

Monsoon Journal

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Toronto Mayor John Tory on a trade mission to Sri Lanka and India



By Siva Sivapragasam

Toronto Mayor John Tory will lead a delegation to Sri Lanka and India beginning on March 15th.

Toronto is home to the largest Tamil-speaking population outside of Sri Lanka. According to a Media Report Mayor Tory is visiting "to learn more about where the Tamil community is from, why they left Sri Lanka, postwar developments, economic opportunities and to visit places of cultural and community interests for the Tamil community."

The Toronto Mayor will try to lure offices and jobs to Toronto and promote

trade between local firms and South Asian companies, with a focus on film, education, finance and innovation.

Tory is scheduled to discuss "plans to expand in Canada" with officials from drug and life sciences firm Jubilant Bhartia Group in Delhi; pitch Toronto as a North American head office location to auto part maker Hero Industries; and meet with officials from Tata, India's biggest conglomerate, to discuss "expansion plans."

Filmmaker Roger Nair, whose Lionheart Production House has used Toronto as a Bollywood film location and distributes Indian movies in Canada pointed to talent as a huge asset for this city.

"If India's film industry wanted another place that they could get the same level of professionalism, it's Toronto and nowhere else," he said. "If they need the diaspora, the language, this is the place to be at this time."

"We can have co-ventures with major stars from here and there in the same film, but it's important for Mayor Tory to go there, show the political will and validate that we want India to shoot with us."

Tory and renowned Indo-Canadian filmmaker Deepa Mehta will be part of panel discussion on Toronto as a film, TV and digital destination at a major entertainment industry convention.



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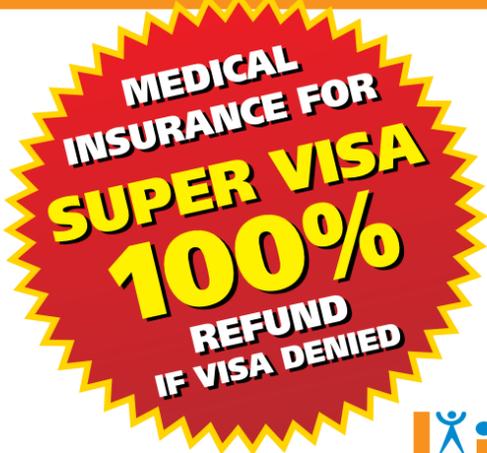
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ELEGIBILITY CRITERIA

Best Entrepreneur Award:

- Entrepreneurial spirit through creativity and innovation
 - Length of time of the business for which nominee is being nominated is in business.
 - Number of employees in the business organization
 - Stability and growth in the last 2 years
 - Visibility of the business operations
- Contribution to the community through charitableness and volunteerism

Best Female Entrepreneur Award:

- Entrepreneurial spirit through creativity and innovation
 - Length of time active in business
 - Number of employees in the business organization
 - Stability and growth in the business
 - Visibility of the business operations
- Contribution to the community through charitableness and volunteerism

Best Young Entrepreneur Award:

- Should be of less than 35 years old
 - Entrepreneurial spirit through creativity and innovation
 - Length of time active in business
 - Number of employees in the business organization
 - Stability and growth in the business
 - Visibility of the business operations
- Contribution to the community through charitableness and volunteerism

Marketing Award:

- Creativity and innovation in marketing
 - Length of time active in business
 - Number of employees in the business organization
 - Stability and growth in the last 2 years
 - Visibility of the business operations
 - Contribution to the community through charitableness and volunteerism
 - Utilizes innovative and traditional methods of marketing
- Use of website, stationary, TV/radio, print advertisement

Please download the Nomination Application package from following URL, and submit your application before Saturday, March 25, 2017

<http://ctcc.ca/application-package>

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Awards Gala 2017
Canadian Tamils' Chamber of Commerce
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Scarborough, Ontario M1S 4Z4

Most Outstanding Real Estate Professional

- Stability and growth for 10+ years in Business
 - No regulatory or compliance issues
 - \$500,000+ in gross commission consecutively in 2015 and 2016
 - Contribution to the community through charitableness and volunteerism
 - Reference from Broker of Record
- Brokers of Record and Managers are ineligible

Most Outstanding Mortgage Professional

- Stability and growth for 10+ years in Business
 - No regulatory or compliance issues
 - \$400,000+ in gross commission for Independent Broker Nominee/ \$300,000+ in gross commission for Bank Representative Nominee consecutively in 2015 and 2016
 - Contribution to the community through charitableness and volunteerism
 - Reference from Sales Manager or Broker or Record
- Brokers of Record and Sales Managers are ineligible

Most Outstanding Insurance Professional

- Stability and growth for 10+ years in Business
 - No regulatory or compliance issues
 - \$400,000+ in gross commission for Independent Insurance Agent Nominee/ \$300,000+ in gross commission for Insurance Agent representing a company consecutively in 2015 and 2016
 - Contribution to the community through charitableness and volunteerism
 - Reference from Sales Manager or Broker of Record
- Brokers of Record and Sales Managers are ineligible

CTCC AWARDS GALA 2017

On Saturday April 29, 2017
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Roshan Thavaratnam, Program Director,
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by e-mail to info@ctcc.ca

Time Deadlines to Remember

All nominations should be mailed to the CTCC office, or emailed to info@ctcc.ca. Letters sent either by post to CTCC office or by email to info@ctcc.ca should be marked "private & confidential" and received at CTCC office by email or on or before March 25, 2017 at 5PM.

Exclusions

Members of the Board of Directors, Advisory Panel Members and 2016 Awards Selection Committee Members are not eligible to be nominated for these awards.

from the publisher's desk

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"If Winter comes, Can Spring be far behind?"

Poet Mahakavi Subramaniya Bharathiyar is said to have quoted the lines of English Poet PB Shelley when he was fired from his job as a consort to the maharaja, the chieftain of Ettayapuram, in Thoothukudi district, Tamil Nadu, India. As companion to the chieftain, the job of Baharathiyar was to stroll along with the boss during the day. The job task is only conversing with the maharaja on various topics of his interest.

No matter what the urgency and dire need for an earned income from a steady employment at the palace, the duties of this job came down as trivial to Bharathiyar, a man with exemplary self esteem. This stance of upholding his dignity got him to lose the job. On his way out from work that final day, the prolific writer readout the lines from the works of Poet Shelley, "Ode to the West Wind" and emphasizing, "If winter comes, can Spring be far behind?"

That was how the great Tamil bard inspired upon spring, the season of rejuvenation.

In these lands of true North the roaring blizzards or fairy tale resembling snow flake falling days may appear to be behind us seasonally with intervals of warmth nowadays. The dirt snow lingering on the sidewalks and roadside however still remind us that we may not be completely out of the woods of winter.

So is it just the deep freeze that we look at

to dig out of winter in the spring? Ups and downs of life can be in anytime of the year for humanity, but positivity springs, just as the miserable curtains to free mobility if not anything else brought by winter recedes.

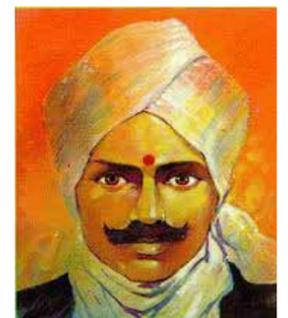
The season due upon us is not just merrily springing to life by nature, but it also helps to build or build on self esteem, for just about anyone and everyone; like Poet Mahakavi Subramaniya Bharathiyar envisions through the works of English Poet PB Shelley, in his own battle on the uphill path of family life in the midst of being a freedom fighter in the forefront.

The Monsoon Journal welcomes the first day of Spring - March 20, 2017 and wishing all good times of inspiration to look back on how it all sprung to uplift their lives.

Contributed by Thiru K. Thirukumaran



Percy Bysshe Shelley
(1792 - 1822)



Mahakavi Subramaniya
Bharathiyar (1882 - 1921)

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Don't worry how it's spent, always give homeless a handout, pope says

VATICAN CITY (CNS) -- People who don't give money to the homeless because they think it will be spent on alcohol and not food should ask themselves what guilty pleasures they are secretly spending money on, Pope Francis said.

"There are many excuses" to justify why one doesn't lend a hand when asked by a person begging on the street, he said in an interview published the day before the beginning of Lent.

But giving something to someone in need "is always right," and it should be done with respect and compassion because "tossing money and not looking in (their) eyes is not a Christian" way of behav-

ing, he said.

The interview, published Feb. 28, was conducted by the monthly magazine, "Scarp de' Tennis" (Tennis Shoes), which serves homeless and marginalized people in Milan and is run by the local and national Caritas branches. The pope was scheduled to visit Milan March 25.

Of the several questions the pope was asked, one focused on whether he thought giving money to people begging on the street was the right thing to do.

One thing people may tell themselves to feel better about not giving anything, the pope said, ●

● is "I give money and then he spends it on drinking a glass of wine."

But, the pope said, if "a glass of wine is the only happiness he has in life, that's OK. Instead, ask yourself what do you do on the sly? What 'happiness' do you seek in secret?"

Or, another way to look at it, the pope said, is recognize how "you are luckier, with a house, a wife, children" and then ask why should the responsibility to help be pushed onto someone else.

The way one reaches out to the per-

son asking for help is important, he said, and must be done "by looking them in the eyes and touching their hands."

When encountering people who live on the street, the pope said he always greets them and sometimes inquires about their lives and background.

He always chatted with a homeless family and couple that lived next to the archbishop's residence in Buenos Aires, Argentina, he said, and never considered getting rid of them.

When "Someone told me, 'They're making the chancery filthy,' Well, the

filth is within" one's heart, he said.

It's important to be sincere because "people who live on the streets understand right away when the other person is really interested" in them as a person or when they just feel pity, he said.

"One can look at a homeless person and see him as a person or else as if he were a dog, and they notice this different way of looking" at them, he said.

When the interviewer asked why the pope thought the poor were capable of changing the world, he said that in his experience in Buenos Aires, he saw more

solidarity in the slums than in less poor neighborhoods, where "I encountered more selfishness."

While there are many more problems in the shantytowns, "often the poor are more supportive of each other because they feel they need each other."

Also, he said, problems are more starkly evident in the poor neighborhoods, for example with substance abuse, "you see more drugs, but only because it's more 'covered up' in other neighborhoods" where users are "white-collar" abusers.

(Catholic News.com)

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"Imperfection is an end; perfection is only an aim" - Ivor Cutler (15 January 1923 - 3 March 2006) Scottish Poet

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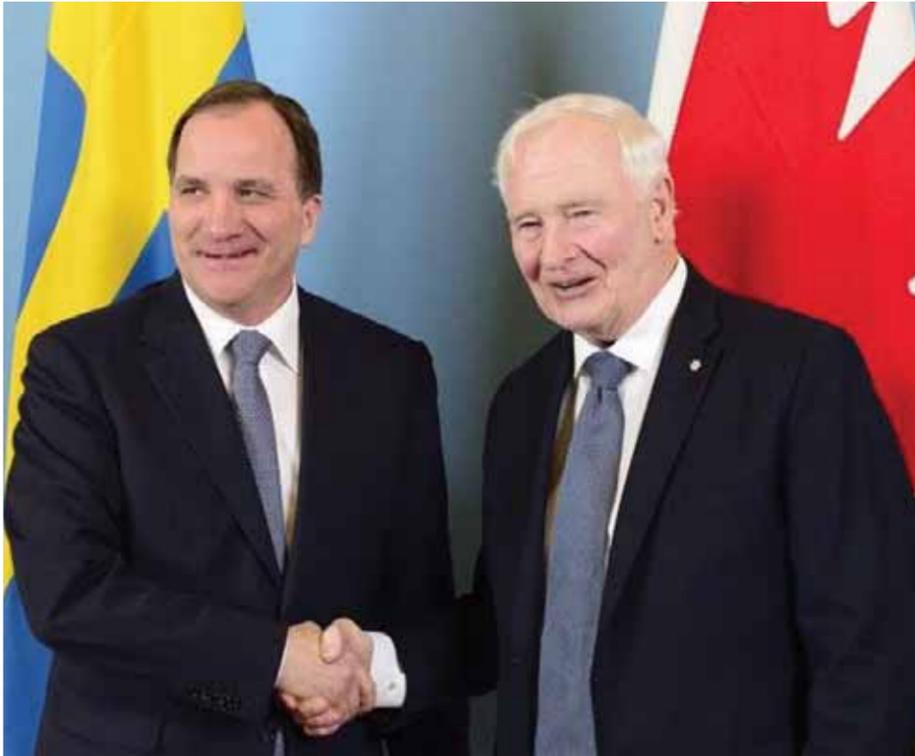
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“Innovation, inclusivity, sustainability - these are the themes that will guide our visit to Sweden”



His Excellency the Right Honourable David Johnston met with Mr. Stefan Löfven, Prime Minister of the Kingdom of Sweden, to discuss the relationship between Canada and Sweden - pic by: Sgt Johanie Maheu, Rideau Hall

Statement by the Governor General of Canada His Excellency the Right Honourable David Johnston in Stockholm, Sweden, in the Presence of Prime Minister Stefan Löfven

February, 20, 2017 - STOCKHOLM—Let me start by thanking Their Majesties King Carl XVI Gustaf and Queen Silvia for inviting my wife, Sharon, and me to Sweden for this State visit. We are delighted to be here.

I would also like to sincerely thank Prime Minister Löfven for the opportunity to meet and to discuss the Canada-Sweden relationship. Our discussion was warm and very productive.

Today is the first official day in our four-day visit to Sweden, and already we are overwhelmed by the gracious hospitality we are being shown.

We are very proud to be joined by an outstanding, diverse delegation of talented and dedicated Canadians, including the Honourable Kirsty Duncan, Canada’s Minister of Science, who share our goal of strengthening collaboration between our two countries.

We are looking forward to becoming acquainted with this beautiful country, and to meeting with the Swedish people in Stockholm, Malmö, Lund and Gothenburg.

Canada and Sweden have an endur-

ing friendship, anchored in our people-to-people ties and our many shared values and interests.

Our ties are longstanding and extensive in trade, innovation, culture, Arctic issues, education and foreign policy—I could go on.

So why are we undertaking this visit now?

In a word: opportunity.

A window of opportunity is opening which will allow us to work together in new and exciting ways. We are entering a moment that is primed for partnership, including in trade.

In a rapidly changing world, the Canada-Sweden relationship matters more than ever. Areas of particular potential include research and innovation, diversity and inclusion, and sustainability and clean technology development.

Already, we enjoy a strong base of co-operation upon which to build, and we are looking forward to seeing first-hand examples of our collaboration during the next few days.

Innovation, inclusivity, sustainability - these are the themes that will guide our visit to Sweden.

Thank you again for welcoming us to this great country, and for being a great friend and partner of Canada.

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Ontario PC Leader's remarks from the debate surrounding a motion condemning Islamophobia at Queen's Park

"The great thing about Ontario is that it doesn't matter whom you love, what you look like, where you worship, you are welcome here"
- Patrick Brown, Ontario PC leader

February 23, 2017

The following are Ontario PC Leader's remarks from the debate surrounding a motion condemning Islamophobia at Queen's Park:

"Madam Speaker, I'm proud to rise in support of this motion today condemning islamophobia. Simply put, all forms of hate and discrimination against people of any faith, including Muslims, is wrong. Hate is hate.

"This is a serious problem that must be addressed head on. We have seen too many acts of hatred and violence against our friends in the Muslim community. Recently, the world watched in horror and Canadians across the country grieved as we saw that horrible mass shooting in the Quebec Islamic cultural centre, where six Canadians of Muslim faith were killed and 19 were injured.

In May, a university student from Iran suffered a concussion after being punched repeatedly and told and to go back to his country—how sickening. In 2015, there was a fire-bombing of a mosque in Peterborough that was declared a hate crime. For all these troubling incidents, there are, unfortunately, others that go unreported.

"All this is completely unacceptable. That's not Ontario. That's not Canada. As public servants, we must condemn these acts. The Constitution Act of 1982 guarantees that everyone has the freedom of conscience and religion. It is not simply a Canadian value; it is a fundamental human right. People should be free to worship without fear

of violence or persecution.

"We will not be divided by those who preach hate. Our values will always be stronger than the spirit that seeks to divide our home and pit community against community, neighbour against neighbour, family against family, citizens against citizens. Here in Canada, we don't tolerate this division. We celebrate our unity. We celebrate our multiculturalism. That's the beautiful story of Canada.

"We recognize that one of our greatest sources of strength is our pluralism; that no matter the colour of your skin, which part of the world you come from, what language you speak, whether you attend a mosque on a Friday, a synagogue on a Saturday or a church on a Sunday, every distinct element of who we are as a people comes together to form this beautiful mosaic that is Canada.

"Our country is made up—one description was—of people who have been on the wrong side of history. That includes United Empire Loyalists, refugees from the American Revolution, the Irish who fled famine, slaves who followed the north star to freedom, Chinese workers willing to work for a dollar a day, Jews who survived the Holocaust, eastern Europeans who escaped the yoke of communism, the

Vietnamese boat people who escaped the horrors of war and many, many others. That's part of our national fabric.

"We are a nation of many backgrounds, brought together to take a

chance of finding that dream of Canada together, that dream of freedom and opportunities for everyone regardless of your faith.

"On a more personal note: When I read about the motion from the member from Ottawa–Vanier, it was without reservation that I wanted to support it because this Islamophobia is real, and we have to condemn it unreservedly.

"When that horrible terrorist attack happened, the hate crime in Quebec city, my immediate reaction was to want to go visit some of my friends of Muslim faith. In the south end of Barrie, there's a gathering where the Muslim community meets in Barrie. I went to go hug friends. I had a friend, Tahir Nawaz, who's a taxi driver in Barrie, came from Pakistan to Canada. I went to give him a hug, and I said, "You're surrounded by friends. Don't let anyone who preaches hate leave you with the impression that anyone in Canada condones that.

"We will always denounce hate." I think of Tahir when we see these hate crimes, but I think, there is a wonderful man who has his boys in Barrie—I've played ball hockey with them on the street—and why should his boys, growing up in Barrie, ever have to fear that hate? We must denounce that hate.

"I think of a physician, Dr. Abdu Sharkawy, who's a physician in Mississauga, a friend who faced a hate crime this past week in his home. I called him to say the same thing, that you are surrounded by friends, that our country

and our province unreservedly look at those cowards who preach hate and denounce it and will never, ever tolerate that.

"I think of my good friend, Adam Ibrahim in Windsor, who sent me a note. He told me his wife had trouble sleeping when this happened because she was scared as someone being of Muslim faith.

Adam sent me a nice note and in his email he said she wasn't as scared when she saw the responses of everyone, the fact that across the board everyone was condemning this hate, that in our Legislature there was no issue or contention, that everyone in this Legislature condemns it without reservation. That gave hope, that gave a sense of optimism to his wife, and it made me think that I am proud of our Legislature today. I am proud of Queen's Park.

"I support this motion as a moment to stand shoulder to shoulder with the Muslim community to say, we stand with you against this hate. I say to the member from Ottawa–Vanier that I stand with you, together declaring that this Legislature, unequivocally opposes Islamophobia.

"Mr. Speaker, the great thing about Ontario is that it doesn't matter whom you love, what you look like, where you worship, you are welcome here. You are welcome in our incredible province of Ontario.

"It was an honour to speak in favour of this motion, and I look forward to voting for it later today."



Ontario PC Leader Patrick Brown At the Islamic Foundation of Toronto (IFT) to express condolences & grief - pics via: @brownbarrie



Ontario PC Leader Patrick Brown with friends from the Muslim community in Barrie to express sorrow & sympathies - pics via: @brownbarrie



“I am extremely unhappy about the way the Government is treating our people on the question of land” – R. Sampanthan

Excerpts from Text of speech delivered by leader of the Tamil National Alliance and Leader of Opposition Hon Rajavarotheyam Sampanthan in the Sri Lanka Parliament on February 22, 2017:

“The Government is very insensitive on the question of land. Lands must be returned to the people. You are cultivating my land with fruits, vegetables, and crops and selling them in the market at competitive prices. How can this go on?”

I feel very strongly for the people who were demonstrating.

I am not participating in these demonstrations because I feel that we must not play into the hands of others who want to disturb the whole process. We want the country to be stable; we want the country to be calm. But, our people are complaining; our people are suffering.

This cannot continue. This must come to an end. Your Government must realize it; your President must realize it; your Prime Minister must realize it. We are getting bitter ourselves. Let me tell you very frankly, I



Hon Rajavarotheyam Sampanthan

am extremely unhappy about the way the Government is treating our people on the question of land. Our land must be returned to them. That is our right; that is our birth right. You cannot hold back from doing that. That must be done.

On the question of missing persons, on the question of land, on the question of detainees, on the question of repatriation and reconciliation, you must move, you must act and what needs to be done must be done.”

UN food relief agency working with Sri Lanka to end hunger and malnutrition



Growing rice in terraced fields. Sri Lanka. Photo: World Bank/Simone D. McCourtie

14 February 2017 – Sri Lanka is making efforts to achieve zero hunger and zero undernutrition, having launched a national review of food security and nutrition with the United Nations emergency food relief agency.

The review fulfils “the country’s potential to feed its own people” said the Executive Director of the UN World Food Programme (WFP), Ertharin Cousin, who participated in the official launch during a visit to Sri Lanka.

“This strategic review provides a framework for the partnerships across sectors that are vital to translate global aims into local actions,” Ms. Cousin said.

The Executive Director praised all the Government officials with whom she met – including President Maithripala Sirisena – saying that they are “clearly committed to developing sustainable food systems.”

In addition to Government officials, Ms. Cousin called for partnerships with the private sector, civil society, academia, non-governmental organizations and the UN system.

The launch is part of Sri Lanka’s effort to reach the second Sustainable Development Goal (SDG), which aims to end hunger, achieve improved food security and nutrition, and promote sustainable agriculture by 2030.

During her visit, Ms. Cousin also travelled to Monaragala, one of the country’s poorest districts, to view WFP’s work to boost the resilience of vulnerable communities. She visited cash for work programmes involving organic home and community gardens and elephant fencing, designed to prevent the loss of lives homes and farms due to elephant-human conflict, which is likely to be exacerbated by the current drought.

According to the press release, WFP and the Government are planning to expand existing cash and food for work programmes to support farmers and rural communities who risk falling deeper into food insecurity because of the current drought, which means the upcoming Maha harvest could be the worst main agricultural harvest in decades. – UN.org

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Indian Engineer's Murder in US Raises Concern of Climate of Intolerance

By Anjana Pasricha

Indian officials expressed shock at the shooting death of an Indian engineer at a bar in the United States. U.S. authorities are investigating the incident as a possible hate crime.

The incident was widely reported by Indian media and drew strong reaction on social media. Tens of thousands of Indians study and work in the United States and many say they are concerned about what they perceive as anti-immigrant rhetoric from the Trump administration.

But many young Indians and Indian-Americans in India have a more ambivalent reaction to the news.

"Part of me wishes I was home to be part of the protests and actions for peace, but another part of me is scared to see what will be waiting for me and the other desi Americans abroad right now when I get back," Yasin Khan, an Indian-American from Connecticut currently in Darjeeling, told VOA.

Khan, like other Indian-Americans, says she was not shocked by the horrible news coming from her country, claiming that "unfortunately" shootings and hate crimes are not new.

"Growing up in America these kind of things happen so much," Vishnu Reddy, an American medical student at Manipal University in South India, told VOA. "I'm definitely planning on going back to the states and settling there – I grew up there. I feel more at home there. And no I wouldn't say that this changes my mind at all."

White House spokesman Sean Spicer said Friday that any loss of life is tragic, but said it would be absurd to link the killing to President Donald Trump's rhetoric. He said it was too early to determine a motive for the attack.

Indians who do not call the United States home may have more reservations about moving there as anti-immigrant rhetoric increases.

New form of racism?

"Clearly it hurts some people's ideas about migrating to the US," said Kshitij Agrawal, an engineer with Intel in Bangalore. "I mean it's not so shocking because incidents like this have happened, but it's a new form of racism that's coming out."

Indian engineer Srinivas Kuchibhotla, 32, died of the wounds he sustained when a man allegedly opened fire in a crowded bar in suburban Kansas on Wednesday. Another Indian and an American who tried to intervene were injured in the incident.

The Kansas City Star quoted a witness as saying a man shouted "Get out of my country" before shooting at the Indian men.

Adam Purinton, 51, was arrested hours after the shooting and has been charged with murder and attempted murder.



Srinivas Kuchibhotla
(Kuchibhotla family/Via gofundme.com)

Kuchibhotla, who earned an engineering degree in India, went on to pursue a postgraduate degree in electronics from the University of Texas and then worked in the United States. He and his wounded colleague, Alok Madasani, both from the southern Indian city of Hyderabad, worked at Garmin International, a GPS navigation and communications company.

Indian Foreign Minister Sushma Swaraj said in a Twitter post, "I am shocked at the shooting incident in Kansas in which Srinivas Kuchibhotla has been killed. My heartfelt condolences to bereaved family."

She said Madasani, who was injured, has been released from the hospital.

An Indian Foreign Ministry statement said that two Indian embassy officials were going to Houston to ascertain more details of the incident and monitor follow up action.

Official condemnation

Condemning the shooting, the U.S. embassy in New Delhi said in a statement that "the United States is a nation of immigrants and welcomes people from across the world to visit, work, study and live."

U.S. Charge d' Affaires MaryKay Carlson said U.S. authorities will investigate thoroughly and prosecute the case.

Referring to the incident, an Indian lawmaker and a former junior foreign minister, Shashi Tharoor, tweeted that "the vicious racism unleashed in some quarters in the U.S. claims more innocent victims, who happen to be Indian."

Such comments came amid rising concerns among middle class Indians – who have long aspired to study and work in the United States, that President Donald Trump's rhetoric on immigration and jobs could fuel a climate of intolerance. Most Indian immigrants to the United States are technology professionals.

In Washington, Jay Kansara, from the advocacy group the Hindu American Foundation, called for the shooting to be investigated as a hate crime.

"Anything less will be an injustice to the victims and their families," he said.

Indian media reports also highlighted the role of the American who pursued the assailant, some referring to him as a hero.

(via - Voice of America - VOA News)

Tamil National Alliance (TNA) welcomes the report of the UN High Commissioner for Human Rights

The Tamil National Alliance (TNA) welcomes the report of the UN High Commissioner for Human Rights on the implementation of the 2015 Human Rights Council resolution, and its recommendations. While the report acknowledges some areas of progress, such as discussions on constitutional reform, it is critical of the government's failure to deliver with respect to a number of critical issues.

The TNA shares the concerns of the Report that confidence building measures such as land releases, release of prisoners, repeal of the PTA, reform of the Victim and Witness Protection Authority and ending military involvement in commercial and civilian activities have not been pursued satisfactorily. In fact, the failure of the government on these issues are steadily eroding the trust of our people.

We have continued to express our concern about the lack of progress on the issue of accountability, and have called on the government to present a

time-bound action plan to implement its own commitments. The systemic failure to make progress on emblematic cases in the regular courts highlights the need for a special court with robust international participation in keeping with the government's commitments. We welcome the High Commissioner's recommendation echoing this demand. We also call on the government to operationalize the Office on Missing Persons forthwith. The inexplicable delay in doing so unconscionably prolongs the agony of the families of the disappeared.

We therefore welcome the High Commissioner's call that the Human Rights Council sustain its close engagement with the Government of Sri Lanka and ensure monitoring of developments in the country. We call on the Government to demonstrate good faith by making swift progress on the issues highlighted by the High Commissioner.

(Full Text of statement by TNA)

UN urges country not to miss chance to advance justice, reconciliation

3 March 2017 – The slow pace of transitional justice in Sri Lanka and the lack of a comprehensive strategy to address accountability for past crimes risk derailing the momentum towards lasting peace, reconciliation and stability, a United Nations report said today.

"Seventeen months ago, when we published a detailed report on the grave human rights violations committed during the conflict in Sri Lanka, I urged the Government and all the people of Sri Lanka to ensure that this historic opportunity for truly fundamental change should not be squandered," UN High Commissioner for Human Rights Zeid Ra'ad Al Hussein said in a news release on the report.

He noted that in many ways, Sri Lanka appears to be turning a corner on the promotion and protection of human rights, but he stressed that hard-won gains could prove illusory if they are not tethered to a comprehensive, robust strategy.

"This critical opportunity in Sri Lankan history cannot be missed," he said, urging the Government and people of Sri Lanka once again to prioritize justice alongside reconciliation to ensure that the horrors of the past are firmly dealt with, never to recur.

The report, issued by the Office of the UN High Commissioner for Human Rights (OHCHR), assesses progress made in tackling the legacy of grave violations in Sri Lanka between 2002 and 2011 and acknowledges that there have been positive advances on human rights and constitutional reform.

However, the report notes that the structures set up and measures taken until now have been inadequate, lacked coordination and a sense of urgency.

"Party politics, including the balancing of power between the different



High Commissioner for Human Rights
Zeid Ra'ad Al Hussein.

UN Photo/Jean-Marc Ferré

constituencies of the coalition in the run-up to constitutional reforms, have contributed to a reluctance to address difficult issues regarding accountability or to clearly articulate a unified position by all parts of Government," the report states.

The report makes a number of concrete recommendations, including calling on the Government to embrace the report of the Consultation Task Force, to formulate a communications campaign to inform the public about details of the reconciliation agenda, to invite the UN human rights office to establish a presence in Sri Lanka, to give the highest priority to the restitution of all private land that has been occupied by the military, and to adopt legislation establishing a hybrid court.

The report also highlights a number of serious human rights violations that are reportedly continuing to occur in Sri Lanka, including the harassment or surveillance of human rights defenders and victims of violations, police abuse and excessive use of force, and the use of torture.

The High Commissioner will present the report to the Human Rights Council on 22 March in Geneva.

- UN.org



Our countries deserve our full commitment to increased economic growth, which we will deliver

Joint Statement from President Donald J. Trump and Prime Minister Justin Trudeau

Washington, D.C.,
United States of America
February 13, 2017

President Donald J. Trump and Prime Minister Justin Trudeau held their first official meeting today in Washington, D.C. and affirmed their longstanding commitment to close cooperation in addressing both the challenges facing our two countries and problems around the world.

No two countries share deeper or broader relations than Canada and the United States. We are bound together by our history, our values, our economy, our environment, and our resolve to improve the lives of our citizens. Our close relationship and ongoing collaboration allow us to successfully meet any challenges we may face over the coming years, and to build a prosperous future for the people of both countries.

Neighbours in Growing our Economies

We recognize our profound shared economic interests, and will work tirelessly to provide growth and jobs for both countries. Canada is the most important foreign market for thirty-five U.S. States, and more than \$2 billion in two-way trade flows across our shared border every day. Millions of American and Canadian middle-class jobs, including in the manufacturing sector, depend on our partnership. We affirm the importance of building on this existing strong foundation for trade and investment and further deepening our relationship, with the common goal of strengthening the middle class.

The United States and Canada also recognize the importance of cooperation to promote economic growth, provide benefits to our consumers and businesses, and advance free and fair trade. We will continue our dialogue on regulatory issues and pursue shared regulatory outcomes that are business-friendly, reduce costs, and increase economic efficiency without compromising health, safety, and environmental standards. We will work together regarding labour mobility in various economic sectors.

Given our shared focus on infrastructure investments, we will encourage opportunities for companies in both countries to create jobs through those investments. In particular, we look forward to the expeditious completion of the Gordie Howe International Bridge, which will serve as a vital economic link between our two countries.

Energy Security and Environ-



Prime Minister Trudeau and President Trump at the White House Feb 13, 2017

ment

U.S.-Canada energy and environmental cooperation are inextricably linked, and we commit to further improving our ties in those areas. We have built the world's largest energy trading relationship. We share the goals of energy security, a robust and secure energy grid, and a strong and resilient energy infrastructure that contributes to energy efficiency in both countries. We collaborate closely on energy innovation, particularly in the clean energy sphere. As the process continues for the Keystone XL pipeline, we remain committed to moving forward on energy infrastructure projects that will create jobs while respecting the environment.

We also look forward to building on our many areas of environmental cooperation, particularly along our border and at the Great Lakes, and we will continue to work together to enhance the quality of our air and water.

Partners in Keeping our Border Secure

We recognize the security of our borders as a top priority. Together, we address security at our shared border and throughout our two countries, while expediting legitimate and vital cross-border trade and travel. We demonstrate daily that security and efficiency go hand-in-hand, and we are building a 21st century border through initiatives such as pre-clearance of people and integrated cross-border law enforcement operations. In addition, our two countries are committed to a coordinated entry-exit information system so that records of land and air entries into one country establish exit records for the other.

Recognizing the success of pre-clearance operations for travellers, we commit to establishing pre-clearance operations for cargo. We intend to accelerate the completion of pre-clearance for additional cities and continue to expand this program. Not only will these efforts enhance efficiency at our

shared border, they will also strengthen our shared security. In the spirit of a more efficient and secure border, we will also examine ways to further integrate our border operations, including analysis of the feasibility of co-locating border officials in common processing facilities.

Because we share a strong concern about the increase in opioid-related deaths, our countries will work together on common solutions to protect our people from opioid trafficking.

Given the integrated nature of the infrastructure that supports our intertwined economies, cyber threats to either country can affect the other. We therefore commit to further cooperation to enhance critical infrastructure security, cyber incident management, public awareness, private sector engagement, and capacity building initiatives.

Allies in the World

We are indispensable allies in the defence of North America and other parts of the world, through NATO and other multilateral efforts. Our troops have time and again fought together and sacrificed their lives for our shared values. The North American Aerospace Defense Command (NORAD) illustrates the strength of our mutual commitment. United States and Canadian forces jointly conduct aerospace warning, aerospace control, and maritime warning in defence of North America. We will work to modernize and broaden our NORAD partnership in these key domains, as well as in cyber and space.

The United States welcomes Canada's recently announced decision to launch an open and transparent competition to replace its legacy fleet of CF-18 fighter aircraft. The United States also welcomes Canada's decision to explore the immediate acquisition of 18 new Super Hornet aircraft as an interim capability to supplement the CF-18s until the permanent replace-



ment is ready. Canada appreciates the cooperation of the United States to facilitate these processes.

The United States values Canada's military contributions, including in the Global Coalition Against Daesh, and in Latvia. Together, we are harnessing all elements of national power to achieve the goal of degrading and destroying Daesh through our military operations to deny it safe havens and to build the capacity of local partners, stop the flow of foreign terrorist fighters into the Middle East region, cut off access to financing and funding, counter the Daesh narrative, and support the stabilization of communities liberated from Daesh.

Empowering Women Entrepreneurs and Business Leaders

It is a priority of both countries to ensure equal opportunities for women in the workforce. We are committed to removing barriers to women's participation in the business community and supporting women as they advance through it. As part of this effort, we are creating a Canada-United States Council for Advancement of Women Entrepreneurs and Business Leaders. We expect this initiative to promote the growth of women-owned enterprises and to further contribute to our overall economic growth and competitiveness, as well as the enhanced integration of our economies.

The Way Forward

We share a commitment to continue to strengthen our ties for the benefit of our mutual prosperity and security. We look forward to our cabinets following up on today's meeting with further discussions in their respective areas of responsibility. Our countries deserve our full commitment to increased economic growth, which we will deliver. The partnership between the United States and Canada will continue to be unique and a model for the world.

(pm.gc.ca)

Sixteenth Kalanidhi International Festival of Indian Dance

March 28 - April 2 at Harbourfront Centre-Toronto

**Festival dedicated to Sudha Khandwani,
Founder and Artistic Director of Kalanidhi Fine Arts of Canada**

By Siva Sivapragasam

“Dance is the melody of the body. Dance and music flow on to the canvas of the stage with the most unselfconscious brush strokes.” - Lakshmi Vishwanathan (A leading exponent of Bharatanatyam whose dance career spanned fifty-years)

The 16th Kalanidhi International Festival of Indian Dance titled “Whirling Streams” will go global with live and live-streamed performances, symposium, and film retrospective from March 28 to April 2 at Fleck Dance Theatre, Harbourfront Centre, Toronto

The festival is being dedicated to Sudha Khandwani, Founder and Artistic Director of Kalanidhi Fine Arts of Canada, who passed away in November of 2016, leaving an extraordinary history of international Indian Dance through her fifteen archived festivals (1993 to 2014). Her sister, acclaimed dancer and choreographer Menaka Thakkar has agreed to finish the Festival as its Artistic Director with the intention to continue the work of spreading a passion for Indian Dance as an art form.

The Kalanidhi International Festival of Indian Dance titled Whirling Streams begins on Tuesday March 28 and ends on Sunday April 2, 2017 at Fleck Dance Theatre,

Harbourfront Centre. Tickets have been on sale from mid-February.

All events on stage at Harbourfront Centre will also be live streamed and performances will be available at select film theatres such as Cineplex during the Festival and available on-line over the internet as well.

The live and live-streamed Festival will present over 40 dancers from Canada and India and feature the classical and contemporary dance styles of Bharatanatyam, Odissi, Kathak, Chhau, and Modern over the course of the six days. Performers include Menaka Thakkar Dance Collective (Toronto), Santosh Nair Sadhya Dance (India), Bhavajan Kumar Dancers (Toronto), and solos by Menaka Thakkar (Toronto), Kasturi Mishra (Ottawa), Sujata Mohapatra (India), Parul Gupta (Toronto), Riya Alika Mittal (Edmonton), Nivedha Ramalingham (Toronto), Monica Shah (Vancouver), Mark Medrano with Roger Sinha (Montreal), Reshmi Chetram (Toronto), and more to be announced.

There will also be a demonstration/symposium at the festival on the use of technology for teaching Indian dance on-line, hosted by Menaka Thakkar that takes place on Sunday April 2. This will be followed by a one-hour retrospective film on the history of contemporary Indian Dance through the eyes of past Kalanidhi Festivals. The

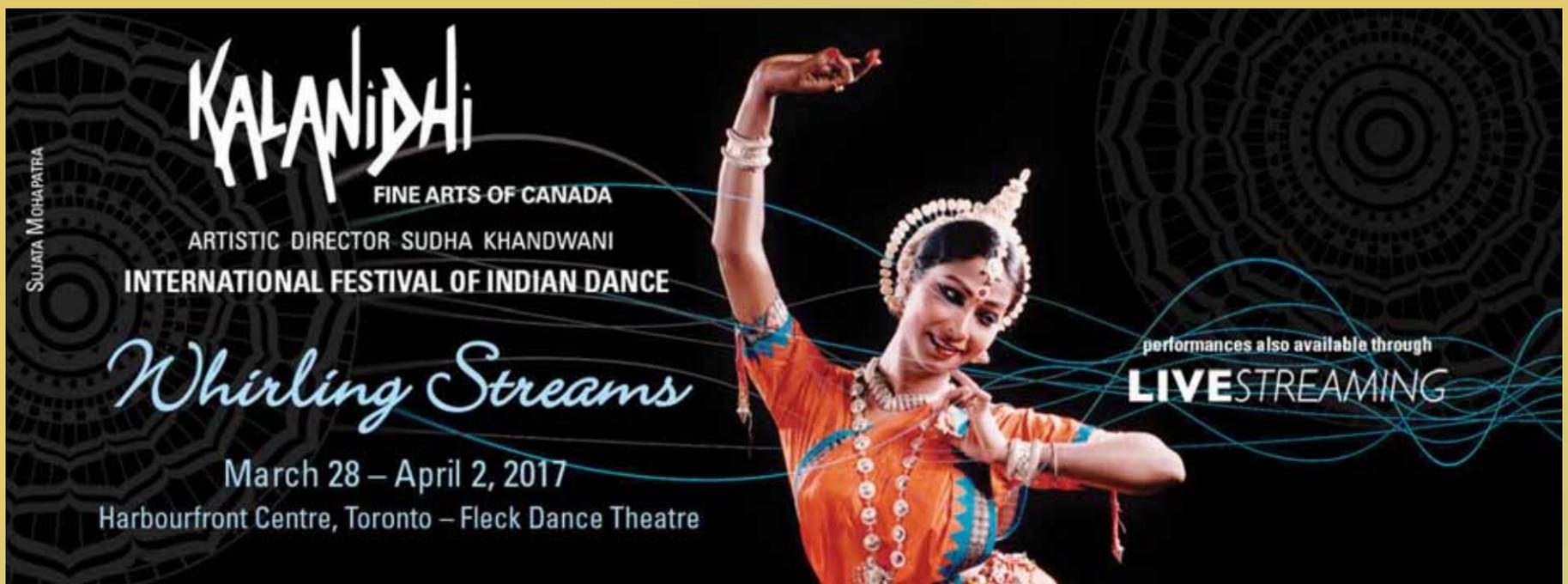
retrospective will be followed in the afternoon by a Symposium discussion on Contemporary Indian Dance happening in India. Admission to these events will be free.

There were also pre-festival events leading up to the Festival. Kalanidhi paid tribute to Sudha with live-streamed events on December 18, 2016 and January 22, 2017 that featured memorable performances and new works from past participants, and did so again on March 5 at Menaka Thakkar Dance Studio at 4:30pm.

A Press Conference was also held on February 28th regarding the festival at the Menaka Thakkar Dance Studio. Encore performances of the Pre-Festival Events are available on the Kalanidhi website at www.kalanidhifinearts.org. The Artistic Director for the Kalanidhi International Festival of Indian Dance is Menaka Thakkar. The Executive Director is Rasesh Thakkar. The Festival Manager & Marketing Director is Karen Dempster and the India Office Director is Abdullah Khandwani.

The 16th Kalanidhi International Festival of Indian Dance is generously supported by: Canadian Heritage, Canada Council for the Arts, Ontario Arts Council, and donations.

Call the Harbourfront Centre Box Office at 416-973-4000 for tickets or purchase online at www.kalanidhifinearts.org or email tickets@harbourfrontcentre.com



KALANIDHI
FINE ARTS OF CANADA
ARTISTIC DIRECTOR SUDHA KHANDWANI
INTERNATIONAL FESTIVAL OF INDIAN DANCE

Whirling Streams
March 28 – April 2, 2017
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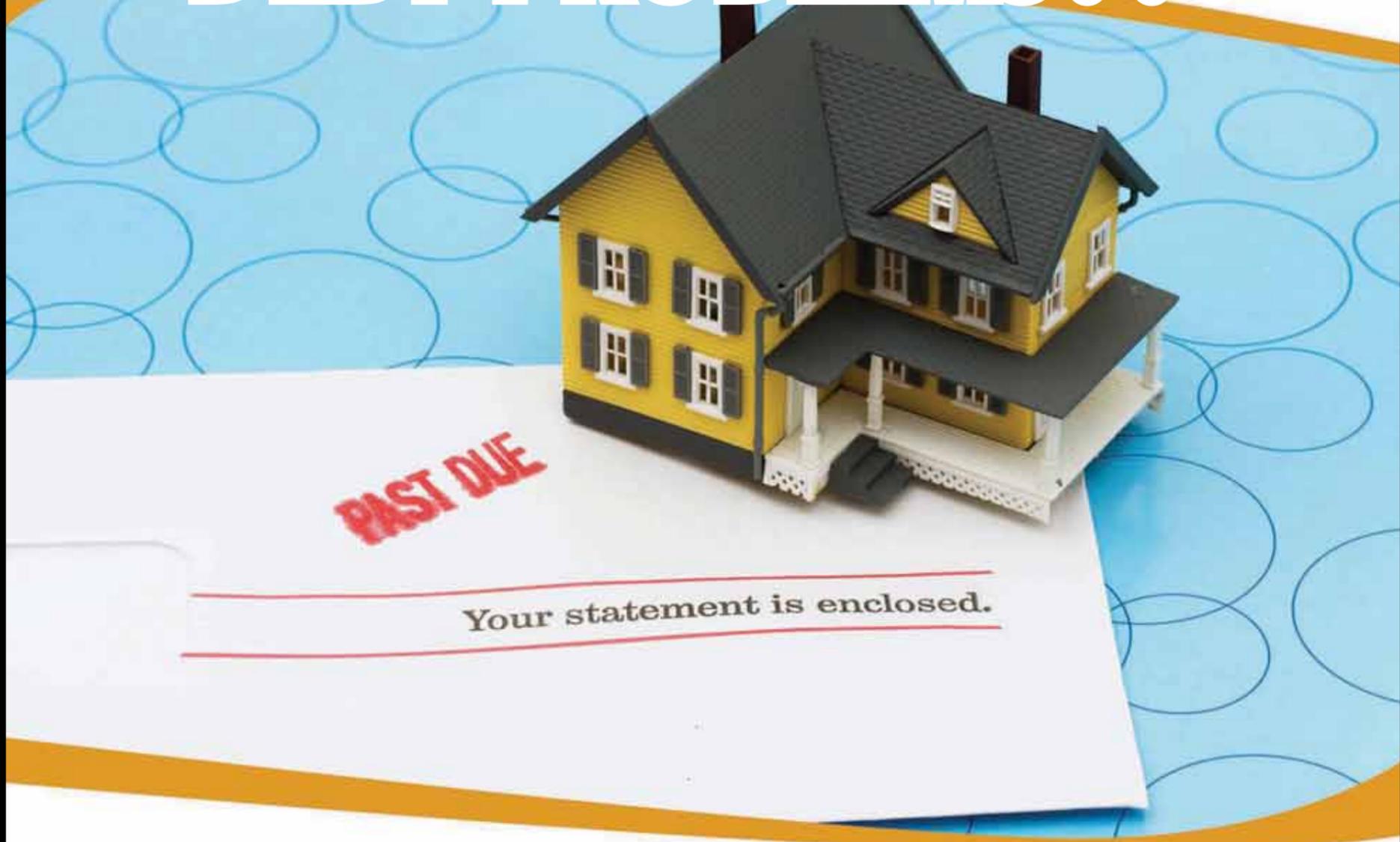
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Men Advancing Philanthropy for Providence (MAPP) Why “BELONGING” Matters



Rozinante captained by Andrew Baker-5th Annual Providence Cup



Austin Noronha enjoying a refreshing pilsner donated by Steamwhistle



Excitement during live auction as a bidding war waged on over courtside Raptors tickets

WHO ARE THE MEN OF MAPP?

Men Advancing Philanthropy for Providence (MAPP) is a group of philanthropic men who come together to network, socialize, and mobilize through their support and ambassadorship of Providence Healthcare.

This group hosts regular events, enjoying rare experiences throughout the year geared towards male professionals and executives. All fundraising efforts and donations received through MAPP support essential programs and services at Providence Healthcare.

WHY “BELONGING” MATTERS

While being part of this unique donor group offers distinctive value to the participants, the greatest outcome is the charitable impact. There are approximately 70 men from all backgrounds and business acumens who are dedicated to fulfilling Providence Healthcare’s mission to offer compassion, hope, and healing for all who walk through our doors. Every MAPP donor embraces a strong desire to “belong” and give back, and does so through engaging in rare and memorable event experiences.

Anybody can join MAPP- all you need is a sense of adventure and the desire to make a positive change in your community.

SHARING RARE EXPERIENCES IN 2017

MAPP NIGHT of CHAMPIONS

- March 29, 2017 @ John Labatt Private Pub

Not just your ordinary pub, this exclusive private venue is opening its doors just for MAPP donors and guests. Enjoy a wide selection of

Labatt brand beers and delicious canapés from Jawny Bakers Restaurant while earning points for your team through exciting games of strategy, strength and skill. The team with the most points will win fantastic prizes, bragging rights, and the prestigious title of “MAPP Champions.”

The evening will also feature an exclusive shopping moment where a donation will change lives at Providence Healthcare and enhance your wardrobe with a custom shirt from King & Bay Custom Clothing.

EL MOCAMBO PRE-LAUNCH - May 4, 2017 @ El Mocambo

A private invitation to visit the iconic music venue, El Mocambo, is yours! Get ready to party like the Rolling Stones, U2, and Jimi Hendrix in the venue that has influenced the Toronto music scene since the 1940’s. El Mocambo is undergoing renovations and will be opening their doors exclusively to MAPP donors and guests for a country themed pre-launch party before the official re-opening. Enjoy culinary delights, the best drinks in Toronto and premium entertainment.

5TH ANNUAL PROVIDENCE CUP SAILING REGATTA – September 13, 2017 @ Royal Canadian Yacht Club

Guests are assigned to luxury sailing vessels with a certified captain and member from the Royal Canadian Yacht Club (RCYC). Vessels set sail around picturesque Toronto Harbour in an exciting regatta (race) to the finish line. The winning vessel will take home

the coveted ‘Providence Cup’ and bragging rights. Pennants are also awarded for team placements. The “Après Regatta” cocktail reception is held in the beautiful Rose Garden, followed by a gourmet dinner in the dining room to network and celebrate the winners of this incredible event.

HOW TO ENGAGE THROUGH MAPP

As busy male professionals, achieving a sound work-life balance can be challenging. This offers a fantastic outlet to engage with an exclusive social community and share meaningful experiences, while making a difference in the lives of those who need it. With new donors always welcome, we ask you to consider joining Men Advancing Philanthropy for Providence. To learn more about getting involved, please contact Evan Creighton at 416-938-3715 x3872 or email ecreighton@providence.on.ca.

There’s no time like now to get on board and make your mark!

MAPP IS PROUD TO SUPPORT PROVIDENCE HEALTHCARE

Providence Healthcare provides leadership within the healthcare system by helping people access and receive the care they need in the most effective way possible. Through our hospital, we offer inpatient and outpatient rehabilitation to adults of all ages, as well as palliative care. Our long-term care program provides quality care to 288 residents. Our community programs include the Adult Day Program for clients with mild to severe dementia; education; and family and caregiver support. We are proud to be celebrating 160



George Cobham Jr. (orange bowtie) at Bourbon, Beer & Bowties



Kanish, Aashif and guests

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Scarborough and Rouge Hospital



Health & Care

SCARBOROUGH AND ROUGE HOSPITAL ON TRACK WITH 100-DAY PLAN

Patients, families, and community will be able to provide input into integration activities

Scarborough and Rouge Hospital (SRH) is well-positioned to meet the deliverables of its 100-day plan, which outlines the initial integration activities for the organization following the merger of The Scarborough Hospital's Birchmount and General sites and Rouge Valley Health System's Centenary site on December 1, 2016. The plan is available on the hospital's websites at www.tsh.to/scarborough-and-rouge-hospital/ and www.rougevalley.ca/scarborough-and-rouge-hospital/.

"The 100-day plan sets the stage for us to create a truly integrated

and accessible hospital system for Scarborough, building on the safe, high quality care of our legacy organizations," said Andrée Robichaud, interim president and CEO of SRH.

"What's more, it will allow us to develop cohesiveness within our organization through culturally aligned teams and harmonized operational structures."

Guided by the 100-day plan, SRH's integration efforts are proceeding at many levels, including integrated leadership teams, committees, human resource policies, financial planning, information systems, and com-

munication tools. "These activities are necessary steps towards fully integrating the two legacy hospitals into one single, hospital corporation," said Robichaud.

"However, it will take time to truly operate as one health system and so this work will continue beyond the first 100 days."

Patients, families, and the community are invited to ask questions and provide feedback on the 100-day plan by emailing communications@tsh.to or communityrelations@rougevalley.ca. In addition, community engagement sessions, where community

members can share their ideas on how the hospital can best meet the health care needs of its community now and into the future, will be announced in the coming weeks.



ACCREDITATION DECISIONS REINFORCE CULTURE OF QUALITY AND SAFETY AT SRH

Scarborough and Rouge Hospital's (SRH) legacy organization, The Scarborough Hospital (TSH), has received its decision from Accreditation Canada for its onsite survey conducted last fall. The legacy hospital, which includes SRH's Birchmount and General sites, received Accreditation with Commendation.



**ACCREDITATION
CANADA**
Better Quality. Better Health.

Accreditation Canada works with health care organizations across the country to help them improve quality, safety, and efficiency so they can offer the best possible care. The accreditation program is a four-year cycle of assessment and improvement, where organizations work to meet standards and raise the quality of their services.

The Birchmount and General sites were evaluated on 2,434 criteria and received a 99.4 per cent overall compliance rate with these quality standards. The two sites also met 31 of the 32 Required Organizational Practices (ROPs); evidence-informed practices that mitigate risk and contribute to improving the quality and safety of health services.

Last fall, SRH's other legacy hospital, Rouge Valley Health System, announced that it had received Accredited status after undergoing its accreditation survey at its two sites, the Centenary site and the Ajax and Pickering site, which is now part of Lakeridge Health. The legacy organization also successfully met 31 of the 32 ROPs.

Both legacy organizations were commended by the surveyors on many levels, including their practices surrounding embracing a culture of patient- and family-centred care, quality, and safety, as well as being innovators in providing an outstanding patient experience.

"A huge thank you and congratulations to everyone who worked so hard in helping us to prepare for our 2016 accreditations," said Andrée Robichaud, interim president and CEO of SRH.

"These results are a testament to the exceptional care we provide to our patients, families, and community each and every day."

Scarborough and Rouge Hospital offers free Teddy Bear Clinic

Popular annual March break event teaches kids about the hospital



A free March Break event, highlighting Child Life Month, invites children to bring one of their stuffed animals for a checkup at the Centenary site of Scarborough and Rouge Hospital (SRH).

The fifth annual Teddy Bear Clinic is an interactive event that will feature a series of stations where SRH staff and volunteers will show children, through medical play, many of the different kinds of activities and procedures that happen at the hospital. Children can bring their Teddy (or other stuffed toy) to receive pretend x-rays, blood tests, surgery, and more.

"The Teddy Bear Clinic is a popular spring break activity for families here at the hospital, and many families have attended year after year," says Alexandra Frankel, child life special-

ist in the paediatric program at SRH. "Children gain knowledge, familiarity, and coping skills while supporting their stuffed animals through the various medical tests and procedures they may experience at their community hospital. The goal of this event is for children themselves to feel more confident and comfortable when needing to see a doctor or make a trip to the hospital, whether it is a routine visit or an emergency situation."

Event Details

What: Teddy Bear Clinic
Who: For children between the ages of three and 12
When & Where: Tuesday, March 14
Start times every 30 minutes between 10 a.m. and 2 p.m.
Scarborough and Rouge Hospital, Centenary site (2867 Ellesmere Road in Scarborough), cafeteria (third floor)
Cost: Free! Regular parking rates apply.
How to register: Spaces are limited. Register online for the event at www.rougevalley.ca/teddybearclinic. You may also contact Alexandra Frankel at 416-284-8131 ext. 4091 or at afrankel@rougevalley.ca.
Note: A parent or guardian must be with the child throughout the event.

Putting smiles on the faces of Scarborough and Rouge Hospital's youngest patients

Scarborough and Rouge Hospital has officially opened seven new Smilezones at its Birchmount and General sites.

Generously donated by Smilezone Foundation, these bright, fun Zones include murals, sensory toys, drawing boards, tablet stations, and TVs meant to help improve the experience for children and families when they visit the hospital.

"We are exceptionally grateful to Smilezone Foundation and to their donor, BMO Harris Private Banking, for these major facelifts to such important areas throughout our hospital," said Andrée Robichaud, interim president and CEO at Scarborough and Rouge Hospital.

"Scarborough and Rouge Hospital has a proud history of providing our community with comprehensive and innovative obstetrical and paediatric care," added Barb Scott, patient care director of the maternal newborn and child care program at Scarborough and Rouge Hospital's Birchmount and General sites.

"Having these Smilezones will serve to complement the outstanding care delivered each and every day by our dedicated interprofessional team."

There are Smilezones in the Family Maternity Centre waiting areas and paediatric unit play rooms at both sites. As well, visitors to the paediatric unit at the Birchmount site will now be greeted with a beau-

tiful underwater-themed wall mural. The day surgery waiting area at the Birchmount site has also been transformed into a welcoming Smilezone to help ease what can often be a stressful experience for children. In the paediatric unit the General site, Smilezone murals and activities have been added to a special rapid assessment clinic.

"Smilezone Foundation is truly thrilled to be a part of this exciting renovation at Scarborough and Rouge Hospital's Birchmount and General sites," said Scott Bachly, chair of the Smilezone Foundation.

"We are delighted with the seven new Zones, giving children and their families a reason to smile during their hospital visits. A tremendous thank



you to BMO who we are gratefully recognizing today for their ongoing support."

Pioneering Case Management Model improves haemodialysis patient outcomes

Kidney disease and other chronic conditions can be one of the most difficult illnesses to manage. Patients are left to navigate a diffused health care system, juggling between their primary care physician and interprofessional team of specialists, often leading to inconsistent care and disengaged patients. In response, staff and physicians in Scarborough and Rouge Hospital's (SRH) Regional Nephrology Program have redeveloped their model of care to improve haemodialysis patient care outcomes using a new case management approach to care.

The new Case Management Model assigns each haemodialysis patient to a dedicated registered nurse case manager who works directly with the patient to ensure all aspects of their care are coordinated and that others involved in the patient's circle of care are appropriately involved.

"Many are mistaken in thinking that a patient's circle of care is limited to health care professionals, but it also actively involves the patient and their family," said Ethel Doyle, Patient Care Director, Nephrology.

"The Case Management Model defines the roles and responsibilities of all care team members so that, as an example, patients know that it's their responsibility to alert others of their symptoms, just as much as it could be their family member's responsibility to drive the patient to their appointment."

Each case manager is assigned five to eight patients to meet individually on a six-week basis as part of their caseload. Together, case managers and patients review the patient's chart and personalized progress card, which tracks health



Mr. Haniff Mohammed with his wife Sumintra and case manager Lisa Xue, RN

outcomes and measures such as weight gain and potassium levels, using red, yellow, and green stickers to easily show patients how they're functioning within healthy parameters. During the discussion, case managers also assist their patients with setting self-management goals to address any concerns or challenges related to their health care, which are followed up on at the next meeting.

The previous Primary Care Model used to deliver patient care was ineffective. The model lacked continuity of care by assigning patients to nurses based on their daily workloads, which was ex-

tremely difficult and often impossible to manage due in large part to stretched resources and a growing patient population. This new Case Management Model provides patients with one point of contact to answer questions directly related to their kidney disease, as case managers are required to actively review their patient's charts during the six-week cycle without needing to actually have the patient as part of the larger nursing team's daily assignments. This ensures that all aspects of the patient's care plan have been completed, tracked, and followed up on where appropriate.

The case manager/patient relationship has flourished through the new model of care leading to greater staff and patient satisfaction. "Lisa, my case manager, is an excellent nurse. Not only does she provide superior care, but she helps me to identify areas that I need to work on to improve my health and well-being," said Mr. Haniff Mohammed, a haemodialysis patient receiving care at SRH's Yee Hong satellite dialysis site.

And Mr. Mohammed's not the only one talking about the program.

"It has become a conversation piece among patients while they wait for their dialysis treatments," recalls Serena Chan, Patient Care Manager, Nephrology. "I have heard them discussing how many green, yellow, and red stickers they've received on their reports, and it's satisfying to know that we're really making a positive impact and effectively engaging our patients in their care."

The Case Management Model has seen tremendous results since SRH began implementing the program two years ago at the Yee Hong satellite dialysis site. In a recent patient engagement survey, 93 per cent of respondents felt they were more informed and motivated towards health care goal-setting and goal attainment since beginning the case management approach, and 89 per cent felt more knowledgeable about the influence and effect their involvement has in their health care. In fact, it was recently recognized as a leading best practice by Accreditation Canada. SRH continues to expand the Case Management Model approach to haemodialysis care to all of the hospital's sites and is scheduled to achieve full implementation throughout the haemodialysis program in Fall 2017.

SRH celebrates Kidney Month – and you can too!

Celebrate National Kidney Month throughout March with Scarborough and Rouge Hospital's (SRH) Regional Nephrology Program.

Chronic kidney disease (CKD) is a non-communicable disease that affects 1 in 10 people worldwide. While severity can vary, CKD is incurable requiring lifelong care for a patient. SRH is home to one of the largest regional nephrology programs in North America with more than 6,000 patients receiving care at the program's main unit located at the General site, and three satellite dialysis sites.

This year's theme for National Kidney Month is addressing the impact of kidney disease and obesity with the aim to promote a healthy lifestyle for healthy kidneys.

Obesity increases the risk of developing major risk factors of CKD, like diabetes and hypertension, and end stage renal disease. The good news is that obesity, as well as CKD, is largely preventable.

This year's theme will discuss the harmful consequences of obesity and its association with kidney disease, while promoting a healthy lifestyle and healthy policy measures that make preventative behaviours an affordable option.

Bring your friends and family to learn more at the public events and activities listed below:

World Kidney Day Thursday, March 9

Celebrated every year on the second Thursday of March, World Kidney Day

is the global awareness campaign that aims to increase awareness of the importance of our kidneys to our health, and reduce the impact of kidney disease and its associated problems worldwide.

SRH will be celebrating World Kidney Day with activities in the Lee Family Auditorium located at the General site from 9:30 a.m. to 1 p.m. Complimentary parking vouchers will be provided.

Activities include:

- an interprofessional fair that includes representatives from the cardiology and respiratory departments, patient and family advisory council members, and other community partners; and

- presentations from Dr. Sean Wharton from the Canadian Obesity Network and SRH Nephrologist, Dr. Jason Fung.

Home Dialysis Peer Support Patient Symposium

Thursday, March 23

Are you or a loved one living with kidney disease? Unsure how to cope, or what support services are available for you in the community? Stop by the Home Dialysis Peer Support Patient Symposium on Thursday, March 23 from 10 a.m. to noon at the General site in the Lee Family Auditorium.

Complimentary parking vouchers will be provided. *Please register your attendance by contacting Janette Solomon at 416-438-2911, ext. 6216 or Sam Watt at 416-438-2911, ext. 6113.*

Diabetes, Cardiology, and Nephrology Knowledge Exchange Fair – Friday, March 31

Kidney month activities are going on

a road show this year to SRH's Centenary site. Discover how the interprofessional team across all three SRH sites work together to promote effective kidney health to our patients on Friday, March 31 from 11:30 a.m. to 1 p.m. in the Bruce Johnson Conference Room located on the 3rd floor in the cafeteria. Complimentary parking vouchers will be provided.

Kidney Disease and Obesity

HEALTHY LIFESTYLE FOR HEALTHY KIDNEYS

9 March 2017

World Kidney Day is a joint initiative of ISN

Follow us on

Special Feature

By: Raymond Rajabalan

Neethan Shan walked into the banquet hall a winner Monday night, Feb 13th, and he thanked voters of Scarborough's Ward 42 for not getting tired of him.

He had run for office in Scarborough many times before, and almost every time met defeat. But this time, he'd won a convincing victory to become the ward's first new city councillor since the district was formed.

His advice to young people listening: don't give up.

"The huge mandate you've given me, the trust you've placed in me, won't go to waste," Shan told supporters in the Nugget Avenue hall.

"We have a lot of work to do, and I'm ready to start tomorrow."

The winter campaign to replace

ited support from unions with helping him win once again.

Soon after, however, Scarborough-Rouge River MPP Bas Balkissoon suddenly quit politics, and Shan ran for the seat as a New Democrat again, finishing third in a riding byelection last September.

Then, because his other old foe, Cho, left his seat open, Shan decided to make another try for city council in Ward 42, and this time he got 4,763 votes, or nearly 46 per cent of those cast.

Zuhair Syed, a past president of the University of Toronto Scarborough Students' Union who opposed roll tolls and supported extending the Sheppard Subway to Malvern, got 1,452 or about 14 per cent of the vote, managing a second-place finish in front of Hratch Aynedjian, Cho's former executive assistant, who was third with 1,055, or



Neethan Shan gets a hug from his wife Thadsha Navaneethan and son Karikalan after winning the Ward 42 byelection in Scarborough Monday, Feb. 13 evening. Shan thanked supporters during his speech at the Estate Banquet Hall and heads down to City Hall Tuesday to fill the vacant seat left by Raymond Cho.

Neethan Shan beats 28 rivals to be Councillor for Scarborough's Ward 42

Raymond Cho brought out a field of 29 candidates, many saying people of the northeastern Scarborough ward have felt neglect, frustration and distrust for a City Hall which seems so distant.

In declaring victory Monday, Shan promised to stand up for every marginalized person in the city. There's talk about a divide between Scarborough and Toronto's downtown, but the ward just elected a progressive politician, he said.

Even before this campaign, though, some of Shan's opponents had attacked him as a "perennial" candidate. Those attacks aren't likely to stop now, given his victory means he will give up a post as public school trustee he won barely a year ago.

The vacancy for the Toronto District School Board's Ward 21 could be filled by appointment, or by another byelection, which would be the area's fourth since last January.

Early on in his political career, Shan became a York Region public school trustee, but he later moved to Scarborough, where he had been a youth worker in the Malvern area, and concentrated on winning an election there.

Shan ran unsuccessfully for MPP as a New Democrat, once in Scarborough-Guildwood and twice in Scarborough-Rouge River, serving for a time as provincial party president.

He also ran twice against Raymond Cho, hoping to unseat the veteran councillor, before the area's Ward 20 seat on the public school board opened up and a byelection was called.

Shan, with support from the Toronto and York Region Labour Council, won the trustee seat easily in a field of 20 candidates, and on Monday he cred-



Neethan with his supporters



Neethan making his victory speech

just over 10 per cent.

Dipika Patel was a distant fourth with 454 votes, while local real estate agent Punch Sockalingam was fifth with 425.

In all, unofficial results say 10,409 out of 45,103 eligible voters cast ballots, and 2,259 voted at advance polls the weekend before last.

Aynedjian had hoped for better numbers. He had worked for some of Scarborough's most prominent politicians, he said, for 26 years, but started the campaign still unknown to most people in the ward.

"People did not have a clue who I was," he said on Monday.

Aynedjian, a Liberal, ran with the blessing of Cho, who's now a Progressive Conservative. For his campaign launch, he lined up not just Cho, but Scarborough MPPs Duguid and Soo Wong, both Liberals, as supporters.

"We knew this game from the start was a tough game to play," he told supporters in his headquarters, adding he will continue to work in the area.



Neethan with his family



A Shift in Education



By: Janani Srikantha

These past couple of weeks have been filled with learning! I just returned from India where I spent my time talking to students, talking to teachers, observing classrooms, and understanding the power that exists when there is educational reform. The shift that is taking place is that learning is moving from being teacher-centered to student-centered. Quality learning is beginning to include every child. Collaborative, contextual learning is becoming more important than memorizing chapters in a textbook.

At each school I visited, my best conversations were with students. I immediately noticed that when the learning was put in the students' hands, they were much more excited. Students were most engaged in classrooms that did not have a "front" of the room that everyone was facing.

By moving away from standing at the board with a piece of chalk, the teachers are putting the onus on the students to gather knowledge. The role of the teacher changes from one who imparts knowledge to one who facilitates the collection of knowledge. The teacher guides the thinking without

giving all the answers.

The students learn by doing. They learn by discussing. They learn by problem solving. They learn by working together to create ideas.

As I went from school to school, I began to wonder what the purpose of education is. I strongly believe that it's purpose is to give you the skills to be independent upon graduation. You have the skills needed to manage the challenges that may occur. You have the confidence and the ability to solve problems and communicate your ideas. You have knowledge on how to access information from the many diverse resources available, and know how to determine if that information is reliable. You know how to take initiative, be a leader, analyze information, and present ideas that make an impact.

While speaking to teachers, in India, it was empowering to hear that they felt the same way. They wanted their students to be successful in the global world. This meant they have to let go of the position of "I will give you the information and you will write it down." They have to give up assigning the endless questions in textbooks and repetitive worksheets that "drill" the information. They have to begin to

say, "Here is a real-world problem that applies to our curriculum; let's figure out how to solve it together."

Likewise, parents in the school community had to change their view of education. They have to stop expecting homework in textbooks. They have to be okay that sometimes learning at home will involve practical applications. They will have to create a bridge between school and home. The learning is going to be "messy" - there are going to be a lot of questions asked, there is going to be a lot of discovering, and a lot of trial and error as children learn the process of finding their own solution.

This shift is hard to do. This is a change in beliefs and mindset. Most of us form our view of education based on the way we were taught. Often, this was the "chalk and talk" method where rote learning was a significant component of school. Therefore, it will take a while for a complete shift to happen. But, I am excited!

I am excited that there are teachers who are changing their perspective on their role and their students' role. There are parents who are getting involved in hands-on, contextual learning. There is a change in the way

students recount their learning - they are proud to share their experiences at school! They gathered resources, they analyzed the information, they formed conclusions, they presented their ideas, and they applied their knowledge to a context. It was truly their learning experience. This is what I believe education 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. 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@thinkshiftdedu.com or visit Thinkshift Edu on Facebook.



thinkshiftdedu



WORDS OF PEACE

The Real Savior



“Wherever I go, people are waiting,” says Prem Rawat, who travels the world constantly to deliver a message about discovering personal peace within. “What are they waiting for? They wait for the heavens to open up and an angel to appear. How long have they been waiting? Not one year, not two years—some of them have been waiting for 6,000 years!

“If you were expecting a package by mail today and it didn’t come, you would expect it tomorrow. If it didn’t arrive tomorrow, you would expect it the next day. Would you really wait for a package for 6,000 years?”

“I have news. That angel who’s going to save you has arrived. Do you know who it is? It’s you! You have the ability. You can be the angel who’s going to save you, because you’re much more qualified to save yourself than anybody else. The savior is within you, and the destroyer is within you. The good is within, and the bad is within.”

Several nations have officially

hailed Mr. Rawat as an ambassador of peace. While he says many people tell him that peace in the world is simply not possible, he points to a fundamental misunderstanding about what real peace is—an individual experience. He has dedicated his life to bringing peace to the world—person by person, heart by heart.

“I’m always speaking as one human being to another,” he says. “When it comes to understanding what peace really means, we have to begin with some very basic things, such as where we’re looking for peace.

“Let me say that peace is inside each of us right now. Even if we don’t know it, it’s inside right now.

“Are you looking for a miracle? I have news. It happens every day, right under our noses, and we don’t know it. We don’t have to wait to be in peace. Understand this opportunity. Understand this miracle that we have. When it’s not understood that breath is a miracle, something is wrong, because it is the ultimate

miracle. It comes as a gift to each of us. It’s because of that breath that we get each day—one day at a time.

“How did you begin? When you came into this world, there was one thing you had to do. If you didn’t do it, that meant trouble. That was to take your first breath. At that point, the focus was not on whether you were a boy or girl. The focus was on one thing: Is that baby breathing or not? If you were not breathing, you weren’t going home.

“You took that first breath, and your story started. When is it going to end? When the last breath is taken. As long as that breath is going in and out of you, an amazing miracle is taking place.”

Paying attention to that miracle, Mr. Rawat says, is the way to be at peace with ourselves.

“There was a desert,” he says. “It was very dry. The wind would blow; the sand would be tossed about, and the desert would get even drier. The same sun that gives life and warmth

would shine on that desert and kill. It would be hot; it would be barren. Seasons would come and promise rain—but no rain fell on that desert. The desert got drier.

“Then it rained. It rained and rained, and something was set free. The desert wasn’t a desert any longer. It was blooming. That desert had potential. The potential was the tiny little seeds that lay dormant, waiting for the rain.

“Each of us is a desert. The rain of peace has come. Let it rain, so that each one of us can transform from a dry desert to a blooming desert. Don’t let the rain stop.

“Every single human being has that power to transform. Don’t wait for some angel to come. Wherever you are, be in peace now.”

To learn more about Prem Rawat:

1 877 707 3321

416 431 5000 Tamil

www.wopg.org

www.tprf.org

www.premrawat.com



Toronto Premiere Screening of INSIDE PEACE

Coming March 30, 2017! Toronto Premiere. One-time showing of riveting, award-winning documentary INSIDE PEACE. Follow the true story as three inmates marked by generations of violence, addiction and bad choices, attend a 'Peace Class' in a Texas jail and try to rediscover their humanity and rebuild their lives from the inside out.

7:30 pm, Thursday March 30, 2017
Innis Town Hall Theatre, U of T campus

2 Sussex Avenue, Toronto M5S 1K5
Toronto Premiere of Award-winning Documentary About Transformation Inside a Texas Jail

"To see everybody at peace in prison, would shock the world. If you could find peace in prison, then surely it would motivate the world to find peace out there." - Texas prison inmate

Toronto, Ontario – The movie Inside Peace, winner of many film festival awards such as Best Documentary, and Humanitarian and Audience Choice awards, will be shown on Thursday, March 30 at 7:30pm. It will be in the Innis Town Hall Theatre at 2 Sussex Avenue on the U of T campus

The film, which focuses on several hardened Texas inmates doing time at Dominguez State Jail, offers a rare look, not only inside the correctional facility, but inside the hearts and minds of the men featured.

At the core of the story is a "peace class" they attend, initially as an excuse to get free pencils, paper and an hour of air conditioning in the sweltering heat of San Antonio, Texas.

Eventually, though, it is their minds and spirits that become refreshed, through exposure to concepts such as self-awareness, inner strength, appreciation and the possibility of real change – from the inside out.

Filmmaker Cynthia Fitzpatrick, who has spent more than two decades working with such award-winning TV series as The Sopranos, Six Feet Under and Sex and the City, made Inside Peace.

Says Fitzpatrick, "I wanted to share the stories of these people I came to know, whose lives touched mine as I watched them navigate the arduous journey from inside prison walls to their return home - a journey not only of outward release but of inner transformation."

More information about Inside Peace:
www.insidepeacemovie.com

WINNER BEST DOCUMENTARY
LA Spotlight Film Festival

WINNER EXPOSE AWARD
Peace on Earth Film Festival

WINNER BEST DOCUMENTARY Audience Award
New Hope Film Festival

WINNER BEST DOCUMENTARY
Topanga Film Festival

OFFICIAL SELECTION
Tel Aviv SPIRIT Film Festival

OFFICIAL SELECTION
Global Peace Film Festival

OFFICIAL SELECTION
Chicago International Social Change Film Festival

WINNER BEST DOCUMENTARY Audience Award
San Antonio Film Festival

WINNER AWARD OF EXCELLENCE Documentary Feature
IndieFEST Film Festival

WINNER NEW HOPE AWARD
New Hope Film Festival

WINNER HONORABLE MENTION
SaMo Indie Film Festival

OFFICIAL SELECTION
Hoboken International Film Festival

OFFICIAL SELECTION
Cincinnati Film Festival

OFFICIAL SELECTION
Hollywood Film Festival

INSIDE PEACE

Starting Over Begins Within
Rethinking Freedom Inside and Out of a Texas Jail

STUDIO VIEW PRODUCTIONS PRESENTS "INSIDE PEACE" A FILM BY CYNTHIA FITZPATRICK
CO-PRODUCER AND WRITER ROSIE LEE STORY CONSULTANT EVE GOLDBERG ASSOCIATE PRODUCER CHRISTINA MURPHY EXECUTIVE PRODUCERS LINDA PASCOTTO, MATT ALTMAN, BRUCE KEENAN
PRODUCER, DIRECTOR, EDITOR CYNTHIA FITZPATRICK

insidepeacemovie.com

STUDIO VIEW PRODUCTIONS

TORONTO PREMIERE SCREENING

THURSDAY, MARCH 30, 2017 • 7:30 PM

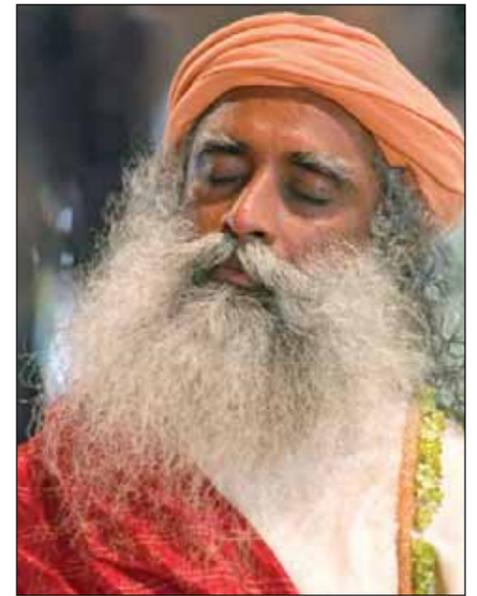
**Innis Town Hall Theatre (townhall.innis.utoronto.ca)
2 Sussex Avenue, Toronto Ontario M5S 1J5**

FREE ADMISSION - Register online (insidepeacetoronto.eventbrite.ca)

SADHGURU

112 - FEET TALL FACE OF ADIYOGI

THE SOURCE OF YOGA UNVEILED BY
HON'BLE PRIME MINISTER OF INDIA
SHRI NARENDRA MODI ON MAHASHIVARATRI
(FEB 24, 2017) AT ISHA YOGA CENTER



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

destination.

The unveiling of Adiyogi was part of the largest Mahashivaratri celebrations in the country which was telecast live, simultaneously in 7 languages to over 50 million people through over 23 satellite television channels and several online platforms.

The festivities of Mahashivaratri began at 6 PM and concluded at 6 AM, the next morning. The nightlong celebrations included the powerful midnight meditation and discourse by Sadhguru, cultural performances by Kailash Kher, Rajasthan Roots with Kutle Khan, Sounds of Isha (Isha's home grown, eclectic group of musicians) and dance troop Nritarutya. Maha Annadanam or the offering of food was made for all.

"In Tamil Nadu, Amavasya is considered the most important day in the month. We will leave the first offering to Adiyogi to the local people as a way of honoring the common people of the land, as an expression of their love and devotion," said Sadhguru.

An exact 21-ft replica of the face of Adiyogi has also been established by Sadhguru in the United States, within the 'Abode of Yoga' at the Isha Institute of Inner-sciences in Tennessee, a leading center for inner exploration and complete wellbeing.

toronto@ishafoundation.org
www.ishafoundation.org 416 300 3010

For further details if you need this information:

Please find event photos attached. The full text of the Prime Minister's speech is available here - http://www.pmindia.gov.in/en/news_updates/pms-speech-at-unveiling-of-112-feet-statue-of-adiyogi-the-shiva/?comment=disable

For more details, contact PR@ishausa.org.

<https://isha.sadhguru.org/msr>



28th February 2017, Coimbatore: Mahashivaratri was celebrated with hundreds of thousands of people in attendance at the Isha Yoga Center, Coimbatore on Feb 24, as an astounding manifestation of music and meditation, beginning with the spiritual exuberance of the unveiling of the towering 112 feet face of Adiyogi – the Source of Yoga by the Hon'ble Prime Minister of India, Shri Narendra Modi in the presence of Sadhguru.

Adiyogi, Yogeshwar linga, a powerful energy form and a massive stage set the mood for the multitudes, to revel in joyful anticipation of the night-long spiritual celebration. The event was attended by Hon'ble Governor of Tamil Nadu, Hon'ble Chief Minister of Tamil Nadu, Hon'ble Chief Minister of Madhya Pradesh, Lt. Governor of Puducherry - Smt. Kiran Bedi, Ayush Minister - Shripad Yasso Naik, Sports Minister - Vijay Goel, Labour Minister - Bandaru Dattatreya, Road transport, Highways & Shipping minister

– Pon Radhakrishnan, State Bank of India Chairperson - Arundhati Bhat-tacharya, Prasoon Joshi, Juhi Chawla among other dignitaries.

The Hon'ble Prime Minister also released the book on "Adiyogi" co-authored by Sadhguru & Arundhati Subramaniam and lit the sacred fire marking the beginning of a Maha Yoga Yagna, an initiative to spread yoga to 100 million people through one million Yoga Veeras in a year's time.

Adiyogi is the largest face on the planet, recognizing the first yogi's unparalleled contribution to humanity. This iconic face symbolizes liberation, representing the 112 ways in which one can attain to one's ultimate through the science of yoga. The Hon'ble Prime Minister addressed the gathering and said, "Today, yoga has come a long way. There are various definitions, types, schools of yoga and ways to practice yoga that have emerged. This is the beauty of yoga. It is ancient yet modern, it is constant yet evolving. The

essence of yoga has not changed. And I say this because it is utmost importance to preserve this essence."

"Standing here before this 112-ft face of Adiyogi and the Yogeshwar Linga, we are experiencing a colossal presence enveloping everyone in this space. In the times to come, the place where we have gathered is going to be a source of inspiration for all, a place to immerse oneself and discover truth," he added.

Speaking about the occasion Sadhguru, said "A time has come where we need to understand that human wellbeing can only happen from within. If you know how to take charge of this interiority, then human wellbeing is assured. In this direction, Adiyogi has made an unparalleled contribution as he explored and expounded the science of yoga."

The Ministry of Tourism, Government of India has included the Consecration of this glorious face in its official Incredible India campaign as a

TEN

Her Journey

Sulakshana Genthirakumar

By: Sathya Gobiraj

Sometimes life doesn't always go as we plan it. For Sulakshana, this was the case not once but multiple times. Meet Sulakshana Genthirakumar, owner of Laru Legal Services P.C. Her company specializes in Motor Vehicle Accident claims & other similar personal injury cases. They also work with some of the top Law firms across the city on more catastrophic impairments to ensure their clients get the best results. The specialty of Laru Legal Services – they offer services in English, Tamil, Urdu, and Hindi.

Experiencing financial difficulties growing up, Sulakshana decided to take some time off after high school. University was a thought and interest but she decided to save some money before completing her post secondary education. Sulakshana worked various jobs and when she was able to, she started the Law Clerk program at Seneca College. During her co-op term in the program she landed her first legal position at a law firm, which kept her quite busy – full time job, full time school, and part-time co-op placement.

Shortly after starting the co-op placement however, Sulakshana met with a major car accident and due to medical reasons, needed to stop her full time job but managed to stay in school and also keep her co-op placement. A few months later, she was offered a full time position at the law firm she was at. Sulakshana accepted & also switched her program to Paralegal.

While she was going through all these career changes, she experienced the same with her personal life. Sulakshana got married, welcomed her son to this world, and purchased her first home. She had 3 months with her son at home before she had to return to work. Soon after that she also started back

with school as she was determined to get licensed. As she worked harder and harder, her responsibilities at the firm grew larger. At a point, Sulakshana was pretty much running the firm. She also realized that she was getting out (financially) much less than what she was putting in (work). With that in mind, plenty of research, and financial considerations, she decided to start her own firm.

Just when Sulakshana thought things were finally coming together, she was faced with more problems. Running the firm became very difficult as marital problems arose. The separation came soon after and times got even tougher. Managing the new firm in its first year of operations, household and basic expenses – everything had to be handled by her. Additionally she was looked at by many as the "single Tamil mom" and judged and criticized. Everything just seemed to be going wrong. There were many times she thought giving up would be much easier. But one driving force kept her going, her son Laru the 6 year old CEO of her company. She was determined to show him that no matter what life throws at you, you have to look past it all and move forward with your head up high. Sulakshana did prove this to him by managing everything life brought forth. She faced it and successfully grew her business. Proof? In her first year of operations, her company gained and retained over 150 clients.

Sulakshana continues to run Laru Legal Services successfully. She also maintains a positive work/life balance by playing co-ed volleyball and spending as much time as she can with her son. The two of them love swimming together, going on car rides, or just spending the evening at home. Additionally she and members of her firm get



involved with the community. Her firm supports and sponsors other organizations such as Jarvis Sports Club, Women's Flag Football League, and Ontario Tamils Sports Baseball League (OTSBL). Intrigued by her dedication, we asked her a few questions:

What challenges did you face in your professional career?

The biggest challenge is not quitting, especially when you are getting hit financially. As a single mother, money was a hurdle. I faced it by re-mortgaging my house

and cashing out some of my savings.

What helped you set yourself up for success?

Hard work and keeping positive. It's easier said than done, but that's it.

What are your future goals and plans (personally & professionally)?

Be successful and happy. Who doesn't want to be a millionaire but I am content with having a business that is continually moving forward and making a difference to the clients that trust my firm.

What is your advice for others that need a little inspiration and/or motivation?

1. Never look back at your mistakes, rather build on them. Mistakes are made to learn from and they really do make you a better person.
2. Don't be afraid of anyone or anything. You are your only critic and the only one to judge yourself. Be happy with who you are...it's the only way you will find happiness and peace.

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“CLEAN AIR AMBASSADORS PROGRAM (CAA)” BY SENIOR TAMILS CENTRE OF ONTARIO (STC)



“SPREADING KNOWLEDGE ON CLIMATE CHANGE AND GLOBAL WARMING”



CAA Project launch-May 2015 by Sue Wong, MPP Scarborough Agincourt

Senior Tamils' Centre of Ontario (STC) proudly launched the “Clean Air Ambassador's project” on the 8th of May 2015. This project has been meaningfully named as “Clean Air Ambassadors” a name which will go to identify the Senior members in the future to come. This 3 year project is funded by the Ontario Trillium Foundation which is an agency of the Government of Ontario, and Canada's largest granting foundation. The Clean Air Ambassadors (CAA) program has successfully completed its second year of operations and entering into its third year.

Since the Industrial Revolution, which began in the 18th century, human activities have been a major source of all forcing greenhouse gases. Human activities have led to a sharp and dangerous increase of these gases within the Earth's atmosphere, so much so that the growth of all forcing

number of heat-related deaths would climb from the current annual rate of around 700 to around 5,000 by the year 2050. Reducing cases of heat stroke may be one obvious benefit of cutting our greenhouse gas (GHG) emissions. A heat wave's effects in recent years saw an increase in the number of children and elderly people hospitalized for suicide attempts, kidney disease, diabetes, de-hydration etc. Smog can also intensify, as high temperatures speed up the formation of ozone and other airborne pollutants. According to Transport Canada, transportation is the single largest source of GHG emission in Canada and 44% of the emissions are attributable to passenger vehicle travel. All these issues are interconnected with air pollution and climate change having detrimental effects, on human health, safety and wellbeing.

According to global multi-regional input



Reusing Shopping Bags

greenhouse gas (GHG) concentrations is now directly controlled by humans.

Today, seniors, are facing lack of mobility and lung disease (asthma, bronchitis etc.) caused by air pollution. Globally, the world is facing serious challenges and costs related to air pollution, smog and global warming that together represent one of humankind's greatest threats. According to U.S. Centers for Disease Control and Prevention report, the annual death toll from extreme heat is already on the rise. It further predicted, the

output model (conducted by the scientists at the International Society for Ecological Modelling), 72% of GHG emissions are from household consumptions through: Direct- heating cooking, travelling and; indirect- lifecycle product use. Based on this concept, the CAA program is designed to reduce greenhouse gas (GHG) emissions entering the atmosphere through, reducing and conserving our own household consumption of natural gas, electricity usage and water consumption. STC takes

pride in initiating “Saving Energy Starts at Home” concept and implementing through a series of educational seminars, hands on demonstrations and workshops. We must admit that climate change is every one's problem. No agency or government or scientist can fix it for us. We are all in this together. We got to this point because of our life style. So, our life style has to change by practising conservation measures. When the CAA program was initiated in early 2015 only 50 % of the surveyed (117) STC members believed that global warming will harm people. Knowledge is power and age is not a barrier for learning, it did not take much effort for our seniors to learn the concept of Climate Change, understand the magnitude of its impact and started to practice simple energy saving tips and ideas. After 2 years into the program, 100 % of the participating (133) STC members believe that it is our own responsibility to take action and help save the planet for our future generation and 97% of their friends also share the same views on global warming. Currently, over 80% are practicing energy saving/conservation/recycling practices as well as other activities that help reduce GHG emissions. In this regard, An online model was developed with the help of the University of Toronto Engineering Strategies and Practice course students, to help measuring GHG emission, to be used in the CAA program.

Since the commencement of the CAA program, the OTF grant helped us to provide a total of 37 events consisting of seminars, presentations workshops and group training. 3,455 people participated and benefitted from these events. Because of the importance, the program attracted members from other community organizations. The participants consisting of 2,557 STC members 504 members from other senior organization, 302 children and youth and 92 disable community members.

The concept of this project had actually stemmed out of the STC existing wellness program which helps seniors in becoming physically and mentally active through exercise, sensible eating habits and healthy life styles. As such, the “Clean Air Ambassadors” project is an extension of this thought. Through this new project STC has expanded and engaged existing volunteers, empower community youth and special needs children by teaching them new skills and ideas.

The STC volunteers were trained as Clean Air Ambassadors (CAA) and Clean Air Ambassador Coordinators (CAAC). Currently 12 CAACs and 30 CAAs together with a CAA program coordinator are implementing the CAA program under the leadership of a CAA Team Lead Mrs Ranee Mahalingam, M.Eng., P.Eng., FEC. So far 159 participating households completed Household Activities Data (HAD) sheets and indicated their household consumption on natural gas in cu.m, electricity in kWh, water in cu.m for the years 2014 and 2015. From the GHG model analysis, it is found out the per capita GHG emissions have decreased considerably as: 4,667 KgCO₂e per person in 2014 to 4,070 Kg CO₂e per person in 2015. This is a 13 percent reduction. Further, personal rate of consumption has reduced significantly, 28 percent reduction in natural gas, 20 percent reduction in electricity usage and 29 percent reduction in water.

As part of the CAA program, several sub projects: “Save Trees by Stopping Junk Mails”, “Stop Sending Milk Bags to Landfill”; “Reuse Shopping Bags”, “Collect and



Children's workshop at Sai Mandir

deposit batteries and expired prescription drugs” “Stop Using Styrofoam products at STC events” etc. are being implemented as part of the CAA program. In addition to “Saving Energy Starts at Home” concept, the CAA program will incorporate topics such as “Zero Household Waste”, “Clean indoor air quality” and “Climate Change Adaptation” during the 3rd year of the program.

This program provides opportunities for the STC members to spread knowledge about global warming to other Ontarians encourage them to take personal actions and activities that help reduce GHG emissions. Engaging Ontarians in initiatives that reduce global warming through reducing GHG emissions by changing personal commute, practising water conservation, energy conservation etc. The reduction of air pollution and smog result in cleaner air that help all Ontarians breathe easier, better and help beat lung diseases and live healthier. Through this program STC volunteers learn and to adapt, on new initiative in an innovative way, collaborate with other community organizations and work together to help reduce global warming, collectively.

Fastest, least expensive way to slow climate change is by using less energy. With a little effort, and not much money, most of us could reduce our energy consumption, doing the earth a favour while also helping our pocket & books. So, what is holding us back?

Since the inception of the program, several presentations, workshops and hands on experiments have been made to our STC members, youth, and children including parents of Autism children, on the impact of climate change and ways of reducing GHG emissions through changing simple day to day house hold activities.

Educating Children on Global Warming:

✓ Two children's workshops were done in 2015 and 2016 at Sathya Sai Mandir hall for children from 6 years to 22 years together with their parents. The workshops consisted of presentations, hands on projects, demonstrations, prototype displays, quiz and awards.

✓ Workshop for youth was held at Canadian Tamil Youth Development Centre (CanTYD) for about forty people including youth between the ages of 15 to 30 years. This workshop consisted of a presentation, hands on experiments and feedback.

✓ Workshop at the South Asian Autism Children Centre (SAAC), in a simple and understandable way where the parents were taught to educate their children to change their habits of conserving energy at home.

✓ Workshop on “Global Warming and What Can We do about it?” was held for students of Sathya Sai School. 110 students from Grade 4 to 8s, teachers, principal and staff attended and it was an informative, dynamic presentation and was interactive.

Saving Energy starts at Home - Educating the STC members:

✓ 16 seminars were conducted for STC members which included “water treatment in Ontario”, “The free energy efficiency upgrades”, “Causes and effects of GHG emission and Global Warming”, “Zero Waste is the local solution for Climate Change”.

✓ Hands on workshops were conducted on various topics such as “best bulbs to use in house hold”, “benefits and advantages of using tap water”, “Reducing junk mails can help save some trees”, calculations where Greenhouse Gas Emission can be reduced”.

Although Global Warming and Climate change is a complex subject, the STC members not only learnt and understand the concept, they spread the knowledge to their family members and to their friends.



CAA Program Lead, CAA Coordinators, Ambassadors & Staff



Workshop for CanTYD Youth



108 mats made out of milk bags by STC members were handed over to Celestica limited



Workshop at Burrows hall C.C for STC members

As a result, STC received several requests from other community organizations.

The primary function of the program is to educate the community, encourage each and every individual to practice energy saving measures and help reduce the Green House gas (GHG) emissions.

✓ Workshops and Hands on experiments were done for: Harmony Hall for Seniors, Bengali community seniors at Crescent Town Club, Organization of Canadian Tamils with Disabilities (OCTD), Seniors of Toronto North Support Services (Jane and Finch) and (North York) groups, Markham Tamil Seniors at Box Cove Community Centre, Richmond Hill Seniors

Energy Conservation Measures

Tree planting events: In total 175 Trees were planted in collaboration with the City of Toronto which serves as carbon sink and help reduce GHG emissions.

Collection of used batteries: 66 lb of used batteries were collected from the members



Milk bags project

and handed over to the Electronic Waste Section.

The sub-projects "Stopping Usage of Styrofoam", "Saving trees by reducing junk mails", "Saving energy by using LED bulbs and Reusing Shopping Bags" have been initiated to freeing up land fill space, reduce GHG emissions and global warming. Styrofoam is made using petroleum and styrene, the types of Styrofoam products and, its impact on human health, birds and fish species. As part of the CAA program, STC has banned the use of Styrofoam cups and plates at STC sponsored programs.

STC members made 108 mats out of milk bags and this was handed over to Celestica limited. The milk-bag mats offer people without beds, an invaluable, durable and washable alternative to sleeping on the often cold and damp ground. These milk-bag mats provide comfort as a bedding alternative, but have been used by health care professionals as a make-ready substitute for an operating bed/table where resources are scarce. These mats were donated to developing countries in Africa, Haiti etc. Each 5ft x 8 ft mat requires approximately 450 milk bags to weave. This project not only prevents hundreds of thousands of empty non-biodegradable milk bags entering Canadian landfills, but also helps people from developing countries to use these mats to sleep on. The "Save trees by stop receiving junk mails" was initiated in November 2015 and 242 households have started using the mailbox stickers

issued. It has reduced 3003 kg of papers and potentially saved 36 matured trees that help sequester 1,404 kg Co2e.

A brochure on "Saving energy starts at Home" in English and Tamil has been published by Senior Tamils' Centre of Ontario to be shared by the community.

The Ontario Trillium Foundation grant has provided great and countless opportunities for the Tamil community to learn about global warming and climate change through education. STC is proud to report that 159 households are participating in the program and the households have reduced, 1,957,586 kg CO2e entering the atmosphere in 2015.

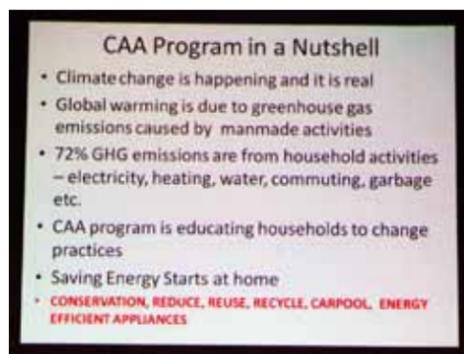
Senior Tamils' Centre of Ontario along with Ontario Trillium Foundation takes pride in educating the community with the support of dedicated Clean Air Coordinators, enthusiastic Ambassadors and the committed staff to SAVE THE WORLD by SAVING ENERGY IN YOUR HOME.



Hands on demonstration for STC members



Tree planting by CAA members



CAA Program in a nutshell

Carry cloth bags (or reusable bag) when shopping	Replace your appliances with "energy star" rated appliances	Consider renewable energy solutions— Wind/Solar and earn money
Walk, bike, ride public transit, or carpool	Do laundry on weekends and wash in cold water	Turn the dishwasher on after 7p.m. and select the Economy setting and air dry cycle.
Set the air-conditioning a few degrees warmer during the afternoon	Lower your electricity usage during peak hours	Practice 3R Program – Reduce Recycle and Re-Use
Use energy efficient vehicle	Reduce your homes	Replace incandescent lights with fluorescents or LED.



Children's workshop at Sathya Sai Mandir

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THE TRAGEDY THAT BEFELL A POVERTY- STRICKEN YOUNG BOY

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C. Kamalaharan



The boy stood in the blazing sun
Just for a loaf of bun
Served by a compassionate man
Under a tree from a van

The hapless boy being fatherless
Stood there breathless
To appease his sick mother's hunger
As she lay crippled in the bunker

Hitherto she did menial labour
And earned wages by the hour
But now she is left penniless
In a world of emptiness

While running from pillar to post
For a job at any cost
He sighted the man who served bun
And reached the queue in spirited run

While waiting for his turn so excitedly
The crawling queue kept him impatiently
Hoping to plead for an additional share
For his mother in his personal care

As one by one left the queue
He was sure of getting his due
And hoped the remaining stock will suffice all
Thereby preventing any unwarranted brawl

On arrival in front he pleaded for one more
Just as Oliver Twist pleaded for some more
"My mother is sick and hungry Sir
Please give one for her Sir"

Feeling sorry the man handed an additional bun
And tightly gripping both the boy began to run
Munching the one in his right hand
And grasping the other in his left hand

All of a sudden with a thunderous sound
An artillery shell struck the ground
Blood stained bodies lay scattered here and there
Creating confusion and chaos everywhere

The boy's mutilated body lay neglected
Throughout the day unattended
With the munched bun clasped in one hand
And the one for the mother in the other hand...



Special Feature

By: Raymond Rajabalan

The life, death and resurrection of Jesus Christ are key facts of history for a Christian. As the apostles testified, Christ's resurrection was the culmination of the events of His first coming—and enables the remaining steps in God's plan to save mankind.

Before He was arrested in the Garden of Gethsemane, Jesus promised: "Because I live you will live also" (John 14:19). He had been explaining to His disciples that He was about to die, which would demonstrate His incomprehensible love for humanity. As He went on to say in John 15:13, "Greater love has no one than this, than to lay down one's life for His friends."

The death of God's Son is the foundational step in God's plan to save human-

ity. His sacrifice allows every human being the opportunity to have his or her sins washed away and become the friend of both Jesus Christ and God the Father. And not only can we become the friends of God, but we are invited to live with Him forever as divine members of God's family! This is possible only through the resurrection of Christ.

raised Him back to life (Acts 2:24, Acts 2:31-32)

Because He was crucified on our behalf, the only proper response for us is to repent of our sins and be baptized (Acts 2:38). God then gives His Holy Spirit to repentant believers so they can "be saved from this perverse generation" (Acts 2:38-40)

The next chapter of Acts of Apostles records how Peter, accompanied by John, was used by God to heal a man who was lame from birth. Peter asked the crowd, "Why look so intently at us, as though by our own power or godliness we had made this man walk?" (Acts 3:12). He then explained that it was through faith in Jesus' name that the man had been made strong (Acts 3:16).

When Peter and John were arrested and brought before the Jewish authori-

ties, these apostles were asked: "By what power or by what name have you done this?" (Acts 4:7). Peter simply stated, "Let it be known to you all, and to all the people of Israel, that by the name of Jesus Christ of Nazareth, whom you crucified, whom God raised from the dead, by Him this man stands here before you whole" (Acts 4:10, emphasis added throughout).

Paul proclaimed the same message Paul's first recorded sermon is found in Acts 13. He traveled first to Cyprus, then on to what is now southwestern Turkey, and observed the Sabbath with both Jews and Gentiles, worshipping God with them in the synagogue. After giving a brief history of the Hebrews, he began speaking of the Savior for Israel, Jesus (Acts 13:23). He spoke of the Roman Governor Pontius Pilate authorizing Christ's execution (Acts 13:28).

Then Paul spoke the words which are repeated throughout the New Testament: "But God raised Him from the dead" (Acts 13:30). Like Peter, Paul too was driven to preach the crucified and resurrected Christ. This message contained a power heretofore not realized.

Jesus and His apostles proclaimed the gospel or good news of the Kingdom

He further declared that the "gospel of Christ . . . is the power of God to salvation for everyone who believes, for the Jew first and also for the Greek" (Romans 1:16).

Christ's gospel transcends nationalities. His life, death and resurrection are vital for everyone; it is God's power to salvation—that is, eternal life in God's coming Kingdom—for every believing human being. Without this salvation all people are headed to the second death—the lake of fire (Revelation 21:8).

Paul continues with the key theme of the importance of Jesus' resurrection in Romans 5:8-10

"But God demonstrates His own love toward us, in that while we were still sinners, Christ died for us. Much more then, having now been justified by His blood, we shall be saved from wrath through

Christ's Resurrection



Resurrection of Jesus



Paul stated that if Christ does not rise, then here is no hope of anyone ever being resurrected

Yet although the apostles heard Jesus speak these words, they could not understand what was about to happen or why. Their beloved Rabbi was about to suffer a horrible death to free others from death. He would be buried for three days and three nights and then be resurrected. Because of His resurrection, they too, along with every repentant, obedient and believing human being would also be resurrected at a future time. Everyone will ultimately be given the opportunity to choose the way of salvation to live forever in God's Kingdom!

Preaching the resurrected Christ, starting with Peter

Once converted through the Holy Spirit, the apostles proclaimed to the world that the resurrection of Jesus Christ was the capstone of His ministry. Yes, "with great power the apostles gave witness to the resurrection of the Lord Jesus" (Acts 4:33). They were so confident in what they'd seen with their own eyes (1 Corinthians 15:5) that they were willing to die for it. They knew it to be the truth. They suffered humiliation, beatings and, later, even death for the name of Christ.

Acts 2 records that Peter and the rest of the disciples were filled with the Holy Spirit 50 days after Jesus' resurrection, on the day of Pentecost. Starting in Acts 2:11, we read Peter's first recorded sermon, which was given that day. His message centered around the life, death and resurrection of Jesus Christ. Jesus was the miracle worker who "was crucified and put to death" (Acts 2:22-23)

But then Peter emphasized that before His body could suffer decay, God

of God—the message that God through His Messiah or Christ would set up a literal kingdom to rule over all nations. As the biblical prophets had earlier foretold, when Christ establishes His Kingdom He will rule from Jerusalem and the world will at last know peace; the nations will learn war no more (Isaiah 2:4).

Paul never changed his message. The final words we read about him are these: "Paul . . . received all who came to him, preaching the kingdom of God and teaching the things which concern the Lord Jesus Christ with all confidence" (Acts 28:30-31)

Paul started his epistle to the Christians in Rome by stating that he had been "separated to the gospel of God" (Romans 1:1). He said the gospel concerned "His Son Jesus Christ our Lord, who was born of the seed of David according to the flesh, and declared to be the Son of God with power according to the Spirit of holiness, by the resurrection from the dead" (Romans 1:3-4)

Paul thus explained that both the death and resurrection of Jesus Christ are vital to understanding God's gospel.

Him. For if when we were enemies we were reconciled to God through the death of His Son, much more, having been reconciled, we shall be saved by His life."

This is a key scripture. Paul wants us to know that while Jesus' death is crucial for our justification before God and reconciliation to Him, that death does not give us eternal life. We are ultimately saved, resurrected to eternal life, by the living Christ!

In Romans 8:34 Paul states: "Who is he who condemns? It is Christ who died, and furthermore is also risen, who is even at the right hand of God, who also makes intercession for us." The word translated "furthermore" is the Greek *mallon*, meaning "all the more," "how much more," "better," "rather than," "more than," etc. So while the spiritual impact of Christ's sacrificial death on humanity is immense, His resurrected life makes it more so because He lives to make "intercession for us"—pleading for us as priestly intermediary with God.

Paul also makes it clear that Christians live the Christian life only through Christ living in them through the Holy



Spirit. As he explains, "I am crucified with Christ: nevertheless I live: yet not I, but Christ liveth in me: and the life which I now live in the flesh I live by the faith of the Son of God, who loved me, and gave himself for me" (Galatians 2:20, King James Version). Here we see how vital it is that Christ not only died for us but was also resurrected so that He could live in us—empowering us to resist sin and continue in God's way.

Paul continues the focus in 1 Corinthians

Paul wrote his first preserved epistle to the church at Corinth to correct, in love, some heresies that were troubling the congregation. Earlier, he had spent 18 months raising up that church and teaching the members the fundamentals of the Christian faith (see Acts 18:11).

His instructions in this letter regarding the observance of biblical festivals date it to the spring of the year in the northern hemisphere. In 1 Corinthians 5:7-8, we are exhorted to keep the Passover and the Feast of Unleavened Bread with proper spiritual focus—both of these occurring in early spring. Paul gives further instruction in chapter 11 on the right attitude Christians must have as we partake of the New Testament Passover.

In this springtime epistle, Paul also wrote of the crucial importance of Christ's resurrection. There were false teachers in the congregation who were denying the reality of the resurrection (see 1 Corinthians 15:12).

He told them when first addressing them that Jesus rose again the third day according to the Scriptures (1 Corinthians 15:3-4) and that Jesus died for their sins and was seen by Cephas (Peter) and the other apostles as well as more than 500 others (1 Corinthians 15:5-7)

He mentioned this large number of personal eyewitnesses to demonstrate that there was no possibility of fraud. These were all bona fide witnesses who knew they saw Jesus after His resurrection. Paul then reaffirmed that he himself had also seen the risen Christ (1 Corinthians 15:8).

Next he addressed the heresy some were spreading—that there was no actual resurrection of the dead. He anchored his rebuttal through the fact of Christ's literal resurrection as a forerunner of the future resurrection of all believers. He said that if Christ was not risen, then his preaching and their faith were in vain (1 Corinthians 15:14).

Furthermore, Paul said that if Christ was not risen, then he and the other ministers were false witnesses and the Christian faith is futile, with all of us left still in our sins (1 Corinthians 15:14, 1 Corinthians 15:17). For it is Christ living in us that empowers us to live in obedience to God. And if Christ is not risen, Paul stated, then those who have died in Christ have perished—there is no hope of anyone ever being resurrected. And if it's only in this present life that we have hope, we are of all men the most to be pitied (1 Corinthians 15:18-19)

Paul goes on to emphatically state that Christ has risen from the dead and

has become the first fruits of those who have died (1 Corinthians 15:20), the beginning of God's spiritual harvest of mankind. He explains that while the first Adam, the father of wayward mankind, brought death, the last Adam—Jesus Christ as the beginning of a renewed human race—has brought life.

Paul then spends the rest of this lengthy chapter talking about the resurrection of the dead. Furthermore, he makes it clear that Christ's resurrection is the guarantee of our resurrection.

The Kingdom of God is for resurrected believers

The key to the Kingdom of God promised in the gospel message is the resurrection of Jesus Christ. If it weren't for Christ's resurrection, there would be no Kingdom of God to come. There would be no messianic King of that Kingdom—and no resurrected followers of His to serve as kings and priests along with Him.

Some think that the message of the Kingdom of God is merely about experiencing God in our lives today. But without a future literal resurrection and ruling Kingdom to come, what would be the point? We would be most pitiable, as Paul said.

While we can experience a foretaste of the Kingdom of God today through personally living by God's Word, Paul announces that the Kingdom is ultimately yet to come and that inheriting it requires a resurrection or change to immortality:

"Now this I say, brethren, that flesh and blood cannot inherit the kingdom of God; nor does corruption inherit incorruption. Behold, I tell you a mystery: We shall not all sleep [in death], but we shall all be changed—in a moment, in the twinkling of an eye, at the last trumpet. For the trumpet will sound, and the dead will be raised incorruptible, and we shall be changed. For this corruptible must put on incorruption, and this mortal must put on immortality. So when this corruptible has put on incorruption, and this mortal has put on immortality, then shall be brought to pass the saying that is written: 'Death is swallowed up in victory'" (1 Corinthians 15:50-54)

It is God who gives us this victory through the risen Christ (1 Corinthians 15:57). Our living forever has been made possible through the One who said that He is "the resurrection and the life" (John 11:25). His life, ministry, death and resurrection have made eternal life possible for humanity! We're reconciled to God by Jesus' death but saved by His life—by His living in us to lead us and interceding for us as High Priest.

Jesus will come back to rule as King under God the Father. In the coming Kingdom of God, the resurrected Messiah and His resurrected followers will lead the rest of mankind, those who are willing, to repentance and ultimately experiencing the same change to immortality. Let us never forget the awesome importance of Jesus' death and resurrection!

Greatest Man Who Ever Lived

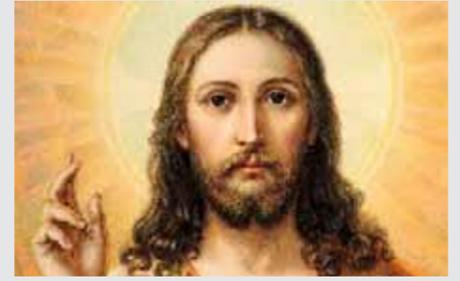
By: JJ Atputharajah

A. The Excellence of His Greatness:

Jesus of Nazareth who lived two thousand years ago in Israel is regarded as the greatest man who ever lived. Within a span of just thirty-three years he was able to achieve more than any king or emperor ever did. He is the central figure of world history as years are reckoned in relation to his birth. His message was taken to the nooks and corners of the world by emperors, kings, world leaders, pastors, missionaries and organizations. More books are written about him than anybody else in history. He has inspired all kinds of human activities and his thoughts have refined human civilization in a remarkably profound manner. There are innumerable songs of praise written for him in many languages of the world. The churches and buildings built to cherish his ideals beautify and ornament the landscape of many countries. Many religious and educational institutions are there to propagate and cherish his ideals. There were several martyrs and devotees who have sacrificed their lives in the proliferation of his wonderful ideas of salvation and redemption. His teachings and values have inspired the evolution of so many professions and services tuned to the provision of humanitarian services. Persons like Florence Nightingale, Albert Schweitzer and Mother Theresa were ignited by the passion of serving humanity by the words of the Jesus, the greatest man who ever lived. Jesus led by example. His spiritual fervor was strengthened by fasting forty days and forty nights in the wilderness. The Lent season which is to be commemorated in March and April is an yearly remembrance of his sufferings and death on the cross. Jesus Christ also had the moral fervor to challenge the status quo of his times which makes him one of the greatest revolutionaries that the world has seen.

B. The Dimensions of His Earthly Existence:

Jesus lived on this earth from 4 B.C to A.D 30. Jesus was a Galilean Jew who was baptized by John the Baptist and did his own ministry, preaching his message orally. He was arrested and tried by the Jewish authorities and crucified by Pontius Pilate the Roman ruler. Jesus did not agree with the Jewish religious observances, he taught how best to follow God, healed the sick and the suffering, taught in parables and won disciples and followers. After his death his followers believed that he rose from the dead and the community they formed ultimately became the Christian Church. His birth is celebrated annually on December 25th, known as Christmas, his crucifixion is remembered on Good Friday and his resurrection is observed as Easter. Christians believe that Jesus was conceived by the Holy Spirit, was born of a virgin named Mary, performed miracles, founded the church, died by crucifixion as a sacrifice for atonement sins, rose from the dead and ascended to heaven from where he will return. In



Islam Jesus is considered as one of God's prophets. Judaism rejects that Jesus is not the awaited messiah of the Jews.

The four Gospels—Matthew, Mark, Luke and John are the only substantial sources for the life and work of Jesus. St. Paul's epistles include references to the key episodes in his life. In 1st Corinthians Chapter 11 we read about the Last Supper. The Acts of the Apostles refer to the early Ministry of Jesus and its anticipation by John the Baptist. Both the Acts and Timothy tell of the Ascension of Jesus.

C. His Achievements:

Jesus' life and achievements has been the constant target of historians and authors who have tried to delve into their veracity. Book after book were devoted to revealing the truth behind his life and work. Ever since the serious study of the Gospels began in the nineteenth century, its moods have ranged from the frankly skeptical to the credulous. Jesus was both human and divine. The human traits of Jesus are evident in Mark's Gospel. He had intelligence, short temper with ironic and duelling wit. Jesus' morality has a brash, sidewise indifference to conventional ideas of goodness. His pet style blends epigrammatic with the enigmatic. Jesus got at the truth through his questions. He changed the minds of people easily and convincingly. They made Jesus the greatest communicator of all time. He sowed human and spiritual values in a prioritized manner giving relatively more importance to the needs of the soul when he asked - what shall it profiteth a man if he gains the whole world and lose his own soul?. Jesus' message was taken to the Asia Minor and Rome through his disciples. Emperor Constantine who embraced the Christian Faith took it to the nooks and corners of the Holy Roman Empire. The Portuguese, the Dutch, the Spanish and the British took the good news to all the regions that came under their domain. Now it has evolved into a progressive movement making headway in all the continents including counties like China and Russia. The Beautiful attitudes (humility, compassion, meekness, righteousness, kindness, purity, peacefulness, endurance) preached by Jesus have become the spring board for civilized living. Jesus's words are working through centuries. They enlighten the world through their everlasting forcefulness and veracity. Jesus lives today to be the light of the world and propel it in the path of righteousness. Jesus emphasized the importance of the word when he said, "Man cannot live by bread alone but by every word that cometh out of the mouth of God"- which constitutes the crux of the Christian faith- "Immanual"- God with us.



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GRADE 5**

TECHNOLOGY

Good afternoon, everyone! My name is Anjahanna Sakdivadivel, and today I'm going to talk about technology and how it has impacted our lives.

Technology has impacted our lives positively and negatively. Technology can be anything starting from a heater to a cellphone. I personally think that technology made our lives easier.

There are some negative impacts, though. For example, technology has affected every part of the family life. We are spending more time indoors than we are outdoors. The time spent on the computer, watching TV, etc. is about 8 hours a day. This time is usually spent alone and not with the rest of the family. With all the technology we have nowadays, soon we can do everything from the comfort of our homes. Almost everything revolves around technology now.

Technology is an essential part of everybody's life. Without technology, many things would not be able to materialize. Here are some of the positive impacts. In the twenty-first century, one of the most important forms of technology is the Internet. The Internet is a system which allows

people to communicate globally. This system can be useful in many ways. Few examples are email, instant messaging, and research.

According to a website, technology can be put in three basic categories: Information, Communicative, and Useful. Informative is when it helps us obtain and use information. Communicative includes oral and communication skills. Useful is really helpful to us. There is a fourth category, too. It's called Education and Learning, and this includes learning a new language or finishing an online university course.

Let's look into the future. How would it be? I think that there will be robots everywhere, and 90% of our materials would be part of technology. Maybe we would have self-driving planes. Homes and offices can collect data from sensors to indicate when repairs are needed or when something needs to be turned on or off. Technology has affected our lives in different ways, and I wonder what new things we will come up with.

Thank you!

Anjahanna Sakdivadivel,
Grade 5



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TELECOMMUNICATION TECHNOLOGIES TO DELIVER HEALTH SERVICES

MILLIONS OF DOLLARS CAN BE SAVED FOR PATIENTS WITH LONG-TERM AND CHRONIC ILLNESSES

By: *Uthayan Thurairajah*

Telemonitoring using telecommunication technologies to deliver health services is a new way of exchange information between care professionals and patients. It can reduce the hospitalization time and the frequency of hospital returns. It is a must to both lower costs and increases the quality of life of the patients. The Telemonitoring system allows quick and easy access to the patient record and facilitates accurate assessments and monitoring of patients in real time. Therefore, it can spot small problems and treat them appropriately. Telehealth Monitoring Systems provide a way to monitor patients and their needs within the comfort of their homes. It can collect heart rate, blood pressure, oxygen saturation, body weight, temperature and light exposure duration and time. It can measure blood sugar, lung functions and blood-clotting times.

Communications Hub:

Communication Hub is a device that captures and assists in the transmission of information from peripheral equipment.

A processor organizes the data, appropriately encrypts it to assure confidentiality, and transmits it to appropriate decision makers. Data can be sent via the internet, phone lines or

over wireless networks. Typically the hub will be a small box, to which peripheral equipment is connected.

Data Capture: Capture or acquire data for the purpose of transmitting such data, as in telehealth monitoring. Some telemonitoring devices achieve both actual data through the use of interactive self-reporting devices and also subjective information on how a patient "feels".

Digital Health Record: An electronic record of patient assessments that are collected over time, typically by a telemonitoring device. For example, daily assessments of weight and blood pressure can be captured electronically and graphically displayed to allow for the detection of subtle trends. If a patient takes his/her weight and blood pressure daily, most software will graphically display this data over time so that subtle trends can be observed. This type of trend data is much more useful in identifying emerging or developing conditions than "snapshot" data that is collected every six to eight weeks at a physician's office.

Long-Term Care Facility: Telehealth has been introduced as a means to cost-effectively monitor residents of a nursing home, a senior citizen complex or other LTC facility. Kiosks have been developed for this purpose and allow for the simple and convenient collection of vital sign data and the creation of a digital health record that can be shared other health care professionals. The use of swipe cards or patient personal identification numbers allows one device to gather data from scores of individuals. The quality of care and resident satisfaction is likely to increase peace of mind to family members.

Real Environment Data: Refers to patient data collected in the home

during telehealth monitoring. This data is typically more reflective of the true patient situation because it is collected in the 'real' environment and not the 'artificial' environment of a health care facility.

Telemonitoring Hardware:

Equipment that captures objective and subjective vital sign data. The subjective data is about how a patient feels. The data obtained from the patient are collected and sent to a communication center. Peripheral



devices used in home telemonitoring include an item with a digital readout. This equipment is self-administrated by the family caregiver or the patient. The most commonly used peripheral devices are Weight Scale, Pulse Oximeter, Blood Pressure Monitor, Glucometer, Thermometer, Digital Camera, self-reporting devices, and lighting exposure data.

Telemonitoring Software:

Computer programs designed to collect and interpret health data gathered remotely via a telehealth communications system. This software typically provides for the organizing of information to support decision making by clinical professionals. The software supporting home telehealth programs has become much more sophisticated allowing for greater numbers of patients to be better managed by a single clinician. Areas of significant improvement in software include trending, triage, communications protocols, and access and sharing. The more sophisticated software will look at readings from multiple pieces of equipment on a single patient and can give higher priority to patients at risk of an acute episode or are at greater risk. A new protocol can be developed monitor routine and alert information organizing communications with physicians, nurses, and caregivers. Many telemonitoring systems house information in web-based formats. Web-based records are fully compliant when appropriate protections and controls are in place.



Trending:

Process of collecting and analyzing patient data that is collected over time via telehealth technology. Trending analysis provides a more accurate picture of health status. This type of trend data is much more useful in identifying emerging or developing conditions than "snapshot" data that is collected every six to eight weeks at a physician's office.

Triage: A process of assessing patients who are ill and determining the need for intervention based on the severity of the health issue. Some software programs used in telemonitoring systems to compare the

actual data with a standard and alerting clinicians if an intervention is necessary.

Most home telemonitoring systems have an adequate range of default values for a patient who is enrolled in the monitoring program. The more sophisticated software will look at readings from multiple pieces of equipment on a single patient and can give higher priority to patients at risk. This helps clinicians better organize their work and arrange for appropriate interventions.

Benefits of Telemonitoring: One of the great advantages of using home telemonitoring technology is that it provides a more realistic measure of vital signs and real environment data. Patient information obtained by a home health agency can be more than one week old before clinical decision makers review it. Telehealth monitoring may improve the timeliness of clinical decision making and appropriate interventions. The effects of changes in a plan of care or medications can be readily observed when home telemonitoring technology is used. Almost all home telemonitoring systems create some form of a digital health record (DHR) that can be integrated with electronic medical records. The DHR can also be



used to expedite the billing functions and to simplify prior authorization and concurrent review processes. The continuous stream of patient data afforded by telehealth allows for the development of flexible plans of care that are driven by patient circumstances and needs. The use of telemonitoring has been demonstrated to dramatically reduce the need for hospital and other acute care services.

The information developed through home telemonitoring programs dramatically increases levels of patient and family involvement in care. The use of home telemonitoring is expected to significantly reduce the costs of caring for many types of patients. Telemedicine may also make a significant economic contribution to increasing the efficiency and productivity of clinicians. Medical economists view home telemonitoring as the most promising tool on the horizon to control and contain health care costs. An additional benefit to home telemonitoring is that it allows chronically ill persons to be maintained in the home rather than being transferred to skilled care or long-term care settings. Home telehealth has provided the tool to be able to increase their caseloads without reducing the quality of their work. Home monitoring systems utilize software that creates a DHR.

Roles of Clinical Professions: As home telemonitoring is relatively new, the respective roles of clinicians have not been clearly defined. A clinical professional has

an important part in identifying patients that are appropriate for monitoring. Another critical nursing role is the triaging of patients when they are found to exceed preset limits or parameters. The great benefit of this technology in the nurse's hand is that it supports more immediate and less complex interventions.

Home telemonitoring also is an effective strategy in assuring that the nurse's time is spent on those patients that have genuine needs. Home telemedicine allows the physician to have virtually real-time, objective information that is obtained in the patient's home environment. Doctors have used the technology to monitor the effects of emergency medical technicians (EMT) and nurse interventions in the home, adjust medication dosages, change recommended diet or activity levels and alter therapy protocols. Technology allows case managers to effectively collaborate with the patient's physician and nurse in developing optimal care plans. Support personnel can also be involved in educating patients on the use of technology, troubleshooting problems associated with the hardware and software, and recalibrating equipment.

Many analysts believe that home telemonitoring will ultimately become a multi-billion dollar business. The ability to cost effectively monitor residents of a nursing home, a senior citizen complex or other LTC facility, is a primary concern. There is an ever increasing private demand

for home telemonitoring. Effective monitoring programs can ultimately lower health care costs and associated insurance premiums.

The Future Development: The technology associated with home telemedicine will be much more integrated and advanced equipment. Telemedicine equipment will become more affordable, and this affordability will encourage further demand. Another future development is that home monitoring equipment will be much more portable and likely will utilize wireless technology. Home telemonitoring systems will be advanced and integrated with other equipment that monitors various



functionality and safety. Motion sensors, Emergency response devices, environmental safety controls, other equipment and daily activity, can be incorporated. It will provide a much more comprehensive view of the patient, their physical status and ability to function.



Uthayan Thurairajah, PhD, RSE, LC, P.Eng., is a Senior Engineer 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, several Towns, Municipalities, Regions and others. He carries out research on the subject of light and lighting and taken part in several projects. He also has extensive research experience in the value of lighting design in the mental, emotional, and social well-being of a person. He is a frequent presenter and author on lighting design & health. He is passionate about integrating science and health into the lighting design.



MANAGING YOUR MONEY

Reaching for long-term investment goals with short-term responses - WRONG -

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

Investors dread volatile markets and, too often, their response is to jump out of investments when the market goes down and attempt to jump back in when it goes up. But it's a historical fact that markets will always fluctuate and the price of any stock or equity mutual fund is bound to be somewhat volatile in the short term. The one proven approach for taking away much of your investment risk is simply this: time in the market. Study after study has proven that time in the market delivers much better returns than trying to time the market. Here are some recent findings in support of a long-term investment strategy.

- Many of the strongest market returns occur in the period immediately following a sharp decline in equity markets. Since 1950, following the worst 12-month periods of performance on the S&P/TSX, the market has made solid gains just 12 months later with only one exception. And within five years, the markets were up significantly – meeting and exceeding long-term return expectations.

- History has shown that economic recoveries following recessions are typically both strong and durable. In fact, periods of expansion that came



on the heels of downturns averaged 57 months to close to five years.

After 1960, the average period of expansion following a recession was even longer at 71 months or close to six years.

- Although negative returns in the short term are relatively frequent, the possibility of receiving a positive return greatly increases as the investment term lengthens. For example, between 1960 and 2015 staying invested in the market (S&P/TSX) for a year resulted in a positive return in 74.7% of the one year periods while staying invested for 15 years resulted in a positive return of 100% of the time..

- In any one-year period, the returns of the S&P/TSX Composite Index have been as high as 86.9% and as low as -39.2%, a range of over 126%. However, when investors diversify their holdings and invest for the long term,

this volatility decreases significantly. For example, a “moderate” portfolio invested for five years would have experienced a range of returns from -5% to +28% and if invested for 20 years, from +8% to +15% (S&P/TSX 1970-2015 – range of returns before taxes).

So, as these findings once more prove: Staying invested ensures you are always capitalizing on the upside of the market and reducing the impact of short-term market volatility. Most importantly, the possibility of receiving positive returns greatly increases as your investment term lengthens. Of course, having a properly diversified portfolio with the right mix of investments that matches your tolerance for risk is also key to achieving your long-term investment goals. Your professional advisor can help you do that within the right overall financial plan for you. Investors are increasingly looking for options to minimize risk within their equity portfolios without necessarily sacrificing returns. One option for investors is to consider investing in lower volatility equities. Low volatility equity funds are ideal for investors who want exposure to equity markets due to the higher growth potential that stocks offer, but want to avoid the excessive market risk that is associated with more traditional equity funds.

When investing in low volatility funds, it is recommended that they be held within a well diversified portfolio. This would include allocations to equity investments from around the world as well as an appropriate allocation to fixed income that will provide further risk reduction over the long term. It is important to note that the expected risk associated with these low volatility funds is relative to their corresponding equity benchmark and that these funds will not totally eliminate market volatility, but attempt to remove a portion of it. As a result, this investment strategy may not be appropriate for investors who are not comfortable with any level of investment risk due to their need for capital preservation. Circumstances such as those would likely warrant an investment in a money market fund or perhaps a GIC, with the lower return expectation that they bring.

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 and/or to arrange a free educational seminar please contact me.

Record low CRS score in the most recent Express Entry Draw

A total of 3611 candidates from the express entry selection pool received invitations to submit full applications for immigration under the economic categories on February 22nd. They were selected from the express entry pool and needed a CRS (Comprehensive Ranking Score) of only 441 which is a record low since the time that the express entry system was introduced in January 2015. In addition to lowering the CRS score, the total number of candidates drawn out of the pool was significantly high in the last draw.

The express entry system made it quite difficult for a qualified candidate to receive an invitation to proceed with a full application. The qualified candidate had a much better chance in succeeding under the previous regulations provided his or her occupation was in demand and the application was accepted before the annual caps were full. Under the new system, unless the candidate couple is less than 36 years of

age, their level of education is at post-graduate degree standard, they have 6 years of work experience in a high skilled occupation, highly proficient in Canada's official languages, English and French, has had an education in Canada and or prior work experience in Canada, had arranged employment or a provincial nomination, it was nearly impossible to succeed at the express entry stage and receive an invitation to proceed.

Despite the fact that it was consistently hard to receive an invitation, the last couple of draws done by the department reveals a shift in trend. The required CRS score has been lowered with a record low at the last draw and more candidates have been selected to receive invitations. If this trend continues, it will certainly be welcoming news to the new candidates who may be interested in immigrating to Canada under the Economic Classes such as the Federal Skilled Worker Class, Can-

ada Experience Class and the Federal Skills Trades Class.

In addition, the Province of British Columbia invited 190 candidates who were in the express entry pool who have selected their province as the province of destination to apply for provincial nomination certificates. If successful, these candidates will receive an addition of 600 points making them highly eligible to be drawn out of the pool with an invitation to apply for permanent residency.

Similarly, the Province of Ontario recently re-opened their Human Capital Process system that is aligned with the Federal Express Entry system. This is a passive system through which the province selects candidates out of the express entry pool for consideration for provincial nominations.

As such it appears that the year 2017 is promising for candidates who seek to immigrate to ,ork experience here.



Shani Hanwella

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

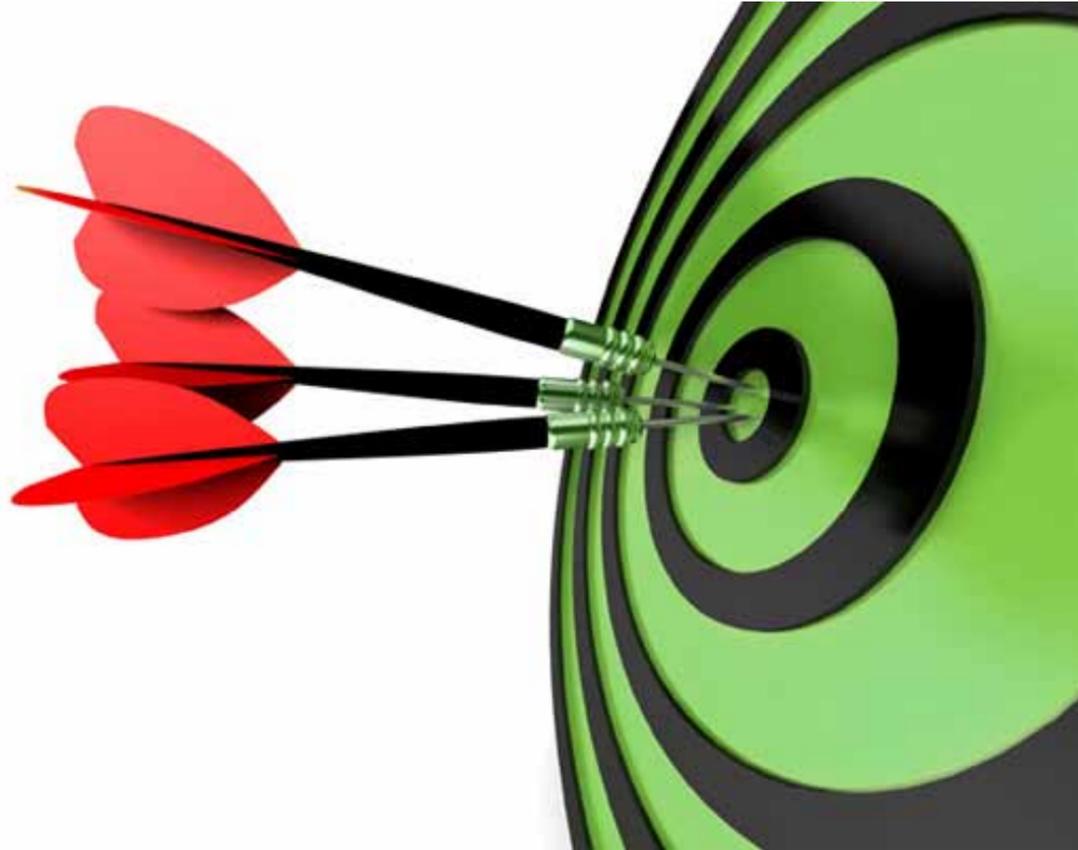


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Valluvar's Views

Efficiency in Action



Pic - a2hr.com

By: JJ Aputharajah

Efficiency in action springs from resoluteness of mind; all the rest follows. Valluvar highlighted the need to have a focused mind, if one is to achieve success in life. Lord Chesterfield asserted that 'firmness of purpose is one of the most necessary sinews of character and one of the best instruments of success'. The twin advice of wise men is that one should avoid ill-considered action, not oriented to success and secondly, after having embarked on an enterprise one must boldly face problems that arise subsequently.

Men of action disclose their purpose only on completion

of action; premature disclosure causes immense problems. '*Solluthal yaryarkkum eliya, ariyavaam solliya vannam seyal*'. It is easier to make a plan and speak about it, but a rarer achievement is to accomplish/implement the plan as envisaged and then speak about it. In other words doing is more important than saying. Example is more valuable than precept. When a minister earns a name for the performance of good deeds, the king's regard and appreciation will increase enormously.

"Enniya enniyangu eytupa enniyar thiiniyar ahaperin". A person with resolute mind and efficient ac-

tion is bound to achieve his objectives; he will be able to accomplish his thought as he has designed. This is a well phrased couplet which drives home the idea that a man's thoughts are the ultimate measure of his action. It is not wise to under rate men of small size for they may perform great functions, similar to the axle-pin of a mighty temple car. Like David of the Bible, men of great strength of mind and action, perform better than those with imposing and impressive appearance.

A plan of action must be undertaken with a clear and unconfused mind; the action should be pursued vigorous-

ly without dilatoriness in action. The idea is encased in the couplet '*kalankathu kanda vinaikkan tulangkaathu thookkam kadinthu seyal*'. In execution of a plan, there should be no room for hesitation or procrastination. Ways and means should be found to overcome them and go forward. Programs or projects that would increase the sum total of human happiness should be pursued with a resolve even against hazards. Whatever success one may have achieved in other directions unless he has efficiency of action, the world will have no regard for him. Action is the ultimate symbol of success.



"A person with determined mindset and efficient action achieves his objectives- in the manner he has envisaged."

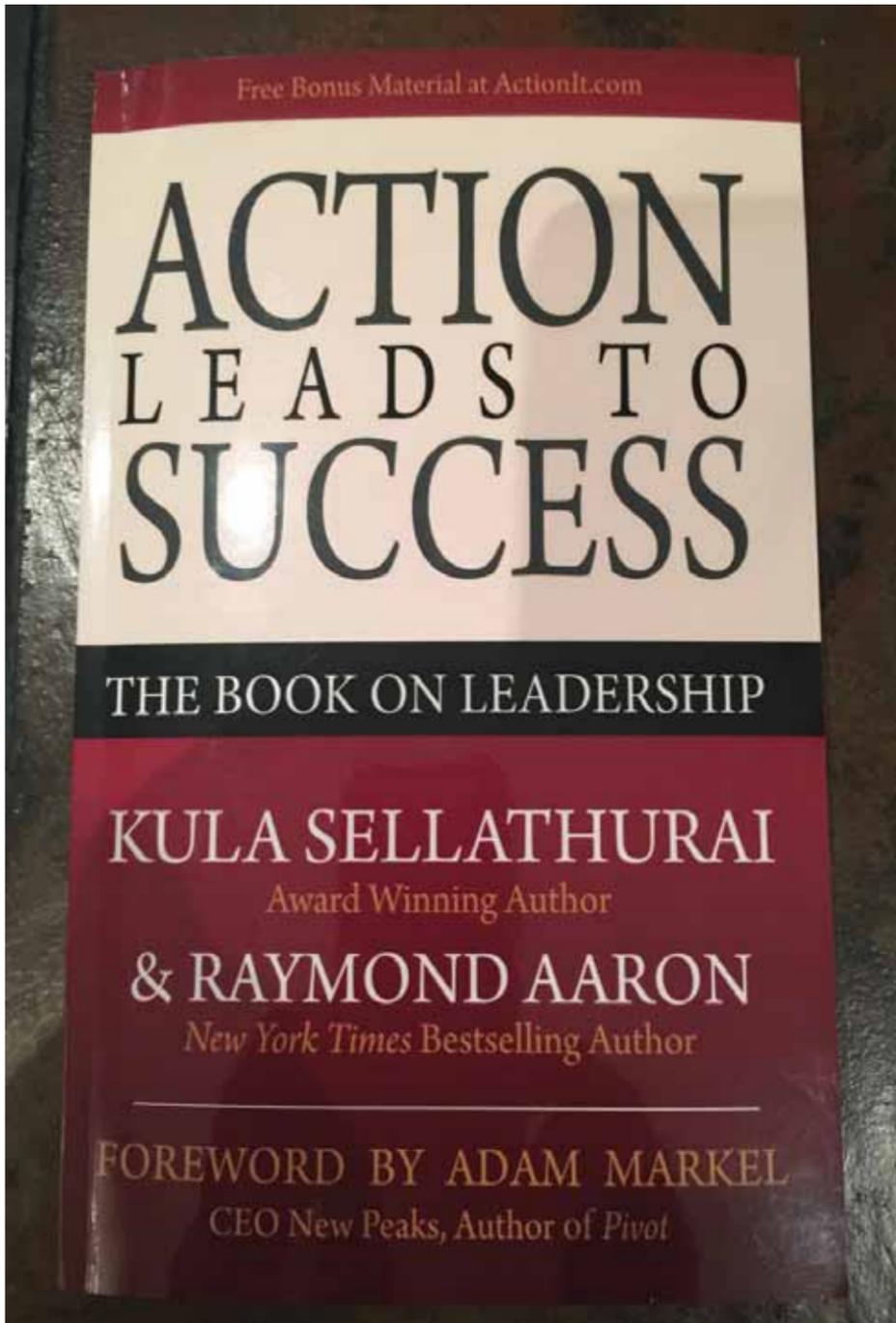
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Book Launch

“Action Leads To Success”
- The Book on Leadership

Co-Authors: Kula Sellathurai & Raymond Aaron



By Siva Sivapragasam

The book titled “Action Leads To Success” is a book on leadership and co-authored by Kula Sellathurai & Raymond Aaron. The book will be launched soon and will be available for sale through amazon.com.

The contents of the book “Action Leads To Success” is filled with practical solutions to take control of one’s life and serves as a guide towards leadership in what you do. It contains valuable information for success in business and leadership from two persons of extensive business experience coupled with vision and wisdom.

About the Authors

Kula Sellathurai

Kula Sellathurai is an active business entrepreneur for more than two decades and also acts as a business coach. He is the past President of the Canadian Tamils’ Chamber of Commerce and the Past President of the Sri Lanka Business Council. He was the

recipient of Her Majesty Queen Elizabeth 11’s Diamond Jubilee Medal. The Book is the culmination of Kula’s extensive and varied experience.

Raymond Aaron

Raymond Aaron is a New York Times best selling author and an internationally acclaimed success coach and has shared his vision and wisdom on radio and television programs. He is one of the most sought after speakers in North America and is the author of eight best selling books.

Co-Author Kula Sellathurai has also been invited to meet the President and Prime Minister of Sri Lanka as he leads a Canadian trade delegation to Sri Lanka with Federal MP’s and Business Leaders from Canada.

If you want to learn the success secrets from a businessman who successfully runs many companies through various industries and can lead an international trade mission then you must read this book.

Nethra:
A path breaking initiative film

A novel initiative in the feature film series titled “Nethra”

The uniqueness of “Nethra” is that it is the first official collaboration between a Canadian Tamil producer and Tamil Nadu and the film is produced in Toronto. “Nethra” is produced by Pararajasingham of Swetacinearts.

The entire story is set in Canada and will be a new experience for Tamil Nadu audience and more importantly it is creating an awareness about making Tamil films in Canada. The film is directed by A. Venkatesan who has directed twenty two Tamil movies so far. The talent for the film is drawn from all communities. Mounting a production with crew from all over the world is not easy and few have attempted until now and it becomes a path breaking venture. The producer has earlier made movies directed by Ravi Atchuthan.

This trend started by Swetacinearts is set to continue as Gani aliyar of

Gani pictures is slated to shoot his film Theeyaval. Theeyaval in the coming months will feature the same model. The film will have a mix of crew from Kollywood and Canadian Tamil crews/artistes. Gani explained that most of the story is set in Canada and some parts of the story in Tamil Nadu. He reckons that the story is very topical and partnered with AJR cine arts in Tamil Nadu. James Yasantha is scoring the music for the film. Once the film is done Gani is planning to release the film in India and Canada. Nethra is expected to be released at the end of the year. The main stars of “Nethra” are Thaman and Subishka. This collaboration trend started by Swetacinearts is set to continue as Gani Aliyar of Gani pictures is slated to shoot his film “Theeyaval”. The film will have a mix of crew from Kollywood and Canadian Tamil crews/artistes.



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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!

CHEESE AND BROCCOLI MUFFINS

Raise your hands if you have children (or grown-ups) at home who refuse to eat vegetables. Here in Toronto, Rajini is blessed with both and this recipe is the perfect solution. It makes a very good after school or mid-afternoon snack and it is filled with the goodness of broccoli.

Ingredients:

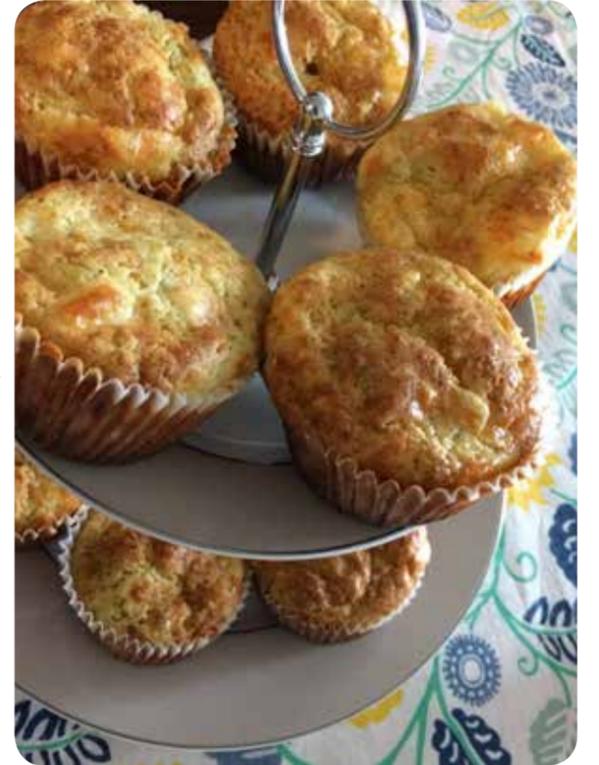
- 1 ½ cups of all purpose flour (maida maavu)
- 1 tbsp baking powder ■ ½ tsp salt (uppu)
- 1 ½ tbsp sugar (seeni) ■ ½ cup grated broccoli
- 3 cups of grated cheddar cheese
- 1 cup of milk (paal) ■ 1 beaten egg (muttai)
- 125g of melted unsalted butter (vennai)

Method:

Preheat the oven to 375°F. In a bowl, mix the flour, baking powder, salt, sugar, broccoli and cheese. In another bowl, mix the milk, egg and butter. Combine the flour mixture and milk mixture together without over mixing. Grease a muffin tray and fill ¾ of each cup.

Bake for 20-25 minutes, let it cool on a wire rack and it's ready to be enjoyed. This can be stored for 5-7 days in an air tight container kept away from direct sunlight.

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



Sisters Niranjini Thirunesan and Rajini Nathan are both food enthusiasts from England. Niranjini, who lives in London, is a trained chef and founder of catering firm Inji Roots. Niranjini has a degree in Human biology and makes it her business to know everything about what she eats, from nutritional value to the source producers. Check out her recipes at www.ninjaeatsfood.wordpress.com and Inji roots can be found on Facebook and Instagram @Inji_roots. Rajini, lives in Toronto and has a background in psychology. Her speciality is in Tamil food from around the world, catch up on her meal ideas on Instagram @tamil_food.



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CTCC RE-LAUNCHES BUSINESS LAB FOR THE BENEFIT OF THE SRI LANKAN TAMIL BUSINESS COMMUNITY

By Siva Sivapragasam

The Canadian Tamils' Chamber of Commerce recently re-launched the Business Lab for the benefit of the Sri Lankan Tamil Business community with a panel discussion by business experts.

The guest speaker of the day was Kevin Ballantyne who is the CFO & President of Profitable Wisdom. Kevin has over three decades of experience in financial management. He helps companies specializing in retail, manufacturing, engineering and distribution. He provided valuable knowledge on specific areas of business operation useful to the CTCC members present at the meeting.

The members of the panel included Nick William Ranieri, Peter Rakoczy

and Mike Shryer. Nick is a Tax Lawyer whose specialty is Administrative Law with over three decades of experience. His areas of specialty revolves around resolving and negotiating tax disputes with Canada Revenue Agency and the Federal Court of Appeal. Peter Rakoczy is the CFO of Trillium Business Solutions which is a Business Coaching Company that provides guidance, support and opportunity for business owners, corporate executives and individuals. He has three decades of experience in helping entrepreneurs achieve success. Mike Shryer is an Author, Speaker, Entrepreneur and Coach. He is the founder & CEO of Inspire Inc. He specializes in online and social media marketing. He has authored over five award winning books.

All three of them spoke on their ar-

eas of expertise and answered several questions put to them by the audience. Mr. Kula Sellathurai, Past President of CTCC and Business Entrepreneur introduced the panelists to the members and moderated the panel discussion in a very professional manner relating short stories to motivate and inspire the audience present at the event.

The main Sponsor for the event was Sritharan Thurairajah, Managing Director of Life 100 Insurance & Investment Inc, a leading Insurance Company that provides life insurance, critical & mortgage insurance and medical insurance etc. among other services. He spoke on the importance and urgency of taking insurance as a protection against unexpected events and risks.

President CTCC Ajith Sabaratnam welcomed the guests and expressed

satisfaction that the CTCC has re-launched the Business Lab which will be of benefit and an inspiration to the members and that members would benefit by the knowledge and experience given by panelists and speakers.

Mr. Rajeev Koneswaran of RE/MAX Community Realty Inc. undertook to sponsor the next Business Lab which is likely to be in May.

Mr. Raj Selvadurai, one of the pioneers of the Business Lab initiated several years ago, gave the vote of thanks at the end of the meeting. Many members present at the meeting expressed a feeling of satisfaction that the proceedings were both knowledgeable and interesting.

Picture Courtesy: Ken Photo



CTCC President
Ajith Sabaratnam,
Advisor Sun Life



CTCC Vice President -
Internal Affairs
Shalini Sathya, Lawyer



CTCC Past President,
Moderator for event &
Business Entrepreneur
Kula Sellathurai



CTCC Past President &
Sponsor for this event,
Life 100 President & CEO
Sritharan Thurairajah



Kevin Ballantyne,
CFO & President of
Profitable Wisdom



Nick William Ranieri,
Tax Lawyer



Peter Rakoczy,
CFO of Trillium
Business Solutions



Mike Shryer, Author, Speaker,
Entrepreneur and Coach &
Founder & CEO of Inspire Inc.



Raj Selvadurai, Past
CTCC Board Member



Guest Speaker Kevin Ballantyne & The Panelists, Nick William Ranieri,
Peter Rakoczy & Mike Schryer



Past President & Broker, RE/MAX Community
Realty Ken Kirupa presenting a gift to Nick
William Ranieri, Tax Lawyer



Akalya Balasubramaniam,
Mortgage Advisor at CIBC
with the raffle gift



Shean Sinnarajah, Ontario PC Candidate for Provincial
PC Nomination Scarborough Rough Park receiving the raffle gift
from Peter Rakoczy, CFO of Trillium Business Solutions



Siva Sivapragasam, Executive Editor- Monsoon
Journal with few other prominent businessmen from the
business community



Past President & Branch Manager, RBC
Mohan Sundaramohan presenting a gift to
Mike Shryer, Panelist



CTCC Board & Business Lab Team



Lawyer Yaso
Sinnadurai, long
standing CTCC
Member & former
Board Member
presenting a gift to
Sponsor of this event
Sritharan Thurairajah,
CEO of Life 100



Past President
Mike Ahilan,
Manager-CIBC
Mortgages
presenting a
gift to Peter
Rakoczy, CFO of
Trillium Business
Solutions



Past President & Broker
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Kevin Ballantyne,
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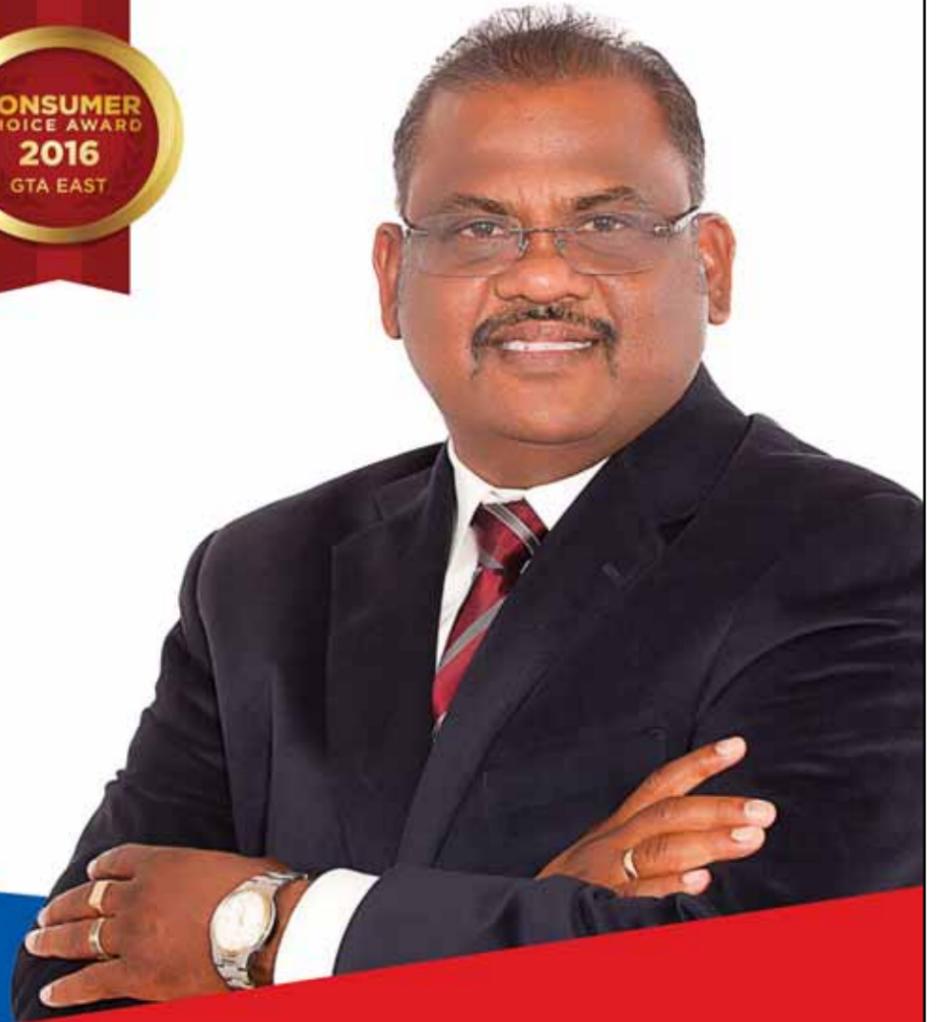
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♥ Arran visiting on Valentine's Day 2017 to purchase his first family home ♥



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<http://www.remaxcommunity.ca>

HUMANS OF NORTHERN SRI LANKA



THULASI MUTTULINGAM

The face Book Community page "Humans of Northern Sri Lanka" is a pictorial page by Thulasi Muttulingam.

Thulasi Muttulingam is a journalist based in the North of Sri Lanka. Having grown up away from her hometown of Jaffna, it is currently her mission to research and document as much of her culture and heritage as she can.

If you are similarly interested, check out more of her work at the facebook page ~ Humans of Northern Sri Lanka:

To follow the updates, "Like" the page at: www.facebook.com/pages/Humans-of-Northern-Sri-Lanka



Thulasi Muttulingam with her father Sanmugam Muttulingam and family pet Rangan



Celebrate his memory



Sanmugam Muttulingam with Rangan;

he rescued Rangan as a puppy, while abandoned and left to die

It is with a heavy heart, Monsoon Journal pays tribute to Sanmugam Muttulingam, beloved father of Thulasi Muttulingam. We extend our deepest condolences to Thulasi Muttulingam and her family, his students and friends. In honouring and celebrating his life, we share here social media posts written by Thulasi Muttulingam on her father's passing away, on February 14, 2017.

In paying our homage to Sanmugam Muttulingam, writings reveal a moving testament for the humanity to reflect upon:

Dear Friends,

My beloved father Sanmugam Muttulingam passed away after a brief stroke in the early hours of this morning. His funeral is scheduled for

11.00 am tomorrow at our family home, adjacent to Thirunelvely market. A special thank you to all his friends and well-wishers, many of whom are on facebook. He often spoke of you, and of his interactions with you. We can't thank you all individually but we take this opportunity to thank you now, with this post.

THANK YOU for all the hours of interaction and entertainment you afforded him. He valued them highly. He also asked for his life to be celebrated not mourned. It was his repeated request not to spend money on his funeral, to distribute it to charity instead.

He also did not want to trouble friends, relatives and well wishers with the need to attend his funeral. We his family could not reconcile to not having a final send-off for him but as per his wishes we are keeping it as simple and low key as possible. Please understand that he did not require any of you to travel or put yourself out in any other way for his send off. Just celebrate his memory from wherever you are. In that spirit, we his family share this post with you.



His final wishes

My father gave us two options:



Dust to dust. Ashes to ashes - Dissolving his remains in the Keerimalai sea

1. Hand over his body to the medical faculty
2. Burn his body at Kokuvil cemetery (not our traditional Thirunelvely cemetery) as fast as possible without any religious rites.

In his very last days, due to continued appeals of family members including his son who visited to see him from USA, he relaxed the no rituals rule too but said it had to be done as cheaply as possible as spending the money on his funeral instead of on living, needy beings (including both humans and animals) offended his sensibilities.

Knowing always that his family would go with the second option, he had years ago saved up Rs.150,000 for his own funeral. We tried hard to stay within this budget as per his specific wishes. I am still tallying the costs but I do believe we finished his funeral well within the stipulated costs.

I went and asked the coffin makers for the cheapest coffin they had. We did not employ priests/ firecrackers

/ band. Some well-wishers did put up posters and banners but that had nothing to do with us and we did not pay for it.

We held his funeral the day after he died. His great-grandfather had donated land to the Thirunelvely cemetery. Over

time landless people settled around that cemetery and requested that bodies not be burnt there anymore. My father could not convince other relatives to move the cemetery but in his own case, he asked that his body be burnt at the neighbouring Kokuvil cemetery after first checking that cemetery was not an inconvenience to people in the area. However I saw when I went there with his body, that the girls' hostel of the medical faculty was situated right next to it. He had not known that. In his own lifetime he had argued with relatives about not wanting his funeral in the traditional family cemetery, just because he did not want his death to cause any trouble to anyone.

He gave some concessions to us as his family, and we in turn did try very hard to stay within the confines of the second option he gave us, in keeping with his wishes.



Ability to see the silver lining in any cloud



"Towering presence of strength in our foreground"

He was in his mid fifties when we got the first indication: A young woman on a bus got up to offer her seat to him. He was shocked. Had he been seated, he would have offered her his seat instead. He was habitually inculcated to instantly offer his seat to the opposite sex, young or old. Now the tables had turned.

It was the first indication we got, that he was entering an elderly stage of life. I guffawed with laughter at his shocked expression. He wasn't prepared for it.

Ten years later, he had only 11 teeth remaining and the dentist convinced him to pull those out and have dentures put in. He had his teeth pulled but never used the dentures. My sister was extremely upset to see his toothless grin, but it had a charm of its own that grew on us. Another indication of ageing we had had to adjust to. It wasn't too hard though because he remained young at heart and his personality overcame his physical frailties, to convince us he still had many good years ahead of him.

He remained throughout active and curious and interested in life - with a deep throated laugh, and twinkling eyes that despite all he had seen and been through, never lost the ability to see the silver lining in any cloud.

The third and most frightening indication came in December 2015. He had his first heart attack.

Flag at half mast in honour of Sanmugam Muttulingam at St. Johns College, Jaffna



Til then he didn't have any health complications apart from high blood pressure for which he had been on medication for years - medication which we had been warned would weaken his heart eventually. It caught up with this promise in 2015. He first contracted high BP and fainted with it in July 1983. It was the '83 riots, he himself was safe and sound in the Maldives while we his family were in Thirunelvely, Jaffna where it all began. For two weeks he had had no idea what had happened to us and couldn't handle the agony so he ended up in hospital. He had wanted to fly out to Sri Lanka immediately but his well-meaning Sinhalese supervisor had hidden his passport and refused to hand it over. He hadn't wanted my father to get killed in Colombo as soon as he landed.

Now I am left wondering, if he hadn't cared about us so much, and not contracted BP on our account, would he have lived? He was so healthy otherwise :(

He always said that he wanted to go while he was fully active and functional with his mental faculties intact. He suddenly collapsed and died within a day, while being exactly that. No-one who had seen and interacted with him the day before would believe he had passed away. He had been that active, cheerful, hale and hearty despite a series of heart attacks.

It's now a week since he left and the house still looms empty of his presence. We still pause to see if we can hear his deep voice or acerbic wit resounding from somewhere. For so long, he had been this towering presence of strength in our foreground (which is precisely why I chose this picture taken by my photojournalist friend Amila Gamage to go with this post. It is symbolic of how I feel at the moment). Yet now he is gone and we are having a hard time relegating his memories to the background. Yet learn to live without him, we'll have to. I wonder how long it will take?

TM3 pic - Photo caption: "Towering presence of strength in our foreground"



Gandhi Master

P. Kandiah of Sri Lanka

Social Reformer



P.Kandiah of Sri Lanka
– Social Reformer

Gandhi master passed away at the age of 98 in Trincomalee on February 3rd, 2017. I came to know Gandhi master in 1947 when he first arrived to teach at my school, Ramakrishna Mission School (R.K.M.) in Kokuvil, Jaffna. I was in standard four. I vividly remember the very day a man wearing a white khadi veshti and wraparound shawl and no shirt. He was 28 years old, the same age as Mahatma Gandhi when he founded the Phoenix Farm Ashram in South Africa. He avoided salt and spices.

From the beginning, Gandhi master was a very good teacher. But, what made him unique, was the attention and selfless devotion that he gave to his students. With his meagre salary, he would regularly buy books and lend them to his students for reading. Whenever we received a new exercise book we would take it to him and he would enclose it in a protective cover and write our name on its front cover. For Deepavali festival, instead of visiting the temple, we would visit his hut and he would distribute sweets. It was the little things like that which made him so dear in our hearts.

In 1950, Gandhi master along with Handy Perinpanayagam (Principal of Kokuvil Hindu College), founded the Gandhiya Seva Sangam, with Handy as its president and Gandhi master as its secretary. In truth though, it was Gandhi master who really "ran" the Sangam. The purpose of the Sangam was to serve the community along Mahatma Gandhi's teachings. Through Gandhi master we were thoroughly influenced by the Indian freedom struggle and its leaders. I was fortunate to have witnessed Mahatma Gandhi's pyre ashes brought to Jaffna and then driven through K.K.S. Road to

Keerimalai for immersion in the sea. Gandhi master brought reformation to our village and inspired the youth into community work. He stopped the practice of animal sacrifice at Konavalai Vairavar Temple and stopped bringing Devadasis for dance at Manonmani Amman Temple (Nanthavil).

Gandhiya Seva Sangam took up the challenge against the Indian Nationals Disfranchisement Act, and organized the first ever Satyagraha in front of the old senate house in Colombo. It was Gandhi master's enlightenment which inspired Kokuvil youth towards Tamil Liberation.

The Tamil festival was held in Parameshwara College, Jaffna in 1952 and Gandhi master organized volunteers to help in the event. I volunteered to serve in the soft drink booth (thanneer pandal). Among those who attended the event were father Thaninayagam, R.B. Sethupillai, K.V. Jeganathan of Kalaimagal, Meenakshi Sundarampillai and many others. Kumari M.L. Vasanthakumari was the star singer for the final day.

Gandhi master retired from teaching in 1961 when he was just 43 years old, and then he doubled up on community work. He lived to work for the people. Whenever people wanted financial help, he would give away whatever he had and then borrowed to give. Many never returned these loans to Gandhi master, and he became destitute. It was community well-wishers including myself, who helped to redeem him.

After moving to Canada, I visited Gandhi master several times. The last time I saw him was in 2015, when I visited him with my wife and daughters in Trincomalee. It was a few months before his 97th birthday. He did

not know I was coming. There he was, his back completely hunched over, sitting on a simple wooden chair, as usual just wearing a simple veshti with no shirt and barefoot. I sat with him, holding his hands and talking, my eyes brimming with tears. We talked about old times at R.K.M. He again repeated the story that I was the only person who read all the books in his library collection. I gave him some money. He became excited, but not because he received money for himself. He said that same day's morning, the woman who sweeps the road came to him and asked for a loan of Rs.500 which she needed urgently. He did not have a penny in his hands, but without any hesitation told her to come back in the evening and he would somehow find the money. That was vintage Gandhi master. Lo and Behold! I came and his first instinct was to fulfill his word to the lady. This is Gandhi master's life story.

Mahatma Gandhi was described as "Divine among Humans" (*Mantharkul Oru Theivam* in Tamil). This description is appropriate for Gandhi master as well. He died one month past his 98th birthday as Thiru Valluvar said "The one who lived his life as it should be would be enshrined in heaven among the divine." If Gandhi master was given the last words, he would say "Anandam Anandam."

Written By **Arasaratnam**
(A. Arasaratnam, Chartered
Accountant, former President,
Richmond Hill Hindu Temple,
Canada)



Dr. Suthan S. Suthersan

Dr. Suthan S. Suthersan: “Early exit of a brilliant mind. Assertive yet humble to the core. Thoroughbred Centralite”

Dr Suthan S. Suthersan of Pennsylvania, USA passed away suddenly on February 20, 2017. He is the beloved husband of Sumathy, father of Shauna Anjali and Nealon, son of Mrs. Gunamani Sabaratnam and the late Mr. Sabaratnam, brother of Dr. Surenthiran and Mr. Suthaharan, and son-in-law of Mrs. Sushila Kantha and the late Mr. Sri Kantha.

Dr. Suthersan was the Chief Technical Officer at Arcadis a leading design, engineering and consulting firm, where he was an inspirational leader and trusted friend to many through his 30-year career. He is considered a pioneer in the field of Remediation Engineering, a subspecialty of Environmental Engineering. He is considered a renowned leader in this engineering specialty and has authored several books and published scientific papers in leading engineering journals.

His professional success is only topped by his love for family and a deep rooted commitment to the betterment of Tamils everywhere, especially those still in Sri Lanka. He was always ready and willing to offer a helping hand where needed and generous in supporting various initiatives. His commitment, dedication and service in the New Jersey Tamil community will

always be fondly remembered.

He was proud of his educational foundation that began at Jaffna Central College from where he went to University of Peradeniya to pursue his undergraduate degree in Engineering. He pursued his graduate education at Asian Institute of Technology earning a Master's degree and University of Toronto, earning his Ph. D. With all his academic accomplishments, he always had pride and fondness of the fact he is an “old boy” of Jaffna Central College. Fittingly, hearing of his passing, one of his colleagues stated, “Early exit of a brilliant mind. Assertive yet humble to the core. Thoroughbred Centralite.”

Dr. Suthersan was deeply devoted to his beloved wife and children and will be incredibly missed by his family and many friends.

In a condolence message, US based organization - United States Tamil Political Action Committee said, “USTPAC is saddened by the sudden demise of Dr. Suthan Sutherson. He has been a good and humble friend of many of our members and an ardent supporter of Tamil cause. We extend our heartfelt condolences to his wife Sumathy and all family and friends. May his soul rest in God's peace and eternal bliss.”



DTA Celebrates Tamil Heritage Month along with Partners

The Durham Tamil Association (DTA) collaborated with Durham District School Board (DDSB) and the Institution of Academic and Fine Arts of Durham to celebrate Tamil Heritage Month. It was an educational and celebratory evening shared with the richness of the Tamil culture in Nottingham Public School in January.

Durham Tamil Association partnered with Pickering Library, YMCA Scarborough Employment and YMCA Durham Employment and Community to provide a career workshop for youth around the Durham Region in January. Delany Kandiah and Melissa Turner from the YMCA provided great tips on job search, resume writing and interview skills. It was a successful event, youth from different communities attended this session. DTA community also hosted a family fun day for all Ages on February 11th. The session started with Tai Chi Classes for seniors and a health seminar provided by Raveena Rajasingham. Everyone from kids to seniors enjoyed the various games and the movies that followed. It was great to see all three generations enjoying the Family Fun Day activities together and the splendid homemade dishes prepared by our very own members. Our sincere thanks go out to Ontario Power Generation, all the volunteers and sponsors.



Filing your tax return for 2016 (March 2017)

Individual Canadians (other than the self-employed and their spouses) are required to file the annual return by April 30 of the following year, and to pay any tax amount owed by the same deadline. This year, since April 30 falls on a Sunday, the Canada Revenue Agency (CRA) has extended that filing and payment deadline to the following day, Monday May 1, 2017. Self-employed taxpayers have until Thursday June 15, 2017 to file their returns for 2016, but they too must pay any outstanding tax amounts owed for that year by Monday May 1, 2017.

What's new on the 2016 tax return? (March 2017)

There were a significant number of tax changes which took effect during the 2016 tax year which affected individuals, and which are reflected on the 2016 return to be filed this spring. Some of the more important of those changes are outlined below.

1) Changes to child and family benefits

As of July 1, 2016, the child and family benefits paid to Canadian families underwent a significant change. Prior to July 1, the federal child and family benefit program consisted of the Canada Child Tax Benefit (which was not taxable), the National Child Benefit Supplement (which was not taxable) and the Universal Child Care Benefit (which was taxable). All of those benefits were replaced, effective July 1, with the Canada Child Benefit, which is not taxable.

What all of that means from the perspec-

tive of a family which received child and family benefits from the federal government during 2016 is that the only amount which must be reported on a return for 2016 (generally, on the return of the parent with the lower net income) is any Universal Child Care Benefit which was received between January and June 2016. Any and all other child and family benefits received during the year are not taxable and so do not need to be included in income on the return for 2016.

2) Changes to children's fitness and arts credits

For several years, parents have been able to claim a non-refundable tax credit to help offset the cost of enrolling their children in fitness or arts-related activities. Those credits may still be claimed on the return for 2016, but they have been reduced. For 2016, the maximum eligible fees per child for purposes of the children's fitness tax credit has been reduced to \$500. Eligible fees per child for purposes of the children's arts credit have been reduced even further, to \$250.

3) Elimination of Family Tax Cut

Tax payers who search the 2016 return form for a place to claim the Family Tax Cut won't find it, as it has been eliminated for 2016 and subsequent taxation years.

4) New home accessibility expense tax credit claim

Beginning with the 2016 taxation year, taxpayers can claim a non-refundable tax credit for changes made to a home in order to



make it safer or more accessible for a senior or for someone who is disabled. The credit is equal to 15% of qualifying costs incurred, to a maximum of \$10,000 in such costs.

The home accessibility tax credit is claimable, not just by the person for whom the qualifying renovations are made but, generally, by family members who support that individual.

Many common home "renovation" projects do qualify for the credit (for example, installing a grab bar in a bath or shower), it's worth checking to see whether any such expenditures were made during 2016.

And, of course, such qualifying expenditures made during 2017 will be claimable on the return next spring. More information on the kinds of home renovation expenses that will or won't qualify for the credit is available on the Canada Revenue Agency website at www.cra-arc.gc.ca/tx/ndvdl/tpcs/ncm-tx/rtrn/cmpltng/ddctns/lns360-390/398/398-eng.html#R_lgbl_HATC.

5) Reporting the sale of a principal residence

An individual taxpayer who sells his

or her home must now report the sale on Schedule 3 to the annual return. On that Schedule 3, the taxpayer is required to certify the year the property was acquired, the number of years during which the property was his or her principal residence during the period of ownership and the amount for which the property was sold.

There is a related change with respect to the CRA's ability to enforce the new reporting requirement. Also effective as of 2016, the Agency can at any time (meaning that the usual time limits for reassessments don't apply) reassess your income tax return if you fail to report a sale of real estate.

6) Claiming a labour-sponsored funds tax credit

Changes have been made, effective for the 2016 tax year, to the percentage claims which can be made. For 2016 and subsequent years, the federal credit rate percentage for investments in provincially or territorially registered LSVCCs has been restored to 15%.

Conversely, the federal tax credit for the purchase of shares of federally registered LSVCCs has decreased to 5% for 2016. As well, 2016 is the last year for which a credit can be claimed for investments in federally registered LSVCCs, as the federal credit is eliminated for 2017 and later tax years.

Courtesy:

Alphonsus & Associates,
Chartered Accountants
www.alphonsusca.com
416 493 8220



Employment support programs for new immigrants

Centre for Immigrant and Community Services (CICS)

Newcomers face a lot of challenges in landing their first job in Canada or entering in their professional field. CICS offers a wide range of programs that can help you be competitive and succeed in the job search. These programs are tailored to meet newcomers' needs whether they are looking for employment or building up their careers.

Activities in January 2017 are posted in this page:

Seats are limited!

Please register early!

Eligibility: Permanent Residents and Convention refugees only!

New Immigrants are requested to bring PR card or landing documents for attendance!



Cashier Training Workshop

In partnership with the YWCA JUMP Scarborough



- ✓ Learn how to process sales, discounts and returned items
- ✓ Role-play scenarios and practice your customer service skills
- ✓ Add this experience to your resume

Space is limited

Date: Tuesday, March 28, 2017

Time: 2:30pm-4:30pm

Location: CICS Immigrant Resource Centre

2330 Midland Avenue, Scarborough

(At Emblem Court, South of Sheppard & North of Hwy 401)

Language: English

For enquiries and registration, contact 416-292-7510 ext. "0"



www.cicscanada.com

Eligibility: Permanent Residents and Convection Refugees only

New immigrants are requested to bring PR card or landing documents for attendance.

For details of more events, visit www.cicscanada.com



Find the program that suits you!

Overview of Employment Support Services

March 23 (Thursday), 2017

3:00pm-4:30pm

Language: English

Location: Fairview Branch, Toronto Public Library
Room 3, 35 Fairview Mall Drive, North York, ON M2J 4S4

Finding jobs is hard for new immigrants, but you DON'T have to do it alone!



The workshop will orient you on the employment support services and programs that could help you get the training, skills & experience to achieve your career goals.

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Canada India Healthcare Summit

Toronto, March 3, 2017: Canada India Foundation (CIF) held a briefing event for media and delegates at the Ontario Investment and Trade Centre for its upcoming Canada India Healthcare Summit, scheduled to take place in New Delhi, India, on March 30-31, 2017.

The Summit would be a first on multiple fronts. It would be the first time that a premier Indo-Canadian non-profit organization - Canada India Foundation, a prominent private hospital system in India - Apollo Hospitals, and the Government of Ontario, would be joining hands for an intensive 2-day event on a theme that affects us every day in our life. It would also be CIF's first Canada India forum and in fact, its first public event in India.

The media briefing comes about 3 months after the initial media announcement for the Summit was made, during which period, the organizing

business and academic representatives who had attended past events". "The 2015 Healthcare Summit resulted in several collaborations between Canadian and Indian healthcare institutions, such as one between William Osler Health System and Apollo Hospitals, initiatives by Toronto Rehab and Ontario Telemedicine Network and others, and this was the catalyst to hold the Summit in India to further such interactions". Apollo Hospitals will be the organizing partner with CIF for the Summit in New Delhi.

The Summit will be Co-chaired by Mr. Ramesh Chotai, President of Bromed Pharmaceuticals, and a major contributor to healthcare related trade between Canada and India in the area of generic drugs. Speaking at the briefing, Mr Chotai said that it took a lot of effort and financial resources to put together a summit of this caliber and he was confident that it would produce



Mr. Ramesh Chotai



Dr. Lakshmanan



Mr. Akhil Tyagi

committee had assembled an impressive list of 50+ speakers, experts in a wide range of healthcare issues, and including representatives from governments in both countries. Addressing the attendees, Dr. V.I. Lakshmanan, Chair of the Summit, said, "Over the years, CIF's Canada India forums had been its signature contribution to Canada India relations and had been widely praised by government, busi-

ness and academic representatives who had attended past events".

The objectives of the Summit include 1) sharing of healthcare knowledge and best practices between the countries in managing a cost-sustainable healthcare ecosystem, 2) identification of research and education collaboration opportunities and 3) promoting Canada and India as mutually preferred investment destinations for strategic investments in the healthcare sector, as well as di-

rect business-to-business interactions. Topics presented in panel sessions will include South Asian Health Issues, Distant and Rural Healthcare, Digital health, Wellness, Aging and Quality Care, Pharmaceuticals and Medical Equipment, Investment in Healthcare, Healthcare research and Innovation and Healthcare Policy, culminating in a Go-Forward session which will make recommendations for stakeholders in both countries.

Canadian healthcare is estimated to be a \$300 billion market, and is the second largest employer in the country while its pharmaceutical industry is the 8th largest in the world. Similarly, Indian healthcare is set to grow to \$300 billion by 2020. The number of hospital beds is expected to grow by about 120,000 per year over the next 5-6 years. The two countries also face similar challenges: providing healthcare access to a population spread across a large geography, while lowering costs. Canada India Healthcare Summit will provide an exciting platform to realise the strong synergies, learnings and exciting business opportunities between the two countries

Mr. Akhil Tyagi, Area Director, South Asia, Ministry of International Trade, Government of Ontario said, "The Ministry of International Trade had already planned to take a business delegation of medical equipment and services companies on a 10-day mission to India, when CIF approached the

government for support of the Healthcare Summit." "The coming together of the two initiatives will greatly enhance Ontario and Canada's profile in India and create new business collaboration opportunities", he said, adding that after the Summit, his delegation will also be visiting Chennai and Mumbai, for B2B meetings with Indian companies, and concluding with participation in the Medial Fair, back in New Delhi.

The event also provided an opportunity to highlight CIF's other major programs for 2017. "We are excited about the quality of events CIF is organizing this year, headlined by CIF's 10th Anniversary Award Gala event on April 21 in Toronto", said Mr. Anil Shah, National Convenor of CIF. "The highlight of the Gala will be the presentation of the Canada India Foundation Global Indian Award to renowned global Industrialist, Kumar Mangalam Birla, who joins other recipients of the Award, such as Subhash Chandra, Deepak Chopra, Sam Pitroda and others" he said. Mr. Shah added, "Our other events for the year include a continuing monthly lecture series, an Ontario 150 celebration event in August, titled "Celebrating Inclusiveness and Democracies" and a 2-day event "State of the States", tentatively scheduled for early September."

Canada India Healthcare Summit, ITC Maurya Hotel, New Delhi, India, March 30-31, 2017



Markham Tamil Seniors Association Canada donates \$2,000 to Markham-Stouffville Hospital Foundation

On Feb 23, 2017, Markham Tamil Seniors Association Canada handed over a donation of \$2,000 to Allan Bell, Director, Community Relations & Corporate Partnerships, Markham Stouffville Hospital Foundation.

Markham Tamil Seniors collected this funds through a raffle held during the recent Christmas season and also from contributions from its members.

Seen here are photos taken during this event, one with handing over the cheque and other with the acknowledgement certificate from the hospital.



Front row, L-R: Sundaralingam Rajalingam, Hon. Secretary, Nadarajah Sivasubramaniam, President, Shan Mugan, Treasurer, Allan Bell, Director, Community Relations & Corporate Partnerships, Markham Stouffville Hospital Foundation

Back row, L-R: Rasiah Nagarajah, Panchalingam Pathmanathan, Ponnambalam Sinnaiah, Vinayagamoorthy Ganeshalingam



Front row, L-R: Rasiah Nagarajah, Sundaralingam Rajalingam, Hon. Secretary, Nadarajah Sivasubramaniam, President, Shan Mugan, Treasurer, Allan Bell, Director, Community Relations & Corporate Partnerships, Markham Stouffville Hospital Foundation

Back row, L-R: Panchalingam Pathmanathan, Ponnambalam Sinnaiah, Vinayagamoorthy Ganeshalingam

Regional Councillor Joe Li with India's Honourable Chief Minister of West Bengal Smt Mamata Banerjee & Canadian Trade Commissioner Arjun Kumar Dutta

Regional Councillor Joe Li recently met with India's Honourable Chief Minister of West Bengal Smt Mamata Banerjee and Canadian Trade Commissioner Arjun Kumar Dutta representing the City of Markham at the inauguration of the 2017 Bengal Global Business Summit. RC Joe Li had received a special invitation by the West Bengal Government to discuss new business opportunities and strengthen trade and investment due to West Bengal's rapid growth and development.

As a result of the City of Markham's previous 2016 India Trade Mission, West Bengal's RAD 365 launched an office in the City of Markham later that same year. RAD 365 is an IT service provider delivering Software solutions, Teleradiology, Knowledge Processing & Data Analytics solutions to the healthcare industry and is located in Bidhannagar's high tech district located just outside Kolkata, West Bengal, INDIA.

Regional Councillor Joe Li is the first Indian elected to both the City of Markham and the Regional Municipal-

ity of York in October 2010 and first Indian Chinese Hakka elected to hold public office in Canada. He was re-elected in 2014 and presently serves as the Chairperson for Markham Transportation Committee, Vice-Chair for York Region Economic Development and Planning, York Region Director for the Greater Toronto Marketing Alliance, and Board of Director of PowerStream.

Approximately 10,000 strong Hakka Chinese Community in the City of Markham who are well connected to Kolkata through cultural and business ties. Over 300 Hakka residents from the Markham joined RC Joe Li during the 2016 India Trade Mission in Kolkata to welcome the City of Markham's Mayor Scarpitti, Members of Council, and delegates and to also celebrate the Chinese New Year in Kolkata, INDIA. RC Joe Li is excited with the India business trade missions as it provides an official platform between the cities of Kolkata & Markham.



From left : Shakti Datta, Led Roadway Lighting, Chief Minister of West Bengal Mamata Banerjee, Nadira Hamid, CEO, Indo-Canadian Business Chamber, Arjun Kumar Dutta, Canada Trade Commissioner & Regional Councillor Joe Li.

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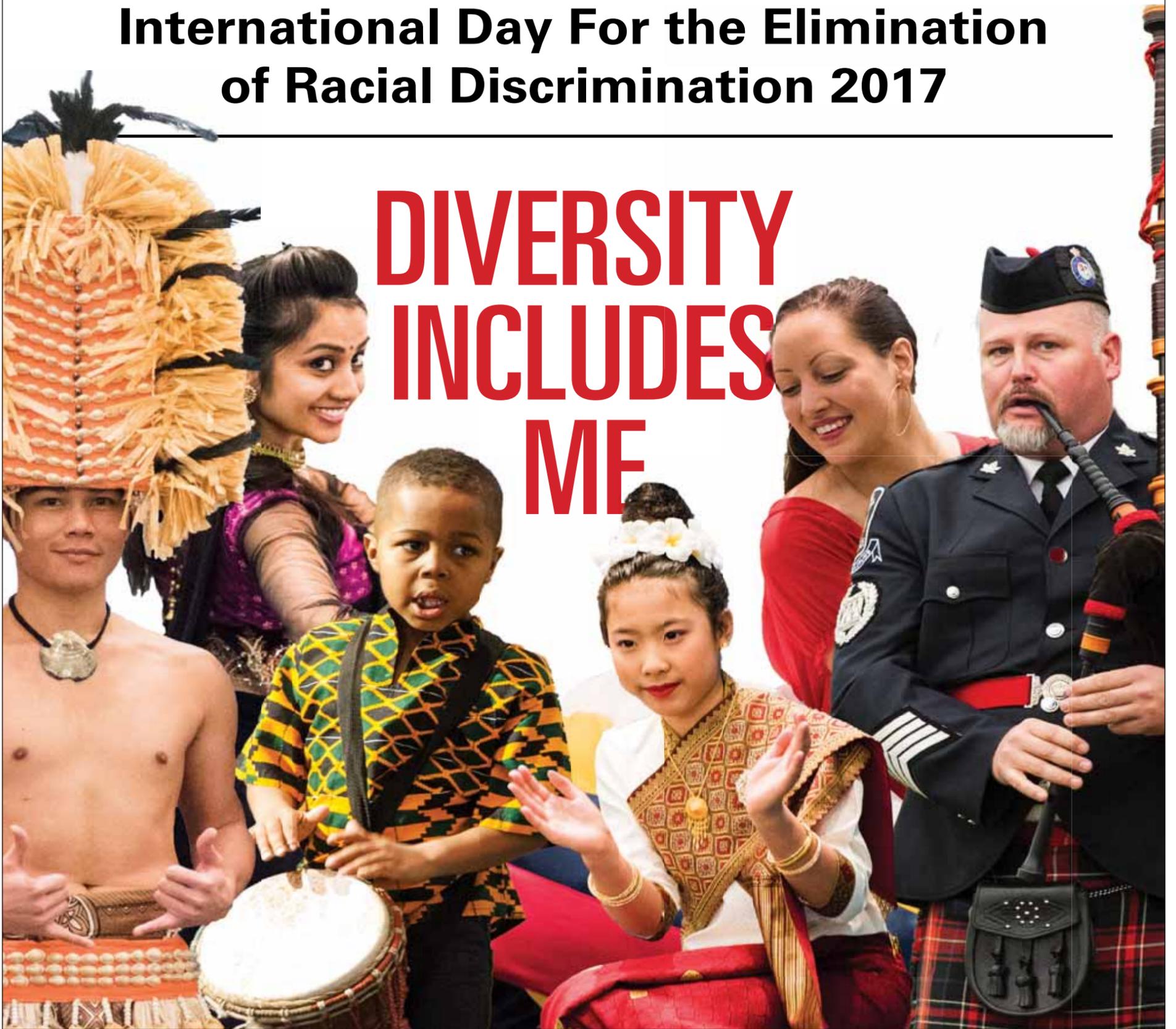
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The photojournalist will produce and process images primarily for the editorial department, including its website and multimedia platforms, plus special sections and advertisements.

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