Ontario Provincial Elections

The Battle for the Ballot

Ontarians go to the polls on June 7th to elect a new Government

By Siva Sivapragasam

A close battle is expected at the forthcoming Ontario provincial elections scheduled for June 7th with all three major parties fighting for the ballot to form a new government. Among the major issues fiercely debated at campaign meetings revolve around the economy, taxation, health issues, Hydro rates, housing availability, Transit and infrastructure, dental care for low-income seniors, child care, hospital wait times and auto insurance rates.

Kathleen Wynne and the governing Liberals are campaigning on the record of their 15 years in office and a budget plan that calls for a massive expansion of government spending and deficits. Meanwhile, Doug Ford, the newly-minted head of the Ontario Progressive Conservative Party hopes to harness taxpayer outrage to propel his party to victory. The Liberals have pledged increases to social services, health-care, and childcare while PC party is campaigning on a promise to quickly balance the books and promising cuts to the budget. The NDP is projecting multi-year deficits with its heavy investment in health and social services. June 7th will be a testing time for the Ontario voters to decide who will govern them once the election is over.

Montage Awards 2018

Monsoon Journal celebrates 12th Anniversary

By: Krishni Narine

Toronto, ON. Canada - On Sunday May 6th, 2018 at the Scarborough Civic Centre the 12th Anniversary for Monsoon Journal was celebrated, along with recognizing South Asian Heritage Month. The Monsoon Journal team, advertisers, community members and supporters all joined together to celebrate the milestones the publication has and recognized individuals of the Monsoon Journal editorial team. The afternoon began with an opportunity for guests to network before the formal proceedings. Hosted by Rajini Nathan who also contributed regularly to the publication; she introduced key sponsors to present awards to the editorial team. A special award was given to Mr. Siva Sivapragasam, executive editor of the Monsoon Journal for his tireless effort and maintaining the high standard of content through his rich background in journalism.

Monsoon Journal recognizes individuals carrying out charitable and social work and presented the humanitarian award to Ken Vivekananthavel for all of his philanthropic contributions to building a better community in Sri Lanka.

The guest of honour and keynote speaker was Ms. Thulasi Muttulingam, a journalist based in Jaffna, Sri Lanka, where she concentrates on writing on social issues in post-war Sri Lanka. The guests listened in silence as she shared the struggles that journalists faced in Sri Lanka and how difficult it was to represent the true stories of the people living there. Realizing how important her role was, put our lives in the Western part of the world into perspective, where news coverage is minutes after an incident happens and journalists are not afraid to report on controversial topics. Attendees were left in awe by Thulasi’s speech and empowered to share her story.

Hon. Gary Anandasangaree MP, parliamentarian for Scarborough-Rouge Park represented the Government of Canada at the event. The Member of Parliament delivered congratulatory messages to Monsoon Journal, Ms. Thulasi Muttulingam, Mr. Siva Sivapragasam, and all other award recipients and also extended greetings to the attendees and all readers of Monsoon Journal, on behalf of the Prime Minister of Canada.

Premier of Ontario, Hon Kathleen Wynne had also extended her wishes to the event, Monsoon Journal and read via a statement.

The loyal readership continues to grow and is an integral part of the publication. The Monsoon Journal team would like to congratulate all of the award winners and the entire editorial team for 12 continuous years. The MJ team would also like to thank Thulasi Muttulingam for journeying all the way from Sri Lanka and all those in attendance at the 12th Anniversary.

Please see pages 6 to 10 for more coverage on Montage Awards 2018.
Marksteeles Medical Imaging

- Providing X-Ray & Ultrasound Services
- We service on-appointment basis as well as walk-in patients
- Our team consists of experienced radiologist who can interpret images accurately
- Our Cloud-based data storage system is accessible to referring physicians 24/7
- Our location is easily accessible by TTC. We also have plenty of FREE Parking available front of our office
- All service covered by Health Card
- We accept private insurance and refugee card

3341 Markham Road,
Unit B124
Scarborough, ON M1X 0V5
[Blue Building at Markham & Steeles]
Tel: 647-341-0183
Fax: 647-341-0184

Office Hours:
Monday - Wednesday: 9:00am-6:00pm
Thursday and Friday: 9:00am - 5:00PM
Saturday: 9:00am-2:00PM
Sunday: Closed

We are part of pdxn.ca • 1-888-988-7396

Bellsmere Medical Diagnostic Centre

1920 Ellesmere Road,
Suite 311,
(Ellesmere & Bellamy)
Scarborough, ON. M1H 2V6
Tel: 416.289.2280
Fax: 416.289.7321

Our Services
- X-Ray
- Ultrasound
- Bone Density
- 2D Echo
- Holter Monitor
- Stress ECG

OFFICE HOURS:
Mon. to Thurs. 9am – 7pm
Fri. 9am – 5pm
Sat. & Sun. 9am – 2pm

Brimley Medical Diagnostic Centre

2020 Brimley Road,
(Shamley & Sheppard)
Scarborough, ON. M1S 4R7
Tel: 416.299.7677
Fax: 416.299.7948

Our Services
- X-Ray
- Ultrasound
- Bone Density
- 2D Echo
- Holter Monitor
- Stress ECG

OFFICE HOURS:
Mon to Wed: 9am – 7pm
Thurs & Fri: 9am – 5pm
Sat: 9am – 3pm
Ontario Liberals: Platform continues to Build a Fairer, Better, More Affordable Ontario

ONTARIO — May 26: The Ontario Lib- erals released their full election platform to- day, introducing new actions that a re-elect- ed Liberal government will take to build on the plan for care and opportunity presented in the 2018 Budget.

As an anchor to these new plans and to support ongoing fiscal sustainability, the Ontario Liberal platform includes a commit- ment to introduce legislation that will lower Ontario’s debt. When Ontario beats its own fiscal projections, as we have done in each of the last four years, this legislation will require 100 per cent of those unspent dol- lars to go towards reducing the debt.

In 2014, Ontario Liberals were elected to build Ontario up. After four years of do- ing just that, and achieving the best streak of economic growth since the 1990s, new ac- tions in the Ontario Liberal platform that build on the plan for care and opportunity will:

Continue the fight for a fair and afford- able housing market by:

* Tightening rental market rules to stop unfair renovictions
* Curbing the use of inappropriate above-guideline rent increases due to capi- tal repairs
* Prohibiting above-guideline rent in- creases in buildings with outstanding work orders related to pest control
* Continue to help more workers have the retirement security they deserve by:
  * Supporting the creation of portable pension plans that stay with a worker from one job to the next
  * Removing barriers that prevent exist- ing successful private and public sector pension plans from offering their services to more people, so that all workers can join a strong, secure workplace pension plan.
* Standing up for retirees to get them the benefits they were promised, even in the event of a bankruptcy.
* Step up environmental protections to keep our air and water clean and our people healthy by:
  * Expanding the Greenbelt
  * Prioritizing every community’s right to water by making the moratorium on new or expanded water bottling permanent, pro- vided, by the end of 2018, this approach is supported by science
* Requires that 85 per cent of all single- use plastic bottles be recycled
* Requires online and on-label disclo- sure of toxic substances and chemicals in key consumer products, such as household cleaning products, baby products and cos- metic{s, starting in 2020
* Continue to make life more affordable by:
  * Eliminating geographic discrimination in auto insurance
  * Reducing transit fares for most trips that transfer between municipal transit systems and reducing GO train fares within the City of Toronto and on most trips along the Lakeshore East and West Lines
  * Creating an independent gasoline watchdog to protect consumers and ensure fair pricing across Ontario

The new actions outlined in the Ontario Liberal platform are supported by the fiscal plan presented in the 2018 Budget and do not add any new costs. They build on the plan for care and opportunity that expanded and made publicly funded prescription drugs to one- in-two people in Ontario, builds a record amount of transit, boosts hospital fund- ing, makes the largest mental health in- vestment in Canadian history, helps more people go to college or university with pub- licly funded tuition and lets more parents go back to work by funding preschool child care from 2 ½ to kindergarten.

By listening to people’s needs and choos- ing to invest in care and opportunity, On- tario Liberals will run a modest deficit of less than one per cent of GDP and have charted a responsible path back to balance. To support ongoing fiscal sustainability, the Ontario Liberal platform includes a commi- tment to introduce legislation that will tackle Ontario’s debt. When Ontario beats its own fiscal projections, as we have done in each of the last four years, this legislation will require 100 per cent of those unspent dollars to go towards reducing the debt. Doug Ford has not presented a coherent or costed fiscal plan — or any plan. His se- rious of one-off spending and revenue reduc- tion announcements will do nothing to help every day families get ahead and add up to billions in cuts to our schools, hospitals and transit projects. Ontario’s economy is grow- ing stronger and cleaner, but that growth and the care and services it funds are at risk this election. The NDP Platform is riddled with errors and job-killing taxes on busi- ness. They still have not fixed the mistake pointed out to them nearly two weeks ago — where they accidentally wiped out billions in programs they supposedly support.

- ontarioliberal.ca

Doug Ford will reduce taxes, hydro bills and gas prices

May 23: The Ontario PC Party is the only party that will respect people by low- ering their tax bills and hydro bills and reduce the price of gas at the pump. Ontario PC Leader Doug Ford today contrasted the On- tario PC plan with the high-tax, high-hydro, high-gas prices by the NDP.

“For 15 years, the Liberals have been partying with the taxpayers money and the NDP want to keep the party going, just with a different tune,” said Ford. “An NDP Government is just like a Kathleen Wynne Wynne Government. The only change, is that a PC Government is just like a Kathleen Wynne Wynne Government — the party with the taxpayers dollars is over.”

Ford shared that an Ontario PC Gov- ernment will cut gas prices by 10 cents per litre, saving the average driver $222 per year. An Ontario PC Government will re- duce hydro bills by 12 per cent, saving the average household $175 per year. An Ontar- io PC Government will also introduce a re- fundable child care tax credit that will save parents up to $6,750 per child, a minimum wage tax credit that will save low income workers as much as $850 per year, and a middle-class tax cut that will save middle-income earners up to $786 per year.

Doug Ford also said he will not order an NDP government — you will be paying over $2.00 per litre for gas next sum- mer, because shut- ting down fossil fuels like gas is part of their real NDP agenda. They have already been caught promising to drive up hydro bills by $600 million as part of a plan to shut down the Pickering nuclear power plant, and their plan to increase taxes by $20 billion will drive more businesses and more jobs out of Ontario. And even after increasing the price of everything, the NDP still could not get their own math right and they will need to find another $7 billion in new taxes to pay for their spending.

“We’re the only party that will bring your taxes down, bring your gas prices down and bring your hydro bills down,” Ford con- cluded. “We will deliver real relief. We will put more money in your pocket. Change is coming and help is on the way.”

- ontario.ca

Horwath will convert student loans to grants, forgive interest on student loans

NORTH YORK — May 25: Ontario NDP Leader Andrea Horwath laid out her com- mitment Wednesday to turn all OSAP stu- dent loans into unrepayable grants, and to stop the government from profiting off stu- dents by ending interest payments.

That change will be retroactive to stu- dents with outstanding loans who have already paid interest to the province, Hor- wath told students at Seneca college.

“We have incredible colleges and univer- sities in Ontario, and young people should be leaving these colleges with a bright fu- ture ahead of them – not a mountain of debt repayment ahead of them,” said Horwath. “People are taking on thousands of dollars in student loans. It’s keeping graduates living in mom and dad’s home longer. The crushing debt is even preventing young peo- ple from starting their own family.

“It really doesn’t have to be this way.”

The Wynne Liberals have underfunded our colleges and universities for 15 years, so Ontario’s students pay the highest tuition in Canada.

Doug Ford’s promise to cut over $6 bil- lion will make the situation much worse. His deep cuts would make life less af- fordable for students and gradu- ates, and it would put universi- ties and colleg- es even deeper in the hole.

And his prom- ise to “leave no stone un- turned” when it comes to privatization puts all public education at risk.

“The reality is that students who gradu- ated 15 years ago when the Liberals came to office may still be in debt today,” said Hor- wath. “That holds them back, and it holds Ontario’s economy back. So let’s do something about it. Let’s make its lives more affordable.”

- ontariodp.ca
On June 23, 2018, the globe shall recognize the United Nations Public Service Day. It originated in 2003 where it was designated in resolution 57/277 of the UN General Assembly. According to the United Nations, the purpose of this day of observance is to celebrate the community and value of public service to the society. It lauds the many contributions that public service has made to development processes across the globe. At the same time, it recognises the work that the public servants are committed to everyday. As I have quickly learned, it is presented as a source of inspiration for young people like myself to pursue careers in the public sector. I, as a budding public servant, see it as a needed source of motivation to pursue its permanent career.

One distinctive way of this day of observance is commemorated through the Public Service Awards. The UN has noted that 250 of the 4000 initiatives submitted for this honour have received awards for projects in several broadareas of human development such as early investment in children with special needs, skills development investments, and promotion of gender equality.

The 2018 awards are scheduled to held from June 21–23 in Marrakesh, the Kingdom of Morocco, illustrated through a theme of “Transforming government to realize the Sustainable Development Goals.” These refer to the high-level goals that build off the accomplishments from the Millennium Development Goals, focusing on areas including climate change, peace and justice and economic inequality. As for governance, it is about promoting an appreciation for innovation in the design and delivery of public services across the globe including right here in Ontario and the rest of Canada.

A few of the winners from 2017 were the Government of West Bengal in India and Great Britain. The first involved a conditional cash transfer initiative that helped improve the mobility of adolescent girls avoid child marriage and obtain a high-quality education. The second was concerned with the matter of senior fraud, offering a volunteer-run safeguard services to reduce the number of seniors encountering financial abuse by 56%.

In 2009, the Government of Ontario achieved recognition by the UN Public Service Awards as well in delivering high-quality French language services to Ontario’s Francophone community.

For most young individuals contemplating their future careers, one should consider these two wisequotes from Stefania Senese, Governance and Public Administration Officer in UN Department of Economic and Social Affairs Division for Public Administration and Development Management, on the uniqueness of public service.

“A great public servant is someone who listens to the views of different people, tries to understand their needs and works tirelessly towards enhancing their lives. They are motivated and resilient and demonstrate an inclusive attitude. A great public servant is never afraid to innovate and change.”

“They are professionals, by its very nature, public, which means they work for everyone, especially for the poorest and the most vulnerable. That is why some people refer to public service as a vocation rather than a profession or occupation.”

This is a sentiment that I will work to bring to my summer job in public servant in the Government of Ontario and as my vocation.

Don’t rule out the possibility of being your own Leslie Knope, a great public servant from the fictional town of Pawnee, Indiana and main character of the on my favorite television series, Parks and Recreation.

Contributed by: Harrish Thirukumaran

---

INDEX June 2018

Main News 1
Ads 2
Canada News 3 – 10
Publisher’s Info 4
Health & Care 15 – 17
Special Feature 18 – 29
Education 30
Science & Technology 31
Business & Finance 32
Food 33
Community Watch 33 – 46
Ads 47 & 48

---

Canada Historic Milestones: JUNE

June 4, 1979
Flora MacDonald becomes the first woman to be appointed Secretary of State for External Affairs.

Born in Nova Scotia, Flora MacDonald lived an interesting life before and after her political career. In 1976, she ran unsuccessfully against Joe Clark for the leadership of the Progressive Conservative Party. Their rivalry is the subject of the National Film Board documentary “Flora: Scenes from a Leadership Convention.” She worked with and for prime ministers Diefenbaker, Clark and Mulroney.

---

Ontario Provincial General Election – June 7, 2018

Canadian citizens who reside in Ontario, and are at least 18 years of age on election day, are eligible to vote. To be added to the Voters List, electors can go to our website to easily confirm, add or update their information using our e-Registration system. A detailed list of acceptable identification documents is available on the Elections Ontario Website.

Advance voting will be available from May 26 to May 30, from 10:00 A.M. to 8:00 P.M. at area advance voting locations in electoral districts, and from May 26 to June 1, from 10:00 A.M. to 8:00 P.M. in returning offices.

Election Day is June 7, 2018. Polls will begin from 7:00 A.M. to 6:00 P.M. (Eastern Time).
Prime Minister Justin Trudeau calls upon the government of Sri Lanka to establish a process of accountability

Ottawa, Ontario - May 18, 2018

The Prime Minister, Justin Trudeau, today issued the following statement on the ninth anniversary of the end of the war in Sri Lanka:

“Today, we mark the ninth anniversary of the end of the war in Sri Lanka. The war – which lasted over 26 years – resulted in immeasurable injuries, loss of life, and displacement. The wounds of this war linger as the survivors seek answers for their loss, including family members and loved ones who have disappeared.

“Over the past nine years, I have met many Tamil-Canadians personally affected by the war. Their stories are a solemn reminder of the need to attain lasting peace and true reconciliation.

“I reiterate my call to the Government of Sri Lanka to establish a process of accountability that has the trust and confidence of the survivors. Canada offers its full support to the Government of Sri Lanka and those working to ensure that efforts towards reconciliation, non-recurrence, peace, and justice on the island are realized, and that international and domestic commitments on accountability, transitional justice, and ending impunity are met.

“On this anniversary, I extend my deepest sympathy to Canadians of Tamil descent, and all victims of the armed conflict and their families. I also invite all Canadians to take time to recognize the important contributions that Tamil-Canadians make to our country and the adversity they have overcome.”

Juanita Nathan is a long-time resident of Markham and someone has dedicated her life to helping the most vulnerable in our society.

Whether it’s helping students get their life on track and back into school or helping women cope with abuse, or ensuring that seniors are active and informed about their health; Juanita plays an instrumental role in the lives of many individuals and families.

Her record on community involvement and grass roots engagement is exceptional. She received the Queen Elizabeth the II Diamond Jubilee medal for her volunteer work.

Juanita’s strong desire to help young people, women, and seniors overcome obstacles and challenges put her on her path to get involved in the community and pursue a career in the social services sector. She now looks to bring her grass root experience to Queen’s Park and ensure progress continues to be made. She is a long-time community activist, and has been involved with organizations such as the York Simcoe Canadian Mental Health Services, York Region Equity Council, the Markham Tamil Organization and Family Services of York Region.

Juanita is currently a trustee from Markham, the vice-chair for the York Region District School Board, a parent-student support worker, and a counselor for abused women.

For more information, visit www.juanitanathan.ca.
Exemplary contributions in Journalism & Management of Media Organizations

Siva Sivapragasam
Executive Editor
Presented by Mohan Sundaramohan, RBC

Siva Sivapragasam is a Media Professional who received his high school education at the prestigious Royal College, a premier educational institution in Sri Lanka. He later graduated from the University of Sri Lanka with an Economics Honours Degree. His interest and passion for Journalism made him join Lake House, the largest Newspaper group in Sri Lanka. At Lake House he worked for the Daily News, the premier English Daily in Sri Lanka in the capacity of Finance Editor for the newspaper. Later he joined the Virakesari Group of Newspapers and functioned as the Secretary and the Marketing Manager for the Virakesari Group for more than 30 years.

Since his arrival in Canada, Mr. Sivapragasam has continued his Media work and was managing “Thamilar Mathiyil”, the Tamil Business & Information Directory. He was also a Director of the Canadian Tamils’ Chamber of Commerce, handling the Publishing work for the Chamber. He was functioning as the Editor of the Chamber’s annual Souvenir titled “Enterprise”. The highlights of Siva’s journalistic contribution was the article on Indian Prime Minister Narendra Modi titled “The beginning of the Modi Era” and selected as Chapter one in the book “Modi’s Blueprint for India” published by Pentagon Press, New Delhi.

He is currently the Executive Editor of “Monsoon Journal”. Mr. Sivapragasam possesses over 50 years of Media experience.

Exemplary contributions in Humanitarian Services
Ken Vivekananthavel, CPA, CMA
Presented by Kula Sellathurai, Inter-City Community Watch

Born in Karanavai, Sri Lanka, had education at Udupiddy American Mission College, Nelligady Central College and Hartley College.

After A/L, Ken chose to study in the field of Accounting. At the age of 22, Ken joined Walker Sons Ltd as a cost accounting trainee and there after worked as senior accountant at Yahala Group of companies and Translanka Ltd in Colombo.

In 1984, Ken came to Canada and worked for GE Canada, Epson Canada, and Unilever Canada as accountant. In 1988 he joined as an auditor with Ministry of Finance and currently working with Government of Canada.

Ken worked with several charities and raised funds for Scarborough Hospital Foundation, Centenary Hospital Foundation, Markham Stouffville Hospital Foundation, United way Canada, Nalanda Way in Tamil Nadu India, Ahamumbika, Bhopal India.

About three years ago, his passion in charity work made him to freshly form an organization called Canadian Tamils’ Humanitarian Association so that he can carry out many special projects to help the needy. He also trained young volunteers to empower women and children in rural villages of Batticaloa.

In three years CTHA helped to complete projects worth $200,000. One of the major achievement was partnering with Rotary club of Richmond Hill, an adopt a village project worth $68,000 for water and sanitation project in a village called Pavatkodiichchenai. Total project cost $150,000 and the balance $82,000 from CTHA supporters. Current project is to build a pre School at Kathiravelli in Batticaloa at a cost of $15,000 and 100 cataract surgeries for 100 patients in Batticaloa at a cost of $15,000.

Exemplary contributions in Feature Writing
Raymond Rajabalan
Presented by Dr. B. Sivakadadcham

Hailing from Kayta, Northern Province of Sri Lanka, Raymond Rajabalan had his early education at Kayta St. Anthony’s college. He continued his education at St. Patrick’s College and Jaffna College before gaining admission to University of Peradeniya.

After completing his Honours Degree course in Botany he taught in a number of educational institutions including St. Anthony’s College, Rady and St. Peter’s College, Colombo.

While serving at St. Peter’s College, he was appointed as Additional Chief Examiner for GCE A/L Botany Soon after that he was appointed by the Department of Examinations as a translator of Biology text books.

In 1981, he as well his wife were recruited by the Civil Service Commission of Sokoto state, Nigeria for teaching appointments. While serving there, Raymond was appointed as a marking examiner for Biology exams conducted by West African Examinations Council.

After moving to Canada in 1986, he changed his career to Accounting and successfully completed Diploma Accounting Course at Centennial College. He then served in a couple of leading business institutions before retiring a few years ago.

He is a free-lance writer and has contributed several well researched articles to the Monsoon Journal ever since its inception.
Chelvadurai Kamalaharan

Chelvadurai KAMALAHARAN from Inuvik, Sri Lanka now a Canadian citizen settled in Montreal is an Arts gradu- ate of the University of Peradeniya with English as one of the subjects and a Post Graduate Diploma holder in Education (Teaching English as a Secondary Lan- guage – TESOL) of the University of Co- lombo. He has served as a teacher in the Ministry of Education for 33 years and as an Instructor in English in the Univer- sity of Jaffna, in the Technical Col- lege Jaffna and as a lecturer in English in the Open University Jaffna.

He has contributed short stories, po- ems, feature articles and reviews in the Sri Lankan newspapers: Daily News, Observer, The Island, Sunday Times and the Saturday Review. He has been con- tributing a variety of articles to Monsoon Journal every month since January 2012 to date. He has also published a book titled ‘Reflections’, a collection of short sto- ries and poems.

Travelling, photography and listening to music are some of his other hobbies.

Sivanesan Sinniah

Sivanesan Sinniah is a retired Princip- incipal from Kopay Christian College, Kopay, Sri Lanka and moved to Nigeria in 1980 as a Lecturer at a Women Teach- ers’ College.

Arrived in Canada in 1986 and pur- sued his career in the field of teaching and was successful in working at TRSB and YRSB at the beginning and also worked at many other institutions those provide credit courses in Tamil & Eng- lish.

He is also a qualified Freelance Inter- preter and Translator.

His expertise is that he is one of the Tamil Material Selector for Toronto Pub- lic Library since 1996 to date.

He is a very active in Social and volunteer Services sector having served in many boards of institutions as a member, life member, director and President.

For his voluntarism, social and spiritual services, he was awarded many titles ranging from Volunteer Award for 5 yrs, 10 yrs & 20 yrs from Ontario Ministry of Immigration and Citizenship and Queen Elizabeth 11 Diamond Jubilee Medal 2012. He also received “KALA RATNA” Award for service to Hindu Community by Hindu Priests Association in 2017.

With extra ordinary knowledge in Literary & Fine arts Skills, he achieved the following:

Author of 7 books in Tamil and 2 books in English.

Contributes articles in Tamil and English on Science, Hindu Religion, Tamil Culture and Language to newspapers, Magazines and Journals.

Writes Short Stories, Poems and Reviews of books, Bharatha Natyam, Musical and Instrumental Performances for Newspapers.

Radio and TV broadcaster, Program Conductor, Interviewer.

Public Speaker, Debater and Conductor of various stage programs.

Writer and Director of Stage and Radio Plays.

Conducted many workshops and Presented papers at many International Con- ferences in Canada, USA, Switzerland, Netherlands, Sri Lanka and India.

Social Worker Advisor to Students and families.

Thiru K. Thirukumar

Thiru K. Thirukumar has worked as a journalist in Sri Lanka from 1983 – 1984 for premier Tamil daily Virakoasi. Since living in USA and Canada, he has de- voted on the journalism path for well over two decades as writer-curator of several news portals and as contributing writer to Monsoon Journal.

Our Tax Dispute Resolution Services with CRA:

- Adjustments, Audits and Appeals
- Voluntary Disclosure Program (VDP)
- GST/HST New Housing / Rental Rebate (NHR/RRPR)
- Negotiate Collection, Garnishment and Payment Plan
- Taxpayer Relief
- Non-Resident Tax
Exemplary contributions in Editorial & Sports Feature Writing

Tashvir Narine

Tashvir Narine has been part of the MJ Team over seven years. He originally started with the Monsoon Journal as a sports contributor, focusing on his passion of cricket. Over the years, Tash has provided editorials on various subjects, including finance, religion and also represented the Monsoon Journal in the Greater Toronto Area. Born in Trinidad & Tobago, Tashvir and his family immigrated to Canada in 1996 where he attended the University of Toronto Scarborough Campus. He holds a Bachelor of Science from University of Toronto and it was also at that time that Tash developed an interest in journalism. Although he currently works in the mortgage world, Tash has over ten years working with one of Canada’s five major banks. He has performed various roles including customer service, product operations and management. He is dedicated to professionalism and commitment, and has been providing high quality contributions to Monsoon Journal publications.

Exemplary contributions in Science Feature Writing

Dr. Uthayan Thurairajah, Ph.D

Uthayan Thurairajah, PhD, RSE, LC, PEng, FRC, is a Project Manager at WSP with over twenty years of experience in Electrical Engineering and Lighting field, and he also holds a part-time lecturer & Stewart position at Ryerson University & part-time professor at Centennial College. Dr. Uthayan is a member of several Canadian and international professional associations including Professional Engineers Ontario (PEO), Illuminating Engineering Society of North America (IESNA), International Municipal Signal Association (IMSA), Academy of Integrative Health and Medicine (AHHM), and Association for Prevention Teaching and Research (APTR). He is a qualified Professional Engineer (P.Eng.), and Fellow of Engineers Canada (FEC). He is also an internationally Qualified Lighting Professional (FLC), Roadway Lighting Specialist (RLS), Traffic Signal Inspector (TSI), Work Zones Safety Specialist (WSS) as well as Certified University Professor in Canada & United Kingdom (UTDP & SEIDA). He sits on various committees that set National Lighting Standards and are at the forefront of lighting science and technology. He continues to play a significant role in the development and implementation of ideas that influence both local and global lighting standards. He has worked on multi-disciplinary lighting and electrical projects for various clients. He is a researcher, frequent presenter and passionate about integrating science and health into the lighting design. He has extensive experience with the design, contract administration, quality verification engineering, construction supervision and project management of electrical and lighting projects in Canada and overseas.

He is an old student of Manipay Hindu College. After moving to Canada, he attended Midland Avenue C.I. and received Ontario Scholar. He completed undergraduate studies in Electrical Engineering (B.A.Sc) Honors with Co-op at the University of Windsor. He conducted his Master of Science (M.Sc) degree in Architectural Lighting Design at the Royal Institute of Technology (KIT), Sweden with a scholarship, and subsequently, completed his Doctor in Philosophy (Ph.D) in Light and Health. He also made his postgraduate degree in Lighting Design & Light Pollution Research at Ryerson University. He has published over 50 articles and academic papers in journals and presented over 25 papers at the national and international conferences. He has received several academic, professional and service awards and certificates from various Institutions in Canada, USA, UK, Sweden, Denmark, Germany, Samoa, India and Sri Lanka. He also donates his time to numerous professional and community volunteer service activities. He has published several books in Tamil and released songs & speeches in DVDs.

Exemplary contributions in Education and Learning skills Feature Writing

Janani Srikantha

Janani Srikantha is a certified teacher, speaker and workshop facilitator. Experienced with the Ontario curriculum and the International Baccalaureate. She is knowledgeable on integrating technology to redefine learning that is inclusive of all students. Janani has led workshops for teachers and parents on topics that address different facets of education including literacy and inquiry-based learning. As a true believer in the adage ‘learning never ends’, Janani is currently exploring and practicing mindfulness in the classroom, so that she can help her students to embrace social-emotional learning. Janani follows her passion for teaching and travelling by working at international schools.

For more information, please visit Thinkshift Edu on Facebook.

Exemplary contributions in Editorial & Special Events Writing

Krishni Narine

Krishni Narine is the Community Development Manager at the Scarborough Rouge Hospital Foundation where she connects with stakeholders to support healthcare in Scarborough through fundraising events and community outreach. She has a passion for creating new relationships and has done several public speaking engagements to various audiences.

Krishni graduated with Honours from University of Toronto- St. George campus in History and Political Science. She also holds a post graduate management certificate in Human Resources from Seneca College.

Krishni has been contributing to Monsoon Journal since its inception in multiple capacities through the publishers desk and reporting on special events.

Exemplary contributions in Culinary Arts Feature Writing

Rajini Nathan

Rajini Nathan was born in the UK, completed part of her education in South India and moved to Canada in 2016 where she lives with her husband and daughter.

At the age of 17, she became the first Tamil TV and radio host born in the UK. She is a psychologist as well as a Bharathanatyam teacher and an active member of her local church in Toronto where she mentors young women and participates in their Sunday worship band. She loves making traditional Tamil food from Malaysia, to South Indian and Jaffna styles of cooking. She also coordinates cooking classes for people keen to learn more about Tamil food.

Follow her on Instagram @tamil_food
Journal since 2011.

Niranjini Thirunesan was born in London, UK and is where she currently resides. After completing her BSc in Human Biology, she qualified as a professional chef, working in restaurants from fine dining to strictly vegan. She works within the wine industry, helping on/off-trade clients and caterers create bespoke wine lists for events while food pairing to suit their event menus.

Harrish Thirukumaran

Harrish Thirukumaran is a 2019 Master of Public Policy candidate at the University of Toronto’s School of Public Policy and Governance. Some of his policy interests include international affairs, Indigenous policy and innovation and public policy. Harrish previously worked at all three levels of government in Canada, namely Indigenous and Northern Affairs Canada, the Regional Municipality of Niagara and the Ministry of Transportation Ontario.

He completed his Honours Bachelor of Arts in Political Science with a concentration in Public Administration at Brock University. Harrish has provided contributions on a host of topics such as international affairs and Tamil community events in Toronto to the Monsoon Journal since 2011.

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

David Joseph is a Financial Consultant with Investors Group Financial Services Inc. in Toronto. David has a M.A. in Economics and holds Certified Financial Planner (CFP) and Chartered Life Underwriter (CLU) designations. David is committed to one-to-one service excellence and providing comprehensive financial advice on retirement planning, insurance, tax planning, cash flow management, investment planning and estate & succession planning to individuals and businesses. He has solid presentation skills and has conducted several corporate and public seminars on general financial planning topics.

Insurance products and services distributed through I.G. Insurance Services Inc. Insurance license sponsored by The Great-West Life Assurance Company.

Santosh Kumar Nair

Santosh Kumar is from Chennai, India. He graduated in Structural & Foundation Engineering from the Univ. of British Columbia, Vancouver, B.C. Taught for 6 years in the Engineering Faculty of Annauniversity, 6, India. Been in Canada for over 30 years. Worked as Professional Engineer for over 30 yrs. in Canada before taking early retirement and been involved in Voluntary work ever since.

Was a Member of the Board of Indian Immigrant Aid Services and the South Indian Cultural Organization, Bharathi Kala Manram from 1971-91. Involved with the Temple doing voluntary work on the Public Relations area since 2012. Was responsible for bringing The Ganesha Temple as one of 15 centres approved by the Richmond Hill Heritage Council, as part of their Doors Open event since 2015.

For over 10 years, I have been giving talk on Basics of Hinduism and conduct a tour at both Richmond Hill Ganesha Temple and Vashnu Mandir on an average of 45 to 50 times during an academic year. I give lecture and tour to York Regional Police also who visit the temple once a year as part of their Places of Worship Tour, designed mainly to enhance the cultural awareness to the Police Force.

Work with MPs, MPPs and Richmond Hill Councillors in arranging, Hindu Cultural events like the classical Indian Bharathanatyam Dance and application of Mehndi/Henna for the visitors, during their annual summer BBQs and other community events involving multicultural activities.

Since mid 2015, have been contributing articles on Hindu Festivals and other valued aspects of Hinduism to the Monsoon Journal, thanks to the opportunity given by the Editor/Publisher Mr. Velumailum Loganathan.

Was a member of Richmond Hill Mayor’s Intercultural Advisory Council and Cultural Leadership Council.

Recipient of “Most Outstanding Senior Citizen Award – 2017” from the Member of Parliament for Richmond Hill, Hon. Majid Jowhari and “Outstanding Ward 3 Volunteer Achievement Award – 2017” from the Ward 3 Councillor Castro Liu.

Kidambi Raj

Originally from Chidambaram, South India. Obtained Master of Applied Science in Structural & Foundation Engineering from the Univ. of British Columbia, Vancouver, B.C. Taught for 6 years in the Engineering Faculty of Annauniversity, 6, India. Been in Canada for over 50 years. Worked as Professional Engineer for over 30 yrs. in Canada before taking early retirement and been involved in Voluntary work ever since.

Jeavana Sritharan recently completed her doctoral degree in Medical Sciences (Occupational and Cancer Epidemiology) with the University of Toronto and Occupational Cancer Research Centre at Cancer Care Ontario. Her doctoral research was primarily focused on investigating the occupational etiology of prostate cancer in Canadian men.

She is currently working with the Occupational Cancer Research Centre on research related to occupational surveillance and cancer epidemiology. Prior to this, she completed a Master’s Degree in Health Sciences (Community Health) at the University of Ontario Institute of Technology, and a Bachelor’s Degree in Nursing from the University of Ottawa. Jeavana aims to provide new knowledge on cancer risk factors to strengthen cancer prevention strategies and ultimately reduce the burden of cancer. She is also involved in other health projects related to mental health, disparities in health outcomes, and global health education.

Andrea Shannugurarajah

Andrea Shannugurarajah is a student at McMaster University, where she is in her second year of Medical School. She is hoping to pursue a career in family medicine, and hopes that as a physician in the future, she will be able to aid and advocate for those under-served, such as immigrants and refugees in Toronto.

She has particular interests in the areas of Women’s Health, Care of the Elderly, and Immigrant & Refugee Health. These interests have developed through her volunteer and work experience, as well as her personal experiences caring for her late grandmother. Through her writing for Monsoon Journal, she hopes to educate readers about the resources available to them within the healthcare system.
Exemplary contributions in Health and Wellness & Sports Feature Writing
Dr. Shiyam Loganathan, MD

Dr. Shiyam Loganathan is an Internal Medicine Specialist, currently working at Northumberland Hills Hospital in Cobourg, Ontario and Cambellford Memorial Hospital in Cambellford, Ontario. His roles and responsibilities include acting as the admitting and most responsible physician for Intensive care, Special care, and Medical care patients, as well as consulting on a broad range of patients in the field of Internal Medicine.

Dr. Loganathan completed his medical residency in Internal Medicine at Mercy Hospital and Medical Center in Chicago, IL, USA. His training included residency rotations at St. Michael’s Hospital in Downtown Toronto and clerkships at Leonard Chabert Hospital in Southern Louisiana.

He contributes in the fields of health & sports, his lifelong passions, for Monsoon Journal as a contributing writer.

Exemplary contributions in Graphic Design
Suren Rasadurai

Suren Rasadurai is an experienced digital painter and graphic artist. Suren says he loves to paint manually as well. He is also an editorial cartoonist; his works have appeared in major newspapers in Sri Lanka. A dedicated professional with multi-faceted skills, Suren has clients in Sri Lanka and around the globe.

Exemplary contributions in Graphic Design
Gnane Gnanendran

Gnane Gnanendran joined merchant marine trade as a cadet officer after high school and became a 2nd Navigating Officer after graduating from LBS Nautical College, Mumbai in 1984. He served in the trade until 1987 and migrated to Canada to start a new life. He worked in a leading consulting engineering firm as an IT Operations staff for number of years. He is also a part-time professional photographer covering private functions.

He is an active member in the community participating in social events as a volunteer, stage performer and entertainer as well. He loves travel, photography, gardening and culinary art. Also contributes to print, web and social media.

Exemplary contributions in Web Design
Sam Daniel

Sam Daniel has been functioning as web design over the past 10 years. His website creations are professional and stunning using Joomla, WordPress, and HTML etc. He creates websites that are simple but powerful. The main goal of Sam is to make each website look like an original piece of art.

Client’s satisfaction is Sam’s top priority. Before creating the website, he gets the inputs from his clients about what they want from the website. His clients are happy and satisfied when the website is completed.

Presently he has created hundreds of websites and for his clients around the Globe.

Exemplary contributions in Management of Circulation
Meialagan Perampalam

Meialagan Perampalam

Hon. Gary Anandasangaree MP, Parliamentarian for Scarborough-Rouge Park represented the Government of Canada at the event. The Member of Parliament delivered congratulatory messages to Monsoon Journal, Mr. Siva Sivapragasam, Ms. ThulasiMuttulingam, and all award recipients and also extended greetings to the attendees and all readers of Monsoon Journal, on behalf of the Prime Minister of Canada.

From L-R: Executive Editor Siva Sivapragasam, Geetha Logan, MP Gary Anandasangaree & Logan Velumailum

Presented by Vilosanan Sivatharman, Chapel Ridge

Managing Editor & Publisher
Logan Velumailum

Logan Velumailum is very active in Real Estate Business with several years of experience and also advises clients in Financial Services. He is a member of Canadian Tamils’ Chamber of Commerce (CTCC) since its inception and has served on CTCC board prominently including as President for 4 terms. CTCC is the representative body of the Tamil Business community in Toronto, Canada.

His wealth of business experience and knowledge flows from his experience in client services for over twenty five years, originally in Insurance and later in Real Estate.

He entered into media enterprise in June 2006 and has continuously published a new edition of Monsoon Journal every month in print and on the web.
Leading Education at Affordable Tuition

Receive 100% off your application fee when you use code “MN18”

Free Information Seminar
Call or visit us online to reserve seats!

Study Medicine at ...

ALL SAINTS UNIVERSITY

Licensed graduates practicing in Canada, the USA, and the UK.
Two campuses equipped with state-of-the-art facilities.
Recognized by the WHO, ECFMG, MCC, and GMC.
Programs for high school and university graduates.
Financial aid, loans, and scholarships available.
MCAT optional for application.
Three intake semesters.

www.allsaintsuniversity.org | 416.743.9222
DEBT PROBLEMS???

JOINTLY SERVING ALL COMMUNITIES UNDER ONE ROOF

Unsettled Life due to Credit Problems!

Is Your Daily Life affected?

Worried that you will lose your House or Car!

Phone harassment from Collection Agencies!

Concern that your wages will be garnished by your creditors!

www.creditsolutioncanada.com

For All Your Problems, call for a free consultation

V. SRI
Certified Insolvency Counsellor

CREDIT SOLUTION CENTRE
Services of Trustee is available

80 Corporate Drive, Suite 309
Scarborough, ON M1H 3G5
Tel: 416.439.0224
Fax: 416.439.0226
creditsolutioncentre@gmail.com
Honda dream garage Event

2018 Civic LX Sedan
- $59/2.99% APR
WEEKLY LEASE FOR 60 MONTHS
$0 DOWN PAYMENT/ $0 SECURITY DEPOSIT

2018 CR-V LX
- $80/3.99% APR
WEEKLY LEASE FOR 60 MONTHS
$0 DOWN PAYMENT/ $0 SECURITY DEPOSIT

2018 Accord LX
- $78/2.99% APR
WEEKLY LEASE FOR 60 MONTHS
$0 DOWN PAYMENT/ $0 SECURITY DEPOSIT

All-new 2018 Accord LX
- $78/2.99% APR
WEEKLY LEASE FOR 60 MONTHS
$0 DOWN PAYMENT/ $0 SECURITY DEPOSIT

Limited time lease offers available through Honda Financial Services Inc. (HFS), to qualified retail customers on approved credit. Weekly payments include freight and PDI (ranges from $1,655 to $1,795 depending on model), tire & environmental fee ($17.50), A/C charge ($100), and OMVIC fee ($10). Taxes, licence, insurance and registration are extra. Representative weekly lease example: 2018 Civic LX Sedan 6MT (Model FC2E5JE) // 2018 Accord LX-HS Sedan 6MT (Model CV1E1JE) // 2018 CR-V LX 2WD CVT (Model RW1H3JES) on a 60-month term with 260 weekly payments at 2.99% // 3.99% // 3.99% lease APR. Weekly payment is $58.73 // $77.37 // $79.72 with $0 down or equivalent trade-in and $436 // $0 // $450 total lease incentive included. Down payments, $0 security deposit and first weekly payments due at lease inception. Total lease obligation is $15,270.61 // $20,117.00 // $20,726.61. 100,000 kilometre allowance; charge of $0.12/km for excess kilometres. PPSA lien registration fee of $45.93 and lien registering agent’s fee of $5.65, due at time of delivery are not included. **Based on Association of International Automobile Manufacturers of Canada (AIAMC) data reflecting sales between 1997 and December 2017.

Automobile Journalists Association of Canada (AJAC) 2018 Motor Trend SUV of the Year Award

Shan Sarvananthan
Sales Manager
Cell 416-720-1184
formula.honda.com

Rajah Tharmalingam
Sales & Leasing Consultant
Cell 647-833-4998

Monsoon Journal
JUNE 2018
EAGLE WOODS

Voted Best New Home Builder 21 Years In A Row

IT'S ALL HERE!

Featuring neighbouring golf course, conservation areas, waterfront trails, convenient access to 401, 407 and GO train.

FREEHOLD 2 STOREY TOWNS, SEMI’S AND SINGLES

We invite you to visit our Model Homes & Sales Office, located at 146 Sharplin Dr. South Ajax

- $10,000 - $15,000 in FREE upgrades
- Extra deep lots up to 142 feet
- Walkout Golf course lots
- Home sizes from 1,642 - 3,261 square feet
- Granite kitchen countertop
- Hardwood Floors
- No hidden costs

www.johnboddyhomes.com

PHONE: 905-619-1777
Sales office is located 1 km South of Bayly St., just off Audley Road South in Ajax
Office hours: Mon. to Thurs.: 1pm to 8pm  Sat., Sun. and Holidays: 11am to 6pm  Closed Friday
MARKHAM STOUFFVILLE HOSPITAL’S TRIUMPHANT SUMMIT TO EVEREST BASE CAMP

MARKHAM, ON (May 17, 2018) – After over two weeks of trekking, a dedicated team of Markham Stouffville Hospital (MSH) physicians, clinicians and hospital supporters took on an expedition to Mount Everest Base Camp through the Himalayan region of Nepal and successfully conquered it.

The team of 25 had only nine months to prepare for this adventure of a lifetime. They exercised a number of days each week, learned breathing techniques and geared up with all the necessary tools for the journey, all to ensure they could handle the tough terrains and varying conditions of one of the highest peaks in the world.

“Our expedition is no doubt one of the hardest, most humbling and most rewarding commitments each of us has ever done,” says Brad Morris, Board Chair, MSH Foundation. “This experience tested our personal limits… not only were there physical demands on our own fitness levels but physiology and the unknown of one’s body and ability to adapt to altitude and changing conditions were challenges too. Beyond the physical it was a mental endurance challenge.”

The entire team relied heavily on one another to persevere—some days more difficult than the other. Dr. Eileen Lougheed, a family physician, participated in MSH Foundation’s adventure to Mount Kilimanjaro in 2011, also alongside her husband Brandon and anticipated some of the medical challenges.

“In similar adventures I have been on, the typical illnesses do surface and they surface on day one. They could be as simple as skin abrasions, respiratory infection to gastrointestinal concerns and musculoskeletal,” Dr. Lougheed adds. “When packing, I typically start from the bottom up and pack all the necessary tools and medicine required that would help support the entire team.”

Prior to the start of the trek – a number of the members volunteered at Nepalese schools and medical facilities as a way to give back to the developing country. This was on top of raising a minimum of $10,000 each to support surgical care at MSH.

The team is continually fundraising and have raised nearly 80 per cent of their $750,000 goal to help MSH build a specialized “hybrid” operating room that’s expected to cut surgical wait times and improve patient care. For additional coverage and to support visit mshtrekeverest.ca.

About Markham Stouffville Hospital Foundation

Markham Stouffville Hospital Foundation exists to enable the growth of Markham Stouffville Hospital by raising funds and awareness for its ongoing priorities and needs. Government can’t fund all of the hospital’s needs. Donations from the community fund life-saving medical equipment that helps to ensure the delivery of first-class health care at Markham Stouffville Hospital.
Crystal Saverimuttu, an impressive young woman who has faced despair and come back stronger and wiser. We can all learn from her wisdom when facing adversity ourselves – when supporting a loved one who has had a traumatic health event.

Last summer, Crystal was living a busy life. She had a successful career as an internal auditor and was planning her wedding to take place in October. Then, in August 2017, Crystal was diagnosed with a quickly growing rare tumor on her brain stem, after reporting some strange visual symptoms. Learning she had a tumor was horrifying news, but Crystal had little time to worry. Surgery was set up to remove the tumor and the wedding was indefinitely postponed.

The tumor was successfully removed, but unfortunately for Crystal, she developed a blood clot, which caused a number of neurological problems, much like a stroke. She was partially paralyzed and permanently lost her hearing in one ear.

**How she is doing now**

Initially treated at St. Michael’s Hospital, Crystal came to Providence Healthcare for occupational and rehab therapy. In the months since her surgery, she has made dramatic progress. She has no facial paralysis now, and is regaining her strength. She is walking, but is still having trouble with balance.

No longer an in-patient, she comes to Providence from home regularly to continue her therapy and is hoping her balance will be sufficiently improved by October so she can return to work.

Crystal continues to have anxiety and panic attacks, which drain her energy, but she is working with her neuropsychiatrist and recognizes she is still a work in progress. As she says: “Providence has shown me the basics of how to start getting my life back to normal (75 per cent) and now I have to put in the work to achieve the rest (20 per cent) while learning to accept I can never be 100 per cent because I will always face some issues.”

What you should know

Crystal wants people to know that Providence creates the perfect environment for finding one’s strength and she urges people to make donations to help more people like her.

“I can’t say enough about Providence,” says Crystal. “As soon as you are introduced, everybody knows you, All the little things are handled so you can concentrate on what really matters – building physical and mental strength. Everyone on your care team is a coach and a cheerleader, giving you support so you believe that your goals are achievable. You can be yourself. No pretending and no judgements, compared to the outside world. It’s just a very positive environment for doing the hard work you have to do.”

**A positive outlook is essential**

When Crystal tells her story, you get a feel for her wonderful sense of humor and positive outlook. Of her 12-hour surgery, she says: “It was the best sleep I’ve ever had!” Of the hair cut the surgeons gave her (they shaved off a portion of her beautiful long hair), she says: “They are very good surgeons, but very bad hairdressers!” That positive view of the world would become one of the most important factors in her recovery and something she continues to work on.

**The role of friends and family**

Crystal talks about the importance of hope and willpower, and the essential role that friends and family can play in recovery by demonstrating their understanding and patience – and holding back judgement. “It’s understandable that families and friends want to see their loved one back on their feet, living a normal life, so they tend to push them, and that breaks down patients’ belief in themselves. People need to understand that a person who is recovering from a major illness might not look sick anymore, but they may not be able to do things at the same speed as before – and that is distressing to them. What they need is love and encouragement so they can regain their mental strength and fight for their physical strength. Show them kindness and gentle support, even when it is trying your patience,” she says.

If Crystal’s story has touched you, please consider making a gift to Providence. Contact Joanne Tsang, Associate Director, Major and Planned Gifts, at 416-285-3669 or jtsang@providence.on.ca.

Providence Healthcare is a leader in providing rehabilitation, long-term care, palliative care and community programs in Toronto. To learn more, visit www.providence.on.ca.
Residents and partner providers come out for second Community Forum

Scarborough and Rouge Hospital held its second community forum on April 25. Like the first meeting in February, it was another engaging evening with lots of great discussion and input.

More than 60 people came together to get an update on planning for future facilities, and to review drafts of several planning components, including the hospital’s mission, vision, and values; strategic directions; and a permanent hospital name and tagline.

The feedback staff received helped to provide a different perspective on the work in development, and ensured that the planning process truly listens to the voice of Scarborough’s community.

Community members shared that:
- The hospital plays a pivotal role in meeting the needs of its local community.
- Hospital planning should align with provincial priorities, including how services are delivered across different points of care.
- Patients and care delivery should be incorporated within the mission statement.
- The Hospital should take a bold approach to planning.

The hospital also held focus groups to review plans and ideas with community health service providers. Representatives from 24 organizations shared their feedback and insights during four sessions. Thank you to Carefirst, TAIBU Community Health Centre, and the Toronto Public Library for hosting these sessions.

What’s coming next?

Scarborough and Rouge Hospital’s Annual General Meeting.

Save the date: Thursday, June 28

The hospital Board of Directors is excited to reveal your community hospital’s permanent name and logo, and launch a new strategic plan.

Find more details about the AGM at www.srh-hospital.ca
By: Raymond Rajabalani

Man was contemplating jumping to his death until a commuter stepped in at the right time.

Aeron Soosaipillai, 20, recently received a safety award from Metrolinx for saving man’s life.

On his regular morning commute from Pickering to Union Station in early April, Ryerson University student Aeron Soosaipillai happened to glance out the GO train window and noticed a man teetering on the side of a rail bridge over St.Clair Avenue East. The sight gave him a sick feeling in the pit of his stomach.

“No one can just be chilling there like that,” said Soosaipillai, recalling what was going through his mind at the time as he received a safety award from Metrolinx last April at its headquarters on Front Street West.

As the train pulled into the Scarborough GO station that day, Soosaipillai says he got the sense he was the only passenger to notice the man, so he burst out of his seat.

“I pointed to the rail and said, ‘You’re never going back there, okay?’”

Aeron Soosaipillai to the man on the bridge

“The doors took a while to open and when they did I ran down the platform toward him. I took off my bag and my jacket and walked across the tracks and started talking to him,” he said. The man did not want to talk, Soosaipillai said. Instead, the man swore at him and continued edging farther away toward the middle of the bridge. Soosaipillai kept talking to the visibly distraught man.

Man handed Soosaipillai his son’s baby shoe

“I told him about my problems. I said we can get through this together,” he said. By that point, police had started closing off the road below. It’s at that point when the man handed Soosaipillai something very personal. “It was a baby shoe” belonging to the man’s young son, he said. “He said, ‘Just do one thing for me. Tell him that I love him.” Soosaipillai recounted.

“I can’t do that for you. You have to tell [your son] that every single day of your life,” Soosaipillai remembers replying.

“I was thinking about him and his kid at that point,” Aeron Soosaipillai

That exchange was enough to persuade the man to accept Soosaipillai’s helping hand.

“He put his arms up and at that point I just grabbed him,” he said. Hoisted back to safety, the two men sat on the side of the tracks and cried. “I was thinking about him and his kid at that point, you know what I mean?” Soosaipillai said.

“Then I pointed to the rail and said, ‘You’re never going back there okay? Things are going to go up from here.’”

“The whole world needs people like Aeron,” Metrolinx spokesperson, Anne Marie Aikins at the award ceremony on Thursday April 19.

“It was an inconvenience for him to get off that train and he did.”

GO Trains and their infrastructure are sadly popular destinations for people looking to commit suicide, she said. Often, unfortunately, it’s a means people use to end their lives when they’re desperate, and this man was clearly desperate,” she said.

“Hero” is a label Soosaipillai finds cumbersome.

“It’s not something I could have ever pictured myself doing. I’m not sure how I did it,” he said while receiving his award.

He ended the ceremony with this message:

“It’s in all of us. Even when you think it’s not. We should just try our best to do the best.”

Source: Ali Chiasson
CBC News Posted: Apr 26, 2018

THE TIMELY ACTION OF A SRI LANKAN TAMIL YOUTH SAVES LIFE OF A TORONTO MAN

Aeron Soosaipillai didn’t hesitate to walk off the platform, onto the train tracks and toward the man on the bridge, eventually pulling him to safety

Soosaipillai received a safety award Thursday from Metrolinx board member Anne Golden
New novel about Tamil asylum-seekers reveals Canada’s ‘split personality’ about refugees

I am Sri Lankan and my father is Tamil, I was feeling this psychic distance and this great psychic tension, but also feeling very connected to these people—\textit{Sharon Bala}

It struck me how capricious the system is. When you do arrive, and what mood are we in? Canada’s shifting attitudes toward refugees and immigrants.

Sharon Bala was born in Dubai to Sri Lankan parents, and emigrated to Canada as a child. Last year she won the prestigious Writers’ Trust McClelland & Stewart Journey Prize for her short story “Butter Tea at Starbucks.”

Journey Prize for her short story “Butter Tea at Starbucks.”

Sharon Bala with Michael Enright at the CBC in Toronto

Sharon Bala

A Sri Lankan father and son attempt to make it to Canada in spite of the country’s security concerns regarding refugees in Sharon Bala’s new novel, “The Boat People.”

Among the 155 Tamil refugees found floating off the coast of Newfoundland in 1986 were a handful of women and children. They are pictured here leaving the Leonard J. Crowley after docking in St. John’s.

The book opens with the arrival of the MV Sun Sea, inspired by the real-life events.

How the refugees on the boat view Canada before they disembark

In [the novel]’s first scene, they’re saying, “Land is close. Who will get us first? Will it be America or Canada?” I’m pretty sure I get that from something I read from the real people on the MV Sun Sea. They had been saying to each other, “Fingers crossed. It was, Fingers crossed. The it’s not. Canadians won’t intercept us.” Which is ironic.

In that scene, when they realize it’s Canada they’re coming to and not America, they start cheering—part of that is a cheer of, “We have made it.” But part of it is, “We’re coming to the good country, the one that’s going to take care of us.”

Why two characters blocking refugees come from immigrant background?

It’s not exactly that really happens. I sometimes joke that one of the subtitles of the book could be, “Everyone’s a bit rite, but there’s a point.”

My cousin and I were just talking about how sometimes the people who are hardest on new immigrants, newcomers, are old immigrants. I think that can happen even in the space of one generation. I believe you can be a refugee who arrives at the border, who seeks asylum, who gets in. A few decades later, you just kind of look back and say, “Well, I don’t know about those Syrians. Can we really trust them?”

But I think that’s not talked about often in public. Some of us in the immigrant community know that amongst ourselves, but we don’t often speak about it, so I wanted to show it in this way.
People talk about the options life presents—different lifestyles, different careers, different hobbies. What’s less often understood is that life makes demands that are not optional, says Prem Rawat, who has been recognized in several nations as an Ambassador for Peace.

“What is not an option in life,” he says, “is to feel complete—to feel joy, to feel clarity, to understand. Life is not a concept. Life is not somebody’s idea. It’s something real.”

To illustrate what he means, Mr. Rawat tells the story of King Solomon and the infant whom two women claimed.

“Once in the court of King Solomon, who was a very wise ruler,” he says, “two women arrived with a baby each said was hers. After hearing all the bickering between the two, King Solomon asked for a sword.

“The king said since it was obvious both women wanted the baby, ‘What we’ll do is just split this baby in half. We’ll give one half to you and one half to you.’ They were both very quiet until the sword was brought.

As soon it was lifted, one of the women said, ‘Let her have the baby. Don’t split it. Let her have it.’

“King Solomon put the sword down and said, ‘Give the baby to the woman who spoke. This baby belongs to her.’

“Now, what’s the point of this story? For the real mother, half a baby was no option. Because she truly was the mother, it was in her interest that her baby live. That’s what mothering is all about.

“In the same way, life offers no options. It’s afoot. It’s happening. Do you feel a demand for peace within you? What demands peace is life itself. We need to have peace for as long as we are alive.”

In fact, Mr. Rawat says, this is what it means to be alive: to understand the urgency of that request, to understand what this life really needs. Who am I? What do I really need? What are the components? What are my necessities? What are those needs without which, no matter how complete I try to be, I still feel incomplete?

“What has happened to us?” Mr. Rawat asks. “Illusion has become reality, and reality has become illusion. Oh, peace,” people say. ‘I’m not into that stuff.’ Really? Peace should be our first priority. What’s happening? People are trying to preserve the institution of marriage, and yet marriages are falling apart left and right. Why, I wonder? Could it be because parents don’t understand their children, and children don’t understand their parents?

“I’m not talking about having good manners. I’m talking about having respect. Human beings have no respect for other human beings—and respect for others only comes when we have respect for ourselves.”

When rain comes to the desert, he says, millions of seeds that have been waiting beneath the soil understand that their time has come. No one needs to tell them to wake up. The rain has come. This is what they were waiting for, and the desert blooms.

In the same way, Mr. Rawat says, “I talk about the rain of understanding, the rain of knowledge, the rain of clarity. When that rain has come, it’s time for the flowers in this desert of the heart to bloom. Without that rain, we remain a desert. Without love, without feeling, without understanding, without respect, who are we?

“Of all the accomplishments we can have in life, which one is the most important? If we can be in touch with this magic called life, then we will know what life demands. Life demands peace. That’s when life can dance. That’s when it can flourish. That’s when it can be; that’s when it can expand. That’s when it can be filling. Without that, all we have is fear.”

To learn more about Prem Rawat:

1 877 707 3221
416 431 5000 Tamil
416 264 7700 Hindi
www.wopg.org
www.tprf.org
www.premrawat.com
www.timelesstoday.com
ARUBA: ONE OF THE WORLD’S BEST HOLIDAY DESTINATIONS
(It lives up to its nickname ‘The Happy Island’)

C. Kamalaharan

My long felt desire of visiting one of the Caribbean Islands became a reality in March 2018 when my wife and I joined my daughter’s family on a memorable trip to that enchanting island. It was only a four and a half hour flight to the island from New York. As the plane descended I was able to see the brownish coastline with patches of greenery among the populace. As the plane touched the tarmac and wheeled towards the terminal building my heart began to beat fast in anxiety at the thought of setting foot on the island referred to as paradise on earth.

Walking out of the building I saw the area swarming with tourists busy shopping. Hiring a taxi we left for the Hilton hotel to be warmly received by the ever courteous staff who kept in readiness glasses of champagne. Being teetotallers we opted for the purified lime water that was also ready to be served.

As all the normal rooms were occupied we were fortunate to be accommodated for a day in the luxurious pent house. What a panoramic view of the different shades of the greenish blue ocean high above the palm trees, buildings and cabanas (tourists’ huts)!

Far below we saw water cascading over rock forming a pool, children and adults splashing and swimming in the pools, milling crowd everywhere; in restaurants, in juice and ice cream parlours and along the stretch of white sand beach. We presumed that those fascinating sights were preludes to what were in store for us. To cater to the continuous arrival of tourists there are many such luxurious hotels walking distance from the beach. There are also secluded luxury accommodations further into the interior of the island.

Located just eighteen miles North of Venezuela the first known inhabitants of Aruba were the Caiquetio Indians from Venezuela. Being primitive settlers they depended on the sea for their survival by fishing and hunting. In 1499 a Spanish explorer discovered Aruba and brought the island under Spanish control for 157 years. Due to Aruba’s strategic location the Dutch occupied the island in 1636. Later the Netherlands took it back.

Aruba now remains a constituent country of the kingdom of Netherlands.

Foreign affairs and national defence are still controlled by the kingdom. But all internal affairs including laws, policies and currency are under the control of the Aruban country. There are ninety nationalities representing a population of 110,000 and one third of the population lives in Oranjestad, the capital of Aruba which is always bustling with activity particularly when cruise liners arrive.

Tourism is Aruba’s No 1 industry. It now accounts for around 75 percent of the country’s gross national product. Due to this the people of Aruba enjoy a healthy economy, an excellent educational system and a very low unemployment rate.

As a result everyone comes under the middle class category, thereby controlling the cost of living and social classism, reducing inequality and offering quality of life throughout the island. In a land flowing with milk and honey it’s no wonder Aruba offers remarkable array of attractions and activities to lure every traveller visiting the island.

The beach is always lively, full of amusements particularly during the evenings. While the elders stroll gaily along the sandy shores children engage themselves in a variety of activities: beach ball games, build sand castles or sculptures, kite flying, bubble blowing and running along the beach or dabbbling their feet in sea water. It’s also a pleasant sight to see tourists moving about in rowing boats or travelling in sailing boats. At sunset the beach is crowded with photographers focusing their lenses to capture the spectacular sunset directly opposite to where they stand.

A few steps interior from the beach the elderly play beach volleyball in the sandy court while others lie on lounge chairs enjoying sunbath or engaging in silent reading. A few others relax in cabanas sipping liquor. The swimming pools in all hotels are full of activity and excitement. While children splash, dabble and swim in the pools the elderly either relax enjoying sunbath or engaging in silent contemplation. While others lie on lounge chairs reading. A few others relax in cabanas enjoying sunbath or engaging in silent reading.

A few steps interior from the beach the elderly play beach volleyball in the sandy court while others lie on lounge chairs enjoying sunbath or engaging in silent reading. A few others relax in cabanas sipping liquor. The swimming pools in all hotels are full of activity and excitement. While children splash, dabble and swim in the pools the elderly either relax enjoying sunbath or engaging in silent contemplation. While others lie on lounge chairs reading. A few others relax in cabanas enjoying sunbath or engaging in silent reading.

A few steps interior from the beach the elderly play beach volleyball in the sandy court while others lie on lounge chairs enjoying sunbath or engaging in silent reading. A few others relax in cabanas sipping liquor. The swimming pools in all hotels are full of activity and excitement. While children splash, dabble and swim in the pools the elderly either relax enjoying sunbath or engaging in silent contemplation. While others lie on lounge chairs reading. A few others relax in cabanas enjoying sunbath or engaging in silent reading.

A few steps interior from the beach the elderly play beach volleyball in the sandy court while others lie on lounge chairs enjoying sunbath or engaging in silent reading. A few others relax in cabanas sipping liquor. The swimming pools in all hotels are full of activity and excitement. While children splash, dabble and swim in the pools the elderly either relax enjoying sunbath or engaging in silent contemplation. While others lie on lounge chairs reading. A few others relax in cabanas enjoying sunbath or engaging in silent reading.

A few steps interior from the beach the elderly play beach volleyball in the sandy court while others lie on lounge chairs enjoying sunbath or engaging in silent reading. A few others relax in cabanas sipping liquor. The swimming pools in all hotels are full of activity and excitement. While children splash, dabble and swim in the pools the elderly either relax enjoying sunbath or engaging in silent contemplation. While others lie on lounge chairs reading. A few others relax in cabanas enjoying sunbath or engaging in silent reading.

A few steps interior from the beach the elderly play beach volleyball in the sandy court while others lie on lounge chairs enjoying sunbath or engaging in silent reading. A few others relax in cabanas sipping liquor. The swimming pools in all hotels are full of activity and excitement. While children splash, dabble and swim in the pools the elderly either relax enjoying sunbath or engaging in silent contemplation. While others lie on lounge chairs reading. A few others relax in cabanas enjoying sunbath or engaging in silent reading.

A few steps interior from the beach the elderly play beach volleyball in the sandy court while others lie on lounge chairs enjoying sunbath or engaging in silent reading. A few others relax in cabanas sipping liquor. The swimming pools in all hotels are full of activity and excitement. While children splash, dabble and swim in the pools the elderly either relax enjoying sunbath or engaging in silent contemplation. While others lie on lounge chairs reading. A few others relax in cabanas enjoying sunbath or engaging in silent reading.

A few steps interior from the beach the elderly play beach volleyball in the sandy court while others lie on lounge chairs enjoying sunbath or engaging in silent reading. A few others relax in cabanas sipping liquor. The swimming pools in all hotels are full of activity and excitement. While children splash, dabble and swim in the pools the elderly either relax enjoying sunbath or engaging in silent contemplation. While others lie on lounge chairs reading. A few others relax in cabanas enjoying sunbath or engaging in silent reading.

A few steps interior from the beach the elderly play beach volleyball in the sandy court while others lie on lounge chairs enjoying sunbath or engaging in silent reading. A few others relax in cabanas sipping liquor. The swimming pools in all hotels are full of activity and excitement. While children splash, dabble and swim in the pools the elderly either relax enjoying sunbath or engaging in silent contemplation. While others lie on lounge chairs reading. A few others relax in cabanas enjoying sunbath or engaging in silent reading.

A few steps interior from the beach the elderly play beach volleyball in the sandy court while others lie on lounge chairs enjoying sunbath or engaging in silent reading. A few others relax in cabanas sipping liquor. The swimming pools in all hotels are full of activity and excitement. While children splash, dabble and swim in the pools the elderly either relax enjoying sunbath or engaging in silent contemplation. While others lie on lounge chairs reading. A few others relax in cabanas enjoying sunbath or engaging in silent reading.

A few steps interior from the beach the elderly play beach volleyball in the sandy court while others lie on lounge chairs enjoying sunbath or engaging in silent reading. A few others relax in cabanas sipping liquor. The swimming pools in all hotels are full of activity and excitement. While children splash, dabble and swim in the pools the elderly either relax enjoying sunbath or engaging in silent contemplation. While others lie on lounge chairs reading. A few others relax in cabanas enjoying sunbath or engaging in silent reading.

A few steps interior from the beach the elderly play beach volleyball in the sandy court while others lie on lounge chairs enjoying sunbath or engaging in silent reading. A few others relax in cabanas sipping liquor. The swimming pools in all hotels are full of activity and excitement. While children splash, dabble and swim in the pools the elderly either relax enjoying sunbath or engaging in silent contemplation. While others lie on lounge chairs reading. A few others relax in cabanas enjoying sunbath or engaging in silent reading.
Liberal Candidates
Standing up for Scarborough!

RE-ELECT
Lorenzo Berardinetti
Scarborough Southwest
votelorenzo.ca

Mitzie Hunter
Scarborough-Guildwood
votehunter.ca

Chin Lee
Scarborough North
chinlee.ca

For nearly 30 years, Lorenzo has served his community as an elected representative, standing up for the issues that matter most to working families in Scarborough Southwest. First as a City Councillor and then as MPP, Lorenzo has delivered better and more affordable transit for residents, enhanced health and mental health services at Providence Healthcare, and increased work protections for all. Lorenzo fought for more affordable housing options and rent controls for all renters, while safeguarding the investment of existing homeowners. A strong advocate for people of all abilities, Lorenzo has worked closely with organizations like Variety Village to support their great programming and facilities. Lorenzo has also worked towards stronger customer protection measures, in addition to establishing the Bangladeshi Heritage Month in Ontario.

Mitzie has dedicated her career to public service. First elected as the MPP for Scarborough-Guildwood in 2013, Mitzie has delivered two way, all day GO service and reduced GO fares to $3 per trip. Mitzie most recently served as the Minister of Advanced Education and Skills Development, where she increased access to education by implementing free tuition for over 235,000 college and university students. She previously served as Minister of Education implementing Ontario’s first ever action plan to make classrooms more fair for students from diverse backgrounds; reduce class sizes and increase special needs funding.

Before entering politics, Mitzie was CEO of the Greater Toronto Civil Action Alliance. She also worked with Toronto Community Housing to advocate for more quality affordable housing across the city.

Chin Lee has been serving the Scarborough North community since 2006 as the Toronto City Councillor for Ward 41 (Scarborough-Rouge River). He has worked hard to deliver better transit, affordable housing, programs for youth, and to reduce crime and make our community safer. Lee first got involved in public life when he served as the President of the Goldhawk Community Association and co-founded the Scarborough Homeowner Alliance for Fair Taxation, helping to reduce property taxes for over 90% of North Scarborough homeowners. He understands that working together we can build strong communities.

RE-ELECT
Mazhar Shafiq
Scarborough Centre
mazharshafiq.ca

Sumi Shan
Scarborough-Rouge Park
sumishan.ca

Soo Wong
Scarborough-Agincourt
votesoowong.ca

An engineer by trade, Mazhar worked to ensure highway safety in Pakistan and the safety of cars produced in Canada after immigrating here with his family.

He has served as a senior advisor to Premier Kathleen Wynne since 2013. A community leader, Mazhar is an active supporter of several charities and community groups, such as the Muslim Welfare Centre and the International Development & Relief Foundation. He has championed improved transit and more investments for the Scarborough Rouge Hospital.

He is a former school council chair of his two sons’ schools and ran a number of programs for youth.

Sumi Shan is a partner and managing director at Infinite Enviro Solutions and founder of Niche Strategies, an international agency focused on supporting start-up companies.

Sumi has over twenty years of public and private sector experience. She has been a senior advisor to provincial cabinet ministers helping with Ontario newcomers’ economic integration and creating a more accountable government. She has also worked with senior leadership at the Heart & Stroke Foundation and with Microsoft Canada.

As the daughter of a refugee and an immigrant herself, Sumi understands the challenges families face trying to make ends meet. Watching her parents work incredibly hard instilled a lifelong commitment to public service and to improving the lives of others.

Soo Wong is the first female Chinese-Canadian to be elected to the Ontario Legislature. Soo has been a strong advocate for the Scarborough-Agincourt community, first as a Toronto District School Board Trustee spearheaded the development of the first Type 1 diabetes management policy to be implemented by an Ontario public school board.

With her background as a registered nurse, Soo worked hard as MPP to secure important health care investments for the community, such as the Ridgetowne Community Hub and additional long-term care beds at Yee Hong Centre for Geriatric Care. She has introduced a number of Private Member’s Bills, including to proclaim a Nanjing Massacre Commemorative Day, ferry Fox Day, and Children and Youth in Care Day.

YOUR VOTE MATTERS

Authorized by the Ontario Liberal Party
THIS IS ONE OF THE MOST IMPORTANT ELECTIONS IN ONTARIO’S HISTORY.

On June 7th, there is only one choice that will ensure:

- $3 GO fares from any Scarborough station and a subway extension
- Free childcare for preschoolers and full-day kindergarten
- $15 minimum wage and more protections for workers
- Free prescription medication for children, youth, and seniors
- Rent control and more affordable housing
- Lower wait times at Scarborough Rouge Hospital and Providence Health

On June 7th, VOTE for your Liberal Champions!

Authorized by the Ontario Liberal Party
NO MEDICAL UP TO $500,000

✓ $0 first month’s premium
✓ No medical exams
✓ Simple and straightforward
✓ 18-80 years can apply

MEDICAL INSURANCE FOR SUPER VISA 100% REFUND IF VISA DENIED

Sritharan Thurairajah
Chartered Life Underwriter, Certified Health Insurance Specialist

Direct: 416.918.9771
Business: 416.321.2500

10 Milner Business Court, Suite 208, Scarborough, ON M1B 3C6
Web: www.life100.ca, E-mail: info@life100.ca
MONEY PROBLEMS?

Make One Small Monthly Payment For All Your Debts

Ask Yourself?

• Are you using your Overdraft all the time?
• Are creditors constantly Threatening & Harassing you at home or at work?
• Are you struggling to pay your Rent, Mortgage or Car Payment?
• Are your financial difficulties the cause of your Marriage or Health Problems?
• Do you think your Credit Rating is in jeopardy forever?
• Are you afraid of Losing your car, house, RRSP, Stocks or any other assets?
• Do you have Court Orders against you?
• Are you having any trouble with Government (CRA) about personal tax or any other tax issues?

If your answered “Yes” to any of the above questions then you should contact us for a Private & Confidential meeting with one of our Govt. Registered Counsellor

Scarborough / Downtown Toronto: 416-489-2000
Mississauga / Brampton: 416-650-5400

Visit : GtaCredit.Com

Proudly Served over 10,000 clients since 2004
CHANCE FOR
THE BETTER

Zeyd Bismilla
Scarborough Centre

Doly Begum
Scarborough Southwest

Felicia Samuel
Scarborough—Rouge Park

Dwayne Morgan
Scarborough North

VOTE THURSDAY
June 7

ontariondp.ca

Authorized by the CFOs for the Scarborough Centre NDP, Scarborough Southwest NDP, Scarborough—Rouge Park NDP, and Scarborough North NDP
CHANGE FOR THE BETTER

Drug and dental coverage for all Ontarians

Thousands of hospital beds and an end to hallway medicine

A hydro plan that cuts bills by 30% and puts Hydro One back into public hands

Have those at the very top pay their fair share: The most profitable corporations; those who earn $220,000 or more; those who buy luxury vehicles; and those who speculate in the housing market

A plan to take on student debt by converting new provincial student loans to grants, plus eliminating and refunding interest

ontariondp.ca

VOTE THURSDAY, JUNE 7
Control of Temper

If you want to protect yourself, guard against your anger; for anger not controlled would lead to self-destruction. In the Book of Proverbs in the Bible the same idea is given as: 'a fool gives full vent to his anger; but a wise man quietly holds it back.' Only the man who controls his temper, where it can hurt is in fact controlling it, where his anger cannot have its sway, such an exercise is futile either way.

It is the weak man who could be easily hurt by a bully's anger. Even where it cannot hurt others, anger is bad; but where it does hurt, there is nothing worse. Only evil consequences, come out of anger, therefore anger should be avoided at all cost. In ‘Paradise Lost’, Milton speaks of anger as one of the three besetting passions of Satan - in addition to envy and despair. There is no greater enemy to mankind than anger for it kills laughter and joy. Anger not only destroys those whom it affects, like fire, but it will also burn those kindred souls, who step in to help - as a raft towards salvation.

He who sees sustenance in anger and gives way to it, will suffer evil consequences. He is like a fool who slaps the ground and hurt himself. Even if the memory of a great wrong burns one up in holocaust, it is best to strain oneself to hold back the anger. Proverbs - in the Bible gives an appropriate rendition of the idea when it says: ‘a soft answer turns away wrath, but a harsh word stirs up anger.

To an ascetic, who does not even think angry thoughts, every constructive thought result in instant success. Those who have yielded to anger and to consequent evils are like the dead; while those who have kept anger in check are like good ascetics. Bible exhorts the same idea when it spells out: ‘He that is slow to anger is better than the mighty and he that ruleth his spirit greater than the one who taketh the city.

Thaanaithankakincinankakkakavakkal, Tannaiyekollumcinam.”
(Kural: 301-310)

J.J. Atputharajah
The Jaffna in the north of Sri Lanka has its geographic personality of its own. It's bed rock is laden with limestone rocks and has underground storage of water. The major crops of vegetables living in the region are Tamils and their culture predominates. Agriculture is the main occupation of the people in the villages and well irrigation is universally practiced as there are not many rivers in the area. Jaffna is lucky in that has acquired a lot from the colonial powers who ruled the country for quite a number of years - the Portuguese, the Dutch and the British. Several schools and colleges of good standing were founded by the westerners in the region so much so that many people of the area were able to get government jobs which made the leaders of the majority community to raise the use of the Sinhala language and also promote Sinhalese culture. However there are some distinctive features of the Jaffna Region that are well worth mentioning.

A. Well-Based Irrigation:

Well irrigation is a major feature of farming in Jaffna. There are within almost all houses in Jaffna and many farmlands are irrigated with water drawn out manually from wells. In those days water was drawn out manually from wells by farmers and they were using a palmyrah trunk device to draw water. Nowadays many are using mechanical devices like machines and pumps. Due to the under- ground stores of water prevalent in this limestone area, there are vast stores of water and it is a great blessing to a region that does not enjoy heavy rain. The bottom-less well at Puttur could be utilized to irrigate large areas of land with better mechanical devices.

Agricultural Farmlands:

Agriculture is the main occupation of many village people in Jaffna. The red soiled areas of Jaffna mainly Chunnakam, Uppuveli, Kolay and Athchavel are noted for crops like tobacco, manioc, paddu, chillies, vegetables, mangoes and banana. The Jaffna farmers are noted for their hard work and they did well to produce sufficient quantities to take them for sale to various parts of the country. There are flourishing markets in Chunnakam, Chavakachcheri, Thinniveli and Jaffna where producers take their products for ready sale especially on Saturdays. During the peaceful days before the conflict and the conflict rail transport enabled the Jaffna farmer to take his produce to Colombo, Kandy and other towns for sale. His fruits like Mangoes, Jak and bananas are noted.

Fishing Centres/Bathing Spots:

Fishing is the major occupation of the people living in the coastal areas of the Jaffna Peninsula. The seas around the Jaffna Peninsula are part of the vast Indian Ocean and they abound in vast variety of fish. The Jaffna fisherman adopts a variety of methods to catch fish and has a skill that is almost unique in Lanka to catch fish. Pointo, Myliddy, Jaffna, Navanthurai, Paraiyoor and K.K.K are some of the noted fishing centres in the area. There are also bathing spots in Jaffna especially the Keerimalai Tank and Seethamal Kolam, Keerimalai hot springsha become very famous with its curative properties.

D. Education Centres:

Jaffna is endowed with a large number of well-established schools and colleges. Ceylon was under the rule of the western countries like Portugal, Holland and Britain. The missionaries started schools in Jaffna with the aim of proselytising. There are both protestant and catholic schools and they helped to educate the Jaffna students so much so that they were able to provide the educated manpower needed for Ceylon (now Sri Lanka) before the independence of the country in 1947. The private schools have always strived to maintain good educational standards. However, government schools like Jaffna Hindi College, Vembadi Girls College and Hartley College are still maintaining good standards even after the takeover in 1960. Even now even after alleged discriminations, the Jaffna student who outshines others are able to get university entrance and get chosen to work in their desired vocations. There are also large number of tutoring in the area preparing students for public examinations mainly the GCE-Advanced Level Examination. The tutry managers succeed to rope in the most popular teachers for the subjects in demand.

E. Industries in Jaffna:

Jaffna is not well developed in the industrial field. Former Tamil leader the late G.G.Ponnampalam used his influence as Minister of Industries and Fisheries to establish a few industries in the Tamil areas. The K.K.S Cement Factory, the Paralanan Chemical Industries, the Leyden Banian Factory are some of the few factories established in the peninsula. The Cement Factory ceased to operate with the outbreak of communal violence in the north. The pace of industrial development has been greatly hampered by political disturbances and intransigence on the part of political authorities. The Provincial government should take greater interest in the matter and work towards planned development in the field.

H. Religious Establishments:

Jaffna is a very active religious area. There are a variety of religious establishments mainly Hindu, Christian and Catholic. The Kandasamy Temple at Nallur is the famous one with devotees getting together there on Fridays for Pooja and other special festivals in July-August called “Thiruvizhais”. Those days are noted for business activities and Religious Street dances like “Kavadesas”. Pandals are erected near the temple to providedrinks for devotees coming in for the festivities. The car festival, the Sapparam festival and the Poongavanam draw large crowds. There are also similar temples at Sella Channathy, Namathuvam and Malvidharam. Catholic Churches adorn the peninsula at various towns like Jaffna, Siputhurai and Marakkanam were the Portuguese rule in the island. Protestant churches mainly Anglican and American Mission are found in a number of towns in Jaffna. These religious bodies also established educational institutions which accounts for the remarkable rate of literacy prevalent in the area.

I. The Palmyrah Palm:

The palmyrah palm is a distinguished feature of the natural vegetation in Jaffna peninsula. The palm is used for various purposes from age old times. The juice tapped from its flower is used to produce toddy—a very popular liquor and drink. There are several taverns situated in the area selling toddy. The latest is that toddy-tappers carry cell-phones with them and get their orders through them. The bases of the stems are used for fencing and mats. During the dry season, the internal strife trees several trees were felled down to erect bunks and now those arid areas look barren. There is a vital need for replantation and the department of agriculture in the provincial government together with the Palmyrah Development Board must take care of this problem.

J. Politics in the Peninsula:

Minority rights appear to be the main factor in the politics of Jaffna. Right from the times of independence from the British, Jaffna political parties like the Tamil Congress, Federal Party and now the Tamil United Liberation Front have always vowed with each other to win minority rights. None of them have succeeded as the successes of the Major parties in Sri Lanka depended on how well they deny the rights of the Tamils. Tamils have used various sorts of tactics including violence by the militants who even sacrificed their lives in order to win autonomy for the Tamils. Currently TULF have entered into an understanding with the major parties like the UNP and the SLFP which has contributed to the performance of the UNP. Nowadaysthe debate is about the treatment of the militanteffects after the end of the conflict. There is a vital need for replantation and the department of agri-
The Scarborough Japan Karate Association (JKA) practices the traditional art of Shotokan. Shotokan is a style of karate with a history of over 80 years. It emphasizes character development – particularly through humility, respect, compassion, patience, and inner and outer calmness. The Scarborough JKA cultivates an atmosphere where everyone works hard and enjoys themselves. Kids, youths, and adults find themselves in a disciplined, yet fun environment. Class sizes are small, which ensure more individual attention and care to each student from the instructor.

The focus of every class is not on self-defense or belt-advancement, but rather on simple techniques and the repetition of these techniques. Over time, students naturally develop the skill of self-defense.

There are many benefits to practicing karate. Students experience both physical and health benefits, such as increased flexibility, physical endurance, coordination, and concentration. Overtime, all the benefits of karate come together to form strong, independent, appreciative, and well-rounded characters. They will continue to embody the rules of Shotokan as they pursue their futures.

The **dojo-kun (rules) of Shotokan states:**

- Seek Perfection of Character
- Be Faithful
- Endeavour
- Respect Others
- Refrain from Violent Behaviour

Mr. Roy Chin Fee, the instructor at the Scarborough JKA, has been practicing Shotokan for over 40 years and teaching for over 25 years. His rank is godan (5th degree black belt), which he achieved in 2010. Throughout his training, he has travelled to Japan numerous times to train with all the top instructors at the JKA headquarters. While he no longer attends karate seminars held in Japan, he still actively attends the ones hosted in Toronto. Mr. Roy Chin Fee maintains a license rank of B-class, examiner rank of C-class, and a judge rank of B-class.

The Scarborough JKA offers one week of trial classes. The fees are very affordable. If you are interested in karate, we invite you to join us!

For more information, please call RG Education at (416) 609-9508. The Scarborough JKA is located at 5210 Finch Ave. East (Next to the Samosa King).
A great scientist declared that knowledge is complete only when it is registered in Consciousness. Scientist and Nobelist George Wald did not like accepting the idea of Consciousness. He had no choice but to take that Consciousness existed first and from it came to All Creation, the human being the most beautiful flower of this Supreme Consciousness. More and more scientists are being drawn to the idea of Primary Consciousness from which everything came and Lord Shiva who represents Consciousness, symbolizes the Cosmic Rhythm of the Universe. Shiva is the root and support of this universe, and the rhythm of his Cosmic dance is reflected in the atoms and the galaxies of the world.** THE GREAT SCIENTISTS**

Contemporary physics has bestowed that the rhythm of creation and destruction is not only obvious in the cycle of the season and the birth and death of all living beings but is also the very essence of the nothingness matter. For modern physics then, Shiva's dance is the dance of subatomic matter.** CONCLUSION:**

Science has limitation and the theory of relativity also under question now. It is another excellent example of science which has weakness and did not give a complete answer to the universal phenomena. At the end of any significant scientific experiment or during the war or incurable diseases, people pray God or leave in the hand of God. Humans cannot exceed the Mother Nature including natural disaster. People need the support of God to overcome so many challenges including human-made challenges due to hate, greed, anger, and evil will. It is important to note that Tamils played a major role to shape the science, religion, and art spirituality.

By: Uthayan Thurairajah

LORD SHIVA: CONSIDERATIONS OF THE COSMIC RHYTHM

Science has the limitation without Religion and Religion has Ignorance without Science

**LORD SHIVA DESIRES CONSCIOUSNESS OF THE COSMIC RHYTHM**

Lord of the Dance symbolically signifies the unified and dynamic interaction of the cosmic cycle of creation and destruction of the Universe.

According to the scientists, the Primary Consciousness from which everything came to exist and Lord Shiva who represents Consciousness, symbolizes the Cosmic rhythm of the Universe. Shiva is the root and support of this universe, and the rhythm of his Cosmic dance is reflected in the atoms and the galaxies of the world.

Science has the limitation, and it always needs evidence to prove the theory developed by science can be changed. The recent discovery of speed of light overturns one of Einstein’s fundamental laws of the universe.

The great scientists like Einstein, Heisenberg, Schrödinger, Bohr, and Wigner have the same conclusion about quantum mechanics.

As physicist and scientist Fritjof Capra stated, “Contemporary physics has bestowed that the rhythm of creation and destruction is not only obvious in the cycle of the season and the birth and death of all living beings but is also the very essence of the nothingness matter. For modern physics then, Shiva’s dance is the dance of subatomic matter.”

CONCLUSION:

Science has limitation and the theory of relativity also under question now. It is another excellent example of science which has weakness and did not give a complete answer to the universal phenomena. At the end of any significant scientific experiment or during the war or incurable diseases, people pray God or leave in the hand of God. Humans cannot exceed the Mother Nature including natural disaster. People need the support of God to overcome so many challenges including human-made challenges due to hate, greed, anger, and evil will. It is important to note that Tamils played a major role to shape the science, religion, and art spirituality.

By: Uthayan Thurairajah

LORD SHIVA: CONSIDERATIONS OF THE COSMIC RHYTHM

Science has the limitation without Religion and Religion has Ignorance without Science

**LORD SHIVA DESIRES CONSCIOUSNESS OF THE COSMIC RHYTHM**

Lord of the Dance symbolically signifies the unified and dynamic interaction of the cosmic cycle of creation and destruction of the Universe.

According to the scientists, the Primary Consciousness from which everything came to exist and Lord Shiva who represents Consciousness, symbolizes the Cosmic rhythm of the Universe. Shiva is the root and support of this universe, and the rhythm of his Cosmic dance is reflected in the atoms and the galaxies of the world.

Science has the limitation, and it always needs evidence to prove the theory developed by science can be changed. The recent discovery of speed of light overturns one of Einstein’s fundamental laws of the universe.

The great scientists like Einstein, Heisenberg, Schrödinger, Bohr, and Wigner have the same conclusion about quantum mechanics.

As physicist and scientist Fritjof Capra stated, “Contemporary physics has bestowed that the rhythm of creation and destruction is not only obvious in the cycle of the season and the birth and death of all living beings but is also the very essence of the nothingness matter. For modern physics then, Shiva’s dance is the dance of subatomic matter.”

CONCLUSION:

Science has limitation and the theory of relativity also under question now. It is another excellent example of science which has weakness and did not give a complete answer to the universal phenomena. At the end of any significant scientific experiment or during the war or incurable diseases, people pray God or leave in the hand of God. Humans cannot exceed the Mother Nature including natural disaster. People need the support of God to overcome so many challenges including human-made challenges due to hate, greed, anger, and evil will. It is important to note that Tamils played a major role to shape the science, religion, and art spirituality.
Dynamically diversified investing

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

As an experienced investor, you know that asset allocation is a vital strategy when it comes to assembling and maintaining your investment portfolio. Asset allocation simply means dividing your assets among different asset classes – stocks, bonds and cash. A sound asset allocation strategy takes advantage of the long-established investing fact that there always has been, and always will be, market volatility; but over the long term, markets have historically moved higher.

Diversification is an important aspect of asset allocation. A well-diversified portfolio includes a variety of assets across a number of investment categories. You avoid the motive is to smooth out risk by having the above average performance of some investments offset the below average performance of other investments. For this strategy to be effective, the assets in a portfolio must not be highly correlated, meaning that they are not expected to typically move in the same direction at the same time.

Many Canadian investors believe they are achieving adequate diversification by “buying the market” through an instrument such as an index fund. The problem with this approach is that 60% of the S&P/TSX index weight is in just three sectors: Financials, Energy and Materials – sectors negatively influenced by the ongoing slowdown in global activity. With these currently highly correlated sectors so dominant, it is difficult to offset losses through investments in relatively small, less-correlated sectors such as Healthcare.

So, achieving true sector diversification within the Canadian market is difficult at best. That is why savvy Canadian investors have traditionally sought diversification by investing in various areas of the world. But rather than taking a do-it-yourself, hit-and-miss approach to diversification, many investors are now choosing a dynamic asset allocation strategy.

• A basic static asset allocation strategy establishes a strategic mix of holdings across various asset classes and geographic regions, suited to your financial objectives and based on your goals and risk tolerance.

• By contrast, a dynamic asset allocation strategy is guided by a strategic asset allocation mix, but may adjust target allocations as market conditions change – a continuous optimization that reduces the impact of shorter-term fluctuations.

A Portfolio Fund is a grouping of financial assets held by investors and managed by financial professionals. Certain Portfolio Funds combine a long-term investment management outlook with dynamic asset allocation strategies to adapt to shorter-term market movement with the goal of managing risk and enhancing returns.

Any investment plan should be evaluated regularly to ensure it continues to be right for you as your finances and objectives evolve. Your professional advisor can help you craft the best asset allocation and diversification strategy for you and keep it on track, dynamically.

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

WHAT IS CONSUMER PROPOSAL AND HOW IT WORKS

A Consumer Proposal is a deal that the debtor makes with their creditors. This is a legally binding agreement between the debtor and the creditor. This is a way to avoid going to court and avoiding your wages being garnished. These plans are normally set up on a three to five year repayment plan and in some cases the creditor will only make you pay what you owe (minus interest) or a portion of the amount owed. Under this type of agreement, you do not have to worry about the creditors changing their mind later on and demanding more money. In order to be eligible to file one of these Proposals you must be in a financial state where you are able to pay at least a portion of your debts and the debts must be greater than what you own.

Consumer proposal is not like bankruptcy for the following reasons:

• You don’t surrender your assets
• You don’t declare bankruptcy
• You don’t pay most of the duties required of a bankrupt like reporting your monthly income and expenses.

Instead, a consumer proposal is a formal debt repayment arrangement made with your creditors and administered by a Licensed Insolvency Trustee acting as the Consumer Proposal Administrator. You agree to repay a portion of what you owe and your creditors agree to eliminate your total debt once you are finished your proposal. At your initial assessment, the trustee will look at what you own and your income. This determines how much you might have to pay if you were to file for bankruptcy. The trustee will calculate an estimate of what your creditors would receive if you were to file for bankruptcy. This includes both the value of any assets you would surrender, like equity in your home, and any potential surplus income payments you might need to make if you filed bankruptcy. Your creditors will expect to receive slightly more than that amount in total as a debt proposal so this is the starting point in determining your payment plan.

Then, the trustee will talk to you about your budget. He or she will review your monthly cash flow with you, ignoring your current unsecured debt payments since these will stop once you file a proposal. From this information, they’ll help you determine how much you can afford to pay each month. A proposal is only successful if you can keep up with the monthly payments which is why this is an important part of the process.

With your total payment and your monthly available cash flow in mind, the trustee will help you determine a payment plan. Proposal payments can be spread over a maximum of 60 months. If you can afford more each month, you can shorten your proposal term. You can even offer a lump sum if you have access to money through a relative or potential windfall.

The cost of a consumer proposal is covered by your agreed upon proposal payments. There is no upfront fee and no separate charge. The trustee is paid out of the funds distributed to the creditors.

Contact MARK at 416-489-2000 if anyone needs to clarify any concerns or further information about debts. Also please Refer Page 25 for all the services offered.
“Kids that grow up here ask me what I think of their romances. They have no clue of how we conducted our romances back in the day, in Jaffna. You could hardly see a girl unescorted on the roads or even in her house when we visited. For one thing, as adolescent boys, we were not supposed to visit houses with adolescent girls in them. If we had some obscure reason to go still, the girls would run into their rooms before we could make it past their front gates.

The only time this was broken was when there were family weddings. Extended family would come from far and near to stay under one roof - in the house where the wedding would take place. We boys and girls together were expected to help with the decorations. In such exceptional cases, the adults relaxed their rules and allowed us to speak to the girls - to ask them to pass the coloured paper or scissors while we 'worked' at the decorations. Oh how full our hearts were when our eyes met those of the girls. Of course, there were those romances back in the day, in Jaffna.

Today the girls would run into their rooms before we could even get a glimpse of them. The only time this was broken was when there were family weddings. Extended family would come from far and near to stay under one roof - in the house where the wedding would take place. But their decorations were far different from the vibe there. It's the same people. What's different about the water in Canada?

“Public transport in Toronto”

Elderly Aunt to me: you can safely use public transport here in Toronto without fearing that the man sitting next to you would try to sexually assault you. Unlike in Sri Lanka, they have better manners here.

Elderly uncle to her: well back in Sri Lanka, you were hard pressed to even see a girl.

I remember stopping to stare if I saw a girl on a bike, while growing up in Jaffna. Over here, the women put everything on display and walk around. It’s sort of like getting everything free. We don’t have to grope for it.

Considered telling him that men back home grope even worse those women who dress in any way other than the conservatively accepted norm back home. Then decided not to go down that rabbit hole. But here’s a message to men back home. You name it. They got it. You name it. They got it. Mr. Muttulingam.

As my father later told me, Sri Lanka also married one of my second cousins - so he is a cousin by marriage too. He had studied there while my father was a teacher but had managed to escape being taught by him. As he put it to me, Your father was a ‘hit first, ask questions later’ kind of man. The other English Teacher Alex Thambirajah was a much gentler soul. We all prayed we’d get Mr. Thambirajah instead of Teacher Alex Thambirajah was a much gentler soul.

It’s the same here on what they miss from their dearest place. Turned around and saw car- tons of purple yam even as I was speaking. Do you get the different varieties of banana from back home here? A Tamil lady in London complained she was sick of the one variety of banana usually available at UK supermarkets.

Pride of place is given to display of the mother land in all their sitting rooms. They have shops selling puttu, stringhoppers, hoppers, moth- gas, kadale and udu vadas... almost as good as home cooked stuff back home. I again don’t know restaurants in Jaffna that match that.

Below are banana flowers- an important part of Tamils’ diet. You name it. They got it. Below are banana flowers- an important part of Tamils’ diet. They have no clue of how we conducted our romances back home. Nothing but the weather apparently. They got everything else.

‘Do you get Rasavalli (purple yam) ever here?’

Diapora living in Tamil Nadu said they missed that from the mother country.

Turned around and saw cart loads of purple yam even as I was speaking. ‘Do you get the different varieties of banana from back home here?’ A Tamil lady in London complained she was sick of the one variety of banana usually available at UK supermarkets.

Note to self:

Dear Thulasi,

Next time you go to Canada, don’t stock up on everything from Siddhalepa balm to baby cheramony body lotion to last you through your trip.

They have Sri Lankan run supermarket with stuff from Sri Lanka than even Sri Lanka back home can find in one place.

Having the time of my life interviewing Tamil Diaspora over here on what they miss from back home. Nothing but the weather apparently. They got everything else.

‘Do you get Rasavalli (purple yam) here?’

Diapora living in Tamil Nadu said they missed that from the mother country.

Turned around and saw cart loads of purple yam even as I was speaking. ‘Do you get the different varieties of banana from back home here?’ A Tamil lady in London complained she was sick of the one variety of banana usually available at UK supermarkets.

Got pointed to an aisle full of the varieties from back home.

They have shops selling puttu, stringhoppers, hoppers, mothgas, kadale and udu vadas... almost as good as home cooked stuff back home. I again don’t know restaurants in Jaffna that match that.

Below are banana flowers- important part of Tamils’ diet. You name it. They got it.

A visual representation of the motherland is a common feature at nearly all the Tamil diaspora homes I have stayed at so far.

Met Srikumar Selvarajah Kanagaratnam only recently but we have been facebook friends for some years now.

Turns out he also narrowly escaped being my father’s student at St.John’s College, Jaffna. He had studied there while my father was a teacher but had managed to escape being taught by him. As he put it to me, Your father was a ‘hit first, ask questions later’ kind of man. The other English Teacher Alex Thambirajah was a much gentler soul. We all prayed we’d get Mr. Thambirajah instead of...
Gowri Rajan wins Management Excellence Award for ‘Best Women in Management’ (Industry Sector) by the Chartered Institute of Management in Sri Lanka

By Siva Sivapragasam

An outstanding business professional from Kandy, Ms. Gowri Rajan, Director/CMO of Sun Match Company, was awarded the Management Excellence Award for ‘Best Women in Management’ (Industry Sector) by the Chartered Institute of Management at the inaugural awards for Sri Lanka.

On clinching the accolade, Ms. Rajan remarked: “I dedicate this award to my staff behind the production lines, who manufacture the wax coated safety matches, pack them into the corrugated cartons and then ship the stocks to distributors who make the product available at retail outlets via our dedicated sales team so that housewives can buy them without a hassle.”

Ms. Rajan was the first woman Governor for Rotary Sri Lanka and Maldives to be selected by Rotary International as the top 150 ‘Service Above Self’ awardees. Thereafter, she served many global Rotary projects, including Global President’s representative to Australia, Taiwan and India, an honour given by Rotary to a select few outstanding leaders globally.

A World Bank (IFC) and WIM ‘Outstanding Career Professional’ award winner twice, she also led her organization to many an award from the National Chamber of Commerce and International Chambers for Business as a business person from Kandy in the hill country. Apart from her business contribution, Ms. Rajan’s outstanding passion to serve people was recognized by Rotary International, where she has served in the global committee and continues to do so.

Her Company, Sun Match Ltd. are leaders in the safety Matches industry in Sri Lanka. SOORYA is a trusted household brand in existence for over 40 years and has now gone into contemporary brand extension with the launch of SUN AQUA natural mineral water. SOORYA fragrance incense sticks in several variants. Other business diversification include Handi4, distribution of Holcim Cement, education and imports of industrial chemicals.

Singapore committed to keeping Tamil as an official language, says cabinet minister Iswaran

This undated photograph made available on April 24, 2018 by Singapore Ministry of Communications and information shows who will be Minister for Communications and Information in Singapore. | Photo Credit: AFP

Tamil is one of Singapore’s four official languages used in parliament, in schools as mother’s tongue subject and supported by print and broadcast media as well as in all other official events. It is also printed on currency notes along with English, Chinese and Malay. The Singapore government is resolute in its commitment to Tamil as an official language. Cabinet Minister S Iswaran has said, citing examples of it being used in parliament and as a subject in schools.

Mr. Iswaran’s remarks appeared in an interview published in ‘The Tamil Community and the Making of Modern Singapore’ - a book on the South Indian community launched by Foreign Minister Vivian Balakrishnan on Sunday. The government’s policy position and support for Tamil is clear. The rest is in the hands of the community, especially our youths, to embrace the language, use it in everyday life and make it a living language,” Mr. Iswaran said.

The book has been co-authored by NRIs SoundaraNayakiVairavan, editor of ‘Online Voice’ with five other books to her credit, and A P Ramana, a veteran local journalist. (Courtesy ‘The Hindu’)
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 specialty is in Tamil food from around the world, catch up on her meal ideas on Instagram @tamil_food.

MUSHROOM RICE

Mushrooms, Kaalaan in Tamil, are a good and cost effective way of including nutrients in your diet. Mushrooms are known to decrease the risk of obesity, diabetes and heart diseases, promotes healthy complexion and increased energy. They are rich in antioxidants, selenium and vitamin D. The potassium levels and vitamin C content all make mushrooms a food group that you should include in your diet, especially when looking for a vegetarian alternative to meat.

Now why the oversell? Because like many people, Niranjini does not like them! Although, she will not disagree that they do have fantastic health benefits. So here is a quick recipe that gives you a substitute to a mushroom stir fry – with the approval of someone who doesn’t like mushrooms!

Ingredients:

- Basmati rice (2 cups) – Basmati arisi
- Mushrooms 150 gms- kaalaan
- Butter (50gms)- vennai
- Salt- to taste- uppu
- Jeera – 1 tsp- seeragam
- Vegetable stock: 4 cups

Method:

It’s quite complicated, so read carefully… wash the rice and put it in a rice cooker with all the ingredients, turn the rice cooker on and let it cook until it’s done! We were actually kidding, this is probably one of the easiest dishes you could make.

If you do not have a rice cooker, add the stock and other ingredients to a pot bring to boil and add in the rice. Cook for 15 minutes on a medium heat, or until your rice is cooked, and your dish is ready. This pairs perfectly with Indian, Thai and Chinese cuisine so take your pick.

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)!

SHANI HANWELLA
Registered Canadian Immigration Consultant/CEO,
Former Visa Officer, Canadian High Commission,
Colombo, Sri Lanka.

416.298.0990
shani.hanwella@novaim.ca • www.novaim.ca

Backed by 24 years of Canadian immigration law experience with the Government of Canada and a leading immigration law firm in Toronto.

Accessible, Reliable and Affordable Immigration Services in the heart of Scarborough.
Liberals have a plan for care and opportunity, and will continue to build Ontario up.

Everything hasn’t been perfect in Kathleen Wynne’s Ontario.

But 4 years ago Wynne said she would build Ontario up with hospitals, schools and transit, and she followed through:

- We made prescriptions free for everyone under 25 and over 65.
- Thousands of students who couldn’t afford to go to university or college are now going because tuition is covered.
- Our unemployment is the lowest it’s been in almost 20 years. That’s a fact.
- We raised the minimum wage from $11.60 to $15, a living wage.

That’s positive change.
Holidaying or Business Trip in Sri Lanka!

Welcome to stay at Crescat City Apartments.

“Where Luxury Meets Comfort”

Centrally situated in the heart of Colombo in the Cinnamon Grand Hotel complex, Colombo - 3
Ideal Accommodation for your vacation or business trip

Finest Facilities including:
• High Speed Wi-Fi & Phone Facilities arranged
• 24 Hour Security
• Lounge to entertain your visitors
• Swimming Pool & Tennis Courts
• Food Court and shopping outlets at Crescat Shopping Arcade within close proximity
• Gym & Sauna Facilities
• Onsite Secure Car Parking
• Intercom Access, Room Service and TV with International Channels
• Access to Cinnamon Grand hotel restaurants
• Fully equipped pantry with cooking facilities

For Booking please Contact: Rohan
Cell: 94 716 863 611 or 94 766 918 578
Canada - 647 522 6682
Email: admin@crescatcity.com
Web: www.crescatcity.com
QC BASKETBALL CLINIC

Elite Training & Knowledge to get you better

FOUNDATIONS FOR IMPROVEMENT IN:

- SHOOTING
- BALL HANDLING
- FOOTWORK
- DEFENSIVE MOBILITY

June 16th
Pierre Elliot Trudeau High School
8:45AM to 12:15PM (Ages 7 - 12)
12:30PM to 4:00PM (Ages 13 - 18)

To Reserve your Spot
Call: Logan Velumailum
416.358.3235

For more details Contact:
Head Trainer: Danesh Thirukumaran - dpt18@pitt.edu
Clinic Coordinator: Raj Subramaniam - 416.419.5191
Register with this link: https://goo.gl/forms/TqiP626Zx8xLxT7V2

Coaches and trainers with extensive experience throughout the high school and/or collegiate levels
By: Kumar Punitihavel

When Shanthi’s parents were transferred to Mallavi a village in North Sri Lanka, she was very worried leaving behind all her friends. But on the first day at her new school she met another class mate; a girl her class whose name was Shanthi too. It took hardly any time for them to chum up. Being a small villagethey all knew each and every one! Their names being the same one became PeriyaShanthi, meaning big Shanthi and the other ChinnaShanthi meaning small Shanthi, attributing to their size.

They soon became inseparable; seeing studying and playing together. When their parent’s went on holidays on their separate ways, the girls would travel together with them: they shared their parent’s too.

But this was not to last, for separation came when Periya Shanthi’s father, a government servant got transferred to another district. But the friends kept in touch with one another through letters, as there was neither telephone nor email facilities available at that time. Initially they wrote at least once a month to each other. They would share news with the PeriyaShanthi’s mother, as there was neither telephone nor email facilities available at that time.

This clinic will help young, local athletes build a foundation for their skills in regards to shooting, ball handling, footwork, and overall mentality. DaneshThirukumaran (University of Pittsburgh), Gregory Lee (Susquehanna University), Tavian Alford (College of St. Elizabeth), Devante Saintfort (Middlesex College), and Morgan Jones (University of Delaware) are the trainers at this clinic; they have competed basketball training and participation in teams at U.S. high school and/or collegiate levels.

New Jersey Based Athletes to Hold Free Basketball Clinic in Markham on June 16

Five athletes from the U.S. will be holding a basketball clinic at Pierre Elliott Trudeau High School in Markham on Saturday, June 16th from 8:45 am to 4 pm in two sessions. This clinic will help young, local athletes build a foundation for their skills in regards to shooting, ball handling, footwork, and overall mentality.

Couplet 666:
What’re men think, even as they think, may men obtain, If those who think can steadfastness of will retain.

If those who have planned (an undertaking) possess firmness (in executing it) they will obtain what they have desired even as they have desired it.

Monsoon Journal JUNE 2018
A Parfait Media publication
13 year in circulation

www.monsoonjournal.com 39
Texon and the big five

By: Manuel Jesudasan

The luxury coach that was carrying 37 senior Tamils from Toronto, Canada, passing through breathtaking scenic views from Johannesburg, reached the entrance of the Kruger National Park. Four 4X4 open vehicles were in waiting to take the seniors to the Shishangeni Lodge located in the middle of the vast park. From the 37, four groups were created and the seats in the vehicles were assigned according to the age and the mobility and the ability of the seniors. My wife and I were assigned seats on the upper level of the vehicle and, quickly, Monica mastered the art of climbing into the vehicles regarding the height and never complaining of knee pain. Sathiya sat at the lowest level by the side of the Ranger, Shanthy and Yoga took the seats on the second level and on the third level Pathma, Elavarasi and Lalitha sat comfortably.

A young lad wearing a Khaki uniform introduced himself to us, “My name is Texon. The name of our vehicle is ‘Rafiki’. During the time you are going to stay in the park, I will be your Ranger…. I will take you around the park…We will now proceed to your lodge. On our way, if we are lucky, we will sight some of the big five. If I see signs of any one of the big five in a distance from the path, I will drive through the forest to get closer to the animal for you to have a better view.”

The first animal we sighted was an impala. We were thrilled having seen an impala for the first time. Hearing the noise of the vehicle, the impala had jumped into the bush. A moment later, Texon stopped the vehicle and said, “I have received a message that a leopard has caught an impala and taken it to the top of a tree…. would you like to go near it and see?” As he was about to turn the vehicle off the path to get close to the leopard, screams came from a couple of ladies… oh! no… no… no… we are scared…. don’t go near. But, at the same time some others protested, yes… yes… let’s go see it. The Ranger was confused and as the scream against it was overwhelming, he proceeded on the path towards the lodge. From that moment until we arrived at the lodge we did not see any big ones, but sighted little ones, mostly impalas.

Approximately 30 minutes later, all four jeeps reached the lodge. Occupants of each vehicle had different experiences of the drive to the lodge. All, except us, who had travelled in Rafiki, had driven up to the tree to see the leopard with its prey. They showed photos and videos of the leopard in action. We were told earlier that the importance of going on the Safari was to watch for the big five: elephants, leopards, rhinos, lions and hyenas. The talk in town was that one has to be extremely lucky to see all the five, and obviously, the riders in the Rafiki were disappointed that they had missed out the opportunity to see the leopard. This disappointment triggered a couple of the ladies to decide to change to a vehicle thinking that some in the Rafiki may not venture out to see the big five due to the fear of the animals.

Wake up call was set at 5:30 a.m. on the following morning and the safari was scheduled at 6:30 a.m. Noticing that two ladies were missing in the vehicle, Texon asked where they were and when he found out that they had gone in a different vehicle, he remarked: “why?… didn’t they like me?” This comment touched me. Realizing that we were disappointed in not seeing the leopard, Texon assured, “Guys, I promise you that I will take you around and show you all the big five… and you have to trust me.”

We did not see any of the big five during the morning drive from 6:30 to 8:00 a.m. Wherever we went we saw only the herd of impalas, tower of giraffes, herdens of mares and their foals, kudus and wild beasts. Nevertheless, we were energetically active in taking photos and videos of these animals in their natural habitat, and we admired the nature that was undisturbed by human intervention, except for the for the unpaved road.

The breakfast did not appear to be of any importance, although the spread was scrumptious; specifically catered for the senior Tamils. The conversation was all about as to who saw what. Everyone, however, was disappointed that the big five continued to elude us. All four 4X4s travelled in different directions. The rangers communicated via walky-talky exchanging instructions. The rangers communicated via walky-talky exchanging information, yet the sightings of the animals were never the same for all as the scene changed within seconds.

The safari continued again at 4:30 after lunch. The couple who left us came back to join in the Rafiki happily and also realizing that they were expected to respect the group assignment that was initially chosen by them on their own volition. The ranger and I were the only males in our group. The women started to narrate, rather in loud voices, their autobiographies, and none was second to the other. Texon was not interested in the autobiographies and also as absolute silence dur-
Now it was time for some refreshment. Texon set up a temporary stall near a lake, where a crocodile was lying on a rock. He served homemade cookies and hot tea. One of our group members did not know where to dispose the used tea bag. Fortunately, she asked Texon, “Can I throw the used bag into the bushes?” Texon responded quickly leaving aside the task at hand, “No… no… give it to me.” He took the bag and disposed it in the garbage bag. His action and demeanour demonstrating his awareness to preserving the clean environment of the park caught my attention.

In the afternoon we were lucky to see and take lots of photos of the rest of the big five: a parade of elephants with many calf at play, feeding on bushes and carving into the trunk of trees with their tusks to tear off strips of bark; a gang of buffalo lazily roaming around; a crush of rhinoceros, both bull and cow, crossing a path and a bouquet of hippopotamus dip into the man-made lake and raise their heads for air. With this we were content that the adventure of safari was complete and there was nothing more to ask from Texon. But, he was not still content and was driving around the area of the park that appeared to be untrapped. He received a message that a lioness was spotted. As we reached the spot, we saw the lioness sensually walk towards a tree and without a hesitation climb on it and turn her head in all directions, apparently looking for a prey. To get a clear glimpse of her, Texon stopped the vehicle virtually at the bottom of the tree, which scared Lalitha so much that she askedTexon, “Won’t it jump on us.” Her remark was the consensus of the group, although it prompted a giggle.

Texon has delivered his promise to the fullest. We noticed his contentment and joy of his accomplishment. The scheduled program of the safari was important to the group. It was a rare sight for which zoologists spend years in the forest to see. We were at the right place at the right time. Having witnessed the biggest of the big five in action and as the time was catching up, we were happy to return to the lodge. It was pitch dark. On our way back to the lodge, Texon brought the vehicle to a sudden halt and quickly put it in reverse and pointed the spot light to his left into an open area with tall dead grass between bushes. This time, a lonely leopard was lying quietly on the soft dead grass using it as a cushion. We sprang into action, the cameras out and roaring of the lion and the lioness www.monsoonjournal.com 41
This is the fourth year that the Ganesha Temple has been invited to join the “Doors Open Richmond Hill 2018” event, duly held on Saturday, May 12th. It turned out to be an overwhelming success. Listed below are a few reasons for that. The first one being the huge support of our community. On the publicity side, Monsoon Journal, a monthly English News Paper, published in Markham, gave a good account of the event in the Special Brochure that they brought out for their 12th Anniversary celebrations, and it was very much appreciated by the Organizers of the event. Due publicity was also given in the Richmond Hill Snapd Paper’s web, and the May issue of the Monsoon Journal. Our volunteers also distributed a short information leaflet at all houses near and around the temple area just a day or two before the event which proved to effective, since quite a few visitors mentioned about receiving the note at their places.

Calling this event an overwhelming success itself could be an understatement, since we had close to 600 visitors as per the volunteers keeping track of those coming in through the basement. Actually our Volunteers were in their place to receive only from 10:30 AM; however, the visitors started coming from 9:30 AM. In addition, quite a number of people came directly to upstairs and their numbers were not included in the attendance count. None the less, we were told by the Heritage Council of the Town of Richmond Hill, the organizer of this event; that no other heritage centre is even remotely close to us in the attendance number. This seems to be the highest number of visitors for the Doors Open in Richmond Hill since we started participating.

Also, heart warming feeling this time was the number of Special Guests who attended this event at our premises. The list included Hon. Leona Aleslev, MP for Vaughan, The Mayor, Deputy Mayor and all the six Councillors of the Town of Richmond Hill, the York Region Police Chief, Eric Jolliffe, Inspector Al. Almeida of District #2 (which covers our temple) and both the Liberal and Conservative candidates for the Provincial Parliament for Aurora-Oak Ridge-Richmond Hill (that cover our temple).

As in the past years, Mr. Peter Miller, the Franchise Owner of the McDonalds Store at Bayview Ave, and Major MacKenzie Rd. was kind enough to provide us with Coffee and Soft Drink and our Raghavan provided the variety of baked items. Both were a hit and everyone without exception enjoyed them. Our sincere and grateful thanks are due to them both. Our President, Venu Thampi was kind enough to provide beautiful T-shirts to the volunteers and we are thankful to him. Our thanks are also due in no small measure to Vignarajah for making the tasty upma for that occasion. The support of the board is appreciated.

The reason for the outstanding success is purely because of very eager, enthusiastic and dedicated volunteers of all ages. Particularly the younger age group volunteers really made the day not only for us the organizers, but also to all the visitors. The visitors were also given a taste of our traditional BharathaNatyam presented by youngsters and application of Mehndi/Henna to those who wanted. The credit goes to their dance teachers and their support in this cause. As the saying goes, “the proof of the pudding is in the eating”, the comments / opinions / experiences expressed by the visitors in the Guest Book speak for it. Quite a number of visitors also had told us that they would like to bring groups to visit the Temple. The biggest compliment, I thought was from couple of other Religious Centres writing on the Guest Book that they are extremely happy to have us as their neighbours in the Community. If I have to say in one sentence the reason for this success, it is VOLUNTEERS, VOLUNTEERS, VOLUNTEERS.
Jeranod-dhaarana Kumbhabhishekham of the Rajagopuram for Perumal at the Ganesha Temple

May 09 - May 13, 2018

By Kidambi Raj, Life Member

Kumbhabhishekham refers to the Hindu ceremony that is performed to consecrate (sanctify) a temple. The name alludes to the sprinkling (abhishekham) of the temple with the sacred water from the pot (kumbh). The ceremony is done to inaugurate a temple or to re-consecrate it after its initial inauguration. It is to be done at the appropriate time on an auspicious day in a prescribed manner.

The Agama Sastras ordain re-consecration of a temple once in twelve years, called “Punar-adhvaara kumbhabhishekham.” Through the redress of difficulties and grievances of the devotees, the inherent spiritual powers of the idols are diminished over a period of time. It is also possible that through unintended deficiencies (apacharas) while conducting poojas, prayers and aaraadhanaas etc. to the installed deities, the idol’s energy gets progressively diminished and demands rejuvenation. A Kumbhabhishekham is periodically done to renew the force or power.

At times, major repairs or renovations have to be done after renovation is called “Jeranod-dhaarana Kumbhabhishekham.” The severe windstorm of May 4th this year that created lots of havoc around the Greater Toronto Area also caused damage to one of the Kalasams on the Rajagopuram for Perumal at our temple. One of the Kalasams had fallen on the roof of the temple just under the Rajagopuram. If some damage like this happens, it has to be fixed as soon as possible at an auspicious day and time. Added to this need, this year’s annual Ganesha festival is to start on Monday, May 14th with the Kodi Ekatram, which warranted performing the Jeranod-dhaarana kumbhabhishekham before the commencement of the festival.

Following the Agama Sastras they arrived at Wednesday, May 9th and Thursday, May 10th as auspicious time to perform this.

The whole religious rituals started around 6 PM on Wednesday, May 9th with a Nava Kalasa Pooja with an additional Kalasa to be taken up to the Rajagopuram to perform consecration. A powerful Sudharsana Homam was performed ably by Sri Govindaraja Bhattar, joined by other temple priest and a guest priest, Sri Sudarsana Bhattar.

The next morning starting at 8:30 AM, they continued more of the Sudharsana Homam, followed by Suktha Homams. Then the, the Kalasam was carried on the head by Sri Govindaraja Bhattar to the accompaniment of Nadaswaram and Thavil. Once they were outside, Sri Govindaraja Bhattar and Temple Acahry Sri Jayaraja went up to the Perumal Rajagopuram by a Cherry Picker. Once up there all the kalsams on the Perumal Rajagopuram, not just the one that fell were all draped with Vastram and malas were put on the kalsams and the sanctified water from the kalsam taken up was used to consecrate all the kalsams and all the proper rituals were fully observed. Once it was done they came down and abhishekham to the Utsava Idol of Sri Venkateswara was performed using the sanctified water from the Nava Kalasas. The event ended with the distribution of Prasadams (blessed food) to all those present.
Durham Tamil Association (DTA) hosted its 1st ever Gala Night on April 21st and turned out to be one of the largest attended event in DTA’s history with over 400 people. The guests at the event included representatives from political and municipal levels. It was a time to celebrate DTA’s illustrious achievements and to shed light on the future direction of Durham Tamil Association.

The program also included a slide-show of DTA’s past, present and future. DTA also had the pleasure of having a video speech from Mayor Ryan.

Kicking off the event was DTA’s very own SarikaNavanathan with her rousing rendition of O Canada and Thamil Thai Vaazhthu.

Next, Teacher KalaimathyVaggonesan of Kalai Natyalaya School of Fine Arts performed a welcome dance in which her dancing prowess gave the audience a deep insight into the intricate art form that is Bharatanatyam. The evening’s entertainment started off with a bachata (Latin dance) performance, which also included an interactive lesson for the participants.

This was followed by a scintillating performance by the Starz dance school whose costumes and dance moves brought down the house. The gala night also included a performance from the Durham Chinese Cultural Center. The colourful costumes and music added spice to the evening. DTA was also fortunate to have the famed prima dance school perform one of their signature routines which included DTA’s own Thanush Manickvasagar. The evening also provided a platform for up and coming singers in the Durham region. They performed some melodic songs to captivate the audience. The evening’s entertainment ended with a dance routine choreographed by the dazzling teens of DTA and it was a proud moment for all parents in the audience.

The guests were treated to a sumptuous dinner and beverages. The evening ended with the guests having a fantastic time on the dance floor backed by some rocking tunes by the DJ.

The gala night was a great success and DTA looks forward for next year’s Gala with much enthusiasm.

(Contributed by Nanthini Kail)
RE/MAX Community Realty is proud to be a Major Sponsor for the 3rd Year

CANADIAN TIRE

BRAVE T.O. 2018

Saturday September 29, 2018

The obstacle course in support of Scarborough and Rouge Hospital is back for its third year to give you another chance to race, walk, climb and jump through challenges faced by Toronto's police, paramedics and firefighters - and have fun while you help support life saving care.

MORNINGSIDE PARK
390 Morningside Avenue, Scarborough

VISIT BRAVE.T.O TO REGISTER

Whether you are a competitive athlete, or just enjoy a walk in the park, you can be a part of the excitement at Canadian Tire Brave T.O.!
Vedic Cultural Centre, Arya Samaj Markham’s children and youth celebrated Mother’s Day. They presented a cultural drama with a variety of colourful songs and poetry. This special occasion was enjoyed by everyone.

International Yoga Day

Markham will help create awareness for mental and physical wellness benefitting our health and well-being. Come and join us for this free community event.

Day/Time: Saturday June 23, 2018 from 2:00pm to 5:00pm
Location: Markham Civic Centre101 Town Centre Blvd, Markham, ON L3R9W3
Contact: NeeraChakravorty
Email: yogadaymarkham@gmail.com
Phone: 647-290-8802

Thank You Canada

I met a friend who is ninety-five
Asked how healthy he is keeping;
He said, “I am fit as a fiddle; alive;
By the grace of God and Canada’s caring.

I saw pedagogue emeritus, my fraternity
Seventy-four agile, vigorous, he said,
He had heart problem, hindered his ability.
Vanished with the health care of the state.

I adore you with thankfulness, foster, Ma!
For giving me a new healthy life
From my heart ailment that marred
Me far away from leading a healthy life.

When seniors are considered a burden,
Various handicaps hamper seniors tending.
Canada provides opportunities golden
For seniors, happy healthy living.

Senior citizens look up with much gratitude
To Canadian health care. Which care for them
Sharing their heavy burdens with relief magnitude
That cannot forgotten, thank you Canada.

-Kingsley-
BUY - SALE - INVEST
Award winning Agents will give you Professional, Reliable and Friendly Services
We can arrange Mortgage, Second Mortgage and Refinance.

"Our clients are our value"

Kailain Thillainathan
Sales Representative
647-668-8276
kailain.thillai@gmail.com

Ragu Thillainathan
Sales Representative
416-629-5800
homesbyraghu@gmail.com

SALE 8th Line/Rogers Trail
$899,900
Bedroom: 4
Washroom: 4
Bradford

SALE Hwy 401/ Mccowan
$365,000
Bedroom: 1+1
Washroom: 1
Toronto

SALE Hwy 25/Amaranth
$649,900
Bedroom: 3
Washroom: 3
Orangeville

SALE Markham/Sheppard
$375,000
Bedroom: 1+1
Washroom: 1
Toronto

SALE Rossland/ Tamarisk
$998,800
Bedroom: 4+2
Washroom: 4
Whitby

SALE Taunton/Harmony

SALE Taunton/Country Lane

SOLD Brock/Taunton

SOLD Fallingbrook/Taunton

The Best Time To Invest In REAL ESTATE!
See the results from the recent 5 month market crash.
Get a list of the most affordable homes in Durham Region and
buy while you can afford it!
Call us to find out the excellent result and service

Homelife /Future Realty Inc., Brokerage. 7 Eastvale Dr, Suite 206, Markham, ON,L3G 4N8 Tel: 905905-201-9577
WALK-A-THON

SUNDAY
JUNE 03, 2018

WALK-A-THON REGISTRATION @ 8:15 AM AND
STARTS @ 9:30 AM AT KIDS TOWN WATER PARK
(3159 BIRCHMOUNT ROAD @ McNICOLL)

FOR ADDITIONAL INFORMATION PLEASE CALL

An annual event organized by the Canadian Tamils' Chamber of Commerce and Monsoon Journal to support the Scarborough Hospital.