

Monsoon Journal

VOL 11

ISSUE 3

AUGUST 2016

Minister Dion concludes successful visit to Sri Lanka

The Honourable Stéphane Dion, Minister of Foreign Affairs, on July 29th concluded a successful visit to Sri Lanka. During his visit, he conveyed Canada's strong interest in seeing and supporting further progress, including in the areas of constitutional reform and economic development, as well as transitional justice and reconciliation as committed to by Sri Lanka in the UN Human Rights Council resolution co-sponsored by Canada in September 2015.

In Colombo, Minister Dion met with President Maithripala Sirisena, Prime Minister Ranil Wickremesinghe and Minister of Foreign Affairs Mangala Samaraweera, as well as with the leadership of the Tamil National Alliance, the official political opposition, and members of civil society.

During these meetings, the Minister conveyed Canada's hope for a timely reform process and advocated for strengthened democracy and peaceful pluralism for all Sri Lankan citizens.

Minister Dion also travelled to Jaffna where he met with the Governor and Chief Minister of the Northern Province, participated in a round table discussion with civil society representatives on issues related to peace and accountability and heard from victims of the civil war.

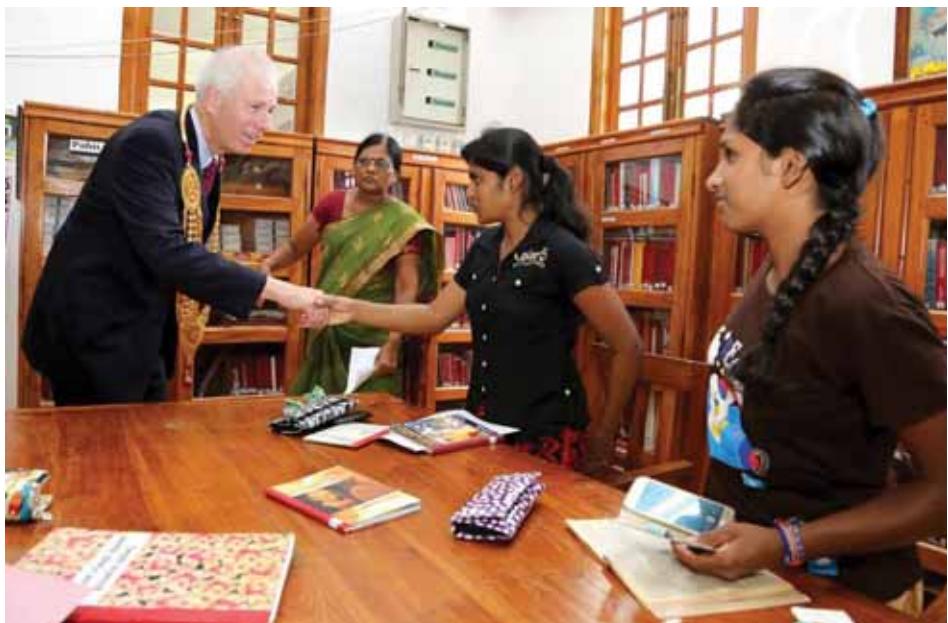
Minister Dion visited Canada-supported development projects to witness first-hand how these initiatives are improving the lives of numerous Sri Lankans, including youth- and woman-headed households.

The Minister also announced two important projects that aim to stimulate local entrepreneurship and the delivery of government services in both Sinhalese and Tamil, the official languages of Sri Lanka. To this effect, Minister Dion witnessed the signing of a memorandum of understanding to guide the implementation of the National Languages Equality Advancement Project with the Honourable Mano Ganesan, Minister of National Co-existence Dialogue and Official Languages. - news.gc.ca

More Pictorial Coverage about Foreign Minister Stephen Dion's Sri Lanka Tour on Page 5



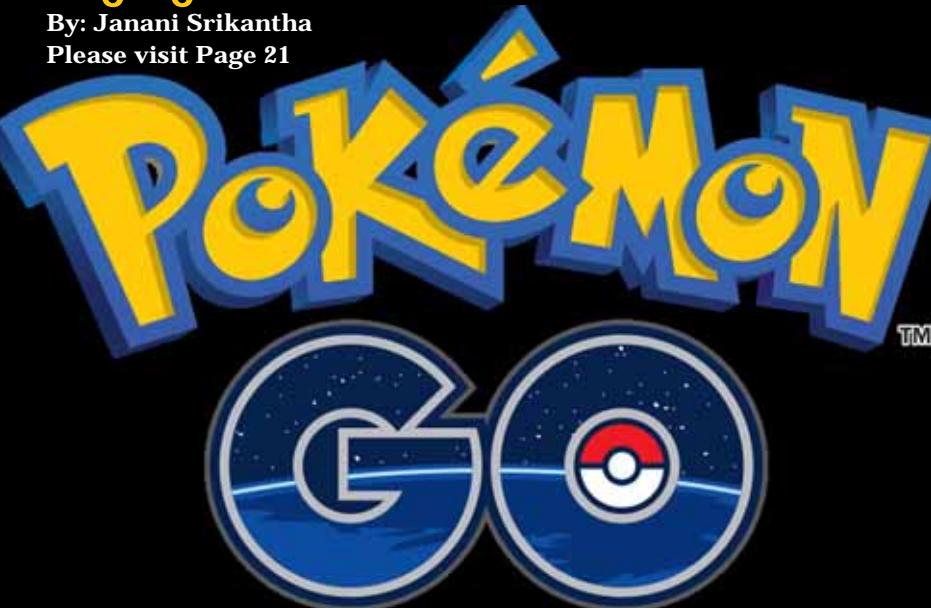
Donated to Jaffna Library English and French books that won 2015 Governor General Awards reflecting diversity/multiculturalism of Canada
(via: twitter.com/MinCanadaFA)



Visiting the rebuilt Jaffna Library, an important historical site that speaks to the rich cultural heritage

Bringing PokéMon Go into the classroom

By: Janani Srikantha
Please visit Page 21



Canadian Tamils' Chamber of Commerce

*25 Years of
Business Success*

Hilton Suites Markham and
Metro Toronto Convention Centre

September 9th- 10th 2016



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



BAMATHI RAMTHAS
905 999 8023

DENTAL OFFICE

DENTAL IMPLANT • ROOT CANAL • WISDOM TOOTH EXTRACTION

Dr. Iru Vijayanathan

BDS, FAGD, MFDS RCPS (Glasg) DENTAL SURGEON

2 LOCATIONS



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

Buying or Selling Homes & Condos
Call for Free Consultation or Market Evaluation



Tharuma Somasunderampillai
Sales Representative
416-268-6098
tharuma.soma@gmail.com



PARTNER WITH LIFE 100 AND EARN MORE...

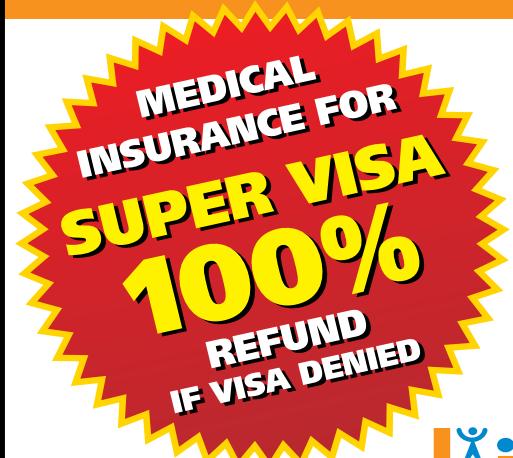
We provide you with Exceptional Services:

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

New advisors development program by
Professional sales coach every week

FREE CLASSES

To Become RESP & INSURANCE ADVISORS



Life 100
INSURANCE & INVESTMENTS INC.

FREE OFFICE SPACE

FOR FULL TIME ADVISORS

LIFE • CRITICAL ILLNESS • HEALTH & DENTAL • MORTGAGE INSURANCE

- GROUP BENEFITS • RRSP • RESP
- DISABILITY INSURANCE • LONG TERM CARE

Sritharan Thurairajah

Chartered Life Underwriter, Certified Health Insurance Specialist

Direct: **416.918.9771**

Business: **416.321.2500**



- digi Media -

LaCapitale

INDUSTRIAL ALLIANCE
INSURANCE AND FINANCIAL SERVICES INC.

Assumption Life

MDRT
Member of Million Dollar Round Table

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

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

Are you getting Million Dollar advice?

Sathyam Law
TAX LAW SERVICES

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

INVESTMENT TAX ADVICE

DISPUTE RESOLUTION

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

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



Shalini Sathyam
LL.B., MTax

KNOW YOUR RIGHTS

— CALL NOW —

416-291-7888

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

**SUMMER
SPECIAL**

GRAND TOUR OF EASTERN CANADA

2016 AUGUST 20 - 27

- * NOVA SCOTIA
- * NEW BRUNSWICK
- * PRINCE EDWARD ISLAND
- * QUEBEC

- * HIGHEST TIDES IN THE WORLD - HOPEWELL ROCK
- * REVERSING FALLS
- * MAGNETIC HILL
- * LARGEST MILITARY BASE IN THE COMMONWEALTH
- * LUNENBURG
- * PEGIS COVE
- * TITANIC MUSEUM
- * CAPE BRETON ISLAND

- * INVENTION OF TELEPHONE BY GRAHAM BELL
- * LONGEST COVERED BRIDGE IN THE WORLD
- * CONFEDERATION BRIDGE
- * CHARLOTTETOWN - BIRTH PLACE OF CANADA
- * ANGLO FRENCH BATTLEFIELD
- * JERUSALEM CYCLORAMA



AND MUCH MORE

**INFORMATIVE, EDUCATIONAL & PLEASURE TRIP BY COACH AND FERRY
TRAVEL WITH EXPERIENCED GUIDES**

tico.ca
50012691



SERANDIB TRAVEL KAMALA THAMBIRAJA
416-750-0009 647-344-1220

Help Ontario Make Business Easier for the Food Processing Sector

- Visit Ontario.ca/RedTapeChallenge to Share Your Feedback by September 30

Ontario is asking businesses and the public to help identify and improve regulations that are unclear, outdated, redundant or unnecessarily costly for the food processing sector.

Feedback can be provided online by visiting Ontario.ca/RedTapeChallenge, a crowd-sourced platform that gives businesses and other interested Ontarians the chance to review current regulations and suggest improvements. The deadline for submissions is September 30, 2016.

Comments received will help lessen compliance burdens, shorten response times and make it simpler for businesses to interact with government, without jeopardizing essential health and safety standards.

Ontario has some of the most stringent food safety standards in North America, and the government is committed to maintaining and strengthening these standards through robust, efficient regulations that protect public



health as well as enhance the competitiveness of the province's food processing sector.

The Red Tape Challenge is part of Ontario's five-year, \$400 million Business Growth Initiative, which is helping to grow the economy and create jobs by promoting an innovation-based economy, helping small companies to scale up and modernizing regulations

for businesses.

Reducing regulatory burden is part of the government's economic plan to build Ontario up and deliver on its number-one priority to grow the economy and create jobs.

The four-part plan includes helping more people get and create the jobs of the future by expanding access to high-quality college and university educa-

tion. The plan is making the largest infrastructure investment in hospitals, schools, roads, bridges and transit in Ontario's history and is investing in a low-carbon economy driven by innovative, high-growth, export-oriented businesses. The plan is also helping working Ontarians achieve a more secure retirement.

news.ontario.ca

from the publisher's desk

PUBLISHING TEAM

Managing Editor & Publisher: Logan Vellumailum, B. Sc. - toronto@monsoonjournal.com

Editorial & Marketing Consultant: Siva Sivapragasam - tsivapragasam31@gmail.com

Executive Editorial Board: Tashvir Narine - tashvir.narine@gmail.com

Krishni Narine - krishni31@gmail.com

K. Thirukumaran

Graphics & Layout Design: Santosh Kumar - kasantosh@gmail.com

Graphic Support: Suren Rasadurai

Photo Journalists: Gnane B. Gnanendran - digitalgname@yahoo.ca, Rudy Ruthran - rudy@ruthran.com

Health & Care: Ayktah Grover - www.aurawellness.ca, Dr. Amal Siva, Jeavana Sritharan, Andrea Shanmugarajah, Dr. S. Sivanesan, Dr. Nuwan Fonseka, Dr. Shiyam Loganathan, Dr. Harshini Sriskanda

Special Feature: Raymond Rajabalan, J.J. Atputharajah, Sri Krishnan Subramaniam, Senthil Senthivel, C. Kamalahan, Dr. A. Gobikrishna, Sivanesan Sinniah, Devadas Chelvam, Kumar Punithavel, Nata Vellumailum, Janani Srikantha Jennifer Dilipkumar, Partipan Kugadason (PK)

Business & Finance: Arun Senathirajah - asenathi@hotmail.com

David Joseph - David.joseph@investorsgroup.com

Jay Wigna - www.taxonecentre.com

Education: RG Education Centers - www.rgeducation.com

Durham News: Durham Tamil Association - www.durhamtamilis.com

Tamil Cultural & Academic Society of Durham - www.tamilociety.ca

Markham News: City of Markham Communications - www.markham.ca

Whitby News: Town of Whitby Communications - www.whitby.ca

Waterloo News: www.tamilculturewaterloo.org

Coverage on Institutions: The Scarborough Hospital - www.tsh.to

Rough Valley Health System - www.rougevalley.ca

Markham Stouffville Hospital - www.msh.on.ca

Providence Health Care Foundation - www.providence.on.ca/foundation

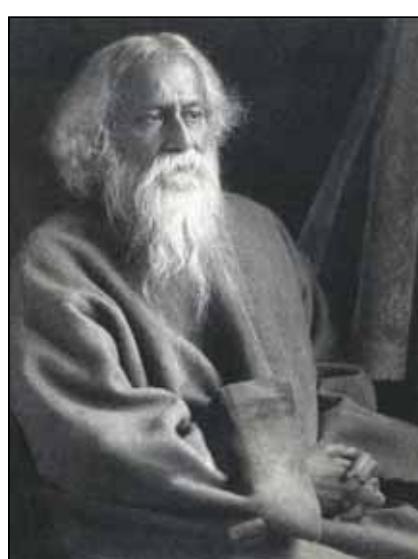
Words of Peace: www.wordsofpeace.ca

Isha Yoga: www.innerengineering.com

Circulation Co-ordinator: Donald J.

INDEX August 2016

Main News	1
Ads	2
Canada News	3 & 5
Publisher's Info	4
World News	6-10
Health & Care	11-19
Special Feature	20-29
Education	30
Science & Technology	31
Business & Finance	32
Food	34
Community Watch	33-46
Ads	47 & 48



Rabindranath Tagore, who reshaped Bengali literature and music, as well as Indian art with Contextual Modernism in the late 19th and early 20th centuries, passed away on August 7th, 1941.

He became the first non-European to win the Nobel Prize in Literature in 1913.

In 1990, the UN General Assembly proclaimed 1993 the International Year of the World's Indigenous Peoples (A/RES/45/164 A/RES/47/75). Later, the General Assembly established two International Decades of the World's Indigenous Peoples: the first 1995 - 2004 (resolution 48/163), and the second 2005 - 2014 (resolution 59/174), with the goal of strengthening international cooperation for solving problems faced by indigenous peoples in areas such as human rights, the environment, development, education, health, economic and social development.

As requested in the outcome document of the 2014 World Conference on Indigenous Peoples, a UN System-Wide Action Plan on the rights of indigenous peoples was developed by the Inter-Agency Support Group on Indigenous Issues in 2015, in consultations with indigenous peoples, UN Members States, UN agencies and other stakeholders. It aims to ensure a coherent approach to achieving the ends of the UN Declaration on the Rights of Indigenous Peoples, including through improved support to Member States and indigenous peoples.

This year's International Day of the World's



Indigenous Wayuu children in the village of Pessuapa, Colombia. UN Photo/Gill Fickling

Monsoon Journal joins in the special day of observance and stands to limelight on the matters of rights and needs of the world's indigenous people.

Statement by The United Nations Organization on marking this day:

There are an estimated 370 million indigenous people in the world, living across 90 countries. They make up less than 5 per cent of the world's population, but account for 15 per cent of the poorest. They speak an overwhelming majority of the world's estimated 7,000 languages and represent 5,000 different cultures.

By resolution 49/214 of 23 December 1994, the United Nations General Assembly decided that the International Day of the World's Indigenous Peoples shall be observed on 9 August every year. The date marks the day of the first meeting, in 1982, of the UN Working Group on Indigenous Populations of the Sub-Commission on the Promotion and Protection of Human Rights.

In 1990, the UN General Assembly proclaimed 1993 the International Year of the World's Indigenous Peoples (A/RES/45/164 A/RES/47/75). Later, the General Assembly established two International Decades of the World's Indigenous Peoples: the first 1995 - 2004 (resolution 48/163), and the second 2005 - 2014 (resolution 59/174), with the goal of strengthening international cooperation for solving problems faced by indigenous peoples in areas such as human rights, the environment, development, education, health, economic and social development.



Indigenous Peoples is devoted to the right to education.

The right of indigenous peoples to education is protected by the UN Declaration on the Rights of Indigenous Peoples, which in Article 14 states that "Indigenous peoples have the right to establish and control their educational systems and institutions providing education in their own languages, in a manner appropriate to their cultural methods of teaching and learning."

The right of indigenous peoples to education is also protected by a number of other international human rights instruments, including the Universal Declaration of Human Rights.

Goal 4 of the 2030 Agenda for Sustainable Development calls for ensuring equal access to all levels of education and vocational training for the vulnerable, including persons with disabilities, indigenous peoples and children in vulnerable situations.

In spite of these instruments, the right to education has not been fully realized for most indigenous peoples, and a critical education gap exists between indigenous peoples and the general population.

Where data exist, they show consistent and persistent disparities between the indigenous and the non-indigenous population in terms of educational access, retention and achievement, in all regions of the world.

The education sector not only mirrors the historical abuses, discrimination and marginalization suffered by indigenous peoples, but also reflects their continued struggle for equality and respect for their rights as peoples and as individuals.

(via UN.org)



"Let your life lightly dance on the edges of Time like dew on the tip of a leaf." - Rabindranath Tagore (7 May 1861 – 7 August 1941)

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

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

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



Minister Dion concludes successful visit to Sri Lanka

Contd. from page 1...

Pictures and captions below are via: twitter.com/MinCanadaFA

Visiting the rebuilt Jaffna Library, an important historical site that speaks to the rich cultural heritage



All set for the opening of Jaffna's only Siddha Medicine Co-op in Sri Lanka



Lively discussion Mano Ganesan on promo of official language and language rights to help foster inclusive society



Great discussion with President Maithripala Sirisena on peace, accountability, reconciliation, prosperity & constitutional reform



Honoured to inaugurate COPHARM, a Canada Development Agency and UN funded program helping households improve their livelihoods. Impressed to learn that approximately 22,000 farmers and small business owners have benefited from this program.



Insightful discussions on the repercussions of the civil war in Sri Lanka and ways forward with civil society members



Meeting with leadership of the Tamil National Alliance (R. Sampanthan MP and M.A. Sumanthiran MP) to hear views on progress towards political solution



Great visit at the Jaffna Hospitality Training Center, where I witnessed work simulations by motivated students!



Great discussion with members of Sri Lanka constitutional steering committee (L-R: Dr. Jayampathi Wickremaratne, Rauff Hakeem MP, Foreign Affairs Minister Stéphane Dion, D.M. Swaminathan, High Commissioner Her Excellency Shelley Whiting and M.A. Sumanthiran MP) on electoral reform & prisoners' release



Spoke with Prime Minister Ranil Wickremesinghe on the international involvement in accountability processes, women in politics and regional issues



The Chief Minister CV Wigneswaran talking about need for devolution of power & respect of rights/freedom of Northern prov. people



ARI A. ARIARAN CPA, CGA
Chartered Professional Accountant

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

ari@aariaran.com | www.aariaran.com

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



Around the World

Temperature in Kuwait hits 54 Celsius, sets possible record amid Middle East heatwave – UN



Dohuk, Iraq, Sharia camp (file). Photo: OCHA/Gwen McClure

26 July 2016 – The World Meteorological Organization (WMO), a United Nations specialized agency, will set up a committee to examine whether a 54 degrees Celsius temperature recently recorded in Kuwait, has set the new highest temperature for Asia, as well as for the entire Eastern hemisphere.

The region saw unusually high temperatures with Mitrabah, Kuwait, reporting a temperature of 54 degrees Celsius (129.2 degrees Fahrenheit) on 21 July, and the city of Basra in Iraq reporting 53.9 degrees Celsius (128 Fahrenheit) on Friday 22 July. Southern Morocco also saw temperatures of between 43 degrees and 47 degrees Celsius.

"The Kuwait investigation, as with all WMO official investigations, will consist of meteorologists and climatologists," the agency said in a news release on July 26th.

"They will examine the instrumentation used, the quality of observations, the microclimate of the location, the representativeness of the [weather monitoring] station to its surroundings and to its own record," it added.

Large parts of the Middle East and North Africa have been affected by heatwaves since last week, with temperatures exceeding the seasonal averages by a large margin, and over a sustained period. The conditions have prompted to issue health warnings.

The refugee population in the Middle East has been hard hit by the spiking temperatures. Their fragile situation has been further exacerbating by the high temperatures, said WMO.

According to the World Weather and Climate Extremes official archives, that WMO is responsible for, the hottest temperature ever recorded on the planet was in Furnace Creek, Death Valley, California at 56.7 Celsius on 10 July 1913.

"However, these records are subject to regular review," noted the agency.

Meanwhile, central and eastern United States have also been affected by widespread heatwave. Temperatures have been recorded in the range of 95-100 degrees (35-38 Celsius), and heat index values reached 110 degrees (43 Celsius),

with some areas reaching 115 degrees (46 Celsius), WMO noted referring to figures from the US National Weather Service.

At the heatwave's peak on July 22, almost 124 million people were under heat-related warnings or advisories. Additionally, high overnight low temperatures, a unique feature of these heatwaves, meant little relief from the oppressive heat and above average temperatures are forecast to continue along much of the eastern US through the middle of the week.

The agency highlighted that the latest heatwaves come as Earth has just witnessed the hottest six month period on record with temperatures shattering even the record levels seen in 2015.

From January to June 2016 was characterized by warmer- to much-warmer-than-average conditions engulfing most of the world's land and ocean surfaces.

Record warmth was widespread across Alaska, western Canada, southern Mexico, northern South America, central Africa, Indonesia, northern and eastern Australia, North Indian Ocean, and across parts of north-central Russia, western Asia, central and eastern tropical Pacific Ocean, the southwestern Pacific Ocean, and the north-western Atlantic Ocean.

A number of countries saw new national temperature records, for instance, India saw a new national temperature record of 51°C in its state of Rajasthan in May.

"The length, frequency and intensity of heatwaves will likely increase further during this century, according to the Intergovernmental Panel on Climate Change," said the agency. "The science of attribution is making it possible to analyse individual events and assess the role of climate change played, rather than natural variability," it added.

It explained that scientific assessments have found that many extreme events in the 2011 to 2015 period, especially those relating to extreme high temperatures, have had their probabilities substantially increased as a result of anthropogenic climate change – by a factor of 10 or more in some cases.

- UN.org

ACCOUNTING, TAX AND OTHER FINANCIAL SERVICES



General

- Part time working with full year accounting services including Administration of your Accounts Division
- Experiences include in following capacities: Senior Accountant, Trained accounting personnel (including bookkeepers), Instructor in Financial Accounting and Cost Accounting, Owner managed a medium sized Accounting and Tax Consultancy business.
- Any type of business
- Will call over to your office or home to provide proof of experiences and references
- Excellent services at reasonable fees

Accounting services includes

- Complete accounting and full cycle bookkeeping using Quick Books , Simply Accounting or any other accounting software-AR, AP, GL, Payroll (includes T4s, T5s and other tax slips, ROEs), Inventory, Reconciliations (Chequing accounts, Cr Card accounts, etc), preparation of Financial Statements, preparation of Govt. and Other returns (HST/Payroll/WSIB/EHT etc). Foreign currency accounts.
- Streamlining of accounting procedures, appropriate coding of documents and filing system, conversion from manual to computerization or from one accounting software to another, setting up of appropriate-Accounts, Lists (Eg: Chart of Accounts, Items), etc.
- Updating of complicated and back-log accounting work.
- Cleaning up of the accounts to conform to acceptable standards
- Monthly review of prior month's transactions and correct any errors, suggest improvements to accounting procedures where necessary, etc

Income Taxes (E'FILE)

- Individuals-including preparation of statements for Rentals and Self-employment
- Private Corporations
- Tax returns of prior years

Other Financial Services

Contact for details

Wilfa Rutnam

(Qualified and more than 25 years experience)
Accountant/Instructor/Co-ordinator

**Tel: (416) 449-9718
Cel: (416) 836-6356**

**AA ACCOUNTING AND FINANCIAL SERVICES INC
Scarborough, ON**



Racism in US casts 'dark shadow' over rights to free assembly, association - UN expert

28 July 2016 – The United States is struggling to live up to its ideals in the area of racial, social and economic inequality, which is negatively affecting the exercise of the rights to freedom of peaceful assembly and of association, a United Nations human rights expert said today at the end of his first official fact-finding mission to the country.

"People have good reason to be angry and frustrated at the moment," said Maina Kiai, the Special Rapporteur on the rights to freedom of peaceful assembly and of association in a statement.

"And it is at times like these when robust promotion of assembly and association rights are needed most. These rights give people a peaceful avenue to speak out, engage in dialogue with their fellow citizens and authorities, air their grievances and hopefully settle them," he added.

He noted that understanding racism means looking back at 400 years of slavery and post-civil war Jim Crow laws, which "enforced segregation and marginalized the African-American community to a life of misery, poverty and persecution."

He singled out race as a particularly pernicious issue, emphasizing that while his mandate does not cover racial discrimination, it was impossible carry out his mission "without issues of racism pervading the discussions."

In more recent times, the Special Rapporteur noted, "old philosophies of exclusion and discrimination were reborn, cloaked in new and euphemistic terms," such as the so-called "War on Drugs" and "three strikes" sentencing policies.

The effects of harsh law-and-order policies often snowball, he added, with a minor criminal conviction – or even an arrest at a protest without substantiated charges – making it difficult to find a job, secure a student loan or find a place to live.

"There is justifiable and palpable anger in the black community over these injustices, which needs to be expressed," he stressed, explaining that this is the context that gave birth to the non-violent 'Black Lives Matter' protest movement.

The situation of migrant workers throughout the United States is characterized by the precariousness and exploitation of their employment situation, re-



Special Rapporteur Maina Kiai.

UN Photo/Jean-Marc Ferré

taliation for drawing attention to adverse working conditions and a fear of taking action to seek improvement of the violations, he said.

The independent expert further noted the lack of robust labour rights protections as a major hurdle to exercising the right to freedom of association in the workplace, noting that he was "shocked" to see that in states such as Mississippi, the lack of unionization and ability to exploit workers is touted as a great benefit for employers.

But the Special Rapporteur called the United States a "nation of struggle and resilience," and had high praise the civil

society sector, calling it one of the country's greatest strengths.

During his 17-day visit, Mr. Kiai met numerous officials at the federal, state and local levels and members of civil society. A final report on the visit will be presented to the Human Rights Council in June 2017.

Special Rapporteurs are appointed by the Human Rights Council to examine and report back on a specific human rights theme or a country situation. The positions are honorary and the experts are not UN staff, nor are they paid for their work.

- UN.org

Insurance & Banking Solutions

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



Financial Security Planning

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



Bala J. Balasundaram, B.Eng., CHS

FINANCIAL SECURITY AND INVESTMENT REPRESENTATIVE
NATIONAL QUALITY AWARD WINNER

To help our clients reach their goals and dreams.

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


**Freedom 55
Financial**

A division of London Life Insurance Company

QUADRUS
Quadrus Investment Services Ltd.



Around the World

Women Voters Look Past Gender in Assessing Clinton

By Katherine Gypson

Democrat Hillary Clinton's historic selection the week of July 28, 2016 as the first female presidential nominee of a major U.S. political party doesn't mean she has the women's vote locked up in November.

Gender and experience are not the key determining factors in an election – it's party identification, said Larry Sabato, director of the University of Virginia's Center for Politics.

"People always misinterpret election statistics, including the gender gap," he said. "Republican women are not going to defect to Hillary Clinton. Democratic men are not going to defect in large measure to Donald Trump."

A palpable sense of excitement surrounded the nomination of Barack Obama when he became the first African-American to assume the presidency in 2008.

While Clinton's nomination has resulted in a similar but more subdued sense of optimism, polls indicate her precedent-breaking campaign may not translate into the numbers she would like.

According to a Wall Street Journal/NBC News poll, 52 percent of registered female voters from both parties support Clinton. But that share falls to 36 percent among white women ages 50 to 64 and slips to 34 percent among white women ages 35 to 49.

Republican presidential candidate Donald Trump polls at 37 percent of all registered female voters. But of those, he does better than Clinton among white women ages 50 to 64 with 54 percent and 51 percent of white women ages 35 to 49.

Women generally are more likely than men to lean Democratic, the Pew Research Center reported last year in what the research group billed as "a deep dive into party affiliation."

"Secretary Clinton is in a very unique position, where women who

advance in careers are seen as cold, as calculating," said Isela Castanon-Wiliams, a delegate from Texas pledged to the nominee.

"There are negatives attached to us, to women who are trying to do more than other women have done."

Most female voters understand the challenges faced by women seeking elected office, even if those voters don't support them at the polls. In a 2016 Pew Research Center survey, 47 percent of women said they believe the major obstacle to female candidates in obtaining higher office is that they are held to higher standards than men.

Only 28 percent of men said that factor held women back. The difference in men and women on this issue is particularly striking, considering an almost equal number of men (74 percent) and women (76 percent) said males and females make equally good political leaders.

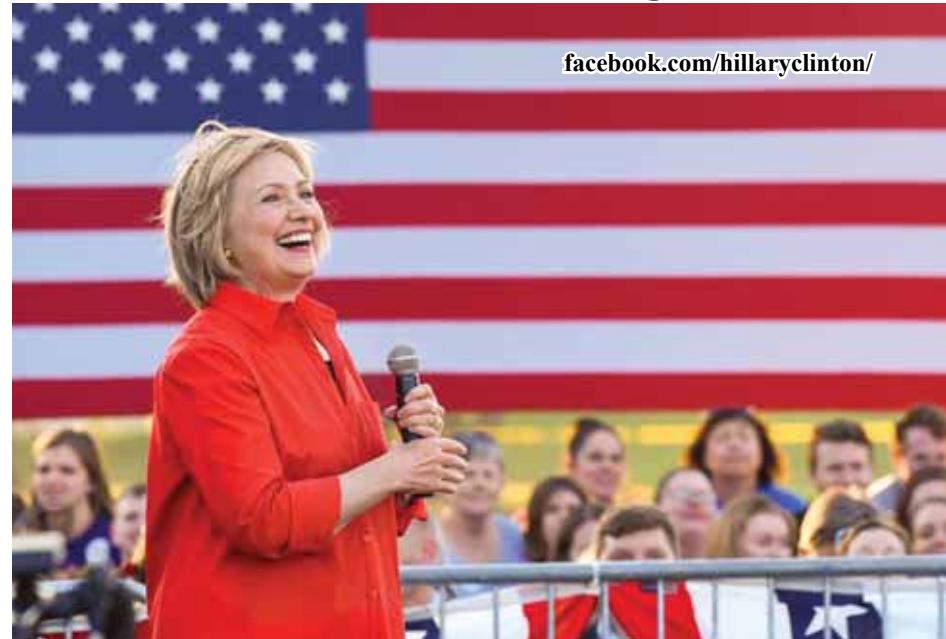
Women in Clinton's generation see her candidacy as the capstone of decades of hard-fought battles to achieve equal rights.

"Sexism is omnipresent; this is bigger," Missouri delegate Yvonne Reeves-Chong said of the nomination. "This is about my life and my granddaughter's. I don't think I can express how much it really, really does mean to me."

The generational contrast is in stark relief in this convention city, as Madeleine Albright, who preceded Clinton as secretary of state, recalled Geraldine Ferraro, the vice presidential nominee in 1984.

At a National Democratic Institute discussion in Philadelphia, Albright said Clinton might not have advanced to become a major party's nominee "if not for Geraldine Ferraro really breaking and crashing through that glass ceiling."

Younger voters, some who weren't even born when Ferraro broke that barrier 32 years ago, have grown up seeing American women making nu-



merous gains. They live in a world in which more women than men have college degrees. Women are the main wage earners in four out of 10 U.S. households.

One of those younger voters is Christina Besh, a Democratic delegate from Georgia, who reasoned, "It's not really about having a female candidate, it's about having the right candidate."

Clinton is at a disadvantage with millennial voters who flocked to support Bernie Sanders' presidential campaign. According to Pew, younger women were less likely to give female leaders an edge over male leaders.

Besh said she won't vote for Clinton in November, even though she has been a Democrat her entire life, because she is "thoroughly disgusted" by what's going on in this election: "The fraud, the email leaks, also the classified emails. [Clinton] basically got a get-out-of-jail-free card."

Sabato said Clinton makes up for gaps among white females with a strong showing among female minority voters: "She's getting over 80 percent of all minorities when you put all the different categories together. She may well need 85 percent or so, and she's on the verge of getting it."

She'll have to count on that turnout to make up for her shortfall among white male voters, he added. "What's not a good showing for a Democrat is that she's losing white men by a massive majority and especially blue-collar white men."

To succeed, Clinton will have to capitalize on Trump's historically low poll numbers with minorities.

But in the arena where Clinton secured the historic nomination, Texas delegate Mary Lou Tevebaugh wasn't concerned by the possible gaps in the female vote.

"I laugh a little when people say we're not excited," she said of the level of enthusiasm for Clinton this November. "I like to say that there's a burn for Bernie and a slow boil for Hillary."

(Katherine Gypson is a reporter for VOA's News Center in Washington, D.C. Prior to joining VOA in 2013, Katherine produced documentary and public affairs programming in Afghanistan, Tunisia and Turkey. She also produced and co-wrote a 12-episode road-trip series for Pakistani television exploring the United States during the 2012 presidential election. She holds a Master's degree in Journalism from American University.)

Newfoundland's Mistaken Point named UNESCO World Heritage site

17 July 2016 – From a national park to a fossil site and a naval dockyard, the United Nations cultural agency today inscribed 12 new sites of special cultural or physical significance on its World Heritage List.

The new sites added to the list – designated by the World Heritage Committee of the UN Educational, Scientific and Cultural Organization (UNESCO) – include the transnational serial site of the Architectural Work of Le Corbusier, an Outstanding Contribution to the Modern Movement, along with the Antigua Naval Dockyard and Related Archaeological Sites in Antigua and Barbuda, the Pampulha Modern Ensemble in Brazil, and the Khangchendzonga National Park in India.

Those four sites were added during the morning meeting of the 40th session of the World Heritage Committee, which opened on 10 July in Istanbul, Turkey, and closed on 17 July. The session was suspended on July 16 due to the attempt to overthrow the Government of Turkey.

The Committee also inscribed eight new sites on the list: one transnational site (in Kazakhstan, Kyrgyzstan and Uzbekistan), and others in Canada, Chad, China, Iraq, Iran, Mexico and Sudan.

Canada's new World Heritage site - Mistaken Point is a fossil site located at the south-eastern tip of the island of Newfoundland.

The site consists of a narrow, 17 kilometre-long strip of rugged coastal cliffs. Of deep marine origin, the cliffs date to the Ediacaran Period (580-560 million years ago), representing the oldest-known assemblages of large fossils anywhere. These fossils illustrate a watershed in the history of life on earth: the appearance of large, biologically complex organisms, after almost three billion years of micro-dominated evolution.

The World Heritage Committee has inscribed 21 properties to the World Heritage List thus far in 2016, with the list now numbering 1,052 sites in 165 countries.

Also on July 17, the Committee said that its 40th session will resume in Paris in October to examine outstanding issues that could not be discussed over the past seven days. The Committee adjourned its work three days before schedule due to the UN security protocol put in place following the events that occurred in Turkey on July 16.

The Committee also announced that its 41st session will be held in Cracow, Poland, in July 2017. – UN.org



The Mistaken Point ecological reserve has been named a UNESCO World Heritage Site. (UNESCO)



"People of Jaffna, Northern Sri Lanka see a priority in improving city functions and livability while preserving cultural heritage" – World Bank

The Government of Sri Lanka and the World Bank on 20th of July signed a \$55 million loan to Sri Lanka to improve urban services, preserve cultural and environment assets, and improve livability in Jaffna, adding the city to an existing project to develop Galle and Kandy.

The credit agreement for the project was signed by Dr. R.H.S. Samaratunga Secretary to the Treasury, Ministry of Finance and Françoise Clottes, World Bank Country Director for Sri Lanka and the Maldives.

The credit will add development of rapidly urbanizing Jaffna to the existing Strategic Cities Development Project (SCDP), which is supported by the World Bank and was originally approved in 2014.

"Well planned cities can be centers of innovation and job creation as experienced in many parts of the world and this is an opportunity for Sri Lanka to connect people to prosperity," said Françoise Clottes, World Bank Country Director for Sri Lanka and the Maldives. "There is substantial potential for economic growth in Jaffna, now that

peace has returned. An improved urban environment is a favorable habitat for the developing enterprises that one day will become the engines of growth."

A recent World Bank study, "Sri Lanka: a Systematic Country Diagnostic (SCD)", identifies Jaffna as a rapidly growing, single-city agglomeration in the Northern Province of Sri Lanka. In the post-war era, the city has seen rapid growth and urban expansion and there are significant demands for improved municipal services. As communicated during recent consultations, the people of Jaffna see a priority in improving city functions and livability while preserving cultural heritage.

Guided by consultations with Jaffna's citizens, the project will attempt to improve the road network and rehabilitate the drainage system while preserving the city's ponds, which have played an important role in flood management and which could be key to climate change adaptation. In addition, the project aims to preserve cultural heritage assets such as public spaces and parks as well as encouraging cycling.



"Building trust among citizens and service providers is a challenge and an outcome we hope to achieve through the additional finance support to Jaffna through this project," said Zhiyu Jerry Chen, World Bank Senior Urban Development Specialist and Task Team Leader of the project. "A City Stakeholder forum will be used under this project for improved and continued citizen engagement to closely collaborate with the service providers in ensuring the project investments are put to profitable use for the people of

Jaffna," he said.

The credit for this project is provided by the International Development Association (IDA), the World Bank's grant and low interest arm, with a maturity of 25 years that includes a grace period of 5 years. The Ministry of Megapolis and Western Development is the lead responsible agency for the implementation of this project with active participation from Jaffna Municipal Council and other implementation partner agencies.

- Worldbank.org

Deepa Balachandran, B.A. (Hons.), B. Ed., J.D.
Criminal Defence Lawyer
Edward H. Royle & Associates, LLP

Know Your Rights* Have you been charged with assault?

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

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

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

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

For a free consultation, contact me at

647-622-3911.

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





Feud Over Dead Muslim Soldier Roils US Presidential Campaign

Republican presidential candidate Donald Trump continues to face a backlash, from both Democrats and members of his party, over his critical comments about the family of a U.S. soldier killed in Iraq.

President Barack Obama called Trump "unfit" to be president.

Key Republicans, including Senator John McCain, have also spoken out against Trump following his recent remarks.

Trump and Khizr Khan, father of a U.S. Army captain killed in a 2004 car bombing in Iraq, have been exchanging daily verbal broadsides since Thursday at the Democratic National Convention. There, the elder Khan cited the service of his slain son, Humayun Khan, to counter Trump's proposal to restrict Muslim immigration to the United States. In what has become the most enduring image from the four-day extravaganza, Khan held up a copy of the U.S. Constitution and challenged Trump to read it.

Khan, a Muslim from Pakistan, was asked during an interview on August 1 with VOA's Urdu service whether he thought anything useful would come from his feud with Trump.

"It really has come out ... that a significant, larger number of Republicans are asking him to tone down, change

those derogatory remarks about minorities – not only just Muslims but other minorities," Khan said.

The attitudes of people who disparage Muslims and others, Khan said, "can only be conquered by setting good examples, being a good citizen of this country. Then, they will begin to realize that there's no difference between them and us."

Khan said he was worried about the consequences if Trump becomes commander-in-chief of the U.S. military, and wondered whether U.S. forces would follow Trump's commands.

Khan's wife, Ghazala, stood silently while her husband spoke at the convention, prompting Trump to intimate that she was not allowed to speak because she is a Muslim woman.

Speaking in Urdu, Ghazala Khan said Islam teaches that husbands and wives are equal and that her husband said everything for both of them. She has said in other interviews that she gets emotionally overwhelmed when thinking about her dead son.

Trump's continued belittling of the Khans has been denounced by President Barack Obama, as well as leading Republican Party members, the Veterans of Foreign Wars and the Gold Star Mothers. The group represents women who have lost a son or daughter in bat-

tle.

"I hope Americans understand that the remarks do not represent the views of our Republican Party, its officers or candidates," McCain said. "It is time for Donald Trump to set the example for our country and the future of the Republican Party. While our party has bestowed upon him the nomination, it is not accompanied by unfettered license to defame those who are the best among us."

Trump and running mate Mike Pence have called Humayun Khan, killed while facing down a suicide bomber in Iraq, a hero.

Trump wrote in a Twitter post on August 1 that this debate is not about Khizr Khan, but about "radical Islamic terrorism."

"Mr. Khan, who does not know me, viciously attacked me from the stage of the DNC and is now all over TV doing the same – Nice!" he tweeted.

Trump also told a town hall meeting in Columbus, Ohio, that the entire electoral process is corrupt and that he fears the November election "is going to be rigged."

Trump's Democratic rival, Hillary Clinton, made no mention of the Khan controversy during her campaign appearance Monday in Omaha, Nebraska. She focused instead on the



Khizr and Ghazala Khan, the parents of an Army captain killed in Iraq, speak with VOA's Urdu service in Washington, D.C., Aug. 1, 2016. (B. Allen/VOA)

economy.

She said that special interests and big money are paralyzing the U.S. Congress and that anyone willing to work hard deserves a job that pays enough to raise a family.

She challenged Trump and his financial and industrial empire to manufacture things in the United States instead of using factories overseas.

A spate of new polls show that Clinton has regained her lead since the Democratic convention. A new CBS News survey shows her leading Trump 46 to 39 percent in voter preference, while a CNN poll gives her a 52 to 43 percent lead.

Trump enjoyed a small advantage in the polls after the Republican convention in mid-July.

- via VOA News

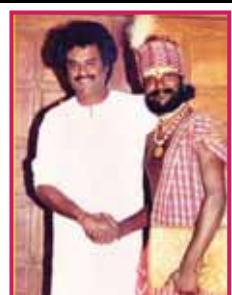
GANESHA ASTROLOGER & PSYCHIC READER



world Famous Indian Generation Astrologer Pandit: VISHWA RAJU

Master is an Expert in Palm, Face, Photo Reading & Numerology

Most Experienced & Senior Person Removing Black Magic



ARE YOU SUFFERING FROM ANY OF THE FOLLOWING PROBLEMS?

Open 7 days

- Black Magic
- Evil Spirits
- Bad Luck
- Reunite Lovers
- Stop Divorce
- Depression
- Aura Chakras Healing

- Business
- Work Problems
- Financial Problems
- Wife & Husband Pro
- Children Mistakes
- Court Cases
- Enemy

- Drinking Problems
- Health Protection
- House Protection
- Childless Couples
- Sexual Problem
- Lottery
- All Other Problems

HE PERFORMS POWERFUL INDIAN PRAYERS TO FIX ANY TYPE OF PROBLEMS & GIVES UNBREAKABLE PROTECTION

MEET ONE TIME & SEE YOUR FUTURE CHANGING 100%

1938 Weston Road, Toronto
North York, ON. M9N 1W2
(Weston & Lawrence)
Upstairs BARGAIN STOP, Unit # 2

Cell: 647-745-7879

Private & Confidential

1938 Weston Road, Toronto
North York, ON. M9N 1W2
(Weston & Lawrence)
Upstairs BARGAIN STOP, Unit # 2

A STAR ALLIANCE MEMBER 

RECONNECT IN DUBAI. NOW WITH AIR CANADA.



Fly non-stop from Toronto to Dubai, all year round.

On your way home, stopover in Dubai to reconnect with family and friends. Enjoy our award-winning three cabin service including next generation lie-flat seats in International Business Class, a spacious Premium Economy cabin and enhanced comforts in Economy Class.

Book now at aircanada.com or call your travel agent.

AIR CANADA  *Your world awaits.*



DEBT PROBLEMS???

PAST DUE

Your statement is enclosed.

JOINTLY SERVING ALL COMMUNITIES UNDER ONE ROOF

Unsettled Life due to Credit Problems!

Is Your Daily Life affected?

Worried that you will lose your House or Car!

Phone harassment from Collection Agencies !

Concern that your wages will be garnished by your creditors!

www.creditsolutioncanada.com

For All Your Problems, call for a free consultation

V. SRI
Certified Insolvency Counsellor

CREDIT SOLUTION CENTRE
Services of Trustee is available

80 Corporate Drive, Suite 309
Scarborough, ON M1H 3G5

Tel: **416.439.0224**

Fax: 416.439.0226
creditsolutioncentre@gmail.com





— DRIVE A — WINNER

18
CIVIC

Canada's
best-selling car
18 years in a row.^{**}



ALL-NEW 2016 CIVIC

AVAILABLE WITH A 1.5 LITRE,
TURBOCHARGED, 4-CYLINDER
ENGINE* WITH 174 HP[‡] AND
HONDA SENSING™ TECHNOLOGIES

0.99

%
APR

LEASE[§] OR
FINANCE[†] FOR
24 MONTHS ON
ALL 2016 CIVIC
SEDAN MODELS



2016 NORTH AMERICAN
CAR OF THE YEAR



Shan Sarvananthan
Sales & Leasing Consultant
Cell 416-720-1184

HONDA
Formula Honda
Where You're Treated like Family.

2240 Markham Road
Scarborough,
ON, M1B 2W4
Telephone:
416-754-4555

formulahonda.com



Rajah Thermalingam
Sales & Leasing Consultant
Cell 647-833-4998

Limited time lease and finance offers available through Honda Financial Services Inc. (HFS), to qualified retail customers on approved credit. Monthly payment includes freight and PDI (\$1,595), EHF tires & filters (\$22.25), A/C charge (\$100), and OMVIC fee (\$10). Taxes, licence, insurance and registration are extra. [§]Representative lease example: 2016 Civic LX CVT Honda Sensing™ Sedan (Model FC2F6GE) on a 24-month term with 24 monthly payments at 0.99% lease APR. Monthly payment is \$387.23 with \$0 down or equivalent trade-in and \$0 total lease incentive included. Down payments, \$0 security deposit and first weekly payment due at lease inception. Total lease obligation is \$9,293.49. 48,000 kilometre allowance: charge of \$0.12/km for excess kilometres. PPSA lien registration fee of \$18.81 and lien registering agent's fee of \$5.65, due at time of delivery are not included. [†]Representative finance example: 2016 Civic LX CVT Honda Sensing™ Sedan (Model FC2F6GE) with a selling price of \$22,938.90 (includes freight, PDI, levies, OMVIC fee, and PPSA; excludes licence and HST) on a 24-month term at 0.99% APR, the monthly payment is \$965.68. Finance amount is \$22,938.90. Cost of borrowing is \$237.42 for a total finance obligation of \$23,176.32 with \$0 down or equivalent trade-in. For all offers: licence, insurance, other taxes (including HST) and excess wear and tear are extra. Taxes payable on full amount of purchase price. Offers only valid for Ontario residents at Ontario Honda Dealers. Dealer may lease/sell for less. Dealer order/trade may be necessary. Colour availability may vary by dealer. Vehicles and accessories are for illustration purposes only. Offers, prices and features subject to change without notice. See your Ontario Honda Dealer or visit HondaOntario.com for full details. ^{**}Based on Association of International Automobile Manufacturers of Canada (AIAMC) data reflecting sales between 1997 and December 2015. *Only available on 2016 Civic EX-T and Touring Sedan models. [‡]Horsepower and torque calculations reflect SAE net, Rev. 08/04, SAE J1349 procedures.

HOUSE FOR SALE

Weston Rd/Major Mackenzie

25 Dylan St **FOR SALE**

Vaughan



Bedrooms:3
Washrooms:3

Markham / 14th Ave

7428 Markham Rd 410 **FOR SALE**

Markham

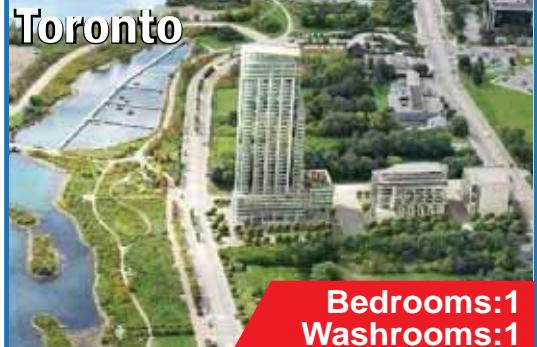


Bedrooms:2
Washrooms:2

Lakeshore / Parklawn

60 Annie Craig Dr **FOR SALE**

Toronto



Bedrooms:1
Washrooms:1

Mccowan/Ellesmere

50 Town Centre Crt 3008 **FOR SALE**

Toronto

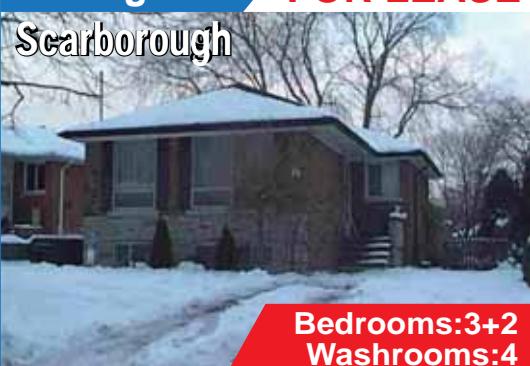


Bedrooms:2+1
Washrooms:1

Scar Golf Club/Brimorton

14 Hogan Dr **FOR LEASE**

Scarborough



Bedrooms:3+2
Washrooms:4



Excel Realty Ltd., Brokerage*

Bus: 905.475.4750 Fax: 905.475.4770

50 Acadia Ave. Suite 120, Markham, ON L3R 0B3

*Independently Owned And Operated

Not intended to solicit Sellers or Buyers currently under written contract with another Realtor.



Raj Nadarajah

Sales Representative

Dir: 416.333.6115

nanohomes@gmail.com



NOVA
Immigration Solutions Inc.

A CANADIAN IMMIGRATION CONSULTANCY FIRM

Backed by 24 years of Canadian immigration law experience with the Government of Canada and a leading immigration law firm in Toronto.

Accessible, Reliable and Affordable Immigration Services in the heart of Scarborough.

416.298.0990

shani.hanwella@novaim.ca • www.novaim.ca



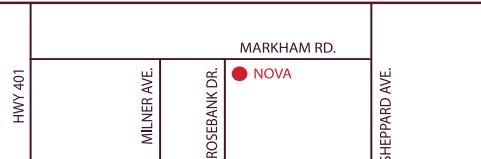
We handle all types of immigration matters.

தமிழ் மொழியில் சேவையை பெறுவதற்கு தொடர்பு கொள்க: மெல்கம் EXT. 221

SHANI HANWELLA

Registered Canadian Immigration Consultant/CEO,
Former Visa Officer, Canadian High Commission,
Colombo, Sri Lanka

1585 Markham Road, Suite 407,
Scarborough, ON M1B 2W1





Aging in Toronto

By: Andrea Shanmugarajah

Toronto is a large, busy city, and it always seems as though there is something going on here. There are constantly events being held around the city, programs offered by various organizations and opportunities available for those who want to take them. However, it can sometimes feel as though the majority of these events cater to young people in Toronto – it can be hard to keep up with what seems like a constant hustle and bustle. But in reality, this city offers a wide range of activities for seniors to enjoy, as long as you know where to look. In fact, considering the freedom that retirement brings, seniors should be able to derive the most enjoyment from all the activities and attractions that Toronto has to offer. So how can you, as a senior, take full advantage of all the amazing things Toronto has to offer, and have the best possible experience in this incredible city?

One of the best places to start your search for amusing activities in Toronto is your local community centre – most community centres have a wide variety of programs that are designed specifically for seniors. These range from recreational to athletic to social, and can often be enjoyed at a fairly minimal cost. While you may be aware that community centres offer senior-centered activities, you may be one of many people who mistakenly assume that these activities are limited to things like bingo and knitting. In reality, there are a number of activities offered at community centres for seniors that you may never have even tried, or thought to try, before! For example, community centres around Toronto offer programs to teach seniors activities like skating, line dancing, oil painting, Hawaiian dancing, woodworking and so much more! As you can see, community centres offer an easy way to put yourself out there and pick up a skill or hobby that you have no prior experience with. Many of the aforementioned activities can also create a social atmosphere where you can meet many new people, make friends, and thrive alongside other seniors.

If you are unable to participate in the activities offered at a community centre near you due to physical limitations, don't assume that means you



Toronto is a city filled with a number of programs, events and opportunities that can be enjoyed by seniors, even those limited by mobility or finances!

won't be able to enjoy Toronto to the fullest! Another way you can enjoy some of the culture Toronto has to offer is through arts. The variety of arts and entertainment that can be enjoyed in Toronto is expansive, and many of these options have senior's discounts, making it even easier for seniors from all walks of life to enjoy what Toronto culture has to offer. This can include anything from concerts to theatre performances, from musicals to art galleries and from museums to orchestras. The arts offered in Toronto are so diverse that there is sure to be something out there that will suit both your tastes and your budget!

Yet another way that you, as a senior, can enjoy some of the activities Toronto has to offer is through lifelong learning. Lifelong learning is the opportunity for seniors to continue learning, either through formal education or hobby classes, even well into their old age. Learning does not have to be exclusive to young people who are yet to embark on their professional lives – anyone can learn anything, at any age. There are a number of resources

and programs that help seniors who are interested in lifelong learning, by organizing classes or workshops for seniors who hope to acquire more knowledge. Some of these courses are affiliated with educational institutions, while others simply allow you to pick up on hobbies or skills that you have always wanted to learn, but never had the chance to. So, if you have a passion for things like painting, weaving, piano, singing, pottery or anything else, but have never had the opportunity to formally learn them, lifelong learning programs may be perfect for you! Look online to find lists of lifelong learning programs that are offered – they may be affiliated with schools like the University of Toronto, Ryerson University and George Brown College, or they may be affiliated with the City of Toronto. You will undoubtedly be able to find a senior-specific course that piques your interest, and entices you to take up learning something new again, no matter how long it has been!

As you can see, living a fulfilling life in Toronto does not have to be restricted by your age – there are pro-

grams and activities that cater to all age groups and can be enjoyed by everyone. If you know where to look, you will soon find that neither your age nor your finances can restrict you from taking the utmost enjoyment from the services offered in Toronto. Don't let your age deter you from enjoying this city to its fullest, because, with the vast array of activities that exist, there truly is something here for everyone.

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.



TSH begins fellowship program to train ED physicians in advanced ultrasound skills

Program the first of its kind in a Greater Toronto Area community hospital

The Scarborough Hospital (TSH) is starting a new fellowship program for Emergency Department (ED) physicians to be trained in advanced Point-of-Care Ultrasound skills.

"Point-of-Care Ultrasounds are where the future of emergency medicine lies," said Dr. Sachin Ramkissoon, ED Ultrasound Director at TSH.

"Instead of having to request and wait for an ultrasound from the diagnostic imaging department, these units can be brought to the patient and are used to determine everything from internal bleeding, to how the heart is pumping, to the location and health of a fetus. This means shorter wait times, better care, and an increase in patient satisfaction."

Two physicians began training in early July in the EDs at TSH to earn their Registered Diagnostic Medical Sonographer certification and an Emergency Ultrasound Fellowship certification. They will be trained by TSH's Emergency Ultrasound



Dr. Sachin Ramkissoon (left) and Dr. Jeffrey Shih examine a patient using a Point-of-Care Ultrasound machine.

Fellowship Director Dr. Jeffrey Shih, who received his advanced Emergency Ultrasound Fellowship training at Yale University.

Bringing Point-of-Care Ultrasounds to TSH has truly been a team effort. In 2014, ED physicians funded the purchase of several probes and the software, collectively donating about \$30,000. This year, they donated enough to fund another four units at a total retail cost of more than \$200,000. The hospital's two EDs now have six state-of-the-art Point-of-Care Ultrasound machines.

What's more, with the launch of the Fellowship program, Point-of-Care Ultrasound results are

now being recorded electronically into the patient's record. Every scan is reviewed by either Dr. Shih or Dr. Ramkissoon.

"The review of all ultrasound images serves as a means of quality assurance that will increase patient safety, while also improving a physician's skills," said Dr. Shih.

Dr. Ramkissoon also points out that more than 70 per cent of ED physicians at TSH have been trained to the standards set out by the Canadian Emergency Ultrasound Society.

"It's all a part of our goal to deliver world-class emergency medicine care to our global community," said Dr. Ramkissoon.

FITNESS ENTHUSIAST OR WEEKEND WARRIOR....

Canadian Tire Brave T.O. offers something for everyone!

By Guy Bonnell, Vice President, Community Development, The Scarborough Hospital Foundation

Do you enjoy getting active, spending time with your kids, and challenging yourself physically? Are you looking for your next adventure?

Then I've got something for you! Canadian Tire Brave T.O. is a new breed of obstacle course inspired by the training regimens of Toronto's first responders. On September 24, participants from across the Greater Toronto Area will descend on Morningside Park for this destination event in Scarborough.

Admittedly, I was a little intimidated when our organizing committee came back to me with the proposal. Just because I'm a hero in my daughter's eyes... doesn't mean I can scale a wall



like Toronto's finest police, fire, and paramedic professionals. But they reassured me that the event caters to all audiences.

Whether you're young or young at heart, fitness enthusiast or weekend warrior, Brave T.O.'s five race waves, and 5 km or

3 km options, offer something for everyone! And when we say everyone, we mean everyone – there's even a Youth & High School wave for kids of all ages.

Sign up a team today by registering online at

www.brave.to

The Scarborough Hospital Foundation Announces **New Board Chair** and Welcomes Two **New Board Members**



At their Annual General Meeting, The Scarborough Hospital Foundation (TSH Foundation) announced John F. Banks, Founder and Managing Director of Artemis Management Group Inc., as a new Co-Chair of its Board of Directors.

John, who has been a member of the Board since 2010, joins Paul Torrie who has served as Chair of TSH Foundation's Board since 2009.

An accomplished lawyer and investment banker, John lends his extensive experience in corporate finance, securities regulation, and identifying growth opportunities to several charities in Canada. He has repeatedly demonstrated his support for numerous non-profit organizations through his volunteerism and fundraising efforts. In addition to his charitable contributions, John has been recognized for his academic achievements with an LLD, JD, and MBA from York University, as well as an LLM degree from Harvard University.

"I've had the pleasure of serving on the Board for the past six years," said John, "and I'm thrilled to assume the responsibilities of Co-Chair, alongside Paul, as we continue our work to meet the health care needs of the Scarborough community."

Further to John's new role, Michael Mazza, President and CEO, TSH Foundation, is excited to announce the addition of Dr. Catharine Whiteside and Pearl Schusheim to the Board.

Recognized for her work in medical research, Dr. Whiteside is one of the newest appointees to the Order of Canada. She is certified in Internal Medicine and Nephrology as an MD and PhD graduate from the University of Toronto, where she served as the first female Dean and Vice-Provost, Relations with Health Care Institutions for the Faculty of Medicine from 2006 to 2014. In 2012, she was recognized by the Women's Executive Network with a Canada's Most Powerful Women Top 100 Award. Dr. Whiteside is a founding Fellow and former President of the Canadian Academy of Health Sciences. She joins TSH Foundation Board as Second Vice-Chair.

Pearl is an accomplished strategic advisor to high net-worth families, entrepreneurs, and not-for-profit institutions working closely with them to define, structure, and achieve their succession and estate planning goals. She has practiced tax law for 34 years and retired from EY (Ernst & Young) in 2015 after a distinguished career in several leadership roles. Pearl holds a BA from McGill University, as well as an LLB and LLM from Osgoode Hall Law School.

"We are thrilled to have such talented and dedicated members on The Scarborough Hospital Foundation's Board of Directors," said Michael. "We will continue to play a key role in bringing the hospital and the Scarborough community together to ensure our patients receive the high quality health care services they require now and in the future."



Rouge Valley welcomes physician specialists



RVHS CENTENARY HEALTH CENTRE

Since last fall, Rouge Valley Health System (RVHS) has welcomed several physicians to its cardiology, psychiatry, and surgical teams.

"We are very pleased to have these skilled physicians join us at Rouge Valley," says Dr. Naresh Mohan, chief of staff, RVHS. "Their services provide the community with important care close to home, and are another resource for those in Scarborough and west Durham who are managing heart-related diseases; need mental health care; or who require surgical treatment."

New Cardiologists

Dr. Andrew Yadegari and Dr. Anjala Chelvanathan are RVHS's two newest cardiologists. They join Rouge Valley's Regional Cardiac Care Program for Durham and Scarborough. Each year, more than 6,000 patients are seen by the program for a wide range of cardiac care services. Both physicians were drawn to the program's diverse team of experienced and skilled cardiologists and over 100 health-care professionals, and its state-of-the-art technology. For inquiries about the cardiac program, call 416-281-7400.

Dr. Andrew Yadegari

Dr. Andrew Yadegari photoInventional cardiologist Dr. Andrew Yadegari relies on cardiac imaging, such as angiograms, to diagnose



Dr. Anjala Chelvanathan

Dr. Anjala Chelvanathan photoDr. Anjala Chelvanathan uses multi-modality cardiac imaging technology, like echocardiograms, nuclear stress tests, and cardiac computed tomography (CT) to find warning signs and symptoms of heart disease, providing treatment

*25 Years of
Business Success*

www.monsoonjournal.com

processes for patients and aiding in the primary and secondary prevention of heart disease.



"Early on in my medical training, I was fascinated by the complexity of the heart, the circulatory system and the varied nature of cardiac disease," she says. "I am excited to be performing procedures using state-of-the-art technology to provide better care for patients."

Dr. Chelvanathan received her medical degree from McMaster University and completed her general internal medicine residency training at the University of Toronto. After finishing her post-graduate clinical residency training in adult cardiology at the University of Manitoba, she returned to Toronto where she completed her clinical fellowship in adult echocardiography at Mount Sinai Hospital. She has also done further training in cardiac CT and nuclear cardiology.

Born in Sri Lanka, Dr. Chelvanathan was drawn to the diversity of the Scarborough community, especially the large south Asian population. "Given my background and my ability to communicate with Tamil speaking patients, I am in the unique position of being able to educate and increase public awareness of heart disease in the south Asian community," says Dr. Chelvanathan. "My passion for cardiology makes me a strong patient advocate and I make time to hear the patients' personal stories, hopes and dreams. My ultimate goal is to help patients to lead a happy and fulfilling life."

Dr. Chelvanathan hopes to teach those in the community about how to address heart disease in women. She also hopes to do more primary and secondary preventative cardiology by helping those in the community who are at risk avoid heart disease, either before or after a heart attack occurs.

For inquiries about the cardiac program, **call 416-281-7400**.

New Psychiatrists

Psychiatrists Dr. Alexandra Bottas, Dr. Shari Swartz and Dr. Aaron Khitab are recent additions to the adult mental health services team at RVHS. Psychiatrists assess both the mental and physical aspects of psychological problems. There are various treatment options used in psychiatry, including psychotherapy, medication and psychosocial interventions. Patient

care and treatment is individualized and tailored to the needs of each individual patient with the goal of improving symptoms, functioning, and quality of life.

The mental health programs at Rouge Valley are committed to offering a wide range of services that support and make a difference in the treatment and recovery for patients and their families. For a referral to the mental health program, download the referral form:

Rouge Valley Centenary - Adult Outpatient Mental Health referral form

Rouge Valley Ajax and Pickering - Adult Outpatient Mental Health referral form

New Surgeons

The surgical care program at Rouge Valley Health System offers a wide range of surgical specialties with a focus on patient care and safety. It provides easy access to quality surgical care for patients throughout Scarborough and west Durham. The surgical program is staffed by highly-skilled health care professionals and offers a wide range of surgical specialties, including ear, nose and throat; orthopaedics; and oral and maxillofacial surgery. Rouge Valley welcomes otolaryngologist Dr. Ashlin Alexander, orthopaedic surgeon Dr. Justin Hodgins, and oral and maxillofacial surgeons Dr. Marina Prichert and Dr. Peter Gioulous.

Rouge Valley Health System — Together — the best at what we do

Rouge Valley Health System is an excellent acute care community hospital with many programs, including 24/7/365 emergency, advanced (level 2C) maternal and neonatal care in a state-of-the art birthing centre, extensive specialized paediatric services, surgery, cancer care, mental health and regional cardiac care. Affiliated with the University of Toronto, Rouge Valley consists of several health-care sites, including two community hospital campuses: Rouge Valley Centenary in Scarborough; and Rouge Valley Ajax and Pickering in west Durham. Together, a team of physicians, nurses and many other professionals care for a broad spectrum of patient health conditions. Working in consultation and partnership with community members, other hospitals, health-care organizations, the Central East Local Health Integration Network and the Ministry of Health and Long-Term Care, Rouge Valley continues to improve its programs and cater to the needs of the growing communities of Scarborough, Pickering, Seaton, Ajax and Whitby.

PROVIDENCE

Healthcare



144 took part in this year's Providence Golf Classic



Representatives from EllisDon took part in the tournament



Golfers ready to head out on the course at Coppinwood Golf Club

The 2016 Ken and Nancy Shaw Providence Golf Classic, presented by EllisDon, raised a record \$220,000 (net) on July 18 at Coppinwood Golf Club. This is the first time in history that the golf tournament has reached this amount with money raised going to support Providence's transformation of its palliative care program.

"When we hosted our inaugural tournament in 1993, our goal was to raise \$500,000 over five years to help build Providence's long-term care home, the Cardinal Ambrozic Houses of Providence," says Jennifer Stewart, President and CEO of Providence Healthcare Foundation. "Twenty-two years later and the tournament has raised more than \$3.5 million to benefit thousands of patients, residents and clients. It's fitting that this year's event is supporting a service as important as palliative care for patients at the end of their lives."

Scheduled to open this fall, Providence's revitalized program will feature new spaces and design attributes to make patients and families as comfortable as possible, including serene patient

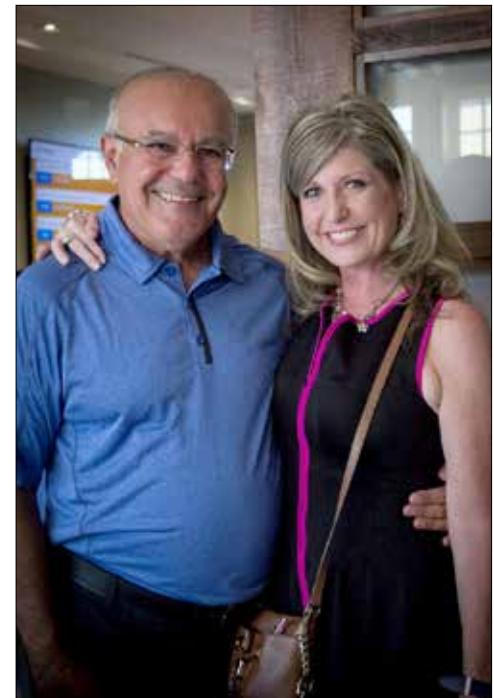
rooms, overnight suites for families, laundry, a children's play area and a business centre. This is made possible due to the support of generous donors, sponsors and supporters.

"Our annual golf fundraiser is one of the city's longest-running charity tournaments," says Stewart.

"Thank you to all our golfers for the fun-filled memories, excitement and, above all, the generosity and support of an exceptional cause – the patients, residents and clients we are privileged to serve at Providence."

About Providence Healthcare:

Providence Healthcare is a leader in providing rehabilitation, palliative care, long-term care and community programs. Providence Hospital offers inpatient and outpatient programs to over 5,000 individuals each year; our Cardinal Ambrozic Houses of Providence provides long term care to 288 residents; and our caregiver support and education programs reach out to thousands in the broader community through services such as our Adult Day Program.



Providence Golf Classic Committee
Chair George Macri with Jennifer Stewart
Providence Healthcare Foundation President
and CEO



Ken and Nancy Shaw on the course



Kevin Dougherty Chair of Providence Healthcare Foundation Board of Directors and Virginia West Chair Providence Healthcare Board of Directors



The power of babble

How parent-child communication from birth to age 3 sets the stage for lifelong success

By Bari Walsh,
HGSE Communications

What do babies need in order to learn and thrive? One thing is conversation — responsive, back-and-forth communication with their parents and caregivers. This interactive engagement is like food for their developing brains, nurturing language acquisition, early literacy, school readiness, and social and emotional well-being.

A dispiriting number of children don't get that kind of brain-fueling communication, research suggests. In early childhood policy (and in the wider media), much attention has been paid to the so-called word gap — findings that show that low-income children hear 30 million fewer words, on average, and have less than half the vocabulary of upper-income peers by age three. But putting that alarming number in the spotlight obscures a more critical component of the research, says Harvard Graduate School of Education literacy expert Meredith Rowe: It's not so much the quantity of words but the quality of talk that matters most to a child's development.

In a commentary published recently in the journal JAMA Pediatrics, Rowe joins forces with Boston Medical Center pediatrician Barry Zuckerman to offer specific guidance to pediatricians and parents about just what kind of talk is most important, and at what ages and stages in a child's growth. Rowe and Zuckerman (who launched Reach Out and Read, an early childhood literacy program that provides books to children at pediatric visits) are collaborating across disciplines to reach an often elusive audience: parents of infants and toddlers around the age of three, who haven't yet started preschool.

Good talk, early
Parents should not get the wrong



A piece published in JAMA Pediatrics hopes to advise parents and pediatricians on how and when to best nurture their babies' intellectual development with conversation.

message and be stressed out about talking all the time or meeting a set number of words per day," Rowe and Zuckerman note. "Instead they should focus on finding time for even brief high-quality, loving interactions."

Here's what that looks like at different ages.

Birth–6 months: Responsive "motherese"

Effective communication during these early months is infant-directed speech, colloquially called "motherese." This is the retinue of exaggerated sounds and facial expressions that parents use to gain their infants' focused attention. (Regular adult speech doesn't capture infants' attention; neither does speech on television.) When parents re-

spond warmly to an infant's babbling, they set the stage for language learning — and create a bond that lays the groundwork for resiliency.

6–18 Months: Babies as language sponges

Infants' receptive vocabulary — words they can understand — increases dramatically now; they can point to their nose about six months before they can say "nose." They learn best from social interactions with caregivers that focus on the here and now — on real objects or bright pictures of an object. Gesturing — especially pointing (and naming) — is key in this stage.

18–36 Months: Upping the ante

As verbal and cognitive skills develop, parents can begin to have more

challenging conversations with their toddlers. Asking "what" and "where" questions, taking turns in conversation, and using more and different words are essential during this period.

36 Months and older: Beyond the present

At this age, children learn most from conversations about the past and the future. Parents can begin to build their child's storytelling skills, talking about what happened first and what came later — even recording a child's play on a smartphone and then asking the child to describe what's happening. At this age, ask challenging "why" and "how" questions, and answer a child's questions with clear explanations.

(via: <http://news.harvard.edu/>)



Special Feature

WORDS OF PEACE



The Art of Listening

"Listening is an art," says Prem Rawat." If you cannot listen, there isn't a whole lot that's going to happen in your life."

Mr. Rawat, who is often called an ambassador of peace, travels the world over speaking to people about the real possibility of finding, feeling and enjoying a peace that is inherently within all human beings. It's a message that can have a profound effect—but only if people know how to listen.

He points out that many people have lost the ability to listen, because "they're already full of preconceived ideas."

One of those ideas, he says, is that we already know what peace is. "What's he going to talk about? Peace?" people say. "I already know about peace."

In fact, Mr. Rawat says, while that's what people expect of him, talking about peace is pointless unless people first have an appreciation of something else—the simple fact of existence.

"Just what does it mean to be

alive?" he asks. "A lot of people don't know what that means. They live. They are here. But they don't know what it means to be alive. They're caught up in the endless games we all play. I'm not excluding myself. I also have to listen to what I am saying! "In this world, this is what goes on: We find ourselves getting up in the morning. Even if we couldn't fall asleep all night long, the alarm clock goes off, and we have to get up. It's time to go to work. It's our responsibility.

"I'm not here to debate that. I'm here to point out that there's something else dramatically beautiful going on here, in this state called being alive. Incredibly beautiful—and incredibly short. Dreams are long. Life is gone in a flash—and it will not come again."

So, in the interest of making this life all that it can be, Mr. Rawat says, "First, understand the value of who you are—the value of this breath, the value of this moment, the value of this existence.

"If there is anything holy, it's be-

ing alive. If there is anything sacred, it is being alive. If there is anything divine, it is being alive. If there's anything profound, it is being alive. If there is anything precious, it is being alive—being, existing, feeling this existence. Because this is what fills a person with joy."

If people truly understood the priceless value of being alive, Mr. Rawat adds, he would not have to talk about happiness or peace or fulfilment.

"That would be stupid," he says. "That would be like trying to teach a dog how to be a dog. 'You are a dog.' Trying to teach a chicken, 'You're a chicken.' Hold a mirror in front of it: 'See? You're a chicken.'

"Do you know who you are? That everything that you need, you have? People sometimes come to me and say, 'I've been searching.' I say, 'For what?'

"Oh, you know, for peace, for joy, for happiness.'

"Well, that's pointless, because, it's already within you. Searching isn't the way to find it."

Fundamentally, everyone wants to be happy. We all want to live in peace. Nobody has to be told that. Finding that peace, Mr. Rawat says, is what the art of listening is all about.

"Listen," he urges—"Not to me, but listen to your own heart. How are you going to listen to anybody else when you don't listen to yourself? Listen to that thirst that says to you, 'Be fulfilled.' Respect that want that says, 'Be in peace. Be in peace.'

"Maybe you have a thousand problems, and there is nothing but bewilderment. 'Will I be okay tomorrow? Will I be okay in the next moment?'

"Then, in that screaming storm, to hear one faint little voice within that says, 'All you want is to be content. All you want is to be in peace. All you want is to be in joy'—that is nothing short of a miracle."

To learn more about Prem Rawat,
1 877 707 3221
416 431 5000 Tamil
416 264 7000 Hindi
www.wopg.org
www.tprf.org



Canadian Tamils' Chamber of Commerce

25 Years of
Business Success

Hilton Suites Markham and
Metro Toronto Convention Centre
September 9th- 10th 2016





Bringing Pokémon Go into the classroom



By: Janani Srikantha

Over the last couple of weeks, Pokémon Go, an augmented reality game that is location-based, has been downloaded approximately 75 million times across devices. It is easy to look around and see that Pokémania has hit Toronto, as many students are moving through the real world to find PokéStops and also capture wild Pokémons.

Augmented Reality has been in the classroom for awhile where the school walls are lined with interactive features through popular applications such as Aurasma and AR Flashcards. As we gear up to go back to school in just over a month, it is important to look at how we could incorporate Pokémon Go in the classroom and why should we use the game as a base for lessons?

Interest coupled with readiness is a significant motivator in learning. Students who enjoy the concept of study and who are deeply engaged with the method of learning are more likely to create, collaborate, solve, design, curate, and analyze in order to learn. Therefore, it is essential that we provide opportunities

for students to incorporate their interests within the classroom. Knowing that students are interested in Pokémon Go, the game is the perfect opportunity to engage students from the beginning of the school year, as they delve into academic topics.

In addition, learning is more powerful when it is connected to real-world contexts and experiences. When academic concepts are taken beyond the walls of the school, students can see how the content is relevant as they make numerous connections to their prior knowledge and diverse topics. This creation of schemas through multiple avenues allows for increased engagement, and subsequently better understanding and effective learning.

Instead of blindly following GPS instructions, Pokémon Go is a great tool to learn more about mapping and the coordinate system. By coupling the game with platforms such as Google Earth, students' geospatial skills can be developed. In addition, math lessons in number sense, data management, and measurement can be created using Pokemon Go, as students compile data to understand the ratio and frequency of Pokémon sightings

within a certain distance radius. Social studies and science can both be easily incorporated when students are required to learn about the history and physical traits of a location, while they are on the Pokémon Go trail. The hashtag PokémonIRL (Pokémon In Real Life) has become popular as students post photos and information that they have gathered on the wildlife, habitats, and landmarks in the area. Writing creative stories and conducting interviews with Pokémon Gym Leaders and Trainers to create news reports are a couple of ways that the game can be used in Language Arts and Medial Literacy. Students can also partner with peers from different schools and even globally, as they collaborate to consolidate information while searching for Pokémon.

There are numerous learning opportunities for Pokémon Go to be used in the classroom, where academic concepts can be understood using multiple perspectives with real-world contexts. When students are able to engage and synthesize their ideas to show meaningful connections, I believe that 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. 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@thinkshiftedu.com or visit Thinkshift Edu on Facebook.



Canadian Tamils' Chamber of Commerce

*25 Years of
Business Success*

Hilton Suites Markham and
Metro Toronto Convention Centre
September 9th- 10th 2016





Special Feature

VALLUVAR'S VIEWS: AFFECTION/LOVE



AMERICANFAMILYBLOG.COM

By: JJ Atputharajah

Affection or deep feeling for others cannot be controlled by stoppers; Uncontrollable tears will roll down spontaneously, when one sees the sufferings and sorrows of their loved ones. Those without the feeling of love or concern feel that they will keep all they have for themselves but the soft or kind hearted will even give away their bones for others-if need be. The idea is contained in the Bible which says: "Greater love than this no man hath, that he lay down his life for the sake of his friends".

Manimekkalai extols about sacrificial men as 'Thanakena Varla Pirarkk kuriyalan'. There can be life only when the body has soul in it; Even so, life without affection is no life at all. Affection or love endows one with ardour and enthusiasm leads to admirable friendship. These ideas are put in the

memorable couplet: Anpu eenum aarvam udaymai; athu eenum nadpennum naadacgh chirappu'. Varluvar's kural thus spells the definition of friendship is such adorable lines. Broad based affection for others leads to distinction in this life, while simultaneously it warrants eternal happiness. The idea is embodied in an English poem:-

*I searched for my God,
My God I could not see,
I looked for my soul,
My soul eluded me;
I sought for my neighbor,
And in him I found all
three'.*

The ignorant say that affection is appropriate only to righteousness; but it will also inspire heroism to get rid of evil'. Even as the scorching sun dries up the boneless worm; righteousness will scorch the life without affection. The dead tree on the desert rocks will not put

forth leaves; Likewise life without love cannot thrive. If a man's heart is without love or affection, what will be the use of all external organs.

Valluvar crowns it all with the Kural:

*Anpin Varliyathu Uyirnilai
akilitharkku,
Enpu thol poortha udampu.*

Affection or love is the very essence of life, without which a man is just a frame of bones covered with skin. Love is not a product of physical attributes; it is the very soul of life. It is the core in which all human actions become fruitful and noble.

(*kural: 71-80*)

MARCL THANGARANI NINAIVU UNIVERSITY SCHOLARSHIP



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

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

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



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



"Vaiyathul valvaangu Vaalpavan,
Vaanuraiyum theivathul Vaikkppadum'.



Her Journey

FAST FIVE TIPS

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

If you have an idea, just start.

For those of you who have been mulling an idea around for awhile, go ahead and start. Don't wait until you're 100% ready as that day may never happen. There will always be "what ifs" and things you need to learn. Start with a small step and build upon it with knowledge and experience, as you go.

Align your business with your personal goals.

Understand why you are becoming an entrepreneur and the facets of your life it fulfills. Is it for the income, the flexibility, the leadership opportunities, to explore your creativity? Choose a business and style that aligns with your personal goals. This will help ensure that you have balance as you give importance to various dimensions of your life.

Define your brand.

What are you and your business standing for? When fulfilling your vision, what does it look like? Once you have defined who are you, stick to it. Make everything you do and offer align with your brand. This will help clients remember you and trust you, as you are demonstrating consistency with your message.

It takes a village.

Find a mentor who you have a genuine connection with, as this will be a valuable relationship even beyond the business. Build your support group so that you can share your ideas, discuss goals, and find solutions to frustrations. Gain insight from your mentors' specializations and make connections with others they know within the industry. Don't be afraid to ask for help as your support group does want you to be successful.

Let technology work for you.

Don't let emails and messages distract you while you are working on a project. Plan your day so that you reply to your messages at scheduled times. Set up your auto-responder to let clients know that you will respond to their requests within a certain timespan. Use a shared calendar for clients to schedule themselves into your available slots, instead of you investing time to coordinate multiple meetings. Create opportunities for online conferences to save on travel costs and time between clients.

**Are you looking to be featured here by TEN Women.
Connect with the author of TEN Women**

This Special Feature is Sponsored
by Gajan Mahakanapathy

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



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

Gajan Mahakanapathy
Sales Representative

416-999-2777

Smgajan@gmail.com



Canbe Foods

Celebration 2016

Canbe Foods, the popular take-out and restaurant Ajax location celebrated their 2016 event on July 1st & 2nd. to coincide with Canada day, with a two-day fun filled event.

The event which drew large crowds on both days included live music performances, free rides, fireworks displays, DJ performances and live dance groups.

A variety of tasty foods including appetizers, sweets & snacks, Canbe drinks and the popular and tasty Canbe roti were available in plenty to those attending the event. The outside food stall serving hot and ten varieties of Dosa was a favourite among the crowds.

Seen here are some pictures of the event



Photo Courtesy: Mahesh Abeywardene, Sri Lanka Reporter

For a Career in Real Estate

JOIN

RE/MAX Community Realty:
203 - 1265 Morningside Ave
Toronto ON. M1B 3V9

Tel: 416.287.2222



Velumailum Loganathan
Broker of Record
416-500-7965

Rajeef Koneswaran
Broker/Manager
416-568-1078

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

**ARE YOU INTERESTED
IN BECOMING A
FINANCIAL ADVISOR?**

Please contact us for more information

A monthly
pay option to pay
for your Super Visa
insurance



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

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

**Are you a
smoker?**

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



HL Bayview Financial Inc

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

*The right start,
starts with the
right mortgage.*

We can help you get the mortgage that's
right for you. Speak to a Scotiabank® Home
Financing Advisor to start your new
beginning.

www.scotiabank.com/homeownership.



Nilani Ravindran
Home Financing Advisor
7321 Woodbine Avenue
Markham, ON
Cell: 647-836-6502
Tel: 647-268-8596
nilani.ravindran@scotiabank.com

You're richer
than you think.®





Critical Illness Insurance



Critical Illness insurance, otherwise known as critical illness coverage or a dread disease policy, is an insurance product in which the insurer is contracted to typically make a lump sum cash payment if the insured is diagnosed with one of the specific illnesses on a predetermined list as part of an illness covered.

It is very important to know why Critical Illness insurance is so popular nowadays. We tend to get insurance for things that are much less likely to happen than a Critical Illness e.g. home incident, car accident. But the chances that your home would be destroyed are significantly lower possibility than getting a critical illness. Here are some mind-blowing numbers:

- Chances of your house burning down: 0.08%
- Chances of being involved into an auto accident: 4%
- Chances of developing a critical illness before you are 65: 35%
- Chances of developing a critical illness before you are 81: 65-70%

Typical conditions covered by Critical Illness insurance typically are cancer, stroke, heart attack, Alzheimer's disease, aortic surgery, aplastic anemia, bacterial meningitis, benign brain tumor, blindness, coma, coronary artery bypass surgery, deafness, heart valve replacement, kidney failure, loss of independent existence, loss of limbs, loss of speech, major organ failure on waiting list, major organ transplant, motor neuron disease, multiple sclerosis, occupational HIV infection, paralysis, Parkinson's disease, and severe burns.

Why do everyone need critical illness insurance?

While healthy lifestyle choices can be your best defense against some health risks, a critical illness such as

cancer, stroke or heart disease can strike anyone at any time. Consider the following:

Based on 2010 estimates:

- 2 out of 5 Canadians (45% of men and 42% of women) are expected to develop cancer during their lifetimes. (1)
- 1 out of 4 Canadians (29% of men and 24% of women) is expected to die from cancer.
- One in two heart attack victims are under 65 years old (2).
- Each year, 50,000 Canadians suffer a stroke. Of all stroke victims, 75% will be left with a disability (2).

Even though critical illness is not the cheapest form of insurance, it is worth and much needed nowadays. People are more concern and worry for surviving a critical illness than dying from it, after a critical illness, how to maintain the lifestyle they created so hard for their family. So create a plan for lump sum tax free money when you much needed is very attractive and a very wise choice of a financial planning. So let's see how to save on this product:

a. Being young is beneficial: If you are young when you are applying for a Critical Illness policy, you will benefit from lower premiums.

b. Smoking increases insurance rates: If you are a smoker or someone who has used tobacco products in last 10 months or so – it will result in a big increase in your premiums. In most instances the premiums are 1.5% more for a smoker as compared to a non-smoker. For some age groups it might be higher.

c. Get a combo policy – Life Insurance with a critical illness Advance Payment: A life and critical illness combination policy can cost you less since an insurer saves on administration costs when dealing with both in-

surance types at once. Compare a combo policy with two separate policies to understand how much you can actually save.

d. Great health history is rewarded: If you were healthy in the past, it will definitely find its reflection in the premiums. Having issues with health and especially defined pre existing conditions can drive your premiums up or even exclude some illnesses from your insurance policy.

e. Be healthy, save on insurance: If you are in a good health and have a good build when you apply for a life insurance policy, insurers will reward that with lower premiums. Insurance companies use a so-called BMI index (body-mass index, a ratio of your height and weight) to determine your premiums. Important note: critical illness policies build tables are more stringent than for life insurance policies.

f. Get rid of benefits that you do not need: If you are not interested in paying more for additional features such as e.g. waiver of premiums, then taking them out of the policy can lead to lower premiums other riders could be a return of premium on death or a children's illness riders which covers a child.

g. Diabetics can be insured though it's not always easy: Many companies will not cover you but there are companies offering insurance protection for such cases and again you are better off relying on a broker who has experience in the insurance field.

h. Backdating your policy: That's one of the interesting ways to lower your premiums. You can actually backdate your policy locking into an earlier age and rates bracket. You will need to pay some premiums starting from the new backdated issue date but it will positively impact all your future pre-

miums. Sometimes that can save you up to 10% in annual premiums.

i. It can become really expensive: Mental health matters – those with a history of depression pay way more than others.

j. Say no to guaranteed issue critical illness policy: People with good health do not need a guaranteed issue critical illness (these are policies that do not require a medical exam but should only be taken by people with serious health issues) – do a health check / exam and enjoy lower critical illness insurance premiums.

k. Stopped drinking? Enjoy your savings: Similar story with drinking and other lifestyle improvements – demonstrate that you had one year of no drinking and it will be reflected in your adjusted premiums for an existing critical illness insurance policy. You can request a review on your existing policy.

l. Investigate the Return of Premiums conditions: Some critical illness policies have a full or partial return of premium option. Asks your broker to make the calculation for you to see if this makes sense. Slightly higher premiums upfront can make sense in case of later premiums returns. Some company has ROPD (Return of premium on death) built in an insurance plan which can be cheaper compare to where in some company you have to pay for these option as a rider, so speak to your insurance broker about these option.

m. Last but not least educate yourself: When you are well informed and know what you need, you can make a better decision regarding what protection you need and how much you should spend.

Compiled by Daisy Joseph

HUMANS OF NORTHERN SRI LANKA



BY
THULASI MUTTULINGAM



“LIVING AS THE MOST OPPRESSED”

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:



the area you come from. At employment and other interviews; even in social settings, they don't ask for our caste directly. They ask us which our village is, where we live in that village, who our relatives are, and from that, deduce our caste.

Due to this many of our educated youths keep leaving our areas so that their addresses can change. There is an area in Jaffna called Paraiyan-kandi which used to be exclusively a paraiya settlement.

The people of this area have educated themselves and moved on in life so there are no more paraiyar in Paraiyan-kandi. They have gone abroad, or bought property in Colombo and elsewhere.

This is how we seek to move on and better our prospects in life.”

“People though don't easily rent or sell properties to us. They associate our caste with anti-social behaviour like alcoholism and hooliganism.

Alcoholism and gang violence is something that we have long faced among our people but it is due to a disillusioned youth without better life prospects. The wider Tamil society as a whole are facing this problem now.

In the recent spate of arrests over robberies and substance abuse cases, upper caste youths have been caught. Are they then saying its their caste problem too? Why is it only a caste problem if our youth are caught at it?”

“The papers here will reproduce stories of atrocities carried out by the higher castes on the dalits in India.

Yet there are several

cases of atrocities against the oppressed castes here that they do not publish. Recently, a boy from the toddy tapping caste had been caught romancing a vellalah* girl. They were both at University and it was a consensual relationship. He was a bright engineering student. When her family found out, they beat him up so badly that he ended up mentally traumatized.

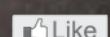
Similarly there was an incident reported recently of a couple of train accidents in one day. Those weren't train accidents. An oppressed caste youth in love with a higher caste girl was beaten up and left to die by the railway tracks. When the girl heard about it in the evening, she went and jumped in front of a train.”

“Since it's mostly the upper castes who dominate the political and bureaucratic circles and even the media, they get to write our stories.

In newspaper articles if you analyse - when upper caste people commit crimes and are reported on, their caste is not mentioned. Yet in our cases, the castes are often mentioned.

They never say a vellalah man has been arrested for killing so and so. But if it is a man from an oppressed caste, they will make sure to specify his occupation (such as toddy tapping) so that people will know what caste he belonged to.”

The parai drum is our caste instrument but many



of our youths refuse to learn it due to the caste stigma associated with it, so it is a declining art form amongst us. The parai drummers play both at temple festivals as well as at funerals. Outsiders who hear us play appreciate our music - yet we do not get much appreciation in our own land.

Drumming at festivals is not enough to bring in a sustainable income so apart from our educated and well-employed community members, many of our people are employed as municipal cleaners and labourers.

Our people clean up after the others and yet they dare call us 'dirty.' If there would be no-one to do this 'dirty' job, who would be clean?

Some of us have visited western countries. There they do not treat cleaning staff with disrespect as they do here. For this reason, even upper caste Tamils abroad do not shirk from taking such work in the countries they have migrated to - but their brethren back here continue to act as if such work is beneath them and is thus only fit for so called dirty people like us.” (pics: via Wikimedia commons)



Caste in Jaffna is something that very much still broils under the surface - yet is not discussed openly at the surface.

Where and who you were born to regrettably still plays a major role in either traditional occupations available to you or access to education and alternative employment in the modern sector.

It is a troubling state of affairs that few people are willing to address.

At the bottom of this caste totem pole are the 'paraiyar' caste - once relegated to the occupation of being manual scavengers - cleaning out the other castes' latrine pits.

Though the system of scavenging is done away with now in Jaffna, they are still the caste of choice for employment in the cleaning sector at hospitals and other industries.

Quite a few due to Christian missionary work and the opportunities offered via free education put in place by the colonial government, managed to break through and become successful in their own right - but caste oppression in various forms continue to plague them and their

families.

Recently I sat down to talk to a few activists from this caste - who did not want their names or faces shared on the internet. The stigma of caste still lies heavily upon them.

I will upload a few posts soon on what they had to say regarding their experiences of living as the most oppressed caste in Jaffna today.

Follow the Humans of Northern Sri Lanka Page to know more....



“Sociologists and Anthropologists, hired by both colonial governments and local, have stressed that the paraiyar might have been the original indigenous people of South India from whom the proto-Tamil people originated.

Yet when tracing their history, the average Tamil wants to stop at the exploits of the Chera, Chola and Pandyan Kings.

They fear that going beyond that might establish that we are all ultimately descended from Paraiyars.” - One of the activists



“People identify which caste you belong to by



English

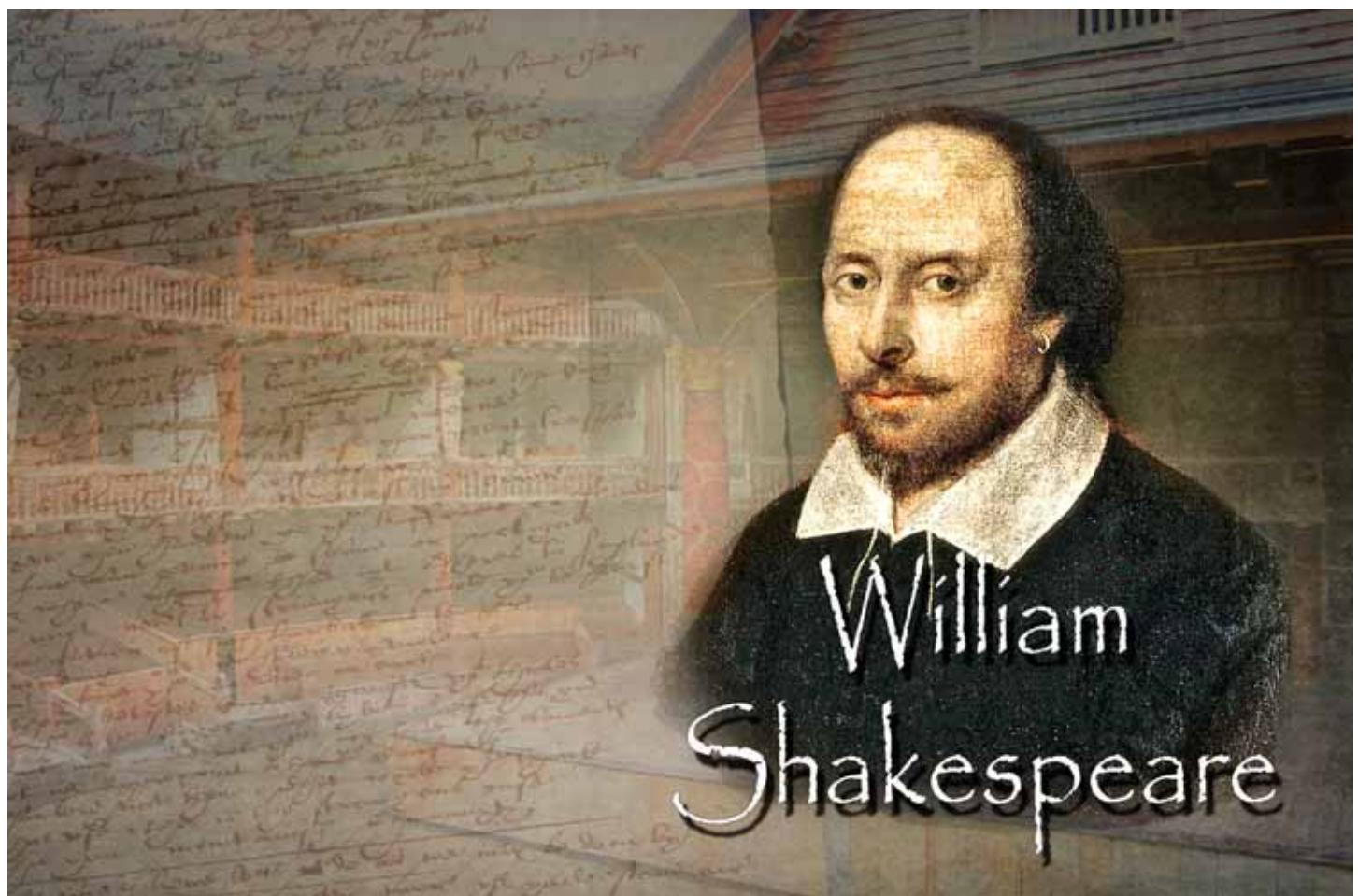
- the pre-eminent world lingua franca

By: JJ Atputharajah

English has now become the globally pre-eminent language. Apart from the overwhelming influence of the British Raj, it was the literary excellence of the writings of William Shakespeare that led to the pre-eminence of English. He imparted exquisite exposition and powerful prose through his works of literature. His contributions to English culture, arts and language are inestimable. He marshalled what is sometimes considered the largest vocabulary for any writer- nearly 24,000 words. During his formative years Shakespeare was introduced to the mechanisms of persuasive, elegant and powerful expressions of thought, focusing mainly on the ancient Latin Language which was then the lingua franca of most of the educated Europeans. Shakespeare grew being aware of resources and possibilities of language. Such intense concentration on verbal and written expression laid the foundation for Shakespeare's enormous literary effort. It is commonly said that echoes of the Holy Bible sound throughout Shakespeare's work. It can be said that Shakespeare's writings played a vital role in the growth of the English language from the insignificant tongue of one European island into a worldwide medium of communication that would displace Latin and become mainly the most common second language of most of the world.

The other factor in the spread of English was the discovery of the printing press and the widespread distribution of the King James Bible. As the British Empire expanded, its colonies received not just the legacy of Shakespeare, but also the King James Bible. English language spread ever more prominently to the far corners of the earth. Shakespeare was not an overtly religious man but his writings show appreciation for many of the vibrant and memorable expressions found throughout scripture.

English was taken to the uttermost parts of the world by sailors, soldiers, pilgrims, traders and missionaries of the British Empire. The founders of the United States of America knew the importance of language for national identity. Since English was the language of the majority it was given full patronage by the government of USA. As recently as the 20th century, several states in the USA banned the teaching of foreign languages in private schools and homes. Though English is not the official language of USA, it is the most dominant language in practice. Though the power of the British Raj has faded away, English remains the important language even after the independence of the former colonies.



English is taught as a compulsory second language in India, Sri Lanka, Nigeria and in almost all former British colonies. English flourishes as the language medium for further and higher education. The English speaking elite became the foremost leaders in these countries and they are the ones to engineer and mentor all facets of development in these countries. In areas where the whites settled in large numbers like Australia, Canada and the USA, the local languages and cultures have been driven to near-extinction due to the pride of place given to English.

The English speaking elite in some of the world's most populous countries have become the leaders in their respective areas. In multilingual countries English becomes the link language between the various linguistic groups. After 1945, USA has evolved as an economic giant. American businesses have picked up where the British left off and English has become the language of trade. It has become the number one language of international trade in the 21st century. All the world's top business schools now teach in English. European Union too has English as the most used link language. In Eastern Europe Russian, Croatian and Czech are widely spoken. USA has also provided the soundtrack through rock and roll, jazz and later disco, and hip-hop. Hollywood movies have become popular worldwide

and their TV programs have become culturally influential. American culture has become the byword for progress and many countries are prepared to embrace it. British bands like the Beatles, Rolling Stones, Queen, Pink Floyd, the Police and the Led Zeppelin have ensured and dominated the air waves with their own attractions. The hippy movement came from California and London. Music festivals like Woodstock and Isle of Wight have become the icons of a whole new generation in almost all progressive countries.

Advertisements have enhanced the use of English globally. They create consumer attractions by making products sexy. They put them through using English words. Multinational companies wish to make their messages consistent across the markets. English brings glamour with words like: haute couture, Eau de Toilette. Musical bands release their work in English to catch the attention of a wider audience. Film makers too resort to such tactics. English developed a cultural momentum in the second half of the 20th century and creative works are produced in English.

English has also become the style conscious language of sports like snowboarding and popular games like soccer and cricket. Most world commentaries in sports activities are relayed in English.

English is also the language of the technological revolution and the internet.

English is the most popular key board language. The Asian languages use complicated techniques to enter words. Even inside the computers, English is widely used. The US is the world's most technological nation in the world and English is popularized through their activities. English has become the number one global language and one cannot think of universal success without the mastery of English in all significant human endeavours like education, arts or trade. To get ahead in life and have access to knowledge English is a vital tool. In this highly digital world of science and communication English is the most easily and widely used language. In these days of globalization, only a well established link language will survive the onslaught of times and English is well equipped for the task.

To sum it up English is the business and finance language with global dimensions; it's the language of Hollywood blockbusters; big stage singing is vocalised in English; most books and literature are originally written in English; its simplicity is matchless; it has ample versatility and sophistication; it is the language of world travel; it's the unofficial language of the internet; it is the language of the mightiest country in the planet and it universally denotes the most acknowledged social status in any country or clime.



WINNING ESSAYS

ORGANIZED BY RG EDUCATION FOR STORY/ESSAY WRITING CONTEST

Miranda the Brave

There once was a girl named Miranda. It was her 11th birthday, and her parents bought her a laptop for her birthday. She was so happy that she made an account on Cyberlink right away. Miranda learned to use it very well.

One day, Miranda came back from school. She finished her homework and then she went on Cyberlink. When she looked at it, she saw many rude messages. She looked at it until she heard her parents' footsteps coming near her room. She quickly put her laptop away and acted happy until they left. She did not want to show her parents because they would take her laptop away. She had to do something without her parents noticing. Then Miranda checked the user's name. It read Todd Halifax. She gasped of fright. Todd was the biggest bully in her school.

Miranda called her friend, Lily. She asked why Todd was bullying her.

"Todd is bullying you because he wants to depress you so he can win in a dance competition that you joined, too." Miranda got even more scared when she heard what Lily said.

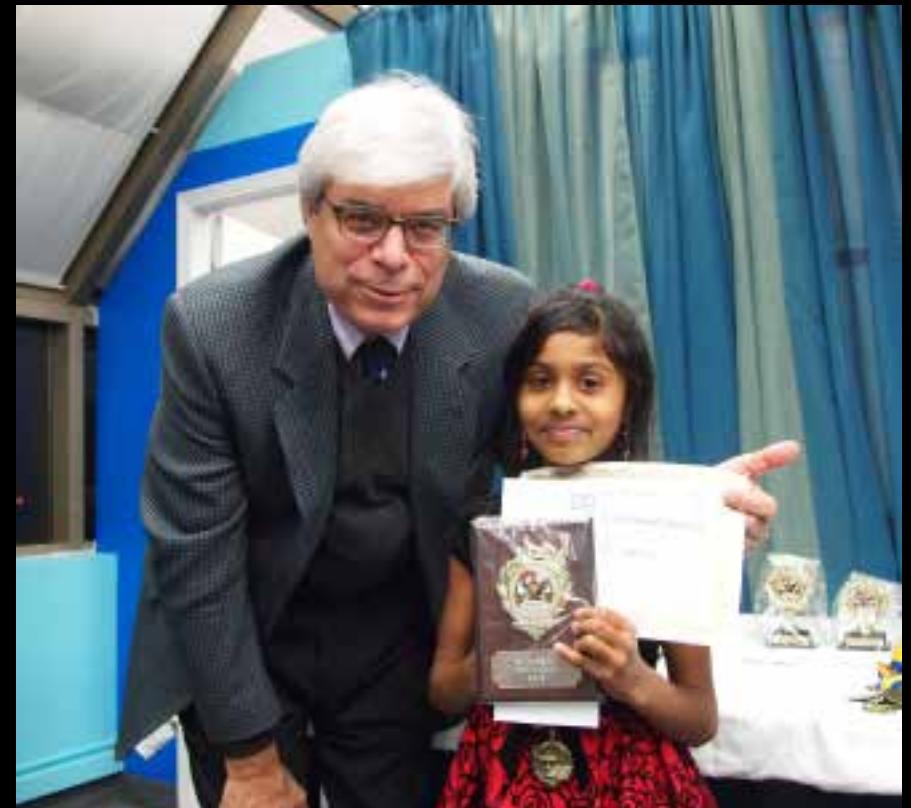
The next day, Miranda woke up at 7 o'clock in the

morning and she rushed downstairs and ate some soggy cereal. After she went to school, the first person she saw was Todd.

He came forward to Miranda and said, "If you do not leave the dance competition, I will embarrass you in front of the entire school." She was so scared of how badly Todd threatened her. After her school finished, she went to a book store and looked for a book called Amulet. Then something caught her eyes. It was a book about how to prevent bullying. She read through it quickly before her parents came. That book gave some tips on how to stand up to Todd.

The next week, there was a dance competition, and Miranda was confident that she would win. When it was Miranda's turn, she did a song that was Jazzy. Lots of people clapped for her. When it was Todd's turn, some people clapped. In the end, Miranda won. Todd started getting mad.

"Even though I won this award, I'm willing to give this to Todd because he made me learn many new things," said Miranda. Todd was so happy. He was nice to her from that day onwards. Bullying is never the option. Let's prevent bullying.



RG Education Centers

Giving the Gift of Education

Giving the Gift of Education



Other courses include:
 Mathematics
 Science
 Physics
 Chemistry
 Biology
 Accounting
 English
 French
 Computer Studies
 Piano
 Guitar
 Voice

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

We are committed to Quality Education and Training

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

Tel: 416.609.9508

www.rgeducation.com



HAVE U.S. DOCTORS PROVED THE HEALTH IMPACTS OF LED LIGHTS?

THE CITY OF TORONTO ADVISED TO REVIEW THE POSSIBLE HEALTH RISK OF LED LIGHTS

By: Uthayan Thurairajah

The American Medical Association (AMA) issued new guidance for publics on how to lessen the harmful human biological, and environmental effects of high-intensity LED lighting during its annual meeting a few weeks ago. AMA issued a news release, "Despite the energy efficiency benefits of LED Lights; some LED lights are harmful when used as street lighting." The guidance focused on LED outdoor lighting, which emits an enormous amount of blue light and appears white to the eye. The risks to the nighttime drivers noted by the AMA, including worse nighttime glare than conventional High-Intensity Discharge (HID) luminaires. Discomfort and Disability Glare caused by the intense, blue-rich LED lighting may "decrease visual acuity and safety, resulting in concerns and creating a road hazard," the statement read.

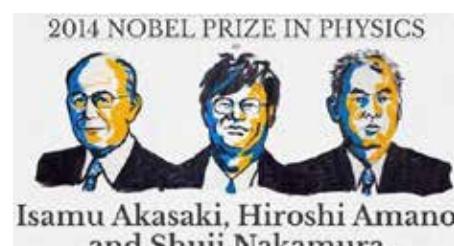
AMA also pointed out that blue-rich LED streetlights operate at a wavelength that adversely suppresses melatonin than other types of light. AMA also noted that white LED lights "have five times greater impact" on circadian sleep rhythms than conventional street lamps. It may lead to problems with sleep and related conditions. They cited "recent extensive surveys" that found brighter nighttime lighting reduce sleep times, excessive sleepiness, sleep quality, impaired daytime functioning, obesity, cancer as well as disruption of fish, turtles, native birds, and insects.

Discovery of Blue LED:

In 1994, Isamu Akasaki, Hiroshi Amano, and Shuji Nakamura discovered that gallium nitride (GaN) to make blue LED light. The trio scientist received the 2014 Nobel Prize in physics for their invention of the blue LEDs. After the discovery of blue LED light source, LED technology has been rising rapidly over the last few years, and we strive to stay well-informed of the new developments that can enhance the quality of lighting. Many people are not aware of how white LED light we see made of using blue LED and yellow phosphor. Blue LED light filtered by the yellow phosphor to produce a blue-rich white light.

The benefit of LED Lighting:

LED is now widely used in high-speed networking, communication, data storage, light treatment, water purification as well as smartphones, television screens,



computer display, traffic signals, indoor and outdoor lighting application, and more. LED lighting also gives many benefits, including energy savings, increased reliability and lifetime, decreased maintenance costs and improved light quality. LED lighting is considered as "dark sky-friendly," reducing light pollution by allowing light to reach the surface where it is needed.

LED Lights and Health:

The fact is blue light suppress the hormone melatonin higher than

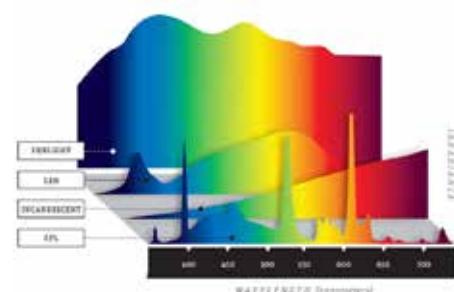


other colors. A pea-sized gland produces melatonin in the middle of our brain called the pineal gland. Melatonin acts as a marker of our circadian phase or biological timing. Our brain typically starts secreting melatonin night time which makes us sleepy. Melatonin influences what time of day or night your body thinks it is, regardless of what time the clock on the wall displays. If we are exposed to lighting often at night including street lights (shine through the window), it gives a negative influence on our health.

In a normal night's sleep, our melatonin levels stay elevated for about 11 hours. Then, as the sun rises or exposed to light, our pineal gland reduces our production of melatonin, and the levels in our blood decrease until they are hardly measurable at all. Our body produces less hormone Melatonin when our circadian rhythms are disrupted, such as from shift work, jet lag or nighttime light exposure. Melatonin shortage may lead to some profound biological drawbacks, such as a weakened immune system, an increased risk of cancer and higher levels of inflammation.

Roadway Lighting:

AMA recommended against the use of cool, blue LED street lights, claiming they make it harder for drivers to see because of the glare and also interfere with the sleep of adjacent residents. When we think about LED conversion for street lighting, the much of the analysis focused on energy and cost savings. We must make sure that we need to have several subject



matter experts to look at this issue. It is a much more complicated engineering and scientific process as well as a huge investment.

The City of Toronto

The City of Toronto must assess any possible health risk caused by new LED street lights before moving ahead with a large-scale deployment, Councilor Stephen Holyday demands. He is calling on the council to safeguard city officials meet with representatives from Toronto Public Health and Toronto Hydro to get a handle on the impact of LED lighting. He has submitted a notice of motion to the council meeting last month.

Toronto Hydro has retrofitted over 150 LED lights on six streets in Toronto before a full city-wide installation. The LED lighting is monitored for quality, performance, and potential energy savings. "Public perception of the pilot lighting has been overwhelmingly positive," Toronto Hydro spokesman Tori Gass said to the Toronto Sun. We cannot determine the impact of health from the public survey which is based on subjective aesthetic and visibility assessment. Further, public may



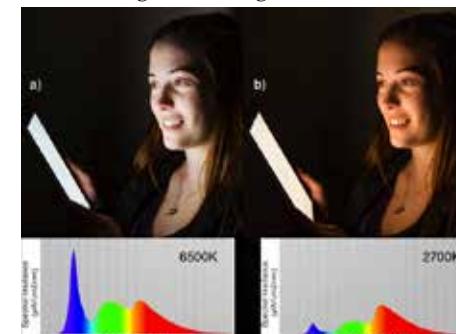
not be aware of the health impact of LED lighting which is an evolving issue.

Analysis:

AMA is less happy about the LED transition. It is good to note that these matters are neither new nor restricted to LED technology. AMA guidance supports with lighting industry references for lighting controls, source shielding, and lower energy and light levels. However, AMA is raising some legitimate concerns, though their conclusions are questionable based on the research. My concern about this report and subsequent media release may mislead the public with partial or inaccurate claims and unsuitable explanations instead of informing the public. The following analysis AMA's concern.

Glare: AMA encourages communities to minimize and control blue-rich environmental lighting by using "the lowest emission of blue light possible to reduce glare." It is a total misunderstanding that the glare nothing to do with blue light. Glare is mostly determined by the amount and distribution of light entering the eye. We cannot cover the sunlight which also produces much glare if we stare at directly. It is important that public should not look at the luminaire directly, but the roadway luminaire cutoff angle may need to be adjusted such a way a person look straight never encounter any glare from the light source while driving.

Blue Light: Sunlight also has blue



component, but we experience it during the daytime. Having blue component in the light source or higher CCT does not clearly describe the harmful nonvisual effects.

The melatonin suppression not only depends on the color of light but also depend on exposure time, duration, intensity, and distribution of the light sources. All the lights except monochromatic red, amber and green lights have blue component, but only the percentage or ratio of the blue components are source specific. According to AMA, "Red and amber lights will not suppress



Uthayan Thurairajah is an old student of Manipal Hindu College. He attended Midland Avenue C.I. and received Ontario Scholar. He completed undergraduate studies in Electrical Engineering (B.A.Sc.) Honors with Co-op at the University of Windsor. He conducted his Master of Science (M.Sc.) degree in Light & Health at the Royal Institute of Technology, Sweden with a scholarship. He also completed his post-Graduate degree in Lighting Design & Light Pollution Research at Ryerson University. In 2011, he started his post-doctoral (Ph.D.) research in Alternative Medicine. He has received two honorary doctorates (D.Sc.) for his academic work including several academic achievements, professional and volunteer service awards from various Institutions. He is a qualified Professional Engineer (P. Eng.) and Construction & Maintenance Electrician (CME), Traffic Signal Inspector (TSI), Work-Zone Safety Specialist (WSS) as well as a Certified University Professor in Canada & UK.

melatonin, while blue, green and white lights will." Researchers indicated that all color of light sources suppresses melatonin but blue has a higher rate of suppression than others (Refer to the graph).

CCT: AMA guidelines for LED street lighting provide a recommendation that the CCT of the LED lighting should be less than 3,000K (Kelvin) instead of 4,000K, which is widely used by the Cities. Any light source with the same CCT has about the same amount of blue spectral content. CCT is not a light and health metric. The AMA advice for 3,000K or lower is not an appropriate solution and not supported by the current research. As per our analysis, this does not make much different, but this will reduce the visibility on the roadway for a tiny reduction in blue light response from a lighting system. Further, a driver needs to be alert while driving. Melatonin suppression is required for alert driving. Otherwise, we fall into sleep.

Visual Acuity: As per AMA report, glare provides "decrease visual acuity and safety." First, any lighting can cause discomfort and disability glare. It is not specific for LED lighting. Second, the roadway lighting does not need visual acuity, but it needs visibility which is the ability to extract information from the visual field. Visual acuity is an ability to see fine details. Visual acuity is required for some critical work and reading task.

Lighting system varies depending on the application and local conditions. We have to make compromises in light level, visibility, energy efficiency, environmental impacts, cost, personal safety, and security. This cannot be achieved with a single solution. When we consider on the LED retrofit project, we need to have the required professional and engineering knowledge to achieve the optimum results. The key take away from the AMA guidance is a proper consideration of best practices to the engineering features and lighting design when converting to LED lighting that minimizes detrimental health and environmental effects.

We can use a low-wattage bulb with yellow, orange or red light for night usage. When we are ready to sleep, make sure the bedroom is pitch black. The little bit of light in the room can disrupt our body's clock and pineal gland's melatonin production. It is a good idea to cover our windows with curtains or blackout shades. We can wear an eye mask to block the light. We can dim our lights and install blue light-blocking software like f.lux to our computer or smartphone, which automatically alters the color temperature of our screen as the day goes on, pulling out the blue wavelengths as it gets late. This reduces our exposure to light and smothers our melatonin production during night. The easiest solution is to use simply amber-colored glasses that block blue light.

The indoor and outdoor lighting including roadway lighting is essential for public health and safety. Therefore, the Cities or owners need to have a strict guideline that a lighting designer must have a required professional qualification and a sound engineering and lighting science knowledge including health and safety aspect of lighting.



MANAGING YOUR MONEY

What you need to know about negative or sub-zero rates

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

You've probably heard about negative or sub-zero rates – it's a trending topic, after all. In Europe, several countries already have sub-zero rates and Bank of Canada governor Stephen Poloz has said that he wouldn't rule out taking our rates in that direction. But what does it really mean to you? Let's find out.

Up until a few years ago the idea of rates falling below zero had zero traction. But the global economy hasn't grown as quickly as expected after the recession and the central banks of many still-suffering countries, especially in Europe, have been forced to come up with new stimulus-inducing ideas.

Lowering interest rates to near or even below zero is one such idea. The thinking is: zero or sub-zero rates will encourage people and companies to borrow cheaply and spend more money, thus increasing economic growth.

Here in Canada, to help the economy grow during the oil price plunge, the Bank of Canada cut the interest rate from 1% to 0.75% in January 2015 and then to 0.5% in July. As energy

prices fell further, the Bank of Canada said it would continue cutting rates, perhaps into negative territory – but with oil prices rebounding and the Canadian dollar strengthening, that may not happen. In its most recent meeting in April, the Bank of Canada kept its benchmark lending rate at 0.5%.

There are two sides to sub-zero rates for consumers and investors. On the positive side, people are able to borrow money at extremely low rates. On the negative side, money in savings accounts won't earn as much interest and conservative income-producing securities like money market funds and Guaranteed Investment Certificates (GICs), where rates are already low, may fall even more. However, lower rates are usually positive for stocks, so equity values could rise.

In a zero/sub-zero environment, gold could do well and high-yield bonds – debt issue by corporations – also begin to look more attractive.

No, zero/sub-zero rates have not yet come to Canada – and they may never do so – but it's still a good idea to talk to your professional advisor about how

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

Investors Group Financial Services

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

david.joseph@investorsgroup.com

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

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



lower rates could affect your portfolio and your overall 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.

SUPER VISAS FOR PARENTS AND GRAND-PARENTS

Super Visa is an easy avenue for parents and grand-parents to visit their children and grandchildren in Canada. If successful, a parent or a grandparent may get a 10 year multiple entry visa with the possibility of staying in Canada up to two years on each visit. One of the key differences in a regular multiple entry visa and a super visa is that the two year allowable stay for the parents/grand-parents as opposed to six months that a regular visit is entitled to remain in Canada.

There are a few requirements that need to be fulfilled by the super visa applicant/s and their children or grand-children in Canada to be qualified for this visa. The Canadian host must meet an income test according to his or her family size. Usually, the family must meet the LICO (Low Income Cut-Off) threshold including the visiting parents/grand-parents. The following table denotes how much income a family should have in order to invite their parents or grand-parents on a super-visa:

Minimum income threshold

– valid until 31 December 2016

Size of Family Unit Min. Necessary Income

1 person (your child /grandchild)	\$24,328
2 persons.....	\$30,286
3 persons.....	\$37,234
4 persons.....	\$45,206
5 persons.....	\$51,272

6 persons.....	\$57,826
7 or more persons.....	\$64,381
More than 7 persons,	\$6,555
for each additional person, add	

For instance, a family in Canada with 2 children wanting to invite the mother and father of one spouse, should meet the LICO for 6 persons, i.e. the family should have an income of \$57,862. The hosts must also purchase a mandatory medical insurance for the parent/s for Cdn\$100,000 covering medical expenses, hospitalization and repatriation costs in the unfortunate event of a death occurs. The hosts must also provide a written statement, usually in the form of an affidavit that they undertake to care for their parents/grand-parents during their visit/s to Canada.

The applicant on the other hand has to take a medical exam. Some visa officers require a police certificate. However, in my experience the Canadian high commission in Colombo does not require a police clearance in the normal course of business to approve a parental super visa.

In my practice, we file all super visa applications online. This saves the hosts in Canada the hassle of preparing paper application forms and couriering them to Sri Lanka and more importantly save the parents from travelling to Colombo to file the application in person at the visa centre. Online applications are acknowledged immediately and a file number is

assigned. The next stage is to receive biometrics requests which often happens soon thereafter. Then the parents will receive the medical instruction and upon receiving the medical result the case will be finalized. Lately, I have seen super visa applications being approved within a month, if the parents or grand-parents do not have to do additional medical exams.

If you have any questions about the super visa process, feel free to contact us at any time.

Shani Hanwella

Registered Canadian Immigration Consultant
Former Visa Officer, Canadian High Commission, Colombo, Sri Lanka

NOVA Immigration Solutions Inc.

1585Markham Road, Suite 407
Scarborough ON M1B 2W1
416 298 0990 www.novaim.ca





Sri Lankan Accountants Association of Canada's (SAAC) 13th Annual General Meeting and conferring of the Honorary Memberships

Sri Lankan Accountants Association of Canada held its 13th Annual General Meeting on June 12, 2016 at Richmond Hill Holiday Inn Express Hotel. The AGM was chaired by its President Vina Devadas. In his speech, Mr. Devadas expressed his gratitude to the committee members who have supported him in making this year the historically the best year. SAAC Treasurer Janani Sivasuthan was very pleased to present the financial statements to the audience and Secretary Ari A. Ariaran presented his report about the association's activities. The new committee was elected on that day. Vina Devadas and Janani Sivasuthan were re-elected as president and Treasurer respectively for the second term. Pon Sritharan was elected as Secretary. Ari A. Ariaran, Ratna Muralitharan and Anand Coomaraswamy were elected as Vice-Presidents along with the other committee members.

Highlight of the event was the conferring of the "Honorary memberships"

to two prominent supporters of the SAAC namely Mohan Sundaramohan Branch Manager, RBC Morningside and Milner Road Branch and Carmen Jacques, Student Recruitment Manager, Chartered Professional Accountants of Ontario (CPA Ontario) for their invaluable support to the association in the past several years. Mohan and Carmen expressed their excitement and gratitude to receive the Honorary Membership in the association and thanked the committee for choosing them for this prestigious membership.

The income tax clinic volunteers of the SAAC were recognized at the meeting and were given the Community Volunteer Income Tax Program (CVITP) Certificates received from the Canada Revenue Agency (CRA) for the incredible achievement of completing over 100 returns in 4 different sessions in 2016.

Annual General Meeting was followed by a networking dinner.



Tamil Cultural & Academic Society of Durham holds graduation ceremony for Youth Leadership Program

By Abira Vaithilingam

The Tamil Cultural and Academic Society of Durham held recently the graduation ceremony for twenty two children aged 10-17 under the Durham Youth Leadership Program.

The program consisted of 12 sessions that included guest speakers, workshops, assignments and group work including games & prizes. The evening was filled with group presentations, entertainment, awards and some home-made refreshments.

The presentations included topics such as poverty, freedom of speech, racism & global warming. After each presentation, a panel of 3 judges gave an overall score and some feedback about each member of the group. Groups were evaluated based on professionalism, content, uniqueness, & overall presen-

tation quality.

The evening also consisted of a vocal performance by Selvy Sathieswaran who was able to entertain the crowd with her musical talent. The senior outstanding leader medal was awarded to Abenaya Selvakumaran while Meagan Maheswaran received the junior outstanding leader medal.

There was also an essay competition in which the senior plaque was awarded to Myurah Senthilnathan and the junior plaque was given to Kapilan Shanmuganathan.

The Association is now accepting applications for the new semester which will commence in September 2016. More information can be obtained by emailing info@tamilsoociety.ca

Seen here are some pictures taken at the event





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

Amma's Summer Fruit Punch



In the 80's and 90's Genie Amma's summer fruit punch was a highlight of every party we went to. No matter how many times she was asked, she never gave away her secret recipe, until now. Filled with everything quintessentially summer, it will cool you down and make your summer parties ones to remember.

Ingredients:

- 1 apple
- 1-2 satsumas/oranges
- 1 handful of grapes
- 1 handful of strawberries
- 1 lime
- 1 ltr orange juice
- 1 ltr pineapple juice
- 1 tin of pineapple chunks
- 1.5 ltr lemonade
- Ice
- Optional: Rum, Brandy and Vodka

Cut up all the fruits – apples into chunks, segment the oranges and cut to a similar size to the apples, grapes and strawberries into halves and lime into discs. Then, crush the pineapple chunks in the tin and set aside.

To a punch bowl, pour all the juices. If you wanted to add alcohol, you can either add it at this point with the juices or just before your guests arrive. Add the cut up fruit and the crushed tinned pineapple. Before your guests arrive, add the lemonade and ice and serve cold.

Try sugar-coating the rim of your glasses and adding some mint leaves for that extra pizazz!

If you do decide to make this awesome summer punch, hashtag #monsoonjournal on Instagram and send us your pics, comments and feedback. Spread the love (and recipe)!



Canadian Tamils' Chamber of Commerce

**25 Years of
Business Success**

www.monsoonjournal.com

Hilton Suites Markham and
Metro Toronto Convention Centre
September 9th- 10th 2016





GET THE FACTS WITHOUT THE PRESSURE

**RE/MAX®
COMMUNITY**
Realty Inc., Brokerage
416.287.2222



**SERVICE YOU DESERVE,
THE TEAM YOU CAN TRUST**



FREE MARKET EVALUATION

**For All Your Real Estate Needs.
Prompt & Professional Service**

Rasheela Sinnarajah
SALES REPRESENTATIVE
DIRECT: **416.726.8304**

Koshala Sinnarajah
SALES REPRESENTATIVE
DIRECT: **416.356.8757**



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

Mortgage

Refinancing

Consolidate Debt



Sen Sooriyakumar

Manager,
Mobile Mortgage Specialist

T: 416 953 7604

TD Canada Trust [**sen.sooriyakumar@td.com**](mailto:sen.sooriyakumar@td.com)



TD



CANADA'S 27TH “BATTLE OF THE NORTH”

With the choc and blue flag of the Centralites and the red and black flag of the Johnians fluttering in the mid- summer breeze, the above cricket game will be played on Monday August 01, 2016 at the Sunnybrook Park Cricket grounds(number3). The masters game will be played first, beginning at 9.00 am, and the battle will follow next.

This year, the “Battle of the North” is being played for the 27th time to decide the team to capture the “K.V. Saravanamutto Trophy”, which was won last year by the Johnians. The “Thuraisamy Challenge cup” for the masters game went to the Centralities last year.

These games are being played annually over a period of twenty eight years, the first of which was played in 1988. The masters game was added on, in the year 1997, to satisfy the cricket crazy “not so young” cricketers

of both schools. In the big match the Centralities have been victorious thirteen times and the Johnians have won the trophy nine times and four of the games were washed out by rain, while the masters game, Centralities have won the trophy eleven times, the Johnians four times, with rain deciding the outcome twice.

The enjoyment and celebration will go on as in Jaffna, with Centralities and Johnians sporting their favourite colors, ably supported and cheered on by the flag waving “girls” from sister schools Vembadi Girls College and Chundikuli Girls’ College.

The nostalgic memories will keep on lingering in the minds of past students of both these schools. The only thing, missing will be the Central cricket grounds with the backdrop of the historical clock tower. This year the chief guest for the game is none other than Mr. Saravavanamutto



Vs



St. John's College

Yoganathan, an old Centralite, an active supporter of all events that the alumni organizes and also the son and the sponsor of the K. V. Saravanamutto Trophy for 5 years from 2015 to 2020 in memory of his father.



*Chief Guest for 2016 -
Mr. Saravavanamutto
Yoganathan*



Jaffna Central College A Team



St. John's College A Team



Jaffna Central College Veterans Team



St. John's College Veterans Team

Lebara's

Tamil Fest

தமிழர் தெரு விழா

IDEAL DEVELOPMENTS

GRAND 3 DAYS CELEBRATION

AUGUST 26, 27, 28

MARKHAM ROAD, TORONTO

For Booth Registration and Enquiries call us today

LIMITED SPOTS AVAILABLE

TITLE SPONSOR

**Lebara**

POWERED BY SPONSOR

IDEAL
DEVELOPMENTS

ZONE SPONSORS



◀ MEDIA SPONSORS ▶



Canadian Tamil Congress Office

10 Milner Business Court, Suite 513
Toronto, ON M1B 3C6416 240 0078 tamilfest.ca

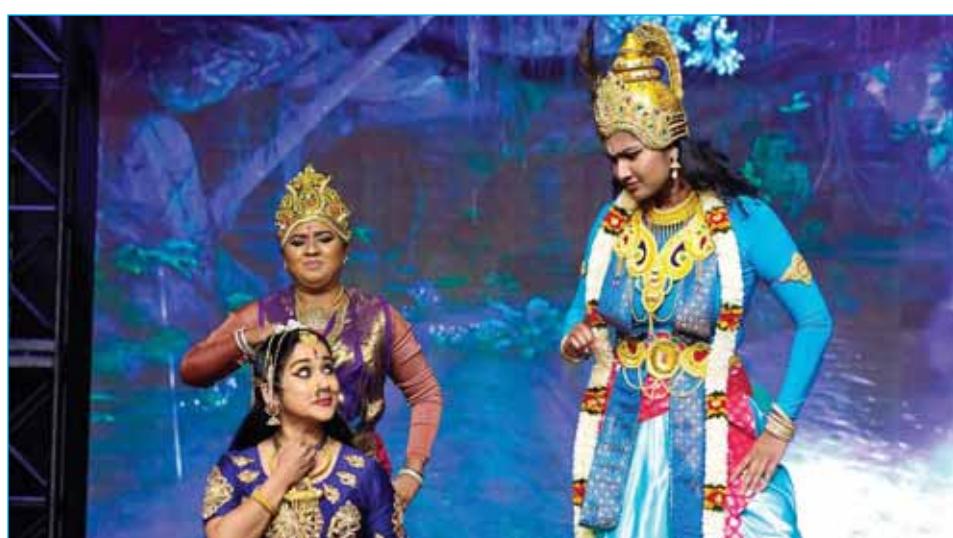


Community Watch

**Niro Dance Creations presents
Madurai Muralidharan's**

"Yagnaseni"

**hosted by CTC to promote
Harvard Tamil Chair project**



By Siva Sivapragasam

Niro Dance Creations' presentation of "Yagnaseni" is a dance drama taken out of the great epic Mahabharatham portraying Draupadi's pledge when she was disrobed at the Kaurava court.

The dance drama hosted by the Canadian Tamil Congress and presented by Niro Dance Creations was staged to promote the funding project for the establishment of the Harvard Tamil Chair and a sum of \$25,000 was raised from the proceeds of the event.

The event took place at the Armenian Youth Centre and the main sponsors of the event were Nava Law and Computek College. Other sponsors of the show were Gnani Pictures, Raj Nadarajah, Siva Shanmuganathan, Joy H. Selvanayagam and Raveendran Kandasamy.

The Dance drama featured Madurai Muralidharan, Uma Murali and talented Canadian artistes. Adapted from Chitra Banerjee Divakaruni's The Palace of Illusions, Yagnaseni is a musical production by R. Muralidharan where

Uma Murali portrays the story of Draupadi, daughter of King Draupad. Born from the sacrificial fire (yagna), she is known as Yagnaseni. The goal of the production is to empower and inspire women.

"Yagnaseni" was presented by Niro Dance Creations run by Ms. Nirothini Pararajasingham. Ms. Nirothini Pararajasingham is the President and CEO of Niruthiyakalanjali Dance Academy and Niro Dance Creations. She is an accomplished dancer, choreographer and teacher who believes in promoting values of Indian culture through Bharatha Natyam.

More than sixty artistes performed at the three hour event and received awards at the end of the show.

Seen here are some pictures taken at the event

(P.S. - Those who wish to read the full story depicting Draupadi's pledge when she was disrobed at the Kaurava court should access poet Bharathiya's classic poem "Paanchali Sabatham" presented in beautiful prosaic verses)



Centre for Leadership and Innovation hosts fourth Annual YDocs Gala

The Centre for Leadership and Innovation hosted its fourth Annual YDocs Gala at the Metropolitan Centre recently.

The Centre for Leadership and Innovation (CFLI) is an organization founded by Kumar Ratnam, Sivan Ilangko and Umesh Vallipuram to develop Leadership Skills among Tamil Canadian youth and other multicultural communities. CFLI offers several programs such as Youth Leadership Program (YLP), Youth Documentary Competition (YDocs), Summer Internship Program (YJobs), Introduction to Tamil Literature and Heritage (YRoots) and Centre Stage, a soft skills development program for employable adults.

The event was attended by youth, parents, community leaders and well-wishers. At this year's Gala, 10 documentaries produced by youth from ages

10 to 17 were screened and was followed by an awards presentation.

The documentary movies are based on social issues, made entirely by youth teams. At this year's event, the Co-founders and directors announced the admission of three new additional directors to the CFLI Board. The new Directors are: Chen Muthukumaraswamy, Dela Muhundarajah and Karthika Sivaloganathan).

Seen here are some pictures taken at this year's Awards Gala Event





Dignitas International Mobilizes Resources for HIV+ Youth

By: Alinafe Chibwana,
Zonal Program Coordinator for Dignitas International

The Public Health Agency of Canada has reported that over 20,000 Canadian youth (aged 15 to 29) have been diagnosed with HIV since 1985. In 2014, it was estimated that, one in four Canadian HIV diagnoses were in youth.

HIV-positive youth are particularly vulnerable to stigma and face gaps between pediatric and adult care. As a result, teens with HIV are deterred from seeking treatment and are more likely to drop out of care and adhere to medication.

Toronto-based non-profit organization Dignitas International has been a Canadian leader in dedicating resources to support HIV/AIDS-stricken countries like Malawi in improving access to HIV and AIDS services and promoting research to influence best practice and policy change. The organization's research findings were creatively presented at the 2016 International AIDS Conference in Durban, South Africa. Presentations include a MAKE ART/STOP AIDS Community Film Project, a series on HIV services in prisons, and a support program at the AIDS 2016 Inter(SEX)ion Youth Networking Zone.

"I've learned a lot from my work in Malawi and am always interested in learning where the healthcare gaps are for HIV patients," says Alinafe Chibwana, Zonal Program Coordinator, Dignitas International, "The International AIDS Conferences has brought together global experts to share research and models of care which I can then bring back home."

Dignitas helps HIV+ teens in Malawi through its Teen Club program. To date, over 3,000 HIV+ teens in Malawi have used the program to receive

medications, learn about their disease and form supportive peer relationships. With the help of Alinafe and the Dignitas team, through the Teen Club, over 95 per cent of adolescents adhere to treatment than non-teen club members and adolescents are three times more likely to stay on treatment than those who don't enroll in the program.

Alinafe recognizes the challenges of preventing the spread of HIV in high-risk nations, including inadequate information and low uptake of HIV services and non-adherence to treatment. Children born to HIV+ mothers are of particular concern because they have higher chances of transmitting the virus and increasing the numbers of HIV positive adolescents.

"Most of the children who are HIV-positive rely on parents who do not have the proper medical information or resources available - and sometimes their parents are not even willing to discuss HIV and AIDS issues in depth," says Alinafe. "This is very difficult for children. The younger the patient, the harder it is for them to receive medical information in a timely manner."

"Illiteracy is also an issue that prevents some HIV+ patients from better managing their condition. Without support, the chances of mothers passing the virus onto their children increases significantly. The cycle would likely continue without the help of our organization and the Teen Club."

Since 2004, Dignitas has helped nearly a quarter of a million people access lifesaving care of HIV. The 2016 International AIDS Conference is an opportunity to start the conversation on HIV and bring together those working in the disease field with other individuals and patients committed to ending this pandemic. For more information on Dignitas' programs and research projects, please visit www.dignitasinternational.org.



The Teen Club provides a comfortable, collaborative, and often fun environment for HIV+ youth in Malawi to help them better manage their disease.



Adolescents enrolled in Teen Club are three times more likely to stay on their HIV treatment than those who don't enroll in the program



Alinafe Chibwana is a Zonal Program Coordinator for Dignitas International and works with HIV+ Malawian youth through the Teen Club

INSURE IT
GROUP INC.

Your peace of mind,
We Insure it

NIHAL FERNANDO

Associate Broker

Tel: 905.712.1393

email: nihal@fernandoinsurance.ca

AUTO • HOME • COMMERCIAL • LIFE/GROUP

800 Denison St., Suite 200
Markham ON. L3R 5M9
Off: 905.752.3600
Fax: 905.712.3427

Toll Free: 1.855.752.3600 Ext: 516

HIRING DENTAL & RECEPTION ASSISTANT

Well established Dental Office based in Scarborough is looking for a
Dental & Reception Assistant.
Candidate with previous experience in
assisting with Dental and reception duties may apply.
Fluency in both English & Tamil is preferred.

Please call Administrator:

647-993-8292 / 416-291-5455


Canadian Tamils' Chamber of Commerce

*25 Years of
Business Success*

Hilton Suites Markham and
Metro Toronto Convention Centre
September 9th- 10th 2016



**Obituary****Mrs. Manonmani Rasaratnam****Born: 22 February 1924 / Died: 27 July 2016**

Manonmani Rasaratnam –Born in Jaffna, Sandilipay, lived in U.K. and passed away peacefully on 27th July, 2016. She was the loving daughter of late Mr. & Mrs. Kumariah, Beloved wife of Late Mylvaganam Rasaratnam, cherished mother of Dr. Dharshini Radhakrishnan (U.K.), beloved sister of late Annapurani Thambirajah, Late Prof. Balasubramaniam, Mr. Vijayaratnam (Canada), and Late Mr. Thurairajah, beloved sister-in-law of late Mrs. Thanaluxmy Chandrasegara, Late Mr. Canagaratnam, M. Vijayaratnam (Colombo), Mrs. Ranganayagi Pathmanathan (Colombo), Late Mr. Thambirajah, Mrs. Kamaladevi Balasubramaniam (California), Mrs. Ambihai Vijayaratnam (Canada), Mrs. Sarveswary Thurairajah (Colombo), beloved mother-in-law of Dr. Thambiah Radhakrishnan (Krish-U.K.), devoted grandmother of Drs. Archana, Shiva and Ganan, devoted grandmother-in-law of Drs. Aruchuna Mohanaruban and Aarthi Uthayakumar, beloved great grandmother of Aanya. Cremation took place on Sunday, 31stJuly, 2016 at the city of London Cemetery and Crematorium – Contact Information - Mobile: +442085087550

Obituary**Veluppillai Paramanathan****(Aazhkadalaan, Retired Teacher)****30 January 1924 - 31 July 2016**

Veluppillai Paramanathan, author of many books and well known as "Aazhkadalaan" since writing the book about the heritage of the historic Vallipura Temple. He was born in Vallipura Kurichchi. Puloly - resided in Urelu, Kandy and for the last 20 years in Canada and passed away on Saturday, July 31, 2016. He is the loving son of late Veluppillai & Ledchumipillai couple, loving son-in-law of late Sinnathamby & Annapoornam couple, Loving Husband of Thirupathy, Affectionate father of Chitra (Germany), Charathchandra (Swiss), Ravichanthira (Swiss), & Subathra (Canada), Loving brother of Vallipillai & Annapoornam, Loving father-in-law of Ratnajothy, Pramila (Canada), Rajagowri (Swiss), & Elango (Canada), Affectionate grandfather of Sajith, Asmitha, Navin, Ganaan, & Bhumika.

Visitation: Chapel Ridge Funeral Home & Cremation Centre, 8911 Woodbine Ave, Markham, ON L3R 5G1 Wednesday, Aug 3, 2016. 5 pm to 9 pm & Thursday, Aug 4, 2016. 8 am to 9.30 am.

Funeral Services: Thursday, Aug 4, 2016. 9.30 am to 11.30 am

Cremation: Highland Hills, 12492 Woodbine Ave, Gormley, ON LOH 1G0, Canada - 12 Noon

Please contact: Subathra: 647-248-3691 | Pramila: 647-464-7339

OBITUARIES**August 2016****MANOHARAN - THEAGARAJAH**

Son of late Mr and Mrs Thambiah Theagarajah and son-in-law of late Mr and Mrs V.T. Rajadurai, beloved husband of Baleswary and very loving father of Rabindranath, Nimalanath, Sakthidevi and Manjula, loving father-in-law of Jeya, Selvi, Kanda and Hari, adorable grandfather of Arthiga, Anushka, Aruniga, Arushan and Virush, beloved brother of late Weerasegaram, late Packiyadurai and Thiagalingam.

JOHN PULLE - MONICA (QUEENIE)

Markham, Canada, former Teacher at Good Shepherd Convent, Kotahena, Sri Lanka. Dearly beloved wife of late Felix Johnpulle, adored mother of late Dr Antoninus Felician Johnpulle (UK), Anicetus Marcian Kiruba Johnpulle (Canada), Vinodhini Martyn (New Zealand) and late Marcella Dharmini Edirmanasinghe, loving sister of late Oliver Thavaweerasinghe, mother-in-law of Merle (UK), Dhayalini (Canada), Anselm (New Zealand) and John Canada), cherised grandmother of Dr Andrea and Dr Michelle (UK), Niluka and Dr Dilano (Canada), Jovinsha (New Zealand), late Anshan and Dr Dimitri (Canada), precious great-grandmother of Matthew, Joshua, Gabriel, Christian, Nikita, Austin, Louis, Arlo and Aria.

MAHADEVAN - ROSABELLE

Retired Teacher, Good Shepherd Convent, Kandy. Wife of late S. Mahadevan (B.O.C. Kandy), loving mother of Devarajah, Devaranee, Yogarajah and Yogaverni, mother-in-law of Christine, Rajanayagam, Priyani and Kingsley, grandmother of Rohita & Newman, Damian, Michelle, Dharshini & Ramesh, Antonio, George and Mark, great grandmother of Alexander.

RAJENDRAM - CHANDRAN ANTON

Loving husband of Premela Rajendram, father of Tanuja, Tarek and Tamim, father-in-law of Jayaraman Ganasekaran, Lekha Yappa, grandfather of Shanthi, Sajiv, Shriya, Sathya Ganasekaran and Lakshmini and Linuk Yappa, son of NMJ Rajendram and Marie Regina Rajendram.

SAVERIMUTTU - WILLIAM RAVINDRA (RAVI)

Loving husband of late Anne (nee Bolling), darling dada of Teruni, Melanie (USA) and Joe (Scan D.C.), father-in-law of Jerome Vannitamby (Caterpillar) and Nadeeja (Scanwell), grandpa of Shohane, Shevon, Nicole, Nigel, Shehan, Shohan and Shaniki.

MUTTIAH - APPOLONIOUS JEYAKUMAR.

Beloved husband of Mrs. Vanaja Muttiah, darling father of Arjuna and Amirtha, son of late Mr. Selvam Muttiah and Mrs. Susila Muttiah and loving brother of Selvakumar, Rajkumar, Ashokkumar and Shobha, loving brother-in-law of Lalini, Nandhini, Judy, Sivakanthan, Premkumar (late), Kamini, Amirtha and Prakash.

CHELLAR - KAMALA.

Beloved wife of Edward Lionel Yogarajah Chellar, loving mother of Dr. Rochelle Yogini & Chantal Anushka, loving mother-in-law of Dr. Danniell & Robert, loving daughter of late Mr. T.S. Thuraiappah & Balambikai of Sandilipay & Anacicoddai, loving grandmother of Callista, Kyle, Dylan, Alexa, Aidan, Gavin and Ellery, loving sister of Ambikai, late Meena, Sri, late Anandan, Nithy, Pathma, late Ravi and Kathy

MANONMANI RASARATNAM

Born: 22 February 1924 Died: 27 July 2016

Born in Jaffna, Sandilipay, lived in U.K. and passed away peacefully on 27th July, 2016. She was the loving daughter of late Mr. & Mrs. Kumariah, Beloved wife of Late Mylvaganam Rasaratnam, cherished mother of Dr. Dharshini Radhakrishnan (U.K.), beloved sister of late Annapurani Thambirajah, Late Prof. Balasubramaniam, Mr. Vijayaratnam (Canada), and Late Mr. Thurairajah, beloved sister-in-law of late Mrs. Thanaluxmy Chandrasegara, Late Mr. Canagaratnam, M. Vijayaratnam (Colombo), Mrs. Ranganayagi Pathmanathan (Colombo), Late Mr. Thambirajah, Mrs. Kamaladevi Balasubramaniam (California), Mrs. Ambihai Vijayaratnam (Canada), Mrs. Sarveswary Thurairajah (Colombo), beloved mother-in-law of Dr. Thambiah Radhakrishnan (Krish-U.K.), devoted grandmother of Drs. Archana, Shiva and Ganan, devoted grandmother-in-law of Drs. Aruchuna Mohanaruban and Aarthi Uthayakumar, beloved great grandmother of Aanya. Cremation took place on Sunday, 31stJuly, 2016 at the city of London Cemetery and Crematorium – Contact Information - Mobile: +442085087550



Canadian Tamils' Chamber of Commerce

**25 Years of
Business Success**

Hilton Suites Markham and
Metro Toronto Convention Centre
September 9th- 10th 2016





THE HINDU TEMPLE SOCIETY OF CANADA : Richmond Hill Ganesha Temple

- Compiled by Kidambi Raj Member, Board of Trustees

2016 ANNUAL MURUGAN FESTIVAL

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 Kodi Ettram (raising the flag of the Deity), marking the beginning of the festival was covered in the last issue. In July, some of the events that are eagerly awaited by the devotees, like the Thaer (Chariot) festival, Mambazhathiru-

vizha (Mango fruits offerings to Lord Muruga), and Theertham (Puja for the Utsava idols) function in the stream in the front of the temple were performed. It is needless to say that Thaer festival is the one festival that is attended by few thousands of devotees in their traditional dazzling dress. Since this year the Thaer festival was on a weekend more devotees attended and got the blessings of Lord Muruga. Pictures depicting these are given below.



Murugan Festival Poongavanam



Murugan Mambazha Thiruvizha



Murugan Thaer Festival

Richmond Hill Ganesha Temple has a New Chief Saivite Priest

Sri Pangusa Krishnaswami Kurukkal has been appointed as a New Chief Priest at the Richmond Hill Ganesha Temple. He had his early training in Agamas in from a well-known Hindu Religious Training institution in Pillaiyar Patti in Sri Lanka which is like Harvard in other areas. He had worked at the Kannaki Amman Koil in Uralur West Chunnakam in Sri Lanka. He came to Canada four years ago

and joined as a Head Priest at the Jaya Durga Mississauga Devasthanam of the Hindu Mission of Mississauga, Ontario.

The position came up with the retirement of Sivacharyamani Sri S. Ketheswaran Kurukkal after a dedicated service of 20 years at this temple. The devotees wish him all the best in his future endeavours.



New Chief Priest Krishnaswamy Kurukkal



Retiring Priest Sri Ketheeswaran



BICENTENARY CELEBRATIONS OF UNION COLLEGE, TELLIPALAI

One of the oldest educational institutions in the country

By: C. Kamalaharan



TELLIPALAI UNION COLLEGE

Bicentenary celebrations of a school is a historical landmark for everyone

associated with it to be proud of. The old students of Union college spread far and wide are undoubtedly in a jubilant mood to be part of the ongoing celebrations. Worldwide celebrations have already been held in Norway and Sydney and celebrations are scheduled to be held this year in Melbourne Toronto London and Tellipalai.

Established in 1816 by Daniel Poor and Edward Warren, the American missionaries the school progressed by leaps and bounds through the absolute dedication of illustrious principals. Since its inception the school was a beacon of light for many promising students who went through the portal of the school to become highly qualified professionals.

The following are some of the outstanding old students who brought honour to the school.

Prof. P. Selvanayagam: Obtained his Engineering Degree from the University of Ceylon. He also obtained his Phd in Structural Engineering from Imperial College, U.K. Later he was appointed as Professor and Head of the Department of Civil and Environmental Engineering at the University of West Indies.

Prof. N. Suntharalingham: Was an eminent physicist in the area of Radiation Therapy and Nuclear Medicine at Thomas Jefferson University, USA.

Prof. K. Kunaratnam: Was appointed as the third Vice-Chancellor of the University of Jaffna. He was an eminent physicist who established the Department of Physics at the University of Jaffna and served as the Head and Dean of the Science Faculty.

Prof. Allen Abraham (native name Subramaniam Ambalavanar): Studied at the Industrial School graduated from Jaffna College and was appointed as a lecturer at the Industrial School. He was a fellow of the Royal Astronomical

Society and became famous after correctly calculating the orbit of the Halleys Comet's closest time to the earth as 19th May 1910 between 9 am and 10 am. He also said that the comet would not hit the earth as it would enter the orbit of Venus.

S.J.V. Chelvanayakam: Q.C (1898 – 1977). Founder of the Federal Party and Founder Leader of the Tamil United Liberation Front (TULF). He studied at Union College and later served as the first President of the Old Student Association in Colombo.

Prof. P. N. Suganthan: Academic in Computer Science, Nanyang Technological University, Singapore. He obtained the highest aggregate of 372 in the 1986 GCE A/L exam in Sri Lanka and received full scholarship from the University of Cambridge.

C.K. Yesuthasan: Was the first graduate of the Industrial School which was established in 1886 and was the first native person to be trained in America.

Dr. S. Nimalan: Research Associate at National Aeronautics and Space Administration (NASA).

Dr. M. Piraveenan: Lecturer at the University of Sydney. He obtained 4As in the GCE A/L in 1999 and was among the top five in the island. It was really a creditable achievement as he was studying throughout in the displaced settings of the school. He obtained full scholarship to Australia.

Dr. S. GnanaRajan: Did his postgraduate degrees at Simon Fraser University, Canada and University of Maine, USA. He returned to Sri Lanka and served as the Senior Lecturer in Physics. Later he migrated to Australia and worked as a Research Scientist at CSIRO and currently he is a CSIRO Honorary Fellow.

Dr. Nagendram: Dept. of health, Canberra.

Dr. K. Vaithianathan: MBBS, CCFP.

Dr. A. Sivanayagam: Director of Drums Ltd.

Dr. N. Rasalingam: GP.

Dr. Suguna Vimalakanthan: Dentist.

S. Narenthiran: Water supply and environment protection authority, Victoria.

T. A. Thuraiappillai: Founder of Mahajana College.

Besides academic achievements in the field of sports too students of Union College brought fame and honour to the school.

M. Sinnathamby created a record in the mile race at the Jaffna Inter-Collegiate Sports Meet held in 1945. Later he won the first place at the All Ceylon Public Schools meet held in Colombo. He was also selected to represent Ceylon at the Indo-Ceylon meet held in Bangalore in 1946.

V. Jeyarajasingham was an all-rounder who represented the school in Cricket Football and Athletics.

Balan Francis was a cricketer who represented the Jaffna Schools Cricket Team in the match against the Australian School Boy's cricket Team held in Jaffna. He also represented the school's football team as the goalkeeper.

Thambirajah represented the Jaffna Schools Cricket Team in the match against the Australian School Boy's Cricket Team and the two towering sixers he hit was the talk of the town.

Walter Jeyarajah was a popular cricketer who represented the college team, now settled in USA.

Any write up on Union College remains incomplete without a reference to I. P. Thurairatnam the architect of the college. He was the longest serving principal who performed yeoman service for the college: Construction of the Malaya Block, installation of the pipeline water supply, introduction of the inter-house system, OSA, scout troupe, cricket, football and acquisition of the second playground etc. A strict disciplinarian and an able administrator whose period of service was hailed as the Golden Era.



Prof. P.N. Suganthan

I had the opportunity of attending the bicentenary celebrations held in Sydney on the 28th of May, accompanying my wife who is an old student and a former teacher of the College. What impressed me was the way the programme was conducted strictly according to schedule. At the stroke of 5.59 pm the scheduled time for the commencement of the programme Dr. M. Praveenan a distinguished old boy and lecturer at the University of Sydney stepped on to the stage as the compere held the mike and began his introductory speech. This was followed by an impressive speech by the OSA President A. J. Jayachandra who referred to the glorious days of Union College which served as the springboard for the students to rise up and become eminent professionals. He also referred to the darker days when the school became vulnerable to attacks during the holocaust that led to the enclosure of the area within the high security zone. Now that the school is back to normal at its original place Jayachandra was optimistic that the school would return to its glorious past. Following his speech a commemorative stamp was released to mark the bicentenary celebrations by Julie Ovens MP (Federal member of Parramatta) and Dr. (Geoff) Geoffrey Lee (Member of the legislative assembly) both of whom applauded the gallant efforts taken by the OSA in their commitment to serve their Alma Mater notwithstanding the horrendous civil war that ravaged the area.



Dr. N. Piraveenan



Release of commemorative stamp

This was followed by an eloquent speech by the Chief Guest Prof. P. N. Suganthan a distinguished old student who secured the highest aggregate of 372 in the 1986 A/L exam and received full scholarship from the University of Cambridge. At present he is an Academic in Computer Science at the Nanyang Technological University, Singapore. Suganthan in his speech brought nostalgic memories of his

*The fully packed audience*

days at Union College from 1974 till 1986. He referred to Union College as an institution close to his heart and paid a glowing tribute to Kathirkamar Balasundaram under whose period (1972 to 1987) he was a student. During this period the school underwent several developments and top students from neighbouring schools sought admission to Union College resulting in record number of university admissions in the late 1980s. 24 students gained admissions to the university on the results of the 1986 A/L exam alone. Suganthan also referred to the closure of the school and relocation of it to various places from time to time. Adding further he said that even though the school is now back to its original place it lacked facilities and stressed that a great responsibility lies in the hands of OSA spread far

and wide and requested them to continue their efforts to provide the much needed financial help as they generously did in the past.

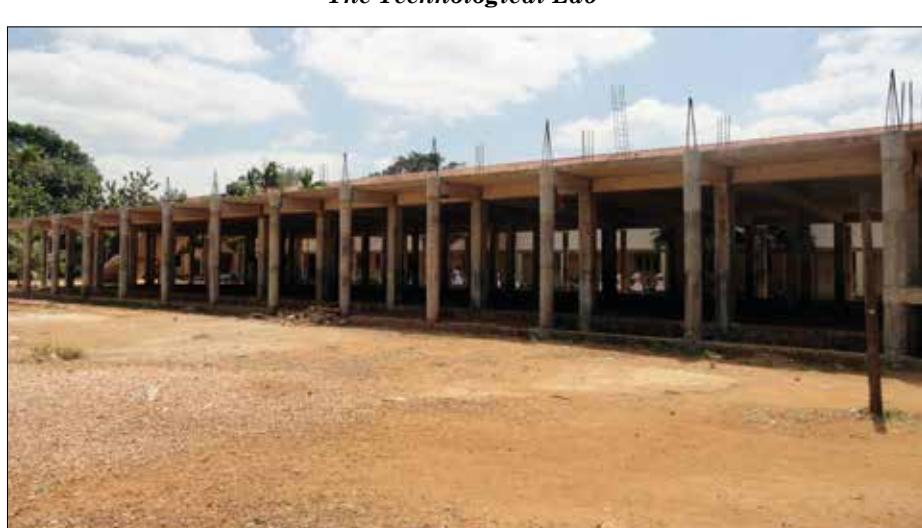
The spectacular musical show that commenced following the speeches kept the audience

completely enraptured in their seats. The popular 'Eastern Empire' a Sydney based group of multicultural and multitalented cast of musicians and vocalists kept the crowd spellbound throughout their scintillating performance selecting mellifluous songs from yesteryear films and the youth luring songs from the present day films. Among the artistes the centre of attraction was Thirilochenan Thiagarajah who besides rendering popular songs, off and on swayed his body to music. The short play 'Kallan Varuvan Kavanam' was a comedy well presented by three artistes; Charangan Ramachandra Guru, Bremini Rajalingam and Krishna Narayanasarma. Guru also accompanied the musical group as a percussionist and Mridangist. In the midst of this musical programme the secretary of the OSA Dr. Gnanarajan proposed the vote of thanks to the Chief Guest and other special guests, to all those who relentlessly toiled to make the event a grand success

and to all those who were there to support and grace the occasion.

The programme commenced and ended according to schedule without any messing up. Hats off to the executive committee for the flawless way the events were conducted, it's an eye - opener to all those who organize functions henceforth.

During our recent visit to Union College we were delighted to see Union College given a facelift in addition to the construction of new buildings, particularly the beautiful archway at the entrance. The Sanders hall built in 1882 in memory of Rev. M. D. Sanders one of the key administrators of the college has been badly damaged and a new double - storied building is in the process of construction in the same place. After meeting the principal vice-principal and some of the staff members we left happily hoping that Union College in the new set up would bounce back as the leading educational institution in the country.

*Vocalists in action**The New Buildings**The musical troupe**The Technological Lab**The comedy play**Sanders hall under construction*

Canadian Tamils' Chamber of Commerce

11th year in circulation

*25 Years of
Business Success*

www.monsoonjournal.com

Hilton Suites Markham and
Metro Toronto Convention Centre
September 9th- 10th 2016





CANADA DAY CELEBRATIONS IN AJAX



Fusion dancers



Fusion dance performers



Smt. Rajani Sakthiruban students performing



Performers with Tracey and Robert from Town of Ajax



Performers with director and manager of Culture and Recreation Department, Town of Ajax

As part of the 2016 Canada day celebrations, the students from the Institute of Academic and Fine Arts of Durham in Ajax, staged two dance performances in honor of Canada and its respect for multiculturalism and diversity. For the past three years, students from the institution had the privilege of performing at Canada day celebrations invited by Town of Ajax and contribute to the cultural diversity of Canada. This year students of Smt. Rajani Sakthiruban, Bharathanatyam guru from the institution, dedicated one of the dances as a tribute to Tamil culture. The second performance was choreographed by Miss. Vashine Kamesan in a

semi classical fashion. Such appreciation of different cultures by Canadians is what makes us unique. We are lucky and thankful to be part of this country that appreciates its people and welcome all different cultures. As Canadians we can truly represent our nation with pride and integrity. Our sincere thanks to the Town of Ajax for giving us the opportunity to perform again. Many thanks to the teachers and students for giving an amazing performance. It is also important to highlight and thank the parents for their support with this performance.

DTA ROCKS CANADA DAY

Durham Tamil Association (DTA) was represented very well at the 2016 Canada Day celebrations at both the Pickering and Ajax locations. The entire event was a tremendous success and we were thrilled on how it all came together despite many obstacles, none greater than the weather that threatened to ruin it all on the day.

The Pickering booth at Kinsmen park was beautifully decorated and provided free Henna, face painting & tattoos for the patrons who came out to enjoy the festivities. Right from the start our booth was well attended by our fabulous youth volunteers who gave their time managing the booth and doing beautiful henna designs for the young ones and adults - we had a

full house and people were lining up to get in all through the afternoon.

Besides the booth, DTA was on the "Family Stage" and performed 4 cultural acts to entertain the crowds.

Kalaimathy teacher Kala Vageesan choreographed a group Bharathanatyam performance. Performers were: Nithyashri Pirithiviraja, Debborah Swarnakumar, and Ughesh Vageesan

A pulsating bollywood dance organized by our very own Yoka Selvan. Performers were Latkthika and Kavea Kalaichchelvan, and Abisha Jeyananthan.

A Fusion Dance performance that included the famous "Wavin' Flag" by K'naan, organized by our member

Thushy Guna. Performers were: Swaathi and Shruthi Ketheeswaran.

We closed with a classical dance called Thillana performed by well known teacher Varna Sandeep; who is the owner and teacher at Varnanjali Natyalaya in Ajax.

The exec members took the lead to manage the information booth from 5-10pm at the Ajax Downs location. There was great participation and lots of new members signed up. We also had youth volunteers do tattoos for the kids. Overall, DTA's participation at Canada Day was a great success.

A big thank you to the following volunteers and executive members for their invaluable support and contribution at both locations.

Youth Volunteers:

Vipushiga Gnaneswaran, Geetntnanan Gnaneswaran, Piravera Selvakumar, Varisha Mayoorn, Suweitriaa Kalaichchelvan, Lakthika Kalaichchelvan, Shamira Kandiah, Delaney Kandiah, Nivetha Naguleswarah, Krista Ganeswaran, Mathusza Jeyananthan, Sarangi Kumar, Branalli Kumar, Vethussha Gowripal, Shanaga Ghaffar.

We are pleased to invite all children and youth to participate in our 16th Annual Youth Festival October 22, 2016 call us at **905.428.7007**

www.durhamtamil.com





JAFFNA CENTRAL - VEMBADI, 17th ANNUAL WALK-A-THON IN AID OF THE HEART & STROKE FOUNDATION

On Saturday July 2nd, 2016 the Jaffna Central College Old Boys Association, Canada and Vembadi Old Girls Association, Canada jointly held the 17th annual walk-a-thon at Morningside Park, Scarborough. For sixteen years we were collecting funds for the SickKids Foundation. This year for the first time we have raised funds for the Heart & Stroke Foundation. It was a very successful event and the two Associations collected \$4150. We like to thank Esa Paramananda and R.Sivakumar for coordinating the Walk-a-thon. The entire collection was handed over to Heather Black-Bunting, Sr. Area Manager, Community Programs, Toronto Office of Heart & Stroke Foundation on July 19th (please see photo where members of both associations handing over the cheque).

JCCOBA Canada wishes to announce the 200year anniversary (bicentennial) of Jaffna Central College in Jaffna, Sri Lanka. To

mark this historic occasion, old boys, their friends and well-wishers living in Canada will be celebrating with a Gala- Variety Entertainment of Dance, Music and Drama on Saturday September 17th 2016 at Sir John A MacDonald Collegiate, Scarborough. A special edition souvenir will be released on that day. Please keep this date free, come in great numbers and support a historic event. Central college was founded on August 1st 1816 in Jaffna and has remained in the same location for 200 glorious years. The college had a series of celebrations throughout 2016 and the final big event will take place in Jaffna on September 9, 2016 in the presence of the Excellency, the President of Sri Lanka, honourable Maithripala Siresena.

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





Enchanting Ganesha Temple of Edmonton

By Thuraiyooran

My wife and me had the privilege of attending the annual festival of the Edmonton Maha Ganapathy Temple from the 10th to the 20th of July 2016. I also attended this temple's inaugural Kumbabishekam in 2000. I could remember that Sri Gurudeva Sivaya Subramuniya Swami of the Hawaii Adheenam was in attendance for the kumbabishekam in 2000. Later in 2012, another Kumbabishekam was conducted after installing the Kodimaram. This year's festival was well attended by all the Hindus living in the city and its adjoining towns. Some devotees had come from Calgary, another important city in Alberta province, and Saskatchewan. Since this being the only Ganesha Temple and the only South Indian style temple many Hindus attended the festival even though they speak different languages other than Tamil.

This temple started as a prayer group in a devotee's house about three decades ago, has now blossomed into a beautiful and well planned temple filled with devotional atmosphere. I could see that every step of the progress of this temple has been a miracle. Right from the purchases of this land and the building of such a fine temple has been a miracle. I am sure Ganesha had a hand in his beautiful abode by the side of a creek in a cul-de-sac. After the purchase of the land Gurudeva visited it, when he came to Edmonton on another mission and after inspecting it prostrated at a spot and told the devotees who were with him on that day, that the prime deity (moolavar) to be placed there. According to his vision everything was planned and executed. Later he ordered a Ganesha statue from India to be delivered at his own expense. This is the Ganesha now enshrined in the sanctum sanctorum of the temple. At the beginning of this temple there were only about 25 Sri Lankan Tamil families in Edmonton and most of them were professionals and had no savings to start the temple, since they had invested in the land. But later money came from various sources by the Grace of Ganesha. Along with Sri Lankan Hindus others from various communities also helped in building it. I remember with the help of some of my friends in Toronto, I organized a cultural show to raise funds for the temple in 1994. I got involved since two of my brothers and a good friend of mine were fully involved in its construction. Devotees of Hawaii Adheenam were also involved in this. Later a native of Fiji, Sathasivan Pillai joined as an ardent devotee helping in the temple and as the office manager of the temple from the inception. I feel that Ganesha selected his devotees and assigned them responsibilities and they are all carrying them on piously and passionately



even to this day. This is a remarkable feature worth mentioning.

The festival was well attended by devotees from the city and its suburbs. They all attended the poojas with devotion and in silence, observing every details with patience. I had a rare experience of devotional bliss in the temple, which I never had in Toronto. This may be due to the fact I was visiting this temple festival every day morning and afternoon and was more or less living the greater part of the day in the temple. Devotees were provided with lunch and dinner throughout the festival days by various sponsors. Punjabis, South Africans and Fijians also took turns and sponsored festivals and lunches. There was friendship and good understanding between various communities. Another noteworthy feature was the visit of the Federal cabinet Minister Hon. Amarjeet Sohi to the temple on his own accord, since he is also a Hindu from Punjab.

The poojas were conducted very well by the chief Priest Pramasri Viswanatha Kamalanathan Kurukkal ably assisted by Pramasri Karthikeya Ragavan Iyer. Sivasri S. Surenthira Kurukkal was specially invited from Toronto to conduct special poojas according to Agamic traditions and to recite the Mantras with precision and diction. The former chief Priest Sri Subramaniya Kurukkal who is now retired also participated in the conduct of the poojas. The temple is well managed by a group of five Trustees with assistance

from many volunteers. Unlike in some Toronto temples politics and partiality has no place there. As all the trustees are genuinely interested in the progress of the temple and has no vested interest. Another noteworthy feature of the temple is the clean and tidy environment inside

and outside the temple. I saw a young assistant priest periodically cleaning the floor and surrounding areas of the flag pole by towels while the abishekam was in progress. This is not seen in any temple in Toronto. I congratulate the trustees and the volunteers on this matter. Even the devotees were well behaved, silently and patiently watching the poojas being performed. There was a spiritual atmosphere around the temple. I think some devotees of Toronto must take heed of this and observe silence during the pooja times.

All in all, this was an experience I will cherish throughout my life. I thank the Almighty Maha Ganesha for providing me such a rare opportunity.

Om Namasivaya.



Converting Real Estate Transactions
to a "Real" Relationship...



Thiba

Shanmugarajah
Sales Representative

647.546.7653

thibaremax@gmail.com
dreamhouzz.ca [realtorthibashan](#)

**RE/MAX®
COMMUNITY**
Realty Inc., Brokerage
Each office independently owned and operated
Tel: 416 287 2222 Fax: 416 282 4488
1265 Morningside Ave. Suite 203
Toronto ON M1B 3V9



EDUCATION • TRAINING • WORKSHOP

5 Day Course
Basic, Advanced and
Diabetic Foot Care
for
Registered Nurses and
Registered Practical Nurses

1 Day Training
Ankle Brachial Index (ABI)
Training for Advance Foot
Care and Wound Care
Nurses

Online courses also
available, Please visit our
website for more information

Contact us at
905-839-0080/
416-272-3859

For more information or visit
our website at
www.footcareacademy.ca

**Foot Care
ACADEMY**



Redefining the South Indian dining experience with a modern twist.

**SOUTHERN
AROMA**

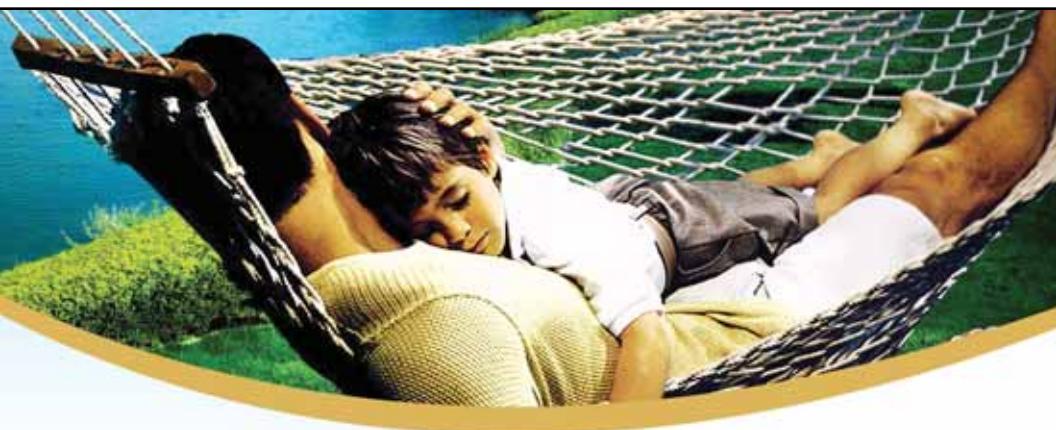
Dining | Takeout | Catering

#14 - 7200 Markham Rd. Markham, ON L3S 3R7

905.554.2255 | www.southernaroma.ca

LOOKING FOR AN UNFORGETTABLE TRAVEL EXPERIENCE ?

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



සිංහල යෙදාමක්කලට පාතුකාප්පුන් සේවීරතුන්ති... සුවපහන සහ ආරක්ෂාකාරී ගමනකට...

Millennium Leisure Travels Inc.

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

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

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

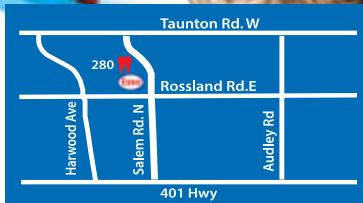


KC DENTAL
Dr. Chandra & Associates



Visit us at KC Dental where we can provide dental care for you and your entire family

280 Rossland Rd. East, Ajax ON. L1Z 0K4,
Salem / Rossland, Next to ESSO gas station



Come visit us and let our friendly staff give you a tour of our clinic.

New Patient Accepted

Our clinic is environmentally friendly:
Digital charting and radiography.

Monday to Friday : 10am to 7pm
Saturday : 10am to 5pm
Sunday: Appointment & Emergency only

 **KC DENTAL**
Dr. Chandra & Associates

 **416 700 0101**

 www.drchandradental.com

For more information & appointments
please call Jeya at:

905-683-0505

416-700-0101



- Life insurance
- Critical illness insurance
- Long term care insurance

I want to protect my family.

I can help with your goals.

Let's talk about Money for Life.



Ajith Sabaratnam* CHS™

Ajith Sabaratnam Insurance and Investments Inc.
Tel: 905-276-7140 ext 2248
Cell: 647-401-5800
ajith.sabaratnam@sunlife.com
www.sunlife.ca/ajith.sabaratnam
1200 – 4 Robert Speck Parkway
Mississauga, ON L4Z 1S1



Life's brighter under the sun

RE/MAX Community Realty is a proud partner of The Scarborough Hospital Foundation.



Strong Communities build Strong Hospitals

Monsoon Journal has completed

10
Full Years
in
Circulation

Advertise in
Monsoon Journal

416-358-3235

For a Career in Real Estate

JOIN

RE/MAX Community Realty:
203 - 1265 Morningside Ave
Toronto ON. M1B 3V9

Tel: 416.287.2222



Velumailum Loganathan
Broker of Record
416-500-7965

Rajeef Koneswaran
Broker/Manager
416-568-1078

Is this the *right* time
to
Sell
my
Property

Call to clear your
doubts or for a
Free Market Evaluation

Velumailum Loganathan, B.Sc.

Broker of Record

416-500-7965



RE/MAX®



COMMUNITY

Realty Inc., Brokerage

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





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

Mahan Ghajemukan
Sales Representative

416-999-2777

Smgajan@gmail.com

 **RE/MAX®** 
COMMUNITY

Realty Inc., Brokerage

Independently Owned & Operated

203-1265 Morningside Ave East

Toronto, ON. M1B 3V9

Tel: 416.287.2222

www.remaxcommunity.ca



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

VARIETY.

Check News & Events from
various communities in the GTA.

"Printing the winds of change around us"



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

For
Advertisements
Call

Tel: 416-358-3235

E-Mail: toronto@monsoonjournal.com
Web: www.monsoonjournal.com



RE/MAX® sells a home every 2 minutes*

Choose wisely. Choose **RE/MAX®**



Velumailum Loganathan
Broker of Record
416-500-7965



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



Rajeef Koneswaran
Broker
416-568-1078

*Based on data from RE/MAX and CREA

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



Murali Sivaguru

Sales Representative

416-271-2579

Info@sivaguru.com

 **RE/MAX®**
COMMUNITY

Realty Inc., Brokerage

Independently Owned & Operated

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

Tel: 416.287.2222

www.remaxcommunity.ca



Call to find your Dream Property

Velumailum Loganathan, B.Sc.

Broker of Record

416-500-7965

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

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



FREELANCE PHOTOGRAPHERS PHOTOJOURNALISTS WANTED



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

Monsoon Journal has media accreditation to access many corporate events.

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

Interested to meet people and cover social events.

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

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

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

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

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

Monsoon A parfait media publication
www.monsoonjournal.com *Journal*

Contact:

416-358-3235

toronto@monsoonjournal.com
www.monsoonjournal.com

SOLD

2 Bed room Condo Unit, 1703 McCowan Road

Sold for 96% of asking price

3 Bed room Condo Unit, 1703 McCowan Road

Sold over asking price**SOLD**

3 Bed room Condo Unit, 45 Sunrise Ave

SOLD

2 Bed room Condo Unit, 2466 Eglinton Ave E


**RE/MAX®
COMMUNITY**

Realty Inc., Brokerage

203 - 1265 Morningside Ave

Toronto, ON. M1B 3V9, Tel: 416.287.2222

vlogan599@yahoo.com, www.remaxcommunity.ca

**Velumailum Loganathan**

Broker of Record

Direct: 416-500-7965**Tharuma Somasunderampillai**

Sales Representative

Direct: 416-268-6098* Not intended to solicit properties currently listed for sale or individuals currently under contract with a Brokerage.

Houses & Condos **WANTED**

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

We have many buyers looking for homes and condos.

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



Call us for your "Free Market Evaluation"

**Velumailum Loganathan**

Broker of Record

Direct: 416-500-7965


**RE/MAX®
COMMUNITY**

Realty Inc., Brokerage

203 - 1265 Morningside Ave

Toronto, ON. M1B 3V9, Tel: 416.287.2222

vlogan599@yahoo.com, www.remaxcommunity.ca

**Tharuma Somasunderampillai**

Sales Representative

Direct: 416-268-6098* Not intended to solicit properties currently listed for sale or individuals currently under contract with a Brokerage.

Monsoon Journal

A parfait media publication

Meticulously bringing the nostalgic Journey



[HOME](#) [ABOUT](#) [ARTICLES](#) [OBITUARIES](#) [ARCHIVES](#) [CONTACT](#)



Justice Sripavan appointed Chief Justice of Sri Lanka



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

January 30, 2015, 8:58 PM

WEATHER

TORONTO

-9°C

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

-5°C -15°C -7°C -15°C -16°C

WED THU FRI SAT SUN

U.S. cautions Sri Lanka on challenges ahead

1 day ago

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

[READ FULL STORY →](#)

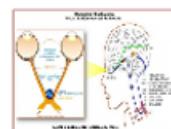
Canada will continue to encourage progress in devolution of power, accountability and reconciliation in Sri Lanka



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

January 30, 2015, 9:44 AM

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



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

January 29, 2015, 9:50 PM

CANADA NEWS



JANUARY 28, 2015

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

Ontario Premier Kathleen Wynne hosted a reception to Celebrate Tamil Heritage Month and Thai Pongal.



JANUARY 24, 2015

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

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



JANUARY 13, 2015

Thai Pongal & Tamil Heritage Month

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

CONNECT WITH US

[Facebook](#) [Our page](#)

[Twitter](#) [Follow us!](#)

Find us on Facebook



Monsoon Journal



55 people like Monsoon Journal.



[Facebook social plugin](#)

Tweets

[Follow](#)

 [Monsoon Journal](#)

11h

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



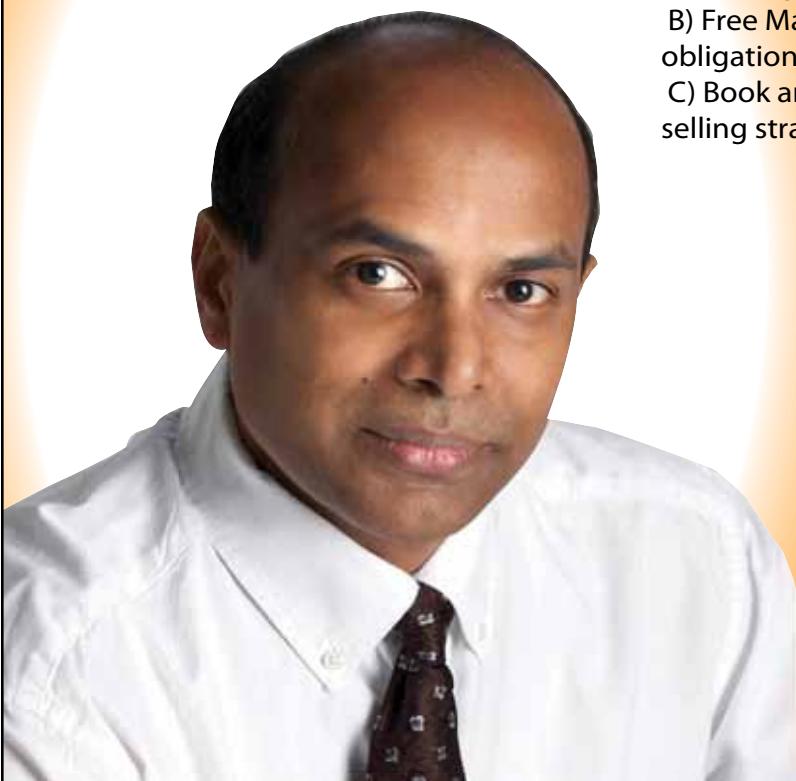
Visit our new website:

New Look

Many Interesting Sections

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

Elango's Season Promotions

**SELLERS**

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

BUYERS

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

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

V. ELANGO

Sales Representative
elango_remax@outlook.com

416 844 2206



To Buy or Sell
Home, Condo,
Commercial or Business



Contact your friendly Agents from Re/Max Community Realty:

Tel: 416-287-2222

RE/MAX COMMUNITY REALTY INC., Brokerage
203-1265 Morningside Ave Toronto, ON. M1B 3V9

RE/MAX
Outstanding Agents.
Outstanding Results.




FREELANCE PHOTOGRAPHERS PHOTOJOURNALISTS **WANTED**

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

Monsoon Journal has media accreditation to access many corporate events.

Are you passionate to cover events host by Federal, Provincial, Municipal Govt, Healthcare Providers, Corporate, Small Businesses, Leading Banks, Major events such as Pan Am, Caribana etc.

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

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

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

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

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

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

Monsoon
A parfait media publication
www.monsoonjournal.com *Journal*

Contact:

416-358-3235

toronto@monsoonjournal.com
www.monsoonjournal.com



Redefining the South Indian dining experience with a modern twist.

SOUTHERN AROMA

Dining | Takeout | Catering

#14 - 7200 Markham Rd. Markham, ON L3S 3R7

905.554.2255 | www.southernaroma.ca



EDUCATION • TRAINING • WORKSHOP

5 Day Course
Basic, Advanced and
Diabetic Foot Care
for
Registered Nurses and
Registered Practical Nurses

1 Day Training
Ankle Brachial Index (ABI)
Training for Advance Foot
Care and Wound Care
Nurses

Online courses also
available, Please visit our
website for more information

Contact us at
905-839-0080/
416-272-3859

For more information or visit
our website at
www.footcareacademy.ca

Foot Care
ACADEMY



Ready to Sell?
Need to Find Your Dream Home?
Call me!

Patricia Peter
Sales Representative
Dir: 416-834-5753

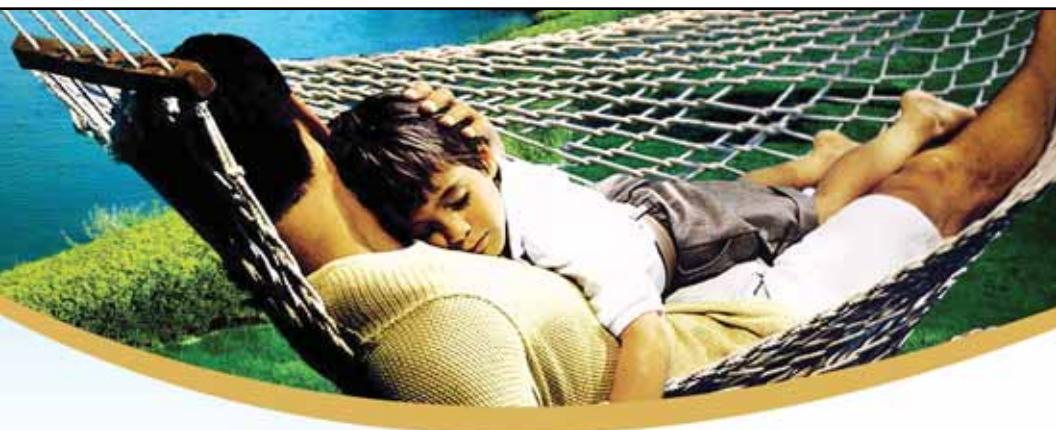
E-mail: callforpat@yahoo.com
www.torontorealtyagent.com

RE/MAX® Dynasty Reality Inc
8 Shadlock Street, Suite #7
Markham, ON. L6S 3K9
Bus: 905-471-0002 Fax:905-471-7441



LOOKING FOR AN UNFORGETTABLE TRAVEL EXPERIENCE ?

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



සිංහල යෙදාමක්කලට පාතුකාප්පුන් සේවීරතුන්ති... සුවපහන සහ ආරක්ෂාකාරී ගමනකට...

Millennium Leisure Travels Inc.

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

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

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



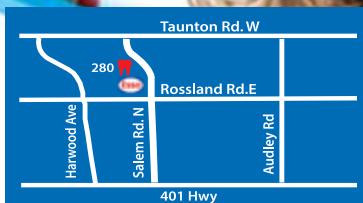
KC DENTAL

Dr. Chandra & Associates



Visit us at KC Dental where we can provide dental care for you and your entire family

280 Rossland Rd. East, Ajax ON. L1Z 0K4,
Salem / Rossland, Next to ESSO gas station



Come visit us and let our friendly staff give you a tour of our clinic.

New Patient Accepted

Our clinic is environmentally friendly:
Digital charting and radiography.

Monday to Friday : 10am to 7pm
Saturday : 10am to 5pm
Sunday: Appointment & Emergency only



KC DENTAL

Dr. Chandra & Associates

416 700 0101

www.drchandradental.com

For more information & appointments
please call Jeya at:

905-683-0505

416-700-0101



- Life insurance
- Critical illness insurance
- Long term care insurance

I want to protect my family.

I can help with your goals.

Let's talk about Money for Life.



Ajith Sabaratnam* CHS™

Ajith Sabaratnam Insurance and Investments Inc.
Tel: 905-276-7140 ext 2248
Cell: 647-401-5800
ajith.sabaratnam@sunlife.com
www.sunlife.ca/ajith.sabaratnam
1200 – 4 Robert Speck Parkway
Mississauga, ON L4Z 1S1



Life's brighter under the sun