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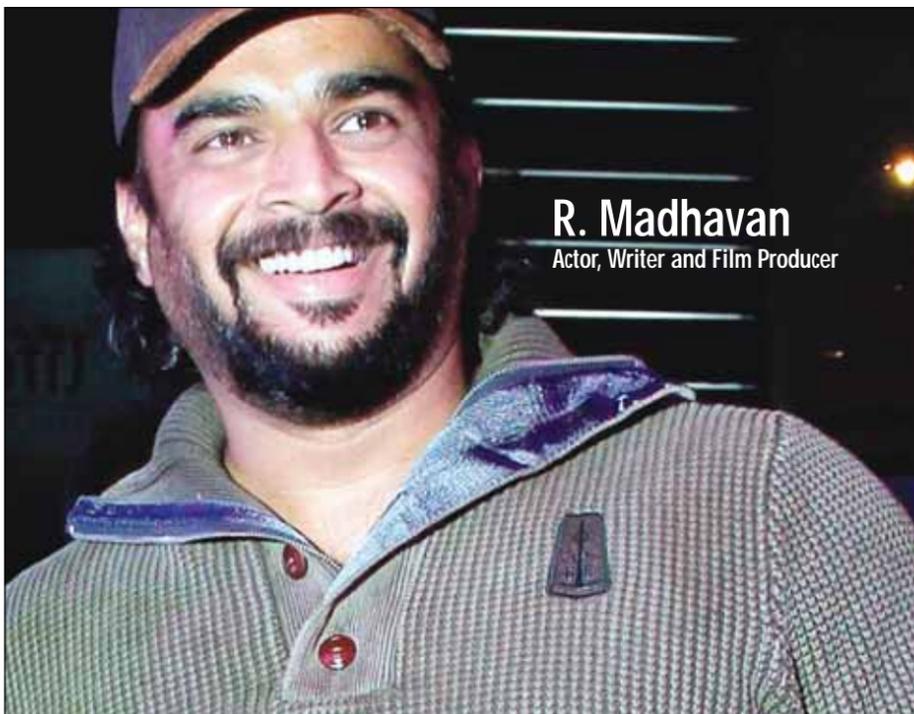
Canadian Tamils' Chamber of Commerce Celebrates 25th Anniversary

R. Madhavan and Mathangi "Maya" Arulpragasam (M.I.A) attending as Special Guests of Honour

(Details on pages 3, 4, 11, 24 and 25)



Ajith Sabaratnam
President, Canadian Tamils' Chamber of Commerce



R. Madhavan
Actor, Writer and Film Producer



Mathangi "Maya" Arulpragasam (M.I.A)

English hip hop recording artist, director, visual artist, activist, record producer, photographer, fashion designer and model

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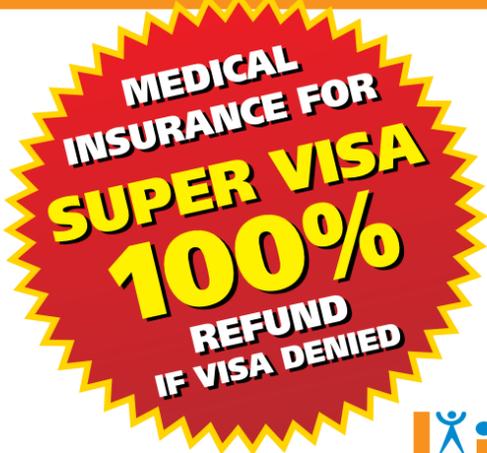
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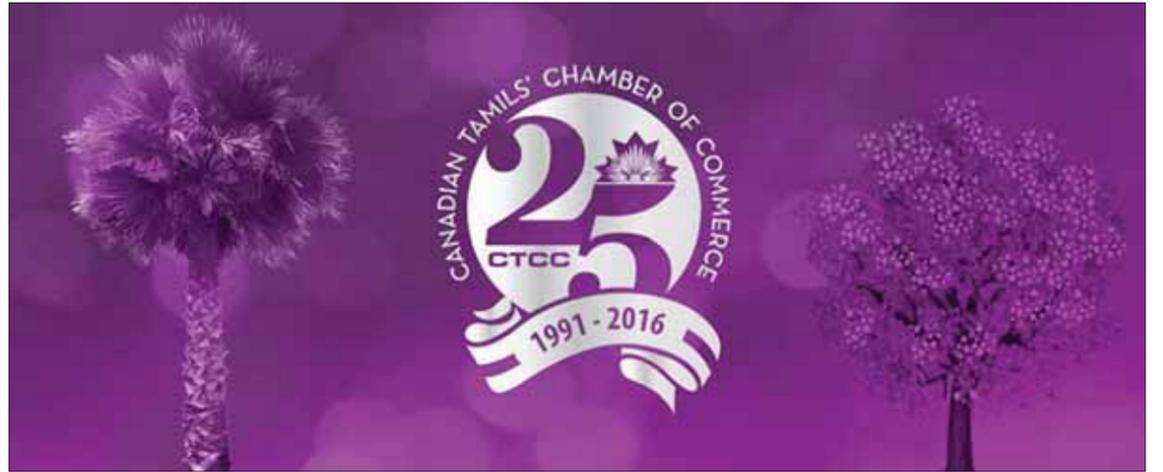
Courtesy of Monsoon Journal

from the publisher's desk

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CTCC, Pioneering organization of its kind amidst Tamil Canadians



Small business and entrepreneurship is one of the backbones of a free enterprise environment. It may have several smaller components, yet every one of them is vital.

The Canadian Tamils' Chamber of Commerce (CTCC) has been one of a kind organization amidst Tamil Canadians for a quarter century now embodying this spirit of commerce.

The membership may have been small in the early years particularly, yet its presence has been a larger one in consistently conveying their organizational message of Tamil Canadians contributing towards the vibrant economy of Canada.

As the Tamil Canadian community enters a new phase where members of their "second generation" enters the economy and into the forefront of every aspect of Canadian life, the silver

jubilee being celebrated by CTCC reinforces the unique purpose it held over the years as one of the hundreds of organizations amidst Tamil Canadians, even as one of many newcomer communities of in Canada.

While there were multitudes of organizations in all sorts of arts, religious, social, welfare and political leanings - CTCC blossomed into one pioneering forum that voluntarily and on a non-profit basis emphasized the spirit of entrepreneurialism of Tamil Canadians.

As Canadian Tamils' Chamber of Commerce celebrating its silver jubilee, Monsoon Journal congratulates all members and its boards in sphere heading the organization to its formidable place today! Monsoon Journal extends Best wishes for the prosperous future of all at CTCC and Canada!!

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This Month in History

V. O. Chidambaram Pillai

Valliappan Olaganathan Chidambaram Pillai (Born: 5 September 1872, Ottapidaram, Thoothukudi District, British India - Died: 18 November 1936, Thoothukudi, British India) 5 September is Birth Anniversary of VOC | Valliappan Olaganathan Chidambaram Pillai, popularly known by his initials, V.O.C. also known as Kappalottiya Tamilan "The Tamil Helmsman", was a Tamil political leader.

He launched the first indigenous Indian shipping service between Tuticorin and Colombo with the Swadeshi Steam Navigation Company, competing against British ships. At one time a member of the Indian National Congress, he was later charged with sedition by the British government and sentenced to life imprisonment; his barrister license was revoked.



"Is this famine and disease meant for your true devotees?"

To whom do the greatness in this world truly belong?" - Subramania Bharathiyar

"Coming together is a beginning; keeping together is progress; working together is success" - Henry Ford (July 30, 1863 - April 7, 1947) American industrialist

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

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Why predictions of PC defeat in Scarborough-Rouge River were wildly inaccurate

By Steve Paikin

September 2, 2016 –

Don't you just love it when all the experts are wrong?

For the past few days, we've been inundated by pundits who've been adamant that Ontario Progressive Conservative Leader Patrick Brown's sex-ed snafu would lead to a crushing defeat in last night's Scarborough-Rouge River byelection. The loss would be especially disheartening for the Tories, because for the first time in 30 years, polls showed them actually competitive in that part of the city.

It will take some serious, in-depth polling before we ever know for sure why last night's result was not at all what the pundits expected. But we can surely start to speculate on why Raymond Cho is now going from Toronto City Hall to Queen's Park to assume his duties as the new PC MPP for Scarborough-Rouge River.

This byelection was the Liberals' to lose. That part of Scarborough has been reliably red for more than 30 years (Rouge River was created in 1999, but even when it was part of another riding it had gone Grit since 1985). Over the past five elections, the Liberals had won that part of the city easily - by 50 points as recently as 2007. And you'd think that by promising hundreds of millions of dollars to build a one-stop subway that many folks think is unnecessary, the government would have purchased enough love in the community named by former Lieutenant-Governor John Graves Simcoe's wife Elizabeth to hang on to it. Not to mention the same PC candidate, Toronto city councillor Raymond Cho, came in third in Rouge River during the 2014 general election.

The Liberals sure piled on with everything they had, after Brown's self-inflicted error, to wit: suggesting he favored, then opposed, then favored yet again the government's new sex-ed

curriculum. News releases have been flying out of the Liberal press office with regularity over the past few days, trying to embarrass Brown as much as possible over his faux pas.

Early this week, education minister Mitzi Hunter held a photo op at a Toronto school, but made sure to criticize Brown during her media Q&A. Then deputy premier Deb Matthews followed up with an impromptu press conference slamming Brown's predicament. Yet more press releases detailed a blow-by-blow chronology of Brown's vs. Cho's version of how the sex-ed confusion happened, pointing out all the inconsistencies in their respective stories.

In the end, it didn't make a darned bit of difference, probably for several reasons:

- The anti-government feeling around Ontario is pretty intense, with Premier Kathleen Wynne's personal approval ratings hovering around the 16 percent mark.

- Byelections are notoriously easy opportunities for the electorate to take a smack at any government, especially a majority government which these Liberals have. And that won't change even after last night's PC party upset.

- If we're considering ethnic politics, both the Liberals and New Democrats had candidates from the Canadian Tamil community. Any splitting of that vote would have helped Cho significantly.

- The sex-ed fofoerah - and the ensuing supposed alienation of social conservatives - just wasn't a factor. Or it certainly wasn't as much of a factor as Scarborough's antipathy to the incumbent government.

Perhaps the biggest unknown about last night's results is what role Brown's mea culpa had in firming up the Tory vote. Brown risked embarrassing himself further by disassociating himself from the anti-sex-ed pamphlet his own team circulated in the riding. To the extent anyone followed the drama, one can conclude that more potential



Ontario Progressive Conservative Leader Patrick Brown on the campaign trail with Councillor Raymond Cho - Pic via: [facebook.com/votepatrickbrown](https://www.facebook.com/votepatrickbrown)

Tory voters were impressed with his taking responsibility for the mess and re-affirming his original position, than those who were mad at him for his flip-flop on the issue.

For her part, the premier is currently in Mexico, but in a statement released last night, admitted the result was "disappointing and gives me cause for reflection." While Wynne has been focused on trying to run a truly transformational government (carbon emissions cap-and-trade, privatizing some of Hydro One, new political fundraising rules, a \$160 billion infrastructure renewal program), she also acknowledged in her statement that she may have got tripped up on the more basic things people expect from their governments, such as affordable electricity rates.

"The government needs to focus on helping people with their everyday ex-

penses," she said.

But, at the risk of being a killjoy for conservatives, let's remember this: three years and one month ago, the Tories were similarly overjoyed when they snagged the riding of Etobicoke-Lakeshore in a byelection. Again, it was a city councillor who moved to provincial politics (then-deputy Toronto mayor Doug Holyday) who won the seat for the blue team. But it was only a temporary victory. Less than a year later in the provincial general election, Lakeshore went right back to the Liberals, to the same candidate the voters rejected only ten months earlier - Peter Milczyn, the current MPP.

So, yes indeed, Tories should celebrate a brilliant upset win this week. But don't think this means Wynne and her Liberals are cooked. A week is a lifetime in politics, and there are almost 100 lifetimes before the next general election. (via: tvo.org)

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Scarborough Rouge River Candidates Express Appreciation via Social Media

The following are excerpts of recent social media posts by the Scarborough Rouge River by election candidates after the victory of Ontario PC on September 1:

Raymond Cho - Ontario PC

"Thank you very much and I have so many people I would like to thank." - "People of Scarborough and everyone... cause now I have become MPP".



Piragal Thiru - Ontario Liberals

Deepest gratitude to everyone who have been part of this remarkable journey. It has been a true blessing to meet many passionate individuals from across this great riding, and I look forward to continuing to work with everyone to build strong communities. Congratulations to Raymond Cho, MPP elect for Scarborough-Rouge River as well as Neethan Shan for running strong campaigns.



Neethan Shan - NDP

Congratulations to the newly elected MPP for Scarborough-Rouge River Raymond Cho! Congratulations also to Piragal Thiru on a very hard fought campaign. Much respect to both of you and your teams.



Priyan De Silva - Green Party

"Thanks everyone! Congratulations to all who participated in our Democratic process. We are here. #GPO"



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UN chief realises Tamils' demand for international justice - TNA

The UN Secretary General Ban Ki Moon told the Tamil National Alliance (TNA) in a meeting on Friday, September 2nd in Jaffna that he fully realises the Tamil people's expectation of justice and that it must include international involvement, the TNA's spokesperson, M A Sumanthiran told reporters after the meeting.

"Today the Tamil National Alliance (TNA) met with the UN Secretary General, Ban Ki Moon at the Jaffna public library and had lengthy discussions," Mr Sumanthiran said.

"Mr Mavai Senathirajah, Mr Suresh Premachandran, Mr Selvam Adaikkalanathan, Mr Dharmalingham Siddharthan, Mrs Shanthi Sriskantharajah, Mr Yogeswaran, as well as myself, Sumanthiran took part in the meeting."

At this meeting the opposition leader [R Sampanthan] highlighted the situation today after the end of the armed conflict to the Secretary General.

"All efforts towards reconciliation in our country stem from his [Ban Ki Moon] visit to Sri Lanka on 23rd May 2009 when he released a joint statement with the then president Mahinda Rajapaksa, as well as the Panel of Experts appointed by himself. This is also the reason for a few efforts towards accountability. We

thanked him for this."

"[R Sampanthan] also raised the ongoing present day issues of delays in released occupied land; the heavy military presence in the North; the Prevention of Terrorism Act has not been repealed; people continued to be imprisoned under this Act and detained without release; political process has begun but needs to address the Tamil people's legitimate aspirations. In his response the Secretary General said he agrees with all stated issues and raised them with the Sri Lankan prime minister and president."

Mr Sumanthiran added that Mr Ban has said "during his meeting with the president he insisted that the Geneva resolution must be implemented 100%, as only if 100% is aimed for with 70%-80% be achieved; if 50% is aimed for then not even 20% will happen; therefore they must do some things boldly."

"Mr Ban said he intends to continue to meet Tamil people and that he realises the Tamil people's expectation for justice and their call for international involvement [in a justice mechanism]," Mr Sumanthiran said adding that the UN chief had accepted the UN's failure to act in 2009.

- via TamilGuardian.com

Pollution kills as many people as cancer does, UN's new environment chief warns

The new head of the United Nations environment agency on August 30th laid out key issues facing the international community on environmental issues, including pollution as well as the linkages among the environment, wars and conflicts, and migration.

"The World Health Organisation has estimated that seven million people on the planet are dying from pollution – that is more or less the same number of people dying from cancer," the Executive Director of the UN Environment Programme (UNEP), Erik Solheim, told reporters in Geneva.

In his remarks, the former Norwegian politician and diplomat flagged the role that partnerships could play in UNEP's mission, noting that "at the very minimum we will be ready to go into partnerships with companies who either behave well or are ready to change," and citing a recent agreement in Addis Ababa to look into a partnership with Ethiopian Airlines to find ways to assist the company in achieving the maximum fuel efficiency.

The second issue is "to look into the crossroads between environment and wars and conflicts and migration," said Mr. Solheim.

To bring greater focus to these priorities, he said, it is necessary to reach out to



more people and change narratives to get closer to people's hearts. As a first step, he is considering changing the organisation's name from "UNEP" to "UN Environment."

Mr. Solheim also highlighted how his past experience would help inform him in his new role. As a negotiator of the peace process in Sri Lanka between 1998 to 2005, Mr. Solheim said he had gained valuable lessons, including the importance of dialogue and compromise.

"In my view you should always try to talk even with political leaders as well as guerrilla leaders or terrorists leaders who do not seem to be amendable to compromise – let's try talking," he said.

Mr. Solheim was elected to the UNEP position for a four-year term by the General Assembly on 13 May this year, succeeding Achim Steiner of Germany, who led the agency for the past 10 years. – UN News – UN.org

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In first visit to Sri Lanka since end of war, Ban flags role of human rights and sustainable development on path to stability

2 September 2016 – In his first visit to Sri Lanka since the end of its civil war seven years ago, United Nations Secretary-General Ban Ki-moon praised the country's steps towards peace and reconciliation, while also highlighting the importance of and need for more progress with human rights and sustainable development for that progress.

"This is my first visit to Sri Lanka since 2009, when I saw great suffering and hardship. Hundreds of thousands of people were displaced and in need of humanitarian aid after the terrible conflict that tore the country apart," Mr. Ban said in his speech to an event held on the theme 'SDG16: Sustaining Peace – Achieving the Sustainable Development Goals,' held in the capital, Colombo.

"I called for fast reconciliation and action to build peace, in the knowledge that conflict can recur in fragile post-war societies. Today, the picture is very different," he added. "I congratulate the Government and people of Sri Lanka for the progress you have made. There remains much hard work ahead, but you have moved with determination along a new path with great promise for all the country's people."

The United Nations supported political efforts to resolve the civil war and, during its final stages in 2009, strongly advocated respect for human rights and a humane and orderly end to the fighting. In the aftermath of the conflict, according to the UN Department of Political Affairs, the world body – through the work of its agencies, funds and programmes – has assisted with the return and resettlement of civilians uprooted by the conflict. It has also encouraged the Government of Sri Lanka to adopt policies to promote political reconciliation and a credible accountability process for allegations of war-time violations of international human rights and humanitarian law.

In his remarks, the Secretary-General took note of Sri Lanka's progress since the end the civil war, especially since a new government – that of President Maithripala Sirisena – took office in January this year.

He commended its efforts to move forward on a comprehensive transitional justice agenda and on a constitutional reform process, as well as symbolic steps such as the decision to sing the National Anthem in Sinhala and Tamil on the country's Independence Day last February – the first time this had happened since the 1950s.

"These steps have built confidence and trust, and strengthened transparency and accountability," Mr. Ban said. "But more can and should be done to

address the legacy of the past and acknowledge the voices of the victims. Sri Lanka is still in the early stages of regaining its rightful position in the region and the international community. There is still much work to be done in order to redress the wrongs of the past and to restore the legitimacy and accountability of key institutions, particularly the judiciary and the security services."

In his remarks, the Secretary-General also highlighted the links between the 17 Sustainable Development Goals (SDGs) of the 2030 Agenda for Sustainable Development and Sri Lanka's own path to stability and peace.

"The 2030 Agenda marks a watershed in the way we have formally linked peace and security to sustainable development," said Mr. Ban. "It points the way towards reducing violence, promoting harmony and prosperity, and making the world safer for all. The entire 2030 Agenda is centred on respect for human rights. It aims to ensure that no one is left behind, by reaching out to the most vulnerable and marginalized first."

In particular, he singled out SDG16, which is centred on the promotion of peaceful and inclusive societies for sustainable development, the provision of access to justice for all and building effective, accountable and inclusive institutions at all levels.

"Goal 16 is a benchmark for peaceful and inclusive societies. It demands action against corruption and crime. It requires that institutions function in a transparent and efficient way, based on the rule of law, and that access to justice is guaranteed for all," the UN chief said. "These are important targets in themselves, but they are also crucial for achieving all the other Goals."

The Secretary-General flagged that a human rights-based approach is fundamental both to post-conflict reconciliation, and to global peace and prosperity.

"Here in Sri Lanka, the world's work for human rights faced one of its most difficult tests. The decades-long civil war saw terrible violence, terrorism, the use of human shields and other grievous violations of human rights and humanitarian law," he said. "In the conflict's decisive final stages, tens of thousands of civilians perished. The war was ended – an unquestionable good for Sri Lanka, the region and the world. But we also know that even in its ending, the price was high."

"I again commend Sri Lankans for examining the difficult period you have now begun to leave behind. I am sure those efforts will continue to generate important lessons for the international



Secretary-General Ban Ki-moon meets with some residents of the resettlement area in Palai Veemankamam South Village, Sri Lanka. UN Photo/Eskinder Debebe

community that can save many lives in many places," Mr. Ban added.

He noted that all sectors of society, in particular women and youth, must be involved in planning for peace and sustainable development, and the results must benefit all.

Recalling his meeting with youth at an event in the southern city of Galle on September 1st, the Secretary-General said he was inspired by their vision for a peaceful and sustainable future. He also called for women to "take their rightful place," and paid special tribute to Radhika Coomaraswamy, his former Special Representative for Children and Armed Conflict, for having worked tirelessly for women and children throughout her many years of public service for the UN.

In concluding his remarks, the Secretary General called on all sections of the country, as well as its international partners, to come forward with coordinated support for the framework the government has put in place. He said he looked forward to their contributions in taking this country forward on

the new path of peace and reconciliation.

Also on Friday, September 2nd the Secretary-General addressed a news conference in Colombo, during which he noted the progress the country has made since his last visit, particularly in relation to a visit made earlier today to the northern city of Jaffna, which has a large Tamil population. While there, he met with the Tamil political leadership, civil society members and the governor and discussed the government's efforts on transitional justice, peace building and reconciliation.

"Great progress has been made in alleviating the problems associated with mass displacement," Mr. Ban said. "When I was there almost seven years ago, they were all staying in refugee tents. Now they have been building brick houses. While I was also sad to see that they are still suffering from all of these, I saw that they were very busy, they were making their own lives with the help of the international community, UNHCR and other United Nations agencies."

Financial assistance sought for Kidney Replacement

Somasundaram kurukkal (in picture), Priest at Veerakaththi Vinayagar Alayam Karaichchikudiyeruppu, Sri Lanka via his Temple Facebook Account ([facebook.com/karaichchikudiyeruppu](https://www.facebook.com/karaichchikudiyeruppu)) has sought financial assistance to treat kidney failure and towards replacement. Notice in Tamil posted on Facebook can be seen here.

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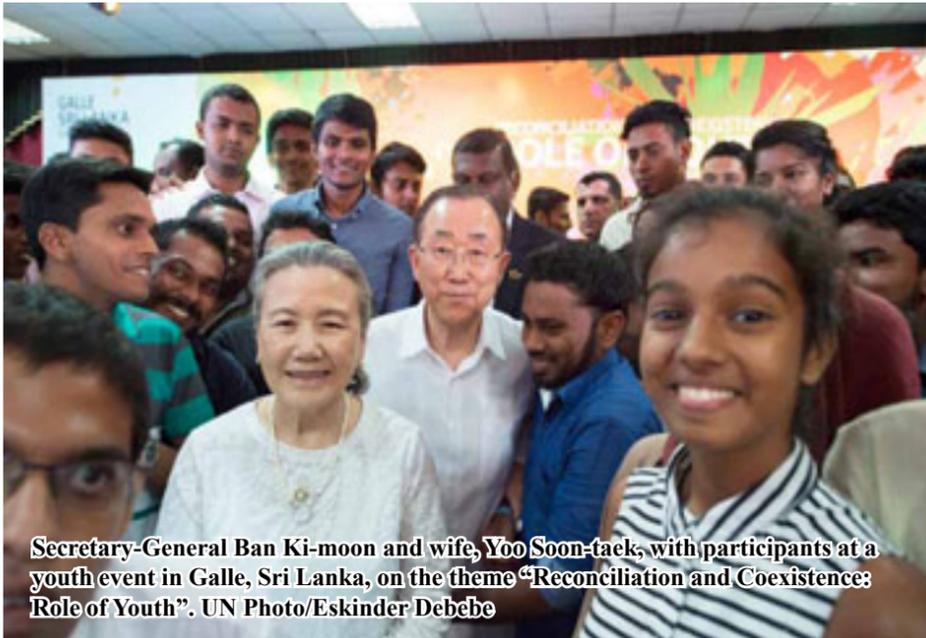
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In Sri Lanka, UN chief highlights key role of young people in building peace and sustainable development



Secretary-General Ban Ki-moon and wife, Yoo Soon-taek, with participants at a youth event in Galle, Sri Lanka, on the theme "Reconciliation and Coexistence: Role of Youth". UN Photo/Eskinder Debebe

1 September 2016 – Involvement of all sections of the society, in particular its young people, in bottom-up peace building approaches is vital to ensure sustainable social justice, United Nations Secretary-General Ban Ki-moon said on September 1 st at a youth event in Sri Lanka.

"Why should young people be sent off to fight wars, but be prevented from building peace?" Mr. Ban said in his remarks at the event, which had the theme of "Reconciliation and Coexistence: Role of Youth."

He added that the exclusion of young people from peacebuilding and reconciliation processes is "one of the most serious injustices" and that it has to be corrected.

The Secretary-General flagged that youth played a critical role in designing the 2030 Agenda for Sustainable Development, which was agreed and adopted by world leaders last year, along with the Sustainable Development Goals (SDGs), with the latter serving as a global plan for people, peace, prosperity and the planet.

Many of the Goals focus on priority areas for young people: quality education, empowering women and girls, and ensuring decent work for all," said Mr. Ban, calling on the young people "to lead the way."

Referring to Sri Lanka as a major contributor to the youth agenda globally – such as with its hosting of the 2014 World Conference on Youth – the UN chief highlighted that, at the national level, it is important to continue to increase investment in the young women and men who make up one fifth of the country's population.

"You are your country's biggest asset. Sri Lanka's future success depends on you," he said.

Noting that many young people in the country were born and lived the early stages of their lives during conflict, terror and displacement and have had to suffer deprivations and injustice, Mr. Ban

underscored that involvement in peacebuilding, reconciliation and post-conflict transformation provides an opportunity to emerge from trauma and play a part in creating a better future.

He introduced Thevuni Kavindi, whom he recently appointed to his Advisory Group on Youth, Peace and Security on International Youth Day this year, to the audience. He said that Ms. Kavindi, a 23-year-old Sri Lankan, is playing a leading role in the country's youth movement which is working to unite young people from all ethnic and religious backgrounds across the country to promote reconciliation and lasting peace.

Asking them to take inspiration from Ms. Kavindi, the Secretary-General urged the country's young people to "continue to prove that Sri Lanka is emerging from decades of adversity, suspicion and divisiveness. Please lead the way towards rebuilding, reconciliation and an appreciation of diversity in unity," he concluded.

Earlier on Thursday, September 1st the UN chief met with the President of Sri Lanka, Maithripala Sirisena, to whom he pledged his continued support for Sri Lanka's reform agenda, including for the reconciliation, transitional justice and peacebuilding processes.

"He expressed hope for increased momentum in these important areas. He also endorsed the comprehensive Peacebuilding Priority Plan," Mr. Ban's spokesperson said in a readout of the meeting.

He added that the Secretary-General was encouraged by President Sirisena's leadership and commitment to stay the course and fulfil the aspirations of the Sri Lankan people in bringing lasting peace and prosperity for all. He also commended the Sri Lankan leader for his leadership on the 2030 Agenda for Sustainable Development and climate change, and welcomed the government's initiatives to incorporate the Sustainable Development Goals into the national development framework.

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How Donald Trump insults the American creed

By Amarnath Amarasingam

Ever since sociologist Robert Bellah wrote "Civil Religion in America" in 1967, the concept he defined has been important for understanding how Americans understand themselves. Every time I hear Donald Trump speak, I am reminded of this essay — not because of what he evokes, but because of what he fails to.

Most American politicians are expert at tapping into the time-honored themes we have all heard many times before: Americans as a chosen people; hope, rebirth, freedom; the Founding Fathers, charity and faith. Politicians like Barack Obama and Sarah Palin are masters at summoning these themes to connect Americans to the larger philosophical framework that has informed the nation's rich history.

Trump. His language is almost devoid of values-based language that link Americans to their history and sense of self. Instead, it constitutes a crass, unmoored, of-the-moment sales pitch about how bad things are today and how great he'll make them tomorrow.

It is not Trump's gloomy image of the United States that is particularly new. Every candidate in the opposing party has to present the last four or eight years as having taken the coun-

try in the wrong direction. They then have to talk about how they will correct course.

But I don't think the candidate understands what's glaringly missing from his sales job.

As Bellah noted long ago, while there is of course a separation of church and state in the U.S., there is also a kind of prophetic spirit that animates the political realm in the country, and it is based on peculiarly American beliefs, symbols and rituals.

As Bellah wrote, "Behind the civil religion at every point lie Biblical archetypes: Exodus, Chosen People, Promised Land, New Jerusalem, Sacrificial Death and Rebirth. But it is also genuinely American and genuinely new. It has its own prophets and its own martyrs, its own sacred events and sacred places, its own solemn rituals and symbols.

"It is concerned that America be a society as perfectly in accord with the will of God as men can make it, and a light to all the nations."

This is the markedly special aspect of American patriotism that many who are not American can't fully comprehend. Though some of us roll our eyes when politicians end their speeches with "God bless America," those words

are a perfect expression of the creed.

The God of American civil religion guides the country's history, protects its leaders and has a special concern for its future. The soldiers who fight on its behalf are inviolable and should be revered.

Instead, Trump seems to reject the idea that there's anything unique about the United States. Last year, he said of American exceptionalism, "I never liked the term." In 2013, he called the idea "very insulting" to other countries.

Presidents play both a priestly and prophetic role; they bring warning, but also bring promise. They sound the siren when America has turned its back on its "God-given role" in the world, and help it get back on course.

In this regard, Trump is quite out of his element. This is why he answered George Stephanopoulos' question about soldiers and sacrifice with "I've created thousands of jobs" and "built great structures." It is why he questioned whether Sen. John McCain was a war hero given that he was captured. It is why he doesn't really understand why people are outraged by his statements about the Khan family.

Bellah wrote that American civil religion was a double-edged sword. It could be a powerful tool to rally the



masses and forge a new path, or it could drive the country into a narcissistic and idolatrous worship of itself. Trump cannot inspire the masses because he demands that they be inspired by him. The American people, one hopes, will realize soon that he is not the prophet for whom they have been waiting.

(Amarnath Amarasingam is a fellow at the George Washington University's Program on Extremism. This article first appeared on The New York Daily News)

What is an ETA (*Electronic Travel Authorization*) and who needs an ETA to enter Canada?

Not everyone needs a visa to enter Canada. Citizens of certain countries could arrive at a Canadian border without a visa and they would be allowed entry and permission to stay for up to six months depending on their reason to visit. This, however, is about to be changed as all citizens of visa exempt countries will have to apply for an ETA (Electronic Travel Authorization) prior to their journey. An application for an ETA is a simple process that can be completed in a few minutes via the government immigration website. The approval also usually takes only a few minutes in most cases and the applicant is notified of the approval by email. However, certain cases may take days to complete the process. As such, it is advisable that you make the application for an ETA well ahead of your travel time.

Also keep in mind that Canadian citizens, dual citizens, permanent residents or holders of any type of temporary visas such as visitor, student or foreign worker need not apply for an ETA prior to their arrival in Canada. It is also noteworthy that an ETA is a requirement only for visitors who ar-



rive by air. If foreign nationals travel to Canada by sea or through a land border they are not required apply for an ETA prior to their journey.

Before the introduction of the ETA system, Canada did not have prior knowledge of who is arriving at their

airports if the visitors were from the visa exempt countries. The new system compels the applicant to disclose certain information about themselves while making the ETA application. For instance, they must disclose if they have committed any offenses, have

been charged or convicted of any offenses in the past. It is also noteworthy that certain actions that are not considered offenses abroad, may be construed as offenses according to the Canadian laws. If an ETA applicant has such prior records it may be in his or her interest to explore the possibility of applying for rehabilitation (if the offence was committed abroad) or a record suspension (if the offence was committed in Canada) if sufficient time has lapsed since the act or conviction. Failure to do so may result in an ETA application being turned down and denial of entry to Canada.



Shani Hanwella
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Former Visa Officer, Canadian High Commission, Colombo, Sri Lanka

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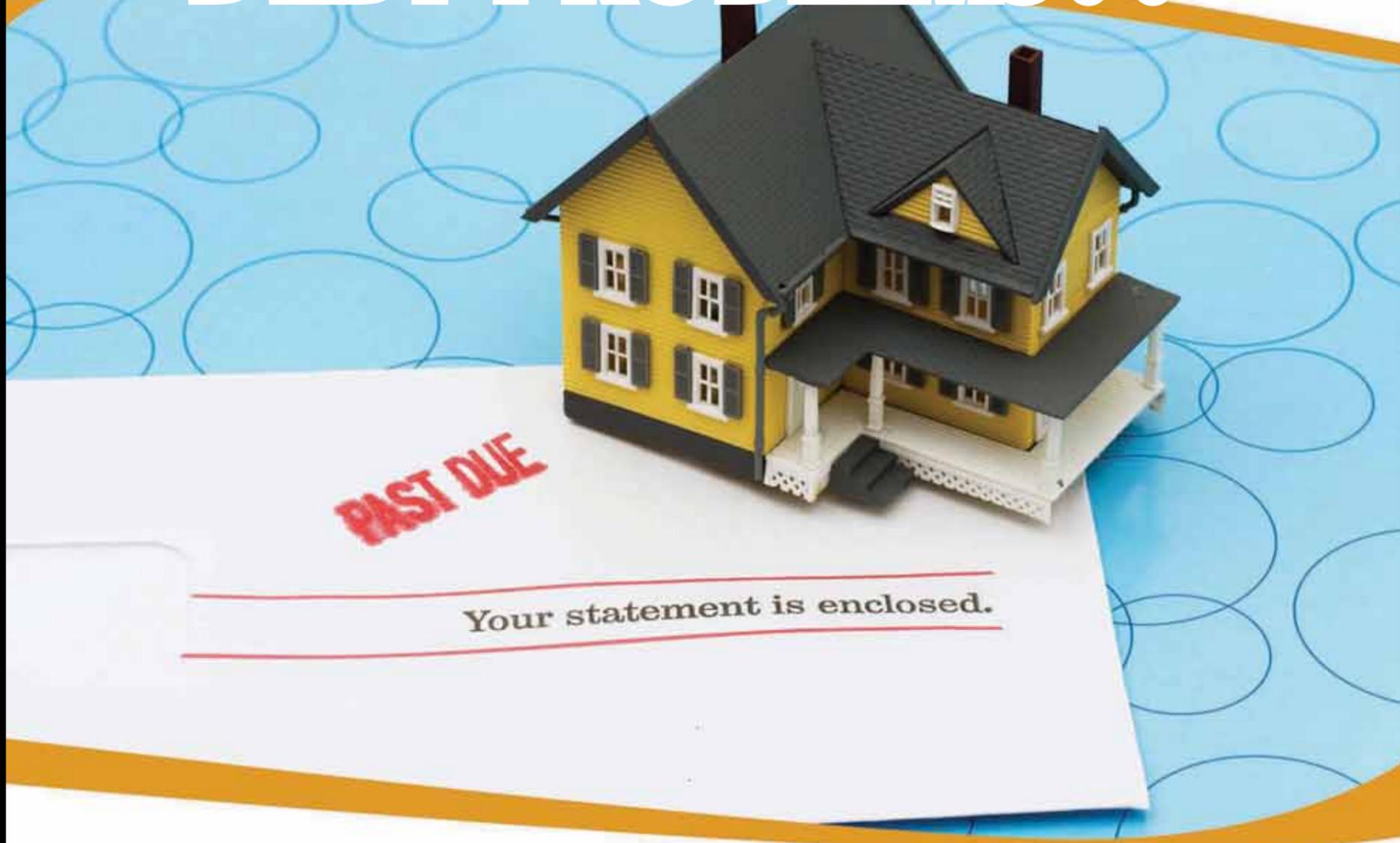
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PROVIDENCE HEALTHCARE STAFF CERTIFIED IN ADVANCED OSTOMY CARE

Congratulations to Viani Tropiano and Shannon Krukowski, professional practice consultants for nursing at Providence Healthcare, for successfully completing the University of Toronto's Advanced Ostomy Care and Management program. The 10-week comprehensive course provides health care professionals the opportunity to enhance their knowledge and skill in the application of best practices for ostomy and peristomal skin care.

An ostomy is an opening created during a surgery in which a piece of the patient's intestine is brought to the outside of his abdomen. It's created so waste can exit the body, captured in a pouch a patient wears. The peristomal skin is the skin surrounding the opening and it can be prone to complications such as irritants and infection.

People of all ages may need to have a stoma for a variety of reasons, ranging from birth defects, disease and complications from a surgery to a severe injury.

With technology advancing and ostomy care suppliers constantly developing new products, current knowledge of the field has become especially important.

Various modules examining anatomy and physiology, pharmaceutical considerations and surgical procedures were covered in the course learnings. Students were also fitted with an instructional stoma and pouching system for a



Providence Healthcare staff Viani Tropiano and Shannon Krukowski recently completed a specialized course in ostomy care at the University of Toronto.

full 24 hours to simulate some of the feelings faced by a patient.

By continually expanding their knowledge in health care best practices, Providence staff are ensuring they are better equipped to meet the requirements of the most complex pa-

tients as well as possess a deeper understanding of their needs.

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Local Talent on Display at TSH

The Artist's Walkway at The Scarborough Hospital's (TSH) General campus looks a little bit brighter this month with a fresh installation of children's art generously donated by students from local schools in the Beach, East York, and Scarborough communities.

The series of pieces, ranging from paintings on canvass to hand drawn posters, were developed as a two-year multi-arts program funded by the Ontario Trillium Foundation to encourage children and teens to be inspired and get involved in creating art in their local communities. The pieces were on display for all to enjoy at the Beach International Jazz Festival last month.

"Now that the festival is over," says Joanna Katchutas, Curator of Exhibitions, Multi-Arts and Photography programming for the Jazz Festival, "the students are thrilled that they're able to share their work with patients, visitors, and staff at The Scarborough Hospital. It goes a long way in fulfilling our mandate of creating and displaying art by the community for the community."

The Artist's Walkway at TSH was created as a labour of love by a former TSH staff member. The program has



carried on as an ongoing "Hang Art, Lift Hearts" initiative managed by TSH's Volunteer Services department. "We are so thrilled to share the work by these young artists with the hospital's patients, staff, and visitors," said Florence Edebiri, Interim Manager,

Volunteer Services at TSH. "Over the years, the 'Hang Art, Lift Hearts' initiative has included pieces of staff art, aboriginal art, quilt art, and now we're excited to include this art from students as well." The art installation will remain in the Artists' Walkway until September 15.

TSH STAFF MEMBER OFFERS "UNPARALLELED CARE AND SUPPORT" TO PATIENT IN FINAL DAYS



Karen Powell with Linda MacMillan's mother, Kay Fujimoto

The experience was equally emotional for Karen. "I wrote that song in 1998 and whenever I sing it, all the memories about my grandmother, who I was so very close to, come flooding back," she said.

Kay died five days later on May 31. In preparing for her funeral, Linda asked if Karen would sing 'Go On' at her funeral service and Karen agreed.

"It's something our family will never forget," said Linda. "We are so humbled by the kindness of Karen to share her gift with us all."

In addition to Karen's incredible act of generosity, Linda praises the "unwavering attention and compassion provided by all the physicians, nurses, and caregivers" at TSH who attended to her mother.

Outside of the care Kay received in her final weeks, Linda's family has a number of other personal and professional connections to TSH. She and her two sisters were born at the General campus. As well, Linda worked at TSH in the dietary department and cafeteria, and Kay worked in housekeeping.

The words to Karen's song 'Go On' are below.

Go On by Karen Powell

I watched you struggle through tough times
Holding on

Grasping for life
But the pain was too much to endure
I can't believe that your gone
Your presence is still alive
I will surely miss that smile upon your face
But go on
God will welcome you with open arms
Go on
He'll relieve you from the suffering and the pain
Don't be afraid
Just go on
And when you reach the Promised Land
Shine a light and touch my hand
It will comfort my heart
Knowing you are with angels in the sky
But go on
God will welcome you with open arms
Go on
He'll relieve you from the suffering and the pain
Don't be afraid
Spread your wings and fly
And go on

For Linda MacMillan, Karen Powell was "an angel" she feels she was "destined to meet."

On May 16, 2016, Linda's mother, Kay Fujimoto, was admitted to The Scarborough Hospital's (TSH) Palliative Care program at the General campus following a diagnosis of stage four lung cancer the month before. Karen, a housekeeping staff member assigned to the sixth floor where Kay was staying, would clean her mother's room and always greet them both with a kind hello.

One day, Linda heard Karen singing to herself in the common kitchen area of the unit.

"I complimented her on her beautiful voice and asked her if she could possibly sing a song to my mom in her room," said Linda.

"She agreed and sang my mom's favourite song, Rod Stewart's 'Have I Told You Lately', along with 'Wing Beneath My Wings', and 'Amazing Grace'. Mom lit up with joy and enjoyed listening to Karen."

During her last week of life, Kay was getting weaker and less responsive. "She barely spoke or opened her eyes," said Linda.

"On May 26, Karen came into my mom's room to sing her a song she entitled 'Go On' that she had composed for her grandmother's funeral. Karen had written it while on the plane to Jamaica to sing at the service.

"When she began to sing, my mom's eyes opened wide and she smiled at her the entire time. My mom listed intently to the words, and at one point, she closed her eyes and I believe the message had brought her profound peace and comfort so she could 'go on'."

Hospitals Move Towards Integration

Hospital Boards respond to Minister's direction

On April 28, 2016, Ontario Minister of Health and Long-Term Care Dr. Eric Hoskins announced that the government would support the implementation of recommendations from the Report of the Scarborough/West Durham Expert Panel. The Report addressed measures related to hospital governance, service delivery and future planning.

Since this announcement, Lakeridge Health (LH), Rouge Valley Health System (RVHS), and The Scarborough Hospital (TSH) have been working together to implement these recommendations, specifically RVHS' Ajax/Pickering site integration with LH, and amalgamation of TSH and RVHS' Centenary site. Two proposals were developed supporting the integrations, which have been submitted to the Central East Local Health Integration Network (Central East LHIN) on July 25, 2016 as a formal notice of their intent to integrate. The targeted date of the integrations is November 1, 2016.

The proposed integrations will ensure that health services in Scarborough and Durham will continue to be responsive to the

needs of all communities. The integrations will also ensure that the hospitals provide appropriate access, deliver an outstanding care experience for patients, and use resources efficiently to keep these services sustainable well into the future. The proposals have the full support of the Boards of Directors of each hospital.

The three hospitals are committed to an open engagement process and will be arranging community information and consultation sessions in the coming weeks. Details will be shared once they become available.

The integration proposals are available on each of the hospital's websites:

- Lakeridge Health
- Rouge Valley Health System
- The Scarborough Hospital

To provide feedback on these proposals or to have your questions answered, please contact Lakeridge Health at communications@lakeridgehealth.on.ca, Rouge Valley Health System at communityrelations@rougevalley.ca or The Scarborough Hospital at communications@tsh.to.



Rouge Valley creates palliative care team

Hospital responds to community feedback

Rouge Valley Health System (RVHS) has moved forward with its objective to create a palliative care team based on feedback from community focus groups held on end-of-life care between December 2014 and January 2015, and support from the RVHS Board of Directors.

“Our mission as a hospital is to provide the best health-care experience for patients and their families,” says Fred Clifford, chair, Board of Directors, RVHS. “We are listening to the needs of our community in order to improve this experience.”

The focus groups, led by Rouge Valley’s volunteer Community Advisory Group (CAG), consisted of representation from community members, hospital staff, physicians, the hospital Board, and hospital senior management. Based on these groups, and a follow-up session to confirm the findings, the CAG published the Report on End-of-Life Care Patient/Family Experience in July 2015.

Several ideas for change brought forward by the focus groups, including the creation of a palliative care team at Rouge Valley, were contained within the report. A palliative care steering

committee was formed at RVHS to oversee the implementation of these ideas.

The committee is chaired by intensivist Dr. Jesse Delaney and Pauline Cooper, social worker, with executive support from Dr. Naresh Mohan, chief of staff, and Amelia McCutcheon, vice president, patient services, and chief nursing executive. Committee members include physicians, nurses, allied health, management, a CAG member, community partners and the Community Care Access Centre (CCAC). The committee led a value stream mapping exercise and carried out a survey to get further feedback from additional stakeholders, resulting in tremendous support to create a palliative care team.

“Our focus group participants shared their ideas about how best to enhance the patient and family experience with end-of-life care,” says Andrée Robichaud, president and CEO of RVHS. “They told us we need to have experts in the hospital devoted specifically to this care. Based on this feedback, our steering committee considered different models and best practices on how to make this happen. We are pleased to respond to the needs of

our community by putting a new palliative care team into place at RVHS.”

The team will take care of palliative inpatients and consists of: palliative care physicians who will support the attending physicians by providing assessments and consultations; a nurse practitioner (NP); and a clinical practice nurse lead. Other services such as social work, spiritual care, speech language pathology, physiotherapy, and nutrition will be accessed through existing hospital staff. The team will offer services at Rouge Valley Centenary (RVC) in Scarborough, and Rouge Valley Ajax and Pickering (RVAP) in Ajax.

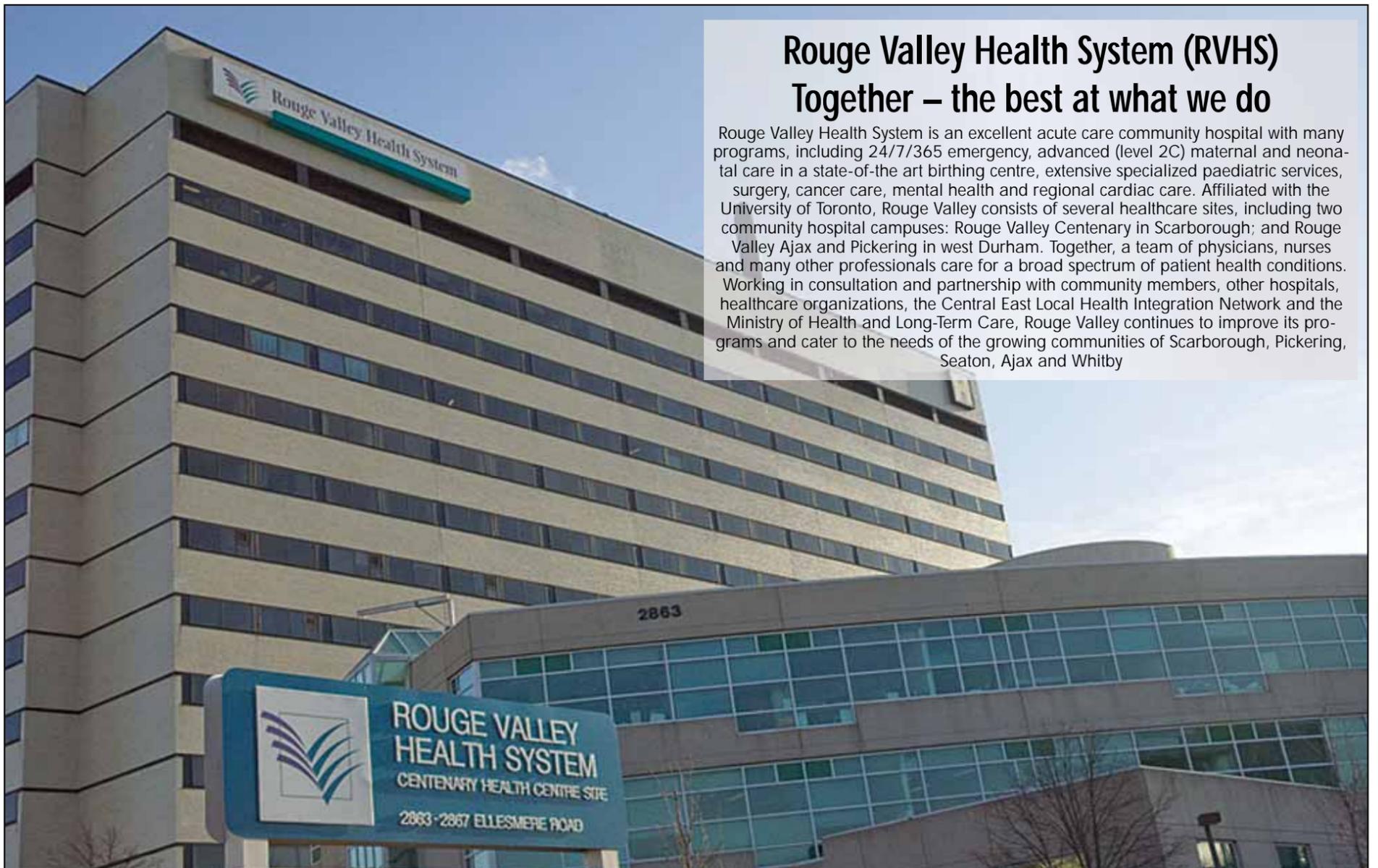
RVHS has also responded to the community’s identified need for a palliative care outpatient clinic. The clinic helps patients with a palliative diagnosis to have their symptoms managed at home and in the clinic. For procedures such as infusions, paracentesis (draining fluid off of the abdomen) and thoracentesis (draining fluid off of the lungs), patients will not have to be readmitted to hospital. The palliative care clinic at RVC opened on July 12, 2016, while the clinic at RVAP will open soon.

“The clinic will offer palliative care patients effective pain and symptom

management, and psychosocial support to both patients and their families,” says Glyn Boatswain, director, cardiac, critical care, cancer and surgery, RVHS. “This means patients will spend less time in hospital and a better quality of life at home.”

Phyllis Hill was engaged in the focus groups as a member of the CAG at RVHS. “This was an invaluable experience that demonstrates how engagement should work,” she says. “It gave us a greater understanding of the variety of ways that people and cultures approach end-of-life and end-of-life decisions.”

“Our community consultation on end-of-life care is a great example of how the patient experience can be improved when our hospital partners with patients, families and community members to make changes,” says Ome Jamal, chair of the CAG, RVHS. “But this partnership doesn’t have to stop at the hospital level – community feedback would also strengthen other health-care and community organizations, and allow for an integrated and seamless system of health care.”



Rouge Valley Health System (RVHS) 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 healthcare 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, healthcare 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.



Special Feature

First Multiple Myeloma Database in Canada Captures Real-World Patient Evidence



Today, seven Canadians will be diagnosed with multiple myeloma, a devastating cancer that affects blood and bone marrow. Last year, 2,700 Canadians learned they had multiple myeloma – 1,200 in Ontario alone. Over half died from the aggressive disease.

On September 1, the Myeloma Canada Research Network (MCRN) launched the Canadian Multiple Myeloma Database – a first of its kind database that will capture relevant data and work toward optimizing the care of Canadians living with multiple myeloma. Developed in full collaboration with patients and medical experts, the MCRN Canadian Multiple Myeloma Database will inform clinical practice, myeloma research, clinical trial development and sound health policies for multiple myeloma patients. Working as



Dr. Donna Reece, Aldo Del Col and Takeda Canada – proud sponsor of the MCRN Canadian Multiple Myeloma Database.

a nationwide, multi-centre, initiative, the MCRN Canadian Multiple Myeloma Database will become a cornerstone to optimizing clinical outcomes using evidence-based decision making for the treatment and care of all multiple myeloma patients across Canada.

“The MCRN Canadian Multiple Myeloma Database will help inform current Canadian benchmarks for successes in treatment therapies using real-world Canadian evidence,” says Dr. Chris Venner, Chair of the MCRN and clinical lead for the Malignant Hematology Program at the Cross Cancer Institute in Edmonton, Alberta. “We currently generalize international data that is not always reflective of the Canadian experience, especially with regards to drug access, and so the patient evidence captured through this database will help inform our current limited benchmarks on Canadian successes in therapies and available drugs.”

In a 2012 national survey of Canadian myeloma patients, research was identified as a leading priority among the patient community. Like many chronic diseases impacting Canadians, data and research tend to be based on U.S and European results. There is a void in multiple myeloma research that is Canadian in scope and reflective of the unique patient journey we experience and manage in Canada. The MCRN Canadian Multiple Myeloma Database will inform the design of Canadian-based clinical trials and how domestic patients can participate in international trials.

“The MCRN has provided a forum to support patient and medical expert dialogue to identify and understand the true multiple myeloma experience in Canada. The database could not have been possible without the visionary

leadership of Dr. Venner and the collaboration of the MCRN centres across Canada, industry sponsors Celgene Canada, Janssen and Takeda Canada and our donors across the country,” said Aldo Del Col, Co-Founder and Chairman of Myeloma Canada. “A necessary, collaborative effort between patients, physicians, industry and governments, the MCRN Canadian Multiple Myeloma Database will be a vital resource for patient care and clinical research for both national and international trials.”

“This database is the result of collaborative partnerships between both public and private organizations including: Myeloma Canada, MCRN, the Bloom Chair for Myeloma Research at Princess Margaret Cancer Centre, University Health Network (UHN), MCRN centres across Canada and our pharmaceutical partners,” said Dr. Donna Reece, Chair, Multiple Myeloma Clinical Trials Group of the Canadian Cancer Trials Group and Professor and Director, Program for Multiple Myeloma and Related Diseases in the Department of Medical Oncology and Hematology at Princess Margaret Cancer Centre/University of Toronto.

“The MCRN Canadian Multiple Myeloma Database will identify different risk groups as well as gaps in myeloma outcomes. By accurately assessing where we are now, we can chart the best course for future myeloma research in Canada. The Database, therefore, is a key component in our search for a cure of myeloma.”

New hope:

In August, Health Canada approved a new treatment - NINLAROTM (ixazomib)- for adult patients with multiple myeloma who have received at least one prior therapy. NINLAROTM is the first and only oral proteasome inhibitor, and the approval makes a new option available to meet the urgent needs of patients living with an incurable cancer.

Current administration of IV/injectable therapies typically occur in-clinic or in-hospital for most patients requiring significant travel and time constraints. NINLAROTM's once-weekly oral dosing provides flexibility and choice for Canadians managing relapsed and/or refractory multiple myeloma. Canada is the second country in the world to approve NINLAROTM so far.



Dr. Chris Venner, Chair, MCRN Canadian Multiple Myeloma Database and clinical lead for the Malignant Hematology Program at the Cross Cancer Institute, Edmonton



Dr. Donna Reece, Chair, Multiple Myeloma Clinical Trials Group of the Canadian Cancer Trials Group and Professor and Director, Program for Multiple Myeloma and Related Diseases in the Department of Medical Oncology and Hematology at Princess Margaret Cancer Centre/University of Toronto.

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Annual Vintage Cars Show in Chennai, India



Over 100 cars including Jaguar, MG, Dodge, Chevrolet, Austin, Rover, Benz and several other makes were seen at the Chennai Heritage Auto Rally that was held on July 31, 2016.

The Dodge Kingsway used by the former Chief Minister M.G. Ramachandran & Automobiles belonging to famous, renowned personalities were on display along with those used in movies in the early days" said Mr. Kylas, Secretary, Madras Heritage Motoring Club, that organised the rally.

Mr. Ranjith Pratap, (Chairman, M/s. Rayala Group of Cos. Chennai/Germany), who owns over 40 Vintage Cars, including Rolls-Royce, Mercedes, Jaguar, Dodge, Plymouth, Chevrolet, MG & more said that, "Many cars were affected in the recent floods; we were able to fix and get them running" he said.

As part of the Rally, the cars were taken on a five kilometre drive and returned to the venue. The Cars were judged for its authenticity, mechanicals & overall presentation too.

Info: T. Sivayogapathy, Canada



Eminent Economist Professor C.T. Kurien Presented with MCC Alumni Award, at the Global Alumni Re-Union Event in Chennai, India

By: T. Sivayogapathy, Alumnus of MCC

A two-day Global Alumni Reunion meet of the Madras Christian College (MCC) was held at its Campus in Tambaram, Chennai, on the 06th & 07th August, 2016. The Event was held as part of the 125th Grand Anniversary Celebrations of the MCC Alumni Association.

Eminent Economist Prof. C.T. Kurien (Alumnus of MCC), who was honoured with the Distinguished Alumni Award by the MCC's Alumni Association, said that, "Colleges like the MCC had the responsibility, to set students out on to the wider arena."

MCC Alumni Association President K.M. Mammen (Chairman, MRF, Chennai),

conferred the award on Prof. Kurien.

Mr. Mammen said, "The overall development, apart from pursuit of academic goals in MCC, helps every Alumnus face Challenges in the World. This reunion saw the alumni from the oldest batch (1944-1947) participating; MCC Alumni Association was founded in Year 1891!"

A souvenir was released by Hon. T.P. Seetharam (Alumnus of MCC), Ambassador of India to U.A.E., on the occasion.

On the same Day, a panel discussion was held "Between the Lines", chaired by Mr. Sashi Kumar (MCC Alumnus), Chairman, Asian College of Journalism, Mr.T.N. Ninan (MCC -Heber Alumnus), Chairman, Business Standard, Mumbai,

India & Mr. Muhunth Pathmanapan (MCC Alumnus-Heber), Editor, "The Hindu" Newspaper. It was very informative, as well as interesting too.

Hundreds of Alumni across the World participated in the Global Alumni Re-union of the MCC, were caught in the nostalgic moments!

The College organised a Photo exhibition (With many rare Photos of India's VVIPs, who were Alumni of MCC), A Walk Down the Woods - showcasing its transformation over the years.!

College Principal Prof. R.W. Alexander Jesudasan & prominent media Personalities too, spoke on the occasion. - A GREAT MEMORABLE EVENT OF MCC.!



Prof. & Mrs. C.T. Kurien are seen with T. Sivayogapathy, Toronto, an Economics student of Prof. Kurien, in early 1970s



WORDS OF PEACE



Integrity

Peace, says Prem Rawat, isn't so very difficult to attain. In fact, if you're a living human being, it's already inside of you. Finding that peace within, however, requires some understanding of what a human being is.

Mr. Rawat has been traveling the world since he was very young to help people come to that understanding and learn to live their lives in peace, regardless of circumstances.

"If someone were to ask you how you would compare a little pot with the Pacific Ocean, what would you say?" he asks.

"You might say that this little pot is insignificant compared to the size of the Pacific Ocean—but here's my point. If there is a hole in that pot, you can take all the water in the Pacific Ocean and pour it through, but it'll make no difference to the pot. None!"

While at first this may seem like absolutely useless information, Mr. Rawat says, it's actually an apt metaphor for the plight of a human being

who is not in peace.

"When the integrity of this pot is breached - when it is no longer whole, no longer intact - it no longer has the capacity to contain anything," he explains. "Whatever is placed in this thing will just leak out. Similarly, when our integrity is breached, when we are no longer whole, we human beings have no way to contain within ourselves the value of what has been given to us.

"Then, what does a day mean? It comes, and it goes. What does a moment mean? It comes, and it goes. We are no longer capable of containing that moment, that day, and what it brings."

So what breaches our integrity? It's simple things, Mr. Rawat says—things like doubt and confusion. We are waiting for clarity to come when all our problems are resolved. That, he says, isn't going to happen.

"We think it is circumstances that will make us happy, so we try to improve our circumstances," he says. Well, your circumstances are never

going to be fine. The cat is not going to listen to you, ever. It's not in their nature. Your neighbor may not ever become friendly with you.

"Have you ever seen a blank newspaper? No. Every day, bad things are happening somewhere."

Fortunately, Mr. Rawat points out, outside circumstances don't really matter if our integrity as living beings is not breached. If that integrity is there, "the rest doesn't matter much. Just as it is the nature of this vessel to change, there is an unchangeable within you.

"By the unchangeable, I mean that power that creates, sustains and destroys, that power that makes everything happen—not just here on Earth, but in the entire universe.

"Those who have found that fountain inside of them, that strength inside of them, are no longer dependent upon circumstances. When that confusion is removed, when doubt is removed and clarity comes in, the integrity of this vessel is made whole. Joy is found within, regardless of

the circumstances. That is the key to peace. That's how you get to peace.

"So what is it like, then, when this little pot I talked about doesn't have a hole in it? Aha! Now, the dynamics have changed. Before, when the integrity was compromised, you could pour the entire contents of the Pacific Ocean through it, because it had no capacity to hold any of it. Now that it is intact, it can contain whatever it is that this moment brings, whatever it is that this day brings. It can contain in it whatever this life brings.

"Get it right. Be conscious. Be aware. Then, this heart fills with gratitude—and when this heart is filled with gratitude, you, as a human being, become alive. Alive! Because the integrity of this vessel is now intact. That's the gift that you have, for as long as you are alive."

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



The First Week of School



By: Janani Srikantha

It's September which means it's time to go back to school. For some children and parents, it is their first school experience. As a teacher, I understand how important this week is to you. There are some things that can be done to make the transition a positive experience.

The First Day

It's more than likely that you and your child will be nervous. However, it is best to avoid the tears in the morning, as your child will pick up on your anxiety and it will increase theirs. Instead, invent a secret signal which signifies "I love you" which you can both engage in as you drop them off. This is something that is private between you and it will reassure them at entrance of the classroom. There are also some great books such as "The Kissing Hand" by Audrey Penn which you can both read together before the first day of school.

Explain to your child that you will be back after school to pick them up. If it is someone else who is picking them up, make sure your child and the teacher knows.

Depending on the school, there may be a 'line up' system in the playground. The time in the morning is important for your child as it helps them socialize with their peers, develop their language skills, and build their independence. If the school lets you walk into the classroom on the first day of school, please do so, if needed. After that, it is advisable to not wait for too long with your child in the playground or classroom. This often takes away from your child's experience independently so-

cializing with their peers.

Take the time to say hello to and chat with other parents in your child's class. Your children are spending the next ten months together, and quite possibly longer. It's great to build a sense of community with each other, as your children will have many similar experiences.

Snack and Lunch

New beginnings are also associated with new healthy eating practices. However, please do not pack anything in the lunchbox that your child hasn't eaten before. That being said, a lunchbox that is filled with nutritious items instead of processed food is best, as it is going to be a long day for your child where they will need their energy. Also, it is advisable to not provide a drink that your child can't open themselves.

If this is your child's first time using a lunchbox, practice eating out of it at home. Model to them which items go in the bin and what they need to keep in their lunchbox to bring back home.

Washroom

Please ensure that your child is comfortable using the washroom by themselves - this includes dressing, cleaning, flushing, and washing their hands. Depending on the location of the washrooms in the school, the teacher may take a group of students to use the facilities periodically during the day. Remind your child to try to go to the toilet during these occasions, even if they think they don't have to. If your child is prone to wetting themselves, please ensure you know the school's policy on changing clothes.

Belongings

Label all items with your child's

name inclusive of jackets, lunchboxes, backpacks, pencil cases, and as it gets colder their winter items too. It's helpful to show your child how to identify their things, pack their bags, and put their own coats on. This makes the end of the school day less chaotic and gives your child a sense of independence.

If your child does not know how to tie their own laces, it is advisable to send them to school with shoes that have velcro straps. The classroom gets busy, and as children are learning and playing, they need to be comfortable and not worry about their clothing.

Depending on your child's classroom, indoor and outdoor shoes may be required. It is best to show your child which pair of shoes is which, and even practice at home, if needed.

It is advisable for your child to not bring toys to school in their backpack, unless specifically asked by the teacher for a special event.

Contact Information and Medication

Please provide the school and your child's teacher with up-to-date contact information of at least two people. In my experience in the classroom, I've rarely called a parent for an emergency. But it is reassuring for everyone to have that information on file.

If your child has medical or dietary requirements, please let your child's teacher know, despite how insignificant you believe it is. It helps the school and teachers keep your child safe and happy.

School Agenda

Depending on the school, your child may receive an agenda or diary. This is an important communication tool, as often teachers will write notes for par-

ents. It's also a tool that you can use to communicate with the teacher, as they will check the agenda during the school day.

Also, remember to look in your child's backpack every day. There are often school letters, envelopes, and resources that are placed in the backpack for your child to take home.

The first week of school can be an emotional but exciting time in your child's life. It's a new beginning that has many wonderful opportunities for your child to be curious, learn, and develop a sense of responsibility and independence. It may take a few days to get into routine, but it will be worth it as you embark on this new chapter together.

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



thinkshif.edu

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



INDUSTRIOUSNESS/ZEAL



By: JJ Aputharajah

Valluvar gives tremendous importance to industriousness as an agent of achievement. It will work victoriously in all circumstances. He asserts - "Ulluvathu ellam uyarvu, matratu tharlinum tharllamai neerthu" - Lofty thoughts are always to be sought; in such circumstances even if you fail, you will continue to keep on a higher plane - without being down-hearted. Hitch

your wagon to the stars is a well known proverb. Only those who possess diligent zeal have real wealth, others do not have any real wealth. The most valued possession is the inner strength of mind; riches on the other hand will soon vanish. People who lose their wealth will never despair, if they have a grip on unremitting zeal or inspiration. People who have indomitable will and

genuine zeal will acquire success and wealth as a consequence. The stalk of a lotus blossom grows long enough to project the pretty flower above the water, similarly, a man's level of greatness is determined by his own will. A man's greatness is proportionate to his enthusiasm. In the face of defeat, strong men will not quiver; Likewise an elephant, when pierced by an arrow will take a firm-

er step forward. The poor in spirit will not enjoy the proud feeling of their success. The towering elephant with its tapering tusks shrinks when attacked by the spirited tiger. An aspiring spirit is a man's basic strength of mind, without which men are more like trees and not human. Thus Valluvar praises the value of the indomitable will. In other words-'as you think-you are'.

"Ullam illathavar aiythar,
ulakathu varliyam ennum cerukku"

(Kural: 591-600). Only those who have the power of the will, could be able to attain success in all their endeavours.



"Vaiyathul valvaangu Vaalpavan,
Vaanuraiyum theivathul Vaikkpadum'.



Her Journey

Renuka Ramanan

RE/MAX Royal Properties, Mortgage Alliance Mortgage Empire

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



Started in the industry more than eight years ago and now owns franchises, with her husband, where she provides real estate and mortgage services across Canada.



Believes in leadership that supports personal development of her entire team.



Focuses on results and strengthens her team for them to double in performance.



Key to success is establishing a reputation for excellence, so she receives recognitions and referrals from her clients.



Values giving back to the community, and hosts several campaigns that empowers everyone on her team to do the same, to achieve their goals.



Recognized in the top three brokerages annually, and ranked 2nd Canada wide in 2012.



Provides one-on-coaching and personalized training for all of her agents to be successful.



Aims to expand outside of Ontario and currently to British Columbia.



Synchronized vision between herself and her husband, along with being driven and goal oriented.



Understands that the words 'fear' and 'mistake' cannot be part of a successful entrepreneur's vocabulary for them to achieve their goals.

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CTCC's Silver Jubilee Gala on Sept 9 & 10 at Hilton & Metro Toronto Convention Centre

Established in 1991, the Canadian Tamil Chamber of Commerce (CTCC) is a voluntary, non-political, and not-for profit organization aimed at developing successful businesses and entrepreneurship in the Tamil community in Canada, and at promoting charitableness and volunteerism in the community. CTCC's membership continues to expand on a regular basis, and currently stands at over 450.

CTCC mission is to "Develop and Foster Entrepreneurship", and help to produce business leaders and entrepreneurs who would contribute to the development of Canadian economy in general, and enrich the Tamil community in particular.

Canadian Tamils' Chamber of Commerce

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Courtesy of Monsoon Journal



Canadian Tamils'
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Silver Jubilee Gala

Survive • Revive • Thrive

Award Winning Actor R. Madhavan as keynote speaker on Sept 9 at CTCC-Global Business Expo and Conference 2016!



Ranganathan Madhavan is an Indian actor, writer, film producer, motivational speaker and activist. Alongside receiving several recognitions and nominations from other organizations, Madhavan has received two Filmfare Awards and was recognized as PETA's Person of the Year in 2012.

The Global Business Expo will serve as a platform to connect, educate and motivate local aspiring entrepreneurs on global business trends, barriers and opportunities. It will feature various vendors, keynote presentations and panel discussions from distinguished business professionals. The Global Business Expo is targeted to aspiring and established entrepreneurs, businesses and professionals.

This year marks an important milestone for the Canadian Tamils' Chamber of Commerce (CTCC) as members celebrate its 25th Anniversary. It is an important milestone which symbolizes the growth and successes of the Tamil community. CTCC is committed to advancing the opportunities and resources available for businesses to develop not just in Canada but in the global economy. The CTCC has pledged to support Tamil Canadians with the necessary resources to fuel economic growth and to capitalize on business and investment opportunities.

M.I.A. is honoured guest at CTCC's Silver Jubilee Awards Gala on Sept 10 at Metro Toronto Convention Centre

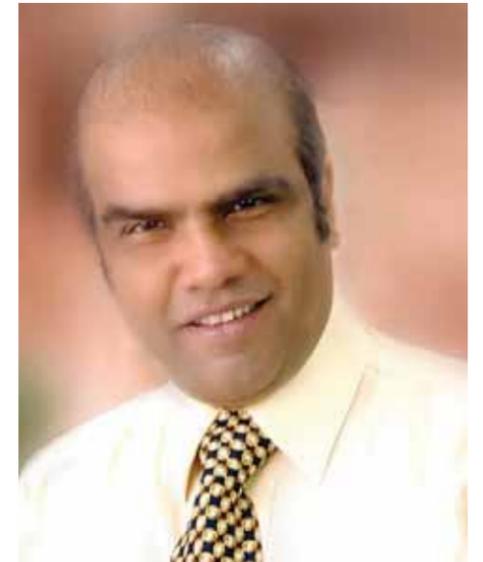
Mathangi "Maya" Arulpragasam, better known by her stage name M.I.A., is an English hip hop recording artist, director, visual artist, activist, record producer, photographer, fashion designer and model.



Release of Theme Song for CTCC by SPB



S. P. Balasubramaniam, Playback singer



B.H. Abdul Hameed, Broadcaster

CTCC is proud to partner with Mr. SP Balasubramaniam in the first ever Canadian Tamils' Chamber of Commerce song.

Sung by: 'Padma Bhushan' Dr. S.P. Balasubramaniam

Lyrics: B.H. Abdul Hameed

Music composed by: Fayas Zawahir

Jathi & Alaap: 'Palkaad' Shri Ram

Chorus: P.M. Mukesh, Durairaj, N. S.K. Ramya, Kalaivani & Sujatha.

Live recording supervised by: Johan (NeeLoo Studio-Chennai)

Mixed & Mastared by: Sivkumar (at A.R. Rahman's A.M. Studio-Chennai)

Venue for Saturday, Sept 10 Silver Jubilee Gala, 5.30 p.m. to 11.30 p.m.

Metro Toronto Convention Centre - North Building

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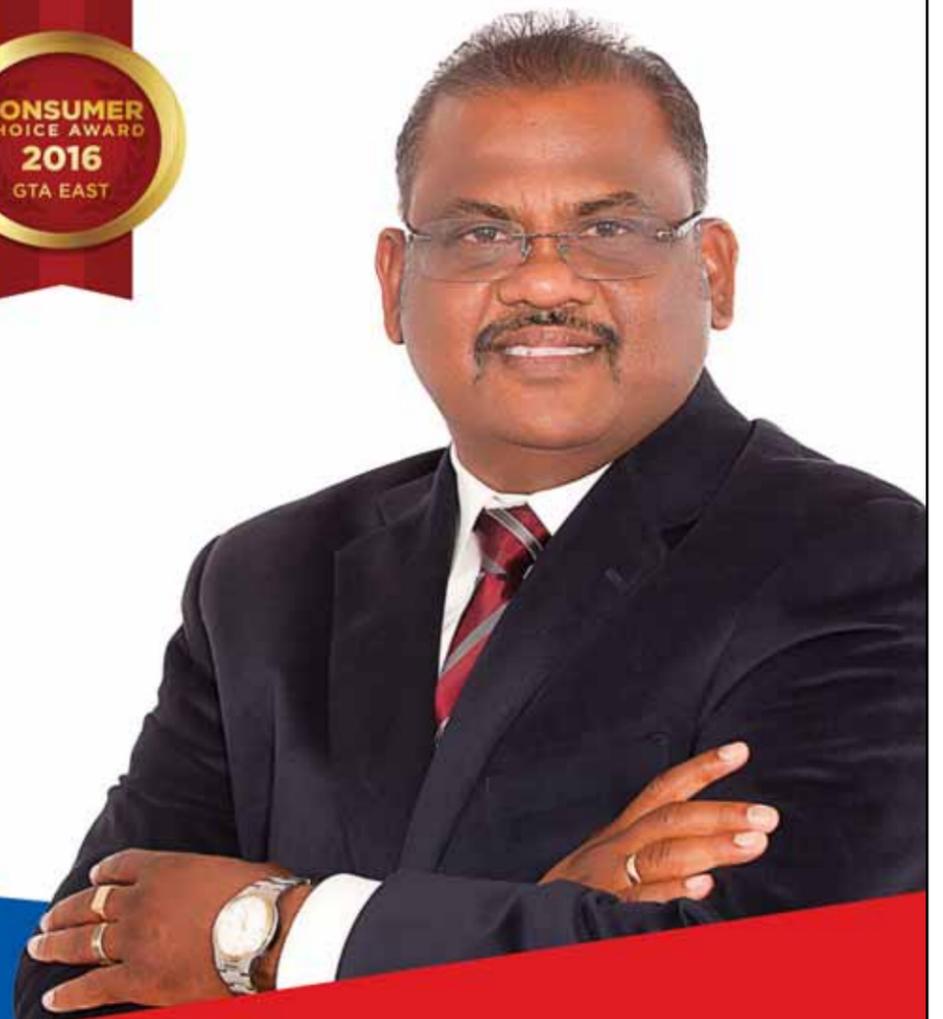
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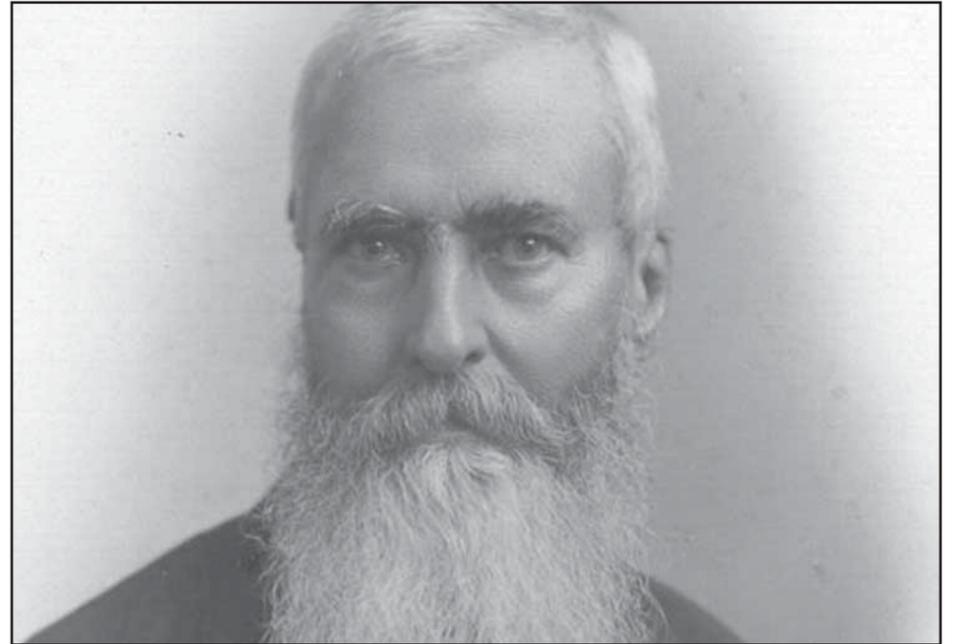
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Thiruvvasagam and Rev. G.U. Pope



Sage Manickavasagar



Rev. G.U. Pope

Dr. V. Kandavanam

Editor: 'Arthmajothy', Canada

A unique characteristic of our Tamil language is that it captivates completely any one who lays hands on its rich classical literature. Many foreigners, especially European missionaries, have fell in love with it. At a time when Tamils themselves were ashamed of their own tongue and were eagerly learning English language, many Europeans learnt Tamil and mastered it. Of them Tamil people continue still to pay tribute with gratitude to eminent Tamil scholars like Constantine Beschi (1680-1757), Caldwell (1815-1891) and G.U. Pope (1820-1918), not only for their immense contributions to Tamil literature but also for taking the greatness and sweetness of the Tamil language beyond the borders of the Indian sub-continent.

Rev. G.U.Pope, a Wesleyan missionary, who was sent to Tamilnadu to disseminate Christian faith, learnt Tamil language faithfully, mastered it and became an authority on Tamil literature and culture. He is well known for his unerring rendering of Thirukkural, Naladiyar and Thiruvvasagam into English and for letting the world know the classical qualities of Tamil literature. He loved Tamil so much that he wished his tombstone bear the epitaph, 'Rev. G.U.Pope, a student of Tamil Literature.'

Of all his works, his contribution to Saivism is exceptional and Saivites hold him in high esteem for his English translation of Thiruvvasagam and scholars quote him often in their speeches and writings about Thiruvvasagam.

His book 'திருவாசகம்' THE THIRUVACAGAM OR 'SACRED UTTERANCES' OF THE TAMIL POET,

SAINT AND SAGE MANIKKAVACAGAR' consists of three parts. Part I is entitled 'The Legendary History of The Tamil Poet, Saint an Sage Manikka-Vacagar.' Part II carries the Fifty-one Poems of Thiruvvacagam with introductions, Tamil text and English translations. Part III is a section for Lexicon, Concordance, and General Index.

The Oxford University in 1900 first published the book. The Reverend has dated the Preface April 24, 1900, which was his eightieth birthday. His Preface contains some background information on the purpose, republication, translation and editing of such a marvellous work as Thiruvvasagam. His translation that runs generally line for line with the original, maintains its rhythm to a great extent. Here is an example:

போற்றி. இப் புவன நீர்தீக்
காலொடு வானம் ஆனாய்!
போற்றி. எவ் வுயிர்க்குந் தோற்றம்
ஆகிந் தோற்றம் இல்லாய்!
போற்றி. எல் லாஉ யிர்க்கும்
ஈறாய்ஈ றின்மை ஆனாய்!
போற்றி. ஐம் புலன்கணின்னைப்
புணர்கிலாப் புணர்க்கை யானே!

Hail, Thou Who art earth, water, fire, wind, ether too!

Hail, Thou, all life's phenomena, -Thyself invisible!

Hail, all living beings' End, -Thyself without an end!

Thyself reaching through all, by senses five unreachd!

The above is the 70th verse in Hymn 5, The Sacred Cento (திருச்சதகம்). As we can see in this example, he is trying to make the meanings clear to the readers by using punctuation marks both in the text and in his translation.

He also separates, wherever possible, combination of words and coalescence of letters in the original. He also gives appropriate headings for each of the translated verse – a deviation from the original, which has headings only for the long poems or for the decads. For the above verse his heading is 'The Universal Lord'.

In some cases the translation doesn't seem apt. The first line of the first verse of the Sacred Cento 'மெய்தான் அரும்பி விதிர்விதிர் துன்விரை ஆர்கழற்கு; is translated as 'My frame before Thy fragrant foot is quivering like an opening bud'. Here the verbal participle mUk;gp is taken for the noun அரும்பு. மெய் அரும்புதல் clearly means perspiration. Also the word foy; refers to both the Lord's feet.

Rev. Pope seems to prefer dictionary meanings to contextual inferences, a quality that would not in any way besmirch his research and translation of Thiruvvasagam or his reputation as a great Tamil scholar.

But the book is more than mere translation. It (1) gives a detail account of the legendary history of St. Manikkavasagar, (2) explains the nature of Lord Siva and recounts His Sacred Sports, (3) provides notes on the Saiva Siddhanta system and philosophy, including Siddhanta books and their authors, (4) speaks of saiva temples, saiva people – their customs and saiva habits, and of many more.

It is clearly a critical study intended to furnish as much information as possible for non-Tamils, especially the Europeans, on the magnificent work of Manikkavasagar, so that they could 'know accurately the feelings and convictions of those for whom, and in the midst of whom, they work.' He also wished that his work would serve as an example for his valued Tamil friends to

do similar research and Tamil translations of some of the great 'sacred poetry' existing in English.

Rev. Pope has sometimes tried to cross the province of editor and translator and has come out with his own opinion very boldly in the form of notes. Some of his candid observations found in his Preface and in his commentaries are worth mentioning with a view to strengthening Saiva beliefs that are falling apart amongst Saivites themselves as a result of western influence.

(1) Caivism is the real religion of the South India, and of North Ceylon.

(2) Caiva Siddhanta philosophy has, and deserves to have, far more influence than any other.

(3) The fifty-one poems which are here edited, translated, an annotated, are recited daily in all the great Caiva temples of South India, are on every one's lips, and are as dear

to the hearts of vast multitudes of excellent people there, as the Psalms of David are to Jews and Christians.

(4) Let Tamilians cease to be ashamed of their vernacular!

(5) The Caiva Siddhanta system is the most elaborate, influential, and undoubtedly the most intrinsically valuable of all the religions of India.

(6) Civan, the Supreme, envelopes the world in elusive mystery, so that none know Him while He is all in all.

Rev. G.U.Pope is a Tamil heart and soul and a liberal Christian. We Tamils are greatly indebted to him for enriching our language with his translations and other scholarly undertakings. Since Tamil is an everlasting language, Rev. Pope is going to live with us for ever.

Note: In quoting Rev. G.U.Pope, I have used the same spelling for some nouns as he had written. In other places, I have followed the way of writing by Satguru Sivaya Subramuniyaswami.



CANADA'S BEST MOMENTS IN RIO 2016 OLYMPICS

Compiled by: Raymond Rajabalan

Once again Canadian athletes have made their country feel proud by their great performances at the recently concluded 31st Olympiad in Rio de Janeiro city in Brazil. It was not the number of medals won by Canadians but their greatness and magnanimity even when they faced defeat that made them stand out among the world athletes.



Genuine camaraderie between Usain Bolt and Andre De Grasse

The spontaneous genuine camaraderie exhibited by that the Olympic icon Usain Bolt, the worlds' greatest athlete in openly encouraging Canada's Andre De Grasse, the rising star with great potential was very moving. One can say that it was a clear reflection of the respect the world has for Canada.



So near and so far - Evan Dundee's heart breaking loss

There was a real drama at the 50km walk when the Canadian athlete Evan Dunfee lost the medal he held for a few hours, after Japan successfully protested the disqualification of one of its walkers.

That walker, Hirooki Arai, crossed the finish line of the men's 50 km race walk in third place — 14 seconds before Dunfee, who finished fourth. But Athletics Canada lobbied for Arai's retroactive ejection, claiming he bumped Dunfee on the final lap of the race. Canada's appeal was upheld, and Dunfee was temporarily awarded bronze. Japan, though, lodged a counter-protest of Canada's protest. Race officials then decided to restore Arai's result, placing him back into third and moving Dunfee off the podium.

Dunfee said he had the option to take his case to the Court of Arbitration for Sport but decided to accept the jury's decision. He was all class in a statement issued by him. "Not many people can understand the pain athletes are in three and a half hours into such a gruelling race," Dunfee said. "I believe that both the Japanese athlete and myself got tangled up but what broke me was that I let it put me off mentally and once I lost that focus, my legs went to Jell-O." Contact is part of the race-walking game, Dunfee said.

"I don't believe that this was malicious or done with intent," he said. "Even if an appeal to CAS were successful I would not have been able to receive that medal with a clear conscience and it isn't something I would have been proud of."

"I will sleep soundly tonight, and for the rest of my life, knowing I made the right decision."

Eventually Dunfee has earned the respect of the world for epitomizing Olympic values of fair play and sportsmanship. That has much more value than winning a medal.

CANADA'S OLYMPIC TEAM



The 313-strong Canadian Olympic Team enter the stadium during the games' opening ceremonies in Rio.



Canadian sprinter Andre De Grasse raced to bronze in the men's 100 m final. The 21-year old celebrated his success with the world's fastest man Usain Bolt.

Canada's Penny Oleksiak completed the medal trifecta at the Rio Olympics when she won a gold medal to go with her silver and two bronze. The 16



-year-old captivated the nation as she swam to victory in the women's 100m freestyle race. She now holds the title of the most decorated Olympian at a single summer games.



Andre De Grasse raced to his second medal in Rio, after finishing in the silver medal position in the men's 200 m final. Jamaica's Usain Bolt came out on top capturing his eighth career gold medal.

Canada and America tied for gold



Penny Oleksiak tied with American swimmer Simone Manuel for gold in 100metre freestyle race.

CANADA WINS GOLD IN HIGH JUMP



Ontario native Derek Drouin captured gold in the men's high jump final. The 26-yr-old delivered his season-best jump at a height of 2.38 metres.



WOMEN'S TRAMPOLINE GOLD MEDAL



King city native Rosie MacLennan soared to her second straight gold medal in women's trampoline. The 27-year old was Canada's flag bearer in the opening ceremonies.

Stittsville, Ontario out-wrestled the competition in the women's freestyle 75 kg event.



Canada's Damian Warner from London, Ontario scored bronze in the men's decathlon



The Canadian women's 4x100-metre relay team was the first Canucks to land on the podium in Rio. Sandine Mainville, Chantal van Landeghem, Taylor Ruck and Penny Oleksiak raced to a bronze place finish.



Bronze is sweet for diver Meaghan Benfeito from Montreal who delivered a remarkable performance in the women's 10m platform final.

Meaghan Benfeito and Roseline Filion celebrate their bronze medal finish in women's synchronized 10m platform diving. It was a case of deja-vu for the duo who won the same medal at the 2012 games in London.



Silver medal ! Lindsay Jennerich (L) and Patricia Obee won Canada's first medal on the water in women's double lightweight sculls rowing.



Fresh off her bronze medal performance with the Canadian women's 4x100 freestyle relay team, Toronto native Penny Oleksiak added silver to her collection on the next day.



After seven challenging events, Saskatoon's Brienne Theisen-Eaton left Olympic stadium with a bronze medal in heptathlon



Making Canada proud ! Swimmers Taylor Ruck, Brittany McLean, Katerine Savard and Penny Oleksiak show off their bronze medal after a fantastic performance in the women's 4x200m freestyle relay.



Canadian women's soccer team wins bronze at Rio 2016



Canadian women's pursuit team's squad composed of Allison Beveridge, Kristi Lay, Jasmin Glaesser and Georgia Simmerling edged out New Zealand to capture bronze in the finals.



The Canadian women' rugby sevens team made history in Rio when they captured Canada's first-ever medal on the sport. The Canadian team defeated Great Britain to take home the bronze.



De Grasse-anchored Canada wins 4X100m relay bronze after US disqualified



Wrestler Erica Wiebe celebrated her gold medal win with her coach Paul Ragusa. The 27-year old from



Kyli Masse kept Canada's medal streak in the pool alive when she captured bronze in the 100 m backstroke



Catharine Pendrel of Kamloops, B.C., overcame an early crash that dropped her to 15th place to win the bronze medal in the women's cross-country mountain bike race at the Rio Olympics on Saturday.

Canada's Catharine Pendrel celebrates bronze in the women's cross-country mountain bike at the 2016 Olympic Summer Games in Rio De Janeiro, Brazil

WINNING ESSAYS

HELD IN OCTOBER 2015

JUNIOR CATEGORY 2ND PLACE

ASHLEE JESUTHASAN

GRADE 03

ORGANIZED BY RG EDUCATION FOR STORY/ESSAY WRITING CONTEST

A HEROIC PET

Once upon a time, there was a hamster named Venessa. She wished she could be a superhero with three different super powers – like super speed, flying and super strength, but she never thought it would come true.

One day, she found a shiny, golden pebble on the floor of her house. She took it and wondered what it was. She wished that she knew what it was. Right away, a mini book fell from the sky. She took it and said, “This is a magic pebble.”

Then Venessa wished to be a superhero. The wish came true! She started saving people by helping them cross the street, teaching them to do good, and other great things. However, as days went on, Venessa started threatening other animals to do what she demanded.

One day, a wise bunny called Venessa. When she came, the wise bunny sprayed water at her. Right away, Venessa realized what she did. Venessa wished away her powers and put the pebble in a super strong safe.

Two years later, it was cleaning day in Pet Town. When Venessa was cleaning, she came near the safe, but she forgot she had put the pebble there. She remembered what happened. She wished for the same wish as before and a new wish, too. The wish was to use her powers wisely. She saved lots of people. They thanked her by giving her a superhero name. The name was Flower Girl. They named her Flower Girl just because she was cute. Suddenly, she had an idea. She got the pebble and wished for flower power. For the rest of her life, she was happy.

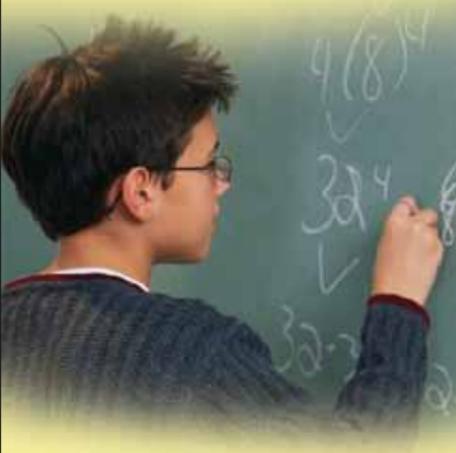




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A NEW HOLISTIC APPROACH TO CANCER PREVENTION

OUR BODY IS MADE UP OF FIVE ELEMENTS, AND THE FOOD IS THE RIGHT MEDICINE TO OUR BODY

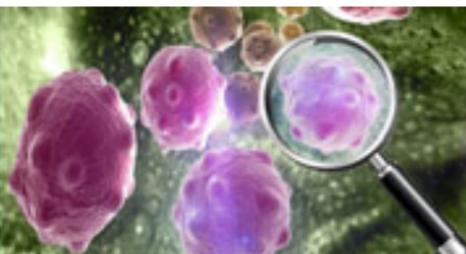
By: Uthayan Thurairajah

Nature and food are the strong medicine to our body, and the medication is a sick medicine. Everything including our body in nature is made up of five basic elements: earth, water, fire, air, and space. The five elements are found in Vedas, especially Ayurveda, the Panchabuta, or "five elements," of Hinduism are boomi (earth), jala (water), agni (fire), pavan (air), akas (ether or void). We need the five elements for our basic survival. We need oxygen (air), food (from earth), water, light & heat (fire) and earth's magnetic field (space or ether) for life. The fifth element of health is the Earth's magnetic field.

This endless universe is like the human body. All the body parts are connected and linked one with another in the utmost perfection. They mutually assist, reinforce, and influence each other. The science of medicine is in its infancy stage and has not yet reached maturity. The intrusion of illness into the human body is either a physical agent or a nervous excitement and stimulation. The treatments will be administered with things that are not repulsive to the senses of taste and smell when the science of medicine reaches its maturity. An agreeable taste and a pleasant smell can be through foods, fruits, and plants.

LIGHT AND HEAT (FIRE):

The sun nurtures the earth and all its creatures through the help of divine grace.



Indeed, all earthly things would entirely cease to exist if there is no light and heat of the sun. The ultraviolet radiation (UV) from the sun has been misinformed to believe that it is bad for our health. Sunlight mixes with the cholesterol in our skin to form Vitamin D which is essential for our health and happiness. Multiple studies have been shown that Vitamin D significantly reduces the incidence of cancer.

Cancer patients need to flood their bodies with light. The most well-known way to do this is by taking fresh, organic foods. You could say that sunlight is accumulated in the food in greens and fruits. When we eat this, it is like the body can open this present, take the light out of it, and then this light resonates with the light of the cell itself and makes it stronger and more vital.

FOOD (Earth):

The sick animal smells the plants, eats those that its smell and taste and is cured. Therefore, it is possible to cure illnesses using fruits and other foods. This fact has not been fully understood as the science of medicine has not yet been perfected. The medical treatments will be managed with fragrant fruits and plants when this science reaches perfection.

Plants are one of the best methylating anti-aging foods including carrot and celery. Wheat grass shots are one of the most chlorophyll-rich super foods you can put in your body right there. Two-ounce wheatgrass shot, a powerful blood builder. It's a super meal you can drink.

The food supply is upside down. The Chinese foods excite brain cells to death. They are called excitotoxins. The other thing is foods such as black beans; mushrooms are high in glutamine. We can try to eat only low glutamine foods, and a lot of those are in vegetables. Some cancer researchers think this

may be why people who are on vegetarian diets and juicing seem to have these spontaneous cures of cancer is because they have such a low glutamine intake and a low sugar intake.

The people with stress can use foods with B-6. Sweet potato, pumpkin seeds, and seafood stimulate serotonin in the body, which is that feel-good neuro transmitter. All of the recent studies are showing high blood levels of B-6, are powerfully anti-cancer, so you can reduce your risk of cancer to about 50 percent by eating a Vitamin B-6 rich diet.

The chemicals, the pesticides, and all the other chemicals that they used to grow more potatoes and more tomatoes were getting into the water. We deserve to be healthy and happy, free from toxicity, free from every negative influence on our body.

WATER:

The drinking water is allowing us to hydrate. Nobel Prize was given to Dr. Peter Agre in 2003 for discovering aquaporins. We know the viruses in a dehydrated cell could multiply quickly. In a hydrated cell, they cannot. We can understand that if we give the body what it needs to function optimally, we can defeat it.

What they found is the water molecules go inside aquaporin channels one by one with the speed of several billion per second. When we drink water, to reorganize water in so-called single linear structure. In this case, it can quickly go inside the cells. If the water has a different type of structure, then it requires much energy for the body to create the proper structure.

After doing the research for (Molecular Resonance Effect Technology) MRET water, scientist found that the structure of this water quite close resembles the structure of the intra cellular water. Water goes inside the cells three times faster compared with regular water. So it is apparently improved hydration of the body, and we know that hydration of the body is critical. So the hydration of the body is the number-one mechanism, which supports the homeostasis in the body.

Special water contains vital keys to protecting the body from cancer, and even healing a body that already has cancer. We need to make sure that we are consistently hydrated with clean water. The average water inhibition of the tumor growth is about 60 to 50 percent, compared with control groups, and the lifespan of the mice in the group which was treated with MRET water was about 70 percent higher.

OXYGEN (Air):

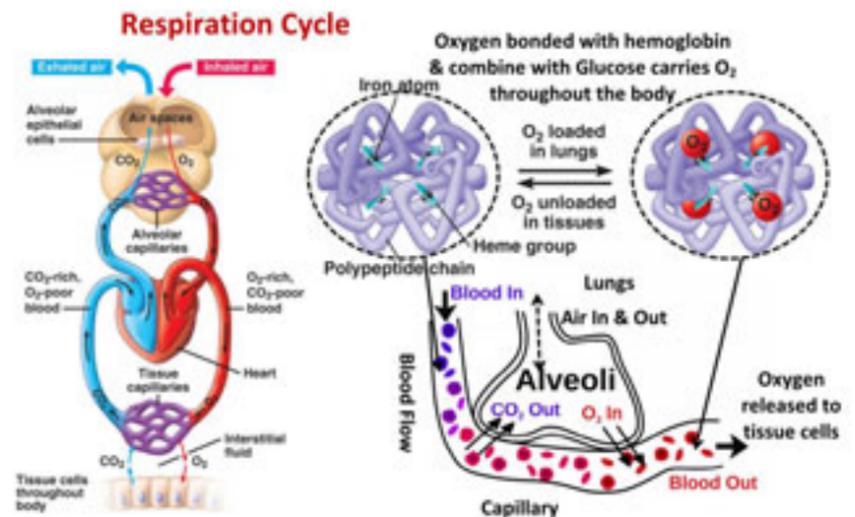
We feed the soil, and the plant gives us oxygen and feeds us. We know that oxygen and cancer don't combine. A clean



environment with unpolluted air is good for healthy living. The newly discovered Hyperbaric Oxygen chamber provides hyperbaric oxygen. The patient can stay very comfortable in the chamber, and the oxygen pressure gradually increased to about 4.0 to 4.5 pounds per square inch. The one-hour exposure we can saturate the cells with oxygen. Patients love this therapy because you feel that oxygen load. This is one of the preferred treatments and not only for its efficacy, but because it allows the patient to relax there for an hour.

MAGNETIC FIELD (space):

Earthmagnetic field is essential for healthy living. We live in indoor most of the time and wear the shoe in outdoor and not connected with earth magnetic field. There are a lot of distortion of this



electromagnetic field because we developed a lot of manmade electromagnetic pollution within the last 150 years. To protect human body, we have to recreate the same noise field, natural noise field to protect the human cells.

Pulsed Electromagnetic Field Therapy (PEMT) is a non-invasive, painless treatment for various injuries, bone-related conditions, and pains. It works the same way like MRET water machine

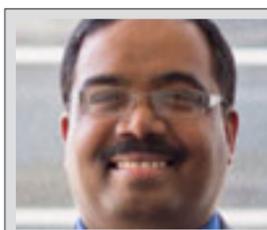
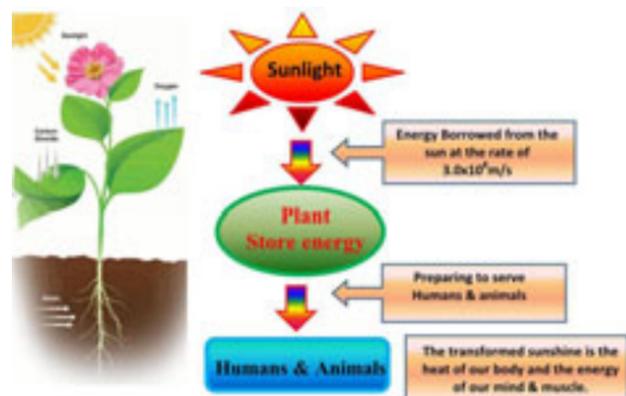
because it is based on this so-called generation of the low frequency, low intensity, so-called noise field, magnetic field, which might close resemble natural geomagnetic field. The application of PEMT has been shown to help the body to restore normal potentials at an accelerated rate. A large benefit of PMET is that there are absolutely no side effects and it each treatment takes approximately 20-30 minutes.

skin, nail, hair. A lot of people know the entire matrix of the cellular matrix that holds us together.

People think that modern medicine is expensive, controlling, invasive, disabling, and dangerous. The real medicine is phyto nutrients that nourish the body. They're anti oxidants, they regulate abnormal growth, they stimulate apoptosis or programmed cell death.

Cancer does not depend on just one issue. Immune system on its own is not enough. Food on its own is not sufficient. Good emotions are not enough. We have to do everything concurrently. If we correct the immune system and do not fix the rest the issue, we will ruin the immune system again. If you detoxify, but you don't do the nutritional part and other things, then toxicity will accumulate again. So we will end up falling into the same mistakes again and again.

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



Uthayan Thurairajah is an old student of Manipay 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) in Canada. He is also an internationally Qualified Professional Lighting Designer (LC), Roadway Lighting Specialist (RLS), Traffic Signal Inspector (TSI), Work-Zone Safety Specialist (WSS) as well as a Certified University Professor in Canada & UK.



MANAGING YOUR MONEY

Family money - a financial checklist for families

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

Raising children is definitely a joy — it's also expensive. And, while parents are great at keeping track of schedules, appointments and making lists that keep their lives in order, financial planning can be forgotten in the rush and hustle of everyday life.

You want the best for your kids. That's why you send them to school and mentor them at home. Education is vital to success in life, but an important skill-set your kids likely won't get at school is a dollars and cents education. Young children should learn that you need money to buy things, that you earn money by working, that you might need to wait before making purchases, and that wants are not necessarily needs. As they get older, they should be taught the importance of avoiding credit card debts, investing wisely and managing risks.

But it's important to have a financial plan in place if parents are to successfully navigate the different stages of their children's lives — so here is a quick reference financial checklist for families.

Pre-baby

- Research all available employee and government parental benefits so you'll know what your income is likely to be while you're away from work.
- Review your current financial plan(s) and determine what you want to save in advance of having a child and what your family budget will be when your new addition arrives.
- Save early and often, in a tax-efficient way. Use RRSPs and TFSAs to build a nest egg.
- Investigate life, disability and critical illness insurance.
- Arrange for a last will and testament or update your most recent will to be sure it includes your wishes for your child's (and any future children) education, care and inheritance. Name a guardian for minor children in the event of your death.

Infant and Toddler (0-5)

- Register your child for all government benefits.
- Open an RESP. The government offers a Canadian Education Savings Grant which can provide 20% or more return on the money you save depending on your income.

The early years (5-10)

- Open a savings account for your child.
- Save the receipts from daycare and extra-curricular programs because they may be eligible for the child care expense deduction.

• Re-visit your financial plan and anticipated future costs to be sure you're saving and investing enough to

meet your goals.

Make savings fun! Give them a special bank to fill with coins from you and others. Mark their graduation to a real bank account and give them an allowance tied to completing certain tasks. A fixed amount is best because it teaches that serious choices need to be made when it comes to spending or saving. Get them to buy into pay-yourself-first strategy by saving at least ten percent of their allowance and explain how interest makes their money grow. Other good money education tools are board games and interactive websites such as the Bank of Canada's (www.bankofcanada.ca) and the Canadian Foundation for Economic Education's (www.monwyand.youth.cfee.org).

Use shopping trips to discuss debit and credit with particular emphasis on the fact that most credit cards carry much higher interest rates than other forms of borrowing, such as a personal loan.

Adolescent and Teenager (11-19)

- Talk to your kids about earning, saving and spending wisely.
- If they have a part-time job, help them to divide their income into areas like current cost of living, future school savings and investments.
- Teach them about loans and good and bad forms of debt.
- Set goals with them and add incentives like matching their savings.

Give your kids a hand in developing their own simple budget that includes keeping tax receipts and statements so they can keep track of where their money went. Factor in a charitable giving component to show how their money can have a positive impact on the community. Give them a bonus allowance for extra work that must be invested. Introduce them to concepts of compounding and tax-saving through RRSP eligible investments and other long-term investments.

Be sure each child files a tax return as soon as they have a job that results in a T4. This will give them an up close and personal view of income taxes and they will build up room for future contributions of RRSP eligible investments. Co-sign for a low-limit credit card in their name. Monitor its use and stress the importance of making monthly payments to maintain their good credit rating while avoiding high interest rates and late fees. Use their monthly credit card statements to discuss spending pattern and best uses for their purchasing power.

Young adult (20-25)

- Offer to contribute toward the purchase of their first home if they are able to save a certain amount on their

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own.

- Talk with them about savings plans like TFSAs and RRSPs.
- Be sure they understand all the tax deductions and credits available to them through RRSP contributions, their educational expenses, and so on.
- Encourage them to work with a professional to file proper tax returns.

Teach them the difference between good debts and bad debts. Show them the examples of good debts, such as a business operating loan or even borrowing to invest. Some types of debts are even tax deductible.

Bad debt: This is debt you acquire through over spending, such as charging an expensive vacation on a credit card. Bad debt is any form of debt with a high interest rate for things you can't afford.

Develop some short and long term goals together, and check their progress towards these goals. Good money management begins with setting goals. It's important for them to know exactly where, when, and how they are spending their money.

Involve your kids in family financial discussions and explain how your family budget must balance expenses and income. Set aside regular time for the discussion of money matters. Avoid blaming any member of the family for financial problems. Introduce them to investment products such as stocks, bonds, mutual funds, Guaranteed Investment Certificates, and registered

and non-registered savings plans. Explain investment concepts like portfolio diversification and risk/reward decisions as well as the role insurance plays in maintaining financial stability and family protection.

Life can bring joy and happiness along with change and challenges. Your professional advisor can help navigate every stage by providing the personal financial knowledge you need and the right financial plan for your family.

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.

- Include them in conversations about estate planning and where to find your will and other valuable information.

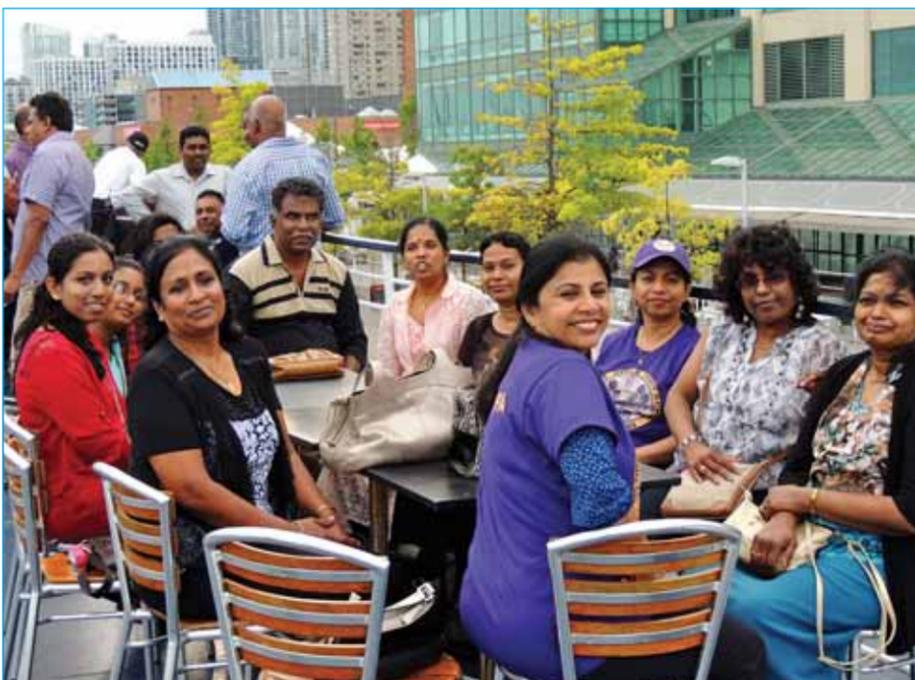
Life can bring joy and happiness along with change and challenges. Your professional advisor can help navigate every stage by providing the personal financial knowledge you need and the right financial plan for your family.

*The Canada Education Savings Grant and Canada Learning Bond (CLB) are provided by the Government of Canada. CLB eligibility depends on family income levels. Some provinces make education



Cruise Dinner Dance

Photos from the Cruise Dinner Dance organized by Point Pedro Methodist Girls High School PPA to mark their 25th year on July 31, 2016





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

The Famous Indian Sandwiches



Some things in life are irreplaceable. In our eyes, one of those things is spice! Now there is nothing wrong with a good old cheese sandwich, but with a bit of spice, it tantalises your senses. Indian sandwiches are delicious, nutritious and fussy-eater friendly! You can try changing the vegetables around – experimenting with this sandwich is endless!

Ingredients:

- Bread
- Butter
- Green chutney
(check Monsoon Journal edition)
- 1 potato
- ½ carrot
- ½ capsicum pepper
- ½ red onion
- ¼ Tsp cumin powder
- ¼ Tsp chaat powder
- Salt to taste
- Cheese and sliced green chilli (Optional)

Steam the potato and carrots and mash it to a paste. Add the cumin powder, chaat powder and salt and set aside. Slice the capsicum into long strips and the red onion into thin slices.

On a heated dosa pan (or a similar flat grill), add a little butter, place a slice of buttered bread on the pan spread the green chutney on it. Add the mashed vegetable mix (just enough to cover the surface of the bread), place the sliced vegetable on it and cover with another sliced of buttered and chutney spread bread. If using cheese or chillies, add them before covering with the bread slice.

Flip on to the other side, once slightly brown remove and cut into triangles.

For children, spread generously with ketchup before adding the second slice. Perfect for breakfast, in-between snacks and fussy eaters.

Don't forget to use the hashtag #monsoonjournal on Instagram and send us your pics, comments and feedback! Spread the love (and recipe!)





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Raymond Cho wins Scarborough-Rouge River byelection for PC



Congratulations to Raymond Cho & Ontario PC

Ontario PC Leader looks forward to form the next government, thanks residents

Leader of the Ontario PC Patrick Brown issued the following communique after his party's historic win at the Scarborough-Rouge River byelection held on September 1:

Ontario PC is gaining enthusiastic public support across Ontario and the latest win at the Liberal stronghold of Scarborough-Rouge River is a clear evidence of it. Our mission is very clear and we are ready to win the next general election and govern Ontario for the better.

I would like to thank all the residents for the trust in electing Raymond Cho as your MPP and also the hardworking volunteers and well wishers who helped in the campaign.

Patrick Brown, MPP
Leader, Ontario PC





LUXURY HOMES LAUNCH EVENT

OHM Developments would like you to be our guest at our Belle Vie project launch event. In this unique event you will be able to experience the luxurious lifestyle you deserve and only OHM can create.

Custom built luxury homes available from 4,000 Sq.ft in McCowan and 14th Avenue, Markham.

Feel free to bring along friends and family, come enjoy our delicious refreshments while you delight yourself viewing this luxurious home and get to meet great people.



Dates & Locations

Saturday & Sunday,
Sept. 17 & 18, 2016
12:00 PM to 5:00 PM

The Event Will Take Place
In Our Model House

1 Lancer Drive. Maple, ON. L6A 1E4



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Jaffna Central College Old Boys' Association (JCCOBA) Canada



JAFFNA CENTRAL COLLEGE
BICENTENNIAL 1816-2016

CELEBRATING 200 YEARS OF Jaffna Central College

in a grand style on

Saturday, Sept. 17th, 2016 - 5:30 pm. to 11:00 pm

The Gala Celebration with Dance, Drama and Music to mark this historic event

Music by Mega Tuners

at Sir John A MacDonald Collegiate Auditorium

2300 Pharmacy Ave., Scarborough.

A souvenir will be released to mark this mile stone

Tickets are now available on sale

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JAFFNA CENTRAL COLLEGE

THE PREMIER EDUCATIONAL INSTITUTION

Celebrates its bicentennial with a gala evening on Saturday, Sept 17, 2016

C. Kamalaharan



Jaffna Central College front view

The Bicentennial Celebration of Jaffna Central College is a historical landmark for all Centralites to be proud of. Celebrations are being held worldwide by the respective OBAs in Jaffna, Colombo, Sydney, France, Germany, Canada and UK. The celebration in Canada is scheduled to be held in Toronto on the 17th of Sept 2016. On that occasion a full colour souvenir with many articles, historic photos, messages and special greetings from our Honourable Prime Minister Justin Trudeau will be released. The Bicentenary Celebration Committee in Jaffna has organized a series of events to celebrate the momentous occasion in a grandiose manner. Celebrations have already commenced from the 1st of August 2015 and will culminate with a grand finale on the 9th of September 2016 at Jaffna Central College in the presence of President Maithiripala Srisena as the Chief Guest. On that occasion an official souvenir and a commemorative stamp will be released to mark the 200th year's prize giving function.



Other views of JCC



Jaffna Central College the premier educational institution in the country was founded by Rev. James Lynch the first principal of the school on the 1st of August 1816. In 1815 the attendance of students was only 70. Later in 1849 the attendance rose up to 150 due to the efforts taken by Rev. James Lynch. And today the attendance by leaps and bounds has crossed the 2000 mark. Since its inception Central has maintained its position as the leading educational institution producing a galaxy of luminaries: academics, magistrates, judges, lawyers, civil servants, scientists,

corporate heads, professors, lecturers, teachers, doctors, engineers, bankers, business magnets, religious dignitaries and politicians spread across the world bringing honour and fame to Central.

Among the visionary academics as principals Rev. Peter Percival service was exemplary. He was instrumental in upgrading Central from a primary school to a full flexed high school. He had admitted students irrespective of caste, creed or race. Sri Arumuga Navalar the Saiva revivalist was admitted as a student. Later Navalar's academic prowess prompted Rev. Peter Percival to induct him as a teacher to teach Tamil and English. With the assistance of Arumuga Navalar Rev. Peter Percival had translated the Holy Bible into Tamil.

Among the others Rev. P. T. Cash brought significant changes and improvements during his tenure as principal. He introduced the house system and selected the names of the houses from the names of former outstanding principals namely Percival, Romaine, Wilkes and Bullough. Recently the Lynch house was added to honour the founder of Central, Rev. James Lynch. He also composed the college song set to music by Mrs. Cash.

Rev. W. M. P. Wilkes revived the publication of 'THE CENTRAL' and inaugurated the OBA in 1906. Vice-principal Romaine Cooke introduced the colours for Central's Crest in 1901 and being an engineer and an architect he designed the plan for the building of the Romaine Cooke Hall. Fredrick M. Webster introduced football in Jaffna in 1881 and Rev. Gabriel introduced cricket in Jaffna in 1894.

One cannot forget the gallant services rendered by Rev. C. A. Smith the last of the foreign nationals who served as principals at Central. Very much concerned about the progress of the school he himself undertook the construction of buildings. The way he meticulously placed a storage water tank high up on a huge horizontal branch of a spreading tree to supply water to the laboratories showed his ingenuity. He himself built the 'match box' van to transport goods and purchased a 60 seating capacity school bus, an ice cream plant and built a photographic club installing all the



N. Ethirveerasingam unveiling the statue of Rev. James Lynch



R. Santhagunanathan unveiling the statue of Rev. C.A. Smith

required equipments. It was a familiar sight those days to see him travelling in his Woolsey car or push bike around Kandiah 'kade', Milk Bar, Premier Café and Regal cinema to nab truants who kept away from school. When Rev.C.A. Smith retired he left a rich legacy for Central to be remembered for ever.

he service rendered by A. E. Tamber who had his entire schooling at Central was on par with those of his predecessors. Three generations of Tamber had performed meritorious services to Central. After his schooling at Central he obtained his London BSc degree in Mathematics and Physics and joined Central as a teacher. As an assiduous teacher he groomed his students to do exceptionally well in the examinations. Later he became the vice-principal and finally retired as principal. As president of the All Ceylon Union of Teachers (ACUT) he rendered valuable service to the teaching community. He had never let down the dignity of teachers in any situation and had handled external pressure in a diplomatic way. Being a compassionate gentleman he had admitted all those students who were unable to seek admission in other schools particularly in fee levying private schools after the schools take over.

With such outstanding personalities as principals Central produced excellent results in public examinations. In the early forties when the University of Ceylon came into being the first batch of students from Central were all successful and all of them entered the medical faculty. Thereafter it was a regular feature for students from Central to enter all the faculties based on their brilliant performance in the entrance exam. In 1922 out of the five who passed the civil service exam two were from Central.

In sports too Central reigned supreme having produced outstanding sportsmen of calibre. Among them Nagalingam Ethirveerasingam the Olympian won the gold medal in the high jump event at the Asian games breaking the existing record. N. Pararajasingam, V. D. Jeyaratnasingam, R. K. V. Premachandra, Bunny Van Twest, J. Kanaganayagam, M. V. Spencer, M. Seevaratnam, V.T.Mahalingam, R. Santhagunanathan, Donald Ganesakumar, R. Naguleswaran, D. Puradchithasan, S.Suntharalingam, M. S. Rameeze and S. Sivasothy were some of the other outstanding sportsmen Central had produced. Central also had the honour of claiming several firsts.

1. First to introduce scouting in Jaffna in 1916.
2. First to introduce cricket in Jaffna in 1881.
3. First to introduce football in Jaffna in 1894.
4. First to organise the OBA in Jaffna in 1906.

5. First to send a school boy athlete to the Olympics in 1952.

6. First to have a swimming pool among the schools in the North in 2012.

It's really sad and distressing that an institution with such a glorious past has been turned topsy-turvy by the ill-fated standardisation of marks for university admission. It sounded the death knell for students from Jaffna pursuing higher studies. Furthermore the holocaust that prevailed for more than three decades caused destructions to school buildings, drop in the average attendance in schools and impediments to studies due to the traumatic experiences. Jaffna Central was the worst affected.

But now the situation seems to crawl back to normal and there is a ray of hope for our students to brighten their future. At this juncture it is the foremost duty of all Centralites to rally together through



College Grounds



College Swimming Pool

their respective OBAs to improve the infrastructure and raise the standard of education and sports for Central to bounce back and reach the zenith once again as the leading educational institution in the country.

school with such a glorious past celebrates its bicentennial on the 17th of September 2016 at Sir John MacDonald Collegiate, Scarborough. Friends well wishers and all others are invited to attend this gala function.



Display Stands in Jaffna for the Bicentennial celebrations



OBITUARIES

September 2016

ALVAPILLAI RAJASINGAM

(Rtd. Vice Principal, Jaffna College, Vaddukoddi). Son of late Alvapillai and Arulamma, beloved husband of late Mahilaruppiam, brother of Rasamalar Rajaratnam, Inpamani Selvarajah, Inparani Ratnam and Alvapillai Arulanantham, father of Nirmala Rajasingam, late Rajani Thiranagama, Sumathy Sivamohan and Vasuki Rajasingam, father-in-law of Chinniah Rajeshkumar, Dayapala Thiranagama and Mick Chatwin, grandfather of Narmada, Sharika, Valluvan, Maithreyi and Kausikan and great-grandfather of Mirak and Aneesa.

SOOSAI PILLAI - Mr. PAULPILLAI VASANTHARAJAN.

Beloved son of late Mr&Mrs. Casmeer Soosaipillai of Sillalai and son-in-law of late Mr&Mrs. Xavier, dearly beloved husband of Jeya (retd. Teacher), loving father of Dr. Francilen, Fredrick, father-in-law of Caraline (BSc Hons), loving eldest brother of Eng. Devarajan (retd. Addl. GM CECB), Yogarajan (Aust.), sister-in-law of Suganthy, Jesy (Aust), Mani Edward, Yoga Gracian.

SATKUNASINGHAM - MRS. MEENALOGINI

of Chavakachcheri, living at Dehiwela, expired. Beloved wife of Mr. Satkunasingham (Retd. Engineer), beloved mother of Devapriyan (Canada), Devashanthan, Devasuthan (Qatar), sister of late Chandrasekaran (Chandiran, Canada) and Manoranji, mother-in-law of Kanimoly (Ladies' College, Colombo 7), grandmother of Kavinthala.. Phone 2726470.

DEVAPRAGASAM - ARULPRAGASAM

- Beloved husband of Leela (Rtd. Teacher - Holy Rosary T.V, Col - 2), father of Priskila (Student - NISD), brother of Sulochana, Maharanee, Gnanam, Gunaseeli and Asokaraj.

PONNUSAMY - MRS. NIRMALA

- Beloved wife of Mr. Ponnusamy (Aristons Pvt Ltd), loving mother of Ms. Lushanthi and Ms. Kavidanjali, loving daughter of late Mr&Mrs. Subramaniam and loving daughter-in-law of late Mr&Mrs. Muththusamy, loving sister of Dr. Pathmanathan (UK), Mr. Rajendra Prasad, Mr. Gangadaran, Mr. Jeyendran and Mr. Vishvanad.

SIVANESANAYAKI - BALASINGAM

- Retired Teacher at Hindu College, Bambalapittiya, founder member of Hindu Women's Association. Beloved wife of late K. Balasingam (Research Scientist, CISIR), daughter of Arampamoorthy and Nesamma, loving mother of Balakrishnan, Engineer (Canada), Sithanthan (England), Satchithanathan (Canada), Murugaverl, Ph.D (USA), Radhakrishnan, Ph.D (USA), Sinnathamby Soccer Coach (SL), mother-in-law of Seetha (Canada), late Pat (England), Mani (Canada), Atsuko (USA), Sarva (USA), grandmother of Chippi (Ph.D), Murali, Haran, Mythili and Emma, sister of late A.T. Moorthi (SL High Commissioner to UK), late A.S. Moorthi (Colombo Food Commissioner) and Paranjothi Pakiyarajah (retired Principal, Vincent Girls High School)

KULASEGARAM - PARAMESWARY

- Beloved wife of late S G Kulasegaram; loving mother of Karunambigai, Ravindran, Narendran, Shyamala, Gayathri and Muralitharan; loving mother-in-law of Jeganathan, Meenadchy, Rajani, Manoharan and Sivakanthan; beloved daughter of the late Dr & late Mrs. Gurusamy; beloved daughter-in-law of late Mr. Suppiah Gopalapillai and late Mrs. Rasamah Gopalapillai; loving sister of late Sundaraluxmi Ponnampalam, Mangaleswari Velliampalam, late Dr. G. Gurunathan and Sivasankaran; and loving grandmother of Hari, Tharani, Kumaran, Chenthooran, Pavithra, Vaheni, Ragavan, Vanee and Tharshan.

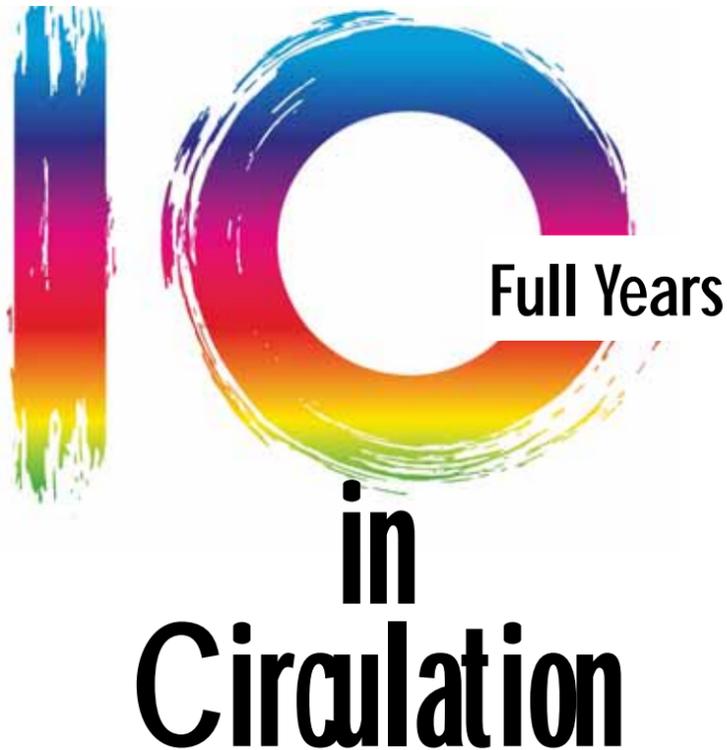
NICHOLAS PILLAI - Dr. ANTHONIPILLAI

- Dr. Anthonipillai Nicholaspillai, of Sillalai, Jaffna, passed away on 15/08/2016 in London. Beloved husband of Dr. Olivet (nee Kanagasuntherie). Beloved son of late Mr and Mrs. Anthonipillai, son-in-law of late Mr and Mrs. Kanagasuntherie, loving brother of late Rosamah, Fatima Pushpam, Eugene Vasanthi, Joseph Marianayagam, late J. William Milton, late Anton Varatharajah and Noel Ragunathan, brother-in-law of Indra, Gnanam, Ida, Anne, Mohan, late Helen Mary, Regis, Karunakaram, Mahilvathy, Selvathy, Bessi, Martha, Shanthi and Ein.

YOGESWARAN (YOGAN) SATHIANATHAN - OAM

and JP. Loving husband of Dr. Vino and father of Dr. Haran, father-in-law of Sasha, grandfather of Mia, son of late Daniel Sathianathan and Mercy Sathianathan, brother of Lalitha Niles, Rajan and late Dr. Inpy, brother-in-law of Navan, Sunethra Sathianathan, Suganthy Sathianathan, Abraham Vivekanantha and Shanthi Vivekanantha, passed away peacefully in Darwin, Australia.

Monsoon Journal has completed



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27/08/16

For Immediate Release

I am pleased to announce the launch of the third book on Canada written by myself entitled "**CANADA AN EVOLVING VISION**" published by Author House on July 29, 16 in the U.S.A

The launching ceremony for this book will be held at 5.30 pm on Saturday September 24th, 2016 at the ERAA Palace Banquet Hall located on 10 Karachi Drive, .Markham, ON, L3S 0B5

This book reflects on various aspects of current and future Canadian life but focuses mainly on demography, radicalization, emigration & immigration, social & cultural studies, political science, policies and theories.

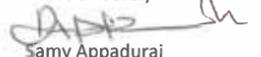
The publisher's comment on the book and the author provides a gateway to learn more:

"Samy Appadurai has once again taken a brave bold new look at the issues that Canadians are facing as they head into the future.

"Canada an Evolving Vision" is a special blend of analysis, wit and humor that takes into account the uneasy history of Immigration, the changing demographics, challenges on economy, the position of the global village and the political dimensions of this country and where Canada is likely to see itself in the near future....."

You are cordially invited to attend the ceremony and it would be highly appreciated if you cover this event and provide a review. Thank you for your time and consideration.

Yours sincerely


Samy Appadurai
(Author)



THE HINDU TEMPLE SOCIETY OF CANADA

RICHMOND HILL GANESHA TEMPLE - ANNUAL PERUMAL FESTIVAL

by **Kidambi Raj**
Member, Board of Trustees

The Annual festival Lord Srinivasa, started on Tuesday August 16th with an elaborate Homam and religious rituals to bring good health and prosperity to all the devotees and the community at large. Next day, the Kodi Ettram (raising the flag of the Deity), marking the main beginning of the festival. There were special Kalasa (nine vessels) Abhishekham, Yaga Puja, Vasantha Mandapa Puja followed by procession of the Utsava (miniature idol) of the Deity with exquisite and beautiful decoration seated on a different Vahana and taken around inside the temple to the accompaniment of traditional Nadaswaram and Mirdangam music for the remaining days of the festival. The most eagerly awaited event to the devotees, the Thaere (chariot) festival took place on Wednesday, August 24th with a very large crowd of devotees. For the Thaere festival, after doing full puja to the utsava idol inside, it is brought out and placed on the Thaere. Then hundreds of devotees pulled Thaere around the temple in a clock-wise direction, with stops at all eight direction for Aarathi. This event is something that everyone should see for themselves to see how dedicated and committed devotees in several hundreds take turns and pull the thaere around the temple. The other equally well anticipated and attended event is the "Poongavana Utsavam and Thiru kalyanam" which is always sponsored by all the volunteers who had spent enormous amount of their time from a week before the start of the festival to a make it a grand success.

Two things that Lord Vishnu (Perumal) loves are Tulasi and Saligrama Stone.

Tulasi:

In Sanskrit, that which is incomparable is called Tulasi. Also in Brahmavai Varta Purana, Prakruti Kanda, a verse whose meaning goes like this: "Man saw this plant, but could not compare it to any other. Hence archeologists began calling it Tulasi". It is considered to be highly sacred for the Hindus. Impressed by the devotion and adherence to righteousness, Tulasi, the wife of a celestial being was blessed by Lord Krishna that she should be worshiped by all, with the offerings being incomplete without the offering of Tulasi. She also symbolizes Goddess Lakshmi.

Legends about the origin of Tulasi:

One of the legends come from the Devi Bhagavata Purana, here it regards Tulasi as a manifestation of Lakshmi, the Goddess of wealth and principal consort of Vishnu. It narrates that Vishnu had three wives: Lakshmi, Saraswati and Ganga. Once Ganga was flirting with Vishnu, when a jealous Saraswati noticed that and dragged her to the ground. Lakshmi ran to save Ganga. An infuriated Saraswati then cursed Lakshmi to be born on earth as a plant. Ganga and Saraswati also cursed each other to be born as rivers. Vishnu comforts Lakshmi that she will be born on earth as Tulasi, but only part of her will stay there as a plant and that the other part of her will return to him. At the same time King Vrishadvaja, a devotee of Lord Shiva banned worship of all other deities except his patron God. An agitated and angry sun god, Surya cursed him that Lakshmi will abandon him. In turn Shiva pursued Surya, who fled, finally arriving in the shelter of Vishnu. Vishnu said to the deities that years had passed on earth, Vrishadvaja and his heir-son were dead and that the grandchildren of Vrishadvaja, Dharmadvaja and Kushadvaja were worshiping Lakshmi to gain favours. Lakshmi rewarded them by being born



Perumal Festival

as daughters Tulasi and Vedavati to Dharmadvaja and Kushadvaja respectively. Tulasi gave up all her royal comforts and went to Badrinath to perform penance to gain Vishnu as her husband. Lord Brahma pleased with her penance told her that she will have to marry the demon Shankhachuda before she marries Vishnu.

Shankhachuda who also pleased Lord Brahma with his penance, was granted Vishnu-Kavacha (armour of Vishnu) and blessed that until his wife's chastity was retained and Vishnu-Kavacha was on his body, no one could kill him. Shankhachuda and Tulasi were soon married. Shankhachuda was filled with pride and terrorized the beings of the universe. To rescue the universe from him, Lord Shiva challenged Shankhachuda to war, while Vishnu went to Tulasi to break her chastity. Vishnu assumed the form of Shankhachuda and compelled to have close relationship. With her chastity broken, Shankhachuda was killed. In the middle of the close relationship, Tulasi recognized the impersonator. Vishnu



Perumal Thaere and the Devotees

appeared in His true form and told her to abandon her earthly body and return to His celestial abode as Lakshmi. Tulasi's mortal remains decayed and became the Gandaki River, while her hair transformed into sacred Tulasi plant.

Another legend replaces Shankhachuda with Jalardhana and the name Tulasi with Vrinda (a synonym of Tulasi plant). Here it concentrates on the tale of Vishnu destroying Vrinda's chastity to lead to the death of Jalardhana by Shiva. In this legend Tulasi is distinct from Lakshmi. The legend ends with Vrinda cursing Vishnu to become a stone, thus turning Him to Saligrama Stone and Vishnu transforming Vrinda into a Tulasi Plant.

Yet in another legend, it relates Tulasi to Samudra Manthana, the churning of the cosmic ocean by the Gods and Asuras (demons). At the end of the churning, Dhanvantri rose from the ocean with Amrita (the elixir of immortality). Vishnu

poured it for gods and the asuras tried to steal it with no luck. Vishnu shed tears of happiness, the first of which fell in Amrita and formed Tulasi.

The Power of Tulasi:

Tulasi leaves are sacred and Lord Vishnu loves it so much that the Vedic scriptures say that Lord Krishna accepts only food adored with at least one Tulasi leaf. The Gautamiya Tantra says, "Sri Krishna sells Himself to a devotee who offers Him merely a Tulasi leaf and water.

The glories of Tulasi Devi are mentioned in the Skanda Purana literature. In the Skanda Purana, Tulasi is depicted as follows: "Let me offer my respectful obeisances unto the Tulasi Tree, which can immediately vanquish volumes of sinful activities".

Tulasi plant is an icon of detachment (vairagya), because this plant symbolizes detachment. Once when performing the ritual of tula-bara (weighing with food grains, gems etc.), Lord Krishna, was weighed in Gold. Satyabhama, one of His wives, gave away all her ornaments; even they could not outweigh Him. Rukmini, His consort, placed a single leaf of Tulasi plant on the weighing scale and that brought a tilt in the scale, thus proving the power of Tulasi.

Worship of Tulasi:

In a typical Vaishnavite's home in South India, Tulasi plant is worshipped by lighting lamps and offering water and flowers before they get into their daily routine. Tulasi plant is said to bring peace, prosperity and health to family members. According to Hindu mythology, Tulasi is very close to Lord Vishnu. In fact, a ceremony is held annually in which a marriage is performed to Tulasi Plant and Saligrama Stone. This is performed during the month of Karthigai (November-December) on the 11th bright day (Ekadasi), as per lunar calendar. This particular Ekadasi is called Prabodhini Ekadasi or Dev Uthani Ekadasi. On the eve of this marriage a subtle frequencies of Lord Vishnu and Goddess lakshmi arrive in the universal vacuum. Because of this the central channel of the entire universe gets activated. This event is termed as the "Marriage of Tulasi" or "Tulasi Vivaham".

Saligrama Stone:

Saligrama refers to the most scared fossilized stone worshipped by the Vaishnavites as an iconic symbol of Lord Vishnu. Saligrama stones are always only those naturally found in Gandaki River in Nepal. In the olden days, the Kings used to gift the saints and knowledgeable pundits with Saligrama stones.

The worship of saligrama Stones goes back to the times of Sri Adi Sankara, as

can be seen from his commentary to a verse in Taitriya Upanishad and in his commentary to a verse in Brahma Sutra, thus suggesting that the Saligrama Stone worship of Lord Vishnu has been a well-known Hindu practice. Saligrama are mentioned in all the 18 puranas and some of them give descriptions of various types. According to the Hindu tradition, this stone is the shelter for a small insect known as Vajra-kreeta that has a diamond tooth which cuts through the Saligrama stone and stays inside. The marks on the Saligrama stones give special significance to the various forms of Lord Vishnu like the that of Sudarsana Chakra (the discus of Lord Vishnu), Rama, Krishna, Varaha, Narasimha etc.

In the olden days, it was the practice to ask the witness in the court of law to hold a Saligrama stone in his/her hand while testifying. If the witness uttered falsehood, he/she was believed to suffer a long and immense punishment. Even the very presence of Saligrama in a home is considered to be one of the meritorious achievements in Lord Vishnu's devotee's life. As the Saligrama has the power of making a man devoid of his sins, not only of this life, but also his past life by simply touching the Saligrama. Hence



Perumal Festival

it is considered an ultimate punya to even to be around one who worships Saligrama. But one who has Saligrama has to perform puja every day right after bath. The effect of worshipping Saligrama with Tulasi is considered even better as narrated by Lord Krishna to Yudhishtira in Mahabharata. In Skanda Purana, it is said that "any person who has Saligrama Stone, paid obeisance to it, bathed and worshipped it, has achieved the results of performing ten million sacrifices and giving away ten million cows in charity".

In Garuda Purana, it states: "The Lord resides in many places in which he may be worshipped, but of all the places, Saligrama is the best". When a dying person is made to sip a little water in which Saligrama Stone was bathed, he will be freed from all sins and will reach the abode of Vishnu". It is also said that when death occurs in the presence of Saligrama Stone, it will pave the way for Vishnu's realm, since Vishnu is present in the Saligrama Stone.

Correction to the announcement

about the appointment of a Chief Priest at the Richmond Hill Ganesha Temple in the August issue of the Monsoon Journal

It was reported that the new Chief Priest had his early training in Agama Sastras from a well-known Hindu Religious training Centre in Pillaiyar Patti in Sri Lanka. But it should have been "Pillaiyar Patti in South India" and not Sri Lanka. Sorry for the slip.

Kidambi Raj

HUMANS OF NORTHERN SRI LANKA



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

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



BY THULASI MUTTULINGAM

Traditional feast from my particular community of Hindu veagetarians in Jaffna



I get asked this question a lot by those visiting Jaffna. “What is authentic Jaffna food? Where can we get it?”

Damned if I knew. There are many, many restaurants in Jaffna - and they serve a variety of tasty (and not-so-tasty) foods but I haven't come across anything close to what my mother and the other neighbourhood ladies cook at our homes.

It's a fast disappearing lifestyle though. As a modern independent woman fighting for my right to work outside the home and not be tied to the hearth, I should be the last to bemoan this - but with working women come changing lifestyles.

To tend lovingly over a wood-fire hearth, cooking up a storm of dishes using homegrown organic produce, tempered with hand-squeezed coconut milk, using ancient traditional implements like mortar and pestle and the massive stone grinders and rollers (ammi/kulavi)... these are unfortunately within the grasp of only a few of the fast declining segment of stay-at-home mothers in Jaffna.

What they cook as per 'aru suvai' requirements - a Tamil system of cooking invoking ayurvedic medicine which demands that there ought to be a balance of a variety of six different tastes to enhance health and nutrition - cannot be replicated easily.

They certainly are not being replicated by chefs in restaurants - not that they are trying to. You don't get the Jaffna signature dishes of purple yam rasavalli pudding, or the palmyrah pulp snack, panangai paniyaarum or the nutritious gram based sweet soup of pytham-kangi, in a typical Jaffna restaurant.

If you want to try any of these, just make friends with the local population and invite yourselves over for lunch or dinner - and make sure you tell them what you want to eat. Else in typical Jaffna hospitality style, they might assume you too are sick of eating what they themselves eat everyday and treat you to diligently studied recipes on colombo based cooking, ice cream and sodas :D

The other problem with asking me as a Jaffna based native about so-called 'authentic Jaffna food' is that there isn't any such thing that speaks for the entire population as a whole.

The population being traditionally either farmers or fishermen, there is a main distinction between whether it is a seafood based diet or vegetable based diet among the communities living here.

Then there are those who are vegetarian and those who are not. Don't ask me to recommend where to get the best crabs, prawns or mutton. I have no idea because I belong to a predominantly vegetarian community, who have been vegetarians for generations.

Food habits differ according to geographical locations, traditional occupations re: caste,



A pile of the fresh cut banana leaves, ready to be served.



The traditional pitcher - a chembu, used to serve water.

You wouldn't believe the place this seemingly humble vessel occupies in making or breaking relations in my highly caste and social-status conscious community. But that's a tale for another day



Mats are rolled out and people sit side by side eating jovially in a spirit of communal harmony.

Even before I sit down, a leaf-plate is put down for me and food is promptly served. That's my mother holding out her hand to stop the server from giving me too much rice.

“Enough, enough, she is fat enough already.”

Yeah, that's my mother for you. About as



This feast is on the occasion of a 'thithi' at my neighbours' house. There is no equivalent English term that I can think of but it can be best described as a 'death remembrance anniversary'. When people pass away, the Hindus here have annual almsgiving in their memory.

Also marked with feasts in a similar style are weddings, puberty ceremonies and the 31st day ceremony after a funeral.



The food is supposed to encompass six different tastes (aru-suvai) viz. Sweetness, sourness, hotness, bitterness, astringency, and pungency.

These are captured via a whole host of different curries, gravies, salads, fries, and chips.



The bitterness component is what I find the hardest to appreciate - but its considered rude to not finish what you were served.

So like most people, I reserve my bitter-gourd curry to eat last.

This system is understood by the hosts so they won't serve you more of this curry. Don't ever confuse your hospitable Jaffna hosts by eating what you don't like first.

I had an uncle who ate his bitter gourd curry first in order to get it over with, at a house he was invited to. The hosts imagined he liked that curry and kept on heaping more and more of it on his plate. Thirty years later, he still recalls the incident with horror.



And to top it off when you finish is paayasam (sago pudding) and ulundu vade for desert.

Yes, they serve it on the plate you just finished eating your rice in. Some of the more finicky youths these days demand their paayasam in fresh cups - but I say 'authentic' is to eat it off your leaf plate. After you have had your meal, you are supposed to sit and chat with your neighbours. It is considered rude to leave immediately. As many people will be rushing around serving and cleaning up, it is also good manners to volunteer to help out with these activities.

So if like yours truly, you are naturally clumsy and are afraid of spilling a cauldron of curry over someone while serving, or stuck for conversation because you are an introvert, tough luck.

In my case today, I decided to brave it out with some conversation.



And was promptly treated to some more aspects of authentic Jaffna culture.

"Show me your palm.

Hmmm"

Well? What does my palm reading say?

"It says you will get married within the next five years."

Eh? But I don't plan to get married.

'Young woman, did you really think you could escape your karmic sins of a past life? Everyone has to marry and suffer. You know-it-alls in your thirties who think you have escaped the prison of marriage can think again.

Nopes, you are still getting married.

I also see you have some role as a teacher in life.

Hey, what are you taking pictures for?"

You mentioned a role as a teacher. I don't know if this counts, but I am involved in a project to educate others living outside Jaffna about our culture. So I am taking pictures of what's happening.

"Eh??? You are planning to put up a picture of this and tell them that this is Jaffna culture?"

Well, isn't it?

"No, it most certainly isn't. When I was a youth way back in the sixties, we wouldn't dream of

touching a woman's hand. You better not put up a picture of me holding your hand and relay to those outside that this is part of Jaffna culture. That would give totally the wrong impression."

Not to worry. I would not have given my hand for a man my age to hold. I just figured it would be alright because you are an elderly man.

"Did you just call me an old man?"

Er...

"Huh! Also, don't you know it is old men that you can't trust? Girls these days. Young men or old men, don't trust any of us that easily."

He was just kidding folks. This is an uncle of mine

“ YOUNG WOMAN, DID YOU REALLY THINK YOU COULD ESCAPE YOUR KARMIC SINS OF A PAST LIFE? EVERYONE HAS TO MARRY AND SUFFER. YOU KNOW-IT-ALLS IN YOUR THIRTIES WHO THINK YOU HAVE ESCAPED THE PRISON OF MARRIAGE CAN THINK AGAIN ”



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SCHOLARSHIP



Appreciation Ceremony by Jaffna YMCA to Honour Advanced Level students who topped in the 2015 A/L Exam, in the Northern Province

The awards are sponsored through Direct Family Financial Support Canada (DFFS), a nonprofit Organization founded by M C Francis, teacher and publisher. The appreciation ceremony will be held on the 24th of September. Jaffna YMCA together with DFFS Canada will recognize seven students who topped Island

wise and district wise at the GCE A/L exam in 2015. These awards will encourage students of Northern Province and promote their achieving spirit and help to raise the falling standards. The awards have been named by the sponsor DFFS according to the wish of the donors; The 2015 awardees will receive a cash award of Rs

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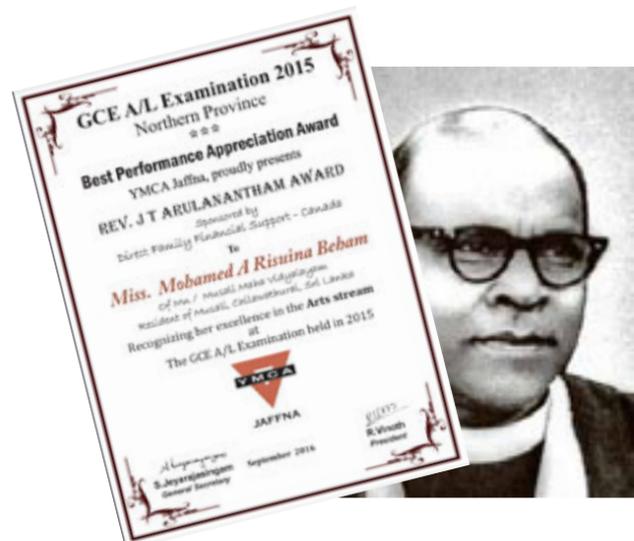
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Northern Province GCE A/L 2015

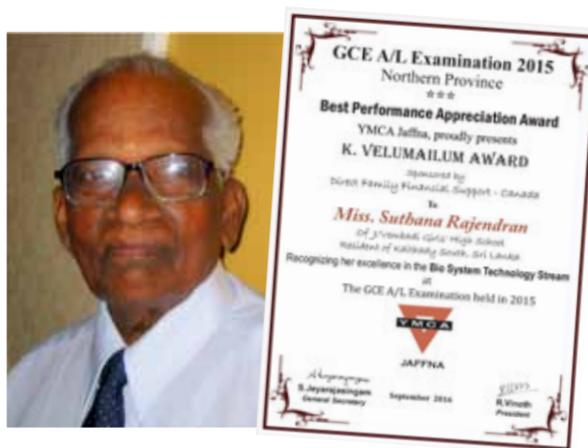
Awards to Students who came first in the different streams; Each winner will receive a cash award of Rs 40,000 and a Plaque to cherish and a merit certificate.

Rev J T Arulanantham Award



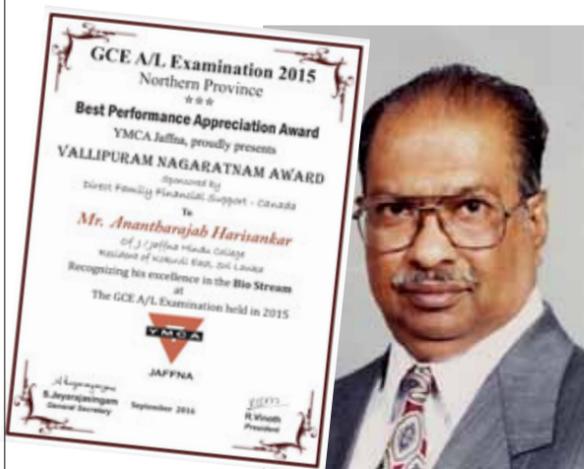
Late Rev. J T Arulanantham was the first National Principal of St John's College
The award is gifted by his son Dr. Pararasan and Mr. M C Francis who is indebted to him for encouraging him to become a publisher of science books.
Winner: Miss Mohamed A Rishuna Beham (Arts stream) Mn/ Musali M V, Resident of Chilavathurai

K Velumailum Award



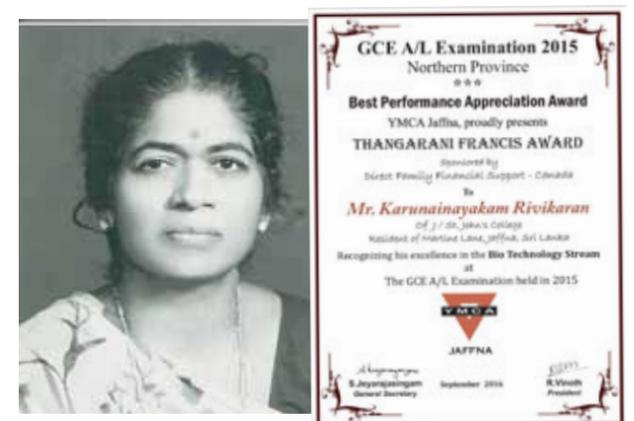
This award is a gift of Loganathan Velumailum founder of Monsoon Journal in Canada. The award is in grateful memory of his father K. Velumailum who excelled in the insurance world in the island
Winner: Miss Suthana Rajendran (Bio system Technology) Jaffna Vembady Girl's High School, Resident of Kalthady

Vallipuram Nagaratnam Award



Late Vallipuram Nagaratnam was a Veterinary Science graduate who worked in various parts of Sri Lanka and in Nigeria. The award is a gift of Mrs. Sakunthala Nagaratnam in memory of her Husband.
Winner: Mr. Anandaraja Harisanker (Bio stream) Jaffna Hindu College, Resident of Kokkuvil East

Thangarani Francis Award



Late Mrs. Thangarani Francis was a teacher at Chundikuli Girls College, retired after fifteen years of service to help his Husband in publishing science books. The award is a gift of Dr Sugi Ponnambalam in memory of her mother.
Winner: Mr. K Rivikaran (Bio Technology stream) St. John's College, resident of Jaffna

Kamaladevi Ramalingam Award



Late Kamaladevi was a Teacher at Drieberg College and her father late S Ramalingam, a teacher and Inspector of schools. The award is a gift by Tulasidas in memory of his mother and grandfather.
Winner: Mr. M. Lajeewan (Commerce), Jaffna Kokuvil Hindu College, Resident of Kokuvil East.

SCHOLARSHIP

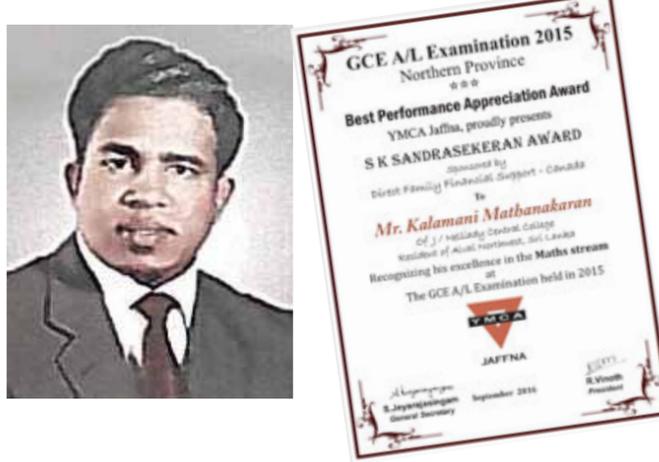


V J A Mariathasan Award



Late V J A Mariathasan was an Honors graduate and specialist in Rubber Technology; And worked as a chief adviser in rubber technology in Sri Lanka, India and Malaysia. The award is in loving memory of him by his loving wife Logi Mariathasan and her three sons.
Winner: Mr. B Gnanakeethan, Jaffna Hindu College, (Eng. Technology) Resident of Kondavil

S K Sandrasekeran Award



Late S K Sandrasekeran Award was a teacher in Sri Lanka and Zambia, Assistant commissioner of examination and Author of books in Mathematics. The award is a gift from his loving wife Rajes and his dear friend M C Francis who published his famous book Arimurai kethira kanitham.
Winner: Mr. Kalamani Mathanakaran (Maths stream) J/Nelliady Central College, Resident of Alvai North

Awards to students who came second in the different streams will receive a cash award of Rs 20,000 and a merit certificate and a Plaque by DFFS Canada. These awards are sponsored jointly By Dr. Mohan Retnasingham, Mr. K Rajakulasingham of Babu Catering, Dr. S F Asokanthan, Dr. S Sumathy Thayalan and DFFS

- | | | |
|---|--|--|
| <p>1- Dr. A P J Abdul Kalam award
 Mr. Srithas Thanushan
 (Maths stream)
 J/ Kokuvil Hindu College,
 Resident of Jaffna</p> | <p>3- Dr. CWW Kannangara Award
 Mr. Thavananthirasa Dinesh
 (Commerce stream)
 J/Jaffna College Vaddukodai
 Resident of Karaveddy East,
 Karaveddy</p> | <p>5- Dr. K Thilliampalam Award
 Miss Muthulingam Tharshika
 J/ Methodist Girls' High school (Bio
 Technology stream)
 Resident of Thunnalai North,
 Karaveddy</p> |
| <p>2- Dr. Green Award
 Mr. Senthilkanthan Luxikan
 (Bio stream)
 VS/Vavuniya Tamil
 Mahavidyalayam,
 Resident of Vavuniya South</p> | <p>4- Rev Dr. G U Pope Award
 Miss Kunabalasingham
 Nitharshana (Arts stream)
 J/Idaikkadu Maha Vidiyalayam,
 Resident of Idaikkadu</p> | <p>6- Swami Vipulananda Award
 Mr. Arulvel Jathupiriyar
 (Eng Technology)
 J/Jaffna Hindu College,
 Resident of Kondavil west</p> |

FIRST ANNUAL SUMMER PICNIC OF JAFFNA UNIVERSITY ALUMNI ASSOCIATION (JUAA) CANADA AUGUST 27TH 2016 10.00 AM TO 8.00PM - MORNINGSIDE PARK



The "Jaffna University Alumni Association Canada" (JUAA Canada) held its first annual summer picnic on the 27th August 2016 at the Morningside Park, Scarborough, Toronto. Well over one hundred participants attended this day full of sports and fun activities for kids and adults and enjoyed it with their friends and families. The participants had a great time meeting and reminiscing their time in the University of Jaffna (UoJ) with fellow undergraduates, graduates, teachers and well-wishers in this picnic, made new friendships and professional contacts and deepened the old ones.
 A great friend of JUAAC Canada, Hon. Jim Karygiannis, Toronto City Councillor for Ward 39 Scarborough-Agincourt and Neethan Shan, Toronto public school board trustee graced this event. One of the founder members of JUAA Dr.K.Theivendirarajah welcomed and encouraged the members to support the JUAA

for the welfare of the Jaffna University community in Jaffna. The JUAA Canada was inaugurated on the 25th of July 2015 at the Scarborough Civic Center, 150 Borough Drive, Scarborough, Ontario, Canada. The attending members adopted a constitution for the association and also elected a board of directors and an executive committee for the year of 2015/16.
The major objectives to form this association are:
a. To further the interest and welfare of our Alma mater, the University of Jaffna (UOJ), Sri Lanka.
b. To organize events and raise funds with a view of providing support to research programs and other activities, providing teaching materials, and offering awards and scholarships that would enhance academic excellence at the UOJ.
c. To promote and support programs that enables the members of JUAA Canada to engage in meaningful ways

with the faculty, other staff and students of the UOJ.
d. To increase the sense of fellowship, cordiality and good will among the past graduates and staff and well-wishers of the UOJ living in Canada by conducting community and networking events.
e. To engage in activities that would provide the JUAA Canada members, especially the recent immigrants to Canada, opportunities to improve their professional, vocational and academic careers.
 During the course of this year JUAA Canada held a fund raiser event and a part of the raised funds were donated to the Physical Education Unit of the UoJ to be used to assist the needy students to buy appropriate personal sports gear (e.g. boots) for their sports activities. Many more projects and networking events for the benefit of our members are planned for the coming months.
Dr. S. Gnaneshan
 President, JUAA Canada



Waterloo Region's Multicultural festival adds Sri Lankan & Indian flavour

KITCHENER — A United Nations' worth of wonderful aromas wafts across the downtown core, even before you spot the colourful tents in Victoria Park in Kitchener.

The annual Multicultural Festival, which took place during the weekend, boasts dozens of vendors, informative booths and lively entertainment on the main stage.

But it's the food that's consistently one of the biggest draws.

And there's just so much to choose from. Your tastebuds could tour the world, with stops for pork dumplings in China, souvlaki in Greece, curried goat in the Caribbean and Kothu Rotti in Sri Lanka.

You could try kachumbari, an East African tomato salad, or minchet abish, a ground beef dish from Ethiopia.

"I like the fact you can have Turkish dessert with an Indian main and a Vietnamese appetizer," said Filiz Tamer, visiting the festival for the first time with her boyfriend, Kamil Tuszni, and his mother, Jadwiga Kramczynski.

With 30 countries represented on the main stage for this, the 49th instalment of the popular festival, it reflects the changing face of the community.

Dharini Sivakumar representing

the Sri Lankan community said Multicultural festival provides a platform for smaller cultural groups to show case their Arts and culture.

Sri Lankan street food "Kothu Roti" was a sell out at the Indian and Sri Lankan tent. "A lot of work goes behind the scenes. A team of friends and members of the local Tamil community organise this food tent annually" said Sammy Pasupathipillai, the volunteer at the station.

Canadian Minister for small business and Tourism, Hon. Bardish Chagger visited the Sri Lankan and Indian Food tent. She witnessed the preparation of Kothu Rotti and appreciated the dedication by local Tamil community members.

Festival co-ordinator Vanessa Harrison said the event typically attracts between 30,000 and 50,000 visitors over the course of the weekend.



Starry Night

TCASD Annual Charity

Lights of Hope Gala 2016

On September, 24th, 2016, TCASD will be hosting the annual "Lights of Hope Charity Gala". This event will be raising funds for the youth of TCASD as well as a charity organization. The organization TCASD has decided to contribute to, Indspire, is an Indigenous-led registered charity that invests in the education of Indigenous people. They provide long-term benefits for Indigenous individuals, their families, and communities. Indspire disburses financial awards, delivers programs, and shares resources with the goal of closing the gap in Indigenous education. Their overall mission is to help Indigenous people to achieve their highest potential.

Honorable Prime Minister Justin Trudeau has included First Nations education as one of his key platform points. Underfunding of the First Nations education system has resulted in a significant education gap, comparable to many developing countries. Students in this population are behind provincial peers in reading, writing, and numeracy, with less than half of students on reserve graduating from high school. Ensuring every First Nations child receives quality education ensures improvement of economic outcomes for this population, as well as shared success for all Canadians. Keeping with this federal commitment, TCASD has chosen to support a cause that will bolster this national effort.

TCASD is a non-profit organization that has been committed to supporting communities in the Durham region and beyond since 2008. In order for us to continue supporting charitable organizations we depend on the kindness and generosity of the community. A portion of the funds raised from sponsors, and ticket holders such as yourself, will go towards supporting the education of well deserving First Nations students.

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Monsoon Journal wish to announce the release of Feb 2015 edition-Web&Print available from today #toronto #ilka pic.twitter.com/q0EneokXS

CANADA NEWS



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

Ontario Premier Kathleen Wynne hosted a reception to Celebrate



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

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



Thai Pongal & Tamil Heritage Month

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

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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.

A parfait media publication
Monsoon Journal
www.monsoonjournal.com

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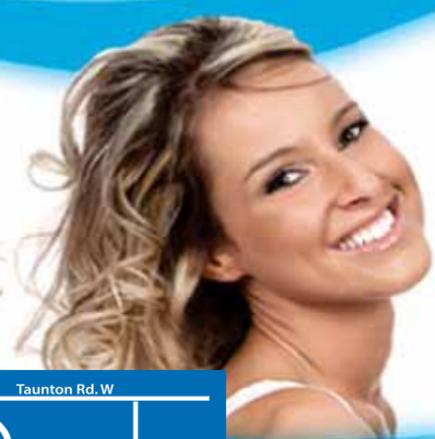
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