Dr. David Gries from Cornell University, Dr. David Jones from



Hon. Gary Anandasangaree MP -among the dignitaries attended the conference

Calgary University, Dr. Phil Gosselin, Clinical Psychologist who is the Zone Chair for North America including Caribbean Islands and Israel at SSIO, Dr. Anupom Ganguli and K. Srinivasan both from California. Touching personal experiences were shared by some of them on the path of divinity.

Dr. Revathi Chennabathni, Principal, Sathya Sai School shared her 10 years of experience at this unique School and thanked the hundreds of volunteers who helped in the massive new building project which is a symbol of pure love of the community for Character Education System. TR Pillay, the Founder Principal of the School and now the Director of Canadian Institute of Sathya Sai Education (CISSE) stressed that a balanced education system need both "knowledge" and "character". This is possible only if we offer both worldly and spiritual education to children. Parents too are the exemplars and the Parenting workshops offered by CISSE help to train them at no charge. CISSE has conducted training workshops for other public school teachers and offer seminars on Environment, Climate Change and Business Ethics.

Walk for Values has been successfully conducted in Toronto since 13 years and now Surinder Sharma has been given the task by SSIO to direct other Cities around the World that like to start this project. He briefed the audience on the history of the project and thanked all the volunteers who took it to that heights over the years.

Sharma also added that sustaining such projects is always a challenge and now 30 City Councils in Canada on our request have declared proclamations of support to spread Values. Earlier the Ontario Legislature and the Federal Parliament had passed resolutions of support. This Walk is not a Fundraiser but raises awareness of positive human values such as love, truth, right conduct, peace and nonviolence so that each participant pledges to practice a Value of his /her choice. This year's Walk is at Nathan Philips Square on June 19, 2016.

The weekend's festivities opened and closed with the beaming students of the Sathya Sai School offering their hearts in interfaith prayers and two dramatic value-based plays, setting a tone of inclusion and oneness with the Lord. Brilliant, kind-hearted Canadian youth lifted the souls with note after note of sweet soul-stirring melodies of surrender to the Lord.

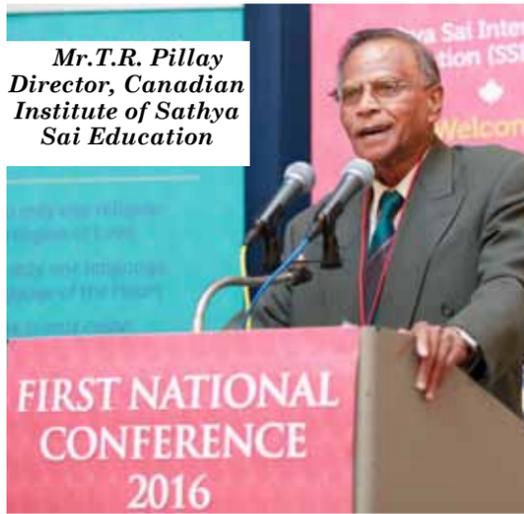
A number of local MPs, MPPs and community leaders attended the Conference. Very informative exhibits were put up for the delegates and public during the Conference.

Action plans to serve the society better and activities for self-transformation were drawn at the Conference. Most participants felt energized and also strengthened their resolve to be better human beings and care for their fellow Canadians!

The weekend experience has left all delegates heart filled with love and inspired; to live for a purpose, change the world; do it through Love by practicing Values and be exemplars in the society. The key is Selfless Service and Be Happy, Cultivate Pure Love and Share it.



Interfaith leaders spoke on the topic - transforming communities through love and service



Mr. T.R. Pillay
Director, Canadian
Institute of Sathya
Sai Education



Toronto Mayor addressing
the delegates



Mr. Leonardo
Gutter, Member
Prashanthi Council



SSIO and interfaith leaders
affirming to work jointly on
transforming communities
through Love and Service
projects

Youth Musical Presentation





Tamil Literary Garden 2015 Awards Event



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Dr. Shanmugavadivel, Lalitha & Jayaraman



Palanivel & Dr Thushiyanthy



Nandakumar, Monica & Mrs Nandakumar



Elangovan, Siva Velupillai & Mayoaranathan



Nedra Rodrigo, Yamuna & Balasundaram



Natkeeran, Kumar Ratnam & Vytheqi



Palanivel, Sambandam, Muttulingam, Elangovan, Mayoaranathan, Selvam & Mahalingam



Gajan & Jessica



Some of the Volunteers



Dr Selvakumar, Renuka Murthi, Bahir Vivekanand & Serena



Margie, Baira & Aarthi



Ilangko, Juanita Nathan & Brenda Beck



Venkat Venkataramanan, Thirumurthi & RajaRaman



Abisheka, Gajan, Anita, Ganga & A. Muttulingam



Muttulingam, Bala Cumaresan, Apsara, Dr Sambandam & Mayoaranathan



Gary Anandasangaree, MP & Mayoaranathan

By Siva Sivapragasam

The annual Tamil Literary Garden 2015 Lifetime Award event was held recently at the Radisson Hotel, Scarborough where several writers and scholars were honoured for their achievements.

Founded in 2001, the Tamil Literary Garden is a Toronto based charitable organization committed to promoting the development of

literature and studies in Tamil internationally.

At this year's Award event, several persons associated with fiction, non-fiction, Poetry, Information technology and social media were honoured. The life-time Award carries a plaque and a cash prize of \$2,500. Lawyer Manuel Jesudasan is the President of the organization while well-known Tamil short story writer Appadurai Muttulingam

functions as it's Secretary.

This year, the recipient of the Lifetime Achievement was R. Mayoaranathan. He was honoured for his pioneering efforts in the creation of the Tamil Wikipedia encyclopedia. He is an architect by profession and migrated to Dubai for employment. The Tamil Wikipedia site is today accessed by almost 3.5 million persons. Other Awards presented at the event were for fiction

(Shoba Shakthi), non-fiction (Ashoka Mitran), poetry (Kumaragurubaran), translations (N. Kalyaniraman & Puviarasu), Information Technology (S. Raja Raman), Special Recognition Awards (So Pathamanathan & Brenda Beck), Scholarship Award to a student for outstanding Essay (Renuka Murthi).

(Seen here are some pictures taken at the event).

A Dentist's Dream

Helping the Helpless

Dr. Rachel Navaneelan's Rachel's Kids charity raises nearly \$150,000 this year to help kids in Cornwall, Sri Lanka and India.....

By Siva Sivapragasam



Dr. Rachel receiving donation from 2 young ladies



Dr. Rachel with banner www.rachelskids.com

She often says with pride and emotion that she inherited the habit of helping the helpless from her father, a well-known gynecologist in Sri Lanka.

Rachels' Kids was an idea that struck Dentist Rachel (Sivaranjani) Navaneelan when the dreadful Tsunami ravaged the Southeast Asian countries in 2004. Her idea was to support the victims, specially the children who were affected by the disaster. She initially began the relief efforts by organizing a garden party in her own home and sent the proceeds collected to victims of the Tsunami in Sri Lanka. Since then, Rachel's Kids has grown significantly and now supports kids locally and internationally. Dr. Rachel Navaneelan practices Dentistry in Cornwall which is a three and a half drive from Toronto.

The aim of the charity is to bring awareness and to raise money to benefit underprivileged children in Sri Lanka, her native country and give back to the community in Cornwall too. Some of the children in Sri Lanka were orphaned and/or displaced due to past ethnic disturbances and many others were orphaned and displaced due to the Tsunami tragedy.

This year's Charity Garden Party raised \$148,000. Last year, Rachel's Kids Garden Party raised \$140,000. The summertime event has been receiving great support from the public in Cornwall. Commenting on the successful funding received this year, Rachel's Kids Executive

Director Kim Lauzon says "Once again this amazing community has surprised me with its generosity. It was overwhelming to see the amount of individuals that attended this year's garden party. I cannot thank everyone enough for making this 12th annual garden party and charity auction a huge success."

While most of what Rachel's Kids does remains local, it does provide aid to the less fortunate overseas and particularly in Sri Lanka, where they run an educational sponsoring program. For \$75 a year, a child in Sri Lanka can be sponsored through school. This gives the young student the support they need to get an education. The program has guided 300 Sri Lankan children to Grade 12 graduation. Before this program, few students in Sri Lanka would make it past grade three or four. Some students go on to college, while others become entrepreneurs, like one boy who decided to open his own mechanics school. Among other projects in Sri Lanka are the Princess Grace Orphanage in Perala, Plantation Rural Education and Development Organization in Nuwara Eliya and a pre-school in Moolai, Jaffna. She travels annually to Sri Lanka to monitor the progress of the projects

Of the money raised, a substantial amount remains in Cornwall to help the community." Cornwall has been good to me and I want to encourage others to get involved with helping kids," Navaneelan says.

All auction items are donated to the event and some items included

jewelry from Sri Lanka, a new BBQ and Blue Jays tickets. Some of the money will be used to complete the new Rachel's Kids Centre in Cornwall and one feature of the centre's work will be the House of Hope, which plans on providing a fun and therapeutic environment for children with autism.

Money raised by the Rachel's Kids Garden Party also goes toward programs like Small Moments of Joy, which makes the wishes of sick kids come true. Through this program, one sick kid was able to get a pool, and another boy was given a "man cave". Rachel's Kids also help parents out too through their Helping Hands program, which helps parents experiencing financial hardships and difficulties in providing for their kids.

Rachel feels proud when she speaks of her father. She says that her charity work originates from a genetic factor. Her father used to write prescriptions for infant food for poor kids and gets the cost debited into his account at pharmacies. Dr. Rachel Navaneelan is the daughter of Dr. R. Nitchingam, a reputed gynecologist in Colombo, Sri Lanka. Her husband is Dr. Christy Navaneelan, an anesthesiologist and happens to be the brother of Jaffna Bishop Justin Gnanapragasam. Husband Christy and her two children Tanya and Tony provide all the moral and physical support needed annually for the success of the garden party in Cornwall necessary to raise the funds.

(Some output from Cornwall Standard, Picture Courtesy: Kevin Bradshaw)



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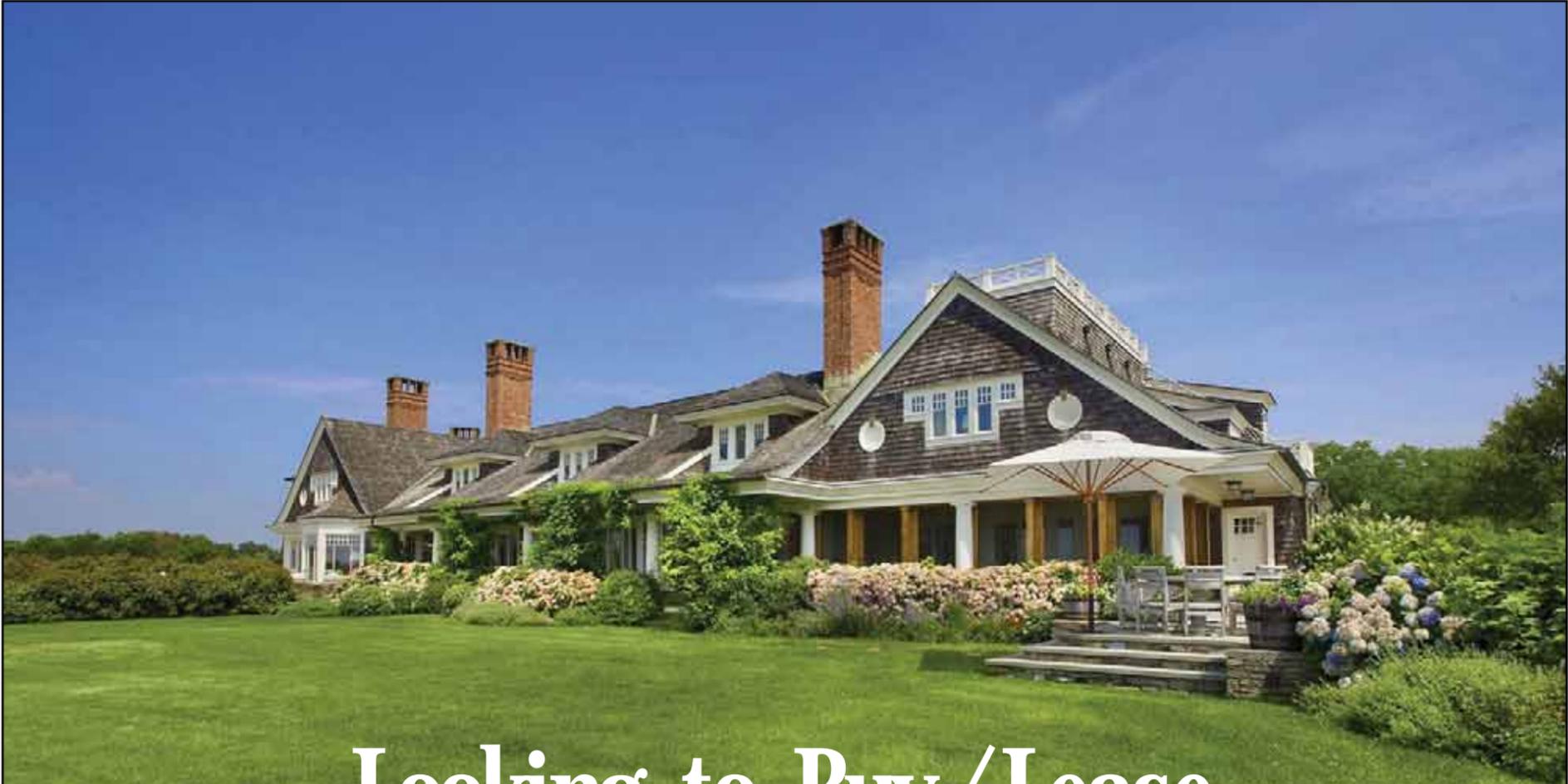
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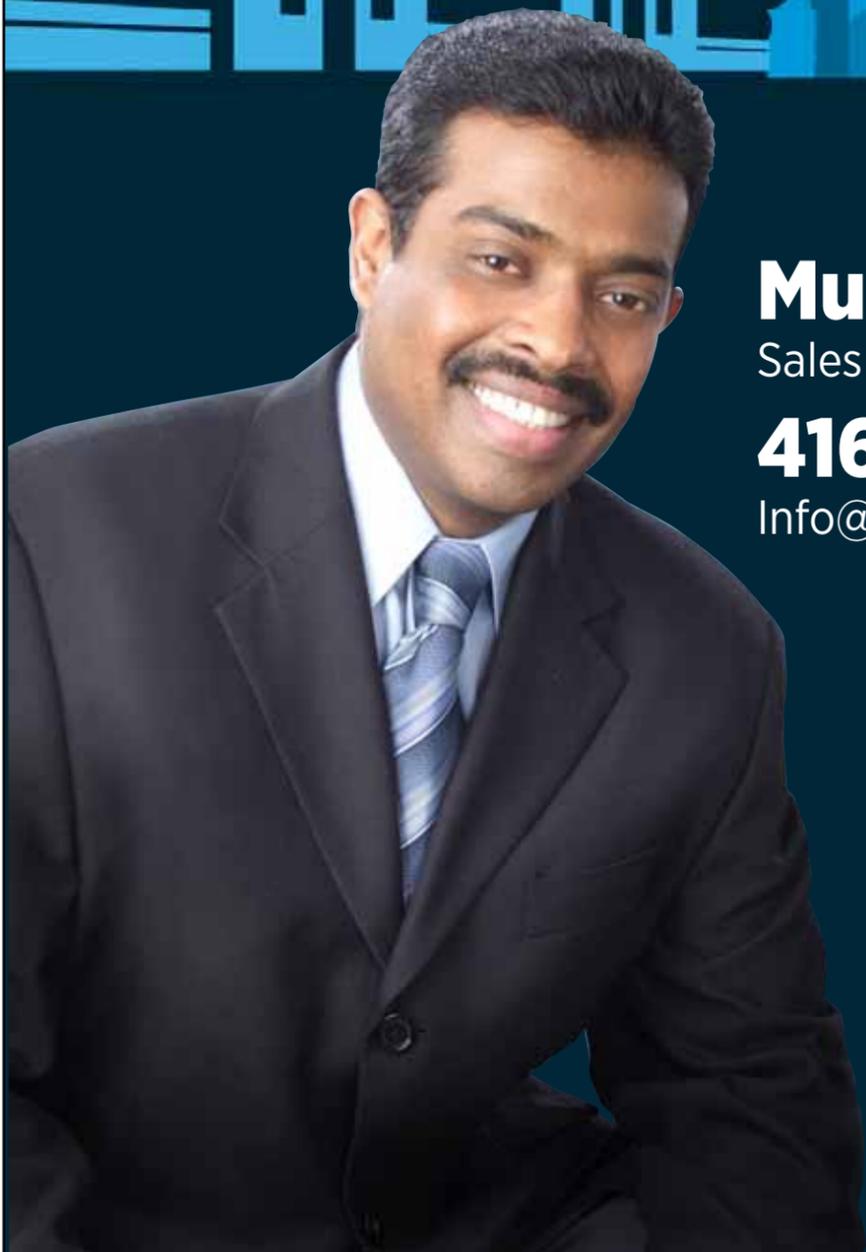
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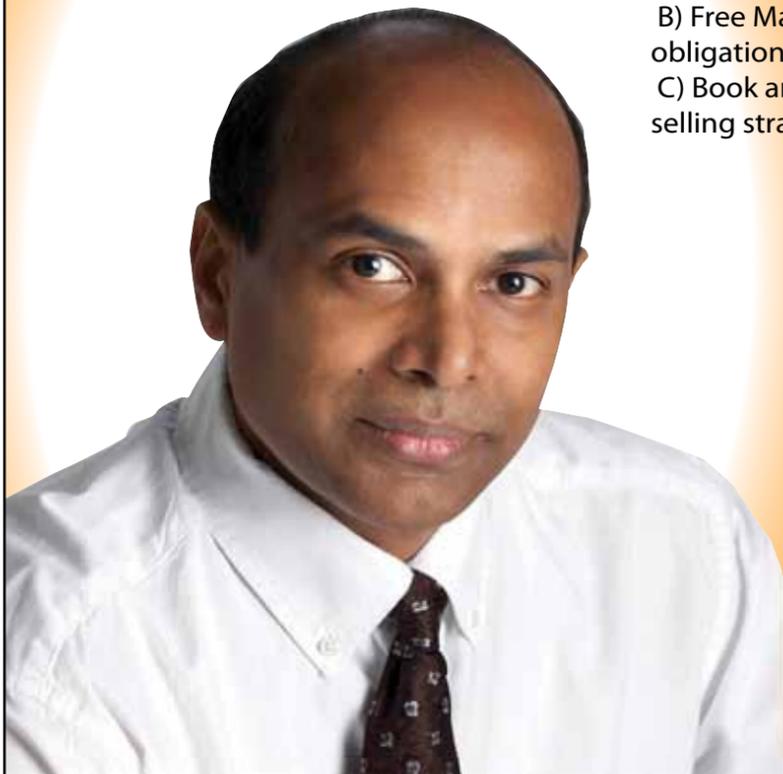
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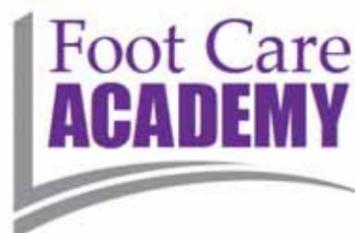
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