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CTCC's 19th Awards Gala 2017

"Many opportunities of investment now open for Diaspora in Sri Lanka, including the North & East", says Rajendra Theagarajah, Deputy Chairman, Cargills Bank & Guest of Honour at CTCC Awards Gala 2017



Rajendra Theagarajah, Deputy Chairman of Cargills Bank, Sri Lanka and Afith Sabaratnam, President of CTCC

Every success is built on the ability to do better than good enough.

By Siva Sivapragasam

Another chapter in the history of the success stories of skills and talents of the Tamil business community in Canada was ceremoniously unveiled by the CTCC at a glittering ceremony of awards presentation at the prestigious Hilton Suites on Saturday, April 29th.

The guest of honour at the event was Rajendra Theagarajah, an internationally known Banker and currently

Deputy Chairman of Cargills Bank, Sri Lanka who flew from Colombo to attend the function. He gave an inspiring and thought provoking speech about the current economic environment in Sri Lanka and indicated the investment opportunities available for the Sri Lankan diaspora. He called upon the diaspora to seize the current opportunities available in Sri Lanka for foreign investment which would be a platform for economic development of the country including the North and East.

- More pictures and details on pages 36-38...

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Sunday, June 4, 2017 Page 3 for details

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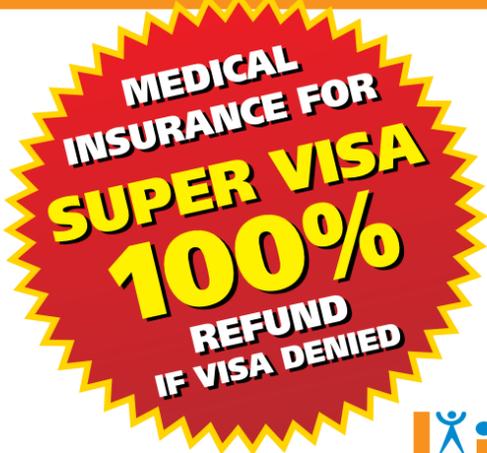
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Organized by the Canadian Tamils' Chamber of Commerce jointly with RBC Royal Bank in support of a Dialysis Machine for the Scarborough & Rouge Hospitals

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REGISTRATION STARTS AT: 8:30 am
 3.5 km walk-a-thon starting at 9:30 am
VENUE: Kids Town Water Park, 3159 Birchmount Road (at McNicoll), Scarborough

Scarborough and Rouge three hospital sites serve over 1 million area residents. Our Chronic Kidney Disease program is the largest in Canada with over 1100 patients actively engaged in dialysis. We are currently running 24/7 with this over capacity program and desperately need a new Dialysis Machine.

Our goal is to raise at least \$35,000 towards the purchase of this much needed equipment

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The North American Free Trade Agreement in the Age of Trump:

A partial victory for facts over post-truth politics

On the campaign trail, Donald Trump promised to renegotiate or “tear up” the North American Free Trade Agreement (NAFTA), or what he has consistently referred to as “the worst trade deal in history” and a “disaster,” among other harsh words, for the United States, particularly for working class Americans. However, the latter aggressive language over one of the most critical aspects of Canada’s relationship with the United States now seems to be going below the radar of the Trump administration. On April 26, President Trump decided to “not terminate NAFTA at this time” through an executive order calling for US withdrawal, following a diplomatic meeting with Prime Minister Justin Trudeau of Canada and President Enrique Pena Nieto of Mexico. This US presidential announcement took place after a rather hostile decision by the US Commerce Secretary, Wilbur Ross to impose a three to 24 per cent tariff on Canadian softwood lumber and other products from the country’s forestry industry in response to alleged dumping into the US.

Along with softwood lumber, the Canadian dairy supply management system has been criticized as unfair to American dairy farmers under the NAFTA by President Trump. When put into perspective with Trump’s campaign stance, these two policy messages appear to be a divisive method to begin negotiations with Canada and Mexico for a more pro-US trade agreement, according to the Globe and Mail’s Adrian Morrow. At the same time, there are potential risks of a trade war being unleashed, such as how Premier Christy Clark, whose provincial economy of British Columbia contains a large stake in softwood lumber, is calling for tariffs on US coal imports to the province. In another sense, with Trump’s decision to refrain from a US withdrawal, one may consider this as a partial victory of fact-based policymaking over the post-truth political world personified by Donald Trump’s administration.

During an interview with Bloomberg News



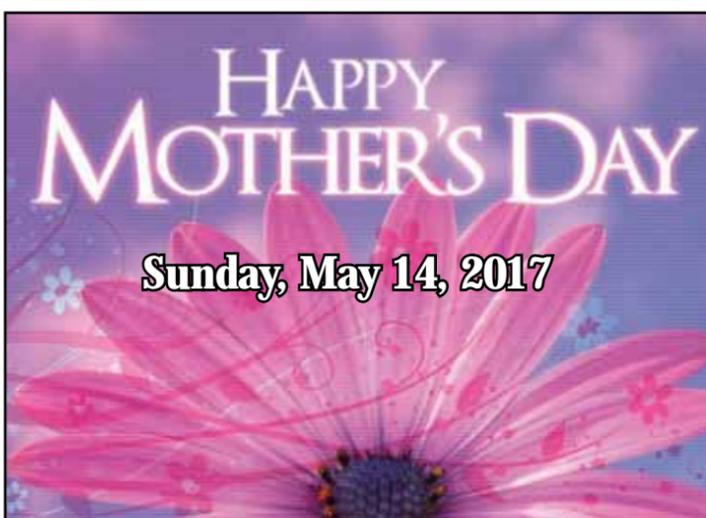
on April 20, Prime Minister Trudeau noted that “the US has a \$400 million dairy surplus with Canada.” This and his general hope to resolve the issues underlying Canada-US trade through the facts were also laid out at that interview, and in his most recent act of Canada-US diplomacy. Furthermore, congressional Republicans, Trump’s advisors and the US Chamber of Commerce have urgently highlighted the massive economic consequences of withdrawing from NAFTA in its entirety. On the more political side of things, this revised NAFTA stance is reportedly being considered as something to show for his 100-day “America First” campaign promises to his supporters, as he reaches his 100th day in office on April 28, 2017.

In Canada, lumber industry representatives have challenged US accusations of dumping, while some members of Trudeau’s cabinet have noted independent trade panels will rule in their favour, based on past decisions that have found no evidence of softwood dumping practices. Moreover, any NAFTA negotiation will include ensuring a settlement that positively serves the Canadian softwood industry. In addition, as stated by Prime Minister Trudeau in the Bloomberg interview, NAFTA alongside broader trade activities that Canada engages in should be inclusive of the entire country, and not in terms of ‘winners and losers’ as seen by President Trump with trade and other issues affecting the US.

Contributed by **Harrish Thirukumaran**

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CTC hires Vathanan Jegatheesan as its new Executive Director

The Canadian Tamils' Chamber of Commerce has hired Vathanan Jegatheesan as its new Executive Director from 1st May, 2017.

As the Executive Director, Vathanan will be looking to expand the membership base, add value to the members through innovative programs and services, create better governance practices, establish strategic partnership and look over all directions of the Chamber.

Prior to joining CTCC, Vathanan worked with the Canadian Tamil Youth Development Centre (CanTYD) as their Operations Manager for 5 years and is very committed and passionate about developing the Tamil Community. In his free time, Vathanan enjoys solving puzzles, reading and exploring new events and activities around the city. Vathanan holds a B.A. (Hon.) in Political Science from Brock University and a post-graduate cer-



tificate in International Development from Humber College.

"I am very excited about this opportunity and can't wait to work with the fantastic team to help serve the community and push Chamber to new heights" says Vathanan about his new appointment.

Tamil Canadian Funeral Pre-Planner at Chapel Ridge

The first Tamil Canadian to become a Licensed Funeral Pre-Planner has come to work at Chapel Ridge Funeral Home & Cremation Centre in Markham, ON. Serving the entire GTA, Patricia Peter will work from Chapel Ridge's Funeral Home in Markham, but also serve families from St. John's Dixie in Mississauga for west end families needing the service.

"We've come to realize, that at a sensitive, emotional time like the death of a loved one," says Chapel Ridge Owner Eric Tappenden, "that for people to be able to speak to someone in their own language, and who is intimately familiar with their cultural traditions, is really important." Chapel Ridge employs Canada's first Tamil Licensed Funeral Director Vilosan Sivatharman, and Christeen Seevaratnam, a Funeral Counsellor who pioneered providing funeral services to Tamils in the Toronto area. Chapel Ridge currently serves more than 90% of Tamil families needing funeral service.

"We are honoured and delighted to have Patricia join our Tamil team at Chapel Ridge," says Tappenden. "Many people in the Tamil community have not yet embraced the idea of funeral pre-arrangement, as opposed to waiting until the time of death, and it is Patricia's passion

& mission to inform, educate and encourage her community to consider pre-arrangement."

Pre-arranging allows families to take care of all the difficult tasks of gathering personal information about the deceased, and making the many funeral decisions, which can all be done ahead of time, instead of waiting until families are overwhelmed by grief and sadness. Pre-arrangement also saves the family up to 20% or more of the cost of the funeral by paying for it in advance. Prepaid funeral funds are held by a third party financial institution in the customer's name until the time of death, and accumulate interest, tax free. The family is guaranteed by provincial law not to have to cover the cost of rising funeral prices once the price is locked in at the time of pre-arrangement, and the funds are guaranteed by the Government of Ontario.



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25th Toronto Jewish Film Festival to open with Toronto Premiere of Ferenc Török's 1945, will close with the World Premiere of Rebekah Reiko's Mandala Beats



Director Ferenc Török will attend the opening night premiere of his acclaimed drama.

Canadian filmmaker Rebekah Reiko will close the Festival with her film's premiere. After the screening Yossi Fine, the film's subject, will perform at Lee's Palace.

The 25th Toronto Jewish Film Festival will take place May 4 to 14, 2017.

TJFF.COM

TORONTO - The 25th anniversary edition of the Toronto Jewish Film Festival (TJFF) is set to open on May 4 with Ferenc Török's luminous and highly-acclaimed 1945, fresh off its debut at the Berlin International Film Festival. Ten days later, the Festival will close with the World Premiere of Mandala Beats, directed by Canadian filmmaker —and former TJFF Hillel student committee participant— Rebekah Reiko, on May 14.

Set in the immediate aftermath of WWII, 1945 tells the tale of a Hungarian village forced to grapple with its past. When two Jewish men arrive by train and wordlessly make their way through the streets, a series of events is set off that prevents the town from ever being the same again. Török will be in attendance to introduce the film, which has already garnered international praise.

Mandala Beats is an intimate portrait of Israeli bassist Yossi Fine, who is acclaimed for his work with legendary artists like Lou Reed, David Bowie and Brian Eno. The film follows Fine, who upon discovery of his own Indian heritage, travels to India where he finds inspiration to take his music in ambitious new directions. Mandala

Beats is the feature-length debut by Canadian filmmaker Rebekah Reiko, who previously sat on a joint TJFF / Hillel of Greater Toronto student committee in 2013, and is returning to the Festival to present her film's World Premiere.

"My love for India and my interest in learning more about Israel's contemporary music scene is what intrigued me to make this documentary," said director Reiko. "TJFF, one of Toronto's most established film festivals, is always showing innovative films. I feel honored to be part of this year's lineup!"

Yossi Fine will be present for the film's premiere at the Hot Docs Ted Rogers Cinema, after which he and Israeli drummer Ben Aylon will perform music from their "Music from the Blue Desert" project at the Festival's Wrap Party. The 19+ event will take place at Lee's Palace.

The Toronto Jewish Film Festival's 2017 lineup, schedule and ticket pricing information will be available at TJFF.COM starting April 17. Early Bird Special passes available at TJFF.COM until April 14.

Full advance box office available online April 20 and in-person on April 21.

About the Toronto Jewish Film Foundation

The Toronto Jewish Film Foundation (TJFF), including the Toronto Jewish Film Festival, presents the best feature films, documentaries and shorts from Canada and around the world, on themes of Jewish culture and identity.

The Foundation is dedicated to using film for its contemporary popular value and accessibility, in order to reflect the diversity of the Jewish experience internationally. The TJFF

desiFEST 2017

Celebrate the 11th annual South Asian music showcase on June 3, 2017 at Yonge-Dundas Square



desiFEST is back! Canada's premier South Asian Urban Music platform is set to celebrate year 11 with its annual FREE concert on Saturday, June 3rd, 2017 at Yonge-Dundas Square.

In conjunction with returning sponsor TD and hosted by founder Sathish Bala (also known as SatsB), desiFEST will introduce emerging acts and bring popular favorites together for a star-studded line up. Along with the music, visitors get a taste of South Asian cuisine at the outdoor food market, experience family fun at the Kids Zone, engage in multiple interactive onsite activations, and walk away winners with countless giveaways. There is something for everyone.

We don't want to give all our secrets away just yet, but we can reveal the 2017 artist bill includes a collection of artists representing, Ontario, Montreal, Vancouver, India, Pakistan, Australia and Singapore; acts will perform in Hindi, Punjabi, Tamil, English and more.

desiFEST is proud to host home-grown talent JoSH (Toronto), Lady Kash (Singapore), Global Party Starters (Vancouver) and at least 18 other

incredible acts. The show will present a mix of dancers, solo performances, and bands.

"We couldn't stop after the 10th year! While there has been so much progress, we are still far from having a national platform and support by local communities. South Asian artists in the Desi Urban genre face many hurdles. We are committed to shining the spotlight on these talents them and creating opportunities for the next generation in Canada and across the globe." (desiFEST founder – Sathish Bala)

Since its inception in 2007, desiFEST has grown in both size and influence, attracting big name acts from across the country and overseas. The desiFEST stage has been host to fan favourites including Master D, Apache Indian, Mickey Singh, Zack Knight, Raxstar, EnKarma, Taz & StereoNation and many more.

Just as artists engage in a journey and continue to create music, desiFEST continues to offer a platform for recognition and growth. Mark your calendar, June 3, 2017 – desiFEST year 11 – you don't want to miss it!

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provides an opportunity to heighten awareness of Jewish and cultural diversity around the world to audiences of all cultural backgrounds, and to present films in their original languages, with subtitles, in an effort to break down racial, cultural and religious barriers and stereotypes.

The Toronto Jewish Film Festival is a non-profit registered charitable organization.

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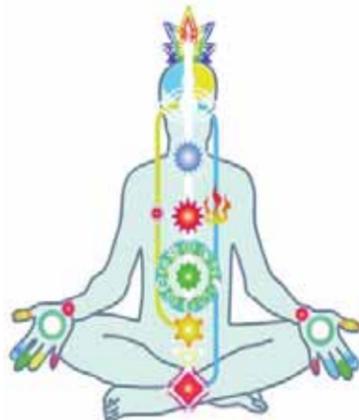
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Canada-Sri Lanka Business Convention – March 2017

The Canada-Sri Lanka Business Convention, chaired by Mr. Ganesan Sugumar and co-Chaired by Mr. Kula Sellathurai and Mr. Stan Muthulingam, organized a delegation comprised of three Canadian Members of Parliament.

Ms. Yasmin Ratanasi, MP: chair of Canada-Sri Lanka Parliamentary Friendship Group

Mr. Chandrakanth Arya, MP: member of Canada-Sri Lanka Parliamentary Friendship Group

Ms. Irene Mathysen, MP: member of Canada-Sri Lanka Parliamentary Friendship Group

In addition the delegation consisted Canadian entrepreneurs. The delegation departed Toronto on the 10th of March 2017 and commenced series of meetings on the 12th of March with parties including the Sri Lankan President, Speaker of Parliament, several Sri Lankan Ministers of Parliament, Chief Ministers of Parliament, Governor of Northern Province, the Canadian High Commissioner, prominent



Stan Muthulingam, Co-Chair, Ganesan Sugumar, Chair and Kula Sellathurai, Co-Chair for the Candadian Delegates of the Canada Sri Lanka Business Convention

personnel in private businesses, and defense personnel.

The delegation was able to receive blessings from two Chief Priests in Kandy. The delegation concluded its trip with a cocktail party on the 18th of March 2017, where multiple government officials and Sri Lankan entrepreneurs were invited.

All government officials and private entrepreneurs warmly welcomed the Canadian delegates to invest in Sri Lankan development projects.

Ekuruvi Night 2017



By: Siva Sivapragasam

The popular Tamil media newspaper "Ekuruvi" held their annual Awards night recently presenting a number of Awards to persons in a variety of fields. Ekuruvi provides quality news coverage of both local and international news.

The highlight of the night's events was a thought provoking speech delivered by Professor Jayanthasri Balakrishnan who is a popular educationist in Tamil Nadu. Her motivational speech was well accepted by the guests present at the event. Dr. Balakrishnan is a former Professor of English with thirty five years of experience. She spends time in Sri Lanka for the project "Puthiya Velicham".

Recipients of Awards this year

included Kumar Yogaratnam (Best Leadership Award), Kish Raveendran (Best Online & Marketing Award), Dr. Lambotharan (Making a Difference Award), Vairamuthu Sornalingam (Connecting Roots Award), Raj Nadarajah (Pioneer in Financial Services Industry), Dr. Coomarasamy Kiruba (Commitment to Service Award) and Sinnathamby Gunaseelan (Social Architect Award)

The recipient of the Best Leadership Award Mr. Kumar Yogaratnam began his working life in Canada with a part-time job at Swiss Chalet. His employment journey which began as a dishwasher has taken him up the ladder as an owner of an industry with 20 restaurants and a turnover of millions for a year.

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| இரத்தக் கொதியு | நீரிழிவு நோய் |
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| பாலியல் தொடர்பான பிரச்சனைகள்... | இன்னும் பல |

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What Has Happened to Ceylon and to the Ceylonese?

By Gerard D. Muttucumaru

What though the spicy breezes Blow soft o'er Ceylon's isle; Though every prospect pleases, And only man is vile

- Anglican Bishop Reginald Heber

The British gave us a nation that was respected regionally and globally. In an earlier article, I stated that the leading companies in Sri Lanka today bear British names and were started by them. The Ceylon Civil Service was exemplary in the region. The universities were top class. Even the legendary Father of Singapore looked to Ceylon as an example of what Singapore could be. How ironic!

Today, students go to Singapore to study and leaders in business and government go to Singapore for almost everything, even medical treatment. Today, we look to Singapore to learn how to run a civil service, hotels, universities and hospitals. I could go on and on.

What have we done in the last 60-plus years? What has happened to Sri Lanka and Sri Lankans? Was the good Bishop right as early as the 18th Century? I know he angered a lot of people with this observation. Would he be right today?

I am a Sri Lankan-born American who left the then Ceylon at the age of 10. My late father Emmanuel Muttukumaru, a lawyer and agriculture expert, served in the United Nations with some of the legends of Sri Lanka. They include one of the stars of the then Ceylon Civil Service Andrew Joseph, one of Asia's most respected journalists Varindra Tarzie Vittachi, Gamani Corea and Raju Coomaraswamy. They were contemporaries and very good friends. My father and the eighth Speaker of the Ceylon Parliament Shirley Corea, were both lawyers in Chilaw and Chairmen of the Planters Association. What has happened today to Ceylon, now Sri Lanka?

What I see should disturb every Sri Lankan today, especially the comfortable and complacent elite and those in positions of leadership and power in business and government. How many times have we heard the phrase, "with great power comes great responsibility"?

The other day I was taken to the bar and lounge in one of the older membership clubs in Colombo. It was about 6 p.m. in the evening. The waiters and few customers present were glued to the news on a local channel. It was disgusting. Murder, rape, accidents and even a disturbing scene in Parliament was shown. I immediately asked the manager to change the channel and requested a Bollywood movie. Psychiatric and psychological re-

search tells us that what we watch affects us, how we see the world, how we behave in our homes and in organisations and how we treat our fellow citizens. I saw a recent article which described what a beautiful language Sinhala is and what we have done to it today in the way we speak to each other.

Sri Lanka and Sri Lankans must change everything today if we are to become a better people and a better nation. Catholic and fundamentalist evangelical churches are full. Buddhist and Hindu temples are packed on special days. So are mosques every Friday. But this does not make us a better people and a better nation. We all seek absolution for the terrible things we do and say to each other. The Oscar winner Leonardo Di Caprio observed in the terrific film Blood Diamond: "Sometimes I wonder if God will ever forgive us for the terrible things we have done to each other". There are always exceptions in every society. Many good, but flawed, people devote their lives to making the lives of other human beings, especially the most vulnerable, better. But we rarely or never hear about them. Good news is always much better than the terrible news we see and hear every day.

Most young people, with the possible exception of the children of the rich and powerful, do not see a future in Sri Lanka. Many ordinary Sri Lankans who are parents don't see a future either and what is more tragic is that they cannot identify one future leader for the country. Almost every street in the cities has a sign - "Spoken English Classes". The one great gift that the British left us - English - the language of international business, international relations and global education, was destroyed in one single stroke.

In the interest of space and to begin the conversation, I have selected three areas we can begin with:

Leadership

No subject is more written and talked about than leadership. In the last week, British Prime Minister Theresa May, in announcing a 02snap election, used the word leadership several times. The opposition leader Jeremy Corbyn has even questioned her "fitness to lead". In America, Former President Obama, then-candidate Hillary Clinton and even the staunch Republican Former Defence Secretary Robert Gates questioned Donald Trump's "fitness to lead". What is this fitness to lead? In Sri Lanka, are our leaders "fit to lead"? I still don't know. But I do know one thing. I have written over and over again that the only leadership



Old Parliament with Secretariat behind, 1930s (Plate & Co.)

that matters is leadership by example and servant leadership.

The greatest leader the world has ever known once said of himself: "The Son of Man came to serve and not to be served". He washed the feet of his followers. What example are our current Government and business leaders setting? Leaders and parents, the children are watching you. Perception is everything. Business and political acumen is one thing but what really makes the difference is moral leadership. Very few really respect our current leaders. They may respect the office but not the person who occupies it.

An elected government leader must devote almost 100% of his or her time not on overseas trips looking for aid, deals and attending conferences, but on making the lives of the least of all citizens safer and better. If the leader observes this rule, the money will come. Every project must meet the test of improving the lives of the least of these citizens. What have these deals and loans done to the country today?

Respect and honour

Sri Lankans must start respecting each other with all the flaws that we all have. Words are very powerful - "the tongue is a fire... it both blesses and curses". Parliamentarians must treat each other with respect. Disagreements? Of course. But these disagreements must not be personal. They must be expressed respectfully. The most visible public servants, the Police, must treat the citizens they serve with humility and respect. Husbands, wives and children must see respect in their homes. In our hotels, financial institutions, hospitals, schools,

universities and other workplaces, respect for one another must be paramount. We must treat and talk to each other the way we talk to and treat the "Suddha" and other foreigners. Do we keep our promises? Do we keep our word? Keeping your word defines who you are as a person. Do we always do the right thing? Are we teaching our children and students to do the right thing? Do unto others what you want done to you is the golden rule. How many of us live by this rule?

Becoming one people

"A house divided against itself cannot stand". Sri Lankans must come together to solve the very serious problems that confront the nation, the society and families. The divorce rate in Sri Lanka is now alarming. There should be no Sinhalese, Tamils, Muslims and Burghers. There should be only Sri Lankans. Are Sri Lankans a people who care about each other?

Let me conclude by posing five questions to which I welcome answers from readers: Other than the occasional victories in cricket, what has Sri Lanka done right in the last 40 years? This is a beautiful country, but are its people who love to party also "vile"? If the elected leaders don't deliver and begin solving the critical problems facing the nation, in this democracy, what are you as a citizen prepared and willing to do, to make this nation what it should and could be? Is there honour in our business and government leaders? If you are an educator, what are you doing to teach honour, not expediency, in your classrooms?

Courtesy: Daily FT.lk



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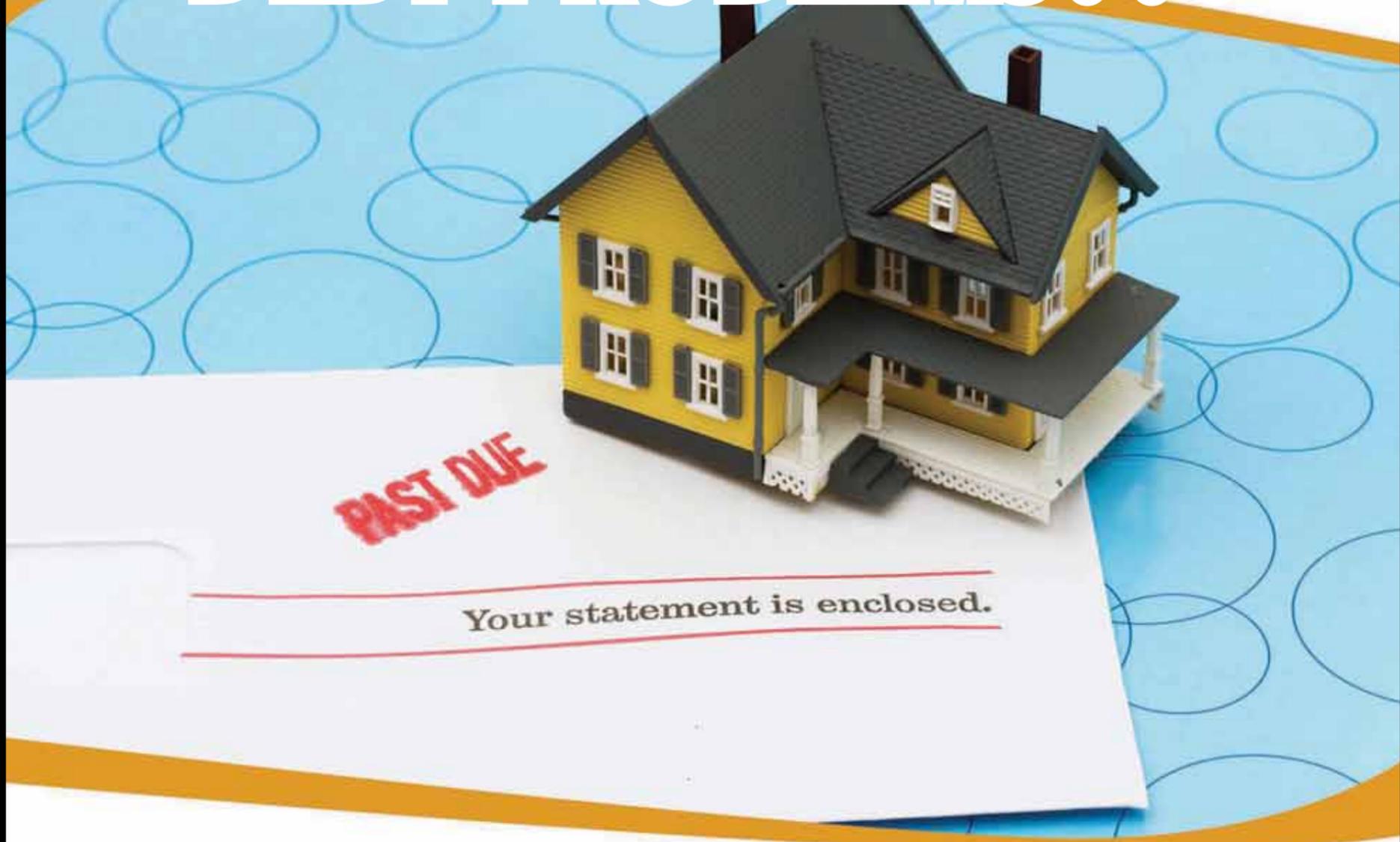
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PROVIDENCE HEALTHCARE'S 160 YEAR LEGACY

This year, Providence Healthcare celebrates its 160th anniversary of the opening of the original House of Providence in downtown Toronto along with our long-standing commitment to caring for those in need.

The Providence story began in 1851 when Sister Delphine Fontbonne arrived in Toronto from France along with three other Sisters of St. Joseph at the request of Toronto's Bishop de Charbonnel to help alleviate the social needs of the time. In 1857, the Sisters of St. Joseph opened the House of Providence on Power Street to care for the sick, the poor, the elderly and the homeless.

Among many generous donors who helped the Sisters maintain the House of Providence, one man in particular had a lasting impact on Providence's history. In 1897, Thomas O'Connor bequeathed his 42-acre farm at Queen and Bay to the Sisters to provide food and sustenance for those cared for and accommodated in the House of Providence.

The land became very valuable and the Sisters were able to sell the property for \$110,000 in 1910.

Using some of the proceeds from the sale, the Sisters purchased land at what is now the corners of St. Clair Avenue East and Warden Avenues. The acreage became known as the House of Providence Farm and continued to provide essential resources for the Sisters to carry out their work.

By the late 1950s, the House of Providence was in disrepair and a feeder lane of the new Don Valley Parkway was slated to be built through the property. The journey to the east end began with building plans and a \$7 million fundraising campaign launched in 1958.

One of the most memorable days in Providence's history was January 28, 1962 when 500 residents were moved from the House of Providence to the new Providence Villa and Hospital in a "Caravan of Kindness". Starting at 9 a.m., 25 ambulances transported the most

vulnerable and sick people while the remaining residents were transported by taxis directed by the Toronto Police.

By 1 p.m. that day, the House of Providence, which had been such a centre of activity for the past century, was empty.

While the move itself was smooth, not everything was perfect upon arrival. Sister Margaret O'Donnell remembers, "The first night after we moved in...the dishwasher broke down and we had to do all the dishes by hand. We were up half the night, doing the dishes, at least 500 if not more...(in preparation for) their breakfast."

Just as it is today, Providence was a model of innovation for its day as it was the first facility in North America for residential care for the elderly to have an infirmary attached. One of the unique features was the provision of eight suites for married couples. These apartments included outside balconies and access to their own lounge, kitchenette, and laundry.

The local community came to know "the Villa" very well because of the chapel, officially opened by Mayor Nathan Philips, which provided Sunday mass to the public. Even the TTC recognized that many more people would access the building and accordingly extended the Woodbine bus route to Providence.

Although the Sisters of St. Joseph no longer sponsor the institution, their legacy lives on in the women and the men who work here and our strength in caring for a very diverse population in Scarborough and the Greater Toronto Area. Providence looks to its founders with pride and gratitude, and cherishes the values they instilled in the staff and volunteers that work in our Hospital, our long-term care home and our community programs, including our Adult Day Program for people with dementia.

For more information on Providence and our legacy, visit www.providence.on.ca.



Ed-Sullivan visit-1964



Sisters Farm Hens



Aerial Shot 1963

Women in Philanthropy for Providence (WIPP): SHARE . INSPIRE . CREATE.

SMALL AND MIGHTY

Women in Philanthropy for Providence (WIPP) started in April 2009 with a goal of inspiring a small group of women donors to join an inclusive giving circle for an annual donation of \$1,000. Today, with 114 women on board and counting, this very special program continues to grow as they grant their donor dollars each year towards a tangible project supporting the essential programs and services at Providence Healthcare.

In addition to driving positive change at Providence, WIPP creates lasting friendships and camaraderie among the women who join, regardless of age, ethnicity, or circumstance. In return, they are invited to attend four creative and inspiring events each year to celebrate their role in this inclusive community.



Are you a woman with a strong sense of purpose and a passion for caring for others? You are perfect for WIPP!

A SALUTE TO THE SUGGRAGETTES

It was an exciting night of High Tea, big announcements, and bigger hats at the annual WIPP Voting Meeting presented by RBC on April 6, 2017. This gathering celebrated the trailblazing women, both past and present, who inspire us to make our voices heard and make a difference in the lives of others.

At this highly-anticipated annual event, votes were placed on how annual

donations would be spent at Providence. There were three staff-led proposals of projects to vastly improve quality of life for patients and residents. These projects were innovative ideas to support Providence's mission and values, and strategic plan, but would otherwise not receive funding. Collectively, \$100,000 was granted towards renovating a unit in the Cardinal Ambrozic Houses of Providence to create a streetscape façade, instilling comfort, calmness, and a sense of "home". Created specifically for the most in-need residents with severe Alzheimer's or dementia, this façade will provide positive stimulation to help residents feel independent and relaxed, while still allowing the provision of exceptional care.



A LEGACY OF COMPASSION & CARE

This marks a significant time to pay tribute to the suffragettes because it was almost exactly 100 years ago that women won the right to vote in Ontario. Providence is also celebrating a significant milestone: 160 years since the Sisters of St. Joseph opened Providence's doors. A remarkable example of how women were shaping and serving their communities long before they were legally considered to be persons! The Sisters of St. Joseph and the suffragettes are inspirational pillars of strength, determination, and compassion. Much like the women who paved the way for us, the women of WIPP continue the legacy of kindness and generosity to support patients and residents within the Providence community.

WHAT'S NEXT FOR WIPP IN 2017? INSPIRATION NIGHT Presented by Scotiabank- June 6, 2017

Featuring esteemed guest speaker Nellie Vieira, Certified Professional Coach and Negotiator. You are already in negotiations with every aspect of your life. Time to embrace it, get better at doing it, and WIN MORE because YOU ARE the Master of Negotiation in every facet of your life!

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Hosted by female Canadian Comedy Awards Nominee and actress, Stephanie Herrera, this workshop will have lots of opportunity to get you on your feet, release your inhibitions, and have fun in a "Whose Line is it Anyway?" fashion. This event will prove that laughter truly is the best therapy.

HOLIDAY MIXOLOGY- December 6, 2017

As the name suggests, the women of WIPP will be mixing it up with a course in this year's trendiest holiday cocktails at Toronto's SpiritHouse. A great opportunity to bring your festive cheer and dancing shoes!

HOW CAN I GET IN ON THE FUN?

WIPP caters to the busy female who is looking for a social boost, wants to achieve a greater work-life balance, and who is compelled to give back. New donors are always welcome so you are

invited to consider joining Women in Philanthropy for Providence and inherit some new friends who feel as strongly as you about serving the community through rich and meaningful experiences. To learn more about how you can become an engaging female philanthropist, visit <http://www.providence.on.ca/foundation/get-involved/women-philanthropy> or contact Cassidy Walker-Sloan at 416-285-3666 ext. 3990/ CWalker-Sloan@providence.on.ca.

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WIPP IS A PROUD SUPPORTER OF PROVIDENCE HEALTHCARE

Providence Healthcare provides leadership within the health-care 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. 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 years of delivering compassion, hope, and healing.

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Scarborough and Rouge Hospital



Health & Care

SCARBOROUGH'S CRAIG LINDSAY RECOGNIZED FOR COMPASSION AND IMPACT

Chair of Nephrology Peer Support Program receives 2017 Human Touch Award

Recovering from transplant surgery, many patients focus on the future. But when Craig Lindsay picked up the phone after his kidney-pancreas transplant, the past was at the top of his mind.

On the other end of the line was a fellow chronic kidney disease patient who needed support.

"He was very early in his diagnosis and was overwhelmed: dialysis options, whether to continue working, what his future would look like. He spoke about being afraid," Craig recalls. "I said to him, 'I can remember being as afraid as you are.' I told him I still struggle, but we will both have more good days than bad days."

On April 20, Craig, an extraordinarily committed volunteer at Scarborough Rouge Hospital (SRH), was honoured at the 11th annual Human Touch Awards presented by Cancer Care Ontario and the Ontario Renal Network. The awards honour two volunteers and 10 health care professionals from across Ontario who provide the 'human touch' by offering support, guidance, and encouragement to patients and families they encounter.

"My family and I were supported immensely by a whole network of volunteers," Craig explains. "So when I was healthy enough to start volunteering myself, it felt good. Staff at this hospital understand the therapeutic value of patients supporting patients. It is a privilege to give back after being on dialysis."

A former Emergency Medical Services Practitioner, Craig initially re-

ceived peritoneal dialysis at SRH, progressed through in-centre hemodialysis to home hemodialysis, and received a transplant in May, 2014. A generous and compassionate volunteer, Craig has been involved with the peer support program – which he now chairs – since shortly after his diagnosis. He is known for his positive attitude and willingness to share useful information with fellow patients.

"Craig is so committed to his fellow patients," says Ethel Doyle, director, chronic disease management and nephrology at SRH. "He is not afraid to share his personal experience and help newly-diagnosed patients cope with this disease. As a health care provider, that's a perspective that I can't provide. Support from somebody who has gone through it is so priceless. And it takes a special person to support others while a patient himself."

Beyond volunteering with the peer support program, Craig is actively involved with the SRH Community and Patient Advisory Council, the Regional Nephrology Patient and Family Advisory Council, and the Kidney Foun-



ation of Canada. The Human Touch Awards were created to highlight the importance of providing emotional support to people with cancer and kidney disease, in addition to the medical treatment they already receive. The awards also showcase the incredible work taking place across the province

each day by committed, dedicated and compassionate health care professionals and volunteers. Since its inception in 2007, more than 80 health care professionals and volunteers from Ontario's cancer and kidney care communities have been recognized with a Human Touch Award.

Scarborough and Rouge Hospital Board Meeting Focuses on Year-to-Date Operating and Financial Results

SCARBOROUGH (April 28, 2017) –The Board of Directors for Scarborough and Rouge Hospital (SRH) reviewed a number of reports from the hospital's Finance and Audit Committee at their monthly meeting yesterday.

The meeting began with a presentation to update Board members on patient flow at the hospital.

The meeting also focused on decisions related to reports from the Finance and Audit Committee. The Board received and approved the February year-to-date financial and operating results. In addition, a report from SRH's Integration Committee was also reviewed and approved.

Following these decisions, the Board received and discussed the reports from the Interim Chair of the Medical Advisory Committee and Interim President and CEO.

"SRH continues to make significant progress in standardizing programs

and services across our three sites as part of our journey to establish our newly-merged organization as a high-performing, patient-centred provider of quality care," said SRH Board Chair Maureen Adamson.

The next Board meeting will take place on Thursday, May 25, 2017 at 4 p.m. in the Lee Family Auditorium at the General site. All are welcome to attend.



About Scarborough and Rouge Hospital

At Scarborough and Rouge Hospital (SRH), a quality patient experience comes first. Affiliated with the University of Toronto, SRH consists of three hospital sites (Birchmount, General, and Centenary) and five satellite sites in Scarborough. SRH delivers a broad spectrum of health services to one of the most diverse communities in Canada, including a full-service Emergency Department at each site, advanced maternal and neonatal care in state-of-the-art birthing centres, and specialized paediatric services. SRH is home to a number of regional programs serving the central east Greater Toronto Area (GTA) and beyond, including nephrology, cardiac care, vascular surgery, and vision care, and is recognized as a centre of excellence in orthopaedic surgery, cancer care, and mental health.

TEAM ENVIRONMENT AT SRH A WELCOME ADDITION TO PATIENT'S MIDWIFERY CARE



Kailey Noble has told the story about the birth of her daughter Raegan a lot. And she'll tell it again to anyone who will listen if it means getting out the word about the outstanding care she experienced at Scarborough and Rouge Hospital (SRH).

Like many expectant parents, Kailey and her husband Andrew worked closely with their midwife Sanaz Kama from Diversity Midwives to develop a plan for her labour and delivery.

But complications arose during the delivery when it was discovered that Raegan had become stuck sideways. An obstetrician and nurses assisted Sanaz in safely delivering Raegan, who was born on January 24, 2017 at the Birchmount site weighing in at a healthy 7 pounds 2 ounces.

Sanaz admits that she was concerned that Kailey and Andrew would not be happy with their birth experience. However, as it turned out, Sanaz didn't have anything to worry about.

"I couldn't have gotten through the labour and delivery without Sanaz, and the doctors and nurses were just as great," explains Kailey. "They kept my husband and I well informed and the nurses were always there when I needed them and were very helpful in helping me learn how to breastfeed."

In Ontario, midwives are registered health care professionals who provide safe, researched-based care to women throughout their pregnancy, labour and birth, as well as for six weeks after the birth.

SRH is proud to partner with two midwifery organizations – Diversity Midwives and Sages-Femmes Midwives – who have provided outstanding care to expectant parents at SRH for over 15 years. They are part of an interdisciplinary team that includes obstetricians, anaesthetologists, nurses, and doulas.

Kailey and her husband chose to use a midwife 26 weeks into her pregnancy after much research. "I had always thought of using a midwife and the choice ended up being the right one for us," Kailey explains.

"Sanaz was amazing with the confidence she brought and she really helped to bridge the gap for my husband in supporting me during my labour and delivery."

For Sanaz, the collaborative environment at SRH is also something she values personally as a midwife. "I really love working here because I feel like I'm part of a team and I don't see myself as separate and apart from my other colleagues."

"From what I have seen and know of other communities, the way we work here is pretty unique and amazing."

ON TOP OF THE WORLD

Javaid Khan climbed Mount Kilimanjaro to support Scarborough and Rouge Hospital

When Javaid Khan sets a goal for himself, he aims high. As he stood atop one of the tallest mountains in the world in March, was no surprise to those who know him that he had also reached another tall target: raising more than \$20,000 for Scarborough and Rouge Hospital (SRH).

"A few months back I was wondering if I would be able to achieve my set goal to reach the roof of Africa, Mount Kilimanjaro," Mr. Khan said. "But, today it is a relief to say, 'Yes, I just did it'."

Surpassing his fundraising goal of \$20,000 was only possible due to generous donations from his family and friends, he added.

"I want to thank all of the donors and my friends, including hospital staff, for supporting me for my passion to scale Mount Kilimanjaro for a charity close to my heart," he said.

Mr. Khan's journey to the top started at the Kilimanjaro National Parks office at midday on March 7. The starting point was Marangu Gate, where he and a friend embarked on the ascent to the first base camp, Mandara Hut, 2,720 metres



above sea level. Having a companion on the trek meant a great deal to Mr. Khan.

"I was accompanied by my friend, Mr. Asif Bux Awan, from my birth town Kisumu, Kenya," he explained. "We were both a source of motivation and inspiration for each other, along with our two best guides, Sanai and John, from Tanzania."

Each stage of the journey held difficult challenges as they climbed, reaching the peak in just four days. Day two, the team reached Horombo Hut, elevation 3,720 metres. On day three they reached a camp where they slept in bunk beds with sleeping bags, inside wooden cone-shaped chalets. But day four was the most challenging, Mr. Khan explained,

as the distance to Kibo Hut was five hours, with a steady climb up to an elevation of 4,720 metres. Ahead of them, on the way to the final slopes of the summit, was wide open desert; a wind tunnel between two mountains, Kilimanjaro and Mawenzi.

"For every two steps forward in that wind we had to take one step back," Mr. Khan said. "We reached Kibo Hut by 3 p.m. with temperatures plummeting to -5 C, which felt like -20 C with the wind-chill. Believe me, this place was located below a wind turbine and did not help us at all."

Following the advice of their encouraging guides, the climbers had a hot lunch and coffee and rested six hours before the last ascent to the summit, 5,685 meters above sea level. Mr. Khan described the conditions as windy and freezing during the final climb, which started at 3 a.m. But seven grueling hours later, zigzagging through the rugged, sandy, snowy, and gravel trails, climbing up and down big stones and boulders, the summit was in reach.

"The last two hours were the most difficult of our ascent because the angle to climb was almost at an inclination of 60 degrees!" Mr. Khan said. "We were out of breath, cold, and tired but with the professional guidance and motivation of our guides, we managed to reach the top of one of the three highest peaks of Kilimanjaro,

called Gilman's Point." It was the experience of a lifetime, he said.

"When we reached the top, we forgot our tiredness and fatigue. Happy and joyful we rested for five minutes and then took many pictures and videos including videotaping a message to my supporters in fundraising for Scarborough and Rouge Hospital, from the top of Africa, to those who showed trust and faith in me," he said. "I would definitely like to share my personal experience that being on top of Mount Kilimanjaro was just amazing, breathtaking and a sight that everyone one day should experience."

Home after the journey, he has many people he points to as key to his success. Along with his climbing partner, guides, the porters and the cooks on the climb, he thanked SRH Foundation President and CEO Michael Mazza and the Foundation staff.

"I am thankful to Allah, God Almighty, who gave me courage and strength to achieve this milestone in my life, where I challenged myself to scale the highest mountain in Africa for charity, a mountain which is only 10,000 feet lower than Mount Everest," he added.

Mr. Khan's goal was to raise \$20,000 for the Maternal, Newborn and Child Care Program, and Midwifery Services at SRH and in April he surpassed that total.



Coming Soon

Commemorative Bank Note for Canada's 150th

On 1 July 2017, Canada will mark 150 years of Confederation, and this milestone will be commemorated in many ways. For its part, the Bank of Canada will mark this anniversary by issuing a new commemorative \$10 bank note that will be broadly available by Canada Day 2017. Commemorative notes, while unique, are circulating notes that can be used for payment just like all other notes issued by the Bank. But some Canadians treat these bills like little pieces of history.

The Bank, which produces Canada's bank notes, has issued only three commemorative notes to mark important milestones in Canada's history.

In 1935, a \$25 note was issued in honour of the Silver Jubilee of King George V. In 2015, a variation of the \$20 note recognized the historic reign of Queen Elizabeth II. And in 1967, a special \$1 note celebrated Canada's centennial. Many will remember the events that marked this important milestone for our young country. Per-

haps you, or someone you know, have held on to a 1967 \$1 bill.

Anniversary celebrations are now ramping up again! The design of the special Canada 150 polymer note will be unveiled soon. In deciding what images to include on it, the Bank turned to Canadians for help.

For the first time ever, the design process began with an invitation to all Canadians to propose ideas. This open call for suggestions, followed by a nationally representative survey, asked Canadians to suggest themes and subjects to represent Canada on a note celebrating its 150th birthday. A subsequent survey then asked Canadians to rank these themes in order of preference. Focus group testing also took place to gather impressions on the designs.

The suggestions that the Bank received through these processes inspired the bank note's content and design. And now the commemorative note carefully incorporates many Ca-



nadians' ideas that best represent the 150th anniversary of Confederation.

Details about the design, security features, the number of commemorative \$10 notes that will circulate and how to obtain them will be announced soon. In the meantime, think about what makes you proud to be Canadian

as the 150th celebrations get under way.

Visit www.bankofcanada.ca/banknotes to learn more about bank notes and follow the Bank on Twitter (@bankofcanada) for the latest news on the Canada 150 commemorative bank note.

The Many Faces and Places on the Canada 150 Commemorative Note

It's not easy representing 150 years of Confederation on a single bank note. But the Bank of Canada's new commemorative note does just that with a story about our history, land and culture.

This new \$10 note, celebrating the 150th anniversary of Confederation, was unveiled on 7 April and it will hit the streets starting 1 June.

For the first time, portraits of four public figures are featured on the front of a Bank of Canada note. Sir John A. Macdonald, Sir George-Étienne Cartier, Agnes Macphail and James Gladstone are four parliamentarians who played significant roles in our history. Since some Canadians may not be familiar with these individuals, let's learn a bit more about them.

Sir John A. Macdonald likely doesn't need much of an introduction. He was Canada's first prime minister and one of the Fathers of Confederation, under whose leadership and vision the Dominion of Canada formed, grew and expanded until it stretched from sea to sea.



Sir George-Étienne Cartier, also one of the Fathers of Confederation, was a principal architect of Canadian federalism and a proponent of Confederation as a means of safeguarding French Canada and other minorities.

Agnes Macphail was a champion of equality and human rights who, in 1921, became the first woman elected

to the House of Commons in Canada.

James Gladstone, or Akay-na-muka (his Blackfoot name), committed himself to the betterment of Indigenous peoples in Canada and, in 1958, became Canada's first senator of First Nations origin.

Together, these four remind us that the Canada of today was shaped by

people of different backgrounds, who, through their vision, courage and effort, created a better country.

The back of the note emphasizes Canada's natural landscapes—the rugged splendour of a land as diverse as its people. Five landscapes represent different regions of the country: the West Coast, the Prairie provinces, Central Canada, the Atlantic provinces and the North.

Beginning 1 June, 40 million commemorative bank notes will be distributed through Canada's financial institutions. The commemorative note will circulate alongside the current \$10 note but will not replace it. The existing \$10 note will continue to represent the majority of \$10 notes in circulation for the life of the Polymer series.

Visit www.bankofcanada.ca/banknotes150 to learn more about the design and security features of the commemorative note. Follow the Bank on Twitter (@bankofcanada) for the latest news as we prepare to issue this special note marking the 150th anniversary of Confederation.

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Malala Yousafzai receives Honorary Canadian Citizenship



By: Raymond Rajabalan

The irrepressible Malala Yousafzai, the teenage Nobel Peace Prize winner who famously survived a Taliban bullet in 2012, delivered an enduring message of hope, perseverance and inspiration on Wednesday, April 12th and did it as an honorary Canadian citizen.

Yousafzai used her newfound membership in the Canadian family and towering presence on Parliament Hill to apply a little friendly pressure, calling on the country to go beyond honorifics and take a global lead in ensuring more girls can go to school.

"I know where I stand," Yousafzai said during a moving speech to a joint session of Parliament that was punctuated frequently by thunderous standing ovations. "If you stand with me, I ask you to seize every opportunity for girls' education over the next year." The 19-year-old called on Canada to make girls' education the centerpiece of its work as host of the G7 next year something that would bring full circle the process of how the Pakistani activist became Canada's sixth honorary citizen.

The accolade was originally to be conferred by former Conservative Prime Minister Stephen Harper, whose inner circle thought honouring Yousafzai would be a logical offshoot of their government's focus on women and girls' health when Canada last led the G7.

"Malala is an international symbol of perseverance for not only girls and women but for all of us, she embodies what it means to be Canadian," Harper said in a statement Wednesday.

"Malala's incredible story and tireless work to give millions of girls a voice will leave a lasting impression for generations."

She was to have personally received the honour on Oct. 22, 2014, but on that day a gunman rampaged through the very building where Yousafzai stood Wednesday before an audience of dignitaries, MPs, cabinet ministers and diplomats.

"The man who attacked Parliament Hill called himself a Muslim — but he did not share my faith. He did not share the faith of one and a half billion Muslims, living in peace around the world. He did not share our Islam — a religion of learning, compassion and mercy," she said, her parents beaming from their front row seats. "I am a Muslim and I believe that when you pick up a gun in the name of Islam and kill innocent people, you are not a Muslim anymore."

The gunman "shared the hatred" of the man who attacked the Quebec City mosque in January, who killed civilians and a police officer in London three weeks ago, who killed 132 school children at Pakistan's Army Public School in Peshawar, she said. "The same hatred as the man who shot me."

Malala sang Canada's praises throughout her speech, which even included a subtle jab at the shifting political landscape in the United States. "Welcome to Canada' is more than a headline or a hash tag," she said. "It is the spirit of humanity that every single one of us would yearn for, if our family was in crisis. I pray that you continue to open your homes and your hearts to the world's most defenseless children

and families — and I hope your neighbors will follow your example."

She urged the federal government to put its upcoming presidency of the G7 to good use, and also to use its influence to help fill the global education funding gap, noting some 130 million girls are without access to education.

"The world needs leadership based on serving humanity — not based on how many weapons you have," she said. "Canada can take that lead."

Equal parts humor and humility, Yousafzai appeared at times even younger than her now-famous activist countenance as she related how much excitement there was at home over the prospect of meeting Trudeau in person.

They say: 'He's the second-youngest prime minister in Canadian history! He does yoga! He has tattoos!' she grinned. "While it may be true that he is young for a head of government, I would like to tell the children of Canada: you do not have to be as old as Prime Minister Trudeau to be a leader. I used to think I had to wait to be an adult to lead. But I've learned that even a child's voice can be heard around the world." She added, to the "young women of Canada" in particular: "Step forward and raise your voices. The next time I visit, I hope I see more of you filling these seats in Parliament." Trudeau said later he was inspired by her words.

"She challenged us as Canadians to think about how we can continue to strive for justice, for equality for opportunities for girls and women around the world," he

said. "I certainly look forward to renewing our efforts to have a positive impact in the world."

Canada's other five honorary citizens are the Dalai Lama, the Aga Khan, Nelson Mandela, Burmese activist Aung San Suu Kyi and Swedish diplomat Raoul Wallenberg.





WORDS OF PEACE



No Small Matter

In a sense, we're all swimming in the river of time. When a baby is born the clock is already ticking.

"All of a sudden," says Prem Rawat, "you find yourself alive. You exist. Now what do you do? The hand of time is pushing you and will not let you stop—not even for one minute—to take a break. So what do you do?"

Since he was very young, Mr. Rawat has been offering an answer to that question. He travels the world to talk about a timeless place within he calls the heart, where a human being can find fulfillment, can be at peace. For these efforts, he is hailed in many countries as an ambassador of peace.

"Most of us in this world are still trying to make sense of it," he says. "What does it all mean? Driving on the highway, there are signs so you know where you are. But on the highway of life, there are no signs. All you have is a calendar so you can see another year go by.

"My point is this: You are alive now, and if this means nothing to you, you are in serious trouble."

That one word now, Mr. Rawat says, holds the clue to how we can escape the relentless push of time.

"You bought your watch because it looked pretty. You said, 'Oh, look! It's very nice. It suits me,'" he says. "Now let me show you what is really going on with this watch.

"With this watch, you have decided to undertake the measurement of something that is immeasurable: Time. This watch does not tell you time. It tells you about you, that every second that goes by is a second of your life that is not coming back, and it is up to you to grab that moment."

Through time, Mr. Rawat says, we experience the brevity of a human life.

"One day," he says, "like a wave on the beach, it will take all the holes and all the little mounds and level them. Have you seen that? You can

go, dig a hole on the beach, build a little sandcastle and then the waves will come and groom the beach back to the way it was."

While it's true that we are all moving through time to our inescapable end, Mr. Rawat says there is another way to experience life—through the miracle of the breath that keeps us alive.

"This breath is not just a breath," he says. "What else might this breath be? Its coming and going is the blessing of the divine in you—most subtle and most powerful. Breath brings the gift of life. So is life not divine? Is it not truly a blessing?"

"If divinity were like a watch, we would lose it, I guarantee you. We would forget it. So what does that divinity do? It said, 'Okay. This person will need me, so I will put myself in a place where I will always be available.'"

That place, Mr. Rawat says, is the temple within every human heart.

"Wherever I go, I'm in that temple. I cannot leave it. This temple has no gates, because there's nobody to keep out and nobody to stop from leaving. When I go to this temple, my prayers are heard—and I understand what to pray for. I pray for nothing but for gratitude to fill my heart. That's all—to be thankful that I am alive.

"You know, there are people who talk about how you could make your life a little easier today. What I talk about is for the rest of your life, till the very last breath you will take on the surface of this Earth. In a war? Yes. In jail? Yes. In solitary confinement? Yes. On top of a mountain? Yes. Underwater? Yes. This is no small matter."

To learn more about Prem Rawat
1 877 707 3221

416 431 5000

www.wopg.org

www.tprf.org

www.premrawat.com



Student Burnout



By: Janani Srikantha

With a little over two months left of the school year, the days are filled with presentations, projects, tests, and assignments, which are all mixed in with school trips and end-of-year celebrations. It is definitely a busy time of the school year!

As students try to successfully accomplish their long list of tasks, they can feel overwhelmed and stressed. This leads to less than optimal performance in many areas. Students may begin to feel tired, unhappy, and unenthusiastic to go to school. If this feeling of being uninspired lasts for an extended period of time, it is possible that the student is experiencing a 'burnout'.

There are several things that students can do to get back on track and feel positive.

Sleep

I've increasingly noticed that students are staying up late into the night, with some students even getting ready for bed nearer to midnight. The National Sleep Foundation suggests that teenagers need about 8-10 hours of sleep to function at their best. Studies show that lack of sleep can affect a student's memory, their thinking and judgement skills, and their mood. Many students spend all night studying for an exam, but it is during sleep that the brain processes new information that was learnt. Therefore, good sleep hygiene, including getting into bed early without mobile phones, is essential to avoid burnout.

Plan

If students need to get to sleep

earlier, it means that they can't leave completing their projects and studying for tests to the last minute. It's important to develop good time management skills and plan out the week in advance. The guideline that I use is about ten minutes per grade for each night. Thus, if a child is in Grade 1, they can do about ten minutes of reading and other assigned activities each night. Whereas, a student who is Grade 12 may do two hours of homework every night. However, this time is used for focussed studying, and does not include the minutes used to check social media feeds, chat with a friend, grab a snack, or view the newest YouTube sensation. With a plan that details the subjects and activities to be completed for the evening, along with uninterrupted study time, students can pace themselves throughout the week.

Healthy Eating

Students are known to snack while working. When the pressure is high and time is running low, those snacks can sometimes include fast, convenient foods which are not always healthy. Studies show that low-fat, low-sugar, high-fiber meals with plenty of fruits and vegetables actually provide us with energy and boosts our immune system. This is exactly what we need when combatting burnout.

Water

It is also important to drink plenty of water and stay hydrated. It has been shown that even mild dehydration can decrease the ability to think and remember, and students can have difficulty concentrating. Therefore, filling up the re-useable water bottle,

regularly throughout the day, is essential.

Exercise

As students plan their week and focus while studying, it may free up time to play outside or start participating in a sport more. Students, especially in high school, spend too many hours sitting. The Mayo Clinic suggests that any form of exercise can relieve stress. Exercise increases the production of endorphins, which makes you feel great! It also improves concentration and cognitive functions, and helps you sleep better.

Disconnect

Students spend a lot of time on devices for both academic and personal reasons, and technology has many benefits for education. However, it is important to disconnect for a little while each day. Students need to spend time with friends or family in face-to-face conversations, without the use of a device. Also, it's a great time to relax and self-reflect, as students discover who they are and evaluate their goals. It has also been shown that constant stimulation from the screen light and pop-up notifications stresses the brain. Therefore, having some time away from the phone or tablet lets the brain relax. This leads to better memory and increased thinking capacity, and also better sleep.

Talk

Providing an environment where a child can have an open conversation is one of the most important ways to combat student burnout. Many students internalize the stress they are feeling from school and this affects their be-

haviour, mood, and performance. Students need to know that they can talk to their parents or another adult without any judgement. By talking about how they are feeling, students have the opportunity to create a concrete plan to be successful.

When a student feels exhausted, shows an overall lack of interest, and demonstrates declining performance for an extended period of time, it may be that they are experiencing burnout. It's important that we recognize this and help them get back on track, so that they once again enjoy learning and activities.

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



thinkshiftdedu

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.



Mindfulness to your Life

Dr. Nuwan Fonseka PsyD.



Over the past decade, mindfulness as a therapeutic model has become increasingly popular in Western psychotherapy. Although mindfulness has been practiced in the East for the past two to three thousand years for spiritual development, in the West, mindfulness practices have moved from a largely obscure Tibetan, Zen, or Theravada Buddhist philosophy to a mainstream psychotherapy construct. Mindfulness is the oldest life development tool that the Eastern world has been using for over 25 centuries. If mindfulness were unproductive for humans, it would not have survived for over 2500 years. Even though mindfulness has not been tested until the 20th century in clinical institutions, labs, and the academic world, the technique has been integrated with Eastern human life, not only in a spiritual context, but also in daily life activities. The intro-cognitive perception of the Western world whose every technique and approach needs to be tested or undergo a clinical trial before it can be applied within an institutional, evidence-based settings, doesn't treat some of the mindfulness practices correctly. Buddhist teaching and mindfulness practice introduced by "Maha SathiPattana Suthraya" has been approached with Buddhist counselling and advocating within the temple system in Sri Lanka and East Asia for over 2000 years with lots of political support. Even mindfulness isn't categorized as a psychotherapy method; it has

several psychotherapeutic values that have been supporting the general population, clients, and patients in multiple ways.

Human sufferings arise from attachment to desires, and life is suffering that generates natural and unnatural pain, which causes feelings, emotions, and thoughts, with several actions on different levels. One of the primary goals in mindfulness-based counselling is helping clients to understand what causes our suffering. In this journey, the clinician can use several visual diagrams and examples which give insight to clients to remind them of previous life experiences from their past attachments. Sufferings are avoidable (not able to be ignored) in some cases, but sometimes, the human can heal pain by using several mindfulness tools or Buddhist psychological practices such as the "Eightfold Path."

Buddha defined attachment as "The attachment to the desire to have (craving) and the desire not to have (aversion)" (Dammapadaya, 1993).

Addiction is a result of unresolved attachment, which also involves dysfunctional attachment with humans and materials. In most of the cases, addictions are created by the attachment-based human relationships and profound efforts of satisfying addictive desires and cravings by using different coping mechanisms.

Humans satisfy their cravings by using unnecessary coping strategies; they disturb their insight and experience frustration with anger, which is also another manifestation of attachment-based suffering.

All the roots in our life would connect and create suffering and pain based on the level of attachment towards dysfunctionality. The journey of understanding causes of our suffering, and helping our mind to learn the circle of weeding out the identified causes from our life is difficult. The proper coordination by a clinician or educated instructor of using mindfulness practices can help the client to recognize the connection between craving-attachment and suffering.

Simple mindfulness practices to help for better life.

Mindful Breathing Meditation
Waking up mindfulness way
Showering mindfully
Getting dressed mindfully
Mindfulness based Body Scan
Drinking tea, herbal drink or coffee mindfully
Brushing your teeth or hair mindfully
Listen to music or sounds.
Mindfulness walking.
Exercising mindfulness way
Cooking foods mindfulness way
Stopping at a road traffic light

Dr. Nuwan Fonseka PsyD.
info@drnuwan.com

Senior Tamils' Centre of Ontario: Honouring Indigenous People HIP.

STC was privileged to have Elder Danny Beaton, from the First Nations at Burrows Hall Community Centre on the 24th of March 2017. A presentation was held on "Understanding the past, moving forward together" by Fred Lawlor from the Rotary HIP.

HIP: Honouring Indigenous Peoples

HIP was created by Rotarians in Southern Ontario in partnership and consultation with a number of indigenous people. We are honouring indigenous people by supporting their educational efforts and encouraging all

Canadians to be aware of indigenous issues, history and culture.

"First Nations welcome contributions in Kind, and the Senior Tamils Centre made a substantial contribution of Baby Clothes."



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TEN ♀

Her Journey

LADY PISTA

Sumangala Narendrakumar

By: Janani Srikantha

Lady Pista (Sumangala Narendrakumar) is a well known singer, record producer, and the founder of Canadian record label 'Red Room Records'. Starting at the age of 16 and being the first Tamil female DJ in Toronto, she's had a tough but inspiring journey.

It was in the early 2000s that Lady Pista started blending Tamil film songs with urban dance hall and hip hop beats. She shared her work online as did other artists. From the get go, her talent was appreciated by many. However, as a lot of the work was online, people initially assumed the mixes were created by a male and were hesitant to accept that a woman could create mixes. This fuelled Lady Pista to prove herself and be the best, as she knew her steps in the music industry were being watched and scrutinized.

Her first challenge came from being part of an immigrant family, where she was often told that that music was not an optimal career choice. This led Lady Pista to fulfill what many would consider a "traditional" path first at Ryerson University and then York University. After taking some time to self-reflect and question the reasons for completing a degree that she had no interest in, she decided follow her passion in art, specifically music and complete a degree in audio engineering.

As Lady Pista grew as an artist, she recognized the many issues that existed. For one, very few members of the Canadian Tamil Community were pursuing successful careers as artists even though there are over 200,000 Tamil Canadians. As she made her way into the Toronto music industry, she realized that a platform to develop artists of colour didn't exist. There was a lack of knowledge, little guidance, and

underfunded resources, which proved to be Lady Pista's next challenge. Early in her career, she had to rely on herself to trial and error different processes, do her own research, and find the right people to surround herself with.

Throughout her career, Lady Pista has looked up to many people who were authentic to who they are, such as Alicia Keys who was able to embrace herself, despite any flaws, and project herself as an elegant and attractive woman. Currently, speaker and coach Bob Proctor is a source of inspiration as Lady Pista lays the foundations to have a healthy mental attitude for growth and success.

With her dedication to her art and to her personal development, Lady Pista has released over twenty songs, has two albums, and 2 EPs. Her mix of Haira Haira became a big hit with over 100,000 views, and her track Falling Hard with MC Sai achieved recognition in the United Kingdom. Treat You Better was another big hit which received 55,000 views in two weeks. With fans all over the world, including Canada, UK, India, Malaysia, Singapore, and Sri Lanka, Lady Pista has committed to pursuing music full time, and is truly happy doing what she feels she is meant to be doing.

Within the past year, Red Room Records was founded and gives artists a platform to develop themselves without relying on record companies. This allows artists to hold onto 100% of their music, while exploring different avenues for exposure. Artist development and mentoring are essential components of Lady Pista's vision, and she works with artists on their branding as they enter the music industry.

Lady Pista's realization that music itself is a business turned her career



around. Like many artists, she has done free shows and spent hours working on music without getting paid because she loves what she does. However, by acknowledging that what she does has value and knowing her worth, Lady Pista was able to turn her passion into a tangible product. She was surprised at how many successful entrepreneurs and artists were willing to share their process and talk about their business. It was through these conversations that Lady Pista was able to create a shift in her career, and has now created a brand with intention where every decision that is made fosters her brand.

Throughout the past few years, Lady Pista has gained tidbits of wisdom, and her top three tips for other entrepreneurs is to be authentic as people like to engage with real people, be consistent, and create a social media presence. She also encourages others to be persistent and to remember that failure can be success if it is used to keep building. Lady Pista highlights that giving time for self-discovery and personal development is crucial as who you really are is showcased in your work.

Keeping her journey in mind, Lady Pista is launching her third EP 'IMMA PISTA' on July 21st, 2017 in the UK with global digital streaming. The new album focuses on self-love, empowerment, vulnerability, and self image which make the foundation of her IMMA PISTA movement. It is through this movement that Lady Pista aims to encourage South Asian women to embrace who they really are, and overcome any challenges that they feel they previously couldn't.

Lady Pista is a woman who is forging new paths and empowering those around her through her music and "don't let anything stop you" attitude. You can follow every step of Lady Pista's journey via her Insiders List on www.ladypista.com or connect with her on [instagram.com/ladypista](https://www.instagram.com/ladypista) or [facebook.com/ladypista](https://www.facebook.com/ladypista).

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CAMPBELLFORD MEMORIAL HOSPITAL WELCOMES THREE NEW INTERNAL MEDICINE SPECIALISTS TO ITS TEAM



Dr. Shiyam Loganathan

Dr. Venetia Wijayakumar

INFORMATION VIA CAMPBELLFORD
MEMORIAL HOSPITAL MEDIA RELEASE
ON MARCH 21, 2017

Campbellford residents will now benefit from the caring expertise of three new internists, Dr. (Rhadhe) Shiyam Loganathan, Dr. Venetia Wijayakumar and Dr. Syeda Arabi who will be joining the medical team at Campbellford Memorial Hospital (CMH) in March, April and May, respectively. This is in addition to the current consultants providing Internal Medicine support at CMH.

Dr. Shiyam Loganathan completed his internal medicine internship and residency at Mercy Hospital and Medical Centre – University of Illinois at Chicago Affiliate in Chicago, Illinois. He earned his medical degree at the Medical University of the Americas in St. Kitts and Nevis, Netherlands-Antilles and his Bachelor of Science in Human Biology at the University of Toronto.

Dr. Venetia Wijayakumar completed her internal medicine internship and residency and also completed a geriatric medicine fellowship at Mercy Hospital and Medical Centre at the University of Illinois at Chicago Affiliate, Chicago, Illinois. She earned her medical degree at the St. James School of Medicine in Bonaire, Netherlands-Antilles and her Bachelor of Science in Cell and Molecular Biology at the University of Toronto.

Dr. Syeda Arabi completed her internal medicine internship and residency at West Penn Allegheny Health System in Pittsburgh. She completed a geriatric medicine fellowship at University of Pittsburgh Medical Centre in Pittsburgh, completed her medical degree at St. George's University School of Medicine at Grenada and

earned her Bachelor of Science in Human Biology at the University of Toronto.

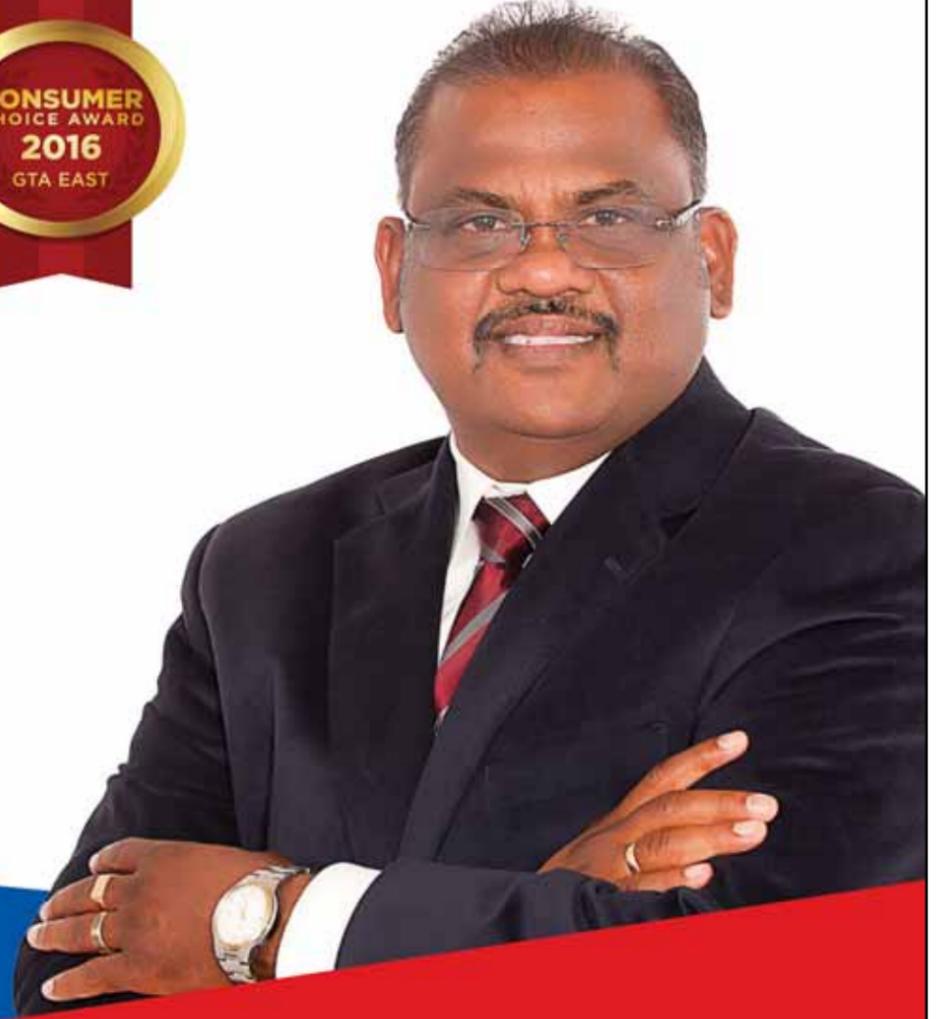
All three physicians will be supporting CMH's Inpatient Unit and Ambulatory Clinic. CMH introduced its

hospitalist/internist inpatient care model in 2016. Based on this model, the internist works with the hospitalist to take care of all admitted patients each week.

“On behalf of the CMH team, I am pleased to welcome these three internists to our team of medical professionals. We are always striving for excellence, continuously improving and staying on top of the latest best practices and clinical protocols. Over the past 5 years, CMH and its team of health care providers have been consistently recognized for a commitment to excellence in health care. The experience and expertise of our new internists will complement the existing exceptional level of care our patients have come to expect at CMH,” says Brad Hilker, President and CEO, CMH.

“The recruitment of these physicians was made possible with the support of the Northumberland Hills Hospital (NHH) leadership team,” said Hilker, “particularly Dr. Mukesh Bhargava, Chief of Internal Medicine at NHH. Moving forward, it will allow for further collaboration between the hospitals in Northumberland County.” “I would also like to recognize our physician liaison Laurie Smith and the support of the Trent Hills Physician Recruitment and Retention Committee for their hard work and support in attracting these new physicians to our medical team,” said Hilker.

வீடு வாங்க விற்க வாங்க



Esan Kulasegaram

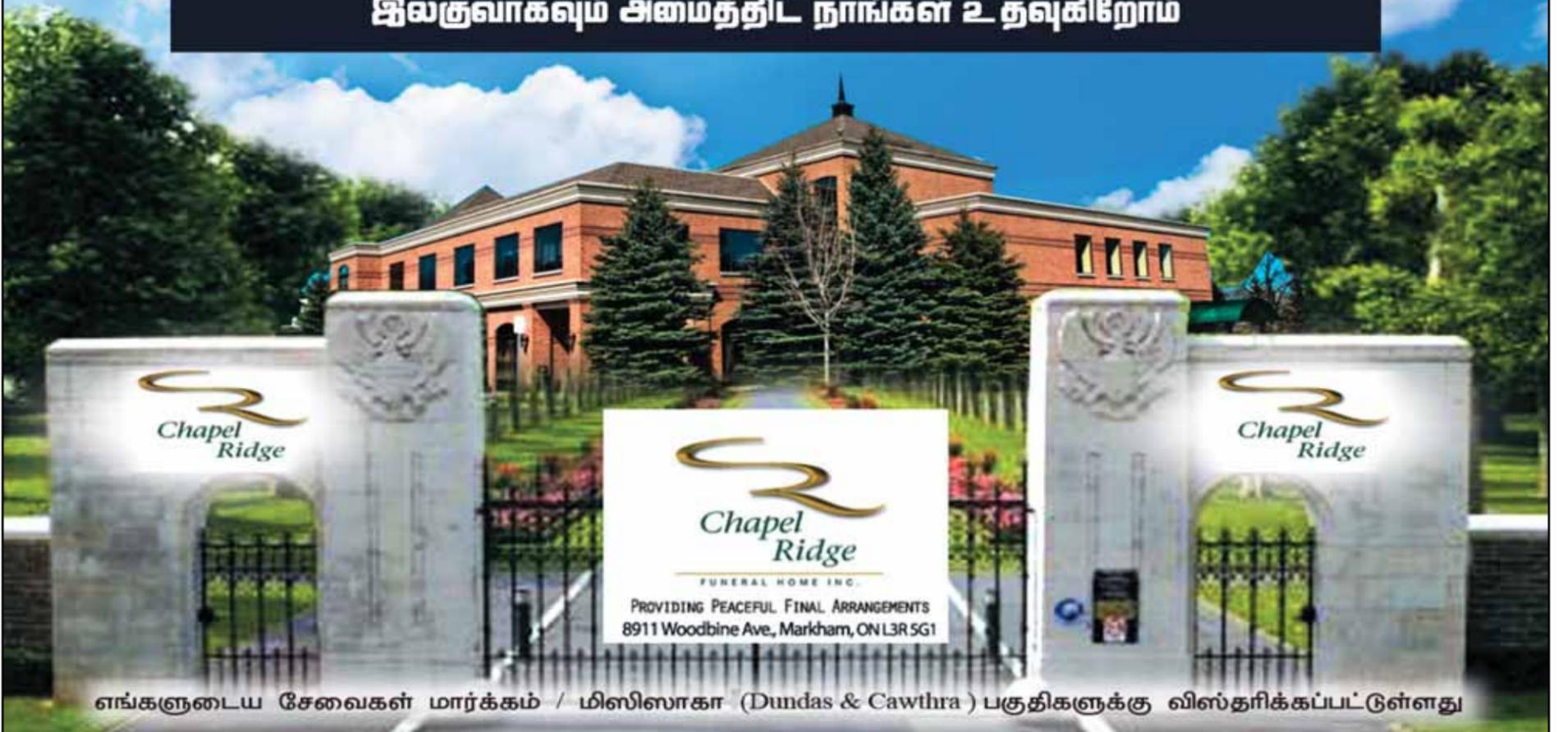
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MANIAM – THE ENERGETIC AND INDUSTRIOUS FARMER

BASED ON A RURAL SETTING IN JAFFNA DURING THE FIFTIES

C. Kamalaharan

Several decades elapsed
 Since Maniam's voice heard
 From the well sweep
 As he ran up and down on it
 To irrigate his sun bathed crops.
 His sonorous voice
 During the wee hours
 Was time piece for us
 To stretch out of bed
 And begin the day's work.
 His strongly built physique
 Empowered him for relentless toil
 To reap a bumper harvest
 And save for a rainy day.

Though physically strong and stern in look
 Maniam was always sympathetic, generous
 And helpful to those in need.

Innovations in irrigation brought water pumps
 That replaced the outmoded well sweeps
 And relieved man of strenuous labour.
 The rattling sound of the water pumps
 Had also drowned Maniam's tranquillizing voice.
 Only the Portia trees (Poovarasam maram)
 That shouldered the well sweeps
 Still stand clustered at the site.

Furthermore artificial fertilizers superseded
 The traditionally used manures
 To boost production.

But the indiscriminate use of pesticides
 Without proper precautionary measures
 Had snatched the lives of many farmers.

But God's providence saved Maniam
 Who had a close shave while spraying.

One morning Maniam was found
 Lying unconscious on the ground
 Under the spreading Portia trees,
 Experiencing difficulty in breathing
 Tightness in chest
 Blurred vision, headache
 Sweating and vomiting.

Fellow farmers rushed him to hospital
 In a standby tractor.

And prompt treatment saved his life.

Now Maniam in his twilight years
 Does not exert much.

But his love for farming is kept alive

As he continues to cultivate

Employing trustworthy labourers

And oversees the work seated in the wheel chair
 Under the shade of the monumental Portia trees.



The Vegetable farm



The Portia Tree (Poovarasam Maram)



The Well Sweep



Valluvar's Views

Fortitude

By: JJ Atputharajah

One should have the ability to laugh at adversity and it is the best strategy to overcome it. One's spirit should not be broken by misfortune, defeat or adversity. The wondrous spirit of cheerful has the power of endurance.

Valluvar puts the idea in a nutshell in the couplet:

“Idukkan varunkal nakuka athanai, aduthoorvathu akuthu oppathu il’.

A wise man will overcome a deluge of misfortunes by the strength of his right thinking. When a man is prepared to face adversity like a bull at the yoke, it is misfortune that will have trouble from him. A courageous and strong will power is the best antidote to adversity. Even if they come up in serried ranks, the troubles that face a man of indomitable will sustain defeat. People who do not express their joy when misfortune smiles on them, should not grumble when misfortune comes to them.

A man should be realistic enough to understand that misfortune is unavoidable and should not be disturbed by it. Misfortune can only affect the body but the mind can rise above it and frustrate it and ultimately win over it. A man who does not crave for pleasure and realizes that adversity is life's natural concomitant, will face trouble without relenting and with equanimity. Francis Bacon summarizes the message of the Bible in a similar thought when he said: ‘Prosperity is the blessing of the old testament, adversity of the new, which carrieth the greater, benediction and clearer revelation of God's favour’.

A man who is not excited when enjoying good fortune will be able to face overwhelming grief with fortitude. A man who is able to treat stress and strain of adversity as experiences that give him educative joy, will find that his performance on the whole is appreciated and extolled even by his enemies.

“Idukkan varunkal nakuka athanai,
Aduthoorvathu akuthoopathu il’

(Kural: 621-630)



BOOK REVIEW

by Thuraiyuraan

Title: **The Deserted wife and Dancing Girl's Daughter**

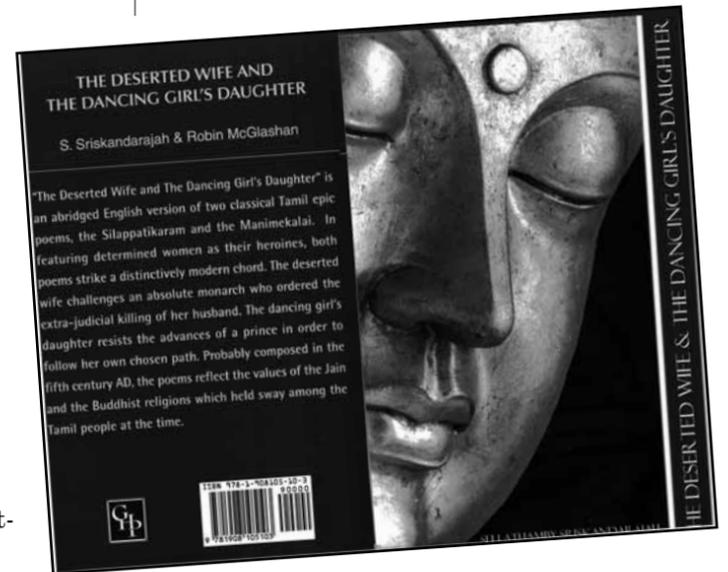
Authors: **Sellathamby Sriskandarajah & Robin Mc Glashan**

The title may be misleading to some of you but don't be alarmed. This is a book written by two eminent men about our famous “Twin epics” Silappathikaram and Manimekalai. I am sure these two stories are household ones in Tamils' homes. We Tamils should be proud of these Tamil epics written nearly two thousand years ago. The richness and the poetic metre used by the authors Ilango Adikal and Saththamar, brings out the antiquity and the grammatical tradition of Tamil. These two epics are the treasure troves of a civilised, spiritual and well organized Tamil society that existed two thousand years ago. We were ruled by Kings who sacrificed their lives to maintain justice and fairness. Peace and tranquility prevailed in their kingdom. People lived harmoniously and welcomed visitors with open arms and provided them with all comforts.

This year is being celebrated as the Centenary year of International women. But we had two epics two thousand years ago, which were centered around the noble life of two women, who are even now worshipped as demigods. Such was the high positions given to women by ancient Tamils. I have not heard of any such epic in any other language.

I think it is unnecessary to go into the details of the stories here, as both are well known among many Tamils. But for non Tamils and our younger generations born outside their homelands, this book will be a boon. In fact the very idea of writing this in English by the authors, is with that purpose. So I highly recommend this as a historical document of the ancient Tamils that should not be missed. Silappathikaram speaks of many aspects of our ancestors who excelled in righteousness, bravery and fine arts. Details of these are abundantly seen in various verses. If not for these epics we would have had no idea of the virtuosity of our ancestors. I am sure that these epics will be there forever, since they have survived for the last two centuries. Furthermore Translations of these two epics in different languages, will help them to survive the onslaught of time and tide.

I must congratulate the authors for their dedication and meticulous planning in writing this book. The lucid



style and appropriate choice of words used in the book are so very fascinating that the reader will be naturally absorbed in reading it. The description of events are so vividly done, it gives a mental picture and urge the reader to go on reading. The anguish, the helplessness and the loneliness of a woman, who was deserted by her lover is brought out well, as it is depicted in the original verse. The story follows the original in its true sense with the omission some unnecessary details. The portrayal of Kannaki and Manimekalai as the embodiments of fighting for their rights under tragic circumstances, are brought out well in the English version.

A special mention must be made of the Epilogue in this book, as a summary comparing the two epics in their settings of that period. The social and sophisticated lives of the people, the religious atmosphere prevailing at that time, the tolerance and harmony among the people, during those times in the three kingdoms, even though there were fights and enmity between the rulers. Along with these, so many other details are given in the Epilogue, which adds to the beauty of the book.

The publishers of this book Grosvenor House, also deserves a special mention for the attractive and suitable cover and the overall get up of the book. The fonts used enhances easy reading, without much strain to the eyes. Especially Seniors will find this book, a treat to read. I encourage everyone to buy this book and read, so as to motivate the authors and others in writing books of this nature.

(The book Launch of Five books by Sellathamby Sriskandarajah, a Solicitor living in London, was held by the Canada Tamil Writers Association at Scarborough Civic Centre, 150 Borough Drive, Scarborough, on April 22nd Saturday at 3 pm.)



HUMANS OF NORTHERN SRI LANKA

Thulasi Muttulingam, writing from UK

Admin of Humans of Northern Sri Lanka is currently in London as part of the 2017 Chevening South Asian journalism fellowship. Will be here til end of May, and look forward to widening my horizons and perspectives. The process has already begun.

BY THULASI MUTTULINGAM

Like

AROUND THE CITY

We were driving over London Bridge yesterday when one of us started singing 'London Bridge is falling down...'. Well, not while I am over it, it better hadn't.

Anyway, here are a few shots from around the city:

Red Telephone booths

They still have many of these standing around

BUCKINGHAM PALACE



London is full of ancient, imposing buildings of a bygone hauteur and grandeur. Everything from department stores to lawyers chambers look like medieval castles and cathedrals from the outside. This is probably the only place where even McDonalds outlets look respectable and distinguished instead of cheap and plastic.

After seeing all that, Buckingham Palace to my disappointment appears almost lackluster by comparison. There is nothing medieval or grand about this building.

Probably because it is one of London's newer buildings. It was built in the 1830s

221 B - BAKER STREET

The place of pilgrimage for many a Sherlock Holmes fan.

When Arthur Conan Doyle wrote



the Sherlock Series, Baker Street existed although it did not extend up to 221. In later years when the street expanded, 221b was allocated to a building society - which received so much correspondence from around the world from Sherlock fans, that it had to hire a staff member solely to deal with all the letters.

The crowd ahead is the queue waiting to see their icon's restructured apartment, with his famous study overlooking Baker street - from where he cracked many of his cases.

THE MAN HIMSELF

Sherlock Holmes



PARKS

Gotta love London's parks. The flowers are vibrantly beautiful



THAMES

Took a boating trip along the river Thames soon after we landed. Learned quite a bit of interesting stuff about London and its environs.

The waterfront properties by the Thames are very expensive and owned only by millionaires now, but according to the crew member giving a running commentary: "Not so long ago, only very poor people lived along the Thames folks. Poor people like Charles Dickens. Times have changed now."

Makes one wonder. Would Charles Dickens have termed this current age the 'best of times' or the 'worst of times'? ;)

POLITENESS - GIFT OF NATURE

I think I have figured out what makes British people so polite. Nature has gifted them with a stupendous hoard for inane chitchat. After barely a week in the UK, I am doing it too. "What a nice sunny day it is today." "The weather is a bit brisk and breezy today." "It looks like it might rain later." A treasure-trove of small talk for the conversationally challenged, especially when you are passing an acquaintance or an aunty on the way to work.

If Sri Lanka had more diverse

weather patterns like this instead of the blazing sun blazing all day long, we too could be quite polite to each other instead of having standard conversational gambits such as "Gosh, you have put on weight no?"

TEA TIME

Finally had a herbal tea that lived



up to its name; of being refreshing, soothing, infused with mint and rosewater blended with an aromatic, delicate tea flavour etc etc.

Was enjoying the tea thinking 'Gosh, this one really lives up to its name' when along came my colleague Uditha Jayasinghe and said, "it tastes and smells like toothpaste but is quite refreshing for all that."

And just like that, my delicately infused, fragrant herbal tea began tasting like drinkable toothpaste :O

The jury is still out on whether or not she would make a good food writer. Marianne David I nominate you the judge :P

AND FRUITS...

When it comes to fruits, the East trumps the West.

Your strawberries, your blueberries, your kiwis and cherries are all sour.

Give me mangoes, guavas, pineapples and jackfruit any day :P

Like

Is South Asia any different?

It's been an interesting few days in Britain so far. Hectically packed but interesting.

We South Asian journalists on this program will be holding a symposium at the end of it examining South Asia's relationship with the 'New West' post Trump and BREXIT.

As part of it, one of my colleagues from India coined the term 'Immigrophobia' to describe the New West's resistance to immigrants. I challenged him on whether we in South Asia were any different, and so the title of that particular panel (very much in the planning stages) has been tentatively changed to 'The New West's Immigrophobia; is South Asia any different?'

Just a few days in Britain and I have already met British Sri Lankans who say they are seriously considering returning to Sri Lanka after living here for decades, because they do not feel as if they belong here no matter how hard they have tried to 'integrate'.

Yet interestingly, most people back in Sri Lanka have little clue about the challenges of migration and think that all those who successfully emigrated have struck gold. It's a paradox I have long been stumped by. Nobody likes



immigrants but everybody wants to emigrate in Sri Lanka.

For example, my own native place of Thrunelvely in Jaffna has lost most of its original residents to migration over the last few decades. Due to its strategic location close to Jaffna town, university and hospital, it didn't fall to ruin when its residents left. If anything its land and property values have been steadily rising in the post-war setting as upwardly mobile Tamils from other areas of Jaffna have bought the properties and moved in. It's still very much a Tamil dominated space mind you, but many of Thrunelvely's residents are upset.

Said my neighbour to me recently: People from other areas have taken

over this place. It is very hard to find an original Thrunelvelyiyaan in Thrunelvely anymore.

Er... Yes! That's because many of the original residents including members of her own family migrated OUT, leaving the space for others to migrate IN, thanks to which Thrunelvely is more than ever a thriving area instead of a deserted ghost town.

Her son is a refugee in France while her daughter claimed refuge in Germany. She is very, very proud of them and thinks that they have made it in life and often repeatedly counsels me to emigrate too. She has no clue whatsoever that they might be experiencing challenging lives in their new countries. The grass is always green there apparently, even in the dead of winter.

And this from someone who is annoyed about fellow brown-skinned, Tamil speaking people of the exact same culture as hers moving in from other areas of Jaffna into her residential area. It tends to boggle the mind.

They take their prejudices about

fellow Sri Lankans with them all the way into the new countries too. A British Sri Lankan friend of mine told me recently, "A fellow Tamil was complaining to me about another Tamil, calling him an islander (lit. Theevan in Tamil. There are a few islands off Jaffna mainland and their people are looked down upon by the mainlanders as islanders).

"I told him Sri Lanka itself is an island, and we had migrated to the UK which is another island. There was little point to worrying about whether one of our fellow Tamils here is an islander or not."

Wonder whether that fellow got the point and changed his ways though? :D

Years ago I interviewed the Sri Lanka mission chief of the International Organisation for Migration (IOM).

IOM's mandate is to ensure the basic human rights of migrants all over the world. According to him, migration is nothing new. "Look, the story of the human race is one of migration. All our ancestors began their collective journey from Africa outwards millennia ago. And we have been migrating as a species ever since." ~

Cool story. How come our people still don't act like they know and understand it though?

Like

WINNING ESSAYS ORGANIZED BY RG EDUCATION FOR STORY/ESSAY WRITING CONTEST HELD AT YEAR END 2016

WOMAN

Woman. What does that mean to you? A daughter, a sister, a wife, a mother? A woman is important to our society. They allow humanity to exist, yet not everyone sees their importance. Their role in this world is very significant. They are the ones going through the pain to bring a new life into the world. Woman should be treated with the same respect as men. Yet, that's not how many people want it to be. Some places around the world have women living in the worst environments and conditions.

In some places around the world, such as the Middle East, women are denied the right to do things they should be able to do. For example, a woman cannot own or be able to drive a car. Only men can take them out. Husbands can even deny their wives from going out anywhere. They woman even has to ask for permission to go out. In places like Afghanistan, the younger girls are even treated badly. They are forced to marry at a young age. Even to a man who is much older than her. The husbands usually aren't kind or loyal to their young wives. They abuse and hurt them badly. There is not really anything to be done about it, since these young girls have no right to reject or file a divorce against the cruel men. Most of the time, the men they are married to are rapists. What is most bothersome is the fact that men have the right to marry what gender they desire, yet in some places, if a woman feels like she loves another woman, she cannot marry her. She **MUST** marry a man, even if she dislikes him.

Some women are denied rights to education. Without being educated, woman cannot communicate with others around them. Teachers and educators, teach students how to communicate and why it's very important. The lectures teachers provide you, always come useful in life. Basic life skills can be learned. Without education, woman will struggle to find proper jobs. Even if they were given one, they would be working in the worst conditions. If a woman suffered a medical condition or is pregnant, she would get fired from her job. It's illegal to fire someone, without consent. In Canada, women

from everywhere in the world have been seen working in these types of jobs and more in Canada. This shows that woman can be mothers and contribute to society at the same time.

Women are main targets, when it comes to harassments

or any other disturbing violence. Women in countries around the world cannot stride along the street without the fear of being harassed, targeted or insulted. Men often made various comments when a woman is passing by. These comments can do something about the way a woman looks, what she wears, how she acts, or what she does. Most of the comments are very sexual. There have been many acts concerning men sexually

assaulting a woman. In some places around the world, woman don't have the right to tell anyone about what a man has done to them, or else they'll get beaten or in serious trouble.

Places in India, Afghanistan, Yemen, Saudi Arabia, Vatican City, and Ecuador don't serve

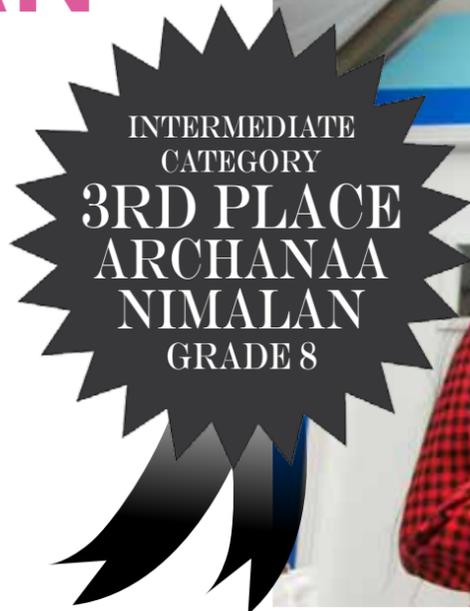
women's rights. It's not just these places, there are a lot more. Afghanistan, for one part, is a developing country. There are many shootings and wars occurring there – putting people at risk. A country cannot develop without women. The population cannot grow without women. Daily households will be hard to take care of without women around. Quite often, women are at home doing all the cleaning and taking care of the kids. We

can only have strong societies if men and women work together as equal partners.

Strong societies can be built by people like Oprah Winfrey. Oprah Winfrey is a significant celebrity and an activist. She has influenced the minds of others and inspired them to make changes just like she has in this world. Winfrey wasn't always swimming in fame. She grew up in a rough neighbourhood. She got bullied for her race and the colour of her skin. She and her family were also living in poverty. Eventually, she came out of poverty and rose to fame. She supported black people, and she put her heart into getting rights for women all over the world. She has three charities under her name, and she has donated millions to others.

In my humble opinion, I believe that a woman should be treated as men are today. I feel like the woman who goes through this entire pain feel like they are nothing. They feel like they are being used, like an item. They feel like a man owns them, and tells them what to do, what to wear, and where to go. These women don't have a voice to tell others what they are struggling through. Women are put in horrible conditions, yet standing up for their rights, will make everything worst. I hope that one day; a woman will be understood that they play a significant role in this world. They aren't an item and they have their own voice. I hope these women will come out and share their stories and achieve equal treatment. I'm Archanaa, and I support woman's rights.

Archanaa Nimalan, Grade 8

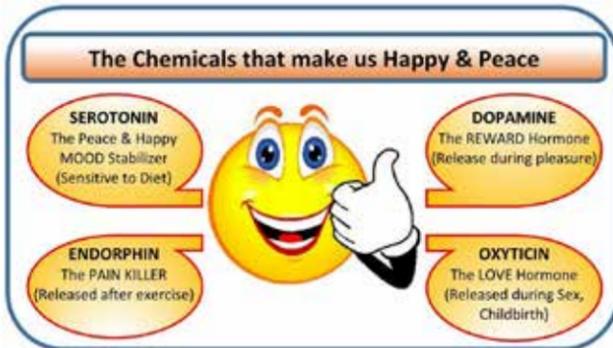




THE SECRET OF SEROTONIN: IT CAN BRING PEACE AND HAPPINESS

SEROTONIN DEFICIENCY LEADS TO FEELING CYNICAL, GLOOMY, FEAR, SUSPICIOUS, AND MORE

By: *Uthayan Thurairajah*



What is serotonin? It is an important neurotransmitter, which means it is a type of chemical that sends signals from one part of the brain to another. We have nearly 40 million brain cells that are influenced by serotonin. The shortage of tryptophan (precursor to serotonin) or a lack of receptor sites, or serotonin is unable to reach the receptor sites can cause low levels of serotonin. It can lead to depression, as well as Obsessive Compulsive Disorders, anxiety, panic, excess anger, negative, worry, irritation, sleeplessness. Sufficient serotonin levels in the brain contribute to our feeling positive, peace, happy, confident, flexible and easygoing. Serotonin influence over different body functions and cells related to appetite, sexual desire, sleep, mood, changed behavior, temperature regulation, learning, and memory.

The word Serotonin originated from a discovery in 1948 by Maurice M. Rapport. A biochemical process in the body combines Tryptophan (a component of proteins) with tryptophan hydroxylase (a chemical reactor) to form 5-hydroxytryptamine (5-HT), which is Serotonin. Serotonin is manufactured in the brain and the intestines, with 90% in the gastrointestinal tract. Serotonin is also located in the blood platelets and the central nervous system and influences many body and psychological functions. However, Serotonin cannot cross the blood-brain barrier, and therefore Serotonin used in the brain must be produced there.

Sleep and Dreaming: High levels of serotonin are associated with wakefulness, and low levels are associated with sleep. Therefore it comes as no surprise that the REM sleep cycle (or dream time) happens when the serotonin shuts off during sleep and melatonin plays a supporting role. As you can see, sleep disorders, moods, the ability to focus, alertness, and dreams are quite tangled with the level of serotonin in our brains.



The Brain-Gut Connection: The brain and gut communicate back and forth through the central nervous system and the gastrointestinal tract. Serotonin functions as a principal neurotransmitter. When we experience a gut feeling, we may have been tuning into the second brain which is the enteric nervous system. The cases of neurons embedded in the guts walls of the long tube of our alimentary channel, which runs from our throat to our anus. Much of our brain processes are affected by mood which is a direct result of our gut health.

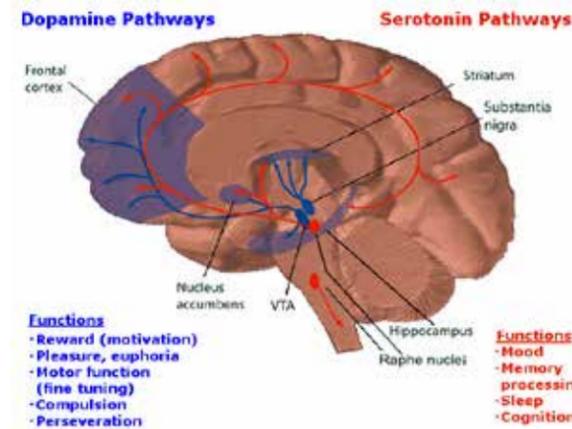
Increase Serotonin level: It is hard to determine the perfect amount of serotonin required because too much and too little may have detrimental and beneficial effects. If you are feeling depressed, the increased serotonin level will assist with focus, energy, and mood. Foods rich in tryptophan helps the body synthesize 5-HTP, which can turn into serotonin. These foods include but are not limited to nuts, seeds, tofu, cheese, red

meat, chicken, turkey, fish, oats, beans, lentils, and eggs.

Tryptophan in Foods:

Research indicates that serotonin production is a two-way street with mood. By doing things that elevate your mood, you will increase serotonin production which will get you in an even better mood. Exercise including Yoga has proven to be a mood elevator, especially combine with outdoors activity. Research shows that exposure to bright light increases serotonin. People usually employ full-spectrum lights in the winter to keep from acquiring Seasonal Affective Disorder (SAD).

Serotonin & Food: Serotonin is an inhibitory neurotransmitter meaning it does not stimulate the brain. Adequate levels are necessary to balance any stimulating signals. Any stimulant medications or items like caffeine and sugar can cause a reduction of serotonin over time. Serotonin



also regulates carbohydrate cravings, pain control, digestion, and is critical for proper sleep, so supporting natural Serotonin levels through a healthy diet is essential.

Our bodies naturally use the precursors from foods to build Serotonin levels. Serotonin in its complete form cannot pass through the blood-brain barrier, so serotonin-rich foods must be included in our diet to provide the building blocks. How we eat affects our mood and our mood affects how we eat. A diet high in Folate also improves Serotonin levels.

Serotonin & Melatonin: Serotonin is one of the parents of melatonin. Therefore, we cannot have melatonin without serotonin. If our serotonin levels are low, our melatonin levels will be low. The people with depression have difficulty to sleep. Melatonin helps to relax & sleep.

Serotonin & Endorphins: Endorphins are similar to serotonin. Serotonin and Endorphins go through many of the same metabolic pathways. The metabolites and factors are very different. You cannot substitute one for the other.

Serotonin & Cortisol: Serotonin is produced fundamentally in the gut and brain while cortisol is produced in the adrenal glands. Cortisol is produced as a result of stress while serotonin is produced more often during times of peace and calm. When one goes up, the other goes down.

Serotonin & Dopamine: The effects of Serotonin and Dopamine have a large deal of interplay. Balancing these two brain chemicals is key to optimal mood and cognitive function. Dopamine is

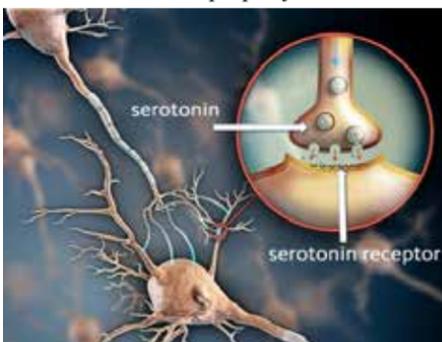


metabolized in several areas of the brain, including the substantia nigra and the ventral tegmental area. The hypothalamus discharge dopamine, which primary function is to regulate the brain. It differs from serotonin, which is primarily used in the gut and the blood. They are both associated with depression. However, dopamine is associated with addiction, like heroin addiction, because many of the addictive properties of drugs stimulate the production of dopamine.

Serotonin Side-Effects:

Serotonin is a natural substance and is required by the body. When serotonin is added from the outside, it can produce side effects. Some of the side effects of the supplements can include nausea, vomiting, headaches, fatigue, dizziness, and heart problems.

Serotonin & Happiness: Serotonin directly influences dopamine, a hormone that makes you feel good. It's one of those hormones that causes us to crave sugar, which can increase weight and the risk of diabetes. It is a pretty harmful effect. The dopamine is affected when serotonin levels are low. Serotonin and dopamine levels affect anxiety and can cause depression when not balanced properly.



Serotonin & Behavior:

The serotonin in our guts considerably impacts our hunger levels and what we eat. It directly affects our appetite, causing us to feel full or hungry. Serotonin causes the desire for sweets. Anxiety and Depression are the main issues. The precursor to serotonin and other hormones that work in the brain.

Serotonin & Sleep: Serotonin can cause fatigue or insomnia as a precursor to melatonin, which helps us to get a proper nights rest. When serotonin level is low, we can't produce melatonin correctly.

The result is sleeplessness and fatigue. A decline in serotonin level can cause sleep problems. A poor sleep schedule can cause decreased serotonin levels. Our bodies are harmonized to the rising and setting of the sun. Waking up too early or going to bed too late causes a disruption of our hormones, particularly in our serotonin levels. It is recommended that we need to sleep to the natural circadian rhythm to keep your body attuned.

Serotonin & Sunrise: In the morning, our body begins producing all of its daytime hormones. Our level of serotonin will be naturally higher after we wake up. We can keep the serotonin higher by enjoying the pleasant feelings and performing the exercise in the morning. The discharge of endorphins helps stimulate the release of serotonin, which is why many doctors are recommending exercise programs to people who are depressed in the morning. We can encourage our body to produce normal amounts of serotonin all day long.

Serotonin & Depression: The people who work the overnight shift is high and risk of depression. Because they are sleeping when their body should be awake, their hormone levels are severely impacted. Depression is possible for a period that we are down to cause low serotonin levels. One of the ways to avoid this is to keep in touch with friends and family.

Enjoy the Light: People are confident and in the natural mood when there is the sun because the brain releases serotonin. The sun has a positive effect on the mood even on colder and cloudy days. That is why 15 to 20-minute walk during the day is going to improve our health. We should walk in the morning because we will burn more calories, we will be energized and prepared for the day. Morning walks can keep us in good shape and stimulate the serotonin production.

We should walk in the morning because we will burn more calories, we will be energized and prepared for the day. Morning walks can keep us in good shape and stimulate the serotonin production. That's why people think they can reproduce serotonin by using certain prescribed drugs and they are not aware that they can cause adverse effects. On the opposite, the serotonin reduction can be due to many acute and chronic diseases.

The brain and body are better able to perform many physical and mental functions when Dopamine and Serotonin are at optimum levels. Ensuring proper nutrition and enough physical activity is key to succeeding at all health-based intentions, including increasing the production of neurotransmitters.



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

Supporting children with special needs - today and tomorrow

Parents start with the expectation that their children will grow and thrive and one day leave the nest – but for some parents, that day will never come. They are the parents of children with special needs who will always be dependent to some extent.

Children with special needs are those with physical disabilities, chronic conditions, intellectual disabilities, emotional problems, activity limitations or learning disabilities.

Your child's needs are constant and very expensive – for everything from medications, mobility aids and assistive devices, to 24/7 hands-on care. Your child may never be able to earn an income so can't help out financially. You love your children and would do anything for them – but how can you cope with all the financial and emotional stresses now and in a future when you may not be around? Here is some information that can help.

Disability financial assistance is available from a number of federal/provincial/territorial sources. Here are some:

- Disability Tax Credit can be transferred to a parent when their child has severe and prolonged mental or physical impairments and the child cannot utilize the full amount of the credit.

- Medical Expense Credit can provide some tax relief for parents of disabled children.

- Provincial Assistive Devices Programs provide assistance for both basic and personalized assistive devices.

- Provincial Home and Vehicle Modification Programs provide basic home/vehicle modifications for disabled children and adults.

- GST exemptions or rebates are available for some products and services used by persons with disabilities.

- Provincial social assistance programs with an income support component, such as the Ontario Disability Support Program, may be available to your child.

Plan for the future when your disabled child is past retirement age or when you may no longer be there to help:

A Registered Disability Savings Plan (RDSP) is similar to an RRSP in that it is intended to help save for long-term financial security, though specifically for beneficiaries who are eligible for the Disability Tax Credit. Unlike contributions to an RRSP, RDSP contributions are not tax deductible. However, income earned in an RDSP is similarly tax-deferred until paid out to the beneficiary.

The Registered Disability Savings Plan (RDSP), which became available to Canadians in 2008, can be a very

good way to accumulate tax-deferred savings (and obtain 'free' matching grants/bonds) for a disabled person. RDSP helps parents and others save for the long term financial security of a person who is eligible for the Disability Tax Credit. Contributions to RDSPs may be supplemented by a Canada Disability Savings Grant (CDSG) and a Canada Disability Savings Bond. Here's how it works:

Any Canadian resident eligible for the Disability Tax Credit can be the



beneficiary of an RDSP. There is no lower age limit – an RDSP can be established for a minor and, generally, the sooner the better. The beneficiary and/or their family and friends can invest funds in an RDSP that will grow on a tax-deferred basis. Contributions are usually not tax-deductible and can be made by anyone authorized by the holder of the plan up to a maximum lifetime contribution of \$200,000 per beneficiary. There is no limit on annual contributions, other than the lifetime limit.

Contributions must cease at the end of the year in which the beneficiary reaches age 59 and the beneficiary must begin taking payments from the plan (known as Disability Assistance Payments/DAPs) at age 60, although DAPs can be taken at an earlier age in some circumstances.

The federal government will usually contribute quite generous Canada Disability Savings Grant (CDSG) and Canada Disability Savings Bond (CDSB) amounts to an RDSP. The amount contributed will be based on the family net income of the beneficiary, the value of the contributions each year, and any CDSG or CDSB contribution room carried forward from the preceding 10 years. However when DAPs are made, all the CDSG and CDSB received by the plan in the preceding 10 years will

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be clawed back. The best RDSP strategy is to start saving early and leave money in the plan for at least 10 years.

Depending on the beneficiary's family income and contribution level, the federal government may grant up to \$3 for every \$1 in contribution received by an RDSP in a year, to a maximum of \$3,500. The lifetime grant limit is \$70,000. A CDSG can be paid into an RDSP on a contribution made to the beneficiary's RDSP by December 31 of the year the beneficiary turns 49 years old.

A Canada Disability Savings Bond (CDSB) helps low-income families save for the long term financial security of an eligible person with disability. The bond is paid into an RDSP by the Government of Canada, even if no contributions were made to the plan. A Canada Disability Savings Bond is paid by the government of Canada directly into a registered disability savings plan. Depending on the beneficiary's family income, the government may contribute up to \$1,000 each year. The life time bond limit is \$20,000. A Canada Disability Savings Bond can be paid into an RDSP until the year in which the beneficiary turns 49 years old.

If you intend to leave substantial assets to a disabled person, it is recommended that the assets in question flow into your estate, and that in your

will you direct that the disabled person's share of your estate is to be set aside in a testamentary trust known as a discretionary Henson trust, such that your trustee has the discretion to decide if, when and how much to distribute to or for the disabled person's benefit.

- Set up a trust either during your lifetime or through your will, or purchase an insurance policy – but be sure the trust or policy is structured correctly so that the income from it does not disqualify your disabled child from income or asset tested benefits.

- Have a valid will that names your child as a beneficiary, but subject to the appropriate trust conditions. This is especially important in instances of divorce and/or blended families.

- Life insurance can provide for your child (as the named beneficiary or the beneficiary of an insurance trust) no matter when you pass away.

Disclaimer:

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



REAL ESTATE



The non-resident speculation tax (NRST) is a 15 per cent tax on the purchase or acquisition of an interest in residential property located in the Greater Golden Horseshoe (GGH) by individuals who are not citizens or permanent residents of Canada or by foreign corporations ("foreign entities") and taxable trustees.

The NRST applies in addition to the general land transfer tax in Ontario.

The GGH includes the following geographic areas: Brant, Dufferin, Durham, Haldimand, Halton, Hamilton, Kawartha Lakes, Niagara, Northumberland, Peel, Peterborough, Simcoe, Toronto, Waterloo, Wellington and York. Refer to the map at the end of the document.

The implementation of the Non-Resident Speculation Tax is subject to the approval of the Legislature

Upon the enactment of legislation, the NRST will be effective as of April 21, 2017.

Binding agreements of purchase and sale signed on or before April 20, 2017 are not subject to the NRST.

The NRST applies to foreign entities or taxable trustees who purchase or acquire residential property in the GGH.

A foreign entity is either a foreign national or a foreign corporation.

A foreign national, as defined in the Immigration and Refugee Protection Act (Canada), is an individual who is not a Canadian citizen or permanent resident of Canada.

A foreign corporation is a corporation that is one of the following:

Is not incorporated in Canada;

Is incorporated in Canada but is controlled in whole or in part by a foreign national or other foreign corporation, unless the shares of the corporation are listed on a Canadian stock exchange; or

Is controlled directly or indirectly

by a foreign entity for the purposes of section 256 of the Income Tax Act (Canada).

For the purposes of the NRST, a taxable trustee is a trustee that is one of the following:

A foreign entity holding title in trust for beneficiaries, or

A Canadian citizen, permanent resident of Canada, or a corporation holding title in trust for foreign entity beneficiaries.

The NRST applies to the transfer of land which contains at least one and not more than six single family residences. Examples of land containing one single family residence include detached and semi-detached houses, townhouses and condominium units. In a situation involving the purchase of multiple condominium units, each unit would be considered land containing one single family residence. Examples of land containing more than one single family residence that are subject to the tax include duplexes, triplexes, fourplexes, fiveplexes and sixplexes.

The NRST does not apply to other types of land such as multi-residential rental apartment buildings with more than six units, agricultural land, commercial land or industrial land.

The NRST applies on the value of the consideration for the residential property. If the land transferred includes both residential property and another type of property, the NRST applies on the portion of the value of the consideration attributable to the residential property. For example, if the purchase price of the transaction is \$1,000,000 and contains one single family residence with a value of the consideration of \$400,000, and commercial land with a value of the consideration of \$600,000, the 15 per cent NRST would only apply to the \$400,000 portion.

For further info, please contact:

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IMMIGRATION

Post-Graduation work permits

Most Colleges and Universities begin their summer vacation at the end of April. The post-graduate work permit would be a timely topic for month's discussion. If you are an international student who has just completed your study program in Canada, you are entitled to apply for a post-graduate work permit. The post-graduation work permit opens the door for the foreign student to gain work experience in Canada which will eventually qualify them for permanent residence in Canada mainly under the Canada Experience class. They may also qualify for permanent residence under other programs such as the Federal Skilled Worker as well as Provincial Nomination programs.

Not all international students qualify for a post-graduate work. Firstly, they must have studied at a participating post-secondary institute, college or university, the minimum duration of their program should have been at least 8 months in duration, they must have continuously studied on a full-time basis, must have completed the study program and received written notification that they are eligible to graduate and must have a valid work permit at the time of making the application.

Students are ineligible if they studied in Canada under a scholarship program. Transfer programs also have certain limitations and restrictions.

The post-graduate work permit application must be made within 90

days of the day that the final mark is released or the student receives confirmation of completion of the program from their school. The easiest method would be to file the application online. The government process online applications much faster than the paper applications. The validity of a post-graduate work permit may vary from 8 months to 3-years depending on the duration of the study program.

Students who have already applied for their post-graduate work permit are entitled to work full-time in Canada until a decision is made on their post-graduate work permits provided they have respected the conditions of their study permit.

Similar to the study-permit, the post-graduate work permit does not allow the student to travel in and out of Canada. If the student plans to travel, they should apply for a separate Temporary Resident Visa (TRV) for their re-entry. It is advisable to seek a multiple entry TRV that covers the duration of the post-graduate work permit so that the student can travel freely during the period of his post-graduation work permit.

Taniya's story

Tania came to Canada at the age of 19 years right after her A levels to follow a business administration program at a College in Toronto. Although she had good English language skills her medium of instruction back in Sri Lanka was not English. She found the



first semester somewhat difficult, particularly to adjust to the high language standards and different study methods in Canada. Tania struggled through her first semester and unfortunately failed a few courses. Tania was living on her own and did not have any family or too many friends in Canada. She was really disheartened and as such decided to skip a semester. Taniya returned to college the following semester. She did well in school thereafter and completed her program with honours 3-years later.

After receiving her eligibility letter from the College, Taniya applied for her post-graduate work permit. She did so within 90 days and provided all the supporting documents required by Immigration Canada. Unfortunately,

her post-graduate work permit application was refused. The reason was that she had not "continuously" studied.

International students have to seek guidance prior to making vital decisions. They need to be aware of the consequences and how those decisions affect them negatively in the future.

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TAMILS' INFORMATION

26th Anniversary issue

- A Review

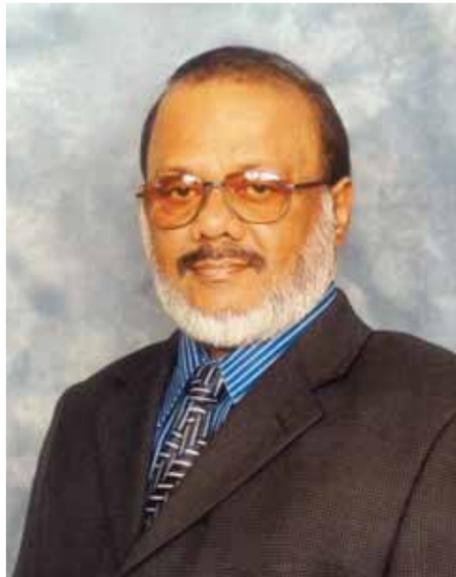
Recently I had the privilege of receiving a copy of the 26th Anniversary issue published by Tamils Information magazine in Canada. Knowing very well the excellent quality of many of the previous issues of this prestigious journal, I was already convinced that this publication too would reflect the well established reputation of its editor Thiru Thiruchelvam, a veteran journalist with decades of experience.

At first I was mesmerized by the elegantly designed cover and when I flipped open the book, little did I realize that I was about to wade through a gold mine of information compiled by a panel of talented writers. Pausing for a moment, I wondered whether this book is an Encyclopedia or a Journal or a prestigious special edition. Enchanted by this product of journalistic excellence, I decided to write a review so that this book will be read and appreciated by many others not only within Canada but also by Tamil scholars and researchers across the globe. It soon dawned on me that it was going to be an uphill task to write about this great publication

Having gone through its contents for a number of hours, I was elated to read the many valuable well researched articles most of which reflected the theme of the book "Canada 150".

In addition to choosing the most appropriate theme to coincide with the 150th Anniversary of the birth of this great nation, the seasoned editor of this magazine has also selected a large number of well experienced writers from various fields not only from Canada but also from various parts of the globe, most of whom have pooled all their expertise to produce articles of exceptionally high standard. It certainly must have been a herculean task for the writers to compile so much valuable information from a variety of relevant resources and produce excellent articles.

Every one of the articles included in this souvenir is of superb standard and they all will definitely serve as a source of reference by many for years to come. However, due to space limitation, I



have chosen to mention my views only about a few of them. Apart from these great articles, this anniversary issue is also choc-full of very interesting information on a variety of topics including the glory of Canada and the greatness of the Tamil language.

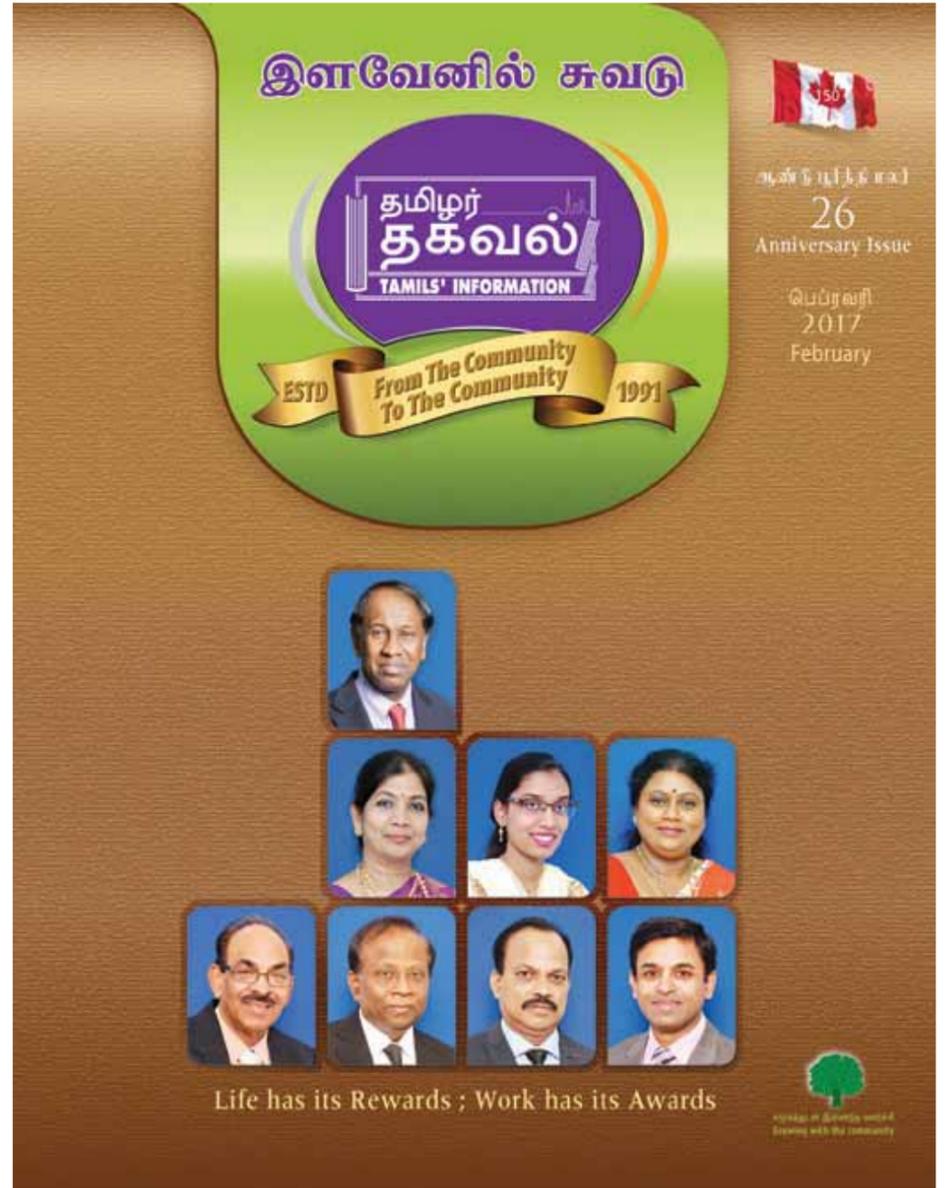
As everyone will agree, it is an impossible task to include every aspect of the evolution of Canada within the pages of just one magazine. Yet in my opinion, this Anniversary issue has greatly succeeded in artfully combining the historical facts about this great nation while taking extreme care not to dilute the achievements of many great men and women who had toiled hard to shape this country ever since its birth.

While I have enjoyed reading each and every one of the articles included in this great magazine, for the purpose of review of this great publication, I decided to concentrate only on those articles that describe the various aspects of the history, geography and political history of this great nation.

The very first article about the Evolution of 150 years of Confederation set the stage for the valuable articles that were to follow. This article included a wealth of information reflecting countless hours of research by its author.

The other articles about Canada included in this magazine are:

- Social Structure of Canada
- Canadian Prime Ministers who made their mark
- Pioneers who contributed to the



development of Canada's history

- A critical analysis about the quality Tamil media in Canada
- Canada's Provinces and Territories
- The role of Canada in Global Tourism.
- First 50 years of Film Industry
- Problems facing Aboriginal Canadians
- Diversity in Canada,
- Comparison of the system of Education in Canada and Sri Lanka
- A Biography about Peter Mansbridge - the most famous News Anchor in Canada
- Famous women who shaped Canada's History
- The history of Evolution of Tamil Heritage Month

Overall, this great product of journalistic excellence is a treasure trove of information that needs to be preserved for decades to come. Everyone who owns a copy of this valuable magazine will certainly make use of this publication not only for their reading pleasure but also for handing it over to the future generation so that they will continue to appreciate the services of the men who toiled hard to shape this great country.

By: Raymond Rajabalan
B.Sc. (Hons.) Cey
Features Editor
- Monsoon Journal (Canada)



Monsoon Journal



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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!

Adai



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.

We would describe adai as the most nutritious and easy-to-make version of dosai. Lentils are filled with natural protein, which not only satisfies the health conscious, but it also brings happiness to vegan plates! This recipe is a firm family favourite, requires no fermentation, and can be made with ingredients typically stocked in most South Asian kitchens. This month, why not make Amma this special treat and surprise her on Mother's Day?

Ingredients:

- 1 cup basmati rice
- 1 cup par-boiled rice (puzhungal arisi)
- ½ cup chana dhal (kadalai paruppu)
- ½ cup toor dhal (thuvaram paruppu)
- ¼ cup yellow moong dhal (manjal paasi paruppu)
- 1 tsp fenugreek seeds (venthayam)
- 1 green chilli
- ½ and inch of fresh ginger
- 1 pinch of asafoetida
- Salt to taste
- Ghee/gingelly oil

To garnish:

- Finely chopped red onions
- Grated carrot
- Coriander

Method: Soak the rice and all the lentils together with the fenugreek seeds for a minimum of 5 hours. Rinse thoroughly and then add to a mixie/grinder along with the green chilli (you can add more than one depending on your taste), ginger and salt. Add water and grind to a thick paste, slighter thicker than pancake mix. This should not take more than a few minutes in a mixie. Once ground, add the asafoetida and stir well. Heat a flat pan and add a drop of ghee or gingelly oil to the base. Once the pan is hot, ladle two large tablespoons of the mixture into the centre of the pan and level out by making a circle starting from the centre and working your way out to the edge of the pan in rotation - just like you would make a dosa.

Quickly garnish with the onions, carrots and coriander (these can be left out or included according to your preference), add a splash more of oil, turn over for a more crispy finish and your adai is ready. Packed with protein and not requiring much work at all, this will definitely impress Amma and earn you precious brownie points. Adai can be served with chutneys, sambhar or simple idly podi, but it is wholesome enough to be eaten by itself, too.

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



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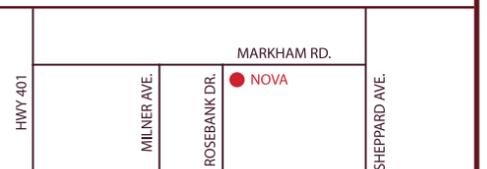
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CTCC's 19th Awards Gala 2017

Text contd. from page 1

Mr. Theagarajah pointed out that Sri Lankan companies are now engaged in exporting talent to the world in fields like computer technology. He gave as an example of an organization in the North engaged in computer technology and producing engineering and IT graduates. Mr. Theagarajah was full of praise for the women in Northern Sri Lanka who are showing remarkable skill in managing super markets and increasing sales output.

Fourteen persons representing business excellence, professionalism and community service were recipients of awards at this year's CTCC Gala. Over 800 guests drawn from leading Canadian Banks, corporate business sector and the general public assembled at the Hilton Suites to watch the event which honoured men and women for their business excellence, professionalism and community service.

The President of CTCC Ajith Sabaratnam welcomed the guests thanking the sponsors, his colleagues

in the Board, the media and the volunteers who helped to put up the grand and spectacular event. He invited the community to support the future initiatives of the Chamber and help to take it to greater heights. He also wished all recipients of the Awards the very best in all their future business activities. The fourteen award winners were selected by an independent Awards Selection Committee consisting of Mike Ahilan, Meleni David and Raj V. Selvadurai.

Ms. Shalini Sathiya, Vice-Presi-

dent, Internal Affairs of the Chamber gave the vote of thanks at the end of the event and thanked all those who had helped to make the event a grand success. Dr. Sesha Viswasam was the Emcee who made the event lively with humour and wit.

The CTCC Gala can be summed up as an event where the Canadian Tamils showcased their skills and talents to prove that they have integrated well in their country of adoption.

(Seen here are pictures taken at the event, by Quicksnaps.ca)



Hall of Fame Award Presented to Dr. Ravi Gukathasan by Scarborough-Rouge River MP Gary Anandasangaree and Past Winner, Monty Muthulingam, President Ajith Sabaratnam on right



Award of Excellence Presented by Shamala Kumar, Moon Mahalingam and Jeanette Gallagher of TD Bank to Tham Shanmugarajah of Tham Survey Ltd.



Best Woman Entrepreneur Presented by Varan Karunanantham and Kajan Kunabalasingam of iConnect Mortgages to Nisha Sarveswaran - Ambiance Data, President Ajith Sabaratnam on right



Most Outstanding International Professional Presented by Rajendra Theagarajah to Dr. Michael Thambynayagam accompanied by his wife, Agnes Thambynayagam, President Ajith Sabaratnam on right



Most Outstanding Community Service Professional Presented by Monty and Stan Muthulingam of Cable Shoppe Inc. to Fr. Joseph Chandranathan, President Ajith Sabaratnam on right



Most Outstanding Professional Presented by Kanish Thevarasa - Kanish & Partners to Manjula Selvarajah, President Ajith Sabaratnam on right



Best Entrepreneur Award Presented by RBC, Roshni Mukherjee and Mohan Sundaramohan to Aversan Technologies: Nathan Nandhakumaran, President Ajith Sabaratnam on right



Lifetime Achievement Award Presented by Sugumar Ganesan - Sugshe Group and Past Presidents (Kula Sellathurai, Sinnadurai Jeyakumar, Logan Velumailum, Ken Kirupa, Sirtharan Thuraiarajah, Mike Ahilan, and Mohan Sundaramohan) to Dr. Shan Chandrasekar - ATN



CTCC's 19th Awards Gala 2017



President's Award Presented by Lebara Mobile and President Ajith Sabaratnam to Thad Jayaseelan



Best Young Entrepreneur Presented by Michelle Brown, Vincent Sinnadurai and Mike Ahilan of CBC to Muky Rajadurai - Altona Custom Homes, President Ajith Sabaratnam at 2nd from right



Best Employer Award Presented by MP Yasmin Ratansi to Rex Pak Food Packaging Ltd, President Ajith Sabaratnam on right



Most Outstanding Insurance Professional Presented by Srithran Thuraiarah of Life100 to Senthooan Punithavel - The Cooperators, President Ajith Sabaratnam on right



Most Outstanding Mortgage Professional Presented by Vilosan Sivatharman of Chapel Ridge, Akila Senthil of Good Grade Mortgages, John Seevaratnam of PC Lending and Investment, and Mayuran Tharmabalan, CA, to Para Ganeshananda - TD Bank, President Ajith Sabaratnam on right



Most Outstanding Real Estate Professional Presented by Rajeev Koneswaran and Logan Velumailum of RE/MAX Community Realty Inc. to Sujan Shan - RE/MAX, President Ajith Sabaratnam on right



Enterprise Magazine highlighting Canada's 150 years. Credit to Siva Sivapragasam and Santosh Nair for putting it together



Welcome Dance by First Nations Dancers: Red Eagle Troop



Bharatanatyam Welcome Dancer: Jennika Davidson



CTCC Executive Assistant Harrish Sinnadurai with President Ajith Sabaratnam. Harrish acted as Gala Programs and Souvenir coordinator



Kanish Thevarasa, Kanish & Partners



CTCC's 19th Awards Gala 2017



Nathaswara Music Performance



Latin Dance Performance



Introduction about Chamber & Awards by Shalini Sathya, VP Internal Affairs & Gnane Gnanendran, VP Community Relations



Emcee Dr. Seshantri Viswasam



Keynote Speaker, Vinitha Gengatharan - U of T



Gary Anandasangaree, Member of Parliament, Scarborough-Rouge River



President Ajith Sabaratnam



VP Membership - Kubes Navaratnam



Director - Roshan Thavaratnam



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Markham Mayor Frank Scarpitti & President Ajith Sabaratnam



Roshni Mukherjee, RBC



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FORMER “VIRAKESARI” EDITOR-IN-CHIEF K. SIVAPRAGASAM PASSES AWAY PEACEFULLY IN VIRGINIA

(13 Sept 1935 – 14 April 2017)



By D.B.S. Jeyaraj

It is with great sadness that I write for the first time on my Blog after the advent of the April traditional new year “Hevilambi”! My first post for the New Year is the last post for the Editor who first recruited me as a journalist.

Kandasamy Sivapragasam, Former Editor -in - chief of the “Virakesari” Group of newspapers published by the Express Newspapers (Ceylon) Ltd in Sri Lanka breathed his last on April 14th at the age of 81 in the USA. He passed away peacefully with his children and family members by his side on Friday April 14 just prior to noon EST in Fairfax, Virginia.

It was just a few days ago that I completed forty years as a journalist. I joined the Tamil newspaper “Virakesari” as a trainee journalist on April 11th 1977. It was K. Sivapragasam who gave me my first break in journalism and guided me as a reporter and feature writer during my formative years on the newspaper. It is with much grief therefore that I write the news of his death here. I shall be writing an extensive tribute in due course.

Mr. Sivapragasam known as “Siva” and/or “Sivappi” to his friends and colleagues served in various journalistic capacities in Sri Lanka after graduating from the University of Peradeniya with a BA in Economics. While being a journalist he pursued studies at the Law College of Sri Lanka and took his oaths as an Attorney – at – law.

His entry into journalism was through the English daily “Observer” published by the Lake House Group of Newspapers in Colombo. Mr. Sivapragasam worked as a reporter, feature writer and sub – editor on the “Observer” from 1958 to 1962. He shifted to Tamil journalism in 1962 as News Editor of the Tamil Daily “Thinakaran” published by

Lake House.

Sivapragasam was among the many proteges of Esmond Wickremesinghe the son in law of media baron D. R. Wijewardene. Esmond who ran the Lake House group of newspapers from the early fifties to mid-sixties of the 20th century was the father of Prime Minister Ranil Wickremesinghe.

The winds of change blew breezily within the corridors of power in Lake House after 1965. Esmond Wickremesinghe re-located himself to the offices of the “Virakesari” at Grandpass road and began several newspapers. Incidentally the premise on which “Virakesari” is located is the ancestral house of former president JR Jayewardene.

Esmond Wickremesinghe took a group of rising stars at Lake House along with him. The brightest of these was K. Sivapragasam who was appointed Editor of the “Virakesari”. The chief editor of the “Virakesari” then was Mr. K.V. Srinivasa Iyengar known popularly as KVS Vas. With Esmond Wickremesinghe’s backing, Sivapragasam pioneered several

new Tamil newspapers. These included the “Mithran”, “Jothi” and “Naveena Vignaani”.

After another hectic turn of events in the seventies, Esmond Wickremesinghe withdrew from “Virakesari”. Thereafter the “Virakesari” group of newspapers came under a new management. Industrialist AYS Gnanam became chairman and businessman M.G. Wenceslaus was the managing director. K. Sivapragasam became Editor -in - chief after KVS Vas retired in 1974.

The Virakesari both daily and weekly underwent a renaissance during his editorial tenure. It became the largest selling Tamil newspaper in Sri Lanka with a northern, eastern, up – country and City edition. More importantly it was highly influential as a leading Tamil opinion maker as well as an index of Tamil opinion. The “Virakesari” voiced the grievances and aspirations of the Tamil people in a moderate yet effective manner. Sivapragasam himself was highly respected and regarded by the Sri Lankan governing elite.

The “Black July” of 1983 affected, undermined and uprooted the lives of many Tamils. Sivapragasam’s house in Nugegoda and vehicle were torched by a mob and the family miraculously escaped death. Sivapragasam who strongly believed and strove for Tamil equality in a united Sri Lanka was shattered. After much deliberation he decided to leave Sri Lanka with his wife and children. It was a painful decision for him and the family.

The USA Govt granted a special visa to him and his family. So Siva, wife Thiru, daughter Pradeepa and son Sanjeevan left the land of their birth and migrated to Boston, Massachusetts. Sivapragasam completed his bar exams and took up employment at a legal firm.

I was able to meet him and his family and partake of their hospitality in the years 1988 – 89 when I was a Nieman fellow at Harvard University in Cambridge, Mass. His wife Thirumagal who taught at Isipathana College was a gracious lady who was very kind to me both in Lanka and the USA. She died of cancer some years ago.

After I moved to Canada in 1989 I did engage in a few telephone conversations with Mr. Sivapragasam. But after a while I lost touch with him.

It was only on April 13th that I learnt from an article written by Ex- Virakesari colleague Murugaobathy on the Tamil website “Thenee” that Mr. Sivapragasam was ailing and that he was in the last stages of his life. On the following day came the sorrowful news of his demise. My heartfelt condolences to his children Pradeepa and Sanjivan and other family members.

Thank you Sir for making me a journalist and moulding me! Farewell!!!

DBS Jeyaraj can be reached at dbsjeyaraj@yahoo.com



By Siva Ganeshalingam

His colleagues at work always called him "Siva" but he was usually addressed as "clerk Maniam" by people in Kuppilan, the village where he grew up. I presume that he was the first one from our village, employed as a clerk in the colonial government at that time. Although there were many other clerks in the village in later years, the nick name only stuck with him.

Thirty years have gone since father had a massive heart attack and passed away, relatively young, without having an opportunity for proper parting farewell to his loved ones. His untimely and unexpected demise brought us lot of grief. Grief intensity is expected to reduce with time. But even after 30 years, our memories of father remain very powerful. Any thought of his tremendous sacrifices immediately trigger our emotions. Sacrifices he made, when we were younger, to make our life better and comfortable, was taken for granted, as our absolute entitlement. The feeling of entitlement imposed by immaturity and youthful arrogance, made some of us to shrug off his sacrifices by a wave of hand, as he was only doing his duty. It is the inevitable duty of raising our own kids, altered our perceptions to acknowledge and appreciate what he went through with limited resources.

His heart attack was not totally un-

The dangerous condition was obviously not conducive to conduct a decent funeral without compromising our religious traditions. Hindu funeral is usually a village affair. It is difficult for the immediate family to handle it alone. Family is usually supported by people who pitch in impulsively and voluntarily to provide the necessary assistance. But the people were afraid for their lives. They preferred to stay in bunkers to escape the bombers, instead of being mere statistics, as somebody in the wrong place at the wrong time.

Although my parents have been blessed with five sons in the family, the burden of arranging the funeral fell in on



bewilders me. I was returning from a party one night and had an accident with my car that could have killed the whole of my immediate family. The car overturned -the steering hit my chest and I was unconscious. My wife had cuts from broken windscreen and bleeding profusely. But my three sons aged 11, 9 and 7 luckily bounced off in the back seat without any injuries. I was taken by ambulance to the Teaching Hospital for immediate treatment and later admitted in the University's health centre. The rest of the family was treated in the health centre and allowed to go home. When I was released after one week, I walked to my office in the Chemical Engineering department, just across the road from the health centre, and requested my assistant to fetch my letters from the main office. That was the first time I read my brother's letter with the unbearable news. Interestingly enough, the time my father passed away coincided with almost the exact time I had the accident. I took it as an indication that God was accusing me for enjoying myself in a party instead of being available to do my sacred duty I owed to my father. I also got reminded of what he said at the airport before I flew to England for higher studies. He tried his best to control his tears and appealed or rather requested, in a quavering voice, that I should be available for lighting his pyre. Since he was only 43 years old with vi-

learnt this after losing both his parents when he was a teenager. He was at a loss about the direction of his destiny. But luckily, he had been blessed with caring relatives to nurture him with seamless continuity of love and affection. Father's maternal uncle Sinnathamby and his super active, resourceful wife, Thangam (meaning gold in Tamil), took father and his older sister, under their wings and raised them as their own kids with golden care.

My father and his uncle's only daughter Nesam grew up in the same house and played together as kids. They became attached to each other and decided to continue playing for ever. They got married in 1945. She was still a teen, only 17 at the time of marriage and he was 21. Marriage, those days were traditionally performed in the bride's house. But there was an unusual problem. Both bride and the groom lived in the same house. The problem was solved by using one room as bride's house and the other as groom's house and they converged in the central hall for the marriage ceremony. They did not waste any time - had seven of us (five boys and two girls) in quick succession. The time I was born in March 1946, my mother was only seventeen. Caring for a baby was a burden when she herself was a teen. The savior was my grandma, a tiny woman in stature - the village popular figure, blessed with boundless energy

Tribute to my father

Verakathiyar Sivasubramaniam (Clerker)

expected. Hereditary heart problems, affected almost everybody in our immediate family as well as the family of our aunt (father's only sister). Aunt had a fatal heart attack, few years before my father. Her daughter, only a year older than me, also succumbed to the same dreadful decease, couple of years back. I was not exempted from its ugly tentacles either. I had a minor heart attack in 2000 and one of my younger brothers had a by-pass surgery recently.

Father had his first heart attack when he was fifty. He was working in Colombo at that time. He recovered reasonably well from the first episode but hospitalized couple of times in the following years, in various Jaffna hospitals, with some form of manifestations of this hereditary ailment that made him uncomfortable. But he was never completely immobilized - always did his personal chores without any assistance, till the end. The time of his passing was the most critical and dangerous period in the history of Jaffna. Armed conflict was at its fiercest and the close proximity of our village to the Palaly military airport even made it worse. Bombers and helicopters swarmed the sky daily - almost throughout day and night. The military was suspicious of any group activity in the area, and any gathering of people was an open target to be bombed without any warning.

the shoulders of my immediate younger brother Mahalingam. He was the only one available in Jaffna at that time. The rest were dispersed all over the world. None of us were able to attend the funeral. Absence of any of the siblings to organize the funeral and share the grief, made him to go through the unavoidable emotional rollercoaster. But he somehow managed to have a mini funeral without omitting any of the religious protocol. I guess his strong religious belief along with his skillful blend of grandeur and grit enabled him to manage the event almost single handedly.

He expressed his anguish and how he faced the unpleasant reality in a letter he wrote me after the funeral. As the oldest son in the family, I had the traditional responsibility to light the pyre. But unfortunately I was out of the country, working for University of Lagos, far away in Africa. Communicating outside the country from Jaffna was a problem at that time. The post offices were closed and all the communication links to Jaffna was cut off. Since this was before the era of the cell phone culture, my brother had no quick way of connecting with me to convey the unpleasant news. I only received his letter after two weeks of the funeral.

But I was reminded about my responsibility by some sort of supernatural forces, in an unusual way that still

brant health at that time, I brushed of what he said, as a typical father's sentiment. Instinctively, all these memories started to flood my mind and tears welled up my eyes. The ensuring grief came in waves and cruelly congealed around my heart, bent on suffocating the remainder of my fractured spirit after the serious accident, pushing me towards timeless interior bereavement.

I have gone through a long preamble; trying to describe the circumstances of his death. Sometimes sentiment has a funny way of trumping rational thought. I thought I have to get some of these sentiments out of my chest before continuing with the real purpose of this tribute. The real purpose of this tribute is to leisurely meander down the memory lane to write about father's trials and tribulations in his life, focusing more on his unprecedented sacrifices to the family, and his adroit contributions to the welfare of the village community. I have been requested by family members to write it in English especially for the benefit of eight of his grandchildren in Canada and ten of his great grand children growing up here. I hope my brothers in Sri Lanka for whom writing is a passion; will come out with even a better tribute in Tamil.

Early history

It is an undeniable fact, that in the real world, destinies are directional and not precisely preordained. My father

and vigor looked after me with utmost care, compensating Mom's immaturity.

Father was extremely grateful to his uncle and wife for nurturing him after the unfortunate death of both his parents. Their magnanimous act at the time of need was indelibly etched in his mind throughout his life. He continued to show his appreciation in affection as well as in action. His gratitude for their graciousness was clearly evident during the last bed ridden days of his beloved Aunt by birth and later Mother-in-law by marriage. He was always by her side and attended to all her personal needs - much more than his wife, her only daughter.

Sacrifice to the family and contribution to the village

Among the dizzying demands of parenting, one of the sacred duties and I guess in a way, the privilege, is to bring up the next generation. Bringing up kids is not a picnic for the parents. Attending to the daily errands and adjusting to their emotional demands require adequate doses of patience and persistence with the right mix of coaxing and guiding. In coaxing and guiding the kids, most parents unconsciously shape their smiles and frowns to steer them toward behavior they think will lead to achievement. But father did much more than mere smiles and frowns.

His expectations of his children were



exceedingly high - at times well beyond the realms of reality. He imagined big and always adamantly optimistic about the outcome. He believed very strongly in horoscopes and dreamed of a career path as soon as a child is born. If the horoscope prediction doesn't match his dreams, he tried to satisfy himself by interpreting horoscope predictions to suit his perceptions and pursued his objective with virile stubbornness and determination. He was not worried about the limited financial resources at his disposal to satisfy his dreams for us - prepared to sacrifice physically and monetarily for us to have the best education.

He enrolled us in the best schools in the country to achieve his dream. After manipulating my horoscope to suit his dream, he decided that I am going to become a doctor. He searched for the best school in Jaffna that trained students to enter Medicine and found out that St. John's College topped the list. Since the school is far away from our village for daily commute, he enrolled me there to stay in the hostel. In exactly the same way, guided by the horoscope, he enrolled my immediate younger brother Mahalingam in Jaffna Hindu College that was the best for training students to enter Engineering faculty and my sister Chandra at Vembadi, the best girl's high school in Jaffna. At one point all three of us stayed in hostels. The combined facility and hostel fees for three of us amounted to about Rs 600, per term. His monthly salary, as a mere government clerk, was only Rs 300 per month. He was working in Vavuniya Kachcheri at that time living alone, away from the family that incurred additional expenses. I still wonder how he managed his finances. He was only 32 at the time I was admitted in St. John's College. Thirty two years of age is roughly the time, most modern men, usually start looking for a suitable bride. But father already had five children and giving them better life was his main concern. Besides, his parents' demise early in his life, made him to abruptly end his dream of studying further. So he decided to sacrifice in every possible way for us to have the opportunities he never had.

He was, by nature, a tenacious individual who pursued his objective with single minded determination. It is not easy to find another person, so focused on specific goals, and prepared to go through brick walls to get there. I remember an unexpected obstacle he faced, in trying to enroll my sister at Vembadi. School had a rule at that time giving admission preference to kids living nearby. Besides, father was a little bit late in seeking admission. He circumvented the rule by giving to school the address of a family known to him, living closer to the school. He is not the type of person to throw in the towel without exploring all the avenues to have his way.

He was visibly upset at one point that his effort and sacrifice to steer us into respectable careers defied his lofty expectations. All of us, initially disappointed him in a way, and made him to feel that all his dreams about his kids were an extraordinary leap in his imagi-

nation. Added to this is the agony of his deteriorating health. At times, he spoke not only with more frankness but also with more frustration, perhaps from his own inability to change things. Eventually, he bore the injuries, visible and invisible with some sort of stoicism.

We eventually became successful in our chosen careers. Two of my brothers who gave him lot of distress were late developers. Their refusal to take personal responsibility permeated through their younger years. But at one point, they turned around, recalibrated their bearings to face life's challenges. Both of them went back to school at a relatively old age - one is now an Attorney at Law, along with several degrees in political science, and the other rose high up in government hierarchy to become an Assistant commissioner in the Hindu culture ministry of the country before he retired.

Unfortunately Dad passed away before their life turned around for the better. He is not around to activate his ample supply of boasting genes that were lying dormant for some time and lecture about his kids' achievements. More than anything else, he would have been extremely proud of his grandkids' achievements, both in Sri Lanka and in the competitive western world.

His tireless efforts, coupled with the capacity and willingness to guide, enriched not just his own children, but also everybody in the extended family. He was instrumental and indeed the sole driving force to move my maternal uncle, Nadarajah, from a local school to Jaffna Central College, for him to pursue studies in science. Grandfather was totally against it initially, without any intention of letting uncle to go for higher education. He, being a local businessman, wanted uncle to stay in the village and help him run the business. But father stood firm and eventually convinced him. Uncle undoubtedly owed his eventual success in his career to my father.

I also vividly remember another incident involving the same uncle, in which my father played a prominent part to solve his problem. Uncle was in India to pursue his university education.

Unfortunately, his application to get an exchange permit for his parents to send him, money every month, was rejected by the Ceylon government. Some so called prominent business guys in Kuppilan who portrayed themselves as local experts in everything, told my grandfather that it is impossible to get the exchange permit under the prevailing conditions in the country. Grandfather took that as the Gospel truth and instructed my uncle to come back. Uncle was devastated by the unexpected turn of events and even talked of committing suicide. My grandmother started weeping uncontrollably. All these commotion made my mother to write a letter to my father who was working in Vavuniya at that time. He immediately took one week leave, came to the village, collected all the relevant documents, travelled to Colombo and came back with the exchange permit within three days.

His penchant for altruism extended

to, many other people in the village too. He was well known to help them to get welfare, called "pichchai sambalam" - a government stipend to cater for the very poor people in the country with extremely limited sources of income. Many people who were actually qualified for this government welfare didn't know how to approach and do the necessary paper work. He put in enormous effort and spent countless hours to alleviate the distress of hundreds of people both in Kuppilan and in neighboring villages.

Father served in different government ministries during his working career. His inborn empathy to the suffering of the less fortunate people made him keep his eyes open to see how he could use his position in legitimate ways, to help them. For example, when he was working in the land registry section of Vavuniya Kachcheri, he had the insight knowledge of the government's effort to provide lands in Vanni area, encouraging the people to clear the forest and do farming. He used his influence to get these free lands to some youngsters in the village, roaming around, without any direction, and changed their life's trajectory in a very positive way. Some of them became very prosperous, especially during the time when essential commodities such as onions and chilies were in short supply, and settled down in Vanni. I have talked to a few of these beneficiaries. They never hesitated to praise father for being a guiding beacon for their decent life and prosperity.

He also played a very active part in pressurizing and convincing the government to recognize Kuppilan as a separate village. Kuppilan was attached to Erlalai from time immemorial and unfortunately our people didn't have too much say in the distribution of government amenities to our area. The agitation to achieve the separate status went on for a few years without any tangible outcome. Most of the people involved in the agitation were teachers without any clout or inside knowledge of government hierarchy. Father, being a government servant for many years, spearheaded the effort to get government approval. That was obviously, one of his landmark contributions to his native village.

His first heart attack

When father had his first heart attack, mother had to travel to Colombo to take care of him. It was a logistical nightmare for her because some of my siblings were still in school, living at home in the village. I have already graduated and working in Nigeria at the time I heard the unexpected news of father's heart attack. I also planned to travel home for the first time in seven years and expected my parents, both of them relatively young, to be in good health. The news devastated me and I was not sure of the damage done to his heart. I immediately wrote a letter requesting him to submit the retirement papers and go home to be with the family. He was complaining about two of my sisters yet to be married. I promised him that I am prepared to shoulder all the responsibilities to free him about future worries and he should start enjoy-

ing the unaccustomed pleasure of being led around by kids.

He had already submitted the retirement papers by the time I went home in few months time. But at home, he got back some of our farm lands that were leased, and engaged himself in serious farming. That was not the rest I envisaged for him. I commented that it would have been better for him to be in the government service than doing physical work in the farm and worrying about harvests and so on. But that was his nature. It was very difficult to make father to stay at home and take his well earned rest. He has to be engaged in something productive.

Conclusion

In conclusion, let me address father directly. I am sure he will hear me from somewhere. As a perpetual worrier during his life in this world, he probably still concerned about how we are doing. Appa, please pardon us for not fulfilling your ambition, for your children, during your life time. God had a different plan and snatched you from us at a relatively young age of 63 without allowing you to live a little bit longer to enjoy the fruits of your labor. I have no doubt that you would have been pretty happy with the situation now. Your vision for the future of your family, while perhaps overly ambitious in its timeline, turned out to be not fundamentally absurd in the long run. Combining your kids with your eminently talented grandchildren, we as a family are currently blessed with anthropologists, business experts, doctors, engineers, entrepreneurs, journalists, lawyers, poets, software experts and even religious scholars in the family, encompassing almost all the major professions.

You did better than your own father by studying English and got yourself employed by the government. We did better than you. Our children are currently doing better than us. I guess that this trend is the unalloyed wish of every parent.

In the end, I have to accept the fact that everything is not rosy here. In terms of educational achievements and professional advancements, I don't have too much to complain. But I would be extremely naive to give you a picture of harmony among us. Seamless sibling unity had been systematically destroyed among some of us by unwanted animosity and unnecessary finger pointing. As the oldest in the family, at the tail end of my life, the situation is bothering me immensely. For some time, I have been trying my best to reverse the situation. I need your blessing Appa, to be successful in my attempt, to bring unity, for better future relationship as a family, and also for me to have a satisfying denouement.

Death invariably ends a life but certainly not the relationship. Precious and painful memories linger on for a long time. Rest in peace Appa, with the contented feeling that the eventual success of your family, in terms of education and professional success is more than what you have hoped for.



THE HINDU TEMPLE SOCIETY OF CANADA

THE HINDU TEMPLE SOCIETY OF CANADA Richmond Hill Ganesha Temple April 14th, 2017 TAMIL NEW YEAR

BY

KIDAMBI RAJ, MEMBER, BOARD OF TRUSTEES

DOORS OPEN RICHMOND HILL 2017

Saturday, May 13,
2017 - 10:00 AM - 4:00 PM

The Ganesha Temple of The Hindu Temple Society of Canada, located at 10865 Bayview Avenue (Just north of Elgin Mills Road on Bayview Avenue) is one of 15 centres selected by the Heritage Services of the Town of Richmond Hill for "DOORS OPEN RICHMOND HILL 2017" scheduled for Saturday, May 9th 13th. Though the temple welcomes members of all Faiths, still lots of people are not aware of this.

This Doors Open is an excellent opportunity of people in all communities of the Greater Toronto Area to visit and get some idea of Hindu Temple.

The Board of Trustees of the Hindu Temple Society extends a very warm welcome to everyone. So, come join and enjoy the experience.

Tamil New Year, is the first day of the year on the Tamil calendar. This date, as the first day of the Tamil month Chitthirai and always falls on or about 14th of April every year on the Gregorian calendar.

On the New Year's Day, Tamil people greet each other by saying Putthandu Vazhththukkall or Iniya Putthandu Nalvazhththukkall, which is equivalent to wishing Happy New Year.

How is it celebrated:

Tamil New Year is celebrated with feasts in Hindu homes and the entrance to the house is decorated with elaborate kolams (design made with rice flour) and adorn the doorway with mango leaves. The Tamil New Year Day begins with viewing the kanni (the auspicious sight) at dawn, out of the expectation that starting the New year by looking at auspicious things like gold and silver jewellery, betel leaves, nuts, fruits, vegetables, flowers, raw rice and coconut, will bring good luck all through the year. This is followed by people taking bath and then light lamp in their family Puja altar and praying. Later they go to the temple. People wear new clothes and

youngster go to elders to pay respects and seek their blessings, then the family sits down to a vegetarian feast. The highlight of the Tamil New Year Festival feast is the Maanga Pacchadi (a dish made of raw mangoes, jaggery and fresh neem flowers). The neem, bitter in taste and jaggery sweet and delicious, signify the two conflicting aspects of human life – joy and sorrow, success and failure, ecstasy and agony. But the scientific fact is that neem flowers and raw mangoes cleanse the body of toxins. The new year also marks the beginning of the agricultural season in the region and the first tilling of land is done on this day.

An important ritual on this day is reading of the new almanac (puthu panchangam vaasittal). Traditionally this is done by the family's priest. In every temple the Chief Priest would read the Panchangam. He would read the positions of the planets and their movement during the coming year and explain how it would impact various things in life for people based on their astrological features.

WISH YOU ALL A VERY
HAPPY NEW YEAR



THE HINDU TEMPLE SOCIETY OF CANADA Richmond Hill Ganesha Temple

Sri Bhagavat Ramanuja's Sahasrabdhi

(1000th YEAR JAYANTHI OF SAINT SRI RAMANUJA) April 29 - 30, 2017

KIDAMBI RAJ,

MEMBER, BOARD OF TRUSTEES

Sri Ramanuja Acharya:

Sri Ramanuja Acharya was born in the village of Sriperumbudur, forty five kilometers from Chennai. Here lived a Vedic scholar, Kesava Somayaji and his wife Kanthimati. By the grace of Lord Parthasarathi, the presiding deity of Tiruvallikeni temple, a son was born to them in the Pingala year, Chitra month, under the asterisk of Tiruvadira (April 4, 1017). Immediately a message was sent to his maternal uncle, Tirumalai Nambi who named the baby Ramanuja. As a pious Srivaishnava, he considered kainkaryam (service to the Lord) as very important, since Rama's younger brother Lakshmana is known as Kainkaryam Sriman. The name turned out to be very apt for Ramanuja as he spent his life in serving God and serving humanity. That is why he remains relevant even in the millennium of his birth.

Incarnation as Adishesha:

Whenever Lord Maha Vishnu comes in a new avatar (incarnation), His favourite disciple and servant, Adi Sesa-the 1000 hooded mighty Serpent follows his beloved Master. It is believed that Adishesha served Lord Maha Vishnu in Vaikuntam in first era, as Lakshmana in *Treta Yuga*, as Balarama in *Dwapara Yuga* and as Bhagavat Ramanujacharya in *Kali Yuga*.

Relevance of Sri Ramanuja today:

One thousand years have gone by. Ten centuries. In India alone, so many kingdoms which would do their best to put an end to the religious and cultural traditions that had flourished from time immemorial. The Delhi Sultanate, the five Sultanates of the South - Berar, Bidar, Golkonda, Bijapur and Ahmednagar. Sher Shah and the Suri interregnum. The Moghuls. The British Empire. In spite of all that, Vedic culture not only survived but also gained new spaces. For, the adherents of the culture have had the benefit of leadership by spiritual personalities from time to time, re-formatting the culture in a positive manner without losing any of its seminal strengths. Of such great men, Sri Ramanuja, who was born in the 11 century, takes the pride of place as he remains relevant even today. His virtue was compassion: his means, integration. The two main reasons why Sri Ramanuja remains perfectly relevant even today.

He defended Hinduism much like Sri Adi Sankara and Madhva Acharya and even resolved all the seemingly conflicting Vedic statements. His erudite excellence is reflected in all his works (all in Sanskrit), included commentaries on Brahma Sutra and Bhaga-



vat Gita. He was inspired by the Azhwars and brought back to limelight their glories and their philosophic Tamil verses, thus providing equal status to the vedic scripts in Vaishnava temples. He defined Bhakti Marga (means to devotion) and showed the efficacy of absolute surrender to Sri-man Narayan. Saint Ramanuja revealed the Moola Mantra to the public, despite his Guru's taboo, just for the welfare and salvation of people.

An apt pupil for his scholarly father, Ramanuja grew up to be an erudite scholar and was married to Thanjamambal at the appropriate age. But the father's sudden passing was a great blow indeed. He continued his studies under the scholar Yadavaprakasa. Since he was not very happy with the ways of the teacher, he turned to Tirukachchi Nambi for further studies.

Meanwhile Sri Yamunacharya who headed the community of Srivaishnavas in Srirangam expressed his wish to have Ramanuja succeed him, before he passed away. Sri Ramanuja consciously prepared himself for the onerous duties of becoming a religious-spiritual head by undergoing studies in the scriptures, vedanta as also the hymns of the Alvars. His teachers were all great eminences like Peria Nambi, Tirukoshtiyur Nambi, Maladhara and Vararanga. Soon he was in demand as a teacher too.

But now a big change occurred in his family life. Sri Ramanuja's liberal ways and avoidance of caste-born arrogance, and readiness to

help others even if it cost his own peace of mind was not relished by his wife Thanjamambal, who had been brought up in strict orthodoxy. After sending his wife to her natal home, he renounced the world. Soon he went to Srirangam assumed his duties as the head of the Srivaishnava community.

In Srirangam, he was also entrusted with the management of the famous temple of Sri Ranganatha. The temple needed a thorough overhauling and flushing out the innumerable 'old bandicoots' turned out to be a thorny exercise. However, the Acharya was no confrontationist. He simply withdrew to the nearby hillock of Tiruvel-larai for a couple of years. He returned to Srirangam after things had settled. His management of the temple involving all sections of the society and introducing several socially relevant schemes like plentiful '*annadhaana*' have endured till this day as we see the innumerable Ramanuja centres spread all over India.

A Reformer and a Crusader of Social Equality:

Sri Ramanuja was a great scholar, philosopher and a reformer. "He (Ramanuja) felt for the downtrodden, he sympathised with them. He took up the ceremonies, the accretions that had gathered, made them pure so far as they could be, and instituted new ceremonies, new methods of worship, for the people who absolutely required them. At the same time he opened the

door to the highest; spiritual worship from the Brahmin to the Pariah. That was Ramanuja's work. That work rolled on, invaded the North, was taken up by some great leaders there; but that was much later, during the Mohammedan rule; and the brightest of these prophets of comparatively modern times in the North was Chaitanya."

Streamlining Puja Tradition in Temples:

He pioneered in streamlining the puja tradition in the temples which were irregular and in doldrums in those days. The first and foremost being the shrines of Lord Venkateswara and Adi Varaha Kshetra in Tirumala, where he reformed the puja procedures, restored and fortified archana, kainkaryams, rituals and festivals. Some of the important festivals initiated by the great Acharya includes Bhag Savari Utsavam, Tanniramudu Utsavam, introduction of first puja, first nivedana and first darshan to Lord Sri Bhuvaneshwara in Tirumala.

Different names of Ramanuja:

Sri Ramanuja is being worshipped by many names. Ilayavar, Ramanuja, Ramanujanambi, Lakshmananambi, Godagrajar, Tiruppavai Jeeyar, Yatiraja, Satakopam, Koilannan, Bhootapurusha, Desikendra, Emberumanar, Bhashyakara, Udayavar etc. Among these names, Desikendra is the name blessed by none other than Lord Venkateswara, Bhashyakara by Vagdevi in Kashmir and Udayar by Lord Ranganatha after he wrote "Gadya Trayam".

Ramanuja in Tirumalai:

Sri Ramanuja firmly believed that Lord Venkateswara took the form of Saligrama statue in Tirumala and He Himself reborn as Vikhanasa Maharshi and formulated His own puja kainkaryams. And hence Ramanuja decided that all puja kainkaryams in Tirumala temple should be done in the tradition of Vaikhanasa Agama Shastra. Ramanuja learnt Ramayana from His uncle and Guru Sri Tirumalai Nambi at Alipiri-the first step to Tirumala. His discourses to his disciples and devotees were compiled in Vedanta Sangraha in Tirumala Hills only. Hence Ramanuja occupied the Guru position even for Lord Venkateswara and hence being worshipped along with Lord in Tirumala during every festival and religious fete even today.

Join in the 1000th year Anniversary Celebrations of Sri Bhagavat Ramanuja and get the Blessings of Lord Venkateswara.



Taste of India Food Festival



School of Flavours Ltd., in partnership with Canada Serves, Sringeri Vidhya Bharati Foundation Canada and Friends of Gujarat, will be hosting a mega event called "Taste of India Food Festival", which is taking place on August 5th, 2017 at Nathan Phillip Square, 100 Queen Street West Toronto, ON M5H 2N2.

On occasion of Canada's 150th year of commemoration, "Taste of India Food Festival" will bring the most flavourful, exciting, and diverse celebration of Indian Food in Canada. This one-day event will be one of the largest festival to attract over 10,000 patrons from all sectors under one roof to enjoy, celebrate and take pride.

Taste of India Food Festival will centre around awareness on "Healthy Eating - Eating Right", as well as emphasize the importance of "Food Security" and "Food as means of Economic Empowerment" for the marginalized communities.

The event is supported by, celebrity chef, philanthropists and food advocates from both Canada and India. The event will hope to promote healthy eating, awareness on food security, enterprise development of companies, businesses and organizations and promote trade relations between Canada and India. Participation of Indian food companies and organizations working in the areas of food will be invited to attend.

With a growing Indian diaspora of more than 1 million people in Canada, it is important that we inspire to feature Canada's 150th anniversary as an inclusive and integrated community through celebration of food and culture.

For more information please contact:

Shirin Mandani - Director

416-524-7743

Rinku Shah - Director

647-390-9954

info@schoolofflavours.com

www.schoolofflavours.com

Free public event (No Tickets)

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Around 100 Vendors
Expected crowd 10000 people
Contact : Vinjesh Shah 416-715-9954
Rinku Shah 647-390-9954
Shirin Mandani 416-524-7743

Sharon Temple - National Historic Site & Museum Heritage Celebration Returns

The Sharon Temple Museum Society is pleased to announce the 2nd Annual Heritage Celebration will be held on Thursday, June 8th from 6 to 9 p.m. on the grounds of the Sharon Temple National Historic Site and Museum. This year is unique as it is Canada's 150th anniversary, but it also marks the 100th anniversary of saving the Temple and the completed restoration work on the Doan House, one of the site's oldest heritage buildings.

"The Sharon Temple site is an iconic feature of our community," Mayor Virginia Hackson said. "By celebrating the 100th anniversary of the restoration of the site, we recognize a faithful landmark that embodies the values of our community."

To honour this momentous year, the Honourable Elizabeth Dowdeswell, Lieu-

tenant Governor of Ontario, will join the festivities. The evening will feature heritage tours by Pickering College, appetizers from local caterers, craft beer and wine, strolling entertainment from The Shenanigans, and a magnificent concert in the acoustically superior Temple.

The evening promises to be a night to remember, so be sure to purchase tickets early. Tickets are \$100 each and proceeds will support the care and maintenance of the Sharon Temple National Historic Site and Museum. To purchase tickets visit: www.sharontemple.ca

Testimonials:

"Last year's celebration was the perfect way to celebrate the incredible history we have in our community! The Sharon Temple continues to give back to us, and provides the ideal setting for us to gather and reflect on our many blessings.

This year's celebration will be even more significant, given our big national birthday celebrations for Canada's 150th." – Councillor Tara Roy-DiClemente

"Last year I had the honour of attending the Heritage Day celebration at the Sharon Temple. Located in East Gwillimbury this beautiful historical monument presented us with an evening filled with music history and wonderful company. I look forward to attending the event again this year as we celebrate Canada's 150th birthday." – Anita Smeskal, President of the East Gwillimbury Chamber of Commerce

For more information:

Caitlin Wagg,
Collections Manager
caitlin.wagg@sharontemple.ca
905-478-2389

Mother's Day Cooking Class Centre for Immigrant & Community Services

Make Mother's Day special this year by joining our Mother's Day cooking event! We invite kids (ages 4 & up) to come with Mom, Dad or a special loved one to cook tasty food together, learn new food skills, share treats & healthy snacks and create lasting memories!

**When: Saturday, May 13th, 2017
2:30pm - 4:30pm**

**Where: CICS Community Kitchen,
2330 Midland Avenue., Scarborough**

To Register:

Call Hilda at

**416-292-7510 ext. 106, or
email: Hilda.Nouri@cicscanada.com**

Cost is free. Registration required.

Only 2 people per family.



Canada's Diversity Celebration 2017

Canada's Diversity Celebration Team held their 6th annual Indian-Chinese Bollywood singing event at Flato Markham Theatre on Saturday April 15, 2017. Chair Regional Councillor Joe Li hosted this cultural event in collaboration with Co-Chair Amar Erry- President of ASM- Vedic Cultural Centre, and Joe Samion- President of Yin Hua Association of Ontario.

This Indo-Chinese Bollywood singing event provides a platform to unite many local artists, brings the Indian and Chinese communities together, and celebrates unity and diversity in our City of Markham, the most diversity city in Canada. The program

featured a mix of 18 talented Indian & Chinese amateur singers who sang a variety of popular and classic hits in Hindi, Chinese and English, representatives from both Chinese & Indian Consulate Generals Offices, every row in the Theater alternated between Indian and Chinese, Indian-Chinese Chair Regional Councillor Joe Li & Indian Co-Chair Amar Erry, Chinese Event Manager Joe Samion with Indian Event Coordinator Neera Chakravorty, Chinese emcee Santha Leong & Indian emcee Anu Joshi, Indian & Chinese Television Crew, and Indian & Chinese snacks. There were over 527 people attended to experience this sold

out community event.

Dignitaries in attendance M.P. Shaun Chen, Mayor Frank Scarpitti, Regional Councillor Armstrong, Alan Ho, Ward 2 Councillor, Amanda Colucci, Ward 6 Councillor, Logan Kanapathi, Councillor Ward 7, and Alex Chiu, Ward 8 Councillor along with York Regional Police Superintendent Fred Moffatt of Number Five District, Constable Ali Lalani and Sergeant Paul Chiang of our Diversity Bureau. From Chinese Consul General He Wei's office for the People's Republic of China, Consul Yang Bao Hua, Vice Consul Song Chen Liang, and a third representative attended this cultural

event. From Indian Consul General Dinesh Bhatia's office, Ms. Usha Venkatesan (Consul & Head of Chancery) along with RK Perindia Consul (Commerce and CPV), Rajesh Kumar Raina Consul (CPV&HOC) attended.

Title sponsor for the event was Liberty Development. Thank you to all the artists, sponsors, volunteers, and supporters for their continued support and for making this event a grand success. Congratulations Regional Councillor Joe Li, Amar Erry, and Joe Samion, and team on another successful year! Looking forward to another exciting show next year on Saturday March 31, 2018!!



Alex Chiu, Ward 8 Councillor, Logan Kanapathi, Ward 7 Councillor, Regional Councillor Armstrong, Mayor Frank Scarpitti, Amar Erry, Co-Chair, Neera Chakravorty, Event Coordinator, Joe Samion, Manager, Regional Councillor Joe Li, Amand Colucci, Ward 6 Councillor



Billy Lok, sponsor, Regional Councillor Joe Li, Neera Chakravorty, Event Coordinator, Joe Samion, Event Manager, Co-Chair Amar Erry, Anu Joshi, Emcee



Canada Diversity Celebration - Team of Singers



Canada Diversity Singers (Left to right) Andrew Lee, Brian Hu, Faith Chung, Lynn Davidson, Harmeet Bassan, Neera Chakravorty, Anu Joshi, Shruti Khanna, Pradeep Arora, Charles Ku



Regional Councillor Joe Li, Amar Erry, Vedic Cultural Centre, Rajesh Raina, Consul (CPV&HOC), Usha Venkatesan, Consul (OCI) & Head of Chancery, RK Perindia, Consul (Commerce & CPV)



Regional Councillor Joe Li in recording studio with Canada Diversity Celebration Singers & Organizers



Regional Councillor Joe Li, Co-Chair Amar Erry, ASM- Vedic Cultural Centre, Joe Samion, Yin Hua Association with Canada Diversity Celebration Team of Singers & Volunteers



Waterloo Region Tamil Community New Year Celebration



Waterloo: Tamil Cultural Association of Waterloo Region celebrated its annual Tamil New Year and welcomed its new executive board members for the year 2017-2019 at Christ Lutheran Hall in Waterloo on Saturday April 29th. The event was graced by its past president Mrs. Dharini Sivakumar, who welcomed all the members and guests. She emphasised the need to teach and learn Tamil Arts and Culture to local children. It was followed by AGM and an election for Board members for the new year. Mr. Ragu Sivaramakrishnan was duly elected as the President and Mr. Dennis Loyola has the Secretary. Mr. Ken Srishanker being the Treasurer.

An Art fest, Music and Dance programs were performed by local artists. At the conclusion dinner was served for around 120 guests.



EVENTS BY DURHAM TAMIL ASSOCIATION

DTA is proud to partner with Pickering Public Library for medical seminar and yoga lessons for adults and seniors on every last Friday of the Month. March 31st Raveena Rajasingham presented a session about Blood Pressure and BMI calculation. Followed by the Medical session, Vana Dineshkumar has held a yoga lesson for the seniors.

Durham Tamil Association youths have been fund raising for Canadian Cancer Society's Daffodil Campaign across Durham regions (Pickering, Ajax, Whitby and Oshawa). The youths have been energetically volunteered over 24 locations on April 20th to 22nd to take part in the Daffodil Campaign. It was a great success. The youth has raised a total amount of \$3614.94. Thanks to all the parents, youths and the volunteers who made this event a successful one.

Fundraisers

Name: Vishnu Kaliugavarathan, Akash Ramesh, Aden Peter, Piraveen Patmanathan, Shureka Selvakumar, Amisha Pathmanathan, Tanus Manickavasagar, Jordan Francis, Sashtic Manickavasagar, Saranya Suresh, Jeevika Selvakumar, Mahita Karunakaran, Joshua Francis, Sana Ahmed, Fadheela Ahmed, Aneka Balakumar, Lakthika Kalaichelvan, Kavea Kalaichelvan,



Kishani Sivanalingam, Neiththa Sivakumar, Suweithaa Kalaichelvan, Krista Ganeswaran, Emeka Balakumar, Eyalini Rajeeshun, Mithunan Rajeeshun, Arujan Vijay, Shanaya Gaffar, Rinish Uthayan, Rishan Uthayan, Dhvani Vaishnav, Varisha Mayooran, Nivathav Nauvalasweran, Varnigha Mayooran, Lianson Wilson, Rashlika Wilson, Varnigha Mayooran, Shilo Jeyarajasingam.

For youth volunteer hours and upcoming events please check out our website www.durhamtamils.com.



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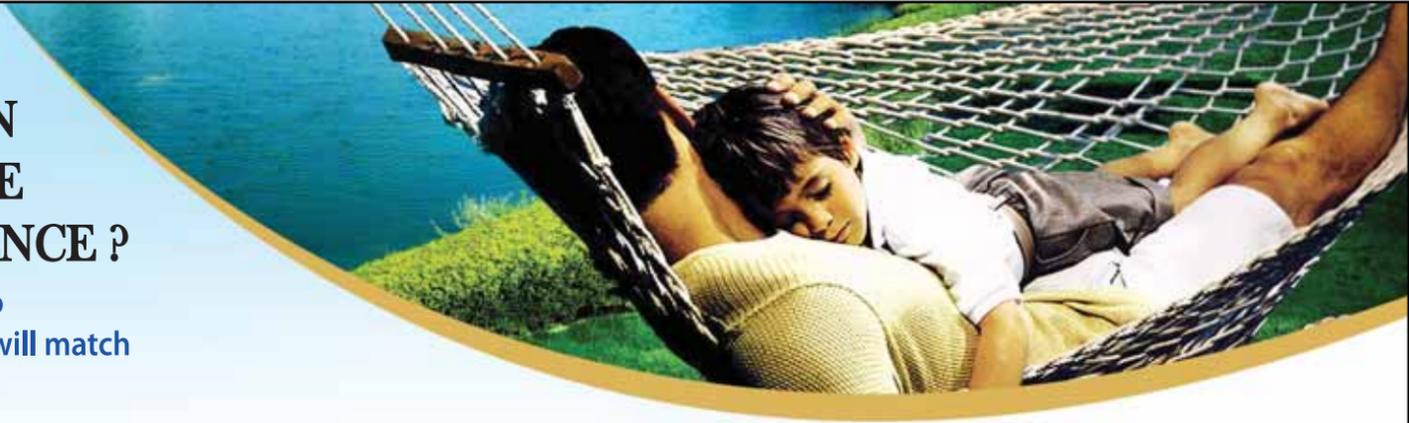
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