

# Monsoon Journal

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## Canadian Tire Brave T.O. brings community together to support healthcare in Scarborough

By: Dr. Shiyam Loganathan, MD

Saturday September 24th, 2016 marked the inaugural Canadian Tire Brave T.O. in support of The Scarborough Hospital. Participants competed in a five-kilometer obstacle course that was inspired by the training regimens faced by Toronto's police, fire and paramedics. The event brought together members of the community, volunteers, first responders and racers for a day of fun for the whole family.

Many sponsors supported this worthwhile cause including Canadian Tire, RE/MAX Community Realty, No Frills, Scotiabank and many others. Canadian Tire Brave T.O. was a demonstration of a great landmark event for Scarborough as The Scarborough Hospital General and Birchmount campus prepare for the merge with the Rouge Valley Health System Centenary site on November 1st, 2016.

The race began at the steps of University of Toronto, Scarborough campus and ran at the backyard of the Centenary site. Bringing the two hospitals together will help to streamline services and give the community a stronger future in healthcare in Scarborough. Next year's event is already scheduled for September 30th, 2017.

More details and TSH news on pages 14, 16 & 17



Monsoon Journal contributors Drs. Venetia and Shiyam Loganathan are proud and excited to announce the birth of their baby boy,

### Arjun Michael Angelo Loganathan

Born on Friday September 30th, 2016, at 6:03 pm, 8 pounds, 1 ounce, 22.05 inches. They would like to express their utmost gratitude and appreciation to the staff of the Birthing and Newborn Centre at Centenary Hospital for the excellent care they provided.

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## Statement by the Prime Minister of Canada on Rosh Hashanah

October 2, 2016 - The Prime Minister of Canada, Justin Trudeau, today issued the following statement in recognition of Rosh Hashanah:

"Today, we join Jewish communities – in Canada, in Israel, and around the world – in celebrating Rosh Hashanah, the Jewish New Year.

"Rosh Hashanah, which occurs on the first and second days of the Jewish month of Tishrei, marks the beginning of the Days of Awe. It is a time to reflect on the past year, and look forward with hope and renewed purpose to the year ahead.

"To mark this occasion, families and friends gather to pray and hear the blowing of the Shofar – a ram's horn trumpet – exchange greetings, and share a special meal.



"On behalf of our family, Sophie and I invite all Canadians to reflect on the important contributions of the Jewish community in Canada to our national fabric, and wish all those celebrating a new year filled with hope, peace, and renewal.

"Shana Tova Umetukah!"

## Minister Morneau Announces Preventative Measures for a Healthy, Competitive and Stable Housing Market



October 3, 2016 – Toronto, Ontario  
– Department of Finance Canada

Protecting the long-term financial security of Canadians is a cornerstone of the Government of Canada's commitment to help the middle class and those working hard to join it. The Government continues to work collaboratively with its municipal and provincial partners to address the concerns of middle class families facing high debt and concerns over housing affordability, and is actively engaged in monitoring and addressing the overall health and stability of the housing market and financial system in Canada.

To that end, Minister of Finance Bill Morneau today announced three measures designed to reinforce the Canadian housing finance system, to help protect the long-term financial security of borrowers and all Canadians, and to improve tax fairness for Canadian homeowners.

Building on measures announced in

December 2015, the Government will:

- Bring consistency to mortgage insurance rules by standardizing eligibility criteria for high- and low-ratio insured mortgages, including a mortgage rate stress test;

- Improve tax fairness by closing loopholes surrounding the capital gains tax exemption on the sale of a principal residence; and,

- Consult on how to better protect taxpayers by ensuring that the distribution of risk in the housing finance system is balanced.

These measures follow an in-depth analysis of the housing market conducted by the Department of Finance Canada, in conjunction with various government agencies, including the Office of the Superintendent of Financial Institutions and Canada Mortgage and Housing Corporation, as well as the ongoing collaboration and information sharing done through the working group with provincial and municipal officials. (Via: [fin.gc.ca](http://fin.gc.ca))

## Statement by the Prime Minister of Canada for Women's History Month

October 1- The Prime Minister, Justin Trudeau, today issued the following statement on Women's History Month:

"This October, I am pleased to join Canadians from coast to coast to coast to celebrate Women's History Month.

"This year's theme – Because of Her – gives all Canadians the chance to recognize and appreciate the significant achievements and contributions women have made to our great country.

"Despite historical hurdles and barriers, women have taken their place – as politicians and advocates, as entrepreneurs and leaders, as artists and academics – pushing for advances and changes that have benefited us all.

"The Government of Canada has chosen to make gender equality a priority. We formed Canada's first gender-balanced cabinet, and appointed the first woman Government House leader as well as the first ever Minister fully dedicated to gender issues.

Our government has embraced the opportunity to serve on the UN Commission on the Status of Women, and we are ardent supporters of the UN Women's HeforShe campaign. I am honoured to be the youth ambassador for HeforShe. In this role I will advocate for both gender equality and the

full support and involvement of youth around the world – youth who can help us achieve gender equality faster and more effectively.

"Our government will also continue to support the implementation of gender-based analysis across government departments to ensure gender implications are considered in all government policies, programs, and legislation.

"While we celebrate the progress made, we remain keenly aware of the important work that still needs to be done to achieve true gender equality. By highlighting stories of how women have shaped our lives, we can inspire both current and future generations to continue to fight for a society in which all people feel empowered, and have the same opportunities to reach their full potential.

"On behalf of the Government of Canada, Sophie and I encourage all Canadians to join us in celebrating Women's History Month. I also urge you to become part of the Government of Canada's #BecauseofHer campaign, to share and learn more about all of the remarkable women – past and present – who have influenced us, and who have helped build a better, stronger, and much more inclusive Canada."

## Statement by the Prime Minister of Canada on Navratri

October 1, 2016 - The Prime Minister of Canada, Justin Trudeau, today issued the following statement in recognition of Navratri:

"Today, we join the Hindu community in Canada – and around the world – to celebrate the beginning of Navratri.

"Navratri is a celebration of the triumph of good over evil. This year, it takes place at the beginning of October, around harvest time.

"To mark this occasion, families and

loved ones gather over nine nights to worship, dance, and celebrate, culminating in the tenth night of festivities. This festival is celebrated by Hindus and non-Hindus alike across Canada, India, and around the world.

"On behalf of our family, Sophie and I invite all Canadians to reflect on the important contributions of Canada's Hindu community to our national fabric, and extend our warmest regards to everyone celebrating Navratri."

([pm.gc.ca](http://pm.gc.ca))

## Proposed federal carbon pricing: Premier Notley statement

Premier Rachel Notley has released the following statement on the federal government's proposals on carbon pricing:

"In principle, the Government of Alberta supports a common price that all provinces and territories meet in their climate change plans. That ensures that we are all making the same effort, and it ensures that no one is penalized economically.

"All revenues derived from Alberta's climate change plan will remain in the province.

"With regard to the federal govern-

ment's proposals today, Alberta will not be supporting this proposal absent serious concurrent progress on energy infrastructure, to ensure we have the economic means to fund these policies.

"It is time for the Government of Canada to act on this issue. Albertans have contributed very generously for many years to national initiatives designed to help other regions address economic challenges. What we are asking for now is that our landlock be broken, in one direction or another, so that we can get back on our feet."

([Alberta.ca](http://Alberta.ca))

# from the publisher's desk

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

Words of Peace: www.wordsofpeace.ca

Isha Yoga: www.innerengineering.com

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## INDEX October 2016

Main News	1
Ads	2
Canada News	3 & 5
Publisher's Info	4
World News	6 - 13
Health & Care	14-18
Special Feature	19-29
Education	30
Science & Technology	31
Business & Finance	32 & 33
Food	34
Community Watch	35-46
Ad	47 & 48

# Promoting Mental Health through Psychological First Aid: World Mental Health Day 2016

On October 10, 2016, the health community and the world shall once again come together to recognize World Mental Health Day. Held in partnership with the World Health Organization (WHO), the health arm of the United Nations, it started as an initiative in 1992 by the World Federation of Mental Health (WFMH). As a specialist organization in mental health, it connects with other international health organizations to provide advocacy, public education and prevention services on mental health disorders. Since the day's inception, the WHO created this organization, and subsequently collaborated with it to promote this event. This has been accomplished by publicizing mental health issues through partnerships with ministries of Health and civil society organizations across various countries in the world.

It assists with separate advocacy campaigns of countries themselves by providing technical or communication material, to continue the cause's progression. Mental health is one of the most significant areas of concern for becoming a fully healthy individual, as remarked by George Brock Chisholm, a late Canadian psychiatrist during both world wars. From his perspective, "the world was sick, and the ills from which it was suffering were mainly due to the perversion of man, his inability to live at peace with himself." As such, this issue has increasingly become part of daily conversations around public health, extending to the third goal of the 17 updated goals in the 2030 UN Sustainable Development Goals. Accordingly, it calls upon world leaders to prioritize the treatment of non communicable diseases, such as behavioural, neurological, and developmental ones.

WHO Secretary General, Margaret Chan, noted, "the inclusion of non communicable diseases under the health goal is a historical turning point. Finally these diseases get the treat-



ment they deserve." As for this year's theme on mental health, it will focus on psychological first aid. Essentially, campaigns tailored around this theme can practically facilitate the ability of police officers, health staff, teachers, firefighters, community workers, and others to use their roles to provide psychological support for those in need. Covering both psychological and social support, psychological first aid can work alongside other sets of social and health services to assist those individuals under more severe forms of stress than others.

This stress can come about due to many things, such as to the death of a loved one or refugee experiences, but, ultimately, the hope is to offer a comforting hand to those affected individuals, and that is the ideal of psychological first aid. Themes in the 2015 and 2014 recognitions of World Mental Health Day have touched upon mental health and adults and living with schizophrenia, respectively. With respect to Canada, Prime Minister Justin Trudeau exhorted, "we must actively encourage honest and open conversations - in our homes, our workplaces, and our communities- about what mental health is and what we can do to increase our collective wellbeing." So as this day approaches, we should all take part in them, and understand how we can substantially advance mental health every-day to make our communities stronger.

Contributed by **Harrish Thirukumaran**

Monsoon Journal wishes everyone  
a very Happy Deepavali

*Celebrate with Joy*  
Sunday, October 30 - 2016



“A ‘No’ uttered from the deepest conviction is better than a ‘Yes’ merely uttered to please, or worse, to avoid trouble.” - Mahatma Gandhi (October 2, 1869 - January 30, 1948)

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

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# From London to Toronto, a guide for new immigrants to Canada

Canada is a very big country with a currently decreasing population. Partially due to this, the country has been inviting people to emigrate from all over the world. My family and I recently made this journey and we would like to share with you our top tips for new immigrants to Canada.

Everyone's journey is different, and I can only detail the one we took, but we're hoping that this will help you or your loved ones who might want to take a similar path. Our journey began in the UK from where we applied for Permanent Residency (PR) Status. This involves paying around £2500 in various fees required for the application which is available online and requires a lot of documentation. Information regarding this is available at the CIC website

(Search [www.CIC.CA](http://www.CIC.CA))

This process takes about one year and involves a police check (which needs to be paid for) and the final stage is taking part in a medical examination (which also requires payment). Typically the medical examination is a good indicator that your PR will be issues soon (but it does not guarantee it). From the date of the medical examination you will have one year to enter into Canada. At present Canada has changed the entry system to a system called Express Entry which is also a point system, therefore, do check online for details regarding this (effective January 2015).

Things to do before you leave:-

#### IELTS Exams:-

Regardless of which system you use to apply for Status in Canada (apart from a work permit) it always helps to take the IELTS exam for extra points. This is mandatory for the principle applicant and where there is a spouse, it helps if she/he has the accreditation as well.

#### Accreditation of certificates:-

Accreditation services such as The World Education Services (<https://www.wes.org/ca/>) will accredit your certificates for you so that you will have an idea of what the Canadian equivalent is and this will also help you for work and further educational purposes. The cost of this is approximately CAN \$300. Other organisations that offer a similar service are ICAS ([www.icascanada.ca](http://www.icascanada.ca)) and Comparative Education Services (CES) at the University of Toronto.

#### Driving Licenses:-

You can exchange your UK driving license for a Canadian license over the counter at the Driving Test office in Toronto for a fees of CAN \$90. However, please get a letter from the DVLA in the UK confirming that your license is authentic as this is one of the requirements here in Canada.

#### Sell as much as you can:-

We sold as many belongings as possible, because it is expensive to live here too, and every dollar counts. Also if you have substantial amounts of money in your bank accounts here, you can get free banking services such as issuing cheques, free withdrawals etc... This is something that we get



for free in the UK, but it costs money here.

#### Shipping belongings:-

You can ship items you want to bring over from abroad which takes about 10-12 weeks to arrive. Shipping companies in the UK provide a packing and door-to-door delivery at a very reasonable price. They will provide all the packaging material, pack your items if necessary and deliver it to your address in Canada. It would be ideal to do this so that the shipment arrives about three weeks after you arrive as it will take approximately that much of time for you to set yourself up. In most cases you will need to go to the dock to clear your shipment for customs purposes. Also when you land in Canada with your documents, you will be required to provide a full detailed list of all belongings that you will be bringing into the country. These will be cross checked with your shipment. One of the major advantages of this is that the items you bring with you are tax-free, any items not on the list will be subject to taxes.

Just before you leave:-

#### Hire an SUV:-

If you're confident driving on the other side of the road as they do here, think about hiring a vehicle. Toronto is a little different to London and the infrastructure and size of the country means that often driving is the best solution. Having to rely on friends and family can often inconvenience both you and them therefore, at a cost of around £400 we were able to hire an SUV for two weeks, which meant we could not only transport ourselves and our luggage, we also were able to do all the shopping required to set up a new home and visit all the official offices needed to get all our documents.

#### Book a service apartment:-

Even if you have close family or friends in the country, it's always advisable to rent a serviced apartment or hotel suite for when you first arrive. This will give you space to plan and organize yourself, Wi-Fi and free breakfast which means that you do not have to worry about what the family will eat and everyone can help themselves and get ready to start the day. For us this came at a cost of £750; definitely worth every penny as some nights, we didn't know when we'd be back, we didn't have to inconvenience anyone with making meals for us or worry what time we'd be in or out, plus it also meant our friends and family here were then available to assist us in other areas of need.

#### Arriving in Toronto:-

Once we received our Confirmation of Permanent Residence (COPR) letters confirming our PR status, we came to Canada. At the airport our COPR documents were stamped as proof enabling us to procure what is known as Social Insurance Numbers (SIN) this is required for Health Insurance and work purposes, similar to an NI number in the UK.

To get our SIN Numbers we were required to go to a Service Canada office, they have several branches across Toronto. Once this number was issued we could then apply for bank accounts and credit cards, which then began to build up a credit history for us in Canada. Many banks such as BMO, RBC, Scotia and others offer services for new immigrants, therefore, do some research before choosing the best one for you.

The next step would be to get a local telephone number as this is required for most documents. There are many deals across a range of networks, do check which one is best for your needs. Using your existing handset will definitely save you a lot of money out here.

Another major concern of people arriving to Canada is healthcare. In Ontario, Health Insurance is provided by local provincial government for residents once they have completed a three month stay in Canada. This is calculated from the day you arrive and your passport details will be cross checked before they send out your health card. If you leave the country during this period, the three months will re-start from your new date of entry. However, even if you apply for this insurance a few weeks after arrival, it is your first date of entry into Canada that will be taken into consideration and therefore, you will not be in any risk of delaying the procurement of local health insurance. For the interim three month period, there are various types of medical insurance covers available online, however, if you apply for that once you have entered the country, they will only be valid after 48 hours after the insurance kicks in. If you set up your medical insurance before you arrive, then you will have cover upon landing. Health care applications can be processed at Service Ontario offices in Toronto.

To exchange your driving license, you will need to visit a Driving test Centre. This is where theory tests are taken and all other driving related needs are met, therefore the queues are long. Arrive there early, or be prepared for a long wait on most days. To see an officer you need to get a ticket and wait for your number to be called. Your Driving license and passport plus the fees (\$90) and DVLA letter is what you would require for this transaction.

#### Finding a property:-

Property is like hot appam in Toronto and therefore time is of the essence when it comes to finding a property to rent. As a new immigrant to the country, it is always

advisable to rent a place first and then once you have adjusted to the place, you can buy a more permanent residence. Depending on the size of your family, different people choose between, apartments, basement apartments, condominiums and houses to rent. Rental properties are almost all listed on the realtor website:- [www.realtor.ca](http://www.realtor.ca) and it is definitely easier if you have the help of an agent to find a place. Alternatively, agents' numbers are listed on the website and you can contact them direct. To rent a property employment details and credit checks are typically done. First and last month deposits are paid upfront and ten months of post-dated cheques given (This is where free cheques from your bank come handy) to your landlord. If you however do not have an employer, then in some cases a letter from a guarantor might help you secure a rental property (This is the time to approach the friends and family that are waiting to help you out)

#### Shopping:-

When you're in a new country even simple tasks such as furnishing your home can seem like mammoth tasks. Store such as Bed Bath and Beyond, Sears, Leons, Kitchen stuff plus and Walmart all sell basic home furnishings and depending on your budget and taste, you can choose what you need. Alternatively I found that some basic items like milk jugs (they sell milk in packets here!) and shelf liners are available at very cost effective prices from Dollarama. Most people here will also be willing to offer you a few spare items of furniture, so do ask your friends and family if they have any available.

Finally the CIC has a whole host of information for you called Welcome to Canada ([www.CIC.CA/English/pdf/pub/Welcome.pdf](http://www.CIC.CA/English/pdf/pub/Welcome.pdf)) Further Welcome Centre Immigrant Services ([www.welcomecentre.ca](http://www.welcomecentre.ca)) provide a range of services for new immigrants to Canada, within their first year of arrival. These services range from English lessons for adults to submitting your first tax returns. They also provide free child care for members, therefore do check them out. I do hope that this information is of use to you and all other Monsoon Journal readers and I wish you all the best in your next adventure.

**Disclaimer:-** This information is based on an actual migration from London, UK to Toronto, Canada in 2015. The prices are correct at the time of print, however, they may be subject to changes depending on the organisations involved. The information provided is only a guideline for immigrants and Monsoon Journal does not accept any responsibility for any failings in the procedure described that people may experience.

**Contributed by Rajini Nathan, one of the Genie Sisters, the regular contributor for Monsoon Kitchen, has a background in Psychology and also a trained Bharatha Natya Dance Teacher.**



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## Fewer than 30 doctors left in war-torn Aleppo, UN health agency warns

30 September 2016 – There are now less than 30 doctors working in Aleppo city, down from 35 several days ago, a senior official of the United Nations health agency said today, highlighting the deteriorating healthcare capacity in the war-battered area.

“Up until the last few days, there had been eight hospitals partially functioning in Aleppo, but a few days ago, the two largest hospitals [were] deliberately targeted and are now not functioning, drastically reducing the capacity of health workers in the city to provide life-saving medical care for many innocent civilians,” Dr. Rick Brennan, the Director of Emergency Risk Management and Humanitarian Response of the World Health Organization (WHO), told reporters in Geneva.

“There has been a reduction in the number of health workers able to stay at their posts, and those who did are exhausted, drained physically and emotionally,” he said.

“The work they are doing is beyond heroic. For them to stay at their post under those conditions deserves unending admiration and respect,” he added.

Because the supply lines are cut off,

and with 270,000 people besieged in east Aleppo it is difficult to get medical supplies, equipment and fuel to the remaining health facilities, and no patients are able to get out.

Dr. Brennan said that he has been working in humanitarian assistance for 23 years, has been to conflict zones on four continents, but has rarely seen conditions as severe as those in east Aleppo today.

Out of over 100 public hospitals throughout the country, only 45 per cent are fully functional now, another 35 per cent are partially functional, and 25 per cent are not working, he said.

In Aleppo, the situation is significantly worse, he said. A few days ago, with the two main hospitals still functioning, there were 135 hospital beds available in east Aleppo. With the recent destruction of the two hospitals, the capacity to treat patients has been drastically reduced.

Children and other civilians are being treated on the floor in corridors, he said. There are not enough intensive care beds.

Four children have died in the last few days according to medical repre-



UNICEF representative in Syria Hanaa Singer (left) visits UNICEF health, water and sanitation partners at the Aleppo University Hospital on 29 September 2016.  
Photo: UNICEF/Khuder Al-Issa

sentatives on the ground, because the intensive care unit in one of the hospitals was full, he added.

WHO is also calling for the sick and injured to be let out. There are more than 800 injured people in Aleppo, including many children, many of them with life-threatening injuries, in need of access to essential health care.

Access is needed to east Aleppo to

bring in drugs, essential medical equipment and other medical personnel to relieve the brave doctors, nurses and other health care providers who have stayed at their posts throughout this recent escalation, Dr. Brennan said, expressing hope that this appeal will not fall on deaf ears, as it consistently did in the past.

– UN.org

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

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

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

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

For a free consultation, contact me at

**647-622-3911.**

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



## Ban urges 'dialogue and diplomacy' by both India and Pakistan to de-escalate tensions



30 September 2016 – United Nations Secretary-General Ban Ki-moon is deeply concerned over the significant increase in tensions between India and Pakistan in the wake of recent developments, particularly the reported ceasefire violations along the Line of Control (LoC) following an attack on an Indian army base in Uri on 18 September.

In a statement issued by his spokesperson, Mr. Ban urged both sides to exercise maximum restraint and take immediate steps to de-escalate the situation.

"He calls on the Governments of Pakistan and India to address their outstanding issues, including regarding Kashmir, peacefully through diplomacy and dialogue. His good offices are available, if accepted by both sides," the statement concluded.

In an earlier statement, the UN chief condemned the 18 September attack in Uri, India-administered Jammu and Kashmir, and said "the United Nations

is following developments closely and shares the concerns of people living in the region for peace." The statement added that Mr. Ban hopes that all involved would prioritize the re-establishment of stability and prevent any further loss of life.

The UN has long maintained an institutional presence in the contested area between India and Pakistan. According to the Security Council mandate given in resolution 307 of 1971, the UN Military Observer Group in India and Pakistan (UNMOGIP) observes and reports on ceasefire violations along and across the Line of Control and the working boundary between the South Asian neighbours in Jammu and Kashmir, as well as reports developments that could lead to ceasefire violations.

UNMOGIP currently comprises 41 military observers and a number of civilian staff members.

(UN.org)

## Tamil Nadu Chief Minister J. Jayalalithaa advised 'few days' stay in hospital for 'recuperative' treatment

Tamil Nadu Chief Minister J. Jayalalithaa, who was hospitalized in Chennai after complaining of fever and dehydration, has "responded well" to treatment and has been advised "few days stay" for "recuperative treatment", the hospital sources said.

Ms. J. Jayalalithaa has responded well to the treatment, a statement from Apollo Hospitals said.

"Necessary evaluation tests are being carried out. The Honourable Chief Minister has been advised few days stay in the hospital for recuperative treatment," the statement from Subbiah Viswanathan, Chief Operating Officer of Apollo Hospitals said.

Fans and followers across Tamil Nadu



Tamil Nadu Chief Minister J. Jayalalithaa

expressed concern and prayed for speed recovery of the chief minister.

The 68-year-old AIADMK leader was admitted to the hospital on September 22 after she complained of fever and dehydration.

– PTI

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# Clinton, Trump Look for New Support in Battleground Election States



Michelle Obama



Bernie Sanders



Donald Trump



Hillary Clinton



Gary Johnson

By Ken Bredemeier

U.S. presidential candidates Hillary Clinton and Donald Trump are campaigning in battleground states they need to win the November 8 election.

Clinton campaigned in the northeastern state of New Hampshire with her one-time rival for the Democratic presidential nomination, Vermont Senator Bernie Sanders, as she looks to woo younger voters who were attracted to his candidacy in the months-long campaign she eventually won. Clinton's daughter, Chelsea, is campaigning for her in the key mid-Atlantic state of North Carolina, where Clinton and Trump, the Republican nominee, have made numerous appearances.

First lady Michelle Obama appeared in a new Clinton campaign ad, telling voters that she supports the former U.S. secretary of state because "Hillary will be a president our kids can look up to." Obama, without mentioning the brash Trump's name and his campaign taunts against Clinton, said, "Our children watch everything we do, and the person we elect as president has the power to shape their lives for years to come." The first lady is campaigning for Clinton in yet another important election state, Pennsylvania, in the eastern part of the country, with stops in its two biggest cities, Philadelphia and Pittsburgh.

In Philadelphia, she told a group of young voters, "I'm inspired by her persistence, her consistency, by her heart and by her guts."

President Barack Obama, a staunch Clinton supporter, told a radio interviewer that he is frustrated that voters have not embraced Clinton's candidacy as much as he would like. He suggested that one reason is that Clinton is a woman in a country that has never had a female president.

Trump, the Republican nominee, campaigned in Chicago, the country's third-biggest city and a Democratic stronghold, where he has little chance of winning. Later he appeared at rallies in two nearby closely contested states, Iowa and Wisconsin.

U.S. presidential elections are not decided by a national popular vote, but rather by individual races in the 50 states, with each state's importance in the overall outcome weighted by its population. Winning presidential candidates have to amass a majority of 270 votes in the 538-member electoral college based on the state-by-state results.

With about 40 states likely to vote the way they traditionally do, for the Republican or Democratic candidate no matter who it is, Clinton and Trump are focusing their attention on the remaining 10 where the outcome is in doubt.

After the first debate on Monday, September 26, independent political analysts widely gave Clinton the edge after she kept Trump on the defensive, attacking him for not releasing his U.S. tax returns for public scrutiny, his lengthy history of slurs against women, and his years-long campaign to try to prove the debunked claim that President Obama was born in Kenya and is not a U.S. citizen.

In the immediate aftermath of the debate, watched by a record of more than 80 million Americans, political analysts suggested that Clinton, locked in a tight race with Trump, could pick up an additional two percentage points or more of support. The Politico/Morning Consult poll, which had Trump ahead by one point before the debate, said its first post-debate polling now showed Clinton with a three-point edge, a four-percentage-point gain.

Trump's advisers say they are frustrated by his debate performance on September 26 and intend to try to get him to practice. But Trump resisted intensive preparation before the September 26th matchup, the Trump aides told The New York Times.

In the face of the wide assessment that Clinton had bested him in the debate six weeks before the election, Trump said on his Twitter account that he raised \$18 million for his campaign

in the hours after the debate.

Clinton said after the debate, "I felt so positive about it. The real point is about temperament and fitness and qualification to hold the most important, the hardest job in the world." She said there were "some very clear differences" between her and Trump.

He told a campaign rally in Florida, "She's the candidate of yesterday, and ours is the campaign and we're the people of the future. Her only experience has been a failure."

A third-party candidate, Libertarian Gary Johnson, who is collecting single-digit support in the presidential race, wrote in a New York Times opinion article that "the America I know wasn't on the television screen" at the Clinton-Trump debate.

"Americans want to be able to choose a president who is capable of reason, of learning from failures, and of telling them the truth, even when it hurts," Johnson said. "Most of all, they want to choose a president who will adhere to the Constitution and will make government live within its means."

In the weeks before the debate, Johnson did not meet the 15 percent national polling threshold to be invited to the debate, but his name will be on the ballot in all 50 states.

(Via - Voice of America - VOA News)

## At UN Assembly, President of Sri Lanka outlines plan for peace and sustainable development

21 September 2016 - Outlining steps towards reconciliation, democracy and alleviation of poverty, President of Sri Lanka expressed his commitment to take necessary action in order to achieve long-term peace and sustainable development, including protecting the environment.

"My intention is to make the people of Sri Lanka the happiest people on Earth," said President Maithripala Sirisena in his address to the General Assembly today.

Recalling that when he assumed leadership of the country, people were living in fear, the President underscored that his main goal as is to guarantee a free society for all Sri Lankans.

In his address, he further noted that Sri Lanka's efforts to strengthen rule of law and democracy, and stressed that the country had had

"enough experience with a brutal war," he said that it is now pursuing necessary steps to build lasting peace, including the establishment of peace and reconciliatory programmes in the country.

The President also called on the international community to help his country on its path to achieving long-term peace.

Turning to national development priorities, the Sri Lankan leader said that as an island nation, Sri Lanka plans to develop its fisheries industry based on solid research, and that it would focus its development agenda on providing its people with health services, education and new technologies.

He also said that he would accord priority to implementation of development programmes and economic poli-

cies, new innovations and "green economy" policies.

Stressing on importance of a society based on "good morals," he noted that as a Buddhist country, Sri Lanka could tap into that knowledge and spirituality to solve its own issues and that the wider world could take note of this process.

Highlighting that his goal is to equip the new generation with knowledge and reconciliation, President Sirisena said that he would move ahead with diligence and



President Maithripala Sirisena of Sri Lanka addresses the general debate of the General Assembly's seventy-first session. UN Photo/Amanda Voisard

called on the international community for their help and support in achieving this goal.

- UN.org



## Statement by the Prime Minister of Canada on the death of Shimon Peres

September 27, 2016 - The Prime Minister, Justin Trudeau, issued the following statement on the death of His Excellency, Shimon Peres, the former President and Prime Minister of Israel:

"It is with great sadness that I learned tonight of the death of former Israeli President and Prime Minister Shimon Peres.

"Shimon Peres was, above all, a man of peace and a man dedicated to the well-being of the Jewish people.

"Over the course of his long and distinguished life, Mr. Peres made enormous contributions to the founding and building of the State of Israel. He was devoted to promoting understanding between his country and its neighbours, and shared a Nobel Peace Prize for his efforts to create peace in the Middle East.

"Mr. Peres was an internationally-respected statesman and a great friend to Canada. He visited our country often, and helped build relations that remain strong to this day.

"On behalf of all Canadians, Sophie and I offer our deepest condolences to

the family and friends of Mr. Peres – and to the people of Israel. His legacy as a tireless advocate for peace will not be forgotten." (pm.gc.ca)



Shimon Peres (August 2, 1923 – September 28, 2016)

# Brexit

Theresa May to trigger Article 50 by end of March



The UK will begin the formal Brexit negotiation process by the end of March 2017, PM Theresa May has said.

The timing on triggering Article 50 of the Lisbon Treaty means the UK looks set to leave the EU by summer 2019.

Mrs May told the Tory Party conference on October 2 - her first as prime minister - the government would strike a deal with the EU as an "independent, sovereign" UK.

Voters had given their verdict "with emphatic clarity", she said, and ministers had to "get on with the job".

In a speech on the first day of the conference in Birmingham, she also gave details of a Great Repeal Bill which she said would end EU law's primacy in the UK.

She attacked those who "have still not ac-

cepted the result of the referendum", adding: "It is up to the government not to question, quibble or backslide on what we have been instructed to do, but to get on with the job."

- via BBC



Theresa May

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# SAARC summit put off amid rising Indo-Pak tensions

Sep 30, 2016 - Pakistan on Friday Sep 30th postponed the SAARC Summit to be held in Islamabad next month after five member states of the grouping decided against attending the meet as India asserted that Islamabad was "compelled to recognize" the regional sentiment against terrorism.

"Pakistan deplors India's decision to impede the SAARC process by not attending the 19th SAARC Summit at Islamabad on 9-10 November 2016," the Pakistan Foreign Office said in a statement.

It claimed that the spirit of the SAARC Charter is "violated" when a member state "casts the shadow" of its bilateral problems on the multilateral forum for regional cooperation.

Following Pakistan's announcement, Ministry of External Affairs Spokesperson Vikas Swarup tweeted, "We note Pakistan's decision to postpone SAARC Summit. They've been compelled to recognize the regional sentiment against terrorism."

The Pakistan Foreign Office said a new set of dates for holding of the summit in Islamabad will be announced

soon, through Nepal, which is currently the SAARC Chair.

"Accordingly, we have conveyed the same to the Prime Minister of Nepal," it said.

Meanwhile, a regional conference on SAARC's effectiveness, concluded in Kathmandu Friday. It suggested for holding the 19th Summit on scheduled date. It also urged the bloc to change the venue for the same if necessary.

"The next SAARC Summit should be held without any unnecessary delay," former Prime Minister Madhav Kumar Nepal said while sharing the conclusion of the two-day conference.

"While Islamabad Summit is deferred for now, with an understanding of all member states, we can even broach the idea of finding an alternative venue for holding the next Summit at the earliest possible date," he was quoted as saying by The Himalayan Times.

The Pakistan Foreign Office statement said Pakistan Prime Minister Nawaz Sharif was looking forward to welcoming the SAARC leaders for their participation in the summit. All prepa-

rations had been made for "successful" holding of the summit.

It alleged that the decision by India to "derail the summit" effectively "contradicts" Prime Minister Narendra Modi's own call to fight against poverty in the region. "India's decision to abstain from the Summit on the basis of unfounded assumptions on the Uri incident is a futile effort to divert attention of the world from the atrocities" by India in Kashmir, the Foreign Office said.

"Pakistan attaches great importance to regional cooperation under the umbrella of SAARC...Therefore, Pakistan remains committed to hosting the 19th SAARC Summit at Islamabad at the earliest so that the objectives of regional cooperation under the SAARC umbrella can be pursued more vigorously," it said.

Besides India, three other SAARC members — Bangladesh, Bhutan and



Afghanistan — pulled out of the summit, indirectly blaming Pakistan for creating an environment which is not right for the successful holding of the meet. Sri Lanka also pulled out of the SAARC Summit Friday, becoming the fifth country to do so.

Citing continuous cross border terrorism by Pakistan, India had announced earlier this week that "in the prevailing circumstances, the Government of India is unable to participate in the proposed Summit in Islamabad." SAARC member states include Afghanistan, Bangladesh, Bhutan, India, Nepal, the Maldives, Pakistan and Sri Lanka. (Via: PTI)

## Sri Lanka North - Burnt Jaffna Public Library Rises From the Ashes: From Nearly 100,000 Books in 1981 it now has 30,000

By Meera Srinivasan

Vasantha Sriskantharajah is dreading next summer. It's not the Jaffna heat that is worrying her, she is used to it. What she is not used to is being away from the collection of books she has seen grow at the Jaffna Public Library through decades of war and recovery.

In April 2017, Ms. Sriskantharajah, the library's longest serving employee, will retire after completing 33 years of service. "I cannot imagine how that is going to be, these books have been my home for so long," the librarian tells The Hindu on a Sunday morning when readers, mostly students, trickle in.

It is hard to miss the library's imposing, white building in Jaffna town, on the road to Kankesanthurai. The library has 30,000 titles — the number pales in comparison to the nearly 1,00,000 books it housed until 1981. One of South Asia's finest libraries at that time, the Jaffna Public Library was known for its precious archival material and manuscripts.

In June 1981, an organised mob, reportedly of Sinhalese persons, set fire to the building, destroying all that was thoughtfully collected for generations of Tamil youth. The incident delivered a major blow not just to the library, but to the dreams and aspirations it had nurtured. Some consider it a major

provocation in the lead up to Sri Lanka's civil war.

Started by a group of Jaffna youth as an intellectual hub for Tamils, the library initially functioned out of small reading rooms, before its Indo-Saracenic-styled building was inaugurated in 1959 by the then Jaffna Mayor, Alfred Duraipappah.

"There were many rare publications and exclusive copies... everything was destroyed in the 1981 fire," says Ms. Sriskantharajah, who joined the library as a junior staff member in 1983, after completing a one-year course in library science.

She used to work in its smaller branches that were started to preserve what remained from the fire and vividly remembers organising rows and rows of books that came as donations. With the conflict intensifying, the Sri Lankan Army camped at the nearby Dutch fort in Jaffna. Caught in the midst of cross-firing and shelling between the armed forces and the LTTE, the library remained closed for years. It was reopened in 1984, after being partly restored, only to be closed again during the protracted war. It was reopened again in 2004, after the building was restored by the Sri Lankan government.

"Things are better [now], but there is still a lot more to be done," she observes.



Ms. Sriskantharajah, the library's longest serving employee - photo By Meera Srinivasan

Over the years, 30,000 titles have made their way into the library's bookshelves. Its administration is keen on strengthening the Braille section. "That's the challenge, sourcing important publications in Braille. We are trying our best," she says.

### Reference section

The reference section is vast, and has many groups of students seated at the tables, amidst piles of mostly aca-

demical books. "We have 25,226 readers [they can't borrow books] and 2,302 members," says Ms. Sriskantharajah, eyes lighting up, as she speaks of the growing membership.

After years of being situated at the heart of a conflict, the library has now become a venue for high-level meetings. During their visits to the north, UN Secretary General Ban-Ki-Moon, Prime Minister Narendra Modi and former British PM David Cameron met Tamil leaders here.

But it is the regular patronage of readers and students that the library is counting on. "There is just so much to read. Books are the real windows to the world outside," Ms. Sriskantharajah says. That is what she plans to do post retirement. "I will keep coming back here as a reader."

(Courtesy: The Hindu)

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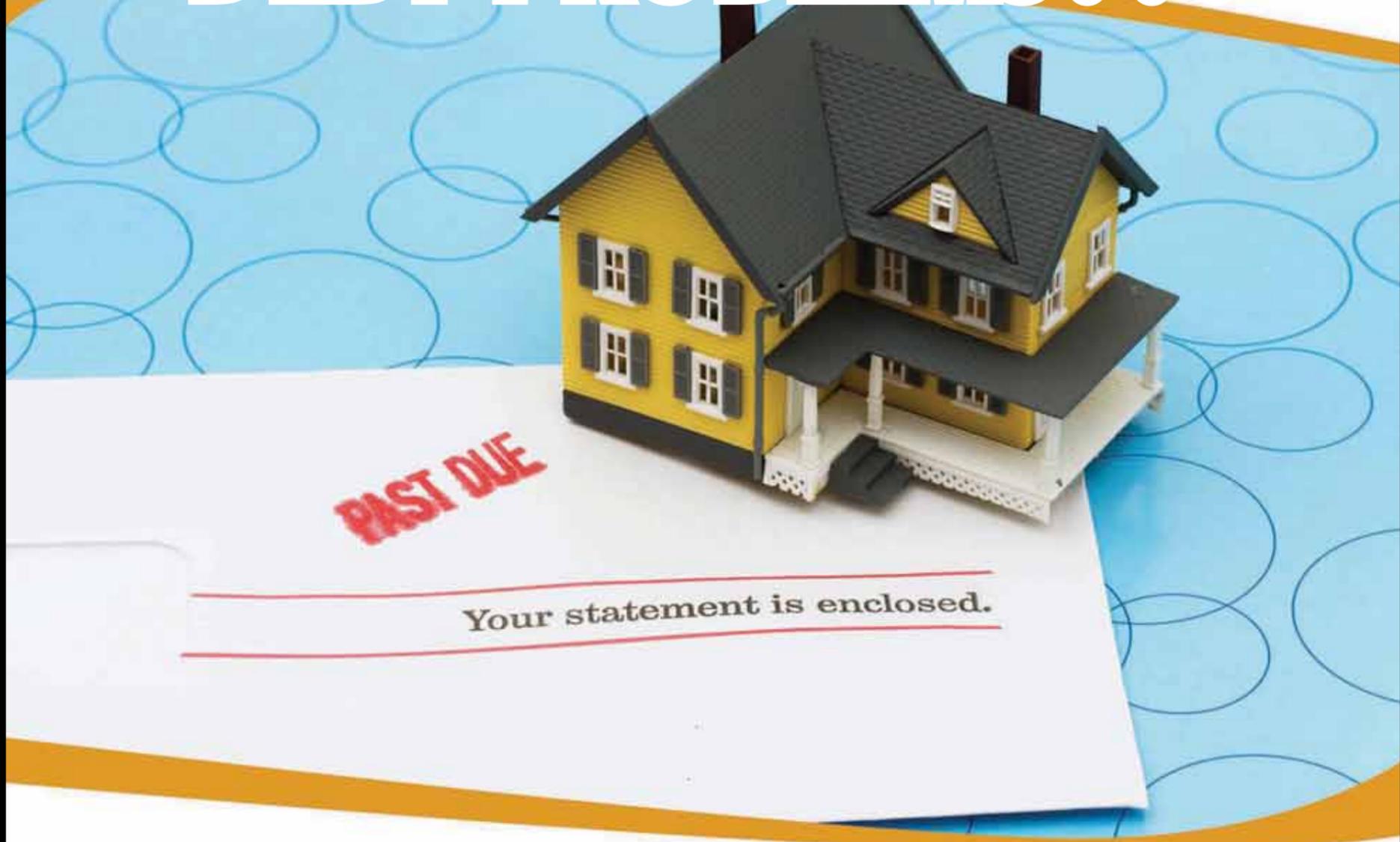
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# Canadian Tire Brave T.O. racers attempt to beat the best of Toronto's first responders



SCARBOROUGH, ON (September 26, 2016) – More than 700 racers from across the Greater Toronto Area descended on Morningside Park in Scarborough on Saturday, September 24 to participate in the inaugural Canadian Tire Brave T.O.

The event's five-kilometre obstacle course, inspired by the training regimens and day-to-day challenges faced by Toronto's police, fire, and paramedic professionals, pushed participants to their limits in support of lifesaving medical equipment and building projects at The Scarborough Hospital.

Five different race waves, including General, Friendly (3km), Competitive, and Youth categories offered something for everyone. A separate race wave was reserved for actual first responders, whose finish times were used as benchmarks by all other racers to determine if they had what it takes to beat the best.

"What a thrill!" said Michael Mazza, President and CEO of The Scarborough Hospital Foundation after running the obstacle course himself.

"I don't have what it takes to beat the best, but I'm so humbled to see the outpouring of support we received for this inaugural event. Thanks to support from our racers, sponsors, volunteers, and our first responders, we're able to make a significant impact on the health and wellness of Scarborough's patients."

With leading support from five local Canadian stores and other sponsors, more than 100 youth were able to race for free to encourage active living, health promotion, and participation in physical activity.

**About The Scarborough Hospital Foundation**

**Next year's event, scheduled for Saturday, September 30, 2017, is guaranteed to be an even bigger success. Interested participants can take advantage of a promotional \$40.00 rate by registering online at [www.brave.to](http://www.brave.to).**

Situated in one of the most diverse communities in Canada, The Scarborough Hospital Foundation raises funds for state-of-the-art medical equipment and building projects for The Scarborough Hospital. Since its inception, the Foundation has worked with generous donors, volunteers, and community members to raise the funds needed to help save lives, and support the hospital's vision to be recognized as Canada's leader in providing the best health care for a global community.

## Building a Stronger Future for Health Care in Scarborough

The Scarborough Hospital and Rouge Valley Health System's Centenary site have begun a process to join together. As part of our commitment to ensuring the highest quality of care and access for the Scarborough community, we invite you to provide your insight on how we can make your health care experience better for you.

Visit [www.ourhospitals.ca](http://www.ourhospitals.ca) to learn more and provide your input. We look forward to hearing from you!



# Ask a Pharmacist – Colds

by Sean Chai-Chong,  
 Providence Healthcare  
 Pharmacist

*“A family is a unit composed not only of children but of men, women, an occasional animal and the common cold.” - Ogden Nash, American Poet*

With cold and flu season coming, here is some information about the common cold.

What’s the best way to prevent a cold?

Good hand hygiene remains one of the best ways to prevent a cold. There are a few supplements that may help you defend against a cold, but none are as simple and easy as washing your hands frequently.

**What are the symptoms of a cold?**

Symptoms of a common cold include sore throat, sneezing, cough and a runny or stuffy nose.

**What’s the best treatment for a cold?**

Lots of rest and lots of warm fluids are the best treatments for a cold. Beyond that, there are medications you can use to treat your cold symptoms. Feel free to come by Providence Healthcare’s retail pharmacy and we will be happy to help you pick out something.

**Can I take cold medication if I have high blood pressure?**

Decongestants should be avoided if you have high blood pressure. There are decongestant-free cold remedies available that can be taken if you have high blood pressure.



Sean Chai-Chong is the Pharmacist for Providence Healthcare’s retail Pharmacy. The Pharmacy is located on the 2nd floor of Providence Hospital and is open to everyone Monday to Friday, 9 a.m. to 5 p.m.

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# Hospital Integration Website Launched

## Site to Engage Durham and Scarborough Residents on Longer Term Health Care Delivery

A new community engagement website – [www.ourhospitals.ca](http://www.ourhospitals.ca) – provides a central portal for community members in Durham and Scarborough to access information and provide their input on the proposed integration of Rouge Valley Health System’s (RVHS) Ajax/Pickering site with Lakeridge Health, and the proposed amalgamation of the RVHS Centenary site with The Scarborough Hospital.

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.

In response to the Minister’s announcement, two proposals were developed supporting the proposed

integrations of the hospital sites, which were submitted to the Central East Local Health Integration Network. The targeted date of the integrations is November 1, 2016.

The new website provides community members in both Durham and Scarborough with easy and timely access to new information about the proposed integration and amalgamation processes, including what it means for residents and their families. The site will also allow community members to provide their feedback and input on how the integration and amalgamation processes can ensure timely access to quality health care services well into the future.

Highlights of the website include:

- An online survey for community members;
- A Q&A section that allows community members to submit a question and see responses to previously

answered questions;

- A “News” section that provides up-to-date information on integration activities and milestones; and

- An “Events” page that provides information on key dates and opportunities for community members to engage in the process, including the opportunity to register and be notified of upcoming telephone town halls.

The three hospitals are committed to an open engagement process and will continue to update the website with new information and details of upcoming community engagement opportunities. The hospitals encourage all community members who are interested to visit the site, and engage in this opportunity to help shape the future of health care delivery in Durham and Scarborough.

# I ASK BECAUSE I CARE: PATIENT SAFETY

Patient safety is a top priority at The Scarborough Hospital (TSH). This includes ensuring that we are delivering quality care that is tailored specifically to each patient.

One of the ways we do this is by verifying your identity every single time we provide a service, treatment, medication, meal, or when we move you to another area of the hospital – even if the same person is caring for you throughout the day. We do this by asking your name and date of birth, and checking it against your wristband, medication record, or health card, for example.

Sometimes there is more than one person in the hospital with the same name; or, we may be experiencing a particularly busy day. Double checking your identity at every interaction is the best, evidence-based way to make sure we’re giving you appropriate care that was meant just for you – so please be “patient” with us! (Pardon the pun). And, don’t be afraid to speak up if your care provider doesn’t verify your identity.

Another way we work to keep surgical patients safe at TSH is by reviewing our Surgical Safety Checklist with you prior to your surgery. This checklist addresses things like the type of surgery you’re having, medications you may be taking, any special precautions, and more. It’s your right to review this checklist with your surgical team.

To learn more, visit [www.youtube.com/TSHCommunications](http://www.youtube.com/TSHCommunications) for a video on patient safety at TSH.

**I ask because I CARE**

As a patient, it is your right to have your health care provider properly identify you in two unique ways.

**DR. NORM CHU**  
Chief of Emergency Services

For your safety, you can expect me to ask you your name and date of birth every time I care for you. This is to make sure I am delivering the procedure, treatment or medication that was meant specifically for you.

The Scarborough Hospital  
Local in Spirit. Global in Care.





# TSH ROLLS OUT CHANGES TO MULTI-DAY PARKING RATES

More affordable multi-use parking passes are on the horizon for patients and visitors of The Scarborough Hospital (TSH) with the introduction of the new H-Pass on October 1, 2016.

The changes are being implemented in response to a Ministry of Health and Long-Term Care announcement earlier this year that directed Ontario hospitals that charge more than \$10 a day for parking to provide financial relief regarding the cost of parking to patients and visitors. TSH will offer 5-, 10-, and 30-day parking passes that are:

- ▶ Discounted by 50 per cent off their daily rate;
- ▶ Transferable between patients and caregivers;
- ▶ Equipped with in-and-out privileges throughout a 24-hour period; and
- ▶ Good for one year from the date of purchase.

**The H-Pass is available in the following**

**categories:**

- ▶ 5-Day H-Pass (\$40) allows access for five non-consecutive days.
- ▶ 10-Day H-Pass (\$80) allows access for 10 non-consecutive days.
- ▶ 30-Day H-Pass (\$240) allows access for 30 non-consecutive days.

Patients and visitors who require long-term H-Pass parking can purchase these passes through the parking office at each campus, from 8 a.m. to 7 p.m. The daily parking rates remain unchanged.

For more information, including H-Pass guidelines, parking office and pay station locations, and accepted payments methods, please visit [www.tsh.to/parking](http://www.tsh.to/parking). To provide feedback on parking fees and policies, please visit [www.tsh.to/feedback](http://www.tsh.to/feedback).

All proceeds from parking support The Scarborough Hospital Foundation and are reinvested into the hospital to enhance the quality of care for our patients.

## PARKING RATES

The Scarborough Hospital

Duration	Rate
1/2 Hour or less	<b>\$4.00</b>
1 Hour or less	<b>\$8.00</b>
1 1/2 Hour or less	<b>\$12.00</b>
Over 1 1/2 Hours to 24 Hours (Daily Max)	<b>\$16.00</b>

**Lost Ticket** **Pays Daily Maximum**

### Long Term Visit Passes

(No refunds for purchased passes)

1 Day Pass (24 Hour)*	<b>\$20.00</b>
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\* Pass can be purchased at the Pay Station  
\* In/Out privileges for each 24 hour day period

<b>H Pass (Non-consecutive Day Parking Pass)*</b>	
5 Day H Pass*	<b>\$40.00</b>
10 Day H Pass*	<b>\$80.00</b>
30 Day H Pass*	<b>\$240.00</b>

\* Purchased at the Parking Office Mon - Sun 8am - 6pm  
\* In/Out privileges for each 24 hour day period  
\* Valid for one year from the date of purchase

(Effective Oct 1/16)

Thank you for investing in your Scarborough Hospital

## We're asking a few additional questions when you register

The Scarborough Hospital (TSH) is collecting a few new pieces of information from patients during registration to better understand their unique needs and improve the programs and services TSH provides.

Currently, TSH collects information on gender, age, religious affiliation, languages spoken, and any interpretation services required. Patients will now also be asked about their ethnicity, ability status, length of time in Canada, and family income when they register at the hospital.

All questions are voluntary and patients can choose not to answer any or all of the questions.

More information on the additional data collection can be found on TSH's website at [www.tsh.to](http://www.tsh.to).



PHOTO : I.CDN.TALENTEGG.CA



# Obesity in Seniors



**By: Andrea Shanmugarajah**

Over the last number of years, obesity has been a major topic all over the media – in North America, obesity rates are rising among all age groups, including seniors. Obesity is a progressive problem, and it is characterized by body fat levels high enough to have negative impacts on health. The effect of these negative impacts is so extensive that obesity is now considered a chronic disease. The adverse effects can range from physical, with obesity being a leading cause of heart disease and type 2 diabetes, to social, with the stereotypes associated with those who are overweight, to psychological, with dangerous effects on mental health of those who struggle with their weight.

Obesity is particularly a problem in the elderly population because it can exacerbate the physical decline that is already taking place due to age. The adverse effects this can have on seniors are numerous. First and foremost, obesity is associated with mortality – those who are obese are shown to have a shorter average life span than those who are not. This shorter life span can be caused by the number of other medical concerns that obesity causes or is

related to. This can include osteoarthritis, cardiovascular disease, high blood pressure and diabetes. Even if these health issues do not result in an early death, they will certainly decrease the quality of life, and make it difficult for an older person to participate in their daily routines. Older people who are obese are particularly affected in their mobility and strength, both of which are things that can result in a substantial decrease in quality of life. In fact, impaired mobility and strength may even interfere with one's ability to live independently or participate in even basic activities.

However, obesity is something that can be combatted, at any age. Through lifestyle management, weight can be lost so that the risks of associated medical conditions are lowered and physical function and independence are regained. Lifestyle modification can include changes in diet, exercise level and behaviour. While making these changes may be of particular concern for someone who is overweight, there is always room for lifestyle improvement for anyone, regardless of weight. Thus, even someone who is not considered obese or borderline obese can benefit by making changes to their lifestyle

that encourage even better health. Introduction of exercise into your daily life is one way to combat obesity, but remember to tailor the type of exercise to your age and ability level. Exercises like aerobics and resistance training can improve fitness levels and physical frailty, and they can both be tailored to match your ability level. In the same vein, diet can also be altered in a way that is conducive to weight loss or weight management. This can include limiting caloric intake if you are trying to lose weight – do this by either watching portion size if you tend to overeat or simply eating healthier, if your diet is made up of high-calorie foods. Finally, behaviour itself can be modified in lifestyle, to facilitate easier and longer-lasting weight loss results. Behaviour modification can include things like goal-setting, to ensure you are staying on track, social supports in the form of a weight-loss group and self-monitoring, to ensure that you are constantly aware of how your weight is changing.

It is clear that obesity is a dangerous problem nationally, and it is impacting everyone, from the very young to the very old. That being said, obesity is something that you can take control over, although it does require

an enormous amount of willpower and motivation. By making the appropriate lifestyle changes, you can control your weight and maintain it at a healthy level. This change will then transcend into all the other areas of your life, and you will be able to maintain a lifestyle that you can actually enjoy, well into old age.

**Andrea Shanmugarajah**

*Andrea Shanmugarajah is a student at McMaster University, where she is currently studying Medicine. She is involved with the senior community in Toronto, which she became interested in due to her own personal experiences with her grandmother. She hopes to eventually pursue a career in geriatrics, whereby she can help and advocate for the elderly on a daily basis.*



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



## SECRETS OF MAINTAINING

# A PEACE OF MIND

Photo : pathways-counseling-service.com

### J.J. Atputharajah

People all the time try to have peace of mind in all circumstances. They are under stress due to anxiety, phobias and depression. These psychological symptoms make them unhappy. People always seek for peace of mind in their own ways. Some seek it in temples and churches, some in sacrifices and self-immolations, some in sports and entertainments, others in alcohol and drugs. A well known Tamil actor is said to Himalayan mountains to find comfort and solace after the hurry and scurry of cinema making preoccupations. In the modern world, the high cost of living challenges our families. Every day, thousands face a frustrating and stressful commute in congested traffic. The noise of machines and vehicles can be nerve-wrecking. Physical sicknesses and headaches can frustrate us and depress us even more. That is why governments are thinking of allowing mercy killing for persons suffering in long term care homes indefinitely.

Valluvar in his own inimitable way asserts that 'Oporul karlpaiyattiyarku enporul enai erandum odungi'. To those who earn wealth in abundance in the right way, a life of happiness is easily assured. That wealth earned through wrong means does not ensure happiness is easily understood. If one does not believe in karma or cause and effect, it is intuitively appealing that such money earned cannot bring happiness. In the heart of a good person, abundant wealth is surplus

over individual need is put to very good use for society. The goodwill earned through such deployment of surplus in gainful public causes is what ensures the individual bliss in this life. That is what which impelled Thayumanavar to proclaim -"ellorum input iruppathuvei all athu veronrum ariyen paraparam".

Several thousands of people from around the world buy expensive drugs to help them calm their mental anxieties. Some youngsters get used to the habit of taking drugs but ultimately gets addicted and even lose their lives as a result. Many who engaged in any kind of activity to help relieve or manage their stress said that they stayed in their stress levels or increased. The most commonly reported sources of stress include money, work, the economy, family responsibilities, and personal health concerns. The most commonly reported stress management techniques include listening to music, exercise, watching television and surfing the internet.

Many feel that peace of mind can be obtained by trust in God. Jesus says that when you seek a greater cause than yourself, you can find peace of mind. The other method of finding peace of mind is to manage your finances systematically. We should be able to trust someone and confide your problems to him or her. All the money in the world cannot buy the happiness you need. You could also share anxieties with God in prayer. The peace that God will give

us will last forever. A wise man will hear and increase learning. A man of understanding will obtain wise counsel. We need one another and we need one another's help.

Physical exercise is also vital for reducing stress. The exercising almost any form can act as a stress reliever. Being active can boost your feelings and distract you from daily worries. There are some elderly people who can take part in a marathon running act. Apostle Paul of the Bible praised the value of physical exercise when he said: 'For bodily exercise profits us and we should run our race with strength and fortitude and complete it victoriously.' Spiritual exercise will lead to eternal benefit but we should not neglect the temporal benefit of physical benefit.

We should always strive to maintain a positive mind at all times. Our lives are not determined by what happens to us, but by how we react to what happens to us. Not by what life brings to us but by what we bring to life. A positive attitude causes a chain of reactions of [positive thoughts of events and outcomes. It is a catalyst--- a spark that creates extraordinary results. A positive attitude will strengthen your character and patience. Keep smiling at all times and have a sense of humour and you will be able to maintain a good frame of mind.

We should be satisfied with the blessings that we enjoy. We should be thankful to God for all the good things you were able to come across in

your life. It is the successes you have experienced in your life that propels you to go forward and fare better in your life. It procures the firm basis for your future steps in life.

Only if you have abundance faith in God as well as in yourself that you may be able to face all your problems and march on from success to success. However modern psychologists hold the view that a positive attitude of mind is the prime essence for getting peace of mind. They suggest some strategies as follows:

1. allow yourself to just sit in, without something to do or a place to go.
2. use the tie to go conscious about your mind and experience just as it is.
3. just look into your experience and watch the going on in your heart.
4. Just notice the urge to chose the experience or to pull out.
5. If it helps you can breathe with each moment and think of it with a sense of interest to just be at peace.

Search for the peace of mind varies with people and their circumstances. One must be aware of his problems and know how to keep out of them. It is here that a firm faith in God or righteousness goes a long way in attaining an unassailable peace of mind.

## Right Conduct

By: JJ Atputharajah

'Ozlukkam Vizluppam tharuthallan Ozlukkam, Uyirrinum Ombappadam'

Disciplined conduct counts for the highest values in life; It is valued precious more than life itself. Conduct plays a very important role in life. No life ever grows great until it is tunnelled and focused, dedicated and disciplined. Bible underlines the idea when it asserts righteousness exalteth a nation but sin is a reproach to it. Right conduct should be zealously guarded as it essential

even for the learned and the wise. The right conduct is also the essence of nobility and the absence of it is sheer wickedness. A priest who has forgotten his scriptures may read it up again; but he who neglects right conduct will lose his birth-right. The envious gather no wealth and the unrighteous are never great. The Bagavath Gita puts the idea in a positive manner when it says: 'He who is free from jealousy, envy fear and anxiety, is dear to me'. Men with strong minds do not shrink from right conduct since they are sure that its breach will spell ruin to them. A well regulated life brings honour and the neglect of it leads to disgrace.

Greatness grows with a life of good conduct; disgrace attends those who discard the true values of right conduct. Valluvar in one of most effect couplets proclaims: 'Nanrukku Vittakum Nallolukkam-thee olukkam, enrum idumpai tharum'. Right conduct is the seed of virtue, but bad conduct leads one to grief. The men of virtue will not utter evil, even by the slip of the tongue. Even men of learning will be as ignorant men, if they do not live in tune with the world. Valluvar always emphasized the need to live in tune with one's surroundings, if one is to succeed in life.



## WORDS OF PEACE



# Change that PERSPECTIVE

For billions of years, life on Earth has followed one simple rule, says Prem Rawat, who travels the world speaking about the possibility of finding peace and fulfilment within: Everything that exists is only here for a limited time.

“Our relationship to this entire universe is life,” he says, “and life happens for a finite period of time. When we don’t pay attention to that, we lose our perspective. We get caught in our problems, we get caught in situations, and the next thing you know, time is up. It’s finished—and no matter what you do, you can’t hit the rewind button.

“So the penalty we pay for losing that perspective is immense. We don’t understand the value of that one thing we get penalized with.”

Becoming conscious of the brevity of the time we have is the first step towards changing our perspective, Mr. Rawat says—but the force of unconsciousness is huge.

“Once,” he says, “a man would load up his donkey with hay every

day and travel outside the kingdom that he lived in to go to another kingdom. When he would reach the border, there was a customs officer, and he would declare, ‘I am a smuggler.’

“The customs officer would stop him, search him and search through the hay the donkey was carrying, but he didn’t find anything. It was just hay, which was not illegal, so he had to let the man go.

“This kept happening every week, and every week the customs officer would see this man come with his donkey, wearing better and better clothes. Obviously he was getting rich. Each time the man told him again that he was a smuggler, but the customs officer couldn’t figure out what he was smuggling.

“Years passed, and finally the customs officer retired. When he saw that man, he went up to him and said, ‘I remember you. You used to come to cross the border and tell me you were a smuggler. I would check you and check the hay, but I could never find anything. It has always bothered me.

What were you smuggling?’

“The man said, ‘The donkey! The price of donkeys in the next kingdom was higher than in mine, so I would get a donkey and put hay on it to fool you into looking at the hay. It worked. You never looked at the donkey—and it was always a different donkey.’”

Similarly, Mr. Rawat says, when we’re caught up in our daily affairs, “we don’t look at what really affects us. We know one thing: ‘I want to feel good.’ But we don’t know how to make ourselves feel truly good, so we come up with a formula of what will satisfy us.

“Everyone has such a formula. Now, I ask you, does it work? How many times have we been kicked in the behind, following that formula? Then somebody like me comes along and says, ‘Throw it out. It’s useless’—and people say, ‘No, no, I can’t do that!’

Changing that perspective, he says, requires an understanding of what it means not only to exist, but

to thrive.

“When you have that understanding,” Mr. Rawat says, “your focus in life starts to shift to a whole other set of responsibilities which says, ‘I owe this to me, I owe this to the universe, that as long as I am alive I experience joy, I experience completeness—that I am a complete human being.

“Your awareness can make a huge difference. If you play your cards right, if you exercise control over that one thing that you do have control over, you reverse the processes afoot. That one thing that you do have control over is your consciousness. You have to exercise your ability to be conscious, to be aware. This is the thing that brings you joy, that makes you win this game.”

To learn more about Prem Rawat:  
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[www.tprf.org](http://www.tprf.org)



# Differentiated Instruction



By: Janani Srikantha

Sam is focussed on editing his iMovie trailer for his division video that he's filmed using a Green Screen, which he received peer feedback on through Edmodo. Next to him, is Aliya drawing solutions on chart paper, while on a group chat with John who is working on the problem with her. Across the room, Jess is watching a video on division, which she pauses and replays to confirm she understands the concept, before she launches Explain Everything to communicate her logic on how to solve the division question. Kenzie and Matt are in the learning pod, video conferencing with an engineer as they collect information for their inquiry on structures. Daniel and Michelle have found a quiet spot on the rug to edit questions on Notability to show how division and subtraction are related. The teacher has conducted mini-lessons on division through the Optimal Learning Model for students to learn the skills they need, laid out the expectations for the day, and explained the timeline for the tasks to be completed. The students are engaged in authentic contexts, as they co-construct their learning and gain knowledge through the use of many resources and tools. The teacher works her way around the classroom, while she works with each student to conference on their progress, and scaffolds their next steps in learning.

In this classroom, the instruction and learning is differentiated. What

does that mean? Teaching one lesson to everyone in the classroom will quite possibly only help a portion of the students - as there are going to be some students who are below the level of the instruction and need additional support, and there are going to be other students who are above the level of instruction and need guidance to be scaffolded to explore the concept deeper. Differentiation is when the learning moves away from teaching everyone in only one way, and incorporating different tools and methods so that students have many avenues to access and apply their knowledge, based on their needs.

#### Differentiation by Learning Style

In a classroom, sometimes, all the children are learning at the same level, but have an option to present their work based on their learning style. Students are often categorized as a visual learner, an auditory learning, a logical learner, and so on. However, there is very little evidence that following one's learning style improves a student's learning outcome. In fact, it is shown that a person's learning style is just a preference, and students can change their preference based on what's presented to them the most. It is beneficial to be able to experience learning using a myriad of styles. That being said, as it does not impede learning, differentiation using learning styles (preference) still has merit.

#### Differentiation by Areas for Growth

Another way to differentiate students' learning is identify their strengths and areas for growth. The data that is collected is important and should be ongoing, where a student is assessed formatively throughout the learning process, and not just at the end. This allows the students' learning to be personalized, and they get support at the level they need.

In the above example, Jess is working on developing an understanding of division and has additional resources to help her communicate her thought process. Daniel and Michelle are relating the concept of division to other concepts they already know. Aliya understands the basic concept of division and needs visual representations as she works through the application of a problem with a partner. Sam understands division, is able to apply it, and is at the stage where he can co-teach it to others. Kenzie and Matt are ready to apply their concepts in math to solve real-world problems outside of the classroom. All of these students are working on the same math concept, but at different levels of understanding based on their needs.

The benefits of differentiated instruction is that each child learns in a manner that is suited to their level of understanding and areas of growth, while having flexibility in the tools they use. A student's strengths in a concept and their next steps are analyzed, because their learning process is continuously documented. This allows

classroom instruction to be targeted to every student, and no child is left behind or bored in class. Students also have a level of autonomy in how they show their knowledge, and the path they take to meet the curriculum expectations. By teaching students in a manner that is suited for each one of them, it allows children to build a strong foundation of understanding and apply concepts in a way that is relevant to them, which is what I believe true learning is.

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](mailto:info@thinkshif.edu) or visit Thinkshift Edu on Facebook.



## Special Feature

# SADHGURU

For those wanting to learn yoga, but don't know where to start, Sadhguru answers some common questions from "yoga beginners" seeking to understand the path, choose a practice, find a teacher and more.

## 1. What is yoga and what is the role of asanas in yoga? What do we seek to achieve through yoga?

Sadhguru: Yoga is not an exercise form as is commonly misunderstood today. "Yoga" literally means union. Modern science proves that the whole existence is just one energy – but you are not experiencing it that way. If you can break this illusion that you are separate, and experience the oneness of existence, that is yoga. To lead you towards this experience, there are various methods. Asanas are one aspect.

There are other dimensions to this, but to put it simply, if you observe yourself, when you are angry, you sit one way. If you are happy, you sit another way. If you are depressed, another way. For every level of consciousness or mental and emotional situation you go through, your body tends to take certain postures. The converse of this is the science of asanas. If you consciously get your body into different postures, you can elevate your consciousness. Understanding the mechanics of the body, creating a certain atmosphere, and using the body to drive your energy in specific directions is what yogasanas are about.

## 2. There are several yoga gurus offering yoga teaching certificates. But in its true form, how is procedure of becoming a yoga teacher

Sadhguru: Yoga is a subjective technology, not an objective technology. Whether someone comes for relief from backache, or to explore mystical dimensions, initially, we teach the same thing because it is the change in subjectivity that makes the same device do different things for different people.

So, when something is placed in your hands that is far more profound than you are able to grasp right now, it is important that you keep yourself in a certain way – the person sitting in front of you is a more important life than yourself. This is known as upasana. Upasana means you are not sitting on the main seat, you take a side seat in your own life within yourself. For one who wishes to impart yoga, the most important thing is to stand aside – to be there but to stand away. If you can do this, then dimensions beyond your understanding and experience will open up. And this is a great blessing because if you can do something way beyond yourself, that is the greatest thing for any human being.

## 3. Today, there is social media, YouTube and other mediums that teach yoga while the viewer sits at home. Is it safe to pursue yoga in such manner?

Sadhguru: Yoga needs to be handled in an extremely committed atmosphere because it is a tremendous tool for transformation. If something has the power to transform, it also has the power to cause damage if mishandled.

However, there is something called upa-yoga, which gives you physical and psychological benefits but doesn't touch the spiritual dimension. Upa-yoga does not demand that level of commitment nor does it cause any problem if you do it improperly because you cannot do it improperly – it is very simple! In



Indian vernacular languages, the word upa-yoga, has come to mean something useful, but actually it means sub-yoga or pre-yoga. This can be learnt in five minutes. You can practice it anywhere and the benefits are quite immense. Upa-yoga is a safe way to take yoga to the world large-scale. Once people experience the benefits, they will naturally seek yoga in a more serious manner, and that is when yoga should come into their lives.

## 4. Yoga has gained tremendous exposure outside of India, but it has also given birth to other yoga practices such as pool yoga or neon yoga. How does this affect the practice of yoga?

Sadhguru: There will always be enterprise around whatever becomes reasonably popular. We should not be distracted or disturbed by these. Are they teaching it properly? There are question marks about it. Some of them are teaching it properly, some are not. These manifestations are a result of the commercial process. But it is only on the surface that these distortions are happening here and there. The core of yoga is not disturbed in any way.

## 5. There are many institutions offering yoga classes. How can one identify a true yoga guru?

Sadhguru: There is no such thing as a true guru and a false guru. It is just that there are "spiritual entrepreneurs". There used to be a quality control in spiritual movements in the past, but after being an occupied nation for 1000 years, these things are gone today in India. So there are lots of funny things happening, but what you have to do is evaluate whether it works for you or not. What is offered to you, put it into your life – if it works, keep it, if it doesn't work, throw it and look for something else.

## 6. There is so much talk about yoga but how can one follow the path of yoga in its true form?

Sadhguru: Yoga is not a morning-evening kind of practice. There is a practice but that is not the only aspect. Every aspect of your life, the very way you walk, breathe, interact – everything should become a process of yoga. Nothing is excluded from this.

Yoga is not something that you do. Yoga is something that you become. It is not an act, it is a quality. If you cultivate your body, mind, emotions and energies to a certain level

of maturity, a certain quality arises within you. That is yoga. Do the practices bring that quality? Definitely, but we do not teach it as some kind of an act that you do only for a few minutes a day.

If you take care of your garden well, there are flowers. In the same way, if you take care of what you call "myself" well, flowers will bloom. That means, being peaceful, happy or joyful is not determined by anything outside of you, it is determined by you. This is something that every human being must do to himself. Yoga is a subjective tool for this to happen.

From Sep 17 to Oct 13, 2016, Sadhguru will travel to 17 cities in North America to launch his first book for western readers, "Inner Engineering: A Yogi's Guide to Joy."

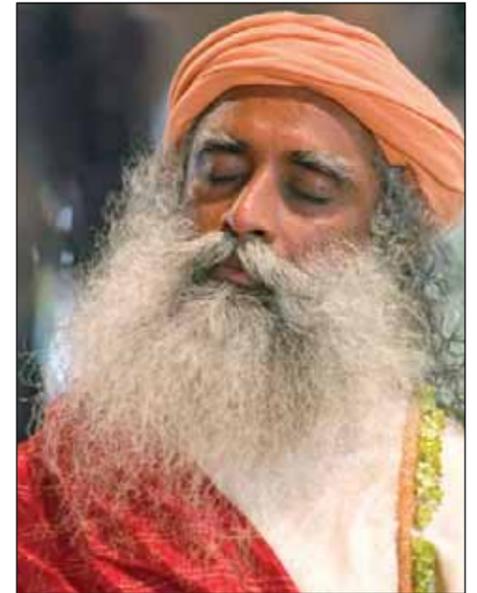
This fall, Sadhguru will be touring 17 cities across North America from Sep 17 to Oct 13, 2016.

During these special interactive events, Sadhguru will offer refreshing and unique insights into many aspects of life, ranging from the mundane to the ultimate. Being in Sadhguru's presence creates an extraordinary opportunity to experience one's natural state of freedom, love and limitless joy. It is an opportunity to Meet, Mingle, Meditate and have your unanswered questions answered.

The tour will launch Sadhguru's first book for western readers, INNER ENGINEERING: A Yogi's Guide to Joy, in which Sadhguru presents a sophisticated guide to self-empowerment based on the teaching and principles of classical yoga. This system is a means to create a framework of inner stability, helping those who practice become architects of a joyful life. Click here to learn details regarding the tour.

In Inner Engineering, Sadhguru tells the story of his own awakening, from a boy with an unusual affinity for the natural world, to a young daredevil who crossed the Indian continent on his motorcycle, to the moment of his enlightenment on a mountaintop in India, where time stood still, and he emerged radically changed. Today, as the founder of Isha Foundation, he lights the path for millions around the world.

**"My aim in this book is to help make joy your constant companion. To make that happen, this book offers you not a sermon, but a science; not a teaching,**



**Sadhguru Vasudev is a realized master, yogi and mystic, who has founded Isha Foundation, an international public service organization that strives for ultimate human well-being. For worldwide program information, visit [www.ishafoundation.org](http://www.ishafoundation.org)**

**but a technology; not a precept, but a path." – Sadhguru**

Inner Engineering will be available for purchase in the US and UK from September 20th. The book will be released globally after March 2017.

"By any measure, Sadhguru is a remarkable man. For countless people around the world, he is a luminous spiritual guide. He is too a pragmatic social activist and compassionate campaigner for human rights, for universal education and for global peace and wellbeing. In this signature book, he sets out the personal experiences and deep insights that have transformed his own life and consciousness. More than that, he offers a practiced program for personal transformation that also draws from the venerable teachings of the yogic masters who continue to inspire him. Throughout the ages there have been no more insistent questions than who we are and what our purpose is in living at all. Contrarian and consistent, ancient and contemporary,

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**– Mark Hyman, MD, Director, Cleveland Clinic Center for Functional Medicine, and New York Times bestselling author**

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# Her Journey

**Esther Williams**

The Frosted Cake Boutique

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



Invested in her personal growth and enrolled in classes to receive certification from the Bonnie Gordon College of Confectionary Arts.



Hard work and perseverance led her to win cake competitions and feature her creations in global publications.



Transformed her hobby into a boutique where she makes confectionary sweets and cakes for a variety of events.



Dedicated two years to get to know the business world and build her brand and network.



Grew her business in Toronto and internationally, with marketing savvy and her drive for success.



Writes her goals daily as she grows her vision and builds her portfolio.



Believes in life-long learning and continually strives to increase her skill set to become the best in the field.



Finds joy in making beautiful cakes that truly commemorate who her clients are and their celebrations in life.



Relationship with God motivates her to strive for success and push through the barriers that she confronts.



Aims to open a studio to provide the opportunity for dedicated employees to establish themselves in a company that thrives off creativity.



Makes work-life balance a priority and ensures her schedule includes time with her family.



Learnt not to be afraid of failure - if things don't pan out as expected, she takes a step back, re-evaluates, and starts again.

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A philosophy of being nice:

# R. Madhavan and his inspirational message on professional and business success

At the CTCC event, the audience was enthralled at Madhavan's appearance, but, more importantly, truly inspired by his meaningful career advice

By *Harrish Thirukumaran*



Ranganathan Madhavan, Indian actor, writer, film producer, motivational speaker and activist.

For 25 years the Canadian Tamils' Chamber of Commerce (CTCC) has been fostering a business-minded and entrepreneurial culture within the Tamil community in Canada. Despite the organization being primarily served as a forum for numerous networking opportunities among Tamil professionals and businesspeople, by holding the two-day 25th Silver Jubilee event from September 9 to 10, it reinforced the community's ongoing desire to showcase their business talents to areas of Canadian society, including government, the private sector, and media.

Awards were presented to numerous Tamil businesspeople on the second day of the event, recognizing their profound business contributions to the community and Canada. Yet one particular highlight that resonated with most attendees was the keynote speech by Ranganathan Madhavan, or R. Madhavan on the first day. While popularly known as an Indian film actor of Tamil heritage, R. Madhavan is also a motivational speaker. Accordingly, he delivered his personal advice to an entertained audience as to how they can achieve professional success.

## Moving Beyond Comfort Zones

Comfort zones, although they grant a sense of growth and security, as exemplified by the burgeoning Tamil community in the borough of Scarborough in Toronto, do not always enable individuals to shine. This was seemingly a running theme throughout Madhavan's speech on professionalism

and business. Based on his childhood experiences as a Tamilian in Bihar, India and Chennai, India, he noted that despite being regularly outside his comfort zone, it was regarded as the "best place to go." Early on his life, he was meant to follow a linear path towards becoming a professional engineer, as dreamt by his parents, especially his father, whom felt "heartbroken" when Madhavan came to a realization of not wanting to become an engineer. This was the professional comfort zone built for him by his parents, but it was one that he adamantly knew would not be for him, despite, at the same time, not being fully set on another career.

## Good Manners Leads Along the Way

A life lesson that would serve him well as he obediently completed college educations in engineering and electronics, all the while still subtly continuing the search for his calling was having proper etiquette. Citing his parents' wisdom, Madhavan argued that, "the words you use, the language you speak, the way you say things, the exact words you give, always determine what sort of person

you are." Specifically, it was his time with the National Cadet Corps in India that he learned of the value manners could bring to someone, allowing for deep and meaningful interactions with ones' peers, which can thereby lead to numerous opportunities. He further advised that this type of behaviour is extremely critical for everyone in finding the next opportunity, even if it delivers nothing at firsthand. This has been a trait in Madhavan's established acting career, as he noted of its ongoing utility in earning film collaborations with other actors, including Kamal Hassan and Amitabh Bachchan, in India's film industry.

## Madhavan the Public Speaker

Coupled with this propensity for good manners was also public speaking as Madhavan found his calling in acting. Often considered to be an immensely feared endeavour for most in the Canadian Tamil community, it is, nevertheless, a valuable skill one can have in navigating the professional and business world. In that sense, Madhavan did not shy away from this quality. Indeed, his own public speaking and broader communications abilities were enhanced when he participated in a cultural exchange program to Stettler, Alberta, Canada during his college years, which was another perfect instance when he was placed out of his comfort zone. After other opportunities that allowed him to further refine these professional skills in from an early age, Madhavan cherishes the significance of public speaking, especially for learning the English language.

## Madhavan's Generosity

As a college student at Rajaram College in Kolhapur, Maharashtra, India, the Tamil actor generously setup such classes

for his fellow classmates whom found trouble grasping English. This eventually expanded into other key social skills he had mastered, including telephone and handshake etiquette; distinguishing between silverware; and talking with a boss's wife. Humorously, these classes had grown to such large sizes in his hostel that Madhavan was forced to charge admission to organize them. Male students from other colleges, women, and those working in the service industry all partook in these classes, providing Madhavan with a steady source of income at the time. A career turning point for him came when one of his students in a class held in Bombay offered him a casting opportunity in an advertisement.

## First Acting Break

Accordingly, as a result of his regular good-mannered behaviour with those running the advertisement, he landed his first actual acting job as a convict in a romance television series. During his time here, an actress on the set had asked Madhavan for assistance with her singing by performing a screen test with her, to which he graciously accepted. As further explained by Madhavan, it was also an unexpected chance for him to improve his acting abilities in what would subsequently turn out to be one of the best episodes, catapulting him to the lead role of the series. This was another example of how his demeanor towards other took him far, in terms of his fledgling career. This similarly would lead to a role on a program he gleefully characterized as the "Indian version of the Price is Right."

## The Birth of a Tamil Film Star

By crossing paths with Mani Ratnam, a renowned Tamil film director in the South Indian film industry, through a colleague on a Sandalwood Talc advertisement, this "philosophy of being nice", had ideally enabled his real breakthrough in the acting profession, as humbly expressed by Madhavan. Although initially rejected for a role in his movie for appearing too young for it, this connection proved worthwhile, as in three years time Ratnam did grant him a role in a different movie upon being fully exposed to his talents. The overall takeaway implied by Madhavan throughout his speech is having this sense of kindness can necessarily have extensive effects in the professional world.

Apart from Madhavan's inspirational speech at the event, the current business culture in the Tamil community, and its continued promotion from within for Sri Lanka was also a significant aspect of event. Essentially, the Tamil community in Canada should exhort relatives and others back in the island country to use remittances to start up their own small businesses and become entrepreneurs. This is key in fostering community development in the country as it transitions from the civil war behind toward a new era in Sri Lanka. From the CTCC perspective, business and entrepreneurship, overall, can deliver a meaningful positive impact on both individual and community wellbeing.

Photo Courtesy:  
Ravi Atchuthan Photography



Ajith Sabaratnam, President - Canadian Tamils' Chamber of Commerce (2016)

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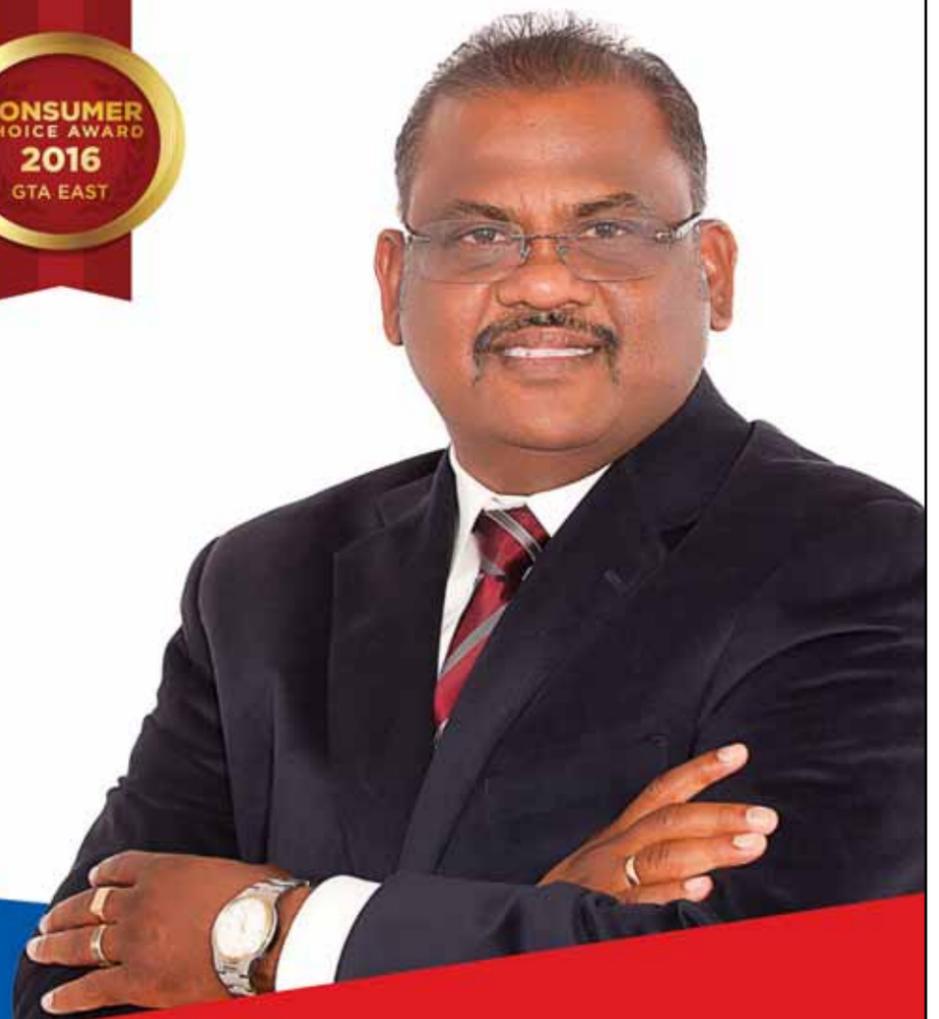
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# TRIBUTE TO MY BELOVED BROTHER THE LATE MR. SIVA AINGARAN

C. Kamalaharan



Siva Aingaran in action

Maruthanamadam donated to the temple was mounted high up under the roof at the entrance of the temple. It remained there for a long time attracting passers-by. It's really surprising how Aingaran managed to do such excellent works of art without undergoing training or receiving any form of guidance.

His prowess in music was also par excellence. Here too it remained a wonder as to how he mastered the intricacies of music without any basic training particularly in carnatic music. Merely by listening through his ears he became an expert in music. Besides being a vocalist he was also a keyboard player. Through sheer hard work total dedication patience and perseverance he had risen to the level of a stage performer. He had achieved everything he aspired in music particularly performing on stage with the legends of playback singers; S.B. Balasubramaniam, K.J. Yesudas, P. Susheela, 'Chinnakuyil' K.S. Chithra, S. Chinmayi, Krish, Mukesh, and others. Once while performing on stage with Chithra during the annual FeTNA festival in Baltimore Chithra had

quipped, "I never expected Aingaran to sing so well."

Aingaran was a close friend of S.P. Balasubramaniam with whom he had regular friendly contacts. So also with P. Susheela. On hearing the news of Aingaran's demise both of them immediately contacted Mrs. Sivagowry Aingaran and expressed their deepest sympathies. They have also sent condolence messages for the special memorial number published in memory of Aingaran. Aingaran also had contacts with P.B. Sreenivas, T.M. Soundararajan, Gemini Ganesan and many others in the cine world.

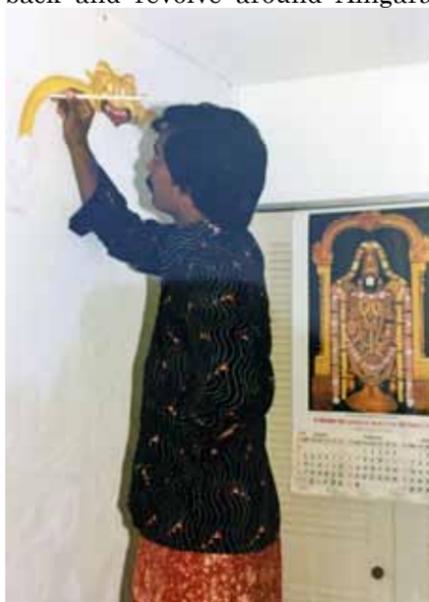
Aingaran's mastery of music is quite evident by the way he had organised his home theatre methodically in his residence at Tennessee. He had a fully equipped musical system for recording and playback. All the songs from the M.K. Thiyagaraja Bhagawathar era till the present era had been kept in readiness section by section. On a number of occasion he had instantly recorded my choice of songs in both audio and video cassettes and handed them to me. He was also an expert in preparing slide shows and screening them during birthday parties and wedding receptions of our family members relatives and friends.

Aingaran was born in a well respected family in his ancestral home at Inuvil, a village well known

As I begin to pen this memoir about my beloved brother Siva Aingaran sweet memories of our close association begin to unfurl while my eyes brim with tears. Walking along memory lane my thoughts take me several decades back and revolve around Aingaran

things meticulously. His observation power was so exceptional that he turned out novel items immaculately resembling the originals. As he matured inborn talents gradually began to surface.

Aingaran was an extraordinary artist who drew sketches to perfection, mostly portraits. As a



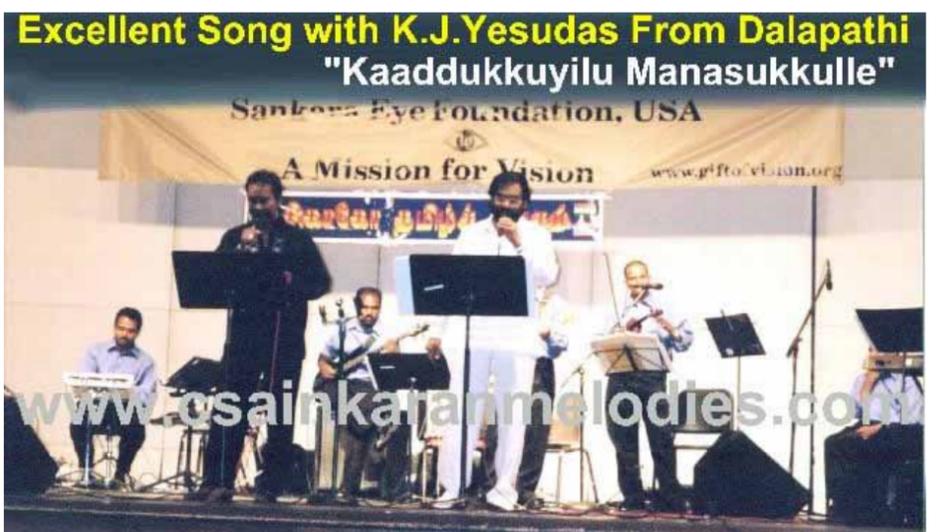
Siva Aingaran in action



Siva Aingaran in action

who was very much younger than us. When he was an infant we had affectionately hugged and carried him as our loving pet. Later as a child prodigy with an inventive mind he was always bent in doing innovative

skilled painter he painted images of deities on drop cloth canvas and donated them to temples. Among them was the painting of Lord Venkateswara of Pittsburgh Also the painting of Lord Vairavar of



Singing with K.J. Yesudas

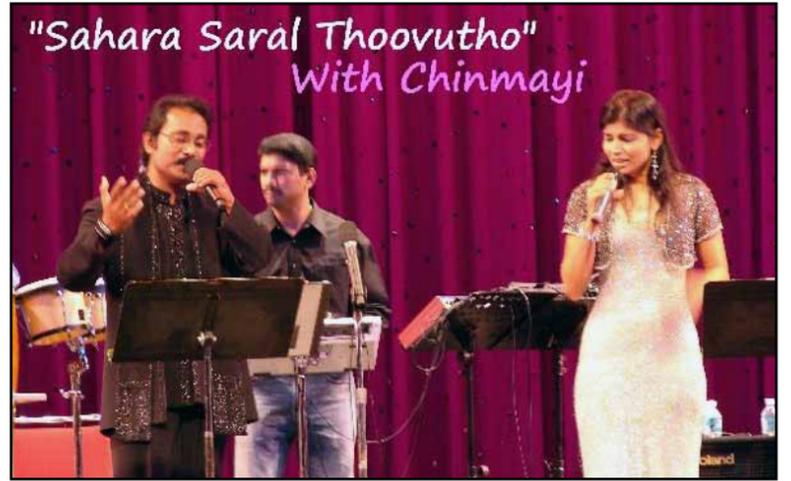


Singing with K.S. Chithra

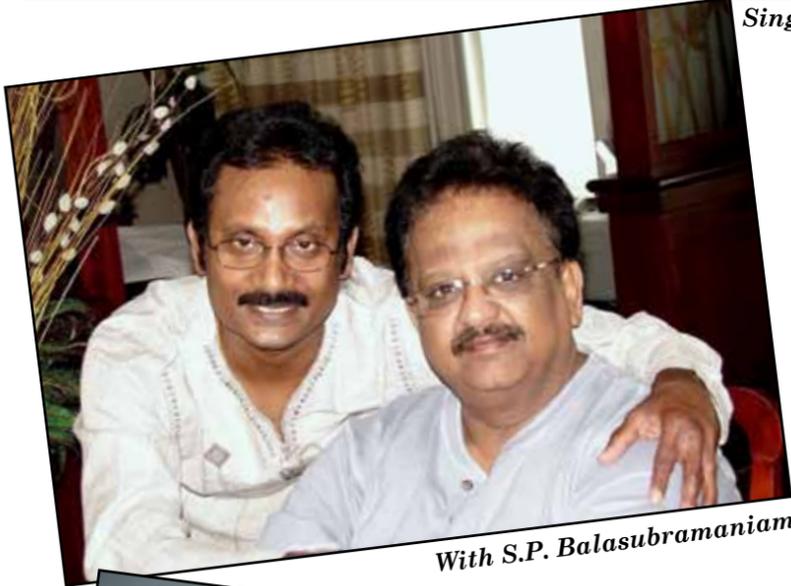
Tribute



Singing with K.S. Chithra



Singing with Chinmayi



With S.P. Balasubramaniam



Singing with Super Singer Pragathi



With P. Susheela



With T.M. Soundararajan



With P.B. Sreenivas



With Ilaiyaraja

for upholding traditional, cultural, spiritual and aesthetic values. His father the late K.Chelvadurai was a Malaysian pensioner and his mother a pious house wife. All his siblings and their offsprings are settled comfortably in foreign climes. During family functions we would sit together and relive the pleasant days we had spent together decades ago. Aingaran would entertain us bringing forth reminiscences of his childhood pranks, mischievous acts, the hilarious jokes and the amusing anecdotes he came across.

He was always systematic in his habits. Whatever he did was meticulously and neatly done. In attire too he was always dressed spic and span. He spent his life lavishly having fun in the company of his siblings, relatives friends and the members of his musical troupe. In spite of his failing health he had performed on stage purely for the love he had for music. Later when his health showed signs of deterioration he withdrew, remained indoors and went out only for medical treatment. While remaining on bed he would establish contact with those close to his heart. Right throughout he was optimistic that he would be completely cured and would bounce back as a stage performer. He had the strong will power to think so. Unfortunately all his expectations were

short lived when all of a sudden his health condition took a bad turn and all his activities slowed down and gradually came to a standstill. We were by his side praying as he lay motionless without responding to any external stimuli and within a week he breathed his last when cruel Death had snatched him away from us leaving us completely devastated.

His demise at the age of 55 sent shock waves all over. Condolence messages poured from all corners, floral tributes from neighbouring as well as far off places arrived, funeral orations touched every soul that filled the funeral home. The turnout at the funeral from distant Chicago, Milwaukee, Wisconsin, Madison, Canada and from his home town Tennessee bore testimony to the love and gratitude they had for this charismatic gentleman.

Aingaran, my dear brother is no more. But the recurring thoughts of him are haunting and killing us. He will ever remain etched in our memory as our loving brother our loving friend and our musical companion.

Due to the prolonged illness and the unbearable physical and mental suffering he underwent we strongly believe that he had cleansed himself of his past karma and is now in the kingdom of God as an enlightened and blissful soul.

**Death does not affect the Atma. It has no death. Therefore one should not fear death. Death is but another stage of life. However long one suffers from illness or however the injury death can happen only when Time signals the right moment. When the yearning for living ends there can be no more birth.**

**-Bhagawan Sri Sathya Sai Baba**



## Special Feature

by Raymond Rajabalan

Mother Teresa, a Catholic nun who devoted her life to helping India's poor, has been declared a saint in a canonization Mass held by Pope Francis in the Vatican.

Pope Francis delivered the formula for the canonization of the Albanian-born nun -- known as the "saint of the gutters" -- before huge crowds of pilgrims gathered in St. Peter's Square in Vatican City on Sep.05 th morning.

Applause broke out before he completed the formula of canonization, in which he declared "Blessed Teresa of Calcutta to be a saint." Speaking in Latin, Francis said that "after due deliberation and frequent prayer for di-

vine assistance, and having sought the counsel of many of our brother bishops, we declare and define Blessed Teresa of Calcutta to be a saint, and we enroll her among the saints, decreeing that she is to be venerated as such by the whole church."

Catholics -- including hundreds of blue- and white-robed nuns from the Missionaries of Charity sisterhood founded by Mother Teresa -- had gathered from around the world to attend the canonization of the church's newest saint, just 19 years after her death.

A huge portrait of Mother Teresa, whom the church credits with having performed two miraculous cures of the sick, hung from St. Peter's Basilica during the colorful ceremony.

Francis: 'May she be your model of holiness'

Pope Francis then delivered a homily, in which he praised Mother Teresa -- "this emblematic figure of womanhood and of consecrated life" -- for her charitable work.

"Mother Teresa, in all aspects of her life, was a generous dispenser of divine mercy, making herself available for everyone through her welcome and defense of human life, those unborn and those abandoned and discarded," he said.

"She bowed down before those who were spent, left to die on the side of the road, seeing in them their God-given dignity. She made her voice heard before the powers of this world, so that they might recognize their guilt for the crime of poverty they created."

For the newly-sainted Teresa, he said, "mercy was the salt which gave flavor to her work, it was the light which shone in the darkness of the many who no longer had tears to shed

for their poverty and suffering." She was an example to volunteers around the world, he said. "May she be your model of holiness."

In a departure from his scripted remarks, he noted that people "may struggle" to refer to her as "Saint Teresa." "With great spontaneity, I think we will continue to call her Mother Teresa," he said.

Prayers were then delivered in a number of languages, including Albanian, Mother Teresa's native tongue, and Bengali, the language of Kolkata, where a special Mass was celebrated at the Missionaries of Charity Sunday. A prayer was delivered in Chinese for persecuted Christians around the world.

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### Speeding up sainthood

Most of the Catholic Church's saints or blessed people are honored decades, if not centuries, after their deaths. Traditionally, there is a mandatory five-year waiting period before formal

woman who said praying to the nun cured a stomach tumor. The Vatican committee said in October 2002 that it could find no "scientific explanation" for the woman's recovery.

"I took doctors' medicines, threw up and was in a lot of pain. But when I prayed to Mother Teresa from my heart, Mother Teresa blessed me and now I am healthy," Besra told CNN last week.

"My entire village and I am very happy that she is being made a saint."

Pope Francis formally announced that Mother Teresa would be declared a saint in March 2016, when he recognized a second miracle attributed to her.

A Brazilian man with multiple

# Saint Mother Teresa



Mother Teresa receiving Nobel Prize

About 1,500 homeless people from across Italy were bused into the Vatican to be given seats of honor at the Mass -- and be served a pizza lunch by nuns afterward.

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Mother Teresa At The White House With President Regan And First Lady Nancy

evaluation of a candidate for beatification can begin.

Mother Teresa's devotees began pressing the Vatican soon after her death to speed up the nun's sainthood cause, saying her holiness was clear to many around the world. Pope John Paul II granted the special dispensation in 1999, and the procedure began. The pope waived the waiting period in part, some believe, because of her fame and reputation.

John Paul II further paved the way for her beatification in 2002, when he approved a miracle attributed to Mother Teresa after her death.

The approved miracle involved Monica Besara, a 30-year old Kolkata



MOTHER TERESA

brain tumors was healed after loved ones prayed to Mother Teresa to heal him, according to Avvenire, a newspaper affiliated to the Catholic Church.

### 'Saint of the gutters'

Born Agnes Gonxha Bojaxhiu in 1910, Mother Teresa set up her Missionaries of Charity in the slums of Kolkata in 1950 and made her headquarters in the Indian city for nearly half a century.

Her small figure, often in a white-and-blue sari and sandals, became familiar around the world. She died in Kolkata in 1997 at age 87.

Earning global recognition for her unending work and compassion for the poor, Mother Teresa was awarded the Nobel Peace Prize in 1979.

The Norwegian Nobel Committee said her spirit and the respect she had for the worth and dignity of human beings inspired constructive efforts to do away with hunger and poverty.

### Early life

Mother Teresa of Calcutta was born Agnes Gonxha Bojaxhiu in Skopje, Macedonia, on August 27, 1910. At the time of her birth Skopje was located within the Ottoman Empire, a vast empire controlled by the Turks in the fifteenth and sixteenth centuries. Agnes was the last of three children born to Nikola and Dranfile Bojaxhiu, Albanian grocers. When Agnes was



nine years old, her happy, comfortable, close-knit family life was upset when her father died. She attended public school in Skopje, and first showed religious interests as a member of a school society that focused on foreign missions (groups that travel to foreign countries to spread their religious beliefs). By the age of twelve she felt she had a calling to help the poor.

This calling took sharper focus through Mother Teresa's teenage years, when she was especially inspired by reports of work being done in India by Yugoslav Jesuit missionaries serving in Bengal, India. When she was eighteen, Mother Teresa left home to join a community of Irish nuns, the Sisters of Loretto, who had a mission in Calcutta, India. She received training in Dublin, Ireland, and in Darjeeling, India, taking her first religious vows in 1928 and her final religious vows in 1937.

One of Mother Teresa's first assignments was to teach, and eventually to serve as principal, in a girls' high school in Calcutta. Although the school was close to the slums (terribly poor sections), the students were mainly wealthy. In 1946 Mother Teresa experienced what she called a second vocation or "call within a call." She felt an inner urging to leave the convent life (life of a nun) and work directly with the poor. In 1948 the Vatican (residence of the pope in Vatican City, Italy) gave her permission to leave the Sisters of Loretto and to start a new work under the guidance of the Archbishop of Calcutta.

#### Founding the Missionaries of Charity

To prepare to work with the poor, Mother Teresa took an intensive medical training with the American Medical Missionary Sisters in Patna, India. Her first venture in Calcutta was to gather unschooled children from the slums and start to teach them. She quickly attracted both financial support and volunteers. In 1950 her group, now called the Missionaries of Charity, received official status as a religious community within the Archdiocese of Calcutta. Members took the traditional vows of poverty, chastity (purity), and obedience, but they added a fourth vow—to give free service to the most poor.

The Missionaries of Charity received considerable publicity, and Mother Teresa used it to benefit her work. In 1957 they began to work with lepers (those suffering from leprosy, a terrible infectious disease) and slowly expanded their educational work, at one point running nine elementary schools in Calcutta. They also opened a home for orphans and abandoned children. Before long they had a presence in more than twenty-two Indian cities. Mother Teresa also visited other countries such as Sri Lanka, Australia,



Mother Teresa in Vatican with Pope John Paul II



Pope Francis praised Mother Teresa as a model of compassion to Catholics worldwide.



Mother Teresa and Pope John Paul II

Tanzania, Venezuela and Italy to begin new foundations.

#### Dedication to the very poor

Mother Teresa's group continued to expand throughout the 1970s, opening new missions in places such as Amman, Jordan; London, England; and New York. She received both recognition and financial support through such awards as the Pope John XXIII Peace Prize and a grant from the Joseph Kennedy Jr. Foundation. Benefactors, or those donating money, regularly would arrive to support works in progress or to encourage the Sisters to open new ventures.

By 1979 Mother Teresa's groups had more than two hundred different operations in over twenty-five countries around the world, with dozens more ventures on the horizon. The

same year she was awarded the Nobel Prize for Peace. In 1986 she persuaded President Fidel Castro (1926–) to allow a mission in Cuba. The characteristics of all of Mother Teresa's works—shelters for the dying, orphanages, and homes for the mentally ill—continued to be of service to the very poor.

In 1988 Mother Teresa sent her Missionaries of Charity into Russia and opened a home for Acquired Immune Deficiency Syndrome (AIDS; an incurable disease that weakens the immune system) patients in San Francisco, California. In 1991 she returned home to Albania and opened a home in Tirana, the capital. At this time there were 168 homes operating in India.

#### Saint Teresa

Despite the appeal of this saintly work, all commentators remarked that

Mother Teresa herself was the most important reason for the growth of her order and the fame that came to it. Unlike many "social critics," she did not find it necessary to attack the economic or political structures of the cultures that were producing the terribly poor people she was serving. For her, the primary rule was a constant love, and when social critics or religious reformers (improvers) chose to demonstrate anger at the evils of structures underlying poverty and suffering, that was between them and God.

In the 1980s and 1990s Mother Teresa's health problems became a concern. She suffered a heart attack while visiting Pope John Paul II (1920–) in 1983. She had a near fatal heart attack in 1989 and began wearing a pacemaker, a device that regulates the heartbeat.

In March 1997, after an eight week selection process, sixty-three-year-old Sister Nirmala was named as the new leader of the Missionaries of Charity. Although Mother Teresa had been trying to cut back on her duties for some time because of her health, she stayed on in an advisory role to Sister Nirmala.

Mother Teresa celebrated her eighty-seventh birthday in August, and died shortly thereafter of a heart attack on September 5, 1997. The world grieved her loss and one mourner noted, "It was Mother herself who poor people respected. When they bury her, we will have lost something that cannot be replaced."

#### Legacy of Mother Teresa

In appearance Mother Teresa was both tiny and energetic. Her face was quite wrinkled, but her dark eyes commanded attention, radiating an energy and intelligence that shone without expressing nervousness or impatience. Conservatives within the Catholic Church sometimes used her as a symbol of traditional religious values that they felt were lacking in their churches. By most accounts she was a saint for the times, and several almost adoring books and articles started to canonize (declare a saint) her in the 1980s and well into the 1990s. She herself tried to deflect all attention away from what she did to either the works of her group or to the God who was her inspiration.

The Missionaries of Charity, who had brothers as well as sisters by the mid-1980s, are guided by the constitution Mother Teresa wrote for them. They have their vivid memories of the love for the poor that created the phenomenon of Mother Teresa in the first place. The final part of her story will be the lasting impact her memory has on the next generations of missionaries, as well as on the world as a whole.

# WINNING ESSAYS

HELD IN OCTOBER 2015

JUNIOR CATEGORY 3RD PLACE

ROCHELLE JOSEPH

GRADE 03

**ORGANIZED BY RG EDUCATION FOR STORY/ESSAY WRITING CONTEST**

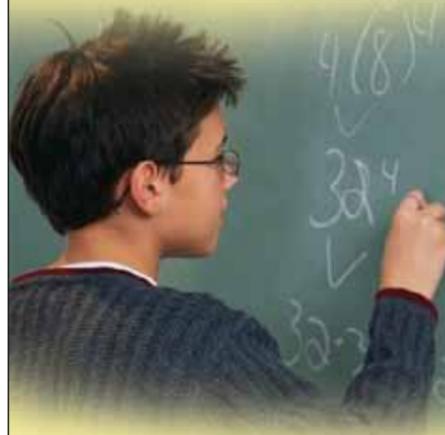
## The Best Principal

Today, I am writing about the best principal. His name is Mr. LeFranco. He has been the principal of St. Aidan since September 2015.

Mr. LeFranco is well educated, intelligent and well-rounded. He studied math, language, science and health. He played soccer when he was a little kid. He sings and guides the choir now. He says a prayer every day at school. He is intelligent because he does computer work in the school office. He can manage all of the students in the school.

Mr. LeFranco is helpful and kind. He is helpful because whenever students are sick, he calls their parents to come and pick them up. Whenever students need help reading long words, he helps them sound out the letters and read the word. Whenever students get hurt, he takes them to his office and puts a bandage on them.

Mr. LeFranco is cheerful. When I went to cross country, I was frightened. During that time he talked to me and cheered me on. I came in 13th place at that time. When students are angry, sad, scared and frightened, Mr. LeFranco talks to them and makes them feel better. I hope Mr. LeFranco never leaves the school and will always be the best principal ever. Our principal is the best. He takes us on trips. We do fundraisers, watch movies as a group and play games together. We have lots of fun with our principal. I hope he stays in our school forever.


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# LED MUST MEET PHOTOBIOLOGICAL SAFETY STANDARDS

Exposure to optical radiation may pose the potential hazards to our body

Uthayan Thurairajah

The non-laser sources of optical radiation including Light Emitting Diodes (LEDs) in safety standards have a significant effect on the process of bringing to the market. In the past, the potential hazards to the human body posed by exposure to optical radiation has been restricted to lasers and sources of UV, with a minimalist approach being adopted for LEDs. A concern of the photobiological safety of LED lights within an appropriate framework is now very much required.

## Photobiology:

The Photobiology is the study of the interconnection of optical radiation with human and other living beings. The Optical radiation is defined as an electromagnetic radiation having wavelengths between 100nm(UV) to 1 mm (IR). The atmospheric absorption below 200 nm, and the negligible effect of low-energy photons in the far IR. Therefore, this range is often restricted to 200-3000 nm.

In the human body, the eyes and skin are most at risk of exposure to the harmful radiation. The biological response as a result of exposure from a variety of energy transformation processes (thermal or photochemical interactions). The photon energies are greatest in the short-wavelength range which dominates the photochemical interactions. The thermal effects tend to dominate at the long-wavelength end of the spectrum.

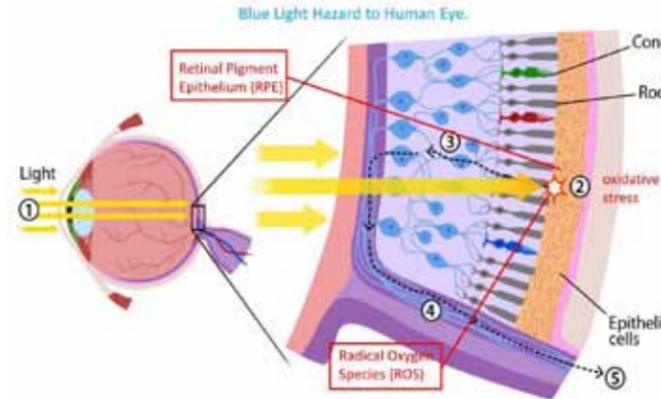
A particular wavelength of light excites electrons in cellular molecules, leading to the breaking or reorganization of chemical bonds in a photochemical interaction. These can cooperate with DNA to cause structural change. The retinal photoreceptors may cause deterioration of cellular function in the Retinal Pigment Epithelium (RPE -back of retina which supports the photoreceptors' function) and cause cellular death. The damage to DNA has the potential to give rise to cancer. The absorption of light may increase in temperature at the exposure site, leading to protein denaturation and thermally-induced cellular damage.

## Hazards posed to the eye and skin

Three exposure situations can be taken into account in consideration of the risks to the human eye and skin. The exposure to the retina, the front surface of the eye (cornea, conjunctiva, and lens), and the skin. These are evaluated through consideration of six specific hazards on exposure limits (ELs) provided for an exposure duration of eight hours, taken as a working day. The standard does not consider the potential effects of long-term exposure, nor of abnormal photosensitivity.

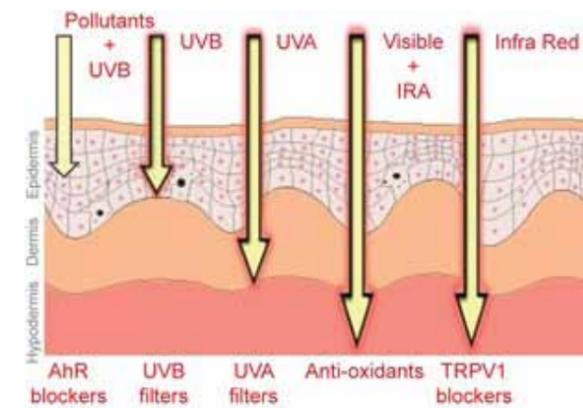
When the skin exposure to the light, a portion of the incident light is reflected, the remainder being absorbed or transmitted through the skin (epidermis, dermis, and hypodermis). The UV exposure, which presents a photochemical hazard due to direct damage of DNA, giving rise to the natural provocative response and produce erythema. Another hazard is the production of reactive free-radicals which may attack DNA and other skin cells including collagen. The collagen injury gives rise to elastosis. As a result, we can see skin wrinkles and the skin appeared to be aged. This structural protein gives skin its elasticity. The risk of thermal burn from the light is also present, yet is of less concern since exposure is limited due to the related feeling of pain.

As a result of repeated UV exposure, the skin typically develops an automatic protection mechanism. The top skin surface become thick to reduce UV transmission and the production of UV-



absorbing melanin, the pigmentation of the tanned skin.

Exposure of the external to the eye demonstrates a response similar to that of skin. The dominant concern is in the UV region, where photokeratitis (arc eye/snow blindness/welder flash/solar eclipse) may result. It is an inflammatory photochemical response, similar to a sunburn which occurs



in the cornea and conjunctiva. The cataract (clouding of the lens) as a result of UV exposure. In the IR, a thermal response to chronic high-level exposure may cause an infrared. The exposure of the retina needs only to be considered over the wavelength range 350-1400 nm due to the transmission characteristics of our lens. The light exposure times greater than 10 second is a photochemical blue-light hazard (photoretinitis). It is resulting in the production of free radicals which damage both photoreceptors and RPE. A thermal hazard dominates for shorter times which causes the denaturation of proteins and key biological components of the retina.

The eye is afforded some protection mechanisms in response to visual stimuli (380-780 nm) only. These include a displeasure/discomfort response (constriction of the pupil to limit the amount of light reaching the retina, blinking and head movement) and the continuous eye movement to avoid the constant exposure in the same area of the retina.

## Photo biological safety standards

LED photo biological safety focused on



Uthayan Thurairajah is a Senior Engineer and Associate at WSP|MMM Group with over twenty years of experience in Electrical Engineering and Lighting field, and he also holds a Lecturer position in the Department of Communication and Design at Ryerson University. Uthayan is a member of several Canadian and international professional association including Professional Engineers Ontario (PEO), Academy of Integrative Health and Medicine (AIHM) and Association for Prevention Teaching and Research (APTR). He has worked on multi-disciplinary lighting and electrical projects for the Ministry of Transportation, various Towns, Municipalities, Regions and others. He carries out research on the subject of lighting and taken part in several projects. He also has extensive research experience in the value of lighting design in the mental, emotional, and social well-being of a person. He is a frequent presenter and author on lighting design & health. He is passionate about integrating science and health into the lighting design.

the potential hazards to the human body posed by exposure to optical radiation; the development of standards and their application; and the fine details of source evaluation.

The International Electrotechnical Commission (IEC) IEC62471 standard evaluate LED-based products for personal exposure to optical radiation, within, for example, the scope of the EU Artificial Optical Radiation Directive. However, its principal use is in providing a framework for evaluating the photo biological safety of finished products intended for sale on the market.

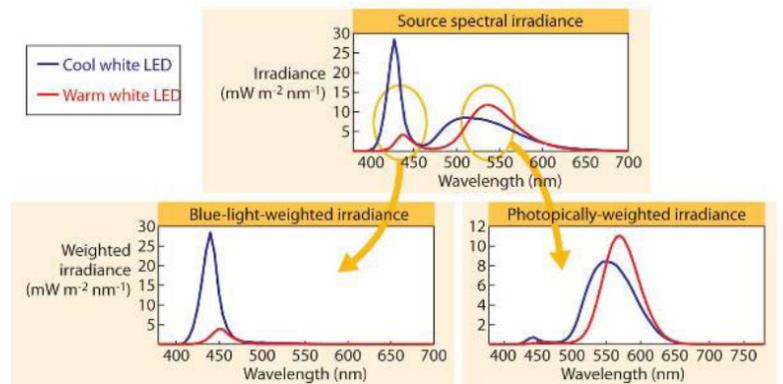
It is not possible to measure every LED in use, and indeed in many cases, there is no need to do so. The little visual

or IR radiation. In practice, this threshold luminance is particularly small. If a light source exceeds this level, we can proceed with the evaluation of photobiological safety at the appropriate distance – 500 lux or 200 mm. It also depends on the intended application of the finished product.

## General Lighting products

White light sources are used to illuminate the general area. As far as LED is concerned, there are two technologies such as color-mixed and phosphor-converted (PC) LEDs. The LED chips have a narrow-band emission. In consideration of the limited radiation range of LED phosphors and the human visible spectrum, we can come to the conclusion that general lighting LED is no risks in the UV or the IR range.

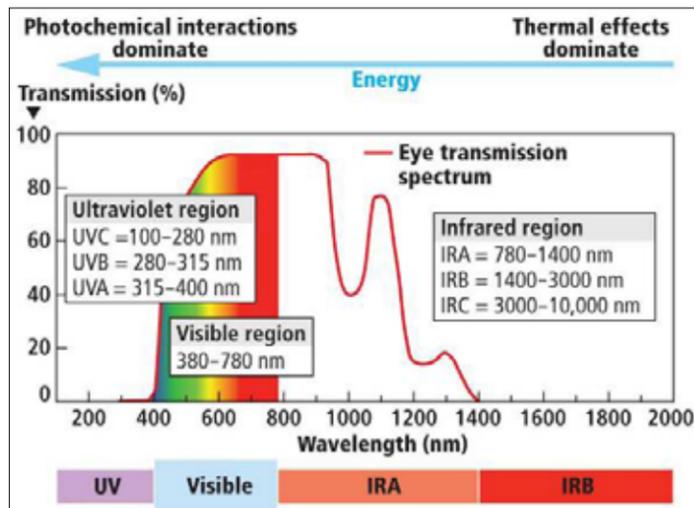
The blue-light retinal hazard dominates over the retinal thermal hazard for exposure times greater than ten (10) seconds. The blue LED of both color-mixed and PC LEDs which gives the primary cause for concern. In general lighting products, a consideration



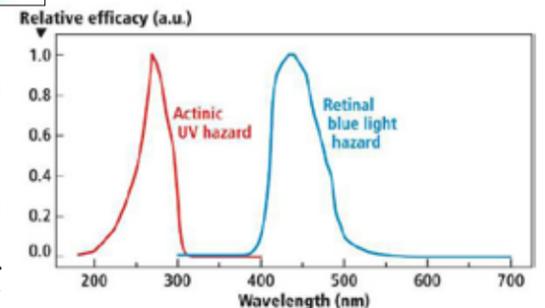
response elicited from low-power white or colored LEDs leads one to reason that no photochemical safety concerns exist.

## When are measurements required?

If a source provides less than 104cd/m2



Luminance, detailed measurements are not necessary as per IEC62471. This level of lighting is expected to provide a visually comfortable environment. It is anticipated that the exposure limits will not be exceeded at this level. It is only applied to white or broadband sources emitting over the visible region. It does not fully take into account the luminance emission of colored LEDs, nor does it consider UV





## MANAGING YOUR MONEY

# Invest like a business-owner

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

Here's what an emotional investor does: Checks the market constantly, worries about every uptick and downtick, rapidly realigns his or her portfolio at the first sign of a stock or market downturn, tends to jump into and out of the market chasing hot stocks and dumping down stocks. And here's one other thing an emotional investor does: Severely limits his or her chances for long-term financial success.

Rational investors know that the best approach is to take the emotion out of investing. Many of them are business-owners and replace emotional investing with a business-owner approach. They have found success incorporating these business-owner principles into their investment plans.

**Clear investment goals** Rational investors set goals and have the discipline to stick to them. Yes, they want to make money but they set their return objectives against clear short- and long-term goals. Goals give you direction, a purpose for the way you spend your money and the way you live. Goals motivate and encourage you. They help you use your money to do the things that are important to you. The first step in financial planning is to think about what your goals are and then to work with a qualified financial planner to determine how much you will need to save to achieve your goals.

**Know when to delegate** Successful business-owners know they can't do everything themselves so they hire capable people with the talent and ability to enhance their business. Similarly, rational investors delegate their investment decisions to professionals who have the talent and ability to help them achieve and sustain their financial goals. The best way to achieve your financial and retirement goal

is having access to sound financial advice grounded in a comprehensive financial plan. Advisors perform tasks vital in the financial lives of their clients including improved financial literacy, developing a culture of savings and investments, developing and executing a financial plan, selecting appropriate financial vehicles and products and improving investment decision making.

**Be risk averse** Both rational business-owners and rational investors definitely want to create wealth but they also understand the need for wealth protection. That's why their portfolios are carefully crafted and well-diversified to reduce risk and provide more stable returns over the long-term. Investors are increasingly looking for options to minimize risk within their equity portfolios without necessarily sacrificing returns. One option for investors is to consider investing in lower volatility equities. When market volatility occurs, recovering from a decline in a portfolio value takes time. The larger the decline, the greater the market gain that must occur to break even again. Since the market declines of 2008, many investors look to reduce risk in their investment portfolios, but realize that moving to bonds may not achieve the returns that they desire. A low volatility strategy is designed to participate in stock market growth, but limit the downside risk compared to the broad market

**Just the facts** Rational investors make investment decisions based on facts not on feelings. They do not get caught up in "the investment flavour of the moment" and are careful to keep their emotions out of investment choices. All investors love the prospect of a rising stock market; however, once the trend starts downward and

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prices approach historical lows, many investors feel the need to be defensive and retreat to the security of cash or money market instruments. While no one likes a turbulent market, those investors who can focus on the long-term and stay invested stand to gain.

To control risk and volatility, diversification of your investments across asset classes, investment management styles and geographic regions is crucial.

**In the know** Rational business-owners keep a daily watch on investment news and consider its implications but like rational investors, they also keep their focus on long-term trends not day-to-day fluctuations.

**Seize opportunity** Rational individuals, business-owners and investors alike, trust their intelligence. They actively seek

money-making opportunities – especially in a volatile market -- by hedging, shorting and using other investment strategies to pick up assets at bargain prices.

If an unemotional business-owner approach to investing appeals to you – and it should because it's often a better path to financial success – then talk to your professional advisor about the investment strategies that work best for you.

**Disclaimer:**

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

## Globalization and Focus on Asian Economy

Globalization has lifted hundreds of millions of people out of poverty and raised the living standards across the Globe. There is every reason to believe, it still holds the promise of supporting rising living standards in advanced economies and developing countries alike. The international monetary system too, should be supportive of individual country efforts and creating economic growth and opportunities. There is also room for cooperation with the new multinational Institutions like the Asian Infrastructure Investment Bank, whose formation is very important.

There is no question that China, India, Indonesia and other emerging countries in Asia will have trouble joining the US led Trans-Pacific Partnership anytime soon. But an ambitious, high quality Regional Comprehensive Economic Partnership can offset trade and investment diversion from the Trans-Pacific Partnership and work to integrate the entire Asia-Pacific region.

Asia's economic interdependence grew under the global trading regime, not significantly through bilateral or regional trading arrangements. Japan, China, South Korea, India, Australia and New Zealand, which comprise the Regional Comprehensive Economic Group – in 2007, already had a collective share in Global Gross Domestic Product (GDP), bigger than that of the Trans-Pacific Partnership in purchasing power parity terms.

The big structural transformation in Asia – right across the region between East Asia and South Asia, with China and India to play the leading role is very essential.

The key to success for the economic growth is Research. When governments, NGOs and companies work together towards creating a more responsive environment, towards research and innovation, it advances and accelerates the national development in all sectors of the economy. Nations that make spending on research a priority in their GDP, accelerate economic stability and progress. By showing their support in certain areas of research, they could attract specialists from all over the globe and become world leaders in that area.

Also, we could observe how developed economies are focusing towards developing economies, for mutual interest.

Indian government is now urging US based electric car, Tesla Motors, to make India as its Asia manufacturing hub and to facilitate exports to the South East Asian countries.

Japan's Mitsubishi Electric Corporation (MELCO)'s subsidiary, Mitsubishi Elevator India Pvt. Ltd., will roll out elevators and escalators from new manufacturing plants in India by end of year 2016.

Japan's Mitsubishi Chemicals will have joint venture in India in the near fu-



ture and details are being finalized now in Japan.

Rolls-Royce, UK, the British car maker, has identified South India as a growth area, for increasing the sales of its luxury cars.

Japan's Mitsubishi Corporation is supplying steel for the manufacturing Ford cars in India.

Hyundai, South Korea, has a huge manufacturing plant in South India and is exporting mainly to South Africa, in a major way, through Mitsubishi Corporation's Chennai office in South India, boosting India's manufacturing exports.

Japan's construction equipment manufacturers, namely Hitachi and Kobelco, have already ventured into manufacturing locally in India, as joint ventures with local Indian companies.

Kia Motors of Korea is set to pick a site for its first India car plant, by end of year 2016; Its production capacity will be three lakhs vehicles per year.

There are inspiring examples of national champions worldwide, who enrich their economies in many dimensions bringing honour to their countries by their innovative excellence. Apple in the USA, Samsung in South Korea, Mitsubishi in Japan are some of these exemplary corporations.

India is marching forward very rapidly to be in the world map as a fast growing economy.

It is very interesting to note the global trading partner Mitsubishi Group's corporate philosophy ("ShokiHoka") with three Corporate Principles:

Corporate Responsibility to society; Strive to enrich Society, both materially and spiritually, while contributing towards the preservation of the global environment.

Integrity and fairness ("Shoji Komei") maintain principles of transparency and openness.

International understanding through Trade ("RitsugyoBoeki") expand business. based on an all-encompassing global perspective.

T. Sivayogapathy  
Ex Mitsubishi Group,  
Colombo/Japan  
Ex Director, CTCC





# Canada's Trades with China - Power Imbalance Persists

Arun Senathirajah  
MBA (Banking Mgmt)

Prime Minister Hon. Justin Trudeau was asked about the perception that he gave up more than he gained on his first trip to China as Prime Minister. He did not directly answer. "This whole trip has been about relaunching a strong, stable relationship with an extremely important country in the world," he said. But Canada, like other nations, has not always been successful in making its relationship a balanced one. Chinese Premier Keqiang Li, who is on a four-day official visit to Canada following the United Nations General Assembly meeting in New York, arrived late Wednesday, Sept 21. Intense negotiations went on overnight between Canadian officials and Zhi Shuping, the Chinese minister responsible for the canola file who's also in Ottawa for the visit.

## Resolving Old Issues Canola oil

Fearing a disease outbreak, the Chinese have been questioning the quality of Canada's canola shipments and threatening to impose restrictions or cut access to a market that was worth roughly \$2.6 billion for Canadian canola producers in 2015. In this compromise, both sides agreed to conduct additional scientific research to find a "science-based and stable solution," the prime minister said. "This is great news," Trudeau said. "Our progress on this file goes to show how two countries can collaborate, can solve difficult challenges together." The size and growth of the largest Asian market, where cooking oil like that derived from canola is in high demand, made resolving this dispute essential. Canada is the world's largest canola exporter. Over 40 per cent is exported to China.

## Canadian Beef

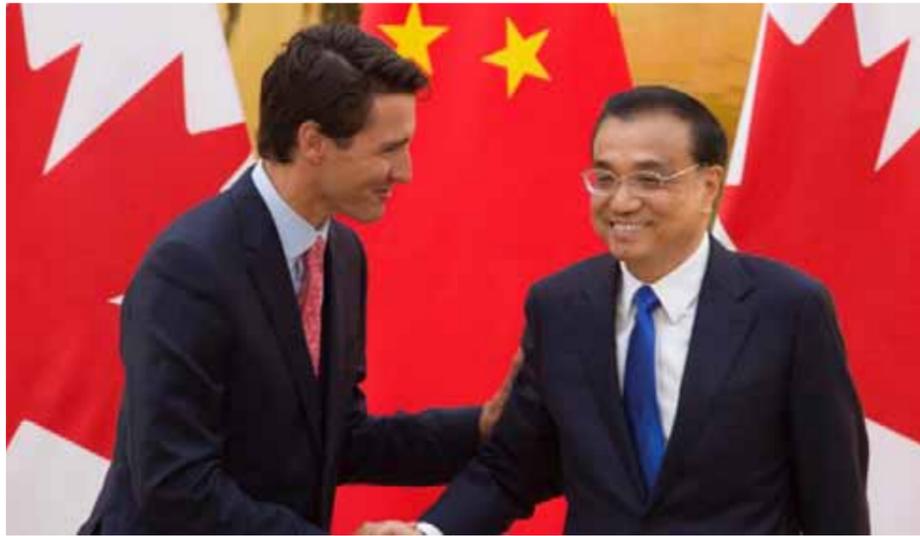
Trade in the lowest-risk products — boneless beef from young cattle — resumed in 2010. The deal adds bone-in beef, worth potentially \$10 million in new exports, to start. China's large market will remain closed, however, to Canadian beef from cattle over 30 months of age. This restriction is considered less commercially meaningful, because good markets now exist for this in North America. The deal signed between China and Canada to resume exports of bone-in cuts of Canadian beef is projected to be worth at least \$10 million for the Canadian industry.

## Proposed Free Trade Agreement

As Canada's biggest trading partner behind the United States, China would like a free trade agreement with Canada.

Chinese Premier Li Keqiang was on Parliament Hill on September 21, 2016 for three day visit to Canada. During the prime minister's own visit to China last month, Li said the two countries had embarked on a feasibility study of a free trade deal. But Canada's ambassador to China later called that premature, citing issues including labour, the environment and Chinese state-owned enterprises. Under such agreement China would be more interested in buying minerals and raw materials at low prices and exporting them as fished products at higher prices because of its cheap labour.

**China's Penetration Efforts to Canadian Banking System  
Alipay Payment System**



Alibaba Company claims it has built a payment system in China that, for mobile transactions is now "the fastest in the world," and much cheaper for vendors than credit cards, Chief Strategy Officer at Ant Financial, Mr. Chen says. "We would like to promote this to the world. Everybody can have it," he said. Ant's services in China include investments and micro-loans. In Canada, it wants to first provide payments, and services like restaurant reviews, to Chinese already using Alipay. But it also wants to expand into cross-border money transfers, supply-chain financing and investment products in Canada. North Americans still write cheques. "But nobody writes cheques in China. We are past that age already." So far, though, he acknowledges talks with Canada's banks have been a struggle. "We are hoping to progress much faster," he said. That's why the Trudeau visit was valuable for Alibaba. It's a question of looking for "mutual" benefits, Mr. Chen said. To build Alibaba's vision for Canada, "you need all this co-operation," he said. "Let's work together for that. It's good for the Canadian companies, for the Canadian consumer."

## Canadian investment in Asian infrastructure Investment Bank

Beyond free trade, China would also like Canada to invest in its \$100-billion Asian Infrastructure Investment Bank. The AIIB was created to support the development of infrastructure in China. Countries that invest in the bank give their country's firms preferential access to projects funded by the AIIB. David Mulroney, Canada's former ambassador to China. "I actually think we made the right decision in not joining," said Mulroney, who's now president of the University of St. Michael's College in Toronto. "China is, in my view, far from ready for hosting a major multi-lateral financial institution. "As they were announcing the launch of the bank they were shutting down the website for Reuters, which is one of the premier financial media outlets in the world." Asked about potential investment in the bank, senior Canadian government officials would only say, "We will have more to say on the trip."

In applying to join the Asian Infrastructure Investment Bank, for example, Canada provided China a valuable vote of confidence and international prestige. In return, it secured a Band-Aid solution to a dispute over canola exports and seven new visa processing centres in China, but made no visible progress on the release of detained missionary Kevin Garratt.

**China adopts Protectionism  
USA, Canadian and European leaders**

have for years demanded China to open its markets to their products, in the same way theirs are open to Chinese goods. Canada imports 3.3 times more goods from China than it exports that results in \$14.922 billion. China's low-cost labour gave it such a powerful advantage that huge trade imbalances resulted. Canadian leaders also raised worries at G20 meetings in early September 2016 rising protectionism by China could threaten trade with other countries, including European nations and the United States. China has said it is lowering barriers to foreign investment, but business groups don't see it. "China seems to be in a holding pattern on opening the markets," said James Zimmerman, chairman of the American Chamber of Commerce in China. On Saturday September 03, 2016 the European Union Chamber of Commerce in China criticized "the ease with which Chinese companies continue to acquire assets in Europe in areas where EU companies do not even dare to consider investing in China." There are views that China is going to be Earth's largest economy when the rest of the world has been still working to develop relationships. China can export goods at cheaper prices since, it can impose limitation on wage rise, get long hours of work, and stop labour strike. But Canada is so severely outweighed by China that it can't go it alone, warned Geoffrey Hale, a professor of political science at the University of Lethbridge. What Ottawa needs is "to team up" with others, the better to insist on fair rules, and jointly "target domestic interests in the offending country for retaliation" when needed, Prof. Hale said. Jeffrey Read, a partner at law firm Borden Ladner Gervais with a specialty in China said, "China's own appetite for overseas assets is growing, and its determination often exceeds what is found in Canada. Chinese people and companies aren't just after Vancouver mansions. They want farms, cultural companies and, for Alibaba, the very fabric of commerce — payments."

## Human rights and global security

Trudeau has promised to balance economic interests with human rights. "What we want to do is set a very clear and constructive relationship with China that yes, looks at the potential economic benefits of better trade relationships, while at the same time ensuring that our voice is heard clearly on issues of human rights, of labour rights, of democracy, environmental stewardship," Trudeau said.

**OECD Cuts Canada's Economic Growth Forecast**

The Organization for Economic Co-operation and Development (OECD) said weak trade and financial distortions are exacerbating slow global economic growth. Organization for Economic Co-operation and Development (OECD) chief economist Catherine Mann says they expect the Canadian economy to grow by 1.2 per cent this year, half a percentage point lower than its outlook in June. OECD has again warned Canada of the risk of a price correction in its inflated real estate market. In an interim global economic outlook issued Wednesday, the OECD said commercial and residential prices in the U.S., the U.K. and Canada have snapped back to levels preceding the 2008 fiscal crisis and its credit crunch triggered by home loan defaults in the U.S. subprime mortgage market. OECD chief economist Catherine Mann said during a webcast broadcast from Paris that steeply rising property values can undermine financial stability if accompanied by a rapid increase in consumer borrowing. Statistics Canada data last week showed Canadian household debt ratios at a record high in the spring against a backdrop of rising home values in Toronto and Vancouver — although a recent and sharp slowdown in Vancouver following B.C.'s imposition of a 15-per-cent tax on foreign buyers has moderated national home-price inflation. In its outlook last June, the intergovernmental agency warned of a "disorderly housing market correction" in Vancouver and Toronto, which together make up a third of the Canadian housing market that could dampen residential investment and consumer spending. The OECD called for further market controls to be targeted regionally. The OECD said that exceptionally weak global trade and financial distortions due to record-low interest rates are exacerbating a trend to slower global economic growth. Mann also noted that the trade liberalization movement is under threat from isolationists, as some politicians vow to reverse jobs losses linked to trade deals such as NAFTA.

## Canada - Time for Review

Canada cannot ignore overheated housing market in Toronto and Vancouver. Subprime lenders' share of the Canadian mortgage market has reached record levels, according to data obtained by the Financial Post, putting increased risk on the housing market. Alternative lenders, who are major beneficiaries of that subprime market, now underwrite 2.2% of all mortgage loans — probably not enough to cause any major structural damage to the housing market in the event of defaults, but their market share has exploded. The data, compiled by CIBC World Markets based on Statistics Canada figures, shows that the value of loans from alternative lenders grew by 25% during the past year while the overall market for mortgages increased by 4% during the same period. The Statistics Canada data was derived from information obtained from Revenue Canada. Subprime loans have been partially blamed for the collapse of the United States housing market and the 2008 recession and that led to global financial crisis of 2008. This is also a time for Canada to review the NAFTA, a critical analysis of the Comprehensive Economic and Trade Agreement (CETA) expected to be ratified in October and Trans Pacific Partnership Agreement (TPPA) awaiting ratification.



## TOP 5 INDIAN/SRI LANKAN RESTAURANTS TO TRY IN LONDON

Between us sisters, it's fair to say we have been to a few restaurants in London. We are also incredibly critical of Indian and Sri Lankan restaurants, as we find it never compares to what we have at home and it sometimes is furthest away from what true Indian/Sri Lankan food should be like. However, we have a few favourites which never seem to disappoint us when we visit. Here are our top 5 Indian/Sri Lankan restaurants to try in London:



### 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](http://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](http://www.myreluctanttravels.wordpress.com)



#### 1) Taste of India (Non-Veg Restaurant), East Ham:

Our favourite menu items include Chicken Fried Rice and the Paneer Manchurian. The Chilli Paneer is good, but you get more paneer pieces with the Manchurian.\*insert winky face\*

#### 2) Mala's, St. Katherine's Dock:

A little less casual, Mala's is the perfect place to celebrate an occasion in. Amma GSSS loves this place and if it has her seal of approval, it has to be featured in our list! Mala's Grilled Lamb Chops is one to try if you visit.

#### 3) Vijay Chawalla's, Green Street:

We have been visiting this restaurant for over a decade. As casual as Taste of India, the consistency of food has never changed. The place is constantly busy and for good reason. If you're looking for good Gujarati food, this is the place to visit. Try the Pav Bhaji and Chilli Mogo Chips – our favourites!

#### 4) Ganapati Restaurant, Peckham Rye:

This is not as common as the other featured places. Opened by first time visitors to India, it plays on the senses which tingle when you first travel to India.



Using fresh and authentic ingredients, they don't overload on spice, but leave the natural ingredients to speak for themselves. The menu is always changing according to the season, but their thali is a good place to start.

#### 5) Ananthapuram, East Ham:

This Keralan restaurant is bustling with international students looking for good home-style food. The setting is almost like someone's living room and service is incredibly laid back. What has us returning for more is the food. The Karimeen Polichathu is a definite crowd-pleaser, but do order the individual ones instead of the sharing size.

Have you been to these restaurants? Do you have another favourite restaurant? Let us know! Don't forget to use the hashtag #monsoonjournal on Instagram and send us your pics, comments and feedback! Spread the love!





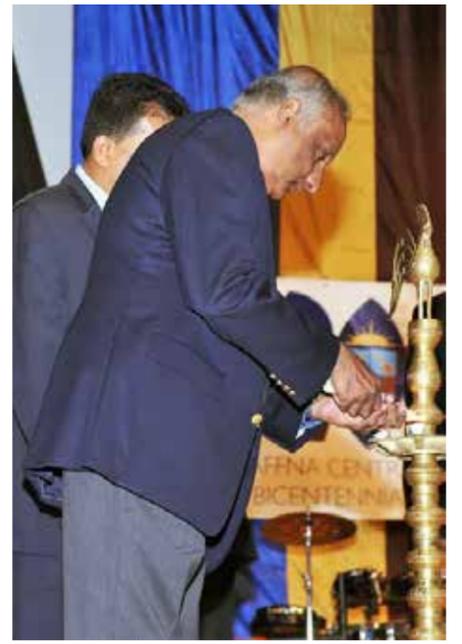
# BI-CENTENARY CELEBRATIONS OF JAFFNA CENTRAL COLLEGE

The bi-centennial celebrations of Jaffna Central College organized by JCC Old Boys in Canada held on the 17th of September was attended by a fully packed audience at Sir John

A. Mac Donald Collegiate Auditorium. After the lighting of the traditional oil lamp both the comperes commenced conducting the programmes smoothly; speeches, classical and bollywood

dances, villuppaaddu and drama, presentation of trophies, release of souvenir and commemorative stamp followed by the musical programme conducted by Aravinthan and Mega

Tuners in which the popular playback singer from Tamil Nadu Harish Raghavendra enthralled the audience. *Some of the highlights captured can be seen here.*



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# Nallur Festival of Theatre



By  
*Thulasi Muttulingam*

With the recent Nallur Festival that came to an end, concluded also a festival of theatre for theatre-goers in Jaffna. Held nightly to coincide with the Nallur festival for some years now, the plays, put on by the Active Theatre Movement in Jaffna seek to revive the habit of drama and theatre-watching in the peninsula.

"Four years ago, when we began this effort, we held the plays by the road top on Pointpedro Road so that street (temple)-goers could easily see us and thus be attracted," says T.Thevananth (46), the Director and Founder of the Active Theatre Movement theatre group. "By 2014, we shifted to our current premises in the bystreet of Paanankulam, Nallur Cross Road and managed to get the word out to people through word of mouth. In 2015, we had full crowds attending our venues and this year, people are already asking when we will be hosting our plays again. We have seen a definite improvement in theatre attendance and appreciation over the years therefore. Soon hopefully, will come a time when people will willingly pay to watch our performances. Right now, we still stage them free of charge to the public."

On par with anything the Lionel Wendt and other theatre venues in Colombo have to offer – indeed, perhaps even superior given the range and depth of social issues explored with just the right touches of finesse, humour and poignancy – it is rather a pity to see such theatre groups struggling for funds and patronage in the North.

"Local businesses do not have the culture of supporting us here," says Thevananth. "NGOs sometimes hire us for trainings and workshops to help empower people with creativity and personality development – we utilize those funds to stage our free plays at Nallur. All of us have day jobs and are relegated to treating this as a hobby, even though it's a passion that rules us." Thevananth himself is Director at the Media Resource and Training Centre (MRTC) in Jaffna which trains future journalists. Most of his co-theatre activists are similarly engaged and employed, yet they have been putting in the time from

January onwards, to script, rehearse and produce these plays, free of charge to the public, in August.

The plays staged nightly, ranged from cultural and traditional to modern and innovative. There were children's plays as well as plays for adults; plays depicting humour as well as tragedy; they ran the whole gamut during the festival. Their sole distinguishing feature was their social relevance.

Social realities are not always pleasant. To depict it to the people in the midst of whom it is happening, in a manner that is not too much of a bitter pill to swallow, is the art that is socially relevant theatre. It is an art form that Thevananth and his team are still struggling to perfect.

"I personally write most of the plays we stage," says Thevananth. "Before going public, we held previews of the plays to certain select audiences. Some of them sometimes walked out in anger. Others watched til the end, then told me that while I had depicted the truth, I still had the social responsibility to not wash our dirty linen in public as others against our community could use our portrayed weaknesses against us. That then is the dilemma of the socially responsible artist. I have no wish to hand over a stick for chauvinists from the majority community to beat us with – but I also don't think brushing under the carpet the faults of our own community, is therefore the answer."

In the end, he decided to tone down some of the excesses he had originally portrayed but still portrayed the social realities as they exist (or once existed). How much the conspiracy of silence had hurt the understanding of our own recent history could be seen by the audience's puzzlement over one of the most tragic plays, enacted by a theatre group from Mullaitivu; that of the death and destruction they had

(See Page 39)





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(Continue from Page 39)

undergone during the last stages of the war. Every singly member of this group had personally undergone this ordeal all the way up to Mulliwaikal in 2009. Jaffna however, under government control since 1995 had escaped the horrors of this last war and thus many of the younger residents had little clue as to what they were seeing. This was the play that saw older residents at the preview walk out – because it showed forcible conscription and harassment of the people on one side while they were at the same time being bombed and killed on the other side.

“We are used to operating in social contexts where it was always dangerous to name the perpetrators. So we got used to portraying social realities and let the audience make of them what they would. That is what we still do – but then in some cases, the perpetrators are obvious. When some of the Jaffna residents reacted so angrily to our Mullaitivu play preview,

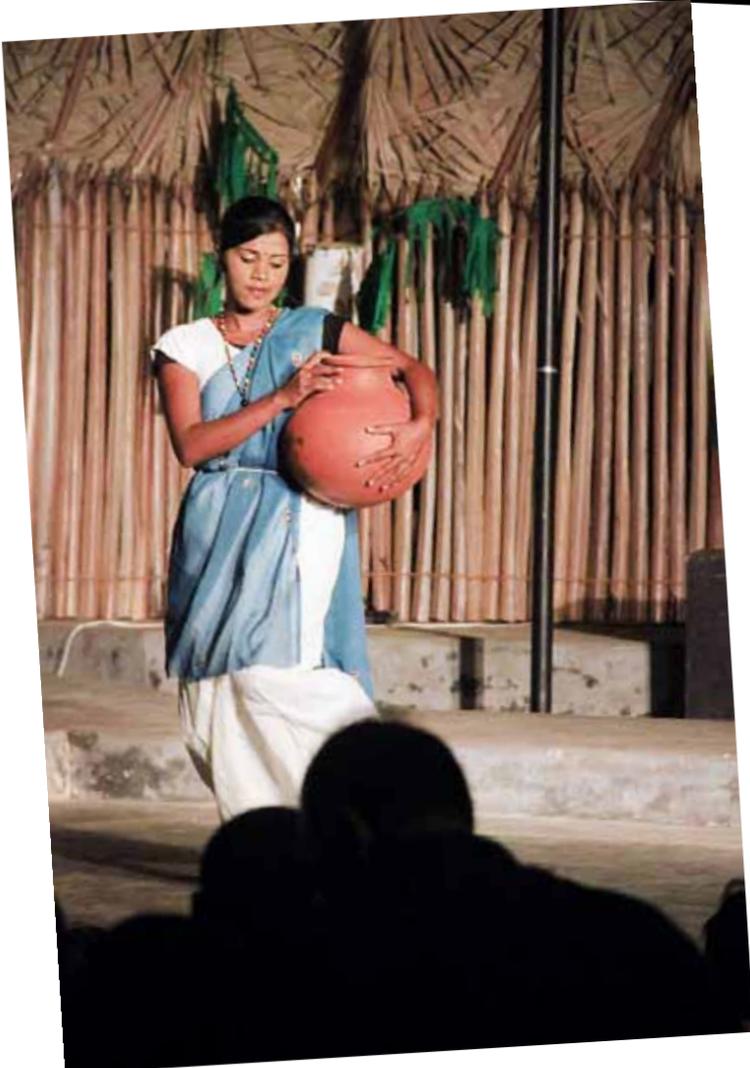
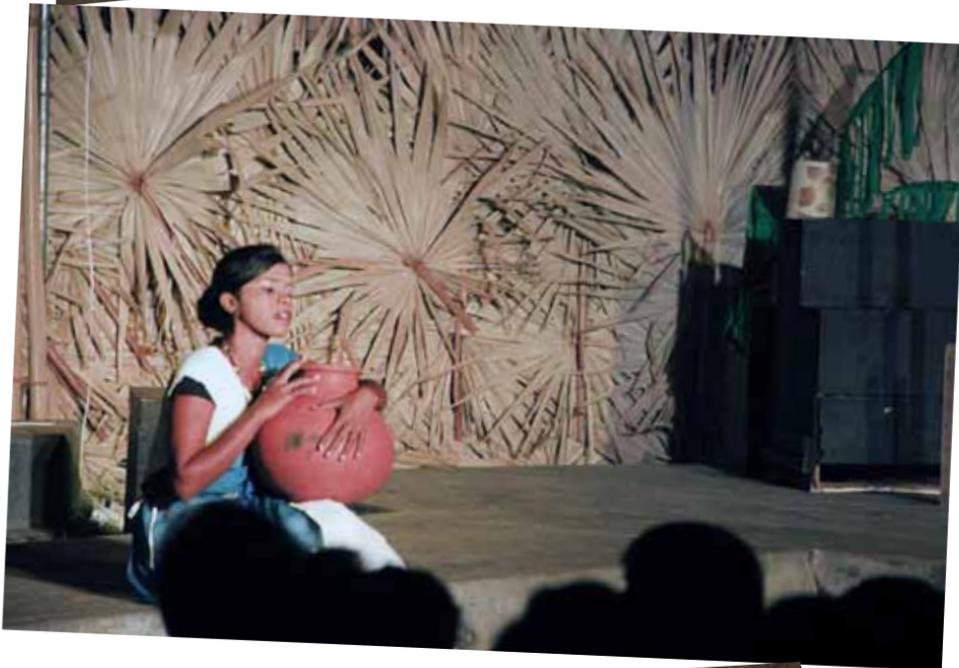
I asked my team if we should scrap the play. But then the actors, all from Mullaitivu, all of whom had taken the trouble to learn drama and acting to put on this play for nearly a year, insisted that this was their social reality up to 2009 and that they wanted their fellow Tamils and the rest of the world to know about it. They had suffered through so much and they were willing to enact it all over again to tell the rest of the world what they went through. Why should those stories be suppressed simply because it showed a side that we were not comfortable with from our own community? So we went ahead with it, and staged the play.”

Apart from this tragic play that was extremely poignant, there were also plays in a lighter vein which nevertheless explored everything from teenage angst over oppressive parents, to elders’ loneliness after their children migrate abroad. This year, there were also music and dance from South India, as an artiste from Tamil Nadu, dance master Venu arrived in time to teach the troupe some south Indian folk arts. There were Sinhala traditional dances and music too. A final year student at the Faculty of Management in Jaffna University, Vidura Perera had volunteered to teach the younger troupe members some aspects of Sinhala traditional dance and song.

It was heartening to see this variety and diversity of performances portrayed on the stage in Nallur, Jaffna this year. There were performances by upcountry Tamil artists as well. All in all the festival was well received.

Though some people walked out of his previews according to Thevananth, none did at the actual performances themselves. Indeed over the days, the crowds became so packed that in the last days, people ran out of seats and had to stand. We already can’t wait for the next festival.

Thevananth and his team are considering re-staging some of their work in Colombo. Don’t miss the opportunity to view them if they come to town. If you want a quick understanding of the social issues pervading the lives of the Tamil community in the country, they are the people to watch.





# INTERVIEW WITH T.Thevananth

By Thulasi Muttulingam

**T**hevananthThevanayagam (46) is the founder and director of the Active Theatre Movement, a fast growing and popular theatre troupe in the Northern Province. He and fellow theatre lovers in the North have worked hard over the years to repopularize drama and theatre among the local populace. Excerpts from the interview:

**Tell us of your own history with theatre? Were you involved in it from your schooldays?**

No, I was a very shy, retiring schoolboy. In the eighth grade I was called on to recite a piece of poetry in front of my class, and broke down halfway through it. I couldn't manage something even that simple. I therefore never attempted anything close to getting on a stage during my schooldays.

**How then did you eventually find your way into drama and theatre?**

It was while I was at technical college after my A'Levels. Some troupe advertised for youth to join; I volunteered and became hooked. I hadn't done well enough in my first A'Level attempt (math stream) to get into University. After getting involved with the theatre troupe, I re-sat for the Art stream the second time and qualified to read Drama and Theatre at Jaffna University.

**Describe your experience at the University?**

We got into trouble even before we began. I belonged to the anti-raggers in Uni; we did not believe in kowtowing to the senior students' unreasonable demands during ragging. They laid down several rules for us freshers. We had to wear only bata slippers; we had to wear vesti and not pants; we could not come to university in our cycles. We flouted all those rules. When they prevented us from bringing our cycles into the university, we went by bullock cart instead. One day we dressed up a fellow student anti-ragger as an elderly bullock cart driver. The make-up was so good no-one recognized him. The rest of us sat in the cart, drove it all the way into the university, and parked it outside the Kailasapthy Auditorium.

Leaving the driver behind to guard the cart, we walked over and sipped some tea by the canteen to watch events unfold. We called this invisible theatre – where the audience would have no idea that a theatre was being enacted in their midst, but would participate in it anyway.

Soon an outraged congregation of senior students swamped the cart and demanded of the driver to know who had brought it in. Unfortunately in the midst of this, it began to rain and the driver's make-up dissolved. The seniors became even more furious when they recognized him and attacked and dismantled the cart. We subsequently filed a case stating that



*ThevananthThevanayagam*

we had every right to bring the cart into the premises (the university rules stipulated that students could ride in on any vehicle) and demanded our bullock cart be returned intact.

The university had to close down for a month over this issue. The local papers, especially the Uthayan gave us a lot of positive publicity for fighting the menace of ragging. This was back in 1992 when it had still not been outlawed.

Meanwhile, within the University the other students were following a policy of ostracizing us as anti-raggers. Even some of the lecturers were not sympathetic. At the official inquiry, we were told that we had acted in a manner to antagonize the other



*Thevananth addressing the audience*

students and thus the incident was mostly our fault. We however held firm to our conviction as to our rights to travel to the university in any vehicle available to us, as the rules stipulated.

**Did the issue settle down over your subsequent years at the University?**

Well, we continued to be ostracized throughout our four years there. I think it was drama and theatre that gave us the strength to stand up to the bullies. We could not have achieved what we did with simple dialogue and talking – but we got the message out to them through theatre.

They inflicted tremendous mental torture upon us – yet we were able to hold to our convictions and relay it to them as well.

**Did they attend your theatre performances?**

Yes, they did. They could not keep away. They would not invite us to their own cultural events and tried to hoot and jeer us away if we attended, but we always elbowed our way in and ignored their taunts to prove to them that they could not take our right away to participate in those spaces.

When we staged our own productions however, they were not able to keep away. Many attended and sometimes, some of our performances would be so packed that people would stand in the aisles when the seats on either side ran out.

**Who do you count as your mentors in drama and theatre?**

Many, but two of my main mentors are Kulanthai Shanmugalingam, the veteran Jaffna playwright and Dr. K. Shidambaranathan, a senior lecturer in theatre at the University of Jaffna.

I have worked under both from 1991 -2001 so I have been mainly influenced by their approaches. Shanmugalingam is known for the social realism portrayed in his plays. Shidambaranathan is known for his ability to reach out to the audiences and get them to interact. I have been told that I have fused these two approaches to innovate an approach of my own; one combining social realism and audience interactivity.

**Who writes the scripts for your plays?**

I do. I write and direct all our productions myself. Around here, we have to be a jack-of-all-trades. We can't afford to specialize in only thing or another. I do wish though we had more musically talented people to compose music in our team as not everyone can do that – but apart from that everyone knows everything from staging the productions to fine-tuning the stage light and sound.

**You mentioned that you had received criticisms of washing dirty linen in**

**public, over your portrayal of social realism?**

Yes, that goes with the territory. My position has always been that I am not naming any names. I am not accusing anybody. I am just portraying reality as I see them. If that reality is making you uncomfortable, then do something about it. Over the years though, I have learnt to be oblique in what I wish to portray as circumstances are not conducive to being open in what we want to say. We have been criticized for this as akin to fellows sipping from vessels seemingly innocently under the Palmyrah tree. "Can't tell if those fellows are sipping milk or toddy," it has been said. Well make of us what you will. We are not about to go away.

**No, you are clearly here to stay. Explain to us some of your strategies to popularize theatre in Jaffna?**

Well, we are holding these yearly theatre festivals in Nallur for one. We also try to engage with children as much as possible and draw them in. That's the strategy to get the next generation bitten with the bug, so that they can carry the torch forward. Every year, we put on children's plays and engage with them interactively via those plays. Last year, only adults acted in the play – then some parents came forward to ask if we could teach their children to act as well. Those children were the ones who staged the 'endeavouring Mr. Rabbit' play this year. And so we keep growing.

We also try to train at least one troupe per year in the other districts. Thus over the last year, we worked with the Mullaitivu troupe. They all had day jobs but committed to learning with us at nights to put on their play depicting what they went through during the 2006-2009 war. When I became disheartened by the criticisms we received at the previews, they were the ones committed enough to demand to see it through all the way up to final production. They have been very brave. Among them are severely war traumatized people who had been referred to our workshops to overcome their trauma. They have a story to tell and they want the world to know about it. Others shouldn't try to suppress it.

**Have you considered staging these plays beyond the Northern Province?**

We have considered taking it to Colombo. Perhaps we'll stage at least some of these plays there. Let us see. We face issues of funding as well as lack of linkages in Colombo to help us with organizing the event over there, but we are certainly thinking of it.

**What about abroad? We have a diaspora stretched all over the globe who might appreciate these plays too.**

Again, we lack the necessary linkages and funding necessary to travel like that. We had not even considered going abroad so far with our plays, but it is certainly something to think about. In Jaffna right now, people are only slowly getting used to attending theatre events, much less having to pay for them. Perhaps in Colombo and abroad, we can have ticketed events. It's something to consider.



## THE HINDU TEMPLE SOCIETY OF CANADA : Richmond Hill Ganesha Temple

- Compiled by Kidambi Raj, Member, Board of Trustees

# Azhwar Festival

Sept 16th – 18th, 2016

Azhwars, also spelt as Alwars (those immersed in God) were Tamil poet-saints of South India who expounded bhakti (devotion) to the Hindu Supreme God Vishnu or His avatar Krishna in their songs of longing, ecstasy and service. They are venerated especially in Vaishnavism, which regards Vishnu or Krishna as the Supreme Being. The word Azhwar has traditionally been as from "Azh" to "immerse oneself" as one who dives deep into ocean of the countless attributes of God.

The devotional outpourings of Azhwars, composed during the early medieval period of Tamil history, helped revive the bhakti movement, through their hymns of worship to Vishnu and His avatars. They praised the Divya Desams, 108 "abodes" (temples) of these Vaishnava deities. The poetry (hymns) of the Azhwars echoed both depth of feeling and felicity of expressions. The collection of their hymns is known as Divya Prabandham. The Bhakti literature that sprang from Azhwars has contributed to the establishment and sustenance of a culture that broke away from the ritual-oriented Vedic religion and rooted itself in devotion as the only path for salvation. In addition they helped to make the Tamil religious life independent of knowledge of Sanskrit. Azhwars are considered the twelve supreme devotees of Lord Vishnu, who were instrumental in popularizing Vaishnavism in the Tamil-speaking regions. The religious works of these Azhwars in Tamil, songs of love and devotion, are compiled as Nalayira Divya Prabandham containing 4,000 verses (hymns) and the 108 temples revered in their songs are classified as Divya Desams. The verses of all the Azhwars were compiled by Nathamuni (824-924 AD), a 10th century Vaishnavite Theologian, who called it the "Dravida Veda or Tamil Veda".

The Azhwars had different origins and belonged to different castes. As per tradition, the first three Azhwars, Poigai, Bhutha and Pey were born miraculously. Thirumizhai was the son of a sage; Thondaradi, Mathurakavi, Periya and Andal were from Brahmin caste; Kulasekhara was a Kshatria, Namm was from a cultivator family, Tiruppanar from Tamil Panar community and Thirumangai from Kalwar community.

The pictures of the festival are courtesy of Sri Balu Srinivasan who has been running the Temple web all these years.

This was 14th year of Azhwar Festival in our Richmond Hill Ganesha Temple. It started with 1st to the 12th Azhwar in order each year and this year was the 2nd year of 2nd round and was dedicated to Peyazhwar. In Tamil, Pey refers to one who is possessed and since the saint was madly attracted to Lord Vishnu, he got the name. As per the legend, Pey Azhwar was found in the Lily flower in the pond of the Adi Kesava Perumal Temple in Mylapre (historically called Manikaivaram), a suburb of Chennai. He is also called, Mahadahvaya and Mylapuradapadhi.

As per Hindu legend, Vishnu appeared to the muthalam azhwars (first three azhwars) in Thirukkoilur in Tamil Nadu. It was day time, but it darkened and started raining heavily. The wandering Poigai



Azhwar found a small hide out, which had space for one person to lie down. Bhoothat Azhwar arrived there looking for a hiding place and Poigai Azhwar accommodated him, with both sitting together. Then, Pey Azhwar also came to the same place as all the three preferred to stand because of lack of space. The darkness became dense and inside the small room, they were not able to see each other. In the meantime, they felt a fourth person also forced his way among them. The three azhwars realized from the light of the lightning that the fourth one had a charming face that was sublime and divine. The trio could immediately realize that it was Lord Vishnu who was huddling among them. Poigai wished to see Vishnu's face continuously but could view only from the simmering light of lightning. With a view to maintain the continuity of light, he instantly composed hundred hymns wishing the earth to be a big pot full of ghee like an ocean where the Sun could be the burning wick.

Pey Azhwar composed hundred verses that are classified as Moondram Tiruvandadhi. It was set in the Andhadi style. The word Andha means end and Adi means beginning. Andhadi style has ending word or the syllable of each verse as the beginning word of the succeeding verse and the last word of the 100th verse becomes the beginning of the first verse, making the hundred verses a true garland of verses. The verses of the trio speak of Narayana (another name for Vishnu) as the Supreme deity and they refer frequently to Trivikrama and Krishna, the avatars of Vishnu.

During this year's festival had Abishekham for all the 12 Azhwars, Saints, Ramanujar, Vedanta Desikar and Manvala Mamuni. The 100 verses of the Moondram Tiruvandadhi were chanted and Lord Vishnu with His two Consorts, Sri Devi and Bhoodevi were carried around inside the temple on Garuda Vahana. The festival culminated with the Kalyana Utsavam of Lord Vishnu with His Consorts. All the sessions were well attended.

The pictures of the festival are courtesy of Sri Balu Srinivasan who has been running the Temple web all these years.

# Vinayaka Chaturti

Sept 04, 2016

Vinayaka Chaturti is one of the most popular Hindu festivals. This is the most sacred day and birthday of Lord Ganesha. It falls on the 4th day of the bright fortnight of the month of Avani or Sravana (August – September). This year it was on Sunday, September 4th. It is observed throughout India, Sri Lanka and as well as by devoted Hindus in all parts of the world. Vinayaka, referred to as Ganesha or Pillayar is always invoked at the outset of any puja and any special events like starting a business, because He is the remover of all obstacles. There are numerous stories in Hindu Mythology associated with the birth of elephant-headed God, whose vahana (vehicle) is the mouse. Lord Ganesha loves Modakams.

Few pictures of the festival are shown below and they are courtesy of Sudha Kuna.

At the Richmond Hill Temple, it was celebrated starting with a Nava (nine) Kalasa puja followed by 1008 Conch Abishekham of the Lord. Then the beautifully dressed and adorned idol of Ganesha with lovely malas is taken on a procession around the temple within the inside perimeter. This function was attended by close to 1,000 devotees. In South Indian and Sri Lankan temples the festival is celebrated with the Granite idol of Lord Ganesha.

But in North India the Ganesha Chaturti festival commemorates the creation of Lord Ganesha made of clay and is venerated for ten days with great fervor by peo-

ple of all ages. According to our puranas, Goddess Gauri moulded His original form from exfoliate (come off in scales or layers) of Her own skin. She then invoked Her Consort, Lord Shiva to breathe life into the inanimate sculpture. Hence, the process of creating and worshipping Lord Ganesha in the above mentioned method is highly significant and analogous to his actual mode of formation described in our scriptures. The Goddess Gauri is represented as mother earth and the clay symbolizes Her body's exfoliate from which Ganesha was formed. On the tenth and final day of the festival, the transitory embodiment of Ganesha is respectfully requested to depart (Visarjan) and the remaining depiction (now inert) is immersed into water.

The Visarjan ceremony represents the concept of Samsara, or the cycle of birth, death and rebirth. Once the presiding deity departs from the Murti on the tenth day, its physical manifestation is then returned to nature, only to be reanimated the following year. The assimilated spirit however remains in the hearts of the devotees and enriches their lives.

The purpose of such ceremonies is to replenish our spiritual reserves and to remind us that material wealth is transitory and is of no use to the soul. The process of Visarjan thus teaches us detachment and to realize that our own body, which we cherish and pamper will one day be reduced to base elements.





# Music Recital by RG Education Centers

On Saturday, August 27th, 2016, RG Education Centers held its annual Music Recital. The recital celebrated the musical talents and hard work of all the center's students. It was not only an opportunity for students to perform their favourite musical pieces, but also an excellent educational experience for the students.

Parents were excited to see their children perform in front of an audience, and especially proud to see all their hard work pay off. While many students performed on the piano, parents were equally marvelled by the guitar and voice performances that afternoon. Teachers also joined the event to perform short pieces.

RG Education Centers held a very successful music recital this year. Mr. Selvaratnam, Managing Director, thanks all the students, parents, teachers, and staff for their participation in the event and their continual support.

Some of the photos from the event can be seen here.



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## SANKATMOCHAN HANUMAN MANDIR GRAND CELEBRATION OF GANESH VIRSARJAN 2016

SankatMochanHanumanMandir&CulturalCentre had their grand celebration of Ganesh Virsarjan on September 11th, 2016 at Ajax Waterfront and Paradise Park. This sacred immersion celebration is a culmination of a period of fasting and prayers for 10 days. The immersion Service commenced at SankatMochan Hanuman Mandir on Sunday September 11th before moving on to the Paradise Park and Ajax Waterfront with a long procession of vehicles where the immersion ceremony took place from 3 PM to 6 PM. Pt. Rabindanauth Tiwari spoke of the history of this festival. It started many years ago where freedom fighters use this opportunity to

bring communities together in unity and inclusion of all people. Pt. Tiwari said lets surrender to the Lord (which ever religion you follow) all our challenges, problems, sickness and all negativities; and as the clay murti of Lord Ganesh dissolves in the lake these things will be dissolved from us. We must refrain from anger, greed and jealousy, that this is what is distracting us, we need to free ourselves from these vices to realize that we are divine beings endowed with a limited form. We must rise and free ourselves from these emotions with the aid of meditation, yoga and prayers. This event was attended by a diversity of people from different cultures and religion. Pt.

Tiwari thanked our officials from the Town of Ajax and neighbouring communities for their ongoing support. In attendance were Joe Dickson, MPP of Ajax and Pickering; Councillor Coleen Jordan, Councillor Renrick Ashby, Councillor Pat Brown, Tracey Vaughan; Director of Recreation and Culture in Ajax, Shane Joseph, Diversity Coordinator Durham Region, Sgt. Thakur, Durham Regional Police Force, Shashi Bhatia, Founding Chair of Indo Canadian Cultural Association of Durham, Raveena Rajasingham, Chair of Youth education of Royal Canadian Legion in Pickering and Vaqar Raees, President, Friends Indeed Canada.



*Congregation in Procession*

*Officials from the Town of Ajax*



*Students from Institution of Academic and Fine arts of Durham*



*Lord Ganesh being Immersed in Lake Ontario*

## Syrian girl breaks down in tears while singing peace song on The Voice

It was just like an action replay of Canadian Singer Jessica Jude's performance in Chennai in 2015



*Inconsolable: Ghina was joined on stage by judge Nancy Ajram*



*Ghina breaks down in tears as she sings*

**Memories of Canadian singer Jessica Jude's performance**



*Jessica with playback singer Chitra*

Ghina's performance brings back the memories of Canadian Singer Jessica Jude's emotional performance in Chennai in early 2015 during the finals of Super singer show. In a near parallel situation 15 year old Jessica from Markham, Ontario moved the entire audience to tears when she sang a fusion of three songs portraying the agony of Tamils in war torn Srilanka. During her mesmerizing performance even the veteran playback singers could not contain their feelings. Tears rolled down the cheeks of famed playback singers Malgudi Subha and Chitra while the popular anchor Divyadharsini too struggled with emotion. Playback singer Manickavinayagam who originally sang the soul touching song 'Vidai kodu engal naade' as well as the famous film star Dhanush were visibly choking with emotion after watching Jessica's stellar performance.

**Singing for the rights of the oppressed**

All over the world the injustice against the minorities continues causing untold pain and misery. Thirty year civil war in the island nation of Srilanka has already claimed the lives of thousands while hundreds of thousands have been internally displaced with many thousands losing their lives while fleeing from Syria. Jessica and Ghina are two patriotic youths who are well aware of the atrocities committed in their homelands as well as many countries all over the world and they have been doing their part to contribute to peace in the world. Let us hope and pray that their efforts will be rewarded in the years to come and the agony of the millions of refugees all over the globe will come to an end.

**By: Raymond Rajabalan**

A young Syrian girl broke down in tears on the Arabic version of The Voice Kids TV show after singing a song for peace in her homeland.

Nine-year-old Ghina Bou Hemdan's rendition of the local song "Give us childhood, give us peace" brought not just her family but many in the audience to tears as she started crying halfway through the number.

But as she pushes her face into her hands and is unable to carry on, Lebanese singer Nancy Ajram, who is one of the judges, ran onto the stage, and made her lift up her head again. She then joined the girl in singing the song which, when it was

later posted online, notched up millions of views on YouTube.

It is the first season of the MBC (Middle East Broadcasting Center) 'The Voice Kids' and Ghina told the judges that she wanted to sing for children's rights in Syria.

Nancy Ajram had already decided to take into her team, and after she managed to persuade her to start singing again, a second judge agreed to take and also forced the third judge to also say yes by pressing on his acceptance button, swivelling all three chairs around to face the stage.

The whole episode has brought back memories of a near similar performance that happened one year back in Chennai.



# OBITUARIES

## October 2016

### KUMARASINGHAM - NAGANATHER SENATHIRAJAH

- Dearly loved husband of Priya and loving father of Dharmini, Sanjay and Janani, father-in-law of Karthik, Ruhee and Glen, loved brother of Saraswathi, Kamala and Bala, passed away peacefully in Wellington, New Zealand.

### MANICKAVASAKAR - THAMPOO

(Former Retired DOA, Surveyor General's Office, Colombo).

Beloved husband of Vimalawathy, beloved father of Kathirgamar, Logeswaran, Pragalathan and Pratheeban, beloved father-in-law of Wijayanthy, Yogashanthini, Shaminidevy and Lasanthi, beloved grandfather of Kaushikan, Keerthikan, Sayanthan, Sivanujan, Mathangini, Abhiramme, Harini and Mahalya.

### Dr. A. AMEELAN

- Senior Medical Officer - LRH Borella, formerly of Cardiothoracic Surgery, NHL. Beloved husband of Silojini (Senior Consultant, NIBM), loving father of Ashwinsai (Royal College, Colombo), younger son of late Ananatha Nadarajah, (Engineer, CGR) and Maheswary, loving son-in-law of late Sivananthan and Ratneswary, loving brother of Mahethan (UK) and Anusha (Canada), brother-in-law of Vithiya (UK), Dr. Sivanesan (Canada), loving uncle of Harish, Tharshana, Thisshanth, loving brother-in-law of Raji Skanda (Sydney), Shivakaran Kavetha (UK), Sivajini Mugunthan (Germany), loving uncle of Vicgnesai, Sivasai (Sydney), Sharvika (UK), Vithushan, Abiram, Aroshan (Germany), nephew of Saraswathy Tharmarajah (USA), Lalitha (UK), Susila (Canada), Susananthan (Canada), Kanagasababathy, Sivarajah and Kokula.

### MALA JEYAM

- (Former Senior Manager of Dunamis Capital PLC (KHL))

- Loving daughter of late Jeyam & Mrs. Promila Jeyam, sister of Probhath, Jeetendra, niece of Mr&Mrs. Shanthikumar, late Blossom, late Sree & Mrs. Sree (Aus), Mr&Mrs. Parameswaran (Daisy), cousin of Dinesha (USA), Kumar (Qtr), Roshan (USA), Shivathmiha (Aus), Vithusha&Vijayalan, loving aunt of Ranshika (USA) and Neriah.

### SACHITHANANTHAN - KANDAIYA

- Beloved husband of Mrs. Lydiya Ratnamani Sachithanathan, dear loving father of Jeevitha Edward, Vinitha Joseph, Lionel Luckshanthan and Sujeetha Perinparajah, beloved father-in-law of Christy Joseph and Krestor Perinparajah and Roshika Lionel, grandfather of Jacob Edward, Daniel Edward, Sharon Joseph, Aidian Perinparajah, Noel Edward, Jemual Edward, Aron Joseph and Shyloh Joseph, Jaminma Lionel, Jerusha Lionel and Jaden Lionel.

### SEKARAM - MRS. MAHES

- Wife of the late T.K. Sekaram, loving mother of Deepa, Mano and Mohan (Cuckoo), mother-in-law of Suji, Githa and Sashi and beloved grandmother of Sharanya, Niran, Varsha, Urvashi, Madhavi and Anjali, passed away in Sydney, Australia.

### THIRUCHELVAM - V.V.

- (Retired Postmaster and Translator Indian High Commission, Colombo) of Daya Road, Wellawatte. Beloved husband of Thavamani Devy & loving father of Dr. Kariharan (Neuro Scientist, USA), Bhavatharini (UK), Thirukkumaran (Engineer - Singapore), Kunrakkumaran (Engineer - Singapore).

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## Canada Tamil writers' Association's Drama Festival

# Roots and Shoots

By: Thuraiyuraan

The above association is organizing a drama festival on October 16th at Periya Sivan Temple Cultural Hall as a project for New Horizon Seniors Program. A survey was done by the association volunteers and gathered facts on the opinion of Seniors, living in various places in the GTA. Two main themes were identified and were produced one as a folk drama and the other as a dance drama. These themes centers around the life of some seniors, who are voiceless and who don't like to come out with their problems openly. Hence we expect these dramas may open the eyes of the people who are unknowingly or knowingly ill treating them. The very idea of staging these dramas is to bring awareness of the abuse of Seniors.

One of the theme is that of a woman who was sponsored by her son to look after his infant son, since both of them are working. At the outset mother was healthy and was able to prepare food for the entire family and also looked after the baby. As years passed by, she found it difficult to manage the household chores and to look after the boy, who was attending school. She fell ill and was not given proper medical care and was confined to the basement, as she was unable to climb stairs in the main house.

This story is done as a folk drama of Sri Lanka since most of our younger generation is ignorant of that drama form. This drama will serve dual purpose of bringing an awareness of Seniors abuse

and will be introducing the folk drama to younger generation so that it will become popular in Canada. This folk drama is written and directed by Mathi Baskaran who hails from Batticaloa in Sri Lanka.

The dance drama is also based on a similar theme where a family make use of the Senior's pension and never share it with the senior couple. This leads to unnecessary unpleasantness and finally ends up in the Senior couple leaving their daughter's house to a subsidized senior's apartment. This is enacted as dance drama in the traditional Bharatha Natyam style with dancers and accompanying musicians. This dance drama is choreographed by Mrs. Suryakala, the dance lecturer at Annamalai Canada Campus. Kavinayagar Kandavanam has written the lyrics. A noteworthy feature in these two plays are, the trainers and Directors are Seniors and all the participants are youngsters, mostly high school students. This program brings about a better understanding between them and enable them to work in cooperation. Also the youngsters will learn a lot of our ancient traditional art forms and will try to preserve them in their new homeland, Canada.

The association expects the Seniors and their families to attend this unique event and to support this pioneering production of Seniors and Juniors of our community. There is no admission fee, but a small amount will be charged for refreshments during the intermission. Hope to see you all in large numbers to encourage our Juniors.

Mrs. Shiranee Mills who retired as principal at Uduvil Girls' College, Jaffna, Sri Lanka recently - after years of fruitful service.



## Halton police deputy chief Sri Lankan Canadian Nishan Duraiappah receives Order of Merit from Governor General

On Friday, September 16, 2016 Halton Regional Police Service Deputy Chief Nishan Duraiappah travelled to Ottawa and received the prestigious Governor General's Order of Merit of the Police Forces.

The Order of Merit of the Police Forces is an honour for merit that is, within the Canadian system of honours, the only such fellowship reserved solely for members of Canada's various police forces.

"It's a humbling experience to be included with the other Canadians who've been conferred this Order of Merit," said Duraiappah. "The reality is many officers daily set out to create meaningful impact in their profession and in their community - it's what makes our police agencies and our country so great. Personally, meeting His Excellency David Johnston with my family amidst the grandeur and history of Rideau Hall was also a great highlight."

Halton Police Chief Stephen Tanner, who is also a recipient of the Order of Merit, congratulated Duraiappah on his accomplishment.

"Deputy Chief Duraiappah is an exceptional leader and tireless community advocate who is a most deserving recipient of this prestigious award," said Halton Police Chief Stephen Tanner, himself a recipient of the Order of Merit.

"It is my honour and pleasure to extend my congratulations to him on behalf of our service and the people of Halton."

Duraiappah was first introduced to the Halton police as a high school student in the police service's

inaugural Police Ethnic and Cultural Education Program (PEACE) in 1991. He said the experience inspired him to pursue a career in policing, and he was sworn in as a constable assigned to uniform patrol in Halton Hills in December 1995. Since then, Duraiappah has served as a member of the Regional Drug & Morality Bureau, Guns & Gangs Unit, District Criminal Investigations and with the RCMP Combined Forces Special Enforcement Unit. He has also served as Operations Commander for Milton and Halton Hills, commander of the Office of

Continuous Improvement and Strategic Management (OCISM), and superintendent in charge of the Chief's Executive Office.

Duraiappah was promoted to the rank of Deputy chief in October 2015 and now leads District Operations for all four municipalities in Halton as well as the Regional Community Mobilization Bureau, Information Technology and the Commander of the Office of Continuous Improvement and Strategic Management (OCISM)

A press release issued today (Sept. 20) said throughout his career Duraiappah has remained committed to proactive, innovative policing, and to maintaining strong relationships with the Region's diverse, cultural and faith communities.

He is also involved in several sports and hobbies, and is a volunteer board member for the Milton United Way, and a South Asian Autism Awareness Centre in the Greater Toronto Area.

Duraiappah holds a Bachelor of Arts Degree in Sociology and Criminology from the University of Toronto and a Diploma of Public Administration from the University of Western Ontario.



His Excellency presents the Member (M.O.M.) insignia of the Order of Merit of the Police Forces to Deputy Chief Nishan J. Duraiappah, M.O.M. His Excellency the Right Honourable David Johnston, Governor General of Canada, presided over an Order of Merit of the Police Forces investiture ceremony at Rideau Hall on Friday, September 16, 2016. During the ceremony, the Governor General, who is chancellor of the Order, bestowed the honour on 1 Commander, 4 Officers and 46 Members.



*Tamil Writers' Association of Canada*

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# “Nightingale of India”

- This article is published to mark the birth centenary of M.S. Subbulakshmi:

By D.B.S. Jeyaraj

Madurai Shanmugavadivu Subbulakshmi known as MS Subbulakshmi or more popularly as 'MS' was a sublime singer who ruled the Indian classical music world for over five decades. Blessed with a divine voice, immeasurable talent and ethereal beauty she captivated the hearts and minds of innumerable fans. MS was acknowledged at the time of Indian Independence as the "Nightingale of India". Former Indian premier Jawaharlal Nehru once paid her a huge compliment saying 'Who am I a mere Prime minister before a Queen, the Queen of Music'?

MS Subbulakshmi was born on September 16th 1916 in the southern city of Madurai in Tamil Nadu. The current 2016 is her birth centenary year. Subbulakshmi whose pet name in childhood was Kunjamma trained in Carnatic music under Semmangudi Srinivasa Iyer and learnt Hindustani music from Pandit Narayanarao Vyas. Subbulakshmi's mother Shanmugavadivu Ammaal was a Veena exponent hailing from the "Isaivaalar" community. Her father Subramania Iyer was a Brahmin lawyer. She married Thiagaraja Sathasivam known as "Kalki" Sathasivam who co-founded the popular Tamil weekly magazine "Kalki" and remained at its administrative helm for many decades.

Among the many honours that came to MS for her singing is the Ramon Magsaysay award described by some as the Asian Nobel Prize. She was the first Indian musician to receive that award. The citation read as follows "Exacting purists acknowledge Srimati M. S. Subbulakshmi as the leading exponent of classical and semi-classical songs in the carnatic tradition of South India". MS Subbulakshmi was also the first Indian vocalist to be awarded the "Bharat Ratna" - India's highest civilian honour. MS passed away peacefully in Chennai at the age of 88 on December 11th 2004.

During her illustrious career MS Subbulakshmi acted in four Tamil movies and one Hindi film. The Tamil films were "Sevasadanam" (1938), "Sakuntalai" (1940), "Saavithri" (1941) and "Meera" (1945). The Hindi movie was "Meerabhai" (1947). The most famous and successful one of the four Tamil films was 'Meera' which was re-made in Hindi as "Meerabhai". MS Subbulakshmi played the title role "Meera". The film was about the Rajput princess Meerabai who was an ardent devotee of Lord Krishna and sang many devotional bhajans in praise of him. Meera produced in 1945 was directed by the American maestro Ellis. R. Dungan and is regarded as one of the 100 best Indian films produced in the last century.

What endeared "Meera" most to most film goers was the musical score. There were 21 songs in all with most of them being sung by MS. Almost every song in Meera was a hit but the most famous of them all was 'Kaatriniley Varum Geetham'. It is a solo that was picturised on MS Subbulakshmi herself whose appearance, diction, poise and rendition makes the song an immortal number. There is no doubt that this song is one of the highlights of the movie. The veteran film producer - director "Muktha" V. Srinivasan has written in his memoirs about growing up in Kumbakonam that his neighbour - a Brahmin housewife- went every day to the theatre to see "Meera" during its multi-week run in town only to hear the songs particularly "Kaatriniley varum geetham".



MS Subbulakshmi  
~ September 16, 1916 – December 11, 2004



'Kaatriniley Varum Geetham' - Melodiously Sung by M.S. Subbulakshmi in/as "Meera"



'Kaatriniley Varum Geetham' is a perennial classic in the sphere of Tamil film songs. It is based on the Sindhubhairavi raga. This song was a favourite of one of my aunts who would be singing snatches from it frequently. As a kid I used to tease her by bursting into this song as soon as I saw her but with the passage of time the song cast a magical spell on me too. I have been fortunate in seeing the film on the big screen twice and several times on the small screen through DVD. Gradually I became more aware of its finer points and learnt to appreciate the songs more.

S.V. Venkatraman

The music score for the film "Meera" was composed by the legendary S.V. Venkatraman called SVV. The music for some songs

were his original compositions while tunes popular in North India were used for others. According to 'Vaamanan' the reputed chronicler of Tamil film music, the original inspiration for Katriniley varum geetham was from the song 'Loot Gaye' sung by Juthika Roy the well known Bengali singer of Meera bhajans and other classical songs.

Apparently MS Subbulakshmi and her enterprising husband T. Sathasivam were planning to bring out some Meera bhajan gramophone records and had already recorded some songs in this regard. Well known Editor of the Tamil 'Kalki' magazine 'Kalki' R. Krishnamurthy had been enamoured of the melody of the song sung by Juthika Roy and used to hum it often.

Since Krishnamurthy was associated with Sathasivam in the 'Kalki' venture and was a close family friend, MS wanted him to write words in Tamil to suit the melody of Juthika Roy's Bengali song. Kalki Krishnamurthy did so and the song Kaatriniley Varum Geetham was born. The song was sung by MS and duly recorded but the gramophone disc was not released for a while.

Sindhubhairavi Raga

Subsequently a decision was reached by Sathasivam and Subbulakshmi to produce Meera as a film and to use the "Kaatriniley" song for it. When SVV took over music composition he was given the recording of Katriniley as sung exactly by MS to the tune of the number by Juthika Roy. Venkatraman however refined the melody utilising Carnatic musical connotations from the Sindhubhairavi raga. Cinema chronicler and writer Randor Guy writing about the movie "Meera" in his series "Blast from the Past" in "The Hindu" observes - "S. V. Venkatraman, a highly talented composer, was largely responsible for the soul-filling music in the film. Almost every song in Meera, is a gem, and "Kaatriniley Varum Geetham...", penned by 'Kalki' and rendered by MS, stood out for its melody and the lilt in the singer's voice".

The classical music exponent and columnist Charulatha Mani describes Sindhubhairavi as "one of the most interesting and colourful of ragas" and also calls it "One of the most well-utilised ragas in film music". Charulatha Mani in her popular series titled "A raga's journey" published in "The Hindu" writes of Sindhubhairavi thus - "This raga is suited for lighter pieces, exudes bhakti and sringara rasas, and could melt mountains". She goes on to say that "Kaatriniley varum Geetham" is one of the exemplary depictions of Sindhubhairavi raga in film music. "M.S. Subbulakshmi's renditions of 'Anandam En Solvene' from Sakuntalai, 'Brindavanathil Kannan Valarntha' and 'Kaatrinile' from Meera, are exemplary depictions of this raga".

Jaipur - Udaipur

The song "Kaatriniley varum Geetham" picturised on MS as Meera was shot on location in what is known today as the state of Rajasthan. A royal mansion on the outskirts of Jaipur and a garden with ponds and fountains near a palace in Udaipur served as settings for shooting scenes for the song. Jiten Bannerjee was the cinematographer.

"Kaatriniley varum Geetham"

One may observe when viewing the you tube of this song that MS Subbulakshmi is clearly seen singing out the words in some shots while in others she walks without any lip movement. The song is heard in the background. This is because originally the entire

song was shot in Jaipur but later scenes of Meerabai walking along the gardens of Udaipur were shot and included. Hence this variance.

An impressive feature of this black and white film Meera released in 1945 are the captivating close up shots of MS Subbulakshmi in this song and in many other scenes. The camera angles and lighting help bring out perfectly the beauty, moods and expressions of the heroine's remarkable facial features. For this Ellis Dungan and Bannerjee made a replica bust of Subbulakshmi's face and experimented with it shooting from many angles and lighting shades. This helped to shoot MS perfectly in the actual film scenes.

Close - up Shots

MS Subbulakshmi's face is elegantly portrayed in the close up shots as she sings with emotion and passion. Her striking eyes sparkle with expression. She gently moves her face from side to side as she sings out from her heart. Even as she sways the viewer also sways in harmony enraptured by the singing.

MS Subbulakshmi

Randor Guy writes thus - "Dungan and his chief cinematographer Jiten Bannerjee gave their best to make Meera a black-and-white marvel. Especially the close-ups of MS who appears divinely beautiful. Dungan made a mould of her face, and along with Bannerjee took several shots in varying angles, lighting patterns and frame sizes. Later, the two would project those test bits of film on a screen over and over again, and study each shot. That's how the best way to project MS on the film was decided and executed. No wonder, she looks enchanting in this vintage movie".

Another interesting aspect of the picturisation of the song is that the sequences are shot in daylight. However some lines in the verses refer specifically to the night. One is 'Vaana veliyinil Thaaraa kanangal' (Hordes of stars in the spatial skies) and the other 'Nilaa malarantha Iravinil Thendral Ulaavvidum Nadhiyal' (The breeze moving over the river during the night when the moon blossoms). The former line is shown simply in daylight but the latter one is illustrated by an inserted image of a moon lit sky.

"Kalki" Krishnamurthy

The lyricist Kalki Krishnamurthy was a well known Editor and creative writer famous for his articles, short stories, reviews and novels. Though he wrote verse occasionally it was not regarded as his forte by readers. The Kaatriniley varum geetham lyric however was a noteworthy effort that marked Kalki's prowess in this sphere too.

The song is no doubt a paean to Lord Krishna but it is an ode to music also. The power of the geetham or song is described in many ways by the lyricist such as 'ripens stone into fruit' (kallum kaniyum) 'makes dead trees sprout' (patta marangal thulir vidum) 'entrancing listening Jungle animals' (Kaattu Vilangugal Kaette mayangum) etc.

As stated earlier this is a song that continues to be a source of aesthetic pleasure in many modes to me. I do hope that those of you who can appreciate songs of this type will enjoy this pleasure along with me. And now let me take leave and let the winds carry the song 'Kaatriniley Varum Geetham' to you and hope that it would make you as happy as it makes me.

(Via: DBSJeyaraj.com)



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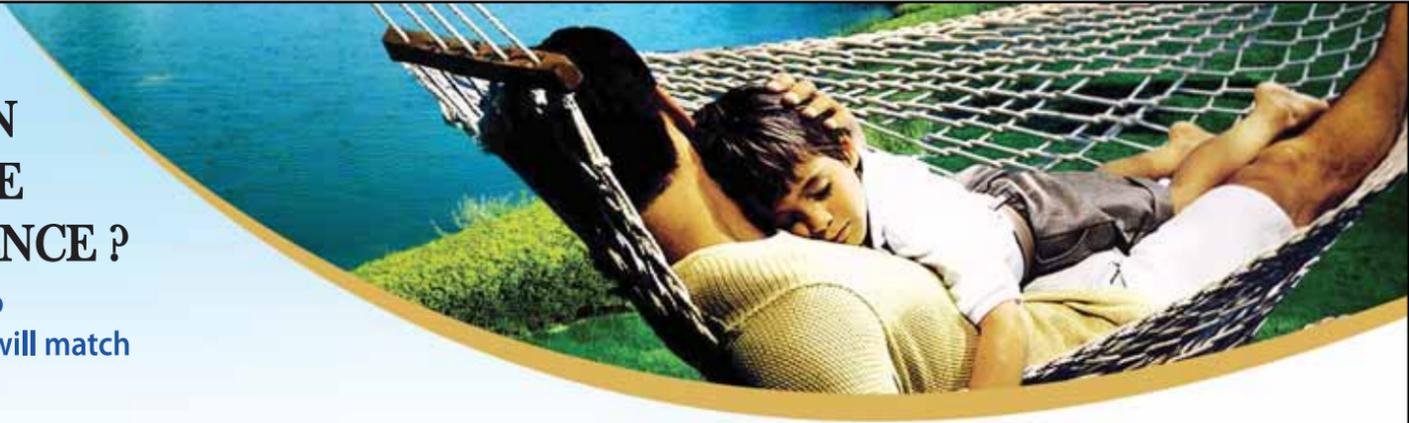
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**Theatre Festival of Thai Veedu – 2016 (Arangkiyal Vizha of Thai Veedu – 2016)**

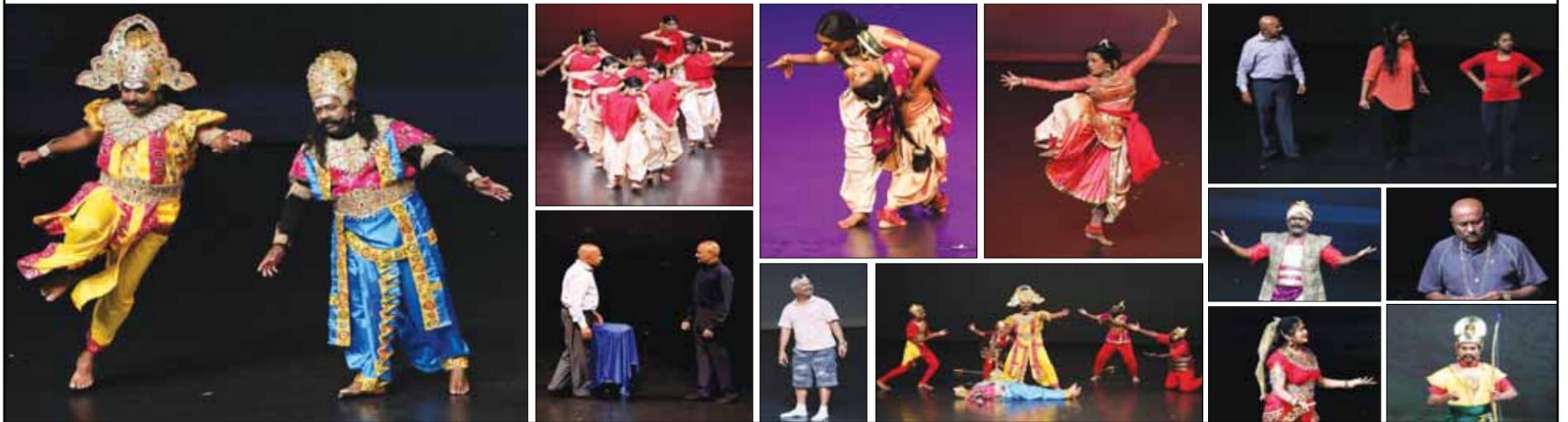
On Sunday, Oct 2, 2016, 3rd theatre festival of Thai Veedu newspaper was staged at Flato Markham Theatre. They had 2 shows on that day and both shows were very successful.

Poikal drama directed by Ponniah Vivekananthan and the folk drama titled "Inru Poi Nalai Va" directed by Selvam Arulanantham.

The dance drama titled "Meiyodu Meiyaki" produced by Anojini Kumarathasan, teacher of Adalaham Dance School and also the following 2 dramas were staged on that day, Aha Velip

Seen here some pictures from the event.

Photos : Sarvesan



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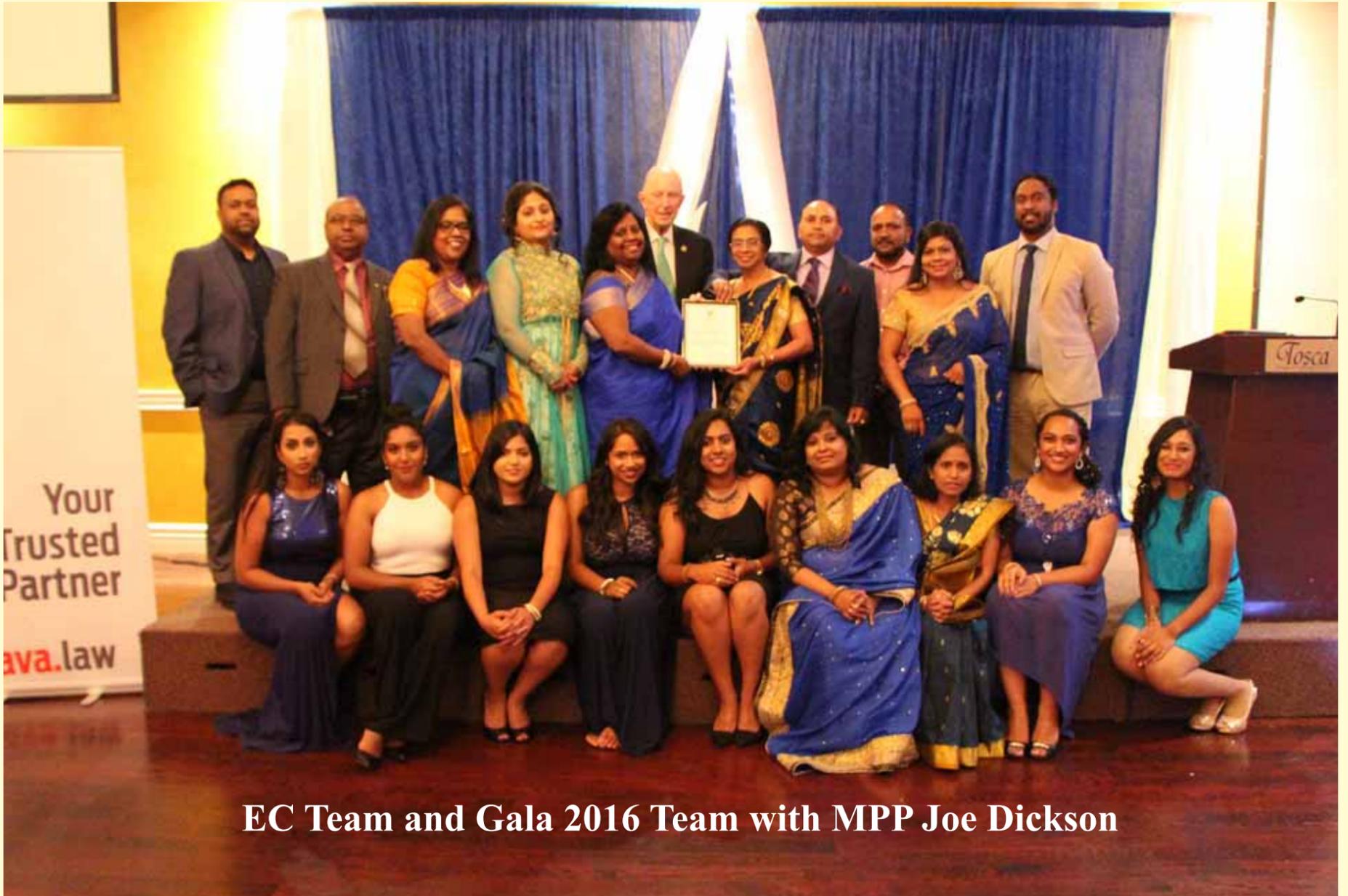
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# TCASD Charity Gala 2016

## 'Lights of Hope'



EC Team and Gala 2016 Team with MPP Joe Dickson

**By: Cavina Vairamuthu,** Youth Leader, Tamil Cultural and Academic Society of Durham

"It was that time of the year again; for the Tamil Cultural and Academic Society of Durham's 'Lights of Hope' Charity Gala. This wasn't the second or third year TCASD was hosting their gala, but it was TCASD's 7th year successfully hosting their charity gala. Every year, our goal is to support a social cause in our community.

This year we chose Indspire, which is a "charitable organization that is dedicated to raising funds to deliver programs that provide tools for indigenous peoples". In the past years we've supported CAMH, the Rouge Valley Health System, and back home in Vanni, Sri Lanka. The purpose of our event is to simply give back, by not only supporting these organizations by donating money, but by also raising awareness.

What was unique about this year's gala is that it was 'for the youth, by the

youth'. Our youth were the ones who initially brought up the idea to support indigenous people. TCASD immediately approved of this idea and were proud to see the youth wanting to support people regardless of what their background, religion, etc. were.

On September, 24th, our 'starry night' themed gala was held at the beautiful Tosca Banquet Hall. Guests were welcomed by delightful music played by youth from our community. We enjoyed performances by All Our Relations Métis Drum Circle and, of course, our very own youth. Untouchable Sound Crew did an awesome job being our DJs for the night.

Dignitaries and special guests graced us with their presence that night and the event was hosted by two of TCASD's youth, one of them being yours truly, and Meena Shanmuganathan, who have just

entered their final year in high school. Finally, the dance floor opened up and everyone got up from their seats and let them go into the night. I must say, our guests were fantastic dancers and even our youth and executive team members came out of their shell and danced the night away.

The best part was that everyone had an amazing night to remember and we enjoyed it as we gave back to a significant social cause. But, this gala would not have been such a success without the executive team and gala committee. The team worked so hard, even with their busy school/work schedules, but their hard work definitely paid off. If you're thinking that you missed out on this year's gala, we would be more than happy to see you next year for another incredible night".

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## Award Ceremony 2016



Ms. Aparna B. Srikanthan Welcomes Mr. Neethan Shan, Chief Guest of Honor



Mr. Neethan Shan Delivers a Thought-Provoking Speech about the Importance of Education



Mr. Ramesh Poobalan, Director and Head of the Mathematics and Science Department, Gives a Speech



Ms. Aparna B. Srikanthan, Director and Head of the Language Department, Delivers Welcome Speech



Mr. Jegatheeswaran, Dynamic Educators' Chartered Professional Accountant, Recognizes Students in the Primary Division for Academic Excellence



Dr. Vasanthakumar, Engineer and Consultant of Computek College, Recognizes the Leaders of Dynamic Educators

In the words of John Dewey, a highly-respected social and educational reformist, "Education is not a preparation for life; education is life itself." Dynamic Educators follows in the footsteps of such great knowledge in creating our own teaching techniques. We implement our innovative teaching methodologies using the wisdom of many great foundational figures, knowing that our classroom environment is ever-growing and ever-changing.

At the end of our 2015-2016 academic term, Dynamic Educators organized an award ceremony to recognize our exceptionally hardworking students for their academic achievements. We were honoured to have many distinguished guests grace the occasion with their presence and their words of encouragement. Mr. Raja Sasi Rajanayagam, Mr. Jegatheeswaran, Mr. Esa Para Esananda, Dr. Vasanthakumar, and Neethan Shan were our special guests of honors. They are all well-respected members of the community and they all spoke powerfully about the importance of education which was very well received by both our students and their parents.

Hearing the importance of education stressed by such inspirational figures was a very enriching experience for me and for my students. As educators, we work tirelessly to spark the interest in our children to become life-long inquirers and learners. Our hope is for our students to discover the love for learning and the power of knowledge in their journey of life. In fact, Nelson Mandela once said, "Education is the most powerful weapon you can use to change the world." Therefore, we need to recognize the power of education, use what the previous generations have taught us, and do more than what has ever been done before in our attempts to make this world truly extraordinary.

Today, Dynamic Educators has grown into a family and a community of 300 students. We have a close relationship with each of our students and their parents. Our doors are always open to welcome new students with a desire to do better and to be better. Here at Dynamic Educators, we work collaboratively as a team towards one common goal which revolves around us inspiring a change for a better tomorrow. We think, we dream, and we achieve all that we can because in our hearts we hold something greater than hope for the generations to come.

Aparna B. Srikanthan  
Hons Bsc, MEd



Mr. Raja Sasi Rajanayagam, Treasurer of Tamil Issai Kalaamanram, Awards Students with Certificates in the Junior Division for Academic Achievement



Mr. Esa Para Esananda, Well-Known Community Advocate and Realtor, Recognizes Students from the Intermediate and Senior level for Excellent Academic Performance



A Picture of the Supportive and Encouraging parents



A Group Picture of the Award Winners with the Heads of the Department



Mr. Neethan Shan, TDSB trustee, Presents an Award to the Best Orator of the Primary Division

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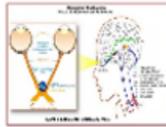
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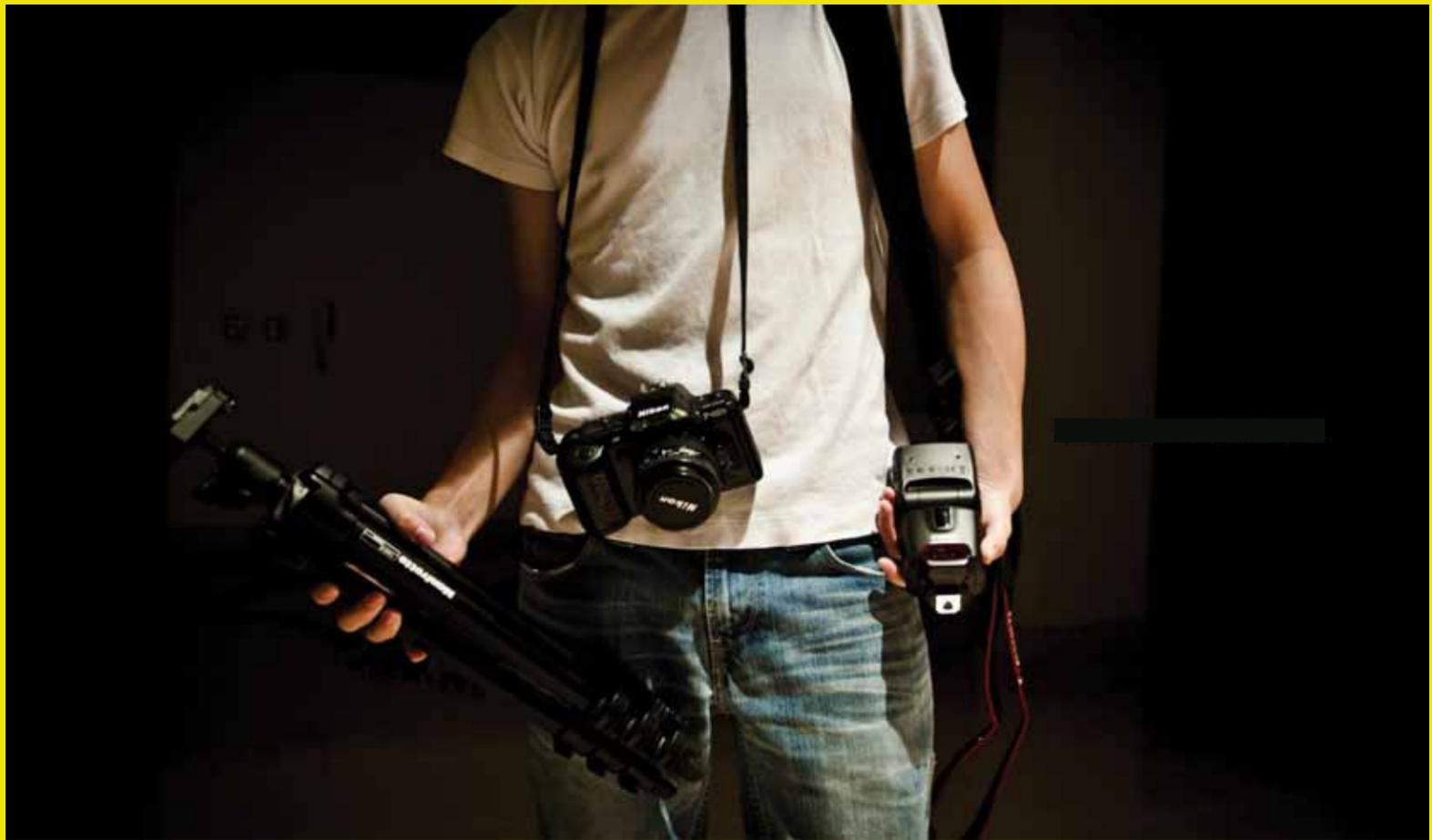
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