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Emil Alphonsus, CA, CPA, CGA

Canadian Diplomats visit Sri Lanka East

High Commissioner David McKinnon, Canadian High Commissioner to Sri Lanka along with Claude Goulet, Development Advisor and Head of Cooperation, High Commission of Canada to Sri Lanka and other Canadian diplomats and officials were recently in Sri Lanka East.

They toured several Canada assisted projects in the region and tweeted on the positive contribution being made in the lives of Sri Lankans.



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"Over 80% of Sri Lanka wheat imports come from Canada, an important part of our vibrant economic ties. Thanks to Steven Kok and his team at Prima for showing me their impressive facility in beautiful Trincomalee that gets these imports to tables in Sri Lanka." Via tweet from @McKinnonDavid



"A wonderful mask from Butterfly Peace Garden in Batticaloa. Butterfly Peace Garden, co-founded by Canadian artist Paul Hogan, helps kids from all the local communities use art to overcome trauma. Thanks to Rev Fr Paul Satgunanayagam and team for the warm welcome and inspiring visit." Via tweet from @McKinnonDavid

In Batticaloa: YMCA trainees with special needs following computer graphic designing

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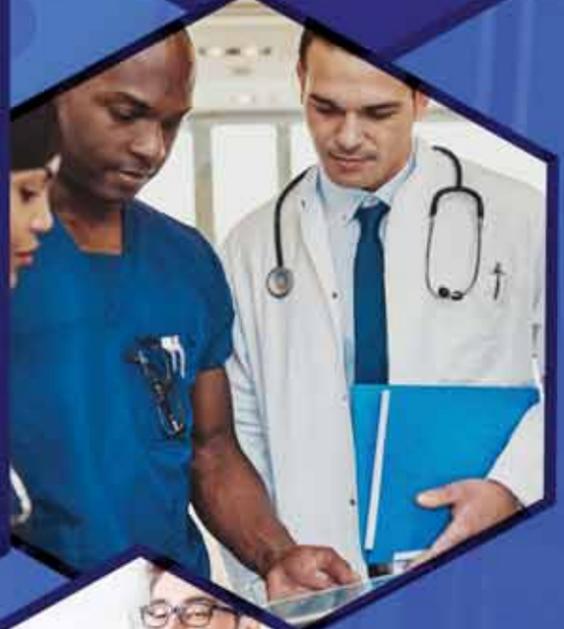
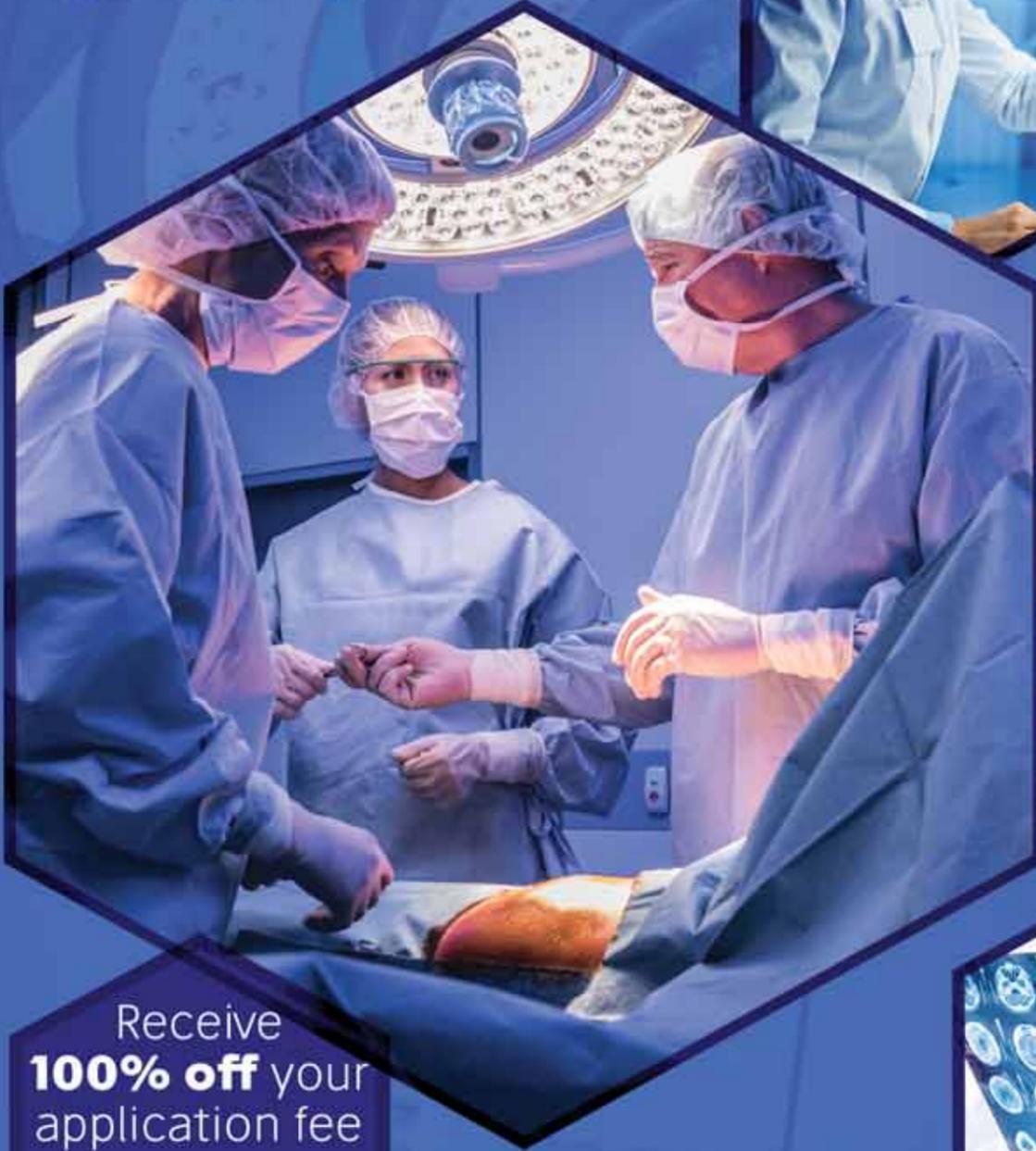
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“Let’s take every day in the month of February to honour Black history”

NDP Leader, Jagmeet Singh, made the following statement in recognition of Black History Month in Canada:

February 1st, 2018: “Today I join with New Democrats across Canada to celebrate the start of Black History Month.

This is an important time to reflect on the valuable contributions of the Black Community in Canada and around the world.

But it’s also a powerful moment for us to go much further — to turn reflection into action.

During Black History Month we celebrate the contributions of the Black Community in Canada, but just as importantly we must take this month as an opportunity to commit to tackling the systemic nature of Anti Black Racism.

We must work to end discriminatory policing and remove barriers to power, education and resources faced by the Black community today.

Anti-black racism continues to thrive in Canada. It prevents black people across our country from being viewed and treated as if their lives have equal value.



NDP leader, Jagmeet Singh

When we talk about Canadian history without talking about the history of the Black community we reinforce this unfortunate reality.

Let’s take every day in the month of February to honour Black history and pledge to fight with the Black community against racism and discrimination every day of the year. This is how we build a just and inclusive Canada.”

- ndp.ca/news

Sri Lankan Tamil Canadian Marcus Mariathas to compete for the title of World Master Baker in Paris

From February 3 to 6, ACE Bakery’s senior director of Product Development Marcus Mariathas will compete for the title of World Master Baker against the world’s best bakers in the Masters de la Boulangerie in Paris, France. He will bring his expertise in traditional European methods as the sole North American representative in the Nutritional Bread Making category, competing alongside bakers from Australia, Japan, Taiwan, Turkey and the Netherlands.

“I’m very proud and excited to be competing among the baking elite in front of an international jury,” Mariathas said. “Winning over a jury is like winning over a customer: you need to be creative, innovative, and bring the best quality ingredients together into mouth-watering, savoury products they’ll love.”

Escaping civil war in his native Sri



ACE Bakery’s senior director of Product Development, Marcus Mariathas

Lanka, Mathiathas came to Toronto in 1995. While studying accounting, he took a part-time job as a night baker at ACE Bakery. Although he had no prior baking experience, it was his ability to manipulate numbers – and his unstoppable passion for baking – that helped

Patrick Brown Quits as Leader of Progressive Conservative Party of Ontario

Hours after vowing to fight “false” allegations of sexual impropriety against him, Progressive Conservative Leader Patrick Brown resigned on January 25th.

In a statement, Brown said he could not continue as party leader with an election a little more than four months away.

“After consulting with caucus, friends and family I have decided to step down as leader of the Ontario PC Party. I will remain on as a MPP while I definitively clear my name from these false allegations,” he said.

Patrick Brown further stated, “I’m confident the president of our party and caucus will convene an expedited



Patrick Brown

process to elect my successor who I look forward to working with.”

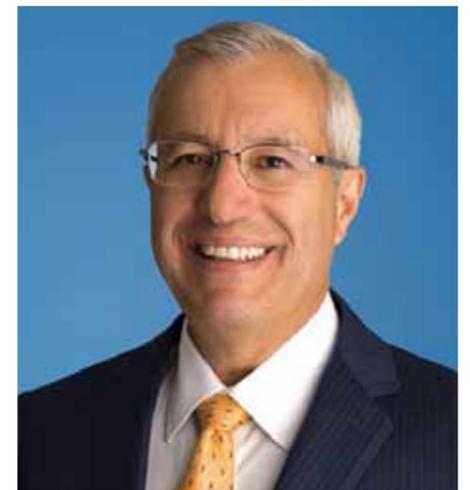
Statement from PC Leader Vic Fedeli

January 26, 2018: “It is humbling and an honour to have the unanimous support of my friends in the Ontario PC Caucus and I graciously accept the position of Leader.

“The last 48 hours have not been easy. I want to commend the brave women who had the courage to come forward and share their stories. Harassment has no place in our society. Any allegations of sexual misconduct must be taken very seriously.

“Our Party, and the people of Ontario have a great challenge ahead. I am prepared to lead this Party moving forward. We need to focus immediately on Kathleen Wynne and the Liberals. There’s no time to waste.

“The days, weeks, and months ahead will not be easy. But, I’m confident that as a team we can, and



Vic Fedeli

will, bring the change Ontario needs. Change that renews Ontario’s status as the best place in Canada to live, work and raise a family.”

- ontariopc.ca

him rise to the role of senior director of Product Development. He has successfully created over 400 breads and baked goods for ACE Bakery, each built upon nine proprietary, aged starter doughs.

“Since joining the ACE Bakery team more than twenty years ago, Marcus has become not only the face, but the heart and soul of our company,” said Brian Sisson, VP Operations, ACE Bakery. “His passion and dedication to creating products that reflect our artisan values have helped us become the company we are today. We wish him

the best of luck in this exciting competition.”

Competing in the Master de la Boulangerie competition is the pinnacle for a baker’s career, resulting from four years of individual and team competitions. Eighteen bakers will compete in three categories, with the winner in each achieving the title of World Master Baker. Only six bakers in the world currently hold this title – a testament to their unique expertise on an international scale.

News Source: Toronto ACE Bakery



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from the publisher's desk

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What happens when we master our thoughts...

Do you remember the last time you spent time alone and got to know yourself? No, not while driving or listening to music – even jogging doesn't count. I'm talking about sitting still in a quiet place, without any external stimulation, allowing your thoughts to flow through without engagement, attachment or judgement; separation of the self from the mind, we inherently believe to be one. Through regular practice, we intuitively learn how to reclaim control of our mind, and thereby, our life. This ancient practice is called meditation.

I was first introduced to meditation through a book recommended by my older brother, *The Monk Who Sold His Ferrari* written by Robin Sharma. It's a fictional story about a top shot lawyer that decides to give up his fame and fortune for a life as a monk. The book reveals many basic concepts about meditation and provides steps to begin the practice. During this time, I had just completed high school and was about to start my first year of university. Feeling very anxious, I began meditating regularly. Although I only meditated for a short period of time, 10-15 minutes before sleeping, I noticed significant improvements in my level of anxiety. After the first year, I slowly lost the habit of regularly practicing and was back to square one.

Over the past 10 years, I would sporadically meditate but the practice wasn't regular. In the last 6 months that changed. Starting with 15 min-

utes a day, I made sure I meditated every night before I went to sleep. Gradually I've increased the duration I practiced with little effort. Since re-starting my mediation routine, I notice profound impacts to my life, both physically and mentally. From improved sleep to increased levels of energy, all spheres of my life have reached new heights.

The benefits seem to have extended past just myself; my relationship with my parents, something that had deteriorated over the years, was re-stimulated. Before this, this relationship was non-existent. We'd be in the same house for many weeks at a time, but the interactions were kept to a minimum. The distance between us was never greater.

After returning to my meditation routine, it was as if a switch went off in my head, allowing me to reconnect and understand why I had been distant all along. It was the result of the mind, the master, keeping me, the self, a slave. Losing control over your thoughts causes you to develop illogical conclusions about the people and situations around you. Our thoughts at times have no bounds and only until we start questioning the validity and credibility of these thoughts can we look at life clearly. Once we master our thoughts, we master our lives.

Contributed by: **Vithu Ganesanathan**,
Energy Engineer-In-Training at 3M Canada

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Canada Historic Milestones: FEBRUARY

February 1, 1996: Canada celebrates Black History Month for the first time. Every February, Canadians are invited to attend festivities that honour the legacy of black Canadians.

#OnThisDay Facebook Twitter February 1, 1996



CANADA 150
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Courtesy of the Susan Hobbs Gallery

Jean Augustine made history in 1993, as the first African Canadian woman elected to Canada's House of Commons



“Always try to be a little kinder than is necessary.” - J.M. Barrie (May 09, 1860 - June 19, 1937) Scottish novelist and playwright

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

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Ontario Investing in Hospital Beds to Improve Access to Care, Renewed Support to Benefit Hospitals Across the Province

February 2, 2018

Ontario is investing in hospital beds to improve access to care for patients and reduce wait times in hospitals across the province.

Dr. Eric Hoskins, Minister of Health and Long-Term Care, was at the Re-activation Care Centre, formerly the Humber River Hospital - Finch site, today to announce that the province will be renewing its ongoing support for hospitals to help meet the needs of communities across the province.

Last fall, Ontario provided support to hospitals to open an additional 1,200 beds, increasing capacity during a period of heightened demand. The province also invested in:

- 150 new transitional care beds at the Reactivation Care Centre and created space for additional acute care beds at Mackenzie Health

- 61 new mental health hospital beds
- 6 new long-term ventilation hospital beds.

Ontario is renewing this investment for 2018-19 to continue supporting hospitals by relieving the stress



associated with increased demand, giving people greater access to high quality care, closer to home.

Ontario is also investing in more home and community care services and more long-term care beds across the province.

Increasing access to essential health services is part of Ontario's plan to create fairness and opportunity during this period of rapid economic change. The plan includes a higher minimum wage and better working conditions, free tuition for hundreds of thousands of students, easier access to affordable child care, and free prescription drugs for everyone under 25 through the biggest expansion of medicare in a generation.

- news.ontario.ca

Ontario Providing More Support for Refugees and Vulnerable Newcomers, Enhanced Funding Will Help Newcomers Settle and Succeed

January 25, 2018

Ontario is supporting refugees, refugee claimants and other vulnerable newcomers by investing in services to help them successfully settle into their new lives in Ontario.

Laura Albanese, Minister of Citizenship and Immigration, was at the Brampton Multicultural Community Centre today to make the announcement.

A total of 95 projects will receive funding for services to help improve social and economic outcomes for refugees and other vulnerable newcomers, including immediate settlement and long-term integration support.

-These programs and services will provide:

- Settlement, case management and mental health supports.

- Programming tailored to the needs of vulnerable newcomer women and youth, including skills and leadership development, mentoring, peer supports and domestic violence prevention. Economic integration services such as employment support, occupation-specific



training, language learning, job placements and entrepreneurship supports.

Helping newcomers thrive and succeed is part of Ontario's plan to create fairness and opportunity during this period of rapid economic change. The plan includes a higher minimum wage and better working conditions, free tuition for hundreds of thousands of students, easier access to affordable child care, and free prescription drugs for everyone under 25 through the biggest expansion of medicare in a generation.

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Contenders emerge for the Leadership of Ontario Progressive Conservatives



Caroline Mulrone



Christine Elliott



Doug Ford

With the Ontario Progressive Conservatives set to choose their new leader on March 10 — just six weeks after Patrick Brown’s resignation. Here are few profiles of candidates (via Wikipedia) already in the race:

Caroline Mulrone:

Caroline Anne Mulrone Lapham (born: June 11, 1974), known as Caroline Mulrone, is a venture fund manager and philanthropist. On February 4th, she declared her candidacy for leadership of the Progressive Conservative Party of Ontario. She is the el-

dest of four children and only daughter of former Prime Minister of Canada Brian Mulrone and his wife, Mila. Lapham and her husband, Andrew Lapham (son of Harper’s Magazine editor Lewis H. Lapham) married on September 16, 2000, and had the first of their four children on October 30, 2004. They live in Forest Hill in Toronto. Mulrone has an undergraduate degree from Harvard University and a law degree from New York University.

Christine Elliott:

Christine Janice Elliott (born: April

13, 1955) was a Progressive Conservative member in the Legislative Assembly of Ontario from 2006 to 2015. She represented the ridings of Whitby—Ajax and Whitby—Oshawa, east of Toronto. Elliott was a candidate in the 2009 Progressive Conservative leadership election and came in third place behind winner Tim Hudak and runner-up Frank Klees.

On February 1, 2018, she launched her bid for the leadership of the Progressive Conservative party of Ontario. Elliott was married to former Finance

Minister Jim Flaherty until his death on April 10, 2014. She lives in Whitby with her triplet sons John, Galen and Quinn.

Doug Ford:

Douglas Bruce Ford Jr. (born: November 20, 1964) was Toronto City Councillor for Ward 2 Etobicoke North in Toronto from 2010 to 2014 at the same time that his brother, Rob Ford, was mayor of Toronto. Their father, Doug Ford Sr., was a Member of Provincial Parliament from 1995 to 1999.

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'I feel guilty I survived;' youngest Schindler's list Holocaust survivor tells United Nations her story

31 January 2018 – More than seven decades after the end of the Holocaust, Eva Lavi – the youngest living Holocaust survivor saved by German industrialist Oskar Schindler – still feels guilty that she survived when so many of the Jewish children her age at that time were killed, including her cousins.

"It was not easy to be a child survivor after the War. I continued to hide. Why? My parents did not take me to the meetings with other survivors to not hurt the feelings of those that lost their children," Ms. Lavi told the United Nations annual Holocaust Memorial Ceremony, held Wednesday, 31st January at the world body's Headquarters in New York.

"Even now 73 years after the War, I feel guilty that I survived," she lamented.

Born in Poland, Ms. Lavi was two years old when the War broke out. One day when the Nazis appeared at the door of her home, her mother was desperate and gambled by putting her outside the window. It was winter and minus 20-degrees Celsius, but Ms. Lavi held onto a pipe. It was freezing, but she survived.

Now in her 80s, Ms. Lavi said she has often wondered why God saved her.

"Perhaps, he wanted me to do something big. I'm only an ordinary woman. No special achievements. But now I'm here, talking from the United Nations. This is the 'big something' that the God planned for me," she said, noting that after her mother's passing, she started publicly telling her stories for the sake of the future.

Another featured speaker was Thomas Buergethal, a Holocaust survivor and a retired Judge of the International Court of Justice (ICJ), Professor at George Washington University Law School, in Washington, D.C.

He said he belongs to the ever-smaller group of still-living Holocaust survivors.

"We have an ever-more urgent and sacred obligation to ensure that the

memories of all victims of the Holocaust be permanently preserved, and to work for a world in which no human being will ever again has to suffer the horrors that this terrible genocide inflicted on them," he emphasized.

Of the six million Jews who were murdered, more than a million were children, he noted.

"Think of the physicians, the scientists, the historians, the archeologists, the theologians, the poets, the philosophers, the writers, the engineers, the teachers and other professionals that these children might have become," he continued, stressing that the world lost enormous intellectual, cultural, and scientific riches that would have benefited humanity as a whole, making the Holocaust "a human tragedy of catastrophic proportions" even without counting the other five million victims.

"No nation has a monopoly on goodness or on evil. Under certain circumstances genocide can take place in many of our own countries. That is why we must always be on the alert against this crime," he said.

For his part, UN Secretary-General António Guterres, describing the Holocaust as a "culmination of hostility towards Jews across the millennia" and a "systematic campaign of extermination," warned against signs that hatred, xenophobia and other types of discrimination exist in today's world.

"Since hatred and contempt of human lives are rampant in our time, we must stand guard against xenophobia every day and everywhere. Across the world, the state of hate is high," Mr. Guterres told the event.

Four days ago, 27 January marked the 73rd anniversary of the liberation of Auschwitz.

"The gargantuan horror of those 12 years, from 1933 to 1945, reverberates to this day," Mr. Guterres said. "This annual Day of commemoration is about the past, but also the future; it is about Jews but also all others who find themselves scapegoated and vilified solely



Eva Lavi, Holocaust survivor, addresses the United Nations Holocaust Memorial Ceremony on the theme, 'Holocaust Remembrance and Education: Our Shared Responsibility.' UN Photo/Manuel Elias

because of who they are."

The UN chief said that "genocide does not happen in a vacuum" and "the Holocaust was the culmination of hostility toward Jews across the millennia."

"We must not lose sight of what went wrong," he declared, warning against manifestation of resurgent hatred, such as the march of 60,000 people waving signs reading "White Europe" and "Clean Blood" in one capital two months ago.

The ceremony, hosted by Alison Smale, UN Under-Secretary-General for Global Communications, began with a minute of silence in honour of the victims and the survivors of the Holocaust.

General Assembly President Miroslav Lajčák said: "We are not here today just to remember the Holocaust. We are also here to remind ourselves of our collective failure to prevent it."

He said that the Holocaust did not happen overnight. "We saw it coming, and we did not stop it."

And, when it was over, a prom-

ise was made not to repeat it, "never again." But, unfortunately, this promise has not always been kept.

"No, we have not had another world war. Nor have we seen anything on the scale of the Holocaust. But we have felt tremors in the ground. We have seen red warning flashes lighting," he said, citing acts of genocide, systematic discrimination, anti-Semitism, racism, intolerance, Islamophobia and hate speech.

"Too often we did not have the courage to call things exactly what they are - and to act accordingly," he said.

"So, we need to reflect on our inaction - and, indeed, our failures. But we must also use this occasion to inspire change."

The Permanent Representatives of Israel, Germany and the United States, delivered remarks, and the ceremony included music by the UN Staff Recreation Council Singers and the UN Staff Recreation Council Chamber Music Society. Cantor Joseph Malovany of the Fifth Avenue Synagogue, also recited the memorial prayers. - UN.org

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Without young people, Global Goals will not be achieved, UN forum told

30 January 2018 – Today’s young people are more connected, dynamic and engaged than ever and the Global Goals can’t happen without them, speakers told an annual United Nations forum, where young leaders called on the Organization keep its promise to ‘leave no one behind’ on the road to creating a prosperous world for everyone on a clean planet.

The first day of the 2018 Youth Forum, convened by the UN Economic and Social Council (ECOSOC), got off to a rollicking start with young people from every corner of the world leading discussions with ministers and high-level government officials, UN agencies and other international organizations.

One of the highlights of today’s events was the dialogue between Deputy Secretary-General Amina Mohammed and Jayathma Wickramanayake, the UN Secretary-General’s Envoy on Youth.

The conversation revolved around the Forum theme, ‘the role of youth in building sustainable and resilient urban and rural communities’ and how youth can engage in the implementation of the 2030

Agenda for Sustainable Development, adopted by UN Member States in 2015.

Ms. Mohammed said that the Agenda 2030 was “shaped with youth” and young people were “the loudest voice” in the ground-breaking My World survey, in which almost 10 million made their voices heard during the UN system-wide discussions on the landmark 17 Sustainable Development Goals (SDG).

She encouraged youth to “make noise” for their voices to be heard.

Stressing that the importance of youth engagement by Member States in their national plans to implement the SDGs, Ms. Wickramanayake said: “We talk about leaving no one behind but if we don’t keep up with that phase, young people will leave the UN behind.”

In a keynote address, Salina Abraham, President of the International Forestry Students’ Association, said: “Sustainable development is not having to leave your home, family and culture behind to provide your children with an adequate life. It’s not having to conceal your language or culture in an attempt to



Deputy Secretary-General Amina Mohammed (left) and Jayathma Wickramanayake, the Secretary-General’s Envoy on Youth, in conversation during the opening of the 2018 Economic and Social Council (ECOSOC) Youth Forum. UN Photo/Eskinder Debebe

conform, only to never truly be accepted.

“Sustainable development is having the security, access, resources and tools to create new opportunities wherever you choose to call home,” she said.

For her part, ECOSOC President Marie Chatardová said that young people imbue urban and rural communities with energy, creativity, and innovation.

“Your drive for innovation and consumption choices are crucial to our goals of increasing the eco-efficiency, minimizing waste and pollution, and of promoting access to and the sustainable use of all resources,” she said.

“You are a key partner in efforts to make cities and human settlements inclusive, safe, and resilient, and to build a global coalition to reverse land degradation and protect biodiversity,” she added.

“We are here to listen to your voices. Our landmark frameworks – including the 2030 Agenda, the Paris Agreement and the Sendai Framework for Disaster Risk Reduction – already recognize you as the key partners in efforts to build a

better future,” she stressed.

Also addressing the Forum was General Assembly President Miroslav Lajčák, who stressed that “if we neglect young people, we will not achieve a single SDG.”

He highlighted the role of youth in innovations that help reverse the trends that are harming the planet as well as in preventing conflict and building peace.

“I want to conclude with a blunt truth: our international system simply was not set up for young people. If you look at photographs of the signing of the UN Charter, you will not see any young men or young women. That is why, for years, young people were not seen – and were not heard – in the conference rooms, like this one,” he said.

“Young people can no longer be dismissed as the rebel fighters; the terrorists; the disenfranchised. They are the innovators, the solution-finders; the social and environmental entrepreneurs,” he added. – UN.org



Participants at opening of the 2018 Economic and Social Council (ECOSOC) Youth Forum. UN Photo/Eskinder Debebe

Consulate General of India Shri. A. Natarajan marks Anniversaries in Jaffna, Sri Lanka



Paying floral tribute to Mahatma Gandhi on January 30, 2018.



Birth Anniversary of Bharat Ratna Dr. M.G. Ramchandran on 17 January 2018



World Cancer Day: UN agency chief urges greater access to diagnosis, prevention and treatment services

2 February 2018 – Millions of people suffering from cancer in developing countries still lack access to effective prevention, screening, early diagnosis and treatment, the head of the United Nations International Atomic Energy Agency (IAEA) said Friday, urging continued efforts to ensure greater access to these vital services.

“Twenty-eight African countries do not have a single radiotherapy machine,” said Yukiya Amano, the Director-General of IAEA, at an event commemorating World Cancer Day, marked annually on 3 February.

“The IAEA will continue to work hard to change that, and to improve facilities in other regions of the world where the need is also great,” he added, noting that addressing the challenges confronting the developing world will remain a priority for the Agency.

“We will strive to continuously improve the services we offer our Member States so they can provide better care – and hope – for their people,” he stressed.

Globally, cancer is one of the leading causes of morbidity and mortality worldwide, with approximately 14 million new cases and 8 million cancer-related deaths annually and there are concerns that the number of new cases could rise by about 70 per cent over the next 20 years.

Observed every year on 4 February, World Cancer Day aims to raise aware-



A patient being prepared for cobalt therapy at a hospital in Kandy, Sri Lanka.
Photo: Petr Pavlicek/IAEA

ness on the broad class of disease which can affect any part of the body, and the increased global burden that cancer inflicts on people – both poor and rich.

This year, the observation includes a discussion on applications of nuclear techniques in the prevention, diagnosis and treatment of cancer, as well as one on importance of multidisciplinary team for optimal cancer care.

The commemoration also includes a “health fair” showcasing a variety of information and services including detection of various types of cancer, including breast, prostate, colon, and skin

cancer. It is being held at the Vienna International Centre Rotunda.

Many cancer can prevent by avoiding risk factors such as smoking – WHO

According to the UN World Health Organization (WHO), between 30 to 50 per cent of cancers can currently be prevented by avoiding risk factors and implementing existing evidence-based prevention strategies.

Some of these risk factors include tobacco use including cigarettes and smokeless tobacco; being overweight or obese; unhealthy diet with low fruit and vegetable intake; lack of physical

activity alcohol use; sexually transmitted Human papillomavirus (HPV)-infection; infection by hepatitis or other carcinogenic infections; ionizing and ultraviolet radiation; urban air pollution; and indoor smoke from household use of solid fuels.

Tobacco use is the single most important risk factor for cancer and is responsible for approximately 22 per cent of cancer-related deaths globally.

The cancer burden can also be reduced through early detection of cancer and management of patients who develop cancer.

Some prevention strategies, according to WHO, can include increase avoidance of the risk factors listed above; vaccination against HPV and hepatitis B viruses; controlling occupational hazards; and reducing exposure to ultraviolet radiation and ionizing radiation.

Furthermore, many cancers have a high chance of cure if diagnosed early and treated adequately.

“When identified early, cancer is more likely to respond to effective treatment and can result in a greater probability of surviving, less morbidity, and less expensive treatment,” said the UN health agency in a fact-sheet, noting that significant improvements can be made in the lives of cancer patients by detecting cancer early and avoiding delays in care.

- UN.org

DMK's Stalin takes veiled dig at Kamal, Rajini on political entry

Chennai, Jan 23 (PTI) The DMK today took a veiled dig at popular actors Kamalhaasan and Rajinikanth on their political aspirations, saying “new birds want to fly” and it remained to be seen how much distance they can cover on their strength.

In a letter addressed to partymen, DMK working president M K Stalin said while democracy was a “sky” common for all, many birds can hardly make the distance.

He branded his DMK as “high-flying” and one that was always “concerned” about the people of the state.

“Aware of the political atmosphere, new birds want to fly. Democracy is a sky (common) for all. The political arena is watching how much distance a bird can fly on the strength of its wings,” he said in cryptic remarks apparently aimed at the two actors.

There have been instances when such “birds” that started a political flight could hardly achieve their objectives, with their journey “obstructed” after having “lost (their) way,” he said,

without naming anyone.

Both Rajinikanth and Kamalhaasan, the two top actors of Tamil cinema, have announced their political forays, proposing to float their political parties in the coming days.

Batting for honesty in politics and good governance, Rajinikanth had last month said that “everything needs to be changed” and declared that “spiritual politics” needed to be ushered in, sans shades of any caste or religion with transparency.

Kamalhaasan, Rajinikanth's contemporary in celluloid, has taken on the ruling AIADMK over alleged corruption in recent past, with Chief Minister K Palaniswami and many of his cabinet colleagues hitting back at him.

Stalin said that “new birds want to fly”, aware of the “political climate”, apparently hinting at the perceived political vacuum caused following the death of Chief Minister J Jayalalithaa in 2016.

His father and DMK president M Karunanidhi has also been remaining



Rajini, Stalin and Kamal at a DMK event in 2017

inactive due to health reasons for over a year.

For nearly 30 years, Tamil Nadu politics revolved around Jayalalithaa and Karunanidhi.

Earlier since 1972, it was virtually polarised between the two Dravidian parties after actor-turned politician and late Chief Minister M G Ramachandran floated AIADMK following differences with the DMK stalwart.

Stalin, also the Leader of Opposition in the Tamil Nadu Assembly, has announced he would meet party office-bearers from February 1, in an attempt to address issues concerning the party.

The announcement comes in the wake of the party's poor showing in the December 21 R K Nagar bypoll, where its candidate N Maruthuganesh forfeited deposit.

Sidelined AIADMK leader TTV Dhinakaran had won the by-election, necessitated due to the death of Jayalalithaa, and the loss had prompted the DMK to form a panel to probe the reasons for its defeat.

The meeting would discuss the differences in the party's organisational units to ensure success in coming elections, Stalin said, adding that he was prepared to initiate all steps for the party's well-being.

In the letter, Stalin hit out at the AIADMK government and said people were looking to the DMK for solutions.

Irrespective of being a ruling party or in opposition, the DMK always stood up for the welfare of the people of Tamil Nadu, and strove for protecting the Tamil race and language, he claimed.

- PTI



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Best wishes for Tamil Heritage Month and happy Thai Pongal



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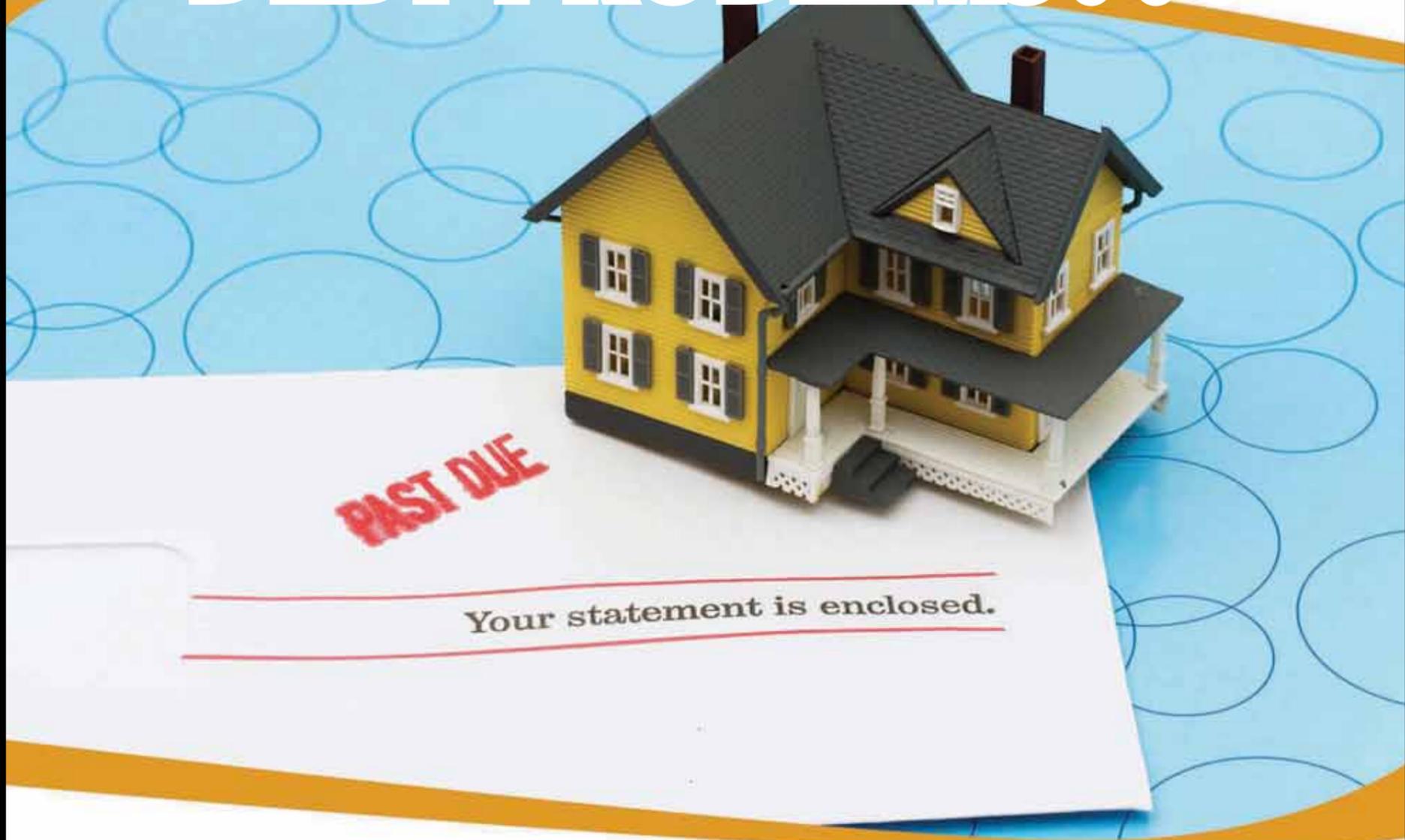
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EDUCATION GRANTS PROGRAM AN INVESTMENT IN STAFF AND PATIENT CARE

Raising children. Being a good spouse. Meeting professional responsibilities. Running a home. Paying a mortgage. Caring for aging parents. When working adults consider full or part time studies they often face many daunting challenges.

To help Providence Healthcare employees take the big step, it established an Education Grants program in 2006. Since its inception, hundreds of people have taken on the challenge and a total of \$831,936 has been awarded to date. Here are the stories of two grant recipients.

After working at Providence since 2004, Human Resources senior director Aileen Edwards felt she hit a career ceiling when she reached her 50s. So she applied to the Master of Arts in Leadership at Royal Roads University in Victoria, British Columbia, and was accepted.

Providence's Education Grants program covered about 80 percent of the cost of her tuition and books; Aileen paid for her flights to Victoria and accommodation expenses.

"The grant was extremely helpful," said Aileen, explaining her decision to apply for a Master's degree was easier to make knowing the organization would support her.

Obtaining her graduate degree took collaboration, strength and determination. She and her husband, who works full time, reorganized their responsibilities at home to create time for her to study. Leading up to her classes, Aileen had worried she might be the oldest in her class, which turned out to be the case, "but not by much," to her relief. During the program her mother died - a deeply difficult time for Aileen and her family - but she resolved to continue her studies believing this is what her mother would have wanted.

Having graduated, she reflects attaining her goal has had a positive

impact personally and professionally. At home, "My children say I'm their hero," she says humbly. At Providence, Aileen applies her education to improve patient care. Her Master's thesis, for example, examined how nurse practice consultants can enhance communication among the front line nurses at Providence; several of her report's recommendations have been implemented.

For Providence, its investment in Aileen and other employees through the Education Grants program pays off, too.

The program helps the organization achieve its strategic direction BEST Community of Experts, one of three strategic directions featured in Providence's BEST Together Strategic Plan 2015-2020.

There are two primary strategic aims of the BEST Community of Experts: ensuring staff has the confidence and resources to create better care and relationships; and, for staff to feel enriched and empowered to make decisions that create a better Providence.

Since its inception in 2006, the amount of funding available has increased to \$110,000 annually for the past three years.

An Education Grant Committee reviews the award applications; courses or conferences must be applicable to the individual's work at Providence to be eligible for funding. The number of applicants and total amount of funding requested also influences the amount distributed each year. Those awarded a grant are recognized at Provi-



Human Resources senior director, Aileen Edwards, meets with staff in her office.



Adolfo Rodriguez chats with a fellow nurse in the Houses of Providence.

dence's Innovation and Education Award Day ceremony held annually in November.

There are many inspiring stories throughout Providence of staff returning to school while working and managing other responsibilities.

Midway through an undergraduate program is Adolfo Rodriguez, a registered practical nurse (RPN) and a resident care supervisor in the Cardinal Ambrozic Houses of Providence. The 37-year-old husband and father of two children, ages 6 and 12, has returned to school full time to obtain a degree in nursing while working full time.

Adolfo has successfully completed the one-year RPN Bridge to B.Sc.N. program at George Brown College and is in the first of five semesters of Trent's B.Sc.N. program offered at the George Brown site.

"A degree offers more opportunities," says Adolfo. "I'm glad I'm doing it," he explains, adding he had contemplated going back to school for a long time. He has applied for funding from the Education Grants program for the bridge program he completed; Adolfo will apply for the program again when he completes his B.Sc.N.

Although difficult, returning to school as a working adult has benefits. "I've been able to apply leadership skills I learned through the program to my role at Providence, while applying what I have learned at work to my studies," reflects Adolfo.



Scarborough and Rouge Hospital



Health & Care

SCARBOROUGH AND ROUGE HOSPITAL ANNOUNCES

NEW CHIEF OF STAFF

SCARBOROUGH (January 22, 2018) – Scarborough and Rouge Hospital’s (SRH) Board of Directors is pleased to announce that Dr. Dick Zoutman has been appointed as the hospital’s inaugural Chief of Staff. Dr. Zoutman will be assuming the position effective April 23, 2018.

“We are proud to have Dr. Zoutman joining the SRH team in this integral leadership role,” said Maureen Adamson, Chair of SRH’s Board of Directors.

“Dr. Zoutman is an accomplished academic clinician who brings a wealth of senior leadership experience and a passion for serving his community and building strong teams – traits that will be key as our organization continues to grow together and deliver world-class care to our diverse community.”

An Internist, Infectious Disease Specialist, and Medical Microbiologist by training, Dr. Zoutman is currently Chief of Staff at Quinte Health Care (QHC) in Belleville, Ontario. In addition, he is a Professor at Queen’s University School of Medicine in the Departments of Pathology and Molecular Medicine, Public Health Sciences, Biomedical and Molecular Sciences, Medicine, and in the School of Nursing. Dr. Zoutman teaches in the Queen’s Graduate Program in Health Care Quality.

A health systems leader, Dr. Zoutman was the founding Co-Chair of Ontario’s Provincial Infectious Diseases Advisory Committee (PIDAC) and was the Chair of Ontario’s SARS Scientific Advisory Committee during the SARS outbreak in Toronto. He is a Black Belt in Lean and Six Sigma for health care, a Canadian Certified Physician Executive from the Canadian Medical Association, and a Chartered Director of the Conference Board of Canada and DeGroote School of Business’ Director’s College.

“It’s an honour to be joining the talented and compassionate staff and physicians at Scarborough and Rouge Hospital,” said Dr. Zoutman.

“I am grateful to have the opportunity to be part of the continued journey to enhance services and improve access to care in Scarborough.”

Dr. Zoutman was selected through a competitive recruitment process that involved extensive consultation with the hospital’s Medical Advisory Committee and Senior Leadership Team.

“I would like to take this opportunity to thank our interim Chief Medical Officers, Dr. Naresh Mohan and Dr. Michael Chapman for their leadership and guidance to the senior leadership team and Board during the hospital’s amalgamation and first year of our integration,” said Maureen.

“Dr. Mohan has also played an integral role in representing our hospital’s physician team as Chair of the Medical Advisory Committee. Dr. Mohan’s and Dr. Chapman’s dedication to our organization has been both admired and appreciated.”



Dr. Dick Zoutman

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.

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COMMUNITY INVITED TO HEART HEALTH EDUCATION EVENTS

SRH's regional cardiac care program celebrates Heart Month

February is Heart Month, and Scarborough and Rouge Hospital's (SRH) regional cardiac care program is inviting community members to come have a "heart to heart" about their cardiovascular health.

The regional program will be hosting its annual Heart to Heart Community Talks in February for residents to come learn about improving their heart health and achieving a better quality lifestyle. The event will feature a panel of expert hospital staff, including exercise therapists, nurse practitioners, a dietitian and pharmacist. The panel will have a free-flowing discussion with attendees about a number of heart health topics. Community members will also hear from a cardiac patient who will speak about their experience.

Heart to Heart Community Talks

February 15, 2018 at 6 to 8 p.m. Whitby Abilities Centre 55 Gordon Street, Whitby. RSVP at hearttoheartdurham.eventbrite.ca

February 22, 2018 at 6 to 8 p.m. Toronto Pan-Am Centre 875 Morning-side Avenue, Scarborough. RSVP at www.hearttoheartscarborough.eventbrite.ca

Everyone is welcome; admission and parking are free. Staff from the regional program will also be performing blood pressure tests and providing one-on-one consultations on cardiovascular health.

Plus free touch screen gloves for staying active this winter! Join us for these education events and receive a free pair of touch screen gloves. You can get outdoors and stay active this winter, and keep your fingers warm while using your smartphone for fitness apps and to play music.



About the Central East Regional Cardiac Care Program

Scarborough and Rouge Hospital leads the Central East Regional Cardiac Care Program for Scarborough and Durham, and is home to the regional cardiac centre. With a highly qualified and experienced team of more than 20 cardiologists and over 100 health care professionals, the regional program is integrated with the community to ensure excellent, timely care. Each year, more than 6,000 patients are seen by the program for a wide range of cardiac care services, including life-saving emergency and elective interventions to unblock blood vessels in the heart; advanced cardiac imaging to get a better view of what's happening with a patient's heart; pacemaker and ICD implants and electrophysiology procedures to manage and treat arrhythmias (irregular heartbeats); and cardiovascular rehabilitation and education to help patients throughout the broader Central East Local Health Integration Network (LHIN) region to achieve an optimal heart healthy lifestyle. Scarborough and Rouge hospital delivers care in partnership with Lakeridge Health, and the Central East LHIN.

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Special Feature

Tamil Canadians remember Captain Augustus Dalton

By: Raymond Rajabalan

Last month Canada's Tamil community mourned the passing of a hero.

In 1986 Shipping boat Captain Augustus Dalton saved 155 Tamil refugees stranded at sea. After 13 days on a cargo ship, the refugees were abandoned in two lifeboats in the Atlantic Ocean. Without food or water they remained on the lifeboats for a further three days.

Their lifeboats were eventually spotted by Captain Augustus, who called in the Navy, dumped his catch and that of two other fishing boats, and brought the refugees safely to shore of Canada's Newfoundland.

Captain Augustus Dalton passed away on the 15th January 2018, aged

87. Canadian lawyer & Member of Parliament for Scarborough-Rouge Park Gary Anandasangaree shared the news on social media.

"I am devastated at the passing of Captain Augustus Dalton, who died peacefully in his sleep at the age of 87 (September 15, 1930 to January 15, 2018) in St John's, Newfoundland. He was my living hero.

A simple man, whose selfless deed on that fateful day on August 11, 1986, saved 155 Tamil men, women and children who were afloat the Atlantic Ocean. He found two lifeboats full of refugees floating on the Atlantic. He called in the Navy, dumped his catch and that of two other fishing boats, and brought in the

refugees. He fed them by emptying his canteen.

He went on with his life, until 25 years later, we were able to meet him for the first time, and honour him in a simple way. After years of trying, he received a letter from the Governor General on January 2, 2018, informing him that he would be receiving a Meritorious Service Medal.

That was the last time I spoke to him. He was a stellar example of how one person can change the world. With his deed, he helped 155 families take shape in Canada, and helped the Tamil community in ways that no one ever has.

Captain, you have earned your sleep – you have been my hero all my life, and today, my heart is broken, and my chil-

dren are crying wanting to see you one last time. We love you, and are forever in debt to you and to your family."



MP Gary Anandasangaree



Rescue Boat



Tamil Canadians meet captain Augustus Dalton in Newfoundland in 2016

Uncle Sam

"You are old, uncle Sam," his young nephew said,
 "and your hair has become very white
 Yet you carry heavy bags on your head-
 Do you think, at your age, serves you right?"
 "In my youth", Uncle Sam replied the boy,
 "My wife feared it may injure my brain;
 But, now we are perfectly sure I have none,
 Why I carry again and again".
 "You are old," said the boy, "and all your teeth gone
 To bite anything softer than marshmallow,
 Yet you polished the nuts without any strain.
 Say, how did you manage to gnaw?"

"In my youth," said unclesam," I married a shrew,
 And argued every day with my wife,
 The muscular strength, which it gave my jaw,
 Made it possible till end of life",
 "You are old," said the lad," as I said before;
 And have grown most uncommonly fat,
 Yet you crawled swiftly under the bed on fours.
 Explain; what is the reason for it?"
 "In my youth" said the hoary, wetting his

lips,
 "I kept all my limbs very supple;
 By the use of this balm, one dollar a wrap
 Let me give you free, a couple"
 "You are a decrepit," said the lad, "I could hardly suppose
 That your eyes are as dim as ever,
 Yet you threatened to ride a horse.
 What made you to endeavour?"
 "I have answered all your questions, that's fair"
 Said Uncle Sam, "Don't try your pranks
 Get out, or I will kick you with the chair
 Do you think I can listen to your slangs?"

- by Kingsley



A kind request

Thirukkural 2018

I've been approached by Dr. John Samuel who is in the process of compiling a book titled 'Thirukkural 2018', to be released at the International conference on Thirukkural to be held in Leeds, England this year.

He wants me to provide with an article giving details of teaching of Thirukkural, books on Thirukkural, Tamil associations, and Thirukkural conferences held in Canada since the arrival of Tamil diaspora.

In short it can be critical survey paper documenting on usage of Thirukkural in Canada.

I would greatly appreciate if you could provide me with information on the above matter.

You can reach me by phone on **416-797-1517**, or by email on kumarpunithavel5@gmail.com.

Thanks for your help.

Kumar Punithavel



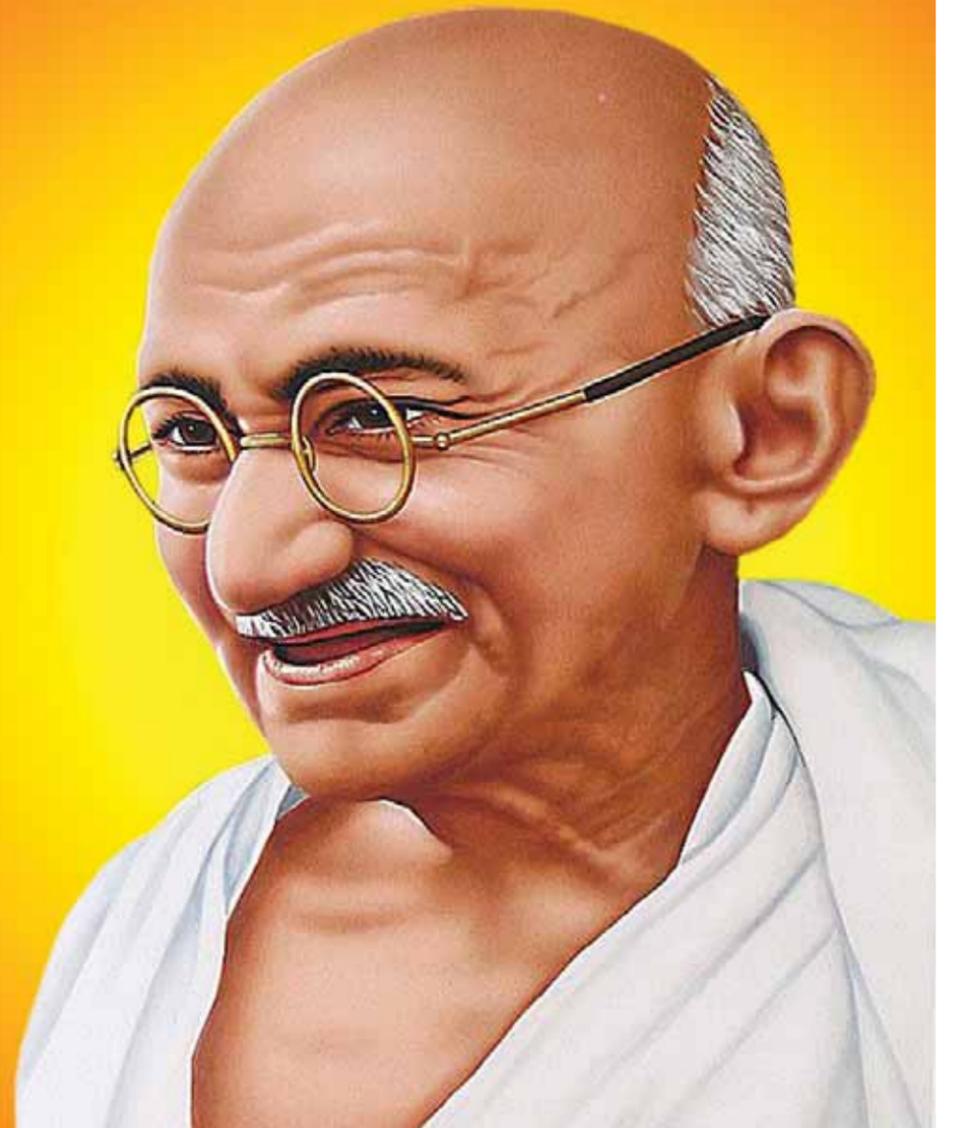
Mohandas Karamchand Gandhi

-The Creator of India's Independence

This article is published remembering Mahatma Gandhi whose Death Anniversary was last month (January)

My life is my message
-M. K. Gandhi

"Generations to come will scarce believe that such a man as Gandhi walked this earth,"
- Albert Einstein



By Siva Sivapragasam

Fifteenth August 1947 was a day of rejoicing for every Indian - except for one person. Ironically, he was the most important personality responsible for India's Independence on this day.

He was Mohandas Karamchand Gandhi, fondly remembered as the Mahatma or Babuji.

Just as the mid-night hour approached the night before independence, Jawarhalal Nehru, the first Prime Minister of Independent India was waxing his eloquence with his famous "Tryst with Destiny" speech in Parliament, while Gandhi was fasting and observing 15th August as a day of mourning.

Why did Gandhi not rejoice Independence Day?

The Answer lies in his thinking about the Partitioning?

The partitioning of India was looming large in the minds of everyone. In an attempt to prevent the fragmentation and fracture of India, Gandhi suggested to Jawarhalal Nehru that Mohamed Ali Jinnah be made the first

Prime Minister of Independent India. Nehru refused - Not because he was eyeing the post but because he feared a backlash by the Hindus. Gandhi was perturbed and became a sad man that he had to agree to something he dreaded. He could not convince the leaders of the Indian Congress and the Muslim League against the partitioning of India. He succumbed to the thinking of other Congress leaders and agreed to the partitioning. This left a permanent scar in his mind.

It was Gandhi who introduced Satyagraha as a form of non-violent protest and it required inner-discipline and total commitment to non-violence, not easy for normal mortals to follow. It was in later years that several politicians followed this principle of Satyagraha to win their demands without spilling blood. Gandhi strongly believed that non-violent changes would come about only through risk and sacrifice, by going to jail and offering our lives for peace and justice. He said "Freedom is to be wooed only inside prison walls, but never in council chambers, courts or the school-room" Based on this prin-

ciple, he and several other Indian leaders went to jail for non-violent protests. When asked to explain the meaning of Life, he said "Renounce and Enjoy".

In Sri Lanka, Gandhian ideals were embodied in the Jaffna Youth Congress whose chief organizer was Handy Perinbanayagam, the former Principal of Kokuvil Hindu College. He was one of the pioneers in the North in taking forward Gandhian principles of national independence and non-violence as a means to achieve this.

Gandhi was admired even by his enemies. Nauram Godse, who killed him, first bent down and prayed at his feet before he fired the shots. He admitted in court that he killed Gandhi not because he loved Gandhi less, but because he loved India more. Nauram Godse was a young Hindu fanatic from Poona who believed that Gandhi was giving in at the expense of the Hindus and decided to move him out of the political scene. When Gandhi was going for his prayers, Godse rushed towards him, folded his hands in Namaste fashion and shot him at point-blank range. Gandhi fell down chanting "Hare Ram".

The whole of India went into darkness hearing his assassination. Nehru, addressing the nation in a choking fashion stated that "the light in our lives has gone out and there is darkness everywhere. Our beloved leader whom we call Baapu is no more". Nehru who has been with Gandhi all his life wept like a child.

When Gandhi mounted the steps of Buckingham Palace in his loin cloth and shawl, the British sneered at him. Undaunted, he sat at the roundtable conference. British Prime Minister Winston Churchill contemptuously referred to him as the "half-naked fakir" and stated that "we are handing over power to men of straw".

Over Sixty years later, Churchill's prophecy had gone wrong. India remains a vibrant democracy even with its flaws, and towers high as a world-power being the envy of all.

In the last phase of his life, Mahatma Gandhi was interviewed by a Western journalist, who asked him what his message was for future generations. Gandhi responded, "My life is my message".



WORDS OF PEACE

Perception and Reality



For those who seek happiness through bettering themselves, there's no shortage of inspirational speakers offering self-improvement programs. Prem Rawat asks people to take a step back and look at the facts, not their perceptions.

Since he was very young, Mr. Rawat has been helping people find self-fulfillment and inner peace by understanding the world and ourselves as we really are.

"So much depends upon our perceptions," he says. "When we look at the world through our perceptions, we are not looking at reality, and our decisions are being based upon things that are not real."

Depending on what we were taught as children or what we've read, Mr. Rawat says, people get caught up in unreal concepts of perfection. We hold idyllic ideas of what enlightenment means, of what peace is, who is in peace, and how to find it. In our search for that ideal, we lose sight of the obvious.

"What is the obvious? That your

truth is within you. Always has been, always will be," he says. "That the peace you are looking for is within you—always has been, always will be. The peace you're looking for is not going to fall out of the sky. It's not going to rise out of some hole somewhere. It's within you.

"Are you ready for the shocker? You actually know this. You know that peace is within you. You know that the answer to the question you have been asking is within you. You know that the God you search for is within you."

Yet beliefs that come from sources outside ourselves stand in the way of what we know innately, he says. For example, many people these days call themselves atheists, asserting that God is a fantasy. Mr. Rawat calls the concept that God exists somewhere far away a fantasy.

"I have talked with atheists," he says, "and what they don't believe in is that conceptual God. That's not a problem for me. I'm not an atheist, nor do I have to believe in a fantasy

God, because I have felt—felt within me—that beauty, that power, that joy. This is how I know that within you, too, is something incredible."

Belief, Mr. Rawat says, is fine as long as it remains in the realm of fantasy. "Do you want to believe, or do you want to know? If you want to believe, you can believe anything you want. You can believe you have a thousand dollars in your checking account. The problems start when you write the check. Now, if you don't write the check, you can have as much money as you want. You could believe you are a billionaire or a trillionaire, as long as you don't buy anything. You can believe you're the richest person on the face of this Earth, and as long as you don't try to buy anything or go to the richest person's house, you'll be fine."

It's often said that people don't come with a manual, so how are we supposed to know to look inside for fulfillment? On the contrary, Mr. Rawat says, everybody is in fact born with an automatic manual.

"Let me tell you how it works," he says. "Do you have tolerance for sorrow? No. No one likes sorrow. Joy? Not a problem. Nobody goes to church to pray, 'God, lately, I've been having too much joy. Things have been too good. I can't stand it anymore. Please stop this.'

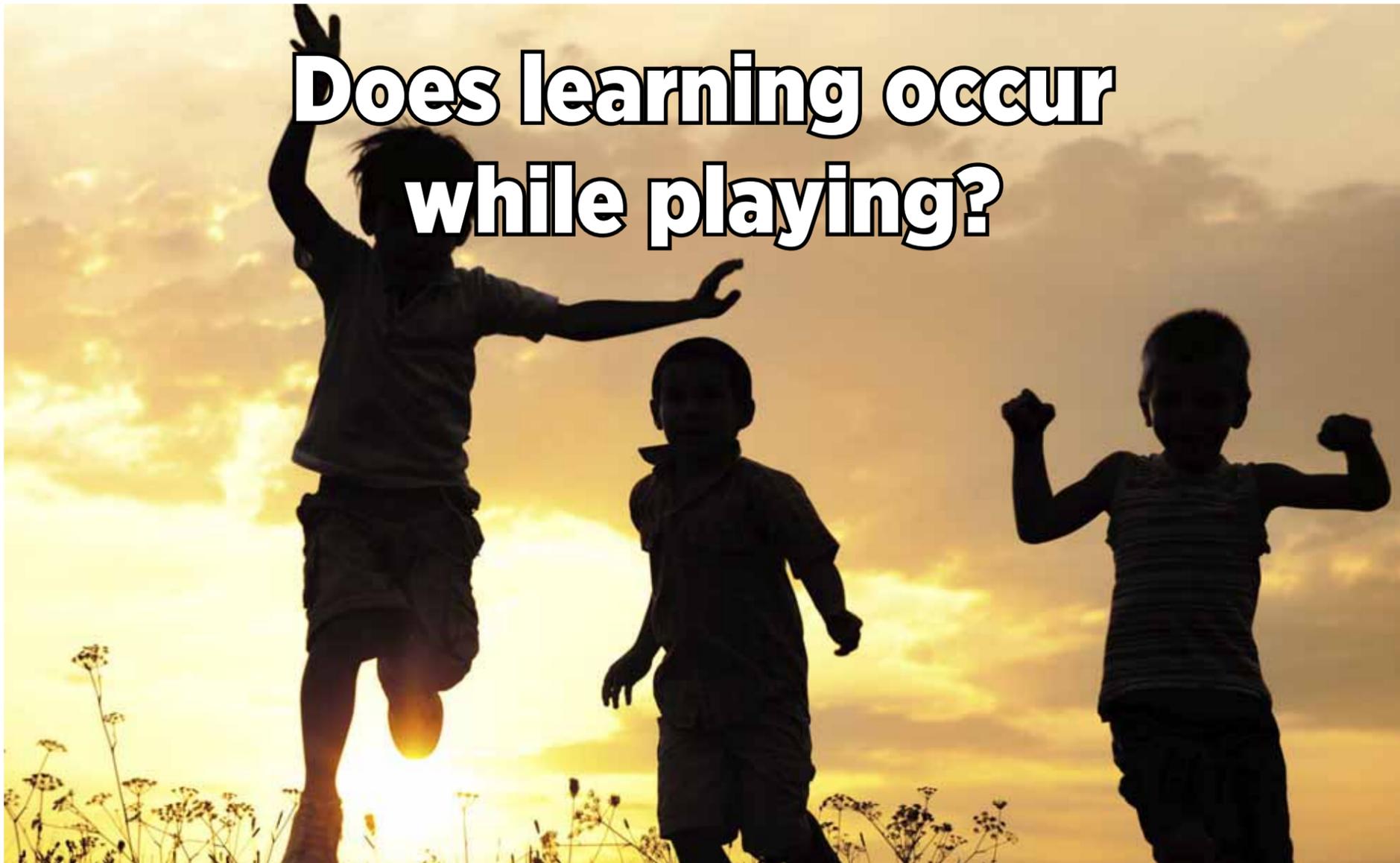
"So what is your perspective? Do you appreciate today, or do you judge today by its success or failure according to your desires? Something better is going on.

"You're not alone. You're not left in this world to suffer; you are inundated with blessing after blessing. That's how it is. The time has come to stop ignoring the obvious. Be fulfilled. Be fulfilled. This possibility exists."

To learn more about Prem Rawat:
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Does learning occur while playing?



By: Janani Srikantha

“It was great! We played!” your child replies to your enquiry of their day, as you meet them outside the school gate. And, you may wonder, “As my child plays, can learning really be happening?”

With today’s increasingly competitive education system and standardized assessments, it is evident that more young children are completing numerous worksheets as they learn to read words on a page and calculate numbers in columns. However, the focus on learning this way may not have the benefits that we want.

A kindergarten student who can write the numbers, say the numbers, and has memorized the method of adding numbers in a column may not necessarily understand the true mathematical concept behind these symbols that we use.

Children from when they are a toddler to the age of seven are in a pre-operational stage of cognitive development, as described by Jean Piaget. At this stage, children tend not to comprehend mental manipulation of concepts. Yes, they have memorized to “carry the one” while adding, but they may not fully grasp that the written one can be representative of a ten or a hundred. Even older children, between the ages of seven and eleven, tend to be able to reason logically only as long as the reasoning is connected to concrete examples.

In addition, worksheets and practice textbooks being the primary source

of learning tends to reinforce the idea that there is mostly only one right answer and the red marks on a page indicate failure. Some children convince themselves that it is best not to guess, in case it be an incorrect answer, and eventually stop taking risks to demonstrate their understanding. Authentic learning occurs when children utilize deeper thinking skills and apply the concepts they have learnt, and to do this they need to be comfortable with taking risks and making educated guesses.

To be able to learn at the pre-operational stage, children need concrete objects to work with, and essentially play with. Playing creates an environment where it’s safe for children to try different possibilities. By stringing beads to make a necklace, a child explores patterning with multiple attributes, like colour and shape.

Numbers and mathematical concepts can become more tangible by using blocks, counters, Lego pieces (which are great for introducing the concept of fractions), and even while baking by measuring and sorting the chocolate chips into equal groups for each cookie.

Along with a print-rich environment, role playing or pretend-play helps children develop language. As the conversation matches the objects within the play setting, children associate words with meaning. Also, they begin to infer the meaning of words that they do not know because they have materials in their immediate surrounding to make connections to. By playing doctor, fireman, chef or prin-

cess, a child is learning phrases and vocabulary that is specific to a setting and interaction. Research shows a relationship between play and gains in literacy skills, in both comprehension and expression, which continue to be evident in later academic years as the child grows.

Play is essential in developing children’s social skills as they explore and discover together to find solutions in meaningful contexts. Studies show that it is in our early years that we identify the rules we follow to engage socially and how we fit within societal roles. It is important that we foster an environment where children actively engage with each other, and we provide the time for them to participate in social tasks through play.

Children who engage in play are also known to be better divergent thinkers. As they engage in a pretend-play setting, they learn to see different perspectives. This leads to being able to see multiple possibilities and solutions while problem solving.

Children also learn to substitute items for objects, where a teddy bear can be the dragon. This practice allows them to later use mental representations as substitutions for concrete objects. Through the development of their creativity in pretend-play, children also become better at asking the “what if?” questions and making inferences based on what they have and know, as the setting and narrative of their play evolves.

There are a myriad of benefits to play-based learning, so the next time

you hear a child say, “We played!” ask them what they played. Most often, you will see that play is fostering learning, and not random or chaotic. As a parent, at home, guide opportunities for learning and ask your child extending questions about their play.

Pretend to be astronauts exploring space, or build a tower of blocks with your children. Cultivate your child’s imagination and explore possibilities through play because we need more children growing up asking “what if?” questions and making connections between what they see. Those possibilities are what lead to children using their knowledge to solve problems at school and in the world, which is what I believe the true purpose of learning is.

Janani Srikantha is a certified teacher who is experienced with the Ontario curriculum and the International Baccalaureate.

She provides tutoring using personalized learning plans based on students’ needs. She is knowledgeable on integrating technology to



thinkshif.edu

redefine learning that is inclusive of all students. Janani has led workshops for educators and parents on topics that address different facets of education. For more information or queries on how to help your child with learning, please email info@thinkshif.edu or visit Thinkshift Edu on Facebook.



A Toronto artist and teacher helps ROM 'challenge' African-Canadian stereotypes

by Julia Knope

By day, Gordon Shadrach is a Grade 2 teacher at Kew Beach Junior Public School in Toronto's east-end, but by night, he's a painter whose work is now being featured in the Royal Ontario Museum's newest exhibition — something he says is "beyond my wildest dreams."

Shadrach has been featured at venues such as the Toronto Outdoor Art Exhibition and the Queen West Art Crawl. He can now add the ROM's newest exhibition to that list, which opened last Saturday and will remain open until mid-April.

Here We Are Here: Black Canadian Contemporary Art features the work of nine Canadian contemporary artists, who use objects, images and multimedia to challenge preconceived notions of black culture.



"Distilled," acrylic on wood, 2017. (Courtesy Gordon Shadrach)

The museum advertises the show as a way to "challenge" the stereotypes plaguing Canada's black community.

"Knowing now that there's going to be little black boys and little black girls looking at my work and giving them something to aspire to, that they can see something I didn't have the privilege of seeing when I was a kid ... it's amazing to be part of that process," Shadrach said.

Shadrach teaches his students and black youth the same theme he explores in his works, which is the under-representation of African-Canadians in our culture.

"I try to give them some insight about overcoming any sort of obstacles that might have been in my way," Shadrach said. "I try to talk to them about expectations and how I was accepted or not accepted in some communities and how that affected me as I grew and developed."

Shadrach is now part of an exhibit that has been in the works since 2013, when the curators of Here We Are Here first realized there needed to be more work exploring the narratives of black Canadians.

Grade 2 teacher among 9 featured contemporary artists in the ROM's newest exhibition 'Here We Are Here'

"Despite the fact that Canada is very proud of its multiculturalism, many people from the community feel that anti-black racism is still a reality ... from the carding of young black men [by police] to discrimination and micro-aggressions that happen daily," said Silvia Forni, one of three curators of the exhibit.

Exhibit meant to ease 'lingering tensions' between ROM and black community

The exhibit comes after the ROM issued a statement in November 2016 apologizing for a "racist" exhibit it hosted nearly three decades ago.



"Cavalier," acrylic on wood, 2016. (Courtesy Gordon Shadrach)



Shadrach created an acrylic painting for the exhibition called 'In Conversation,' which highlights the layers of a young black woman's identity.

"Into the Heart of Africa perpetuated an atmosphere of racism and the effect of the exhibition itself was racist," the statement said.

Royal Ontario Museum apologizes over racist exhibit ... 27 years later

- Celebrating Black History



Gordon Shadrach is a Grade 2 teacher and painter, whose work is now featured at the ROM and explores issues of identity within Canada's black community.

Month, in ways large and small

- Take a look inside the ROM's newly restored, 84-year-old entrance

"The ROM expresses its deep regret for having contributed to anti-African racism."

Into the Heart of Africa, which opened in 1989, was intended to be a historical reflection of how the military and missionaries acquired African



"Jean-Paul," acrylic on wood, 2014. (Courtesy Gordon Shadrach)



The ROM's newest exhibition features the work of nine Canadian artists and explores the perception of black Canadians as 'everlasting newcomers.'



Shadrach reads aloud to his Grade 2 students from a book about disability.

objects, but quickly sparked protests from the black community for its "racist views."

Since she started working at the ROM in 2008, Forni said she noticed the "lingering tensions" between the museum and the African-Canadian community.

"The museum had not really man-

aged to re-engage, or to present itself under a different light to the people from that community," Forni told CBC Toronto.

Growing up as the only black student in many classrooms as a child, Shadrach brings personal experiences into his artwork for Here We Are Here, which is a step in the museum's promise to strengthen its relationship with the black community.

"I know there's been some contentious issues with the ROM and the black community, but to be actually part of the mending of that relationship is something that I never would have imagined," Shadrach said. "If you had said to me as a little black boy in Brampton 45 years ago ... I wouldn't have imagined it."

But despite progress, Shadrach says barriers faced by the black community persist.

"I felt, for a while, that we were making good progress with equity and fairness with regards to race ... I think what's surprising to me is that people now feel emboldened to say the things they always felt," he said.

'I felt like we really had a connection,' student says

Jack Loewen, now in Grade 6, who was taught by Shadrach in Grades 2 and 4, still remembers Shadrach combining two of his passions in one of his favourite exercises as a child: art and superheroes.

"He gave us an assignment and I love superheroes and we basically had to design yourself as a superhero and write about it. It was always my dream and to be able to do that in Mr. Shadrach's class was awesome for me," Jack said.

Jack has one of Shadrach's paintings of the superhero Nightwing in his room, which he bought at one of his teacher's art shows.

"I felt like we really had a connection because we both liked superheroes and we both loved art," Jack said.

Elif Su Sloly, another of Shadrach's students in Grades 2 and 4, says she struggled with her confidence but Shadrach helped her embrace her love of the arts, encouraging her to find her written voice and craft her writing techniques.

"When he would encourage me about my writing, it would kind of help me boost my confidence ... So him complimenting my writing and stuff like that, it kind of made me feel better about myself," she said with tears in her eyes.

Courtesy: CBC

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Reflection and Looking Ahead for Tamil Canadian History: Canadian Tamil Congress marks 11th annual Thai Pongal gala event

By **Harrish Thirukumaran**

The Canadian Tamil Congress (CTC), on January 20, 2018, held its 11th annual Thai Pongal event at the Toronto/Markham Hilton Suites. It was organized in recognition of Thai Pongal, an auspicious holiday for Tamil people that celebrates abundance after the end of the harvest season in the Tamil calendar. A delicacy associated with this holiday is Pongal, a rice sweetened with ingredients such as jaggery and cardamom, boiling over a pot that symbolizes this abundance. The month of January in Ontario and Canada have been officially commemorated as Tamil Heritage Month, celebrating the diverse contributions Tamil-Canadians have brought to Canadian society.

The event marked the achievements over the past year for the CTC, such as Tamil Fest 2017 and the opening of the North and East Economic Development Centre in Northern and Eastern Sri Lanka. An aspect that particularly distinguished

this annual event from previous ones was unfortunate but significant for the Tamil community in Canada. Captain Augustus Dalton or Gus, a fisherman from Newfoundland and Labrador, passed away at the age of 86. In response, the event held a special tribute honouring his unique legacy. Accordingly, on August 11, 1986, he discovered 155 Tamil refugees floating adrift on a boat. With local fisherman, they dumped their catch of the day so to speak to rescue these vulnerable individuals. More recently, the CTC was instrumental in organizing a reunion between these refugees and Captain Gus Dalton, his family and friends in St. John's, Newfoundland.

It was an opportunity to convey gratitude for the selflessness, hospitality, and the actions of Gus Dalton, the other fisherman, and the Canadian Coast Guard in supporting the wellbeing of these refugees. The speaker delivering this tribute on his legacy noted that Dalton would become a memorable figure in Tamil Canadian history. Furthermore, that

a true hero does not see themselves as one but as someone doing what was necessary in a certain situation. One of the keynote speeches at the event was presented by Minister of Status of Women, Maryam Monsef on behalf of Prime Minister Justin Trudeau and the Government of Canada. "I've learned of mothers who this coming February will mark the year of vigilance and activism to ensure there is accountability and justice for their husbands, sons, and their daughters, and they inspire me, they inspire me the same way that women whom march today at Nathan Phillips Square inspire me." stated Minister Monsef.

The Premier of Ontario, Kathleen Wynne, stated "as a Master's student of Linguistics, I can promise you that on every page of my textbook there was a Tamil exercise, every single page, because it is such an important and unique language." Former Ontario Progressive Conservative (PC) leader, Patrick Brown felt proud to note that "we have more Tamil Canadians running for our Ontario PC

Party than in any point in our party's history or in any point in politics in the province of Ontario. Some of these candidates included Markham City Councillor Logan Kanapathi and Thenusha Parani.

M.A Sumanthiran, a Member of Parliament for the Tamil National Alliance (TNA) party in the Parliament of Sri Lanka also spoke, stating "a change was brought about, a change that no one thought would come about so fast but was done with the active participation of the Tamil people back home. Mahinda Rajapaksa who was the president, who claimed who won the war, and many said that he must remain president for 25 years was brought down through a democratic process, and our people led the way in that." Aside from these political contributions emerging from the Tamil community both in Canada and abroad, the event served as a spotlight for the artistic and economic contributions that this group of people bestowed onto Canada and beyond.



Dr. Sundaresan Sambandam, Chairperson, Harvard Tamil Chair Fundraising, Recipient of Leaders for change Award from the CTC



Ontario Premier Kathleen Wynne



Tamil National Alliance Parliamentarian M.A. Sumanthiran

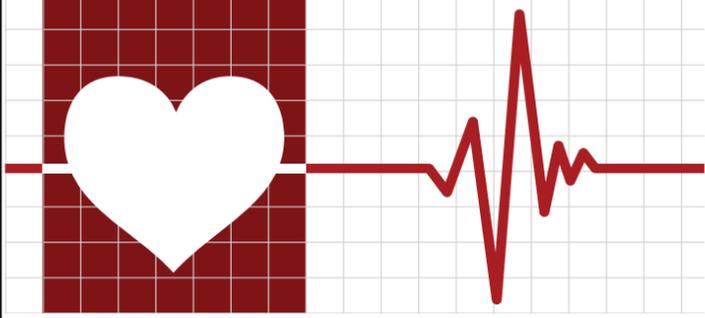


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OBITUARY NOTICE

Mallikadevi Mahendran



Mallikadevi Mahendran (Toronto, Canada) passed away peacefully on Wednesday, January 24, 2018. She was the beloved wife of Dr. Mailvaganam Mahendran, loving mother of Mahishini, Manjeskaran, dearly beloved daughter of Late Ariacutty Subramaniam and Paakiavathy Subramaniam, loving daughter-in-law of Late Sinnathamby Mailvaganam and Ponnamma Mailvaganam, affectionate mother-in-law of Dr. Marko Vezmar, adored grandmother of Sophia Ailani, Evan Hastin and Max Kailash, loving sister of Sathiamoorthy (Vamini), Mahenthiran (Gowrie), Rajadevi Ratnavel, Subathiradevi Ganesan, Sarojinidevi Sivanathan and Sakunthaladevi Suntha, beloved sister in-Law of Late Kumariah, Late Nadesan, Late Poomani Nadarajah, and Rajaluxmy Rajasundaram.
Funeral took place in Colombo, Sri Lanka on Tuesday, 30th January, 2018.



Informants **Mahishini (daughter) & Manjeskaran (Son)**



AN IRON FIST IS THE NEED OF THE HOUR

(To control the menace of hooliganism)

C.Kamalaharan



Once a peaceful carefree adored place
urn'd into a dreaded abhorred place
A place renowned for law and order
Now degraded into lawless and disorder

Youths wielding swords have a field day
Going berserk in search of any 'prey'
Through winding streets in a rioting spree
Stabbing anybody and covertly flee

Intoxicated and boisterous they are
Shunting between junction and bar
Casting indecent remarks so vulgar
Totally against our cherished culture



Moving about gulping cans of beer
Having nothing on earth to fear
Speeding about in top gear
As they boo and jeer

Drug abuse is another menace unpardonable
Cos' school children are always vulnerable
Once addicted the victim remains irrecoverable
And life destined to be thoroughly miserable

Actions taken to control its free flow
Seem to move rather too slow
Cos' drugs are marketed illegally
And brought into the country stealthily



Something should be done immediately
To crush this trend ferociously
Stringent measures should be adopted
And those found guilty apprehended

Only an iron fist could contain it, turn
The situation topsy - turvy and take stern
Actions against those who resort to thuggery
And punish them severely without impunity





Aims of Education



learningspy.co.uk

Learn whatever that is to be learned flawlessly so that the learning thus imbibed shapes your character. The aim of learning is to have a full grasp of truth. (meypporul). Alfred North Whitehead asserted that the aim of education is the 'acquisition of the art of utilizing knowledge'. In Greek philosophy education was found to be indispensable for leaders or kings. ie. Philosopher kings'. Ennenba enai eluthenba invirandum, kannenba varlum uyirkku"

Mastery of numbers and letters are the two discerning eyes for all mankind to make the best of life. In modern computer science the word and the excel are vital components. Only

the learned have their faces adorned by two eyes. For the ignorant, the eyes are mere sores.

Purananooru asserts that one should pursue education even if it is obtained through begging. 'Pitchai pukinum kattak nanre'. Men of learning meet each other with great joy in their hearts and when parting leave with great sorrow and sweet memories. S.T. Coleridge the great thinker said, "To meet, to know and then to part is the sad tale of many a human heart'. They truly learn, who humbly bow before the learned, even as the poor do before the rich. The others continue to be in their despicable state without the facility of learning. The wells in the

sand abound in springs of water as one continues to dig deep. Similarly with proper education, knowledge gets deeper and wider. The learning that one receives in this birth will stand good in all of one's seven births. Education transcends both life and death. When the learned find that their learning contributes to make the world happy, they are pleased and they pursue their learning more and more.

In a similar mood, Thayumanavar proclaims, 'than petra inpam, peruka iv vaiyakam'. One's learning is one's everlasting wealth- nothing else possesses such everlasting value.

**"Katka kasadara katpavai kattapin,
Nitka athatkku thaka".**

Kural: 391-400



Valluvar's Views

Marijuana for Medicinal and Recreational Purposes - pros and cons

By: JJ Atputharajah



The world is changing just before our eyes. Changes have altered social-roles of men and women, national and international security issues, communications, gender definitions and many more. In the second half of the 20th century the "hippie-movement" popularized hallucinogen, known as marijuana or cannabis. Since then Marijuana has become popular in North America though it is classified as an illegal drug. Criminals and local growers made use of the opportunity to market the drug to greater number of customers. Though efforts were made to enforce prohibition of the use of the drug, they were not successful. In the US, use of Marijuana is legalized in eight states and it is also approved for medical purposes. Canada intends to follow suit in July 2018. Legalization of drugs have also become a popular vote catching issue.

Two important factors help with the popularization of Marijuana. The first one is the growing social belief that it is a harmless substance. It is also considered that it will not affect the user's health or society's well-being. Secondly all efforts to prohibit the use of Marijuana have not succeeded while the drug profits benefitted the economy and not the criminals. However, there is opposition to the use of the drug from a host of medical researchers.

The use of Marijuana is not something new. The lower social classes of Indians used marijuana for centuries. They were mainly poor people living in towns, cities and rural areas. They were looked down by society and marginalized. The scientists at Kings College, London linked Marijuana usage to lower dopamine levels in the brain. Decreased dopamine impacts neurochemical levels in the brain

and reduces motivation. It makes one prone to 'a motivational syndrome'. That is why Marijuana smokers of ancient India were considered as people of low reputation. Many clinical observations have supported this effect of the drug in regular users.

The Canadian Centre on substance abuse and addiction reports: 'The number of youths(22%) and young adults(26%) who used marijuana in 2013 was more than two and a half times that of adults 25 and older (8%) according to statistics Canada's Canadian Tobacco, Alcohol and Drug Survey. With impending legalization, these numbers are increasing, prompting physicians to sound an alarm. The problem is ignored by politicians for obvious reasons. The partnership for a Drug Free Canada has for years presented reputable, peer-reviewed, scientific studies showing the dangers and the social and economic costs of marijuana use. Though the health experts have endorsed these studies, social pressure is driving up the political agenda. Marijuana addiction is linked to multiple adverse effects, particularly in the youth. The regular use of marijuana during adolescence is associated with increased likelihood of deleterious consequences. The Globe and Mail reported in April 2017 that the Canadian government is not taking the concerns of the Canadian Medical Association with any apparent impact. The Canadian Paediatric Society was concerned about the users under the age of 25, for up until that time the brain is still developing. Professor Christina Grant of the McMaster University states, "We know that 1 in 7 teenagers who start using cannabis will develop cannabis-use disorder"- a condition that destructively impacts



the teenager's school, work and family relationships.

Researchers also found a strong link to psychosis development in cannabis users with a family history of mental illness. Dr. Grant also asserts that teens who pot frequently suffer long lasting damage to mature brains, manifesting issues such as reductions in memory capacity, attention span and higher level decision-making abilities. She also added that "MRI studies have shown thinning of developing brain's cortex, a region critical for thinking, planning and organizing." The Proceedings of the National Academy of Sciences pointed out that persistent cannabis users demonstrated a permanent decline in IQ. Health Canada also documents the associated risk of cannabis user's developing psychosis or schizophrenia. "The toxins in cannabis are carried through the mother's blood to her fetus during pregnancy and in breast milk following birth. Heavy cannabis use during pregnancy can

lead to lower weight of the baby. Such children could also suffer on a long-term developmental effects. Use of Marijuana could also lead to heart and lung damage. The amount of tar and carbon monoxide inhaled by marijuana smokers is 3 to 5 times greater than tobacco smokers. Marijuana's higher burning temperature, combined with smoking method increases its life threatening emphysema. Marijuana smoking is many more times damaging to the human lung than tobacco. The marijuana has also been associated with vascular conditions that increase the risk of heart-attack and stroke. Marijuana use accelerates the heart rate and blood pressure. The blood's ability to carry oxygen to rest of your body is reduced.

The dangers of using marijuana far exceed its uses. The Canadian government should reconsider its impending plan to legalize the use of marijuana in the greater interests of our future generations or in other words- the future of our country.

My Special Person



By: *Thamilini Partheepan*

If you asked me who the one special person in my life is, I would tell you the special person in my life is not just a single person - it is my whole family! It is my whole family because they are always kind to me, and they help me if I am hurt. My family buy lots of things for me if there is a celebration, or if it is my birthday. I love my family, and they love me, too. They make lots of funny jokes. Sometimes they try to scare me. When they scare me, I try to scare them back. They are really good at scaring me. They help me if I am hurt or if I am crying. They cheer me up if I am crying, so I try to cheer them up when they're sad, too. I think it is amazing how much they care for me. They smile really nicely. They also like it when I act silly sometimes. I like it when they are silly, too. I care about my family a lot. They play board games with me. I think they're the best in the entire world. They're good at caring for others, and we take lots of pictures together as a family.

My parents like to check if we are done our homework or not. My parents like to talk to me, and watch T.V. with me, too. They usually wake me up if I am sleeping, and sometimes I pretend to sleep. My brother likes to play basketball with me. He tells me if my mom is calling me. My brother sometimes wakes me up if he is up. He also likes to know what my mom and I are talking about. My brother likes to make up games and ask me to play with him. My brother tells

me if I make mistakes on my work, and he helps me if I am done everything. This is why my family is the special person in my life. I have lots of fun with them, and so do they. To me, they are the best every single day. They take me to lots of places, and we have so much fun everywhere we go. My family is amazing. They ask me how my day was at school, and I tell them. My family buys lots of cool things for me. Sometimes they let me choose what I want. They also tell me not to get scared and to try my best.

My family is the most special and caring family. I help them by helping them if they need my help. I make lots of cards for them if it is their birthday. It is really fun making things for them, and they love it a lot. I help my grandpa by plugging his charger and by getting his glasses for him. I help my grandma by getting the plates or cups. I help my mom by getting her phone charger. I help my dad by getting his phone. I help my brother by getting his basketball. I like to do lots of things for my whole family. They help me like how I help them. I can do lots of things if it's for my family. I also like to tell my family about the temperature. I like to do lots of things for them. That's why my family is my special person. They are the best in the entire world, and I know they would do anything for me. My family will always be the one special person in my life. I will never change my mind about that.



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LED HORTICULTURAL LIGHTING SYSTEMS

Well-Designed LED Horticultural Lighting System Will Enable Higher Harvests

By: *Uthayan Thurairajah*

Horticultural lighting systems turn electrical energy into light, which is used by the plant to drive photosynthesis for development and growth. Light intensity, distribution, uniformity, spectrum, energy efficiency, and lifespan are some of the evaluating methods of light sources for horticultural lighting. LED-based light sources can contribute a color tuned for this application. Several factors affect the efficiency and efficacy of a lighting system. The design of a luminaire affects energy efficiency and overall profitability of a plant growth facility.

A horticultural luminaire converts electrical energy into a usable light for plant growth is critical to the success of any controlled environment plant growth facility. It is called CEA (controlled environment agriculture). The efficacy consideration is different for lighting tuned for plants than humans.

Metrics for Horticulture



Plants use wavelengths of light within the visible range of 400-700 nm to drive photosynthesis. Photosynthetic photon flux (PPF) measures the total amount of photosynthetically active radiation (PAR) that is produced by a lighting system. This measurement is taken using an integrating sphere that measures all photons released by a lighting system. The unit PPF is micromoles per second ($\mu\text{mol/s}$). Photosynthetic photon flux density (PPFD) estimates the amount of PAR that arrives at the plant canopy. PPFD is a computation of a specific location of the plant canopy. It is determined in micromoles per square meter per second ($\mu\text{mol/m}^2/\text{s}$).

Efficacy is how efficient a horticultural lighting system is to convert electrical energy into photons of PAR. Given the unit for PPF is $\mu\text{mol/s}$, and the measure of unit watts is joules per second (J/s), the seconds in the numerator and denominator cancel out, and the resulting unit becomes $\mu\text{mol/J}$, which is the unit of measure used to represent efficacy. The higher number is more efficient a lighting system is at converting electrical energy into photons of PAR.

New Methods to Lighting

The most commonly used horticultural lighting systems are based on high-intensity discharge light source mainly high-pressure sodium (HPS) luminaires. LED deployment in horticulture application delivers the high intensity of light. Most of the light emitted by the LED is between 565nm and 700 nm range, which is a useful waveband that can drive



photosynthesis.

One drawback for HPS luminaires for horticultural lighting is the massive quantity of radiant heat. The HPS bulbs surface temperature can approach above 425 °C, which requires enough distances between the plant canopy and the luminaires to bypass the plant tissue damage.

As the mounting height of luminaire increases, the coefficient of utilization (CU) decreases. This shows how efficient a luminaire delivers light to a target plane. The energy efficiency of HPS luminaires has increased over the years and with the arrival of double-ended HPS luminaires that are now capable of achieving photon efficacies of 1.7 $\mu\text{mol/J}$.

Moving Toward LEDs

The efficient LED-based horticultural lighting systems were as efficient as double-ended HPS luminaires. The long lifespan (more than 50,000 hours) compared to that of an HPS luminaire. The high cost of LED-based horticultural lighting systems compared to HPS luminaires restricted the transition.

LED have improved the efficacy of components for horticultural lighting over the last several years. Thus significantly improve photon efficacies that now surpass HPS fixtures, and they continue to grow every year. Indeed, LED-based horticultural lighting systems are now capable of achieving photon efficacies 45% greater than double-ended HPS fixtures. The individual components have improved the efficiency of LED-based horticultural lighting.

LED system thermals

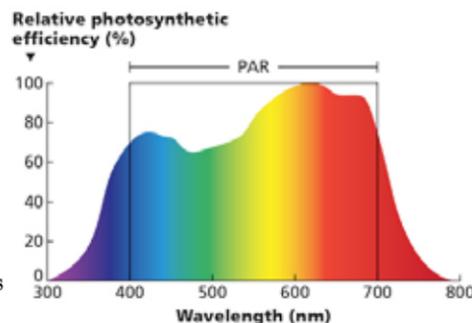
There is a general misunderstanding that LED lighting when it comes to heat produced by the luminaire. Many farmers assume that LED lighting generates less heat than HPS fixtures. It is only valid if the LED luminaire



operated at a lower wattage.

The big difference between LED and HPS systems is how much PAR energy is produced, and how the heat is released from the luminaire. Most heat from HPS is spread down to the crop canopy, whereas LEDs generate heat at the backside of the component. The temperature is transferred from the Printed Circuit Board through the heat sink via upward direction. A luminaire can be installed near plants without damaging tissue from radiant heat is one of the significant advantages of LED lighting. If the temperature is not transferred efficiently from the PCB with an appropriate thermal management system, the survival of the LED components will be reduced.

We can cool the commercial horticultural lighting systems in two ways that will affect the photon efficacy of the luminaire. Passively cooled luminaire use heat sinks to disperse heat, while actively cooled fixtures rely on water or fans. Fans are used to cool luminaire consume energy and will decrease the overall photon efficacy of a luminaire. If a fan fails during the operation of the luminaire, the LEDs overheat and burn out quickly or fail catastrophically. The growers need to consider these features when comparing horticultural lighting systems.



Spectrum and efficacy

The photon efficiency of a horticultural lighting system is the spectrum of light emitted. The most effective wavelengths are red (660 nm) and blue (450 nm) for the horticultural lighting system. The LED horticultural lighting uses red LEDs with smaller proportions of blue to achieve the highest photon efficacy possible. The plants did not evolve in nature under narrowband wavelengths. The Red LEDs have the biggest photon

efficacy, and red LEDs alone do not provide the most efficient spectra to optimize plant growth and development. It is especially true in situations where lighting systems

are used for sole-source lighting as in vertical farms, as compared to supplemental greenhouse lighting.

The light quality of photosynthesis was created from research that was conducted by Drs. McCree and Inada. There is a correlation between photosynthesis and the action spectra of chlorophyll a and b. It was a misunderstanding that chlorophyll absorbs light mainly in the red and blue portions of the visible light spectrum (leading to the green color of plant leaves), the green light was not used for photosynthesis. Over the past several years, many studies conducted on photosynthesis with higher light intensities show that spectral quality of light has a much smaller effect on growth rate than light intensity.

Spectral quality strongly influences plant developmental responses, such as seed germination, stem elongation, and flowering; along with secondary metabolites and flavonoids, which affect the taste, look, and smelling of plants. Therefore, we need to find a balance.

Design & Beam Control

HPS luminaires rely on reflectors to spread light evenly over a crop canopy since there is only a single light source per luminaire. LEDs have an advantage over HPS is the ability to have several of light sources spread across a luminaire with custom beam optics that can create very uniform light patterns without the use of reflectors.

The color of light plays an essential role in energy efficiency and tree development and growth. When designed appropriately with very high CUs where the majority of the light generated is landing on the plant canopy. It is critical for farmers to consider when choosing a horticultural lighting system.

It is essential for farmers to get lighting designs to show average PPFD at a fixed mounting heights and the light distribution model for their facility. The energy efficiency of horticultural lighting systems is based on several factors, not just one. Using the correct metrics and understanding the factors that influence the energy efficiency of a horticultural lighting system will determine the overall profitability of a plant growth facility.



Uthayan Thurairajah, Ph.D., RSE, LC, P.Eng., is a Project Manager at WSP with over twenty years of experience in Electrical Engineering and Lighting field, and he also holds a Lecturer position at Ryerson University & professor at Centennial. Uthayan is a member of several Canadian and international professional association including Professional Engineers Ontario (PEO) and Association for Prevention Teaching and Research (APTR). He has worked on multi-disciplinary lighting and electrical projects for various clients. He researches 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 of lighting design & health. He is passionate about integrating science and health into the lighting design.



MANAGING YOUR MONEY

Strategies for RRSP Season

The RRSP contributions deadline is coming up fast. And while you may have every good intention of matching or increasing your contribution from last year-it can be difficult and stressful to come up with a significant amount of cash in short order. I can show you a number of strategies to consider that can help accelerate your plan using assets you have readily available and key tax planning benefits.

If you have made less than your maximum annual RRSP contribution in the past, a lump sum contribution could allow you to catch up. You are allowed to make up for unused contribution room that you have accumulated from past years-which can also generate a significant tax refund.

It may be to your benefit to move

contribution the following year.

A Pre-Authorized Contribution (PAC) program is a great strategy for getting the maximum amount of money into your RRSP eligible investments. When you PAC, you are simply setting up a regular payment plan-usually an automatic withdrawal from your bank account-in an amount you can afford. A regular PAC becomes part of your budget as a monthly cash outflow that you probably won't miss and removes the temptation to spend those available dollars for personal consumption.

In many cases, borrowing to take full advantage of RRSP contribution room makes sense. Maximizing your RRSP contribution now offers immediate tax savings this year and tax-deferred potential growth for many years

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and all the income that accumulates in your plan are tax deferred until you start using that money in retirement. Add in the fact that your contributions can be used to reduce taxes and the magic of compounding that enhances RRSP growth over time, and it's easy to see why a registered plan makes such

to RRSP, you get a tax deduction and for many of you, you receive a tax refund. If you did something constructive with the tax refund like paying down debts, then the fact that you have to pay tax on your RRSP withdrawals becomes irrelevant. By having the benefit of deferring that tax, you end up with



money you currently have in savings accounts or other investments into your RRSP sooner than later. Moving these dollars into your RRSP will not only result in a reduction of your annual tax bill-but it also allows you to maximize growth inside your RRSP.

You can also withdraw from a Tax-Free Savings Account (TFSA) to make your RRSP contribution. Any withdrawals from your TFSA are Tax-free and are added to the available TFSA contribution room the following year. The tax refund can be used as TFSA

to come. This strategy works best when the interest rate is low enough and you repay the loan as quickly as possible, preferably in one year or two at the most.

Preparing for retirement should start early with a savings strategy that will make it possible for you to accumulate the most wealth for use (and enjoyment!) through all your retirement years. The best retirement savings strategy for most Canadians is a Registered Retirement Savings Plan (RRSP) because your contributions

good financial sense. When retirement time rolls around, your RRSP may be a significant source of your retirement income.

Year after year, many Canadians leave a key financial opportunity on the table by not contributing the maximum allowable amount into their RRSP. People come up with many excuses for not contributing an RRSP. Often we hear comment that "What is the point of putting money into RRSP if when you take the money out you have to pay tax on it?" When you contribute

significant more money in your retirement savings.

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CTHA Supports another Village in Sri Lanka Kathiraveli



Kathiraveli is a small village, located in between Batticaloa and Trincomalee, and is about 75km away from the Batticaloa town. Kathiraveli has a small community of about 500 families, where many of the men are mostly engaged with labor jobs within their area or have gone elsewhere to find jobs. Although education was not seen as important years ago, the parents now are growing in the understanding that education is important and are taking a great interest.

In 1999, with the land that the adjoining temple donated, the Kathiraveli community had set up a small preschool. Unfortunately, the building is very small (14 ft. x 21 ft.), and was built as a temporary structure without any foundation. The structure is old, weak and not safe for long term use. It has been repaired over and over again but now it doesn't seem to withstand the repairs. This small building doesn't accommodate all the 40-50 children currently enrolled, who have to be divided into 2 age groups. This in turn forces the two main teachers to take turns to go outside to teach under the hot sun, which would be a great space for a classroom if it had trees to provide some shade.

After having seen first hand and understanding the needs of the students, teachers and the school, CTHA wanted to lend a hand in supporting the children's education. Seeing the interest of the parents and their involvement in supporting their child's education came as great encouragement to take forward the mission.

To start, we joined hands with the International Medical Health Organization (IMHO), who are providing the funds needed to provide the children with a nutritious lunch. The parents are currently taking turns to cook food for

all the children. Starting January 2018, CTHA will also be supplementing the teachers with a salary since the government only provides a small allowance for the preschool teachers. We are also hoping that in the near future we will be able to provide uniforms to the children of the school.

CTHA doesn't want to stop there; we want to give them a new and safer building with a bigger dimension (30 ft. x 25 ft) so half of the class does not need to sit outside under the sweltering heat. We are hoping that we will also provide them with a small kitchen so they can cook the food at the school itself instead of transporting it from parents' homes. It would also be wonderful if we are able to provide a small playground for their basic play needs. We are also planning on planting some trees around the school, so that they will eventually provide shade for the children if they want to learn outside. However, we can only make all this happen with the support and generous donations from everyone. Spread the word, and let's make change together.

Total cost estimated \$12,000 & for play equipments \$2,000.

If you are interested in helping this project please write to us at cthacanada@gmail.com



Monsoon Kitchen



GENIE SISTERS SAMAYAL SANTHAI

Welcome to our recipe corner! We sisters will entice you with recipes that we have fallen in love with and teach you a little Tamil along the way, as all the ingredients will have their Tamil names. Both of us love to cook and we have developed very different styles. Niranjini has a very refined palate and cooks more contemporary world cuisine with an Asian touch. Rajini is a seasoned homemaker who loves making traditional dishes for her friends and family. Follow us on Instagram: @ninjaeatsfood and @tamil_food

Eat more, learn more!

Sisters Niranjini Thirunesan and Rajini Nathan are both food enthusiasts from England. Niranjini, who lives in London, has a degree in Human Biology and is a trained chef. She makes it her business to know everything about what she eats, from nutritional value to source producers. Follow her food obsession on Instagram @ninjaeatsfood.

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.

The Cheat's Bolognese

There are adverts for things to do this Valentine's day everywhere; but if you're looking for a quiet night in with your loved ones (yes, love could be a family thing too) then this Bolognese will definitely be a table pleaser. The best part is, you do not have to slave over the stove for 3 hours (Yup, that's how long the full version takes) but you can still make a great meal to show your friends and family how much you love them.



Ingredients:

- 500g mince beef/lamb/vegetarian alternative
 - 2 medium onions, diced
 - 1 carrot, grated
 - 1 cup red wine
 - 7 cloves garlic, finely minced
 - Salt, to taste
 - ½ tsp ground black pepper
 - 1-2 cups water
 - ¼ tube tomato puree
 - 2 tbsp olive oil
 - 2 stock cubes
 - 1 tbsp dried Italian mixed herbs
- Optional: basil leaves (for presentation), grated parmesan

Method:

Heat a deep pan and add olive oil and the dried herbs. Once the herbs start sizzling lightly, add the onions and carrots. Fry for 2 minutes, then add the garlic. Once translucent, add the mince and stir well ensuring you break the mince down. Add salt and pepper to the pan at this stage, but go light on the salt as the stock cubes will have salt in them. Add a little to begin with, then add more later on. Mix this until the meat turns brown, then add the stock cubes and stir. Once incorporated, add the tomato puree and combine well. Next, add the cup of red wine to deglaze the pan and stir well. Cook for 3-5 minutes, then add the water and simmer down. Check for salt before serving. Another 15-20 mins, and the Bolognese is ready! Serve with spaghetti, tagliatelle or even white rice, garnish with basil leaves and parmesan and you're ready to impress.

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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BY THULASI MUTTULINGAM

HUMANS OF NORTHERN SRI LANKA

Thulasi Muttulingam, postings from Malaysia and Singapore

Admin of Humans of Northern Sri Lanka was in Malaysia and Singapore recently. Here is a collection of social media postings capturing the visit.

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



Batu Caves, an area of Tribal hills and caves in Malaysia that gave rise to its most famous Hindu Shrine.

Malaysia is very nice lah. Even though they go 'lah' at the end of every sentence lah.

My elderly uncle in Klang is none too impressed with my journalistic abilities. Many of my appointments keep falling through - I am here to track the fate of labour migrants from Sri Lanka - so he told me to get into the little India area and pretend to be a refugee myself.

"As soon as you get caught, the network will be alerted and you will get your contacts that way. After that you tell the authorities that you are here legally and ask them to call us, and we'll come bail you out."

Either I am not as cool as his generation, or he thinks my generation / breed of professionals are much cooler than we are.



Visiting a friend of my cousins with several rescued dogs and cats. Lovely fellows



View from my hotel balcony in the Malaysian Highlands



High tea at Bala's Chalet in the Cameron Highlands, Malaysia



Meeting the cousins. If I come back expecting royal treatment hereafter from this trip, it's all their fault. — with Vigneswari Nadaraj and Geetha Nadaraj.

What's the next best thing to Sri Lankan hospitality? Sri Lankan diaspora hospitality. Living it up with cousins in Klang waiting on me hand and foot. And even then they apparently got a blasting from their elderly father for not coddling me enough. I could get used to this.



View of limestone cliffs right in the backyard of the aunt I am staying with in Ipoh, Malaysia.

Malaysia has diverse cities and towns, each one with its own personality. They do development while preserving nature and history, much better than Sri Lanka.

Drove through Kuala Kangsar yesterday. A lovely historical town with well preserved ancient Malay houses on stilts and white colonial buildings amidst green landscaping. It's all so beautiful.



Learning family history from an 85 year old aunt in Malaysia.

We had several generations of Jaffna professionals migrating to Malaysia from 200 years back to the pre second world War era.

Have many relations in Malaysia only a few branches of whom we are still in touch with.

Connecting old roots currently.



Checking out a night market in Bangsar, Malaysia. They had kadalai vades like Amma makes at home - which is more than I can say for any Saiva Kade in Sri Lanka. Thanks for the photos Meghana Bahar. So happy we finally got to meet up after being FB friends for years



As I tour Singapore, I am strongly reminded of the story of the tortoise and the hare - with the hare being Sri Lanka and the tortoise Singapore circa the 1950s.



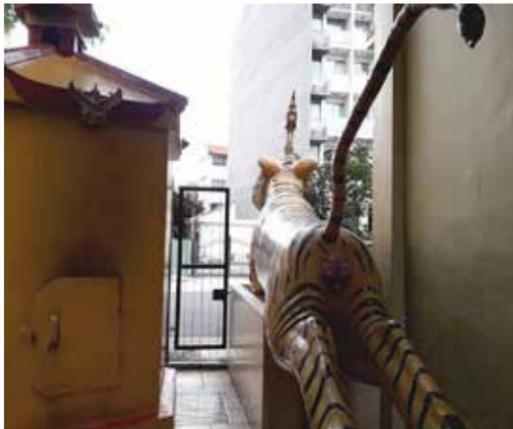
Notice on beach in Sentosa island, Singapore - a massive tourist destination. Spoken or I mean warned / written like a true Singaporean.



Directions at train stations in all the official languages of Singapore, including Tamil. Announcements at every stop are made in all four languages too.

And Sri Lanka has so many excuses as to why they can't manage just two.

I feel much more accepted and included as a Tamil in Singapore than I ever did in Sri Lanka.



We've moved on from human nudity in temples to more sedate pursuits now. If Tiger nudity can be called that — at Sakya Muni Buddha Gaya Temple.



National Museum of Singapore- housed in a colonial building. Nice to see a solid stone structure after the superabundance of glass and steel towering everywhere else



What a peacock of a tree



There are heritage gardens of each main ethnicity - Chinese, Indian and Malay, at this famous garden centre in Singapore. This is from the Chinese garden. Apparently the Chinese, no matter how small their gardens strive to incorporate elements of water and rock amidst the trees to represent streams and mountains- a complete capture of nature in the microcosm.



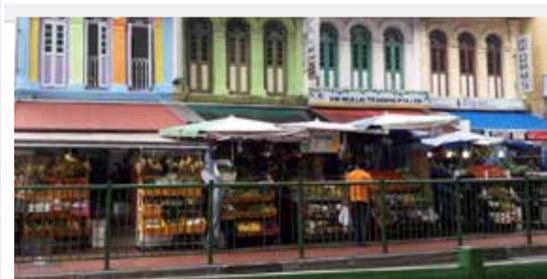
How do you know you are in little India, Singapore? You almost get run down on the exclusively closed in pedestrians' pavement by an Indian guy on a bike.



Got food in my system now, so feeling a bit more charitable. Thank Goodness for the Indian community. When tourism to Mars becomes affordable, they will have saiva kades there too, to provide delicious meals on a budget you couldn't get anywhere else. They keep me from getting homesick for my cultural food or busting my purse strings on meals, no matter which corner of the world I travel to



Gardens by the bay, Singapore. In the midst of much natural greenery, they also have huge metal trees that light up in the night.



Little India in Singapore is actually quite clean. More colourful and vibrant too. Love the decorations on every street.



I am getting the hang of the Selfie now - I think.



Canadian Tamils' Chamber of Commerce celebrates 2018 New Year with Tamil Heritage Month and Thai Pongal Event

By Siva Sivapragasam

The new Board of Directors of the Canadian Tamils' Chamber of Commerce with Dilani Gunarajah as the first woman President celebrated the 2018 New Year coinciding with The Tamil Heritage Month and Thai Pongal event.

The quarterly meeting held in January augurs well for the Chamber as the month of January is now considered the Tamil Heritage month representing Tamil culture and history combined with the Thai Pongal celebrations in January which assume significance and importance for the community to ensure prosperity and progress, especially for the Tamil business community. The new Board is hoping to set out plans for new ways of engagement by introducing innovative programs and procedures.

President Dilani Gunarajah emphasized the importance of the role played by small businesses towards economic growth and thereby making the Tamil community flourish well in Canada. She further stated that it was an honour for her to represent the small businesses in the Tamil community and that the Chamber was playing a vital role in shaping a vibrant and progressive business community to raise visibility and create opportunities for Canadian Tamil businesses. The President further added that it was of paramount importance that the Chamber not only celebrates the successes of the business community but should also draw strength through unity to ensure that the business community continues to move forward together. She also took the opportunity to thank the sponsors, fellow members of the Board and dedicated volunteers for their contribution and support which heightened the vibrancy of the organization.

Talking about the future of the Chamber, Ms. Gunarajah remarked that the goal should be to foster business leadership in women and the

"Our local businesses are an integral part of our community and contribute greatly to the high quality of life we enjoy", says President Dilani Gunarajah

young entrepreneurs, and that the Chamber was planning new ways of engagement by introducing innovative programs and procedures that are vastly different from what has been done in the past. She stated that it was a good sign to see enthusiastic and experienced young business people coming up the ranks and taking on vital leadership roles. She also suggested in her speech that it has become a common concern that the CTCC should diversify the membership body and pass resources and information down to the future generation in order to maintain the impact of the CTCC and for the organization to move forward with reliability and professionalism. She requested that all members should stay involved or get involved with the organization by attending CTCC's general meetings, monthly events, and participating in subcommittee meetings. Board members also gave updates on the upcoming events to the members present at the meeting.

The meeting also had guest speakers from CRA and TD Bank who spoke on the recent Small Business Tax updates and changes in mortgages that could affect the public and those in the real estate business. The Presentations were made by Glen Faulknor who is a Senior Technical Interpretation Analyst with the Canada Revenue Agency, Albert Breckenridge and Mr. Peter Sober, Mobile Mortgage Specialists from TD Canada Trust. A traditional Pongal dance performance by members of Niro Dance Creations entertained the audience and guests were served with a traditional vegetarian Pongal themed dinner.

(Seen here are some pictures taken at the meeting.)

Picture Courtesy: Charles Deva





Grand Tamil Heritage Month Celebrations in Stouffville

The Stouffville Multicultural Association hosted fifth annual Tamil heritage month celebrations on January 26th, at Stouffville District Secondary School. The event was attended by over 500 people and was the largest Tamil function held in Stouffville which brought many Tamils and other multicultural communities within Stouffville together. The event featured many cultural performances, including programs by the students of Smt. Rajani Mathivarnan, Smt. Ketheeswary Ranjan, Smt Sangeetha Kokolan and Smt. Anusika Mahendran, Smt. Jeyarani Sivapalan, Smt. Sivaloganayaki Kengesarajah and Smt. Swetha Annanth. In addition, Stouffville Gold-

en Years Club members presented outstanding dance performances.

The event commenced with the lighting of the traditional lamp, the singing of the Canadian national anthem and the Thamil Thai Valzthu followed by a beautiful welcome dance performance. Mr Sivan Ilanko, a founding director of the Stouffville Multicultural Association and the Chair of Stouffville Tamil Heritage Month celebration delivered the welcome address.

Hon. Jane Philpott, Member of Parliament – Markham-Stouffville, Dr. Helena Jaczek, Member of Provincial Parliament – Stouffville, Justin Altman,

Mayor - Town of Whitchurch Stouffville, Gary Anandasangaree, Member of Parliament for Scarborough-Rouge Park, Shawn Bredin of York Regional District School Board addressed the audience and congratulated the organizers for putting together such a great event.

There were over 100 artistes from the local community who performed at the event and the majority of them were youth including the Masters of Ceremonies Brian Rishikesh Pathmasri & Thenuga Jeyaratnam.

(Seen here are some pictures taken at the Event)





24th Anniversary

Muthuthamby Perairavar

(Former principal Manipay Hindu College)

Excerpts from the college magazine "Perairavar Number"

A Beacon Light

It has been my privilege to have known and worked with Mr. Perairavar, long time principal of Manipay Hindu College, President of the Northern Province Teachers' Association, President of the Jaffna Schools Sports Association and Executive member of the all Ceylon Education Service Principals' Union.

A principal's role in today's society is by no means easy, and men like Mr. Perairavar stand apart like beacon lights in a sea of troubles. The 20th century has been a period of achievement, crisis and conflict all over the world; and in our little island, dissension, misunderstandings, doubt and fear have taken a grip on a nation striving to reach economic and social stability. The role that a school plays in sorting out these conflicts is tremendous, for what is a school? It is an institution that exists for the child alone. It has no other reason for existing other than to mould a child's development into a fine, capable, socially worthwhile person in its community. It is a place where effective citizenship and corporative endeavor are fostered. Wise, far thinking administrators like Mr. Perairavar have been able to shoulder the heavy responsibility of nation building effectively.

His scholarly contributions at the International Seminars on "The Role of the principal" held in New Delhi and Bandung were widely appreciated and he was honoured by being requested to chair the proceedings. He maintains a sustained and serious interest in secondary education conferences.

If anyone has adopted himself to the conflicting role of the principal in a changing society, Mr. Perairavar has. This is proved by his popularity on both sides of the Elephant pass. I take great pleasure in forwarding this message to the commemorative issue of the College Magazine.

S. Athukorale

President, Sri Lanka Education Service Principals' Union
and Principal, Nalanda College, Colombo

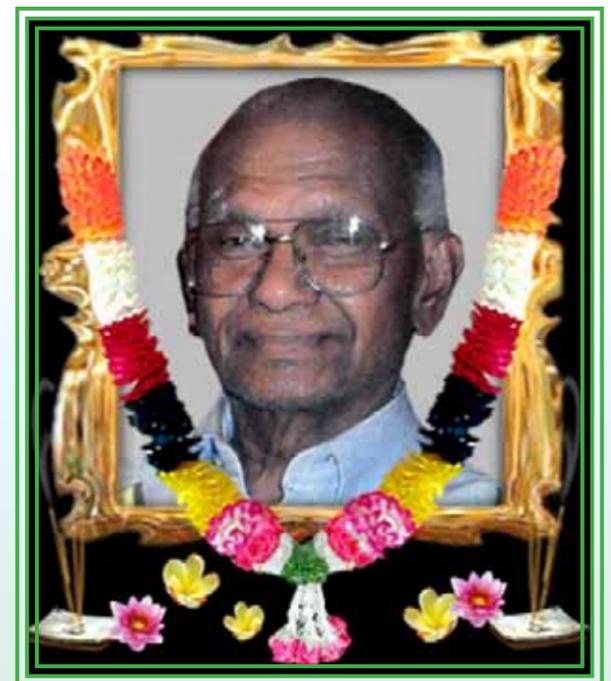


OBITUARY NOTICE

Mr. Coomarasamy Sivanadiyan



Mr. Coomarasamy Sivanadiyan, retired Chief Assessor of Colombo Municipality passed away on Friday, January 19 in California, USA. He is the son of late Subramaniam Coomarasamy and late Visalatchi Coomarasamy, son-in-law of late Mr. & Mrs. Chelladurai, nephew of late Mr. & Mrs. Namasivayam, dearly beloved husband of Thaiyalanayaki, father of Sivapalan, father-in-law of Anusha and grandfather of Eesen and Nimalen. Sivanadiyan is the brother of late Sivapakiam Shanmuganathan, late Thedchinamoorthy, Thangavadivel and Rasanayagam. He is the brother-in-law of Shanmuganathan, late Nakuleswaran, late Ganesan, late Soundrambikai Nitchingam, late Nithyananthan, Dr. Sivananthavalli Kethar – Thas, and late Ananthakumaran, He is the cousin of Dr. Karunanithy, Mrs. Kala Pulendran, Ketheeswaran and late Rajeswaran. The Funeral was held on Saturday, January 27 in California, U.S.A. No flowers please. Contributions can be sent to any Orphanage of your choice.



Home Address: 440 Dixon Landing, Appt., E108, Milpitas, CA 35035, USA.



By : Raymond Rajabalan
Special Features Editor

Sri Lankan Pop Music Maestro

A.E. Manoharan passes away

A.E. Manoharan known as Ceylon Manohar in Tamil Nadu passed away on Jan 22 in Chennai where he has been residing for most part of the past four decades. He was 73 at the time of his untimely death due to kidney failure.

Anthonypillai Emmanuel Manoharan was born in beautiful hill country town of Bogawantalawa in central province, where his father originally from Jaffna, served as a teacher for a very long period. While employed in the up country, he fell in love with a highlands lass and married her. He then domiciled himself permanently in Bogawantalawa, where he became the Principal of Bogawantalawa Maha Vidyalayam.

Manoharan had his early education in hill country but later proceeded to Jaffna where he joined St. John's College where he continued his secondary education.

Although A.E. Manoharan was well known as a pop singer, only a few will know that he began his entertainment career by acting in dramas and locally produced films in the '50s and early '60s. Manoharan's singing career began in Colombo in 1970 when he sang for Great Friends Enterprises. In 1964 he acted as hero in the 1st Tamil movie produced in Jaffna by Joe Devanand named "Pasa Nila". Since then he has acted in more than 260 films in five languages.

In 1972, he was appointed as a Producer for Dramas in the commercial section of the Sri Lanka Broadcasting Corporation. It was during this time that he started specializing in pop-music and released many labels in Tamil, English and Sinhalese. He was also fluent in Malayalam, Hindi, Telugu and Portuguese languages.

During this period he also recorded the now popular "Surangani" theme on Sooriya label. In 1973 he was presented

with the Pop Chakravarthi (Emperor of pop songs) by the then Minister of Posts Hon. Chelliah Kumarasuriar at the open-air stadium in Jaffna.

Between the years 1975-76, he performed several music shows throughout Sri Lanka in both Sinhala and Tamil. In whatever stage program he took part, Manoharan glorified the event and electrified the environment with his captivating dance movements. He had the knack of extemporaneously rendering the same verses in different languages during performances. Among the favourites during this period were Patumami, Choodamanike, Surangani etc. Manoharan possessed an aptitude for languages.

Manoharan developed deep friendship with pop singers in every community in Sri Lanka. He counted among his friends famous Sinhala pop stars such as H.R. Jothipala, Desmond de Silva and Milton Mallawarachchi to name a few. Manoharan has openly admitted that singing style was based on the performance of yet another

popular Sinhala pop artiste C.T. Fernando. He also developed close contact with Muslim pop singer Ansar as well as Tamil pop singers of that time such as Nithy Canagaratnam, Amuthan Annamalai Muththalagu, Denis Sivananthan, S. Ramachandran, Emmanuel etc. Yet Manoharan strode like a colossus among his colleagues and sometimes was even referred to as Elvis of Ceylon.

His singing career also took him along to acting in films and in 1977 he acted as the hero in Vaadai Kaatru which won the President's Award for the best story. This was soon followed by his role in Tamil films in which he acted with leading South Indian idols like Sivaji Ganesan Rajnikanth, Kamalahasan and Dharmendra.

Manoharan was very popular among all communities throughout Sri Lanka and was well respected as one who promoted racial unity. However, after the communal riots of 1977 and the subsequent tragic events, he felt dejected and decided to leave Sri Lanka for good and settled down in Tamil Nadu.

Manoharan has also performed in musical shows all over the world in countries like U.K., Australia, Europe, Canada, Singapore and Malaysia. Since then his fame spread. He was responsible for introducing baila songs in Tamil Nadu and once they became popular, many Tamil films began to include at least one song that had baila flavour.

In 1990 Manoharan sang on stage in London in Sinhala, Tamil and English. His prolific voice and the mastery of three languages widely used in Sri Lanka attracted the attention of a British Broadcasting Corporation (BBC) top brass who happened to be in the audience.

He met Manoharan at the end of the show and offered a job in the Tamil

Service of the BBC. He served in this prestigious position until his father's death in 1993.

Manoharan was also a contract singer for Hotel Breeze in Madras during the year 1999-2000. He has also been a singer at the Surangani Music Festival in Chennai for a number of years. During the years 2004, 2005 and 2006 Manoharan had acted and also been a playback singer in several films including "Virumbuhiren", "Thoty Jeya", "Jay Jay" Directed by Charan and Durai, "Vaaliban", "Kaathal Kaditham", "18 vayathil naan" and in Malayalam, "Thuruppu Gulna" with Mamooty.

A.E. Manoharan was honoured with an Appreciation Award at the 9th annual Awards Gala of the Canadian Tamils' Chamber of Commerce (CTTC), held on April 1, 2006.

Logan Velumailum, the then President of CTCC handed over a special award to Manoharan

A few years ago when his live performance was staged in Colombo held to celebrate the college day of St. Peter's College, he sang the famous Surangani song in seven languages and received standing ovation from the adoring fans. During his mesmerizing performance he expressed his pain of being compelled to live away from his motherland when he stated;

Jesus said "Love thy neighbour as thyself". That was how it was in Sri Lanka during those days. I don't know how it is now – Manoharan's view point during a recent stage program in Colombo.

The deafening silence that ensued following his emotional outpouring was a mute testimony that similar feelings were being echoed by the audience. Manoharan once again proved that he was a man yearning for peace and prosperity in his motherland.

Manoharan is no more but memories of this great artiste will continue to linger in the hearts of his fans for many years. May his soul rest in peace.

Manoharan is survived by his wife Leema Theresa, twin daughters and a son.



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

December 17th, 2017

Anjaneyar Jayanthi

Anjaneyar Jayanthi is celebrated all over India. It is the day Lord Anjaneya was born. He is also called as Hanuman, Vayu Putra, Maruti and with several names. In Tamil Nadu it is observed in the Tamil month of **Markazhi** (Margashirsha – December-January) on **Moola Nakshatra** day. This Anjaneya Jayanthi is celebrated on a different day in North India. They observe it on full moon day in the **Chitirai** (Chaitra) month. Some say that the difference is because in North India they believe that the Jayanthi (Victory) for Lord Anjaneya is not on his birth day, but immediately after he found Sita in Sri Lanka.

It is the occasion to remember Lord Anjaneya's unbridled devotion to Lord Rama and His daring feats. He is known for his great strength, power. According to Hindu Mythology, He is called as **Pawanputra**, as he is the son of **Pawan**, the God of Winds. He is considered to be the eleventh Rudra manifestation of Lord Siva with great devotion, strength, knowledge, divine power, bravery, intelligence, spirit of selfless service. Lord Anjaneya led an army of monkeys and built a bridge to Lanka. Some of His extraordinary feats include, burning of the Ashoka Vana in Lanka with His tail and bringing an entire mountain which had **Sanjivinee** (lifesaving herbs) to save Lakshmana's life. The extraordinary role of Anjaneya, an exemplary devotee of Lord Rama, is well detailed out in situations requiring strength, will-power and courage. His character is very well elaborated but Tulasidas in "Hanuman Chalisa".

It is said that Lord Anjaneya can avert any ill-effects posed by the nine planets (Nava Grahas) to one's life as well as save one from the influence of evil spirits. Normally Tuesdays and Saturdays are special days to worship Lord Anjaneya to get His blessings for progress, wisdom and fearlessness.

According to Hindu Mythology, Lord Anjaneya was the 11th incarnation of Lord Siva. Lord Anjaneya was believed to be born to Anjani and Kapi Raj Kesari (King of Vanara Community). It is said that when a great saint Angira visited the King Indra in heaven, Indra with pride of his kingdom and wealth, arranged a dance for the saint by one of his most beautiful Apsara, Punjikasthala. Since the saint was not interested in the dance performance, he started meditating on the names of his Lord. When the dance performance ended, Indra asked the saint if he liked the dance performance. Saint Angira said that he had no interest in such dance and that he was in deep meditation. On hearing this, the Apsara started dismaying the saint. So, the saint cursed Apsara and said that she would be degraded from heaven and will take birth as a female monkey on earth. Realizing her mistake, Apsara asked for the Saint's forgiveness. The saint said that he could not take his words back, but she would be blessed with a son, who would be a great devotee of Primate. Later, Apsara as Anjani, gave birth to Lord Anjaneya with five divine factors. When Anjaneya was born, the entire Vanara community and Devas (Gods) celebrated the day with his name.

It is believed that Lord Anjaneya is the only God who stays on earth with all His devotees. This is because of the boon given to Him by Lord Rama for Lord Anjaneya's sincere devotion and dedication.



The figure of Lord Anjaneya with His heart stretched out open is literal illustration of His infinite devotion to Lord Rama, his wife Sita and brother Lakshmana.

INTERESTING INFORMATION FROM HANUMAN CHALISA

For every deity we have several slokas. One very important and popular sloka for Hanuman is called **Hanuman Chalisa**. Chalisa glorifying Sri Hanuman. It is in Hindi, and the word **Chalisa** means **forty**. So, there are 40 verses/stanzas. This was composed by Goswami Tulasidas, a great saint and a poet and he was a great devotee of Lord Rama, who lived in the 16th century. What is amazing is, in the 18th verse he has given an accurate calculation of the distance between the Sun and the Earth.

The Sun is at the heart of the Solar system. All the bodies in the solar system, like the planets, asteroids, comets etc. revolve around it at various distances. Both in the ancient and modern calculations, the radius of earth is assumed to be 6,371 kms. The distance from Earth to Sun is called an Astronomical Unit or AU, which is used to measure distances throughout the solar system.

The Greek Astronomers were known for their contribution to the scientific field in understanding the heavenly bodies. The basic calculation of everyone

was based on the assumption that the radius of the earth to be 6,371 Km. **Archimedes**, an ancient Greek Philosopher and Mathematician of the 3rd century BC, estimated the distance of sun from the earth to be 10,000 times the radius of earth. So, according to him the distance was 63.71 million kms. Or 39.8 million miles.

Hipparchus, the 2nd century scientist estimated distance of sun from the earth to be 490 times the radius of earth. So, as per his estimate the distance was 3.12 Million kms. or 1.95 million miles. **Jean Richer** and **Giovanni Domenico** in 1672 estimated the distance between sun and the earth as

22,000 times the radius of earth, and so came to 140 million kms. Or 87.6 million miles. According to **modern calculations**, the **average** distance between the Sun and the Earth is estimated to be 149 million kms. or 92 million miles. It is because the orbit of the Earth is not a perfect circle, but an ellipse as shown in the picture above. Sometimes the Earth is **closer** (about **91 million miles**) to the Sun and sometimes it is **farther** (about **94.5 million miles**).

It is surprising to note that Tulasidas, could give the most accurate estimation that is very close to the 20th century astronomers estimation. Tulasidas recounts in the incident of how Hanuman in his childhood assuming the Sun to be a ripe mango, jumped to catch it. In verse 18 of the Hanuman Chalisa he recounts it as follows:

**Yuga-sahasra-
yojana para Bhanu
Leelyo tahi madhura
phala janu**

The above sloka (18th in Hanuman Chalisa) says, Considering the Sun to be a sweet fruit, Hanuman jumped to swallow it and also the distance he travelled is mentioned by the first three words "**yuga-sahasra-yojana**".

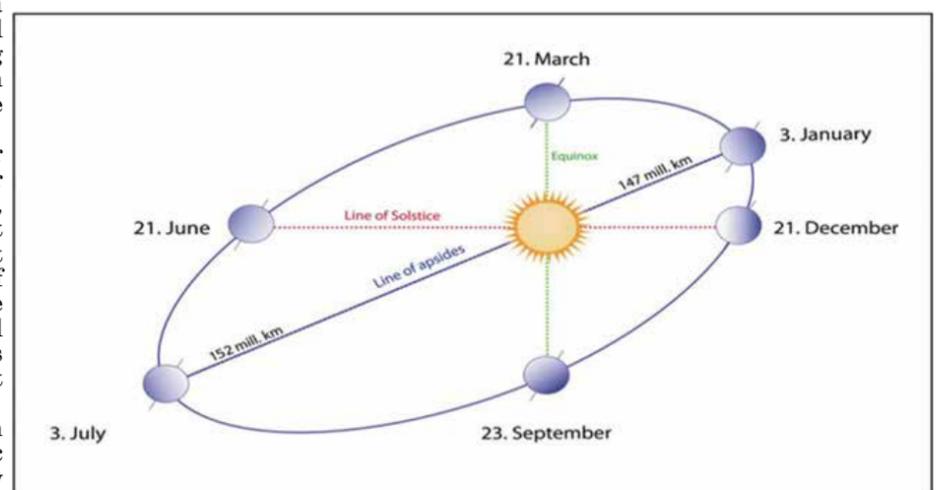
Here the word **Yuga** is 12,000 divine years (based on the time calculation system of Vedic period based on the statement from Bhagavad Gita and Manu Samhita), where 1 divine year is equivalent to 360 years according to human calculation, while **Sahasra** means 1,000 in Sanskrit and **Yojana** is approximated to 7.6 miles.

So, according to calculation as given in **Hanuman Chalisa**, the distance between Sun and Earth is equal to: 12,000 x 1,000 x 7.6 = **91.2 million miles**.

It is astonishing that Saint and Poet Tulasidas mentioned the distance to this level of accuracy as early as 16th century, to what the Western Astronomers with all the technologically advanced telescopes had calculated as recently as the 20th century.

But for a Hindu, it shouldn't come as a surprise since all aspects of science and technologies have been well referenced in our Vedas.

I bow to You, Lord Hanuman, the one who is faster than wind, intelligent amongst the intellectuals, conquerer of sense organs, son of Wind God, messenger of Lord Rama and Chieftain of the monkey troops.





MULTICULTURAL SHOW – January 6, 2018

By: Thuraiyuraan

Tamil Writers Association of Canada and Tamil Entertainment Television Inc. jointly organized a Multicultural show on the above date.

This event was sponsored by Ministry of Citizenship and Immigration.

It was held at the TET Auditorium and was video graphed to be broadcast on TET television on Pongal day (Thanksgiving Day), an important festival of Tamils.

The show started at 5.30 pm with Canadian National Anthem and Tamil Anthem sung by Sangkavi Muhunthan. Prof. Balasundaram the President of the Association welcomed everyone in Tamil and English.

The first item was a Thillana Dance by the students of Silamboli Shetra Dance Academy. This performance was well choreographed by the Director of the academy Mrs. Janani Kumar. The next item was a Banghra Dance by Diva Dance Inc. This is a folk dance originated in Sialkot and took root in Punjab province in Pakistan and Gurdaspur district in Punjab, India. This is usually performed during the harvest season. This received a very high response from the audience.

The third item was a Chinese Fan dance, performed by two girls from Linda Dance group. They were colorfully attired to suit the occasion. This type of dance is also very common in Vietnam, Korea and other East Asian countries. The same dance group, presented a swan dance by small children, which was received well by the audience. This was evident from the applause it received. There was another item from the same group and it was captivating.

The last item was a short play titled "Thuthum Thunivum" by the students of Annamalai Canada Campus, written and directed by Siva Sinniah and produced by Prof. E. Balasundaram. This play is based on a historical event which took place during the Sangam period around Three thousand years ago

in ancient Tamil Nadu (South India). This drama depicts an event in which King Athiyaman, gave a rare fruit with special qualities of prolonging the life of a person who eats it, to Avvaiyar a poet and Tamil scholar, who was living in his kingdom. The fruit is called Nellikani in Tamil (a goose berry). Avvaiyar declined to accept it and told him to eat it and to serve the people for a long time. But Athiyaman's argument was that a talented poet like her could do more to enrich the Tamil language by writing more poems which will forever. His prophesy proved true. Even today her poems are extensively used by Tamils all over the world. Thanks to Athiyaman's sacrifice.

The participants of the play did a wonderful job by acting appropriately with rich costumes and make ups, which brought to light the affluent life of Kings and his courtiers of the ancient Tamil kingdoms, to the audience. Another noteworthy feature was that out of the eleven actors of this play, only three were males and all the others were females and most of them were married ladies with grown up children. Especially the ladies who played the parts of Avvaiyar, Athiyaman and Thondaman, deserves honorable mention for their dedication and acting talents, along with their duties as mothers and housewives.

Credit goes to Ananthan Mariampilai for his excellent sets and props which raised the standard of the play to new heights. He was also responsible for the costumes and make up for all the artistes. His passion and devotion to his art form was very evident from his untiring and onerous work he performed from the background. We thank him for his able support and dedication.

All in all the multicultural show was an astounding success and most of the audience congratulated the joint organizers, The Tamil Writers' Association and TET Inc. for a novel idea of

integrating various cultural communities, which foster communal harmony.

The Secretary of the association Siva Sinniah thanked the Ministry of Citizenship and Immigration for sponsoring the event in his closing remarks. Also he thanked TET Inc. for

their wholehearted support and help in organizing the various dance group who willingly participated in this new venture. He thanked the audience for braving the weather and the Tamil Writers Executive Committee for their help and support in making this event a big success.





Tamil Cultural and Academic Society of Durham [TCASD] Celebrates Tamil Heritage Month

Tamil Cultural and Academic Society of Durham [TCASD] celebrated their 5th year Tamil Heritage month celebration at the Pickering Town Centre with many dignitaries, community leaders, members, guests and many shoppers at the Mall participating at the event.

The programs at the event received continuous cheers from the audience and the Mall shoppers who represented different communities. TCASD staged many interesting programs that had very young children to youth participating and making the event look very colorful and rich.

As the theme of the Tamil Heritage month for this year is diaspora Tamils, children and youth led the welcome

procession and followed by the community leaders and dignitaries. Live Mela was played during the rice pouring ceremony. Traditional ceremonies took place and speeches were given by the City of Pickering Mayor, Town of Whitby Mayor and City of Oshawa Mayor.

TCASD proudly recognized Abina Nimalraj, a youth for her outstanding contribution to the Tamil Community and awarded her with "Honorary Citizen Award" which was the highlight of the event. Her untold story dance drama was a great inspiration for many children present and a sum of \$22 k was collected through her dance drama last summer and donated to the Sick Kids Children's Hospital.

TCASD Tamil Heritage month event Emcees were Gnanam Antony

and TCASD youth leader Meena Shanmuganathan, who were able to capture the audience by expressing/announcing beautifully in Tamil and English. TCASD had many interesting programs such as Welcome Dance, Snake dance, Kurathi dance, Kummi, Kolattam, Village dance, Tamil Youth Leadership presentation about Tamil Canadian Diaspora Tamils, Fashion show, Music recitals, Classical/regular songs singing, Yoga demonstration, Speeches by Dr. Vara and Lawyer Abi Singam.

Staging an event with many programs and many children and youth will not be possible without an excellent coordinator, TCASD offers its appreciation to Abiramie Shanmuganathan for coordinating excellently another successful Tamil Heritage month

celebration with the wonderful Executive Team, who always deliver their outstanding support.

TCASD also thanked Monsoon Journal, Tamil Mirror, Eetv, Ninaivukal, Uthayan, Easy News and Snapd Ajax for their continuous media support to Tamil Cultural and Academic Society of Durham.

TCASD extended their thanks to Mrs Tharmini Thisyan, Mrs Manorani Thusitharan, Mrs. Anushiya Jeyan, Mrs. Elilini Niranjan, Miss Anojini Kumaradasan, Miss Swetha Anand and TCASD youth coordinator Anushalini Atputhrasa for their continuous support and training the children and youth for the programs.

(Seen here are some pictures taken at the Event)





Durham Tamil Association celebrates Tamil Heritage Month and Thai Pongal

Tamil Heritage Month and Thai Pongal festival were celebrated by the Durham Tamil Association (DTA) on January 21st at East Shore Community Center.

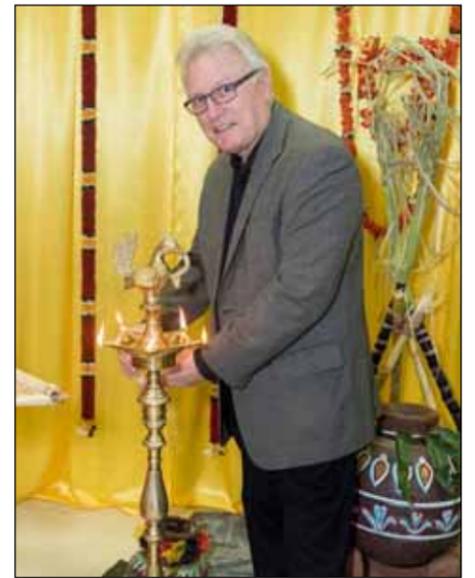
Over 250 people assembled at the East Shore Community Center to celebrate Tamil Heritage Month and Thai Pongal making the event a successful one. The celebration started off with the thavil vaathiam welcoming the dignitaries into the event place. The dignitaries lit the traditional lamp and participated

in pouring the rice into the pot to cook the pongal. A variety of programs were performed by the kids in Durham region including Classical dances, Thappattam, Mylattam, Oilattam, Kummi, Karahattam, Kuthirai dances, Veena performance, Folk dance and Kid's pongal drama. The guests were served with food at the event. Special thanks are due to Sujatha Sathia who had put in tremendous hours of training for the kids. DTA thanks all the volunteers, parents, subcommittee members and executive members for

making the event a memorable one.

Durham Tamil Association also celebrated THM and Thai Pongal with Durham District School Board and Academic and Fine Arts of Durham at Nottingham Public School. It was an educational session where cultural food and clothing booths were displayed along with a folk dance performance.

(Contributed by Nanthini Kail - Seen here are some pictures taken at the Event)





தமிழ்க்கல்வி ஆராய்ச்சி மையம்
Tamil Education and Research Centre-UK
 கோடில் விழுச் செல்வம் கல்வி | Learning is excellence of wealth

2018 தை முதல்

பிரித்தானியா, கனடா மற்றும் ஐரோப்பிய நாடுகளில் இருந்து கொண்டே தஞ்சாவூர் தமிழ்ப் பல்கலைக்கழக பட்டப் படிப்புகளையும் பரீட்சைகளையும் செய்யக்கூடிய ஓர் அரிய வாய்ப்பு

B. A., M.A. நடைமுறைத் தமிழ்

B. A., M.A. தமிழ்

B. A., M.A. பரதநாட்டியம்

B. A., M.A. சங்கீதம்

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பிரித்தானிய தமிழ்ப் பரீட்சைச் சபை

2018 முதல்....

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