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JULY 2018

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Journal

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Emil Alphonsus, CA, CPA, CGA

University of Toronto to establish a Tamil Chair to promote Tamil Language, Studies and Culture Canadian Tamil Congress & Tamil Chair Inc. pledge to raise \$ 3 million for the Chair in Tamil Studies

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By Siva Sivapragasam

The University of Toronto, one of world's prestigious Universities and acclaimed as a leading learning institution will soon establish a Tamil Chair to promote the Tamil language, history and culture. Two Tamil community organizations, the Canadian Tamil Congress & Tamil Chair Inc., have pledged to raise \$ 3 million for the proposed project.

Tamil Poet Bharathiyar's dream of spreading the Tami language around the world is now being made a reality. The establishment of a Tamil Chair by the University of Toronto will be the second University in the world to establish a Tamil Chair following the proposed establishment of a Tamil Chair at another world class University, namely the Harvard University in Boston, USA. A sum of \$ 6 million was raised throughout the world for the Harvard University Tamil Chair.

A traditional lamp-lighting ceremony kicked off the event recently to raise the funds required for the Tamil Chair when a group of well-wishers from Canada and US gathered at the University of Toronto, Scarborough Campus. A record sum of over \$ 600,000 was raised at this event by the 240 guests who attended the function. This is the largest amount ever raised in one event in University history. There is a target of \$3 million Canadian required to form the Tamil Chair.

"This commitment to establish a chair in Tamil studies is truly inspiring," said Professor Bruce Kidd, Vice President of U of T and principal of U of T Scarborough.

"Language is an integral part of Tamil identity," said Sivan Ilango, vice-president of the Canadian Tamil Congress and a director of Tamil Chair Inc. "This

"தேமதுர தமிழோசை உலகமெல்லாம்
பரவதல் வேண்டும்" - பாரதியார்

initiative will not only help the academic advancement of the language, it will help open it up and share it with the rest of the world."

Tamil is one of the world's oldest and longest-surviving languages and is spoken by more than 80 million people around the world. Tamil poetry and literature have also existed for more than 2,000 years and comprises large volumes of works. "Among all the classical languages, Tamil has been largely ignored at the university level outside of Asia," says Dr. Janakiraman, a cardiologist from Pennsylvania who initiated the Harvard Tamil Chair project. "Our goal is to change all that. We want to have a chair at all of the top universities around the world because without an endowment fund to support a chair, it's difficult for consistent research to take place."

The pledge from the two community organizations follows two recent gifts made to support Tamil studies at U of T Scarborough by Ravi Gukathasan, a U of T alumnus and Scarborough businessman who donated \$2 million in 2017, while Brenda Beck, an adjunct professor in anthropology who donated \$327,000 in 2018 to support programming and digital archiving.

Many future events are being planned by the University of Toronto Tamil Chair team to raise the balance funds required for the establishment of the Tamil Chair. The Team is headed by Messrs. A. Muttulingam and Sivan Ilango.

Tamil is the language of over 80 million people across the world and is rich in content and abundant in literature.

(Photos Courtesy:
Gana Arumugam)



RE/MAX Community opens Ajax Branch with a 175 strong team behind the Brokerage

By Siva Sivapragasam

RE/MAX Community Brokerage which has now become a household name in the Real Estate field in Toronto with a 175 strong team added another feather to their cap by opening a branch office recently in Ajax which is fast becoming a popular residential city in the GTA.

Full details and some photos from the event at Pages 24 & 25.



Broker/Owner & Manager Rajeev Koneswaran was acknowledged for the time, efforts and commitment and referred at the grand opening of RE/MAX Community Ajax branch, as the hero and star.

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Canadian Prime Minister Hon. Trudeau thanks Canadians for standing up for each other in Canada Day message

In his Canada Day message, Prime Minister Justin Trudeau praised Canadian workers, calling them the "backbone of our country" whose "hard work, bold vision, and determination" have built the country we love.

"From Ontario steel to Quebec aluminum, from agriculture and the energy sector in the Prairies and the North, to forestry in British Columbia and fisheries in the Atlantic, Canadians get the job done – and build our communities along the way," said Trudeau.

The prime minister acknowledged

that today's celebrations may be muted by the challenges that lay ahead, such as reconciliation with First Nations, Inuit and Metis peoples. But he said Canadians were up for the challenge.

"We stand with each other, and we will always stand up for each other. Canada's success has always come from its people – lifting each other up, one community at a time."

Happy Canada Day! Wishing you all the best as we celebrate our great country from coast to coast to coast.

Trudeau is celebrating Canada Day on the road highlighting the stand he

has taken against the U.S. government's decision to impose tariffs on Canadian steel and aluminum products.

Trudeau met with workers at a major canning and food processing operation in Leamington, Ont., where the tomato paste used in French's ketchup is made and later today will visit a major steel refinery in Regina – two industries at the centre of the trade dispute.

Source: THE CANADIAN PRESS/Larry MacDougal





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Organized by Aparna B. Srikanthan, Hons BSc., MEd.
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Let Stress Make You Social: Advocacy for a New Science of Stress

“Over a lifetime of stressful experiences, this one biological change could be the difference between a stress-induced heart attack at age 50 and living well into your 90s. And this is really what the new science of stress reveals, that how you think about stress matters,” remarked Kelly McGonigal, a health psychologist and lecturer at Stanford University.

This was an excerpt from a Ted Talk delivered 2013 by Dr. McGonigal, and five years later, I find it remains highly relevant to how we conduct our own personal and professional lives today. From family crises to challenging jobs, stress and anxiety are responsible for cardiovascular disease and subsequent deaths. She cited a 2013 statistic that people who experienced high levels of stress had a 43% increase in their risk of dying. More problematically, over the eight years that researchers were tracking deaths on this phenomenon, 282,000 people died prematurely from the belief that stress was bad for your health than stress itself.

Upon a newfound realization about these interconnected ideas of stress and anxiety, Dr. McGonigal highlighted that the issue at hand is that our bodies often treat stress poorly when really our goal should be framing our stress as a method beneficial to our own success whatever that might be.

To elaborate further on this distinction at her talk, she performed an experiment known as a social stress test to elevate the audience's stress and anxiety levels. This was signaled by physical changes such as an increased heartbeat, shortness of breath and sweating. When confronted with this

stress, this biological change can emerge by taking the effort to make their stress social. Dr. McGonigal explained that this changed stress response is due to the presence of Oxytocin.

According to Dr. McGonigal's expertise, “Oxytocin is a neuro-hormone. It fine-tunes your brain's social instincts. It primes you to do things that strengthen close relationships. Oxytocin makes you crave physical contact with your friends and family. It enhances your empathy. It even makes you more willing to help and support the people you care about.”

In other words, it is critical to reach out to others for support when you're feeling stressed as well as if someone close to you is experiencing stress. As a prevention mechanism for cardiovascular disease, this stress response has multiple helpful effects on the body. The Ted speaker that of these effects is how the heart has receptors to this hormone and ensures heart cells can be regenerated and heal whenever they suffer from stress-induced damage.

In the final moments of the talk, Dr. McGonigal brought to the audience's attention another study of 1,000 adults ages 34 to 90 that examined their experiences with stress. It found that those who helped their friends, community or family experienced no stress-induced dying as opposed to those that did not.

After listening to this Ted Talk, it convinced me to rethink my ways in dealing with stress and hopefully can be the same for others in coping with any sort of stress they may encounter.

Contributed by Harrish Thirukumaran

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Canada Historic Milestones: JULY

July 1, 1867

Canadian Confederation dawns with the union of Ontario, Quebec, Nova Scotia and New Brunswick.

The British North America Act uniting the four provinces was drafted in London, England, by the “Fathers of Confederation.” The legislation received Royal Assent on March 29, 1867, coming into effect on July 1, 1867.

On June 20, 1868, Lord Monck will declare July 1 to be Dominion Day. In 1982, the name of the holiday will be officially changed to Canada Day.

#OnThisDay July 1, 1867

The Fathers of Confederation
by Rex Woods
Library and Archives
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“With Malice toward none, with charity for all” - Abraham Lincoln (February 12, 1809 - April 15, 1865) 16th President of the United States of America

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

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Canadian Sri Lankan Tamil medical student Abisha Yogaratnam awarded University of Toronto scholarship

First Year Recipient of the Norris and Rita Rodbard Memorial Scholarship University of Toronto, Faculty of Medicine Abisha Yogaratnam completed her undergraduate studies at the University of Toronto, Scarborough Campus, and is now going into her second year at the University of Toronto, Faculty of Medicine. She was amongst the very few people, and one of the youngest students to get into the program before completing her undergraduate degree.

Yogaratnam completed one of the most well written academic research papers during her first year, which has been academically recognized by the University of Toronto as well as the Research Department at University Health Network (UHN). She excelled in two researches, which has landed her a Board of Director position on the UHN Research.

Since the beginning of the first year at UofT medicine, she has attended and has been a guest speaker on several panels and conferences as a medi-

cal researcher.

Yogaratnam, prior to being a medical student and her involvement in medical researches, was an active human rights activist in the Tamil community for the genocide in Sri Lanka. She was involved in community organizations, and was also the president of a student union in her undergraduate years. Yogaratnam believes in using her education as a platform to speak on human rights issues across the world, which also includes her own people's struggles. She strongly believes in creating a positive change for the people. She states, "I chose medicine because it was a combination of humanities and science, and it allows me to tell and advocate the stories of people." She also believes that through her medical career, and research, she will be able to one day tell the stories of her own people who have suffered during the genocide in Sri Lanka.

Yogaratnam has been the top achieving student through out the Class of 2T1. She has excelled in her

**"I chose medicine because it was a combination of humanities and science, and it allows me to tell and advocate the stories of people."
-Abisha Yogaratnam**

academics and researches, which gives the University of Toronto, Faculty of Medicine, the honour of introducing her as the recipient of the prestigious First Year Norris and Rita Rodbard Memorial Scholarship. The Faculty wishes her the best in her future years, and is looking forward to working with her in advancing her researches.

Source: University of Toronto Faculty of Medicine



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The all new Royal Canadian Family Circus SPECTAC!® 2018

The all new Royal Canadian Family Circus SPECTAC!® 2018 brings tradition and thrilling acts under the Magnificent Big Top to Markham Fairgrounds & Pickering Market July 12-22, 2018

The all new Royal Canadian Family Circus SPECTAC!® 2018, touring Canada is coming to the Markham Fairgrounds July 12-15 and The Pickering Market July 19-22 as part of a 5 stop tour in the GTA for 52 captivating shows.

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- Markham Fairgrounds, ON, 10801 McCowan Road, July 12-15 (8 Shows)
- Pickering Market, ON, 1400 Squires Beach Road, July 19-22 (8 Shows)
- Burlington, Corpus Christi Sec School Parking Lot, 5150 Upper Middle Rd, July 26-29 (8 Shows)
- Oakville, ON, Sheridan Trafalgar Campus Parking Lot, 1430 Trafalgar Rd Aug 3-6 (9 Shows)

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THE CAST

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pens to also be one of the finest and most sought-after ringmasters in the circus world today.

DUO GUERRERO 4 MAN HIGH WIRE from Portugal

This is the only act of its kind in the world. Originally from Portugal, wife Aura and Werner Cardinali and their troupe will execute unbelievable acrobatic manoeuvres with 4 wire walkers in daring stunts and footwork across the High Wire while Aura is singing. They wowed the judges in Americas Got Talent in 2016; Judge Howie Mandel said, "this was the most amazing death defying thing I have ever seen". Over the past 30 years this incredible husband-wife duo has won every prestigious Gold Medal award throughout Europe, been featured at the Winter Olympics in Lillehammer, headlined Television Specials, recorded albums, and travelled the world performing. Get ready to sit on the edge of your seats in amazement!

The magnificent **S. CALEB CORINCI-ASCH EQUESTRIANS & ACROBATS** are featured in the newly released movie "The Greatest Showman with Hugh Jackman". You'll be blown away by this horse and rider acrobatic equestrian team, displaying complexity, finesse, and stunts fearlessly; atop a galloping horse. You'll experience real European medieval artistry and romanticism. Combining equine feats, incredible athleticism, beauty and amazing choreography; expect equestrian skill at it's best.

THE CHINESE ACROBATS TROUPE is a traditional Chinese cultural showcase masterfully presented with movement of acrobatics, beauty, colour, and wonder. The cast pushes the stunts, skits, and feats to extraordinary limits. You'll be mesmerized as The Chinese Acrobats perform manoeuvres that you've never seen before that includes; Hoop Diving, Chinese Pole, Contortionists, Diablo, and Chinese Lion Dance. The finest celebration of Chinese circus history is a virtual feast for the eyes.

Incredible ANDREA & MARTIN GONZALES AERIAL STRAP from Peru & Puerto Rico

are 5th generation circus artist performers. Since the age of 3 Martin has mastered almost every extreme thrill act in the circus today and now, with rigorous training and discipline, the 29-year-old has developed an explosive magical Duo Strap Act with his wife, Andrea. As they perform their aerial manoeuvres, with unparalleled gymnastic ability, beauty and strength you can see why these world class athletes are truly renowned!

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thing is possible with the magical Bileas! The BILEAS family, from Romania, have performed around the world and headlined in Las Vegas.

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Tommy Tequila is the worlds fastest juggler and is a world record holder for juggling 9 ping pong balls with his mouth. He has performed around the globe that has included Cirque du Soleil, Barnum and Bailey, television features and film. It's an outstanding display of precision, speed and agility as he pushes the limits of what's possible. Don't blink, you may miss something. This astounding Tommy Tequila is non-stop!

The **BILEA TRANSFORMATION QUICK CHANGE ACT** with Vyorel and Elena Bilea is unlike anything you have seen before. With a blink of the eye, a split-second transformation occurs. Impossible? Perhaps. But any-

Sivakrishnarajah Renganathan appointed Managing Director and CEO OF Sri Lanka's Commercial Bank

Sivakrishnarajah Renganathan has been appointed as the new Managing Director and Chief Executive Officer of Sri Lanka's Commercial Bank which is one of the leading commercial banks in the country. He succeeds Jegan Durairatnam who is retiring from the post at the end of this month.

A career banker who has served Commercial Bank throughout the entirety of his 37-year working career, Renganathan has held several key positions in the corporate management.

In July 2003, he led the Bank's acquisition of the Bangladesh operations of Credit Agricole Indosuez (CAI), Commercial Bank's first ever acquisition of a banking operation, and was appointed Country Manager – Bangla-

desh, in which capacity he led a team of 225 over a five year tenure, building up the Bank's operations in Bangladesh.

S.Renganathan is a Fellow of the Chartered Institute of Management Accountants, UK (FCMA), Fellow of the IFS School of Finance, UK (Fifs) and a Fellow of the Institute of Bankers Sri Lanka (FIB). He is also an associate member of Financial Services Institute of Australasia.

He has served among others, as a Member of the General Council of the Institute of Bankers of Bangladesh, as founder President of the Sri Lanka Bangladesh Chamber of Commerce and Industry, Executive Committee member of the Foreign Investors Chamber of Commerce and Industry and as Assistant Treasurer of the Sri Lanka India Society.



Simon Lee- Federick Restaurant

Simon Lee was born and raised in Kolkata, West Bengal India, and came from a diverse background where his family lived in India for over 100 years and were Chinese by descent. Simon spoke English, Swedish, Hindi, Urdu, Bengali and various Chinese dialects including Hakka, Cantonese and Mandarin. He was brother to Regional Councillor Joe Li, the first Hakka Chinese from India to hold public office in the City of Markham, Municipality of York Region, and Canada.

Simon Lee began his career at the age of 14 years working at "Double Happiness" which was owned and operated by Joe Li's future mother-in-law in Kolkata, India.

He moved to the City of Mumbai, India where he worked at Federick's Restaurant located near the Colaba Causeway District and soon after became a chef there.

In 1976, Simon migrated to Sweden to unite with his brother Joe Li. Together they teamed up and launched Waldorf Chinese Restaurant in the Township of Gavle and Lulea, Sweden. The restaurant was successful serving a fusion of pizza, Swedish, and Chinese dishes all under one roof for 10 years.

Simon and Joe owned and operated four restaurants in Sweden.

In 1988 Simon then joined his brother Joe Li in Canada. While Joe went on to a financial & political career, Simon Lee stayed with his passion for food and in 1992 opened his first Indian Hakka style Chinese Restaurant in Scarborough called Federick Restaurant, which continues to operate successfully for over 26 years. Due to popular demand, he went on to open his second restaurant in the City of Markham.

Simon's success story had caught the eye of several news media. On February 20, 2010, The National Post quoted, "But then I'm at Federick, the Chinese-Indian place in Scarborough where only the chili-addicted dare to go. And there are lots of them. When we arrive on a sub-zero night, the lineup for takeout stretches out into the strip mall on Ellesmere, between Markham and McCowan."

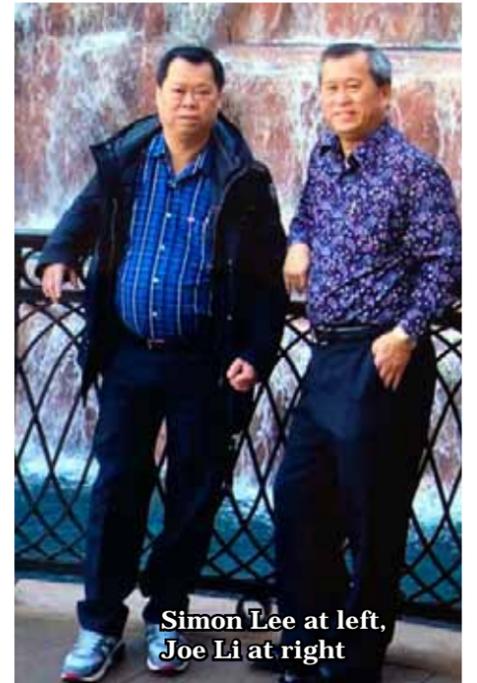
In an article dated Nov 22, 2015, The Hindustan Times quoted, "His [Joe Li] mother-in-law's family ran the Double Happiness restaurant in Kolkata and that tradition has been maintained in Toronto where his brother,

Simon Li, established what may be the first Indo-Chinese restaurant in Canada, Federick's, a quarter-century back in Scarborough. Somewhat fittingly, the second branch of that eatery is located on New Delhi Drive in Markham."

Simon Lee gave back to the community. He was a major supporter for the Nepal Earthquake Fundraiser and was the annual sponsor for the Canada Diversity Celebration event held in the City of Markham supporting local artists, uniting the community, and spreading the message of peace through the art of music.

Simon will be remembered as a pioneer and an icon in the community.

He leaves behind wife Alice and three daughters Julie, Jennifer, and Melanie.



Simon Lee at left, Joe Li at right



Joe Li at left, Simon Lee at right



Simon Lee

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HUMANS OF NORTHERN SRI LANKA

"Humans of Northern Sri Lanka" is a Facebook Community page by Thulasi Muttulingam, a journalist based in the North of Sri Lanka. To follow the updates, "Like" the page at: www.facebook.com/pages/Humans-of-Northern-Sri-Lanka

Chulipuram Child Murder



The 6 year old was found murdered on June 25, 2018



Thulasi's visit to Regina Sivaneshwaran's house

June 30, 2018:

I visited little Regina's house in Chulipuram two days ago.

I didn't go as a journalist but as part of a large women's group - the Vallamai women's network, a community organisation that works regularly with affected women and children.

As usual, vicious, unsubstantiated media reports have begun circulating causing much grief to the parents.

The parents are subsistence farmers / farm labourers.

They own a plot of land they farm as well as go out to work as labourers too to supplement their income.

The father broke down in tears as he recalled that Regina asked for new shoes to wear to school as she had outgrown the ones she had, and they were pinching her feet.

She was by his account a lively and bright child.

The mother was too emotionally overwrought to speak, but the father managed to talk to the multiple strangers who kept dropping in to his home.

He was dignified and gracious under the insurmountable pressure, although he did break down in tears quite a few times as he fondly recalled his precious child's precocious antics.

He recalled that she had the habit of falling asleep on his chest, while demanding that he play songs recorded on his phone to her as lullabies.

He recalled that she would be up to wish him a cheery good bye every morning - but that fateful morning, he had gotten up much earlier than usual to see to his farm before going to work elsewhere. She had cried upon being woken up to wave goodbye to him as it was too early for her. He cried that his last memory of her was her crying.

The walls of their house are full of Re-

gina's scribbles. She had dreamed of being a teacher and made the walls her blackboard despite warnings from her parents. He cried that he scolded her not to scribble, now he will likely not paint over those walls.

She was a Gr.1 student at the rural village school, which like most rural schools around here, suffered from a lack of teachers. The parents could never be sure when the children would be let off - if there were no teachers for the last few periods, the kids were let off early.

Regina's school was supposed to finish at 12.30 pm but she had been let off at 12.00 that day.

Usually there would be someone in the house when she returned, including her maternal grandparents but that day, she had come home to a locked house. The grandparents had gone to another village and the mother had gone to the Samurdhi bank.

When the mother returned at 1.30 pm she found her daughter's schoolbag in the yard but not the child.

The entire village organised a search party to look for her.

They did check the well initially too as soon as they started looking. A woman had been bathing there at that time. There was no body.

After the search party had moved away to look elsewhere, her body was found an hour later by somebody else in the village well.

She had been strangled and there were marks of sexual abuse on her body as per the judicial medical officer's report.

She was six years old.

At the time I visited, an uncle (father's cousin) of the child had been arrested along with some of his drug/alcohol addicted buddies.

Drug and alcohol addiction is a major problem among youths in this village apparently - it is a Jaffna wide problem now.

The people had been quick to point the biggest village troublemakers to the police, who arrested and then released some of them except for the uncle.

The father said he had not suspected his

17 year old cousin, he was known as an addict and so he didn't have much of a relationship with him. But given that Regina had apparently come home, as indicated by the presence of her schoolbag and then gone out again, it made sense to him that someone she knew would have lured her away.

I see in today's news now that a few more of her uncles have been arrested.

*A couple of thoughts

The villagers are out for blood now - they want people arrested, and preferably hung.

They are furious that the police released some of those arrested initially - yet they have no concrete evidence those arrested and released did perpetrate the crime.

Those youths are just known alcoholics and drug addicts in the region.

There is still a prevalent lack of understanding about paedophilia in the region. For all we know, the perpetrator might be a well respected figure in the area, but the people and the police are looking only at school dropouts / addicts as if only they could have done such a thing.

Let me not get started on the police. Police investigative skills in this country leave much to be desired.

Their main modus of 'investigation' is to arrest someone, usually someone close to the victim, and torture them into 'confessions' and naming of other accomplices.

Given this attitude both from the villagers, and the police, I am not at all certain we are even looking in the right direction.

None of this by now is new to Jaffna.

Paedophilia, rape and murder, the swift arrest of someone, usually someone in the victim's family, swift confessions by those arrested (almost always after torture), dubious judicial processes, rampant alcohol and drug abuse beyond the society's control despite their best efforts... and the cycle goes on and on.

When will it stop?

How can we get it to stop?

What, if any, actions can we tak

comdu.it reflects on 2017 achievements with the The Return 2018: The Second Annual Gala Fundraiser

By **Harrish Thirukumaran**

On June 15, 2018, Comduit, or better known by its official name, comdu.it, held its second annual gala fundraiser at the Scarborough Convention Centre in Scarborough, Ontario.

Two years after its launch as a pilot in 2014, it registered as a non-profit organization headquartered in Toronto, Canada. It has a vision of leveraging the work of young diaspora change-makers throughout the Sri Lankan Tamil community from various parts of the world to advance the sustainable development of both the North and East of Sri Lanka. This entails transitioning from charity to sustainability; aid to economic development; and remittances to knowledge-based economies in diaspora engagement activities. They also facilitate meaningful engagements with local community organizations and residents in addressing identifiable gaps in the sustainable development of the Northern and Eastern parts of Sri Lanka. The organization currently has international chapters in both Canada and Germany.

The Return 2018 served as a celebration of the achievements in the past 2017 mission that the organizations ushered in the North and East of Sri Lanka. In 2017, the organization produced 20 partnerships and collaborations in the country and 20 partnerships and collaborations in the diaspora itself. Furthermore, it had sustained 12 relationships with Canadian and international governments and six districts covered by its volunteers. It participated as a diaspora member in the Overseas Sri Lankans as Partners of Development roundtable hosted by the Centre for Poverty Analysis and the Ministry of Foreign Affairs Sri Lanka. They also became the sole Canadian contributor in partnership with Palmera Projects in Australia to craft the Handmade cookbook, which shared food stories intertwined with the struggles, hope and strength of 34

Tamil women in rebuilding their lives.

Keynote remarks were delivered by Dr. Naresh Gunaratnam, a Tamil medical doctor who emigrated to the United States and Dr. VaratharajahThuraiarah, a Tamil medical doctor serving as a vocal witness during the final stages of the war in Sri Lanka. Another notable highlight of the event was a poetry reading recited by IndranAmitrthanayagam, a poet, journalist, musician, cultural critic, and diplomat. Among 13 collections, he wrote the *The Elephants of Reckoning*, which won the 1994 Paterson Prize in the United States.

The following was one of the poems in this book expressed by Amitrthanayagam at the event:

“You must love the land!
when you leave to build
your house on the sea
love what’s lost
the mango tree
burning in the garden
the curious noose
of the familiar
coat of arms
love the ball turning
strong, spinning
in a dark faraway land,
love the tongue
you’ll never again
speak that wrapped you
and bled you
and dried up
some everyday
On the other side
Of the sea”

Kumaran Nadesan, the organization’s founding chair, emphasized the hope to build on the momentum made since 2014 by recruiting more volunteers. It boasts of 43 current and alumni volunteers. Based on insights from its past mission, the areas that comdu.it plans to prioritize for its 2018 mission are leadership development, economic empowerment, psychosocial support, and public-sector capacity building among communities in the North and East of Sri Lanka.



Richmond Hill Dermatologist Sees Hundreds of Patients with Hidradenitis Suppurativa (HS)

Specialized care for HS patients coming to Women's College Hospital in June

By: Dr. Afsaneh Alavi

You've probably never heard of Hidradenitis Suppurativa (HS). Unfortunately and fortunately, I'm seeing much more HS at York Dermatology Center. In fact, I'm currently treating over 450 patients with HS.

It's unfortunate because HS is a chronic and often painful, genetic disease, that presents as pimples and boils. Your skin erupts and bleeds. HS typically occurs in folded areas of our body such as under arms and breasts, groin and where skin rubs together. Because HS appears in personal areas and looks like a rash, it can be embarrassing and often misidentified as being a skin irritation or infection. According to a patient report by the Canadian Skin Patient Alliance entitled Scarred for Life, most Canadians with HS wait up to 9 years for a proper diagnosis. This near-decade wait creates confusion, concern and both emotional and physical pain as one must constantly manage and bandage the re-occurring wounds on their skin.

It's fortunate I'm seeing so many patients with HS because there are treatment options available. Clearly, we are seeing a positive progression in disease identification. There is hope. It is important to know that HS is not an infection. HS is not contagious. And HS cannot be transmitted to someone else. If you've had skin pimples or boils re-occur for several months in the folded skin, you might have HS. You



have not done anything wrong, it is a genetic disease.

HS Specialized Care at Women's College Hospital – While HS is not a new disease, there is new research, resources and treatment options now available. With increased understanding of the disease comes greater need. This June, Women's College Hospital will offer specialized care and support for patients living with HS. Research shows that raising awareness and multidisciplinary care improves HS health outcomes.

If you think you have HS, please know you are not alone. There is help. If you're experiencing any symptoms, I encourage you to request a referral to a dermatologist. Their expertise in skin

health will enable them to assess your skin condition symptoms and provide an accurate diagnosis. Approved medications to treat HS are available. If you've been diagnosed with HS, review your treatment plan and goals with your doctor. To learn more about HS, please visit: www.HSAware.ca, www.HSFoundation.ca, CanadianSkin.ca or join the conversation using #Honest-WithHS.

Common HS impact: the lesions that first appear like pimples may get worse, turn to boils and abscesses.

Dr. Afsaneh Alavi treats patients at the York Dermatology Centre located in Richmond Hill. She completed her Dermatology residency at the University of Toronto and is an Assistant Pro-

fessor in the Faculty of Medicine (Division of Dermatology) at the University of Toronto.



Dr. Afsaneh Alavi

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GTA Resident Receives the Gift of Sight

Today, there are over 4.25 million Canadians living with a serious eye disease and every year, it is estimated that over 50,000 Canadians will lose their sight.

When Sarah McCann went to her ophthalmologist for her regular eye check-up, she was shocked to learn that she had cataracts in both of her eyes. Cataracts are a clouding of the eye's natural lens, which can lead to vision loss. Most cataract cases occur later in life, but Sarah was surprised to learn that her cataracts appeared earlier than most, at the age of forty.

McCann had worn glasses since grade twelve but admitted she had noticed her vision decline at a more accelerated rate in recent months. She was presented the option of undergoing cataract surgery with a pair of FineVision trifocal lenses. This opportunity was

part of a national campaign – Helping Eyes, Changing Lives - launched by Bausch + Lomb Canada during Vision Health Month in May.

Sarah completed her second eye surgery four weeks after the first, noting a significant difference in her sight already. "Colours are brighter," McCann shared, "everything is more defined."

She has been enjoying waking up in the morning and being able see without putting her glasses on. The surgery allowed her to slip back into her usual routine.

Working as a data technician, McCann said, "Looking at the screen is pretty important for what I do. This surgery has provided me with the opportunity to continue doing the things I use to do and have an improved quality of life."

"The biggest change has been my

ability to drive, I am finally able to drive my daughter to her dance classes again" McCann added.

She also has the ability to pursue her passions, "I can also keep knitting and crafting now that I can see things up close."

The Bausch+Lomb campaign was an initiative in honour of their 165th anniversary and in the spirit of giving back to the community, where cataract surgery was offered to improve the sight of up to 20 Canadians.

McCann's story is a reminder of the importance of regular eye health – something that Canadians can often take for granted. Beyond eye diseases, approximately 500,000 Canadians experience significant vision loss that impacts their day-to-day quality of life. Fortunately, 75 per cent of vision loss occurrences is preventable or treatable.

To learn more about the Helping Eyes, Changing Lives campaign, please visit: <http://helpingeyeschanginglives.com/>

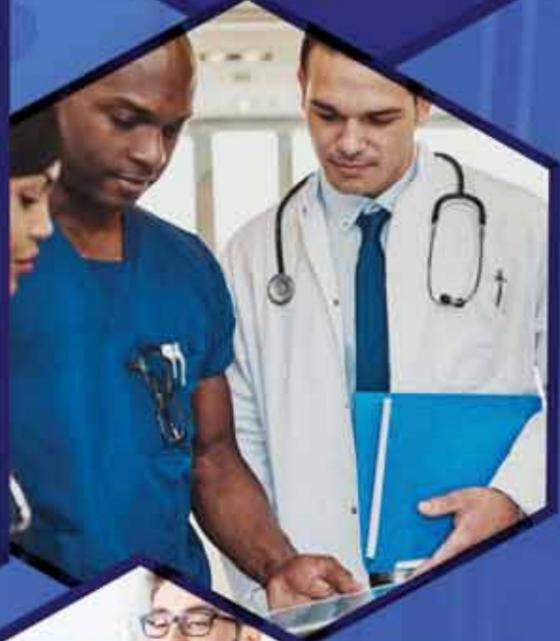
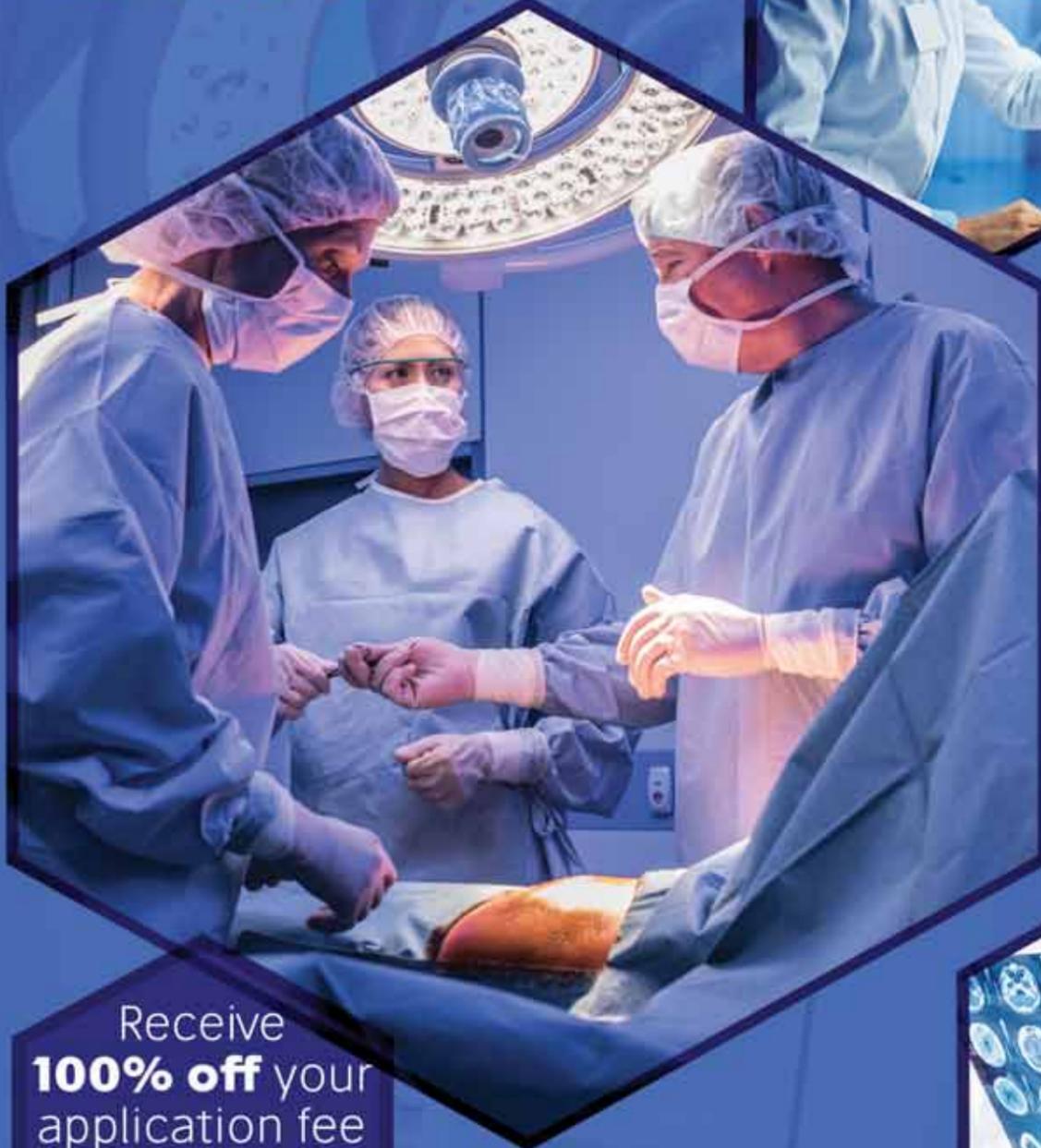


Sarah McCann

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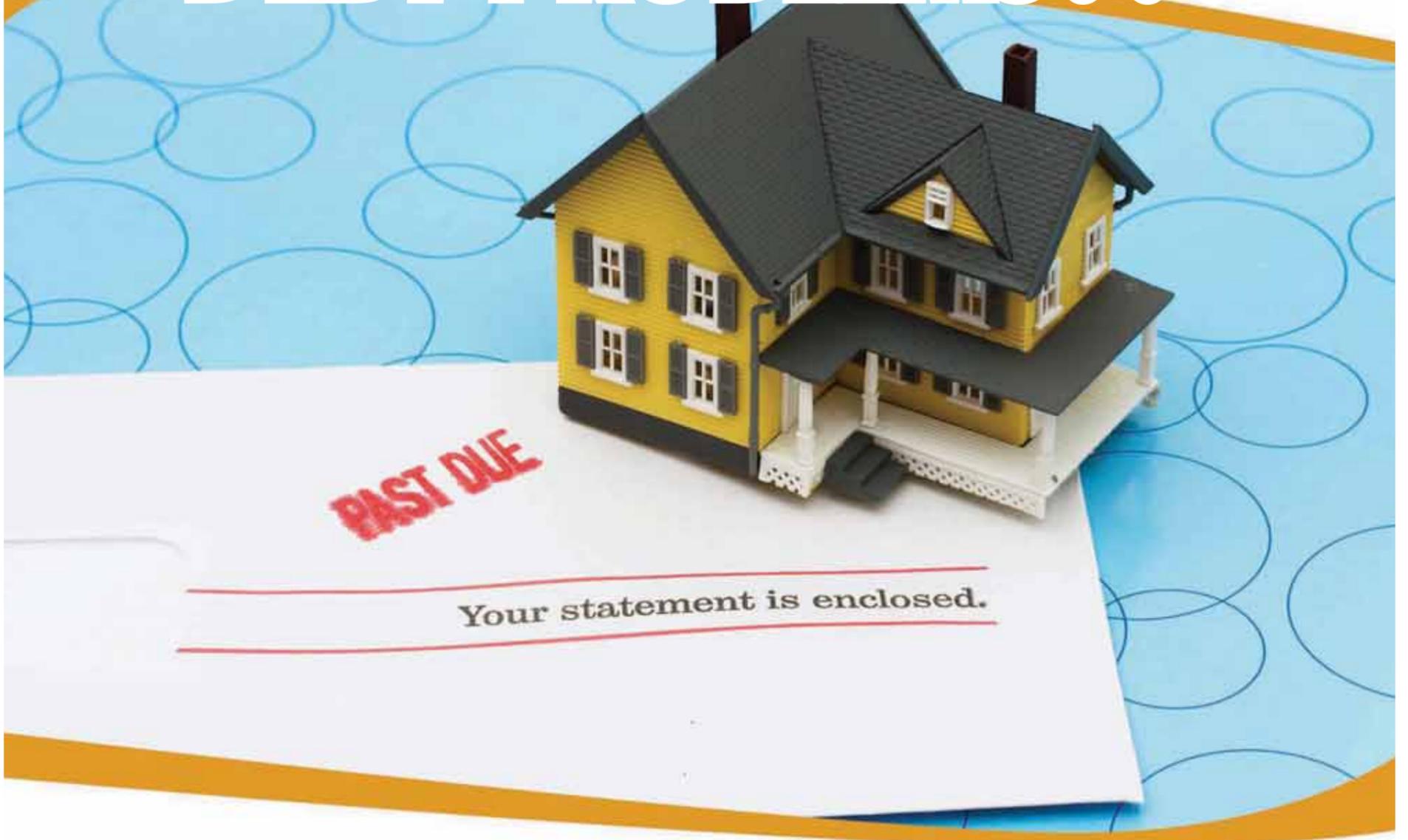
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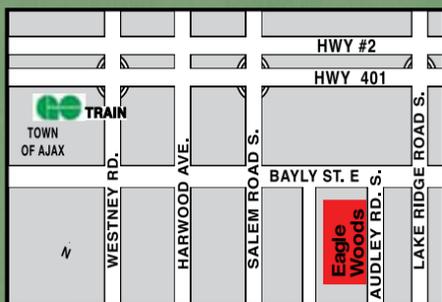
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CANADA'S FIRST EVER IN-HOSPITAL MIDWIFERY UNIT OPENS AT MARKHAM STOUFFVILLE HOSPITAL

On Tuesday, June 26, 2018, Markham Stouffville Hospital (MSH) opened an Alongside Midwifery Unit (AMU) – a dedicated birth unit operated by midwives. This groundbreaking unit allows MSH to be the hospital of choice for women who want to have a midwife for their childbirth experience in a hospital setting with access to support from the obstetrical unit if needed during labour and birth.

This unique birth unit and this collaboration meant a great facility for our youngest patients, their families, and our staff, midwives and physicians.

This is Canada's first Alongside Midwifery Unit including unique home-like patient rooms with specially designed, innovative birth equipment: birth stools, hanging slings and birth pools for labour and delivery.

During the opening, many distinguished guests were present and the following spoke about this unique facility:

- Jo-anne Marr, MSH President and CEO
- Carol Cameron, Executive Director, AMU
- Christyne Peters, Obstetrician / Gynaecologist at MSH
- Lauren Sledziewski, patient of midwife and obstetrician
- Tracy Clegg, Vice President, Donor Engagement & Operations, MSH Foundation



About Markham Stouffville Hospital

Markham Stouffville Hospital is a progressive, three-site, community hospital with 329 beds, leading diagnostic and emergency services and clinical programs in acute care medicine and surgery, addictions and mental health, and childbirth and children's services. Partnering with other specialist providers, the hospital's 500 physicians, 23 midwives, over 2,300 staff and nearly 1,300 volunteers make it the centre of community care for the residents of the City of Markham and the Towns of Stouffville and Uxbridge.





- Ahmed

Ahmed didn't see it coming. On December 3, 2017, the 54-year-old healthy, active father of five had a stroke. For 12 days, he was in and out of consciousness, not aware of where he was or how he came to be there. On December 15, he was considered out of danger and was moved to Providence Healthcare.

"I was lying in the bed and I thought: I am going to die here," he recalls. "I was paralyzed; I couldn't speak. I didn't think there was any hope for me."

Then his nurse, Catherine Paul, stepped into his room. She read his chart and calmly told him he was going to get up and walk and go home to live independently again. She was so sure, Ahmed decided to believe her. And then she took him to the gym for his first physiotherapy session.

After that, every day Catherine would remind him that there was an entire team of people who were working to help him walk. It wasn't "if"; it was "when" and it was going to be a lot sooner than Ahmed could imagine, as long as he committed to his therapy plan. Ahmed says his whole outlook on life changed – because of her conviction that he would recover.

Every member of his care team was equally positive. Ahmed was astonished at how they worked as a team, handing him off seamlessly from one to another "like a baton in an Olympic relay race." They al-

ways seemed to know where he was strong, where he needed to do more work. "Their teamwork is tremendous and how they communicate is marvelous. Each person is always up to date with your progress and they never miss a beat," he says.

Ahmed was discharged from Providence six weeks after he was admitted. He's back at home with his kids now, and is thrilled to be there. He manages with a cane at home and comes back regularly to continue his therapy, using a wheelchair in the hospital for quicker mobility. His speech is perfect. He credits Providence, its positive approach and teamwork. As he says: "The place is full of hope."

Hope Coaching

Jane Goldberg was a physiotherapist on Ahmed's team. She explains that at Providence, the staff use an approach with patients called "hope coaching" that begins by looking at the patient from a "strengths perspective". They identify the strengths that are already there, and take the time to hear from patients how they perceive themselves and what matters to them. Long-term goals are broken down into small, reachable goals, building confidence and finding strength the patients often don't know they have.

The benefits of hope coaching have clearly been felt by Ahmed, but Jane says the staff feel the benefits, too. "It stops us from being overwhelmed, along with the patient. I

feel calmer, more positive about myself and my job." If Ahmed's story has touched you, please consider donating to Providence. You can make a significant difference to the patients, residents and families who come to us for hope and healing. To donate, visit www.providence.on.ca/foundation or call **416-285-3630**.

Providence Healthcare is a leader in providing rehabilitation, long-term care, palliative care and community programs in Toronto.

Ahmed in one of the physiotherapy rooms at Providence Healthcare.



Ahmed with four of his five children.



Scarborough and Rouge Hospital



Health & Care

Dash MD™ app a helpful new tool for ED patients



Patients and families now have a new tool to find useful hospital information, as well as resources and guidance on follow-up care, with the launch of the Dash MD™ app across SRH's three Emergency departments (EDs).

Dash MD™ has a number of features that can help patients during and after their ED visit, including:

- Information about the hospital (i.e., what to expect while in the ED, services available onsite, and other hospital FAQs)

- Links to supplementary care providers in the community, such as pharmacies, physiotherapists, and family health teams;

- Medication, task, and appointment reminders; and,

- A survey link to provide real-time feedback.

"Implementing the Dash MD™ app builds on our culture of continuous improvement, innovation, and delivering the very best patient experience within the EDs," said Nancy Velloso, Patient Care Director of the Medicine and Emergency programs at SRH.

The Dash MD™ app can be downloaded for free from the App Store or Google Play. Once the app is downloaded, search for "Scarborough and Rouge Hospital".

Paediatrics Education Lead receives U of T Teaching Award

Dr. Yehuda Nofech-Mozes, Paediatrics Education Lead at Scarborough and Rouge Hospital's (SRH) Centenary site, has received a Peters-Boyd Academy award from the University of Toronto (U of T) for his work as a clerk supervisor of medical students.

"Dr. Nofech-Mozes is an example of the incredible commitment at SRH to advance the medical profession and educate the next generation of physicians," said Dr. Dick Zoutman, SRH's Chief of Staff.

"Dr. Nofech-Mozes is dedicated and passionate about his teaching," added Dr. Karen Chang, Chief of Paediatrics SRH's Centenary site.

"Under his leadership, the Paediatrics program at the Centenary site has been ranked the top teaching program by U of T medical students among all 19 paediatric teaching sites in the GTA for the last two years."

"It was a real honor to be nominated by a third year U of T medical student and receive

Peters-Boyd Academy award from U of T," commented Dr. Nofech-Mozes.

"I feel it represents the experience students receive when they train here, which includes direct teaching, as well as ensuring they receive maximum exposure to patients and their families by working closely and one-on-one with and under our paediatric subspecialists, general paediatricians, paediatric orthopedic surgeon, and neonatologists. The fact that our interprofessional team of nurses, social workers, dietitians, and pharmacists also share their knowledge adds to this very positive and exciting learning environment. The Peters-Boyd Academy award is a testament to the entire outstanding paediatric team at Centenary."

The Peters-Boyd Awards are part of the Peters-Boyd Academy run through the Medicine program at U of T. As a community teaching hospital affiliated with U of T, SRH is one of



the hospital sites where third and fourth year medical students can train.

SRH accommodates more than 750 clinical student placements across the hospital's programs and services each year. For more information, visit our website.

SRH needs Summer Pathfinder volunteers



Summer pathfinder volunteers Faizah Sayyid, Syntheya Leslie, and Kholesah Alli are ready to assist. Photo credit Claire Hastings, SRH

Do you know a friendly, fun, and outgoing high school, college, or university student? Do they need volunteer hours or work experience?

The SRH Summer Pathfinder volunteer program could be just what they are looking for!

SRH Summer Pathfinder volunteers support patients, families, and visitors as they enter and exit the hospital.

Based at the main entrance of each hospital site, Pathfinders give a friendly welcome to people coming through the doors. Pathfinders help patients, families, and guests find the information they need for their visit to the hospital and help with directions or assistance to their destination.

Pathfinder hours:
Monday - Friday

8 a.m. - Noon
Noon - 4 p.m.
4 - 8 p.m.

If you know someone who would like to become a Pathfinder volunteer, please encourage them to fill out an application form at www.srh-hospital.ca/volunteer-with-us/ and indicate Summer Pathfinder on the top right side of the application form.

Indicate shift preference and which SRH site you would like to volunteer at (Birchmount, Centenary, or General).

Submit the form to TSH-Volunteerservices@tsh.to.

If you have any questions about the Pathfinder program, please contact Carmela Marroccoli, Program Coordinator, at 416-284-8131, ext. 4533 or cmarroccoli@rougevalley.ca.

Scarborough and Rouge Hospital holds first-ever Pride celebrations



of Pride Month, Scarborough and Rouge Hospital (SRH) hosted its first-ever Pride celebrations last month.

President and CEO Elizabeth Buller and Chief of Staff Dr. Dick Zoutman joined SRH staff and community members for a flag-raising ceremony and rainbow cake on June 12. The Pride flag flies at SRH's Centenary site to celebrate the LGBTQ+ community within the hospital and beyond.

Pride flags were also hung at the Birchmount and General sites the following day, and staff and volunteers doled out Skittles and smiles to passersby, in celebration of diversity and inclusion at SRH.



NEW HEMODIALYSIS SATELLITE UNIT TO OPEN AT CENTENARY SITE

Patients will soon have greater access to dialysis treatments and services within Scarborough with the opening of a 12-station In-Centre Hemodialysis (ICHD) satellite unit on Monday, July 9.

Located on the fourth floor

at the Centenary site (2867 Ellesmere Rd.), this unit, which is a part of the Scarborough Regional Nephrology Program, will serve existing SRH dialysis patients who are currently receiving dialysis at the General site. This will help to ease the

pressure on existing resources trying to accommodate ongoing growth.

This is an exciting milestone for everyone who is a part of the SRH community, and a great example of how SRH continues to meet the needs of the community!



The Scarborough Regional Nephrology Program celebrated the upcoming opening of the new hemodialysis satellite unit at SRH's Centenary site at an open house event on June 21. Staff, physicians, patients, donors, and partners came together for a sneak peek of the new space.



Canadian Tamils Make Their Presence Felt In Political Landscape

In-depth Analysis

By: Raymond Rajabalan

With two Canadian Tamils being elected in the recently concluded provincial election, the Tamil community in Ontario is justifiably overjoyed by this remarkable feat. Logan Kanapathi and Vijay Thanigasalam successfully contesting as Progressive Party candidates have boosted the confidence of our community," many Tamil voters told the writer.



Apart from this, two other Tamil candidates contesting in two separate Scarborough electorates had garnered very strong support and were on the verge of winning. However, all of a sudden in the days close to the election new allegations were levelled against them by their opponents. In the resulting confusion, one of the candidate had his majority significantly reduced while the other candidate lost by less than 100 votes.

The fact that Tamil candidates were able to gain such strong support among the various communities in their constituencies speaks volumes about their political maturity and determination.

Winners and Losers

In a democratic process, whether they are winners or losers all the candidates should be congratulated irrespective of their political leanings.

Taking into consideration of the performance of all Tamil candidates who took part in the June 7th Provincial elections, it is remarkable that all of them did their very best.

Markham-Thornhill goes PC, electing Logan Kanapathi



Logan Kanapathi

It was a PC victory in Markham-Thornhill riding, with Logan Kanapathi claiming a clear and early win in the hotly contested and relatively new riding.

Kanapathi has served as a city councillor in Markham and was first elected to that office in 2006, then won the 2010 and 2014 elections and was the first Tamil Canadian elected to political office in North America, according to his campaign website.

"Fixing 15 years of Liberal neglect and mismanagement will not happen overnight. But the Ontario Progressive Conservative party has a plan for the people to get Ontario back on track," Kanapathi told a local newspaper, in the days leading up to the election.

Kanapathi won with 18,943 votes or 50.5 per cent of the total vote. Liberal candidate Juanita Nathan, another Canadian Tamil candidate claimed 24 per cent and NDP candidate Cindy Hackelberg about 21 per cent, with all 42 polls reporting.

The York Region area riding is home to 99,075 people, as noted in 2016 census data and key election issues included public transit, child care, energy costs and car insurance.

The riding was redefined in time for the 2015 federal election, so there was no incumbent candidate for the provincial race.

Liberals won both the federal election and the 2017 by-election. However, in the provincial race the riding was projected to lean conservative, based on a data model by Barry Kay, an elections expert and associate professor of political science at Wilfrid Laurier University.

Juanita Nathan who finished second in the polls is a York Region District School board trustee representing Markham since 2010. She is also a community youth outreach worker, seniors support staff and a counsellor for victims of domestic abuse.

Juanita currently works with YOUTHLINK and Family Services of York Region and volunteers regularly with Canadian Mental Health Association, York Region Equity Council, and Markham Tamil Organization.

"This has been a Liberal riding for a long period of time, people are happy with Liberals," Juanita told the media a few days prior to the election. However it soon became obvious that the blue wave sweeping across the province had turned the tide against her.

Battle between first-timers in Scarborough-Rouge Park ends with Vijay Thanigasalam winning

In the newly formed riding of Scarborough-Rouge Park, first-time candidates waged a fierce battle that ended with the Progressive Conservatives

claiming victory.



Vijay Thanigasalam

Vijay Thanigasalam, a 29-year-old financial adviser, won the riding by 963 votes over the NDP's Felicia Samuel, 40, a teacher and union leader.

"I'm very proud and I'm very honoured," Thanigasalam told the media. "I want to thank Scarborough-Rouge Park constituents for believing in me. I will work tirelessly to be their voice at Queen's Park."

The son of factory and daycare workers, Thanigasalam grew up on the outskirts of the riding, around Kennedy and Eglinton Area. His family settled in the area in 2003, having fled Sri Lanka during its brutal civil war.

"Growing up in Scarborough, I know it's been neglected for a long time," he said. "A PC majority will bring a positive change to the area."

Improving health care and transit was high on his campaign agenda.

"Our very own Centenary hospital has an overflowing number of hallway health care patients and an overcrowded emergency room," Thanigasalam said. "That needs to be changed: our residents deserve to have quality health care."

The riding of Scarborough-Rouge Park, created in 2015, includes parts of the electoral districts of Pickering-Scarborough East, Scarborough-Rouge River and Scarborough-Guildwood.

According to the 2016 Federal census, the riding has a population of 102,275, with the vast majority of residents in the 16-64 age bracket and most identifying as a visible minority. The area's unemployment rate was 8.9 per cent at the time of the census, more than a percentage point higher than the Ontario average.

Liberal Party candidate (also a Tamil Canadian) Sumi Shan, 39, a tech entrepreneur, finished third with 20 per cent of the vote.

Liberal Mitzie Hunter holds Scarborough-Guildwood in tight race with Toronto police officer Roshan Nallaratnam

Liberal incumbent Mitzie Hunter won the tightest of races on June 7th, beating her Progressive Conservative opponent by just 81 votes in the Scarborough-Guildwood riding. The former Education minister fought off a strong challenge from Roshan Nallaratnam, the Toronto police officer who is under internal police investigation after allegations that he threatened a constituent via email. Though he has claimed the allegation as fake it had resulted in him losing the election by less than 100 votes.

New Democrat candidate Tom Packwood also made a strong showing in the race, which was only decided in Hunter's favour late Thursday night.

In a diverse riding that is pushing for better health care and public transit Scarborough-Guildwood has long been a comfortable home for Liberals.

But in 2018, the desire for political change meant the PC and NDP candidates had a shot at taking down the high-profile incumbent Hunter.

In her most recent cabinet post, Hunter served as Minister of advanced education and skills development in Kathleen Wynne's government.

Before that she was the education Minister and associate Minister of finance. Hunter was first elected in a 2013 by-election, after long-time Liberal MPP Margaret Best retired.

In the days leading up to the election, Hunter predicted she'd hold on to her job because voters are "critical in how they look at candidates," said and she has deep roots with people in her "beautiful riding."

Tamil Canadians represented at all three levels of government in Canada

The fact that Canadian Tamils are now being represented at all three levels of government is a great achievement and there is every indication that the Tamil community is on the right track and is destined for greater success in the future.

• At the Federal Level

When Rathika Sitsabaiesan was elected as NDP MP for Scarborough - Rouge River, it was a historic achievement since she was the first ever Sri Lankan Tamil in the entire world to be elected as a Member of Parliament. Rathika Sitsabaiesan represented this constituency in the House of Commons of Canada as a Member of Parliament between 2011 and 2015.



Rathika Sitsabaiesan

In 2016, Sitsabaiesan switched parties in order to seek the Ontario Liberal Party nomination for the vacant provincial Scarborough –Rouge River seat. However another Canadian Tamil Piragal Thiru defeated Sitsabaiesan for the Liberal nomination on June 5, 2016. However Thiru lost to Raymond Cho, the PC candidate in a very closely fought election.



Gary Anandasangaree

“Gary” Anandasangaree is a Tamil Canadian lawyer, human rights activist and politician. He contested as a Liberal party candidate in the 2015 Federal Election and was elected to represent the riding of Scarborough-Rouge Park in the House of Commons.

• At the Provincial Level

The election of Two Canadian Tamils – Logan Kanapathi and Vijay Thanigasalam- in the recent provincial elections is undoubtedly a remarkable feat. This is the very first time Sri Lankan Tamils have been elected in a provincial election. Once the party leaders find out the talents of these newly minted MPPs there is very possibility that more Tamil candidates might be nominated in future provincial polls.

• At the Municipal level



Neethan Shan

Neethan Shanmugarajah, commonly known as Neethan Shan is a Tamil Canadian youth worker and politician. He was elected to Toronto City Council at the by-election held on February 13, 2017, becoming the first Tamil Canadian to serve on the city council.

Shan was elected councillor of the Ward 42 Scarborough-Rouge River riding in February's byelection, just over a year after being elected as a Toronto District School Board trustee. Following the by election, Shan was also appointed as the city's Youth Advocate.

The councillor will now be the representative for many thousands of newcomers from around the world who make Toronto their home each year.

“I am pleased to be in a position

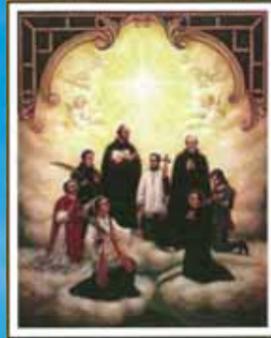
where I can promote inclusion and advocate for settlement and integration supports that are responsive to their needs,” Shan said in a written statement released after this appointment.

The future of aspiring Tamil politicians in Canada

Within the past 30 years many Tamil Canadian candidates of Sri Lankan origin have participated at the provincial polls but most of them were able to gather only a very limited support. However within the past 10 years, many other candidates with considerable political maturity have been participating in the polls. Recently a new crop of highly educated young candidates have entered the field. As such, there is every indication that the

future is very bright for them.

As everyone knows winning an election is not an overnight process. It involves a long term commitment, sincere dedication, great sacrifice and broad vision. Canada is a country which people from every nook and corner have chosen to call it as their home. As such any one hoping to be a successful politician must first earn their trust and respect of the people from various communities because ultimately one has to serve such diverse communities with vast and varied cultural background. Judging by the progress made by Tamil Canadian candidates in the recent past, it appears that they are on the right track to make their presence felt more prominently in the future.



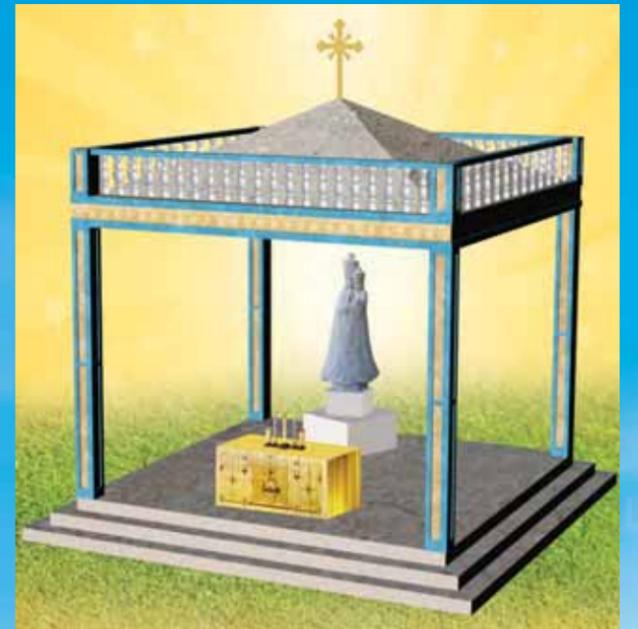
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31 ஆவது ஆண்டு

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21 July
2018

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12:00 கூட்டுத்தீருப்பலி /Holy Mass
3:30 நற்கருணை /Benediction
ஆராதனை/ ஆசீர்வாதம்



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WORDS OF PEACE

First Step to Peace

The first step toward world peace begins with every individual, says PremRawat, who travels the globe with a unique offer of personal contentment and fulfillment. While people say we need world peace, he says, it's not the world that needs peace—it's us.

"What is peace?" he asks. "For some people, there would be peace if everyone smiled all day. To some, peace might mean that when you see someone on the road, you hug. To some people it's no more crime; to others it's no more war. A smile, a hug, the end of a war—these are symptoms of peace, not peace itself.

"What is peace? This is a most beautiful subject. I am very privileged to talk about what peace is, because peace has to do with each one of us—with you! You have within you both the possibility of bad and the possibility of good. You have anger in you and you have kindness in you. You have doubt and you have clarity. You have upheaval and you have peace. You have darkness and you have light. You have both ignorance

and understanding within you.

"To become angry, you don't go to someone and say, 'I want to be angry. Can I borrow your anger?' You cannot borrow somebody's anger. You cannot borrow somebody's clarity, and you cannot borrow somebody's confusion. They come from within. You are the source.

"If you understand that, it becomes clear that if peace is within you, then the question becomes whether or not you know yourself. Maybe you have heard this before: Know thyself. Do you know yourself? Do you understand you? Who are you?"

Every human being, Mr. Rawat points out, is made up mostly of six elements: oxygen, hydrogen, carbon, calcium, nitrogen and phosphorus.

"Those are the elements that account for 99 percent of a human body," he says. "So is the person next to you also made of them? Of course—and the person next to that person is, too. Yet have you ever seen oxygen smiling? Have you seen calcium or hydrogen smiling? Have you seen nitrogen or phosphorus smile? No—you have

seen other human beings smile.

"From these basic, fundamental elements to a human being—what is the difference? That difference is something magnificent. It is called life. This process of being alive is what makes a mixture of these elements move, talk, think, understand, laugh, cry, smile—all of those things.

"Yet do we pay attention to what it means to be alive? This is so fundamental to understanding peace: We have to understand what it means to be alive."

There are some people, Mr. Rawat says, who believe they are the sum of all the problems they have. As a result, they're always dealing with problems.

"Is that what it means to be alive?" he asks. "Is it just about dealing with problems? We can be so caught up in problems that we're one with those problems instead of being one with ourselves—and a divided human being creates a divided society. A divided society creates divided countries.

Divided countries will create divided opinions, and once there are

divided opinions there will be wars.

"So how can we end a war? My question is, how did it start in the first place? How did those six elements decide they should go to war?"

Understanding what peace is, Mr. Rawat says, begins with understanding your own life.

"Our focus," he says, "has to begin to shift to understanding what was said a long time ago: Know your own self. When you begin to understand yourself, you will begin to understand what peace is. Then, you realize that peace never has been, and never will be, far from you. Peace lies in the heart of every single human being. So stop trying to create peace, and start allowing peace to manifest. That is simplicity."

To learn more about PremRawat; 1 877 707 3221

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Is summer learning needed?

By: Janani Srikantha

We've all heard the adage "practice makes perfect". But why? A very brief explanation of a complex process is that when we complete a task, for example writing an essay, our brain coordinates multiple areas to activate our memory, balance logical and creativity thinking, process visual information, enable motor functions, access language skills, and more. Often, when we learn new skills, it can feel taxing on our energy and arduous. However, with practice, it becomes a more natural process that we can engage in. The practice helps our brain optimize the coordination needed to complete the task. This optimization process is called myelination which increases the speed and strength of the nerve impulses in the brain, as with practice we trigger a repeated pattern of electrical signals through our neurons.

Think back to times when you have stopped learning music or participating in a sport. When you pick up that instrument or game again, it is often difficult to go immediately back to your previous level of ability. We need to take the time to rebuild and let our brain once again optimize the process needed to accomplish the task efficiently. The same occurs with academic learning when children take a prolonged break.

Research in education shows that students who don't engage in any form of learning activities, during the summer holiday, experience a learning loss. It has been found that students' performance lowers by an average of one month at the end of summer, com-

pared to their performance at the beginning of the holiday.

Out of all the subjects, math and English take the biggest hit with some students losing about 2.6 months worth of grade level equivalency in math and 2 months of grade level equivalency in English. The significance of these losses is that they are cumulative and the widening achievement gap, over the years, can be attributed to holiday learning loss.

During a new academic year, it takes about four to six weeks, which is approximately 17% of the school year, to review all the knowledge and skills that was forgotten during the summer. Therefore, students who engage in educational activities during the holiday can be more efficient learners and often make gains.

So what can we do to help our children maintain their academic level during an extended school holiday? Studies show that there are a key considerations to be taken into account before enrolling for a summer program:

1) Frequency

It has been proven that with each additional week of attendance, there is a statistically significant improvement in academic performance. This indicates that to maintain and improve academic performance, consistent practice is needed. Therefore, ensure that the learning program is one that your child can attend on a regular basis, and not just once or twice during the summer.

2) Feedback

Repeated poor-quality practice leads to bad habits, which are difficult to unwire. Therefore, your child should

receive plenty of feedback on a regular basis, as they adapt and develop to their full academic potential.

3) Personalization

Quality practice comes with differentiated instruction. A book full of worksheets is not going to be an effective learning tool, if they are given to a child at random. Also, every child in the learning program does not require identical support. An evaluation of your child's strengths and areas of need should be conducted, so that focussed lessons help them succeed.

4) Small Class Size

For personalized lessons to occur, it is recommended that summer learning groups aren't large. A smaller class provides the opportunity for your child to develop their interpersonal and communication skills, while still receiving individualized instruction.

5) Alignment with School Curriculum

The summer learning program should align with the school curriculum in two ways. Any concepts that your child needs support in from the previous grade should be mastered. Following this, knowledge and skills should be built that align with the upcoming year, so that your child is prepared with a preliminary understanding of core concepts.

6) Engagement

We form our memories using a combination of consolidation, attention, and connection to determine what is important and subsequently remembered. Children remember best when they learn in a context that they understand and is important to them. Summer learning classes should develop

lesson plans based on the interests of students in the class, and incorporate hands-on learning that actively engage each child.

7) Balance

Daily practice is beneficial, but it is not necessary to spend most of the day in a learning program. Children can maintain their academic performance and be given the opportunity for free-play.

This summer, take the time to engage in learning programs, visit the library regularly, participate in family reading and outings, and be curious inquirers with your child by solving problems that integrate mathematics and literacy skills. When a child is practicing and building on the skills they know in an authentic, fun, and engaging context, they are truly learning.

Janani Srikantha is a certified teacher who is experienced with the Ontario curriculum and the International Baccalaureate. She provides tutoring using personalized learning plans based on students' needs.



She is knowledgeable on integrating technology to



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

Special Feature

Celebrating 10 years of inspirational newcomer achievements

The 2018 RBC Top 25 Canadian Immigrant Award winners include NHL hockey dad, comedic actor, doctor, senator, and an app entrepreneur

TORONTO, June 19, 2018 – What does a hockey dad of three NHL stars, a mental health advocate, and auto-dealer/Raptors “Superfan” have in common? They all were once newcomers to Canada and have contributed to their communities through leadership and philanthropy, and now have been selected as winners in this year’s 10th annual RBC Top 25 Canadian Immigrant Awards. The winners are being presented by Canadian Immigrant magazine and proudly sponsored by RBC Royal Bank.

From coast to coast, the 2018 RBC Top 25 Canadian Immigrants are a reflection of Canadian culture, diversity, and nation-building spirit. From Karl Subban, an educator who has guided his three sons to NHL stardom, to Senator RatnaOmidvar, who has been a lifelong diversity advocate, to Dr. SarojNiraula, an oncologist, and researcher to just name a few.

For the last 10 years, the RBC Top 25 Canadian Immigrant Awards have highlighted stories of Canadian immigrants who have demonstrated incredible contributions and achievements in Canada. In addition to this year’s top 25 winners, 250 winners have been honoured over the last decade with this



incredible achievement.

“Celebrating 10 years is a true milestone for our awards, and we couldn’t be prouder of the amazing immigrants who form this year’s RBC Top 25,” says Margaret Jetelina, editor, Canadian Immigrant magazine.

The RBC Top 25 Canadian Immigrant Award winners will be honoured at ceremonies in Toronto on June 19th 2018 and in Vancouver on June 27th 2018. In addition to the top 25 winners, two winners will also be selected for special recognition, the RBC

Entrepreneur Award, and the Youth Award.

Philippines-born Loizza Aquino, 18, is the second annual Youth Award winner. From Winnipeg, she is the founder of the youth-led non-profit organization called Peace of Mind, which focuses on mental health advocacy.

“The RBC Top 25 Canadian Immigrant Awards celebrate the outstanding accomplishments and leadership of newcomers across Canada. Now in its tenth year and with over 250 newcomers recognized, the Awards highlight

our country’s diversity, and the contributions and positive impact newcomers have been making in our communities. Congratulations to all winners and nominees,” says Ivy Chiu, Senior Director, Newcomer Strategy at RBC.

Hundreds of nominations were received, from which 75 finalists were shortlisted by a diverse judging panel of past winners. Nearly 60,000 online votes were cast. The 25 winners were chosen based on a combination of votes and the second round of judging.

The RBC Top 25 Canadian Immigrant Award winners will receive a commemorative plaque and a \$500 donation will be made toward a registered Canadian charity of their choice. Winners will also be featured online at canadianimmigrant.ca/rbctop25 and in the July print edition of Canadian Immigrant Magazine.

NEW: Settlement Agency Award
Concurrent with the RBC Top 25 campaign this year, the Settlement Agency Award was introduced this year to recognize the amazing work immigrant settlement agencies are doing to help newcomers integrate and succeed in Canada. The winner of the first Settlement Agency Award is ISS of BC.

Welcome to Canada!

Inaugural Brampton Newcomer Day offered programming and fun for the whole family

BRAMPTON, June 27, 2018 – As we approach Canada Day and on Canadian Multiculturalism Day, the Brampton Multicultural Centre in partnership with RBC, celebrated Newcomers to Canada with a festive afternoon of programming for all ages. Brampton Newcomer Day, a first for the city, brought together more than 20 local exhibitors who offered their services in order to help Newcomers feel more settled in their new community.

Those in attendance were offered workshops on everything from building a LinkedIn profile to learning about how to buy a house in Canada. Employment events, speed mentoring and resume critiquing rounded out the practical workshops, while families with children were treated to face-painting and visits with RBC Olympian Brittany McLean and Leo the Lion.

“On top of the challenges of leaving family behind, there are many barriers

that newcomers face around gaining employment, finding housing, accessing services and getting financial assistance, as they build new lives in a new country,” said Zanita DiSalle, Brampton Regional Vice President, RBC. “At the new RBC Newcomer Meeting Place, we’re helping newcomers overcome some of those common issues along with our partners at the Brampton Multicultural Centre. The inaugural Brampton Newcomer Day is one way to let people know that this community is here to help and support them.”

Brampton Newcomer Day offered a variety of programming, from accessing Canadian health care to getting advice on resume-building and job-hunting, to speaking to someone about banking in Canada to fun activities for kids. Some of the participating Community Partners include:



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RE/MAX COMMUNITY OPENS AJAX BRANCH WITH A 175 STRONG TEAM BEHIND THE BROKERAGE

By Siva Sivapragasam

RE/MAX Community Brokerage which has now become a household name in the Real Estate field in Toronto with a 175 strong team added another feather to their cap by opening a branch office recently in Ajax which is fast becoming a popular residential city in the GTA.

The new Branch Office which is situated in an easily accessible and strategic location at the Rossland/Salem intersection is well-equipped with the state of the art décor and spacious rooms overlooking a panoramic view of beautiful scenery. The two leaders of the Company's team Rajeef Koneswaran and Logan Velumailum were at hand along with their team members to welcome the visitors which included members of the real estate

tate fraternity, mortgage agents, lawyers, professional personnel, members of the Media and other well-wishers.

RE/MAX Community began its activities with 25 agents and has now grown with 175 agents working for the company working as a strong and vibrant team providing knowledgeable expertise and valuable advice to their clients. The steady increase in the number of agents over a relatively short period reflects the growing image and prestige of the company's brand name in the real estate field.

Logan Velumailum welcomed the guests and stated that the company has achieved many milestones and now continued to move forward with the opening of a second location in the city of Ajax. He complimented the role of the company's agents for their contribution and

achievements in the progress of the company and increasing production. He also acknowledged the time, efforts and commitment by the Broker Manager Rajeef Koneswaran whom he referred to as the hero and star of the day.

He congratulated Rajeef for the work done within a short period of time to get the Branch office into operation. He also referred to the challenge thrown at a last year's event by the company's good friend and Member of Parliament Gary Anandasangaree that the company should achieve a target of having 150 agents to coincide with Canada's 150 - year celebrations.

Logan remarked that the company feels proud that it has achieved this target within a short span of five years. He also mentioned that Ajax was chosen for the

second location with a substantial investment after a thorough research to meet consumer needs and to provide efficient services. He promised the guests that in another three - year period one can see a third location too.

Logan thanked all those who were involved with the work associated with the opening of the branch which was achieved within a short period of time. He concluded his speech by thanking the team members and those who had been hosts to the company's events and programs.

The guests were taken around on a tour of the office and were entertained to sumptuous refreshments and drinks.

(Seen here are some pictures taken at the Branch opening event - Courtesy of Ekuruvi)





RE/MAX COMMUNITY OPENS AJAX BRANCH WITH A 175 STRONG TEAM BEHIND THE BROKERAGE



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Tamil Literary Garden Awards Gala

Lifetime Achievement Award 2017 presented to Tamil Writer & Poet Kalyana Sundaram Sivasankaran (Vannadasan)

By Siva Sivapragasam

Toronto's Tamil Literary Garden's 2018 Awards Gala event was held recently at the Scarborough Convention Centre with the Lifetime Achievement Award for 2017 being presented to the well-known Tamil Nadu writer & poet Kalyana Sundaram Sivasankaran popularly known as Vannadasan. This Award was sponsored by Vaidehi, Balamurugan and Apsara.

The Tamil Literary Garden, established in 2001, is a Toronto based charitable organization committed towards promoting the development of Tamil

literature and studies internationally. The mandate includes the presentation of awards on an annual basis to those creative persons who have made significant contributions to the development of the Tamil language. Its mandate includes awards, creative writing, scholarship to students, translations, book releases, Tamil theatre, performances, conferences and workshops. Among its activities, the event that takes centre stage is a Lifetime Achievement Award which consists of a plaque and a cash prize of C\$2,500.00. Other Awards presented at the event are for Fiction, Non-Fiction, Poetry, Information Tech-

nology in Tamil, Translation and Scholarship to a student enrolled in a Tamil studies program. The organization also arranges Tamil Theatre performances and lecture series in conjunction with the Department of English - University of Toronto. The President of Tamil Literary Garden is Barrister & Solicitor Manuel Jesudasan while the Secretary is the well-known Tamil short story writer Appadurai Muttulingam.

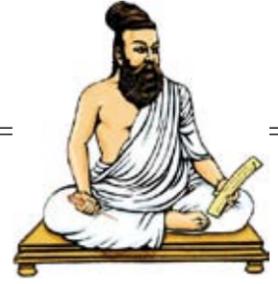
The Oscar-nominated filmmaker Deepa Mehta whose films are celebrated world-wide was the Chief Guest at this year's event. Her films have been screened at all major film festivals and

distributed worldwide. Her film "Water" received an Oscar nomination for the best foreign language film. Her latest work was "Anatomy of Violence". The Guest of Honour this year was Dr. Bala Swaminathan who has created a successful career in U.S. and founded the New York Tamil Academy for school children.

The event was well attended by scholars, writers, Media and members of the public. Kandasamy Gangatharan was the EMCEE at this year's event.

(Seen here are some pictures taken at the event)





Experience is Knowledge



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A man of true knowledge knows how the world abides and lives accordingly. It is similar to the proverb - 'when in Rome do as the Romans do'. Man should study the social norms of the society and live according to them. Awwaiyar's aathisoodi directs thus: 'naadoppana chei.' John Dewey, the American philosopher asserted that education is experience. It is through experience of the world in all its facets that one can obtain real education. Men of wisdom will know what is ahead of them, whereas the ignorant are not aware what will become of them.

The learned will know what to fear but the ignorant will be foolish and expose them to danger. Wise men will not be shocked by distressful situations for they can read the signs and foresee developments. The wise have all the blessings even if not possessed with worldly goods, but the ignorant rich have nothing. Wisdom is the fortress of inner strength; it is the ultimate and impregnable defense against disaster. Wisdom concentrates on the wise and the good instead of letting the mind wander aimlessly everywhere. In the same vein Plato said that the ultimate

end of all learning is perfect goodness.

The true quality of wisdom is to discern the truth from whatever source it emanates. The wise will even express the profound thoughts in simple terms but are capable of grasping the subtleties of all what others say. Unlike the bloom that opens and closes frequently, the wise man loves the entire world with a certain frequency. The Bhagavad-Gita sums up the idea by stating that a heart filled by wisdom and self-realization, attains excellence and looks with equal regard on well-wishers, foes, friends and neutrals.

*'Evvathu uraiyvathu ulagam, ulahathodu,
Avvathu uraivathu arivu?'*

(Kural: 421-430)



By: JJ Atputharajah

Tamil film songs of yesteryears have an enduring quality of appeal. My selections are randomly made from films of the mid- twentieth century. Relatively songs of those times are generally slow moving and based on high ideas and principles. These songs were a source of enlightenment and inspiration to the viewers. Those days most people did not have radios and TVs were unheard of. People listen to songs in the cinema halls or from gramophones played for entertainment in tea boutiques. There were no tape recorders, record players, CDs or smartphones. Songs provide energy to the mind and today we have so many sources from which we can listen to music and songs. Some special TV channels provide telecasts of old film songs which we can now view and enjoy. I have listed 10 of them.

“Vaazhlvn Jeevan Kaathale”:-

This was one of the best love songs. It was from the film-”anthaman kaithi”. It proclaims that love is the very life-wire of life. It fosters real attachments in two souls and ensures all kinds of happiness in this world. If lovers are parted it will bring about unforgettable sorrow. It seeps through the eyes and enters the mind. ‘Kaathal’ or love is a wonderful saga of the romantic art (“Mohanak Kalayin Vinthaik Kaviyam”). The Song was sung by Ghantasala. The choice of words and its everlasting sweetness makes it a memorable love song. The song was enacted by M.G. Ramachandran and P.K. Saraswathy.

“Samsaram, samssaram, shahala tharma saaram suga jeevana aatharam,”

A song that portrays the importance of family life. The name of the film is samsaram itself. It pronounces that family life is the basis of human life. ‘Kanavan manaivi onrai iru kanum maniyum pole innai piriyathu ilam palahar vilai aadum’. The husband and wife be united together like the two eyes and its lids and help the kids to grow up happily. The film was a great hit in 1955 and ran in the same theatre for several weeks. A viewer commented that this song gave practical guide for all members of the family.

“Enni enni parka manam in pam kondaduthe”

This song depicts the mind of a girl who is passionately in love. She thinks of her relationship with her lover and pours out her love in this song that expresses her feelings and emotions. The film named ‘life’ was a classic hit in those days and was enacted by Vyjanthimala when she was just in her teens. The endearing terms used in this song are very captivating and that made it a very popular song in those days. “Konji Konjip pesi naan kuyil polappaduvan”. The girl sings that she will talk in a kissing mood and sing like the Cuckoo bird. The song was highly reputed for its enduring sweetness.

“Kalyaname, namma kalyaname”

This was a dream song from ‘Kaathal’ - a film produced by Bharani Studios belonging to P. Bhanumathy. The song was sung by her. She acted as a gypsy girl who was passionately in love with a rich young man from the town enacted by A. Nageswarao Rao. The film was reputed for its sweet enchanting love songs. The gypsy girl dreams of her wedding set in the natural surroundings of the forest area where she lives. “Kalyaname, namma kalyaname, Kan kavarthiddu puthumaik kalyaname, kalyaname inthe kalyaname kan kavarthiddu kaadichiyame. Anpale naam ennarlum koodi onrakiye ennarlum varlvil poovum manamum polave varlum--oh,oh,oh,oh-kalyaname. The song contained alliterations and similitudes. “Amuthum suvayum pola, Konchum tharakkai kooddam-alangara theepam, Mangatha nilavu-singara jothy’, Aruviyin oosai-suhamana merlam, Mayil nadanam-oyara naadiyam). The beat of the song was profoundly exhilarating and the young ones in those days used to sing it with zeal and mirth in their gatherings.

“Uravum illai, Pahaiyum illai, Onrume illai”

There is no feelings - negative or positive- for man immersed in anguish, sorrow or frustration.

The song from the romantic-tragic film ‘Devadas’ expresses the pangs of a love lorn man sung by Ghantasala and Yamuna Rane. Devadas drenches himself in his addiction to liquor and becomes immune to all feelings. The film was widely acclaimed as a very good film for its songs, acting and Romeo-Juliet style story. The lines of the songs were well worded with

picturesque imageries expressing the depths of sorrow.” Kulam nirainthal jalam varlinthe veru vazhli yehum, kumurip puhaiyum thuyara vellam mudiyum narl ethuthu? adaiya mudiya porulin meethu aasai theerauthu, abimanammarathu”. If a pond gets filled up the waters will flow else where; when will the rising waters of sorrow recede? It is impossible to forget one’s craze for a thing he desires or the regard he has for it. Nageswara rao as the \ sorrowful lover far surpassed all other actors by his ‘true to life’ realistic acting and that made the song and the film remarkable and memorable.

“Varayo venilave kerlayo engal kathaiyai”

“Varayo venillave kerlayo engal kathaiyai”

A duet love song from the film Missiamma sung by Rajah and Leela. The content of the song is in the form of a dialogue reporting to the moon about the conflict between two lovers. The roles were enacted by Savitri and Gemini Ganesan. The slow moving sweet rendered song is delightful to listen. Though the film was made in 1955, the song has a wide appeal.

“Thunpan Nerkaiyil Yarl Eduthu Nee Inpam Serka Maadaya?”

The song was written by Bharathithasan in excellent Tamil prose. It is a soul -full song relating the strong connection between love and music. It was enacted in the film - ‘Or Iravu’ - by Nageswara Rao and Lalitha. The lines of the song had an electrifying effect on a generation of youngsters who took it as a model for being in love - when Nageswara Rao utters the word ‘Kanne’ during the course of the scene to Lalitha. Music is the food for love especially in times of loneliness and sorrow. Profound singing by A.M. Rajah and Jikki made it widely appealing. The sweetness of the Tamil language is well amplified in this fabulous song-slow moving and remarkably expressive.

“Varlthalam esum tharlathalam esum vyaham ithu thaneda”

This is one of the most popular songs of yesterdays. It is from the film acted by Shivagi Ganesan in “Naan Petra Selvam”. The music was composed by G. Ramanadan and it was sung by T.M. Soundararajan. It tells expressively the nature of the common people of the

world. They will talk ill of you whether you live well or lowly. They will laugh at your weaknesses or hate you secretly in their minds. If you ask for help out of poverty, they will insult you. If you are rich and ask for help they would say that you are just pretending. Such people are not civilized. Soundararajan has a very strong and convincing tone and this song has come out nicely.

“Sathiyeme leedchiyamaik Korleda, Nileda”

The song was sung by T.M. Soundararajan in his outstanding voice. It has soulful music and it moves on to the beat of a running horse. One must uphold the truth as an ideal and never depart from its directives. In the ups and downs of life have truth as your watch word and never shrink from it. The good will have their challenges but never ever give up your ideals under any kind of deplorable situations. The song is from the film -‘Neelamalaithirudan’ enacted by Ranjan. A highly popular Tamil cinema song with a universal appeal.

“Ulagey maayam, Vazhlve maayam”

The signature song from the mega hit film “Devadas” was sung by Ghantasala. It is highly philosophic in its content and became a very sorrowful song mainly because of the superlative acting by;

a. Nageswara Rao who did his very best in this film. The highlights of this song are a. The unreality of this world

b. The joys of this world are transient.

c. They fade away like the bubbles created by the sea-waves.

d. Your kith and kin will not come with you when you leave this world. ‘Uravum uurarum uttar petarum odiduvur koodvarar naam sellum neram’.

e. All the books and moral codes have these as their gist.”Marai nool oothuvatum aahum ithey saaram, manathil naam kaanum sugame maayam’. The music was composed by C.R.Supparraman. A memorable song for all times.

Mid -twentieth century Tamil film songs are still appealing and entertaining. These are just a random selection from the films I enjoyed watching in those days. Modern technology has made it possible to listen to them at the click of the mouse. A day with just 24 hours are not adequate for us to experience what the modern world is offering for us to relish and rejoice.

My Trip to Pittsburgh, America



Waterpark at Pittsburgh

Shaila Jeyanathan is the 1st Place winner in the 2017 Essay competition for the junior division.

By: Shaila Jeganathan

When I was 8 years old, I went to Pittsburgh, America. I went with my mother and father.

It took us about 5 hours to get there. We made a few stops to go to the washroom and to get food. It was a fun ride there.

When we arrived at the hotel, we took our luggage up to our room. At the hotel room, we looked around. The place looked wonderful! After, we changed our clothes and took a rest.

Later on, my mother and father decided to go to the swimming pool. We took our towels and our swimming outfits to the pool. At the pool, we changed into our swimming outfit and jumped into the pool. The water was cold at first, but then the temperature was okay after we adjusted. We all played tag and had races.

After swimming, we washed up and changed into outdoor clothes. We went to eat at McDonalds. At McDonalds, we bought food and played there for a little while.

Afterwards, we went home and watched a movie. The movie was Home Alone. It was really funny. After the movie, we brushed our teeth and slept.

The very next morning, we woke up and we all decided to go to the waterpark. We all took what we needed and headed out. At the waterpark, we all changed into our swimming outfits. The water park was really big. First, we went on the body slides. Next, we went on another slide where we used floaties. Lastly, we went into the whirlpool. The waterpark was really fun!

After the waterpark, we changed our clothes and went to a Chinese buffet. At the Chinese buffet, we got fried rice with eggs and vegetables. The food tasted really good! After we ate, we went back to the hotel, brushed our teeth, and slept.

The very next morning, we woke up and got ready to go home. We packed everything, put it in the car, and headed home. When we got home, we were really exhausted, so we all took a rest.

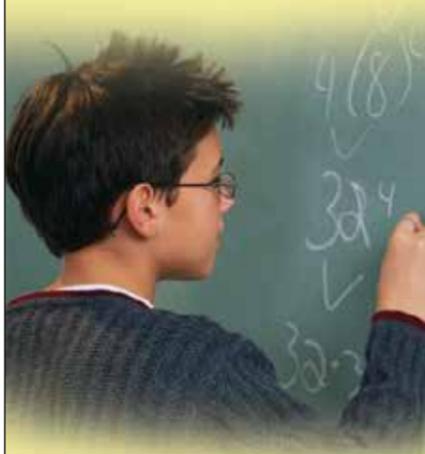
I had an awesome trip to Pittsburgh, America. I hope I can go there again. Next time, I want to go with my cousins! My favourite place was the waterpark because it had lots of fun things to do, like going on the slides or the whirlpool.



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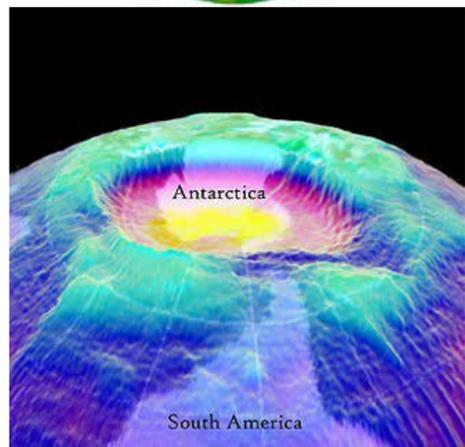
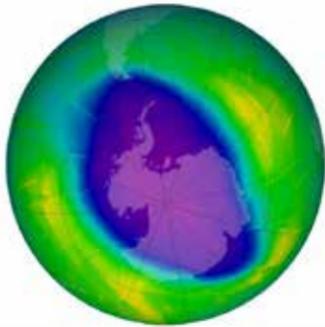
WHAT HAPPENED TO THE OZONE HOLE?

THE HOLE IN THE EARTH'S OZONE LAYER IS CLOSING DAY BY DAY

By: Uthayan Thurairajah

What is the ozone layer?

The environment modifies sunlight as it passes through ozone layer which acts as a filter and reduces certain types of incoming radiation. The most critical filtering of life on earth surface is the modification of ultraviolet (UV) radiation. It is shorter radiation of wavelength than the visible spectrum.



The UV transmission can be subdivided into three bands:

- ⇒ UVA: 320-400 nanometer,
- ⇒ UVB: 280-320 nanometer,
- ⇒ UVC: 200-280 nanometer.

The ozone layer works like a giant sunshade, protecting plants and animals from much of the sun's harmful ultraviolet radiation. UVC is thoroughly filtered out by the atmosphere (ozone layer), and of the UV that reaches sea-level, organisms are most sensitive to UVB. It is used in Vitamin D synthesis, for example. However, high levels of UV are harmful, causing skin cancers, genetic damage, and climate change.

The lingering Ozone "hole" over Antarctica is close to closing. It may not be entirely a good thing. It was first spotted 25 years ago, appears headed for a happy ending, thanks to fantastic global action.

Chlorofluorocarbon (CFC)

The ozone layer lies between about 15 and 30 km above Earth's surface. This blanket of ozone layers (O₃) prevents most of the sun's high-frequency ultraviolet rays to reach the earth surface. The UVC rays can cause skin cancer and cataracts in humans, as well as reproductive problems in fish, crabs, frogs, and even in the single-celled phytoplankton at the bottom of the ocean food chain.

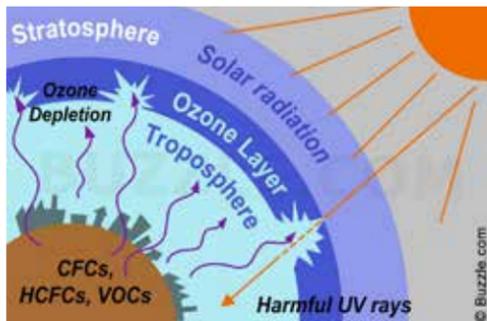
The ozone layer is produced naturally when oxygen molecules (O₂) high in the atmosphere get broken by sunlight into two free oxygen atoms. A free atom can then bond with an unbroken O₂ molecule, and ozone is born. Ozone is unstable, however, and it's quickly broken up by trace elements.

Invented in the 1920s, CFCs proved to be an exceptional problem for ozone, because many of these synthetic chemicals can persist for decades, allowing them to make their way into the upper atmosphere. In that rarefied air, UV light breaks the molecular bonds in CFCs, and free chlorine atoms get released. Chlorine then destroys ozone molecules by "stealing" their oxygen atoms.

Ozone Hole a Surprise

Scientists shocked the world when they declared the finding of a large hole in the ozone layer over Antarctica in 1985. Scientists had thought about the chemistry that could drive to ozone depletion.

The data collected at the Halley Research Station in Antarctica proposed that



CFCs were the cause of the ozone depletion. The climatic conditions during the dark, cold, Antarctic winters were increasing CFCs across the South Pole. The spring sunshine would then produce an excess of free chlorine, draining ozone levels.

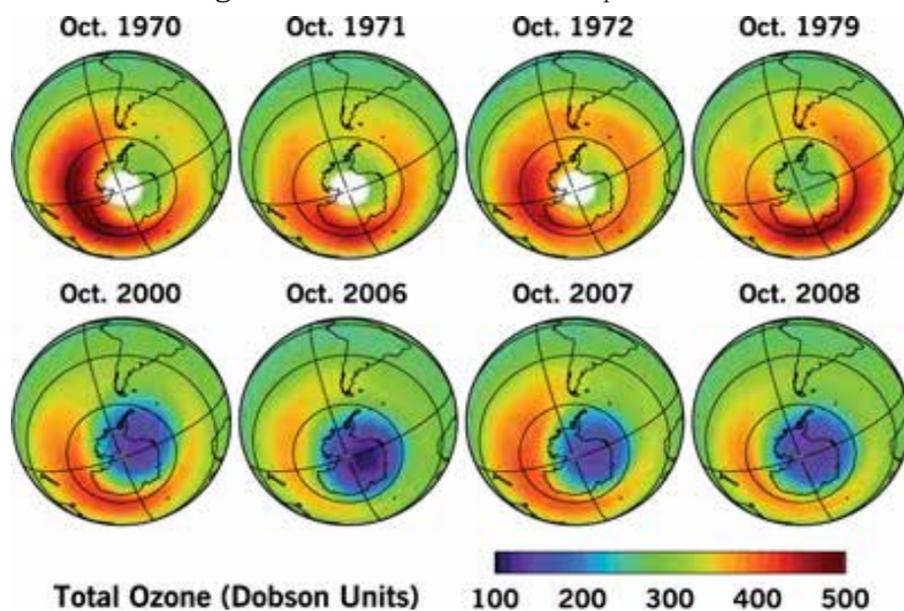
Fixing the Ozone Hole

The disturbing discovery set the stage for an environmental triumph: the Montreal Protocol of 1987. To restore the ozone layer, the pact to phase out the use of CFCs was signed by all countries in the United Nations. The first UN treaty to achieve universal acceptance.

The unparalleled cooperation had a significant impact. "If we had just kept letting CFCs increase at a pretty nominal rate, the decreased ozone levels of the hole would have eventually covered the entire planet," said atmospheric physicist Paul Newman of NASA's Goddard Space Flight Center.

Global ozone dropped was reduced after CFCs were banned. If we had done nothing, it would have gotten worse.

Global Warming

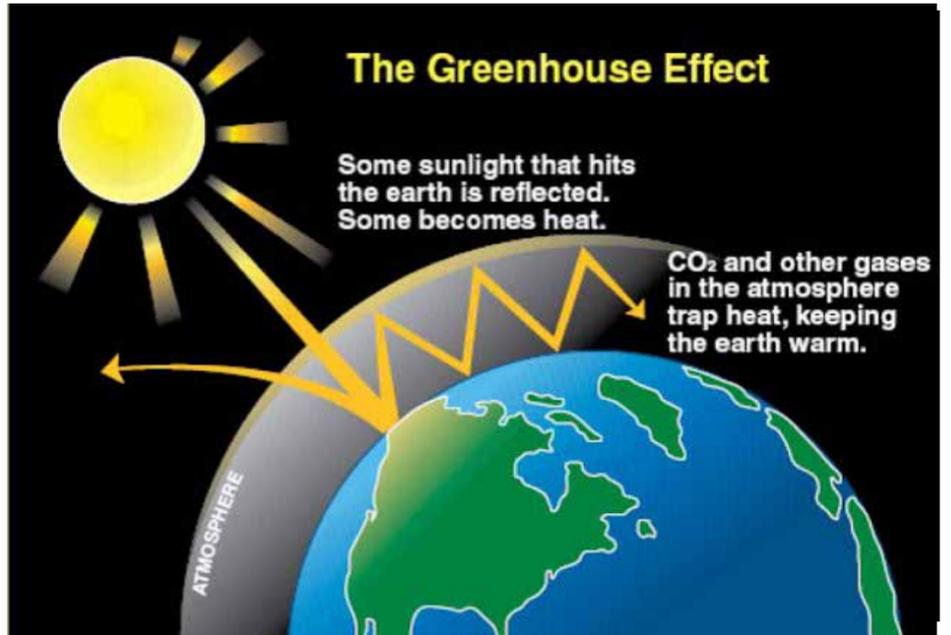


Climate scientists around the world urge an action to curb greenhouse gas emissions. The situations have some notable differences. Global warming has become a politically loaded and often divisive topic. Many possible fixes such as alternative energies and decreased consumption, could cause significant disruptions to the economic and geopolitical norms.

Ozone absorbs energy from the UV part of the sunlight spectrum. This part of the spectrum estimates for less than one percent of the total solar energy reaching our environment. The ozone layer is critical because it prevents dangerous ultraviolet rays from harming plants and animals on Earth's surface, but reductions in the amount of radiation absorbed do not have a measurable impact on temperatures below.

Ozone Recovery

The environmental gain of a recovering ozone layer could have a troubling side effect: boosting global warming.



Ozone is a greenhouse gas. A thinner ozone layer not only reduced heat trapped over the region, but it also helped stir circumpolar winds, which made sea spray that developed reflective cooling clouds.

The evidence suggests filling the hole will have a regional effect possibly leading to more warming that could change forecasts about changes of global sea level.

The consequences of unabated CFC growth were disastrous for life. It is a proof to the science that understands the ozone hole and the nerve of the politicians to act on that science.

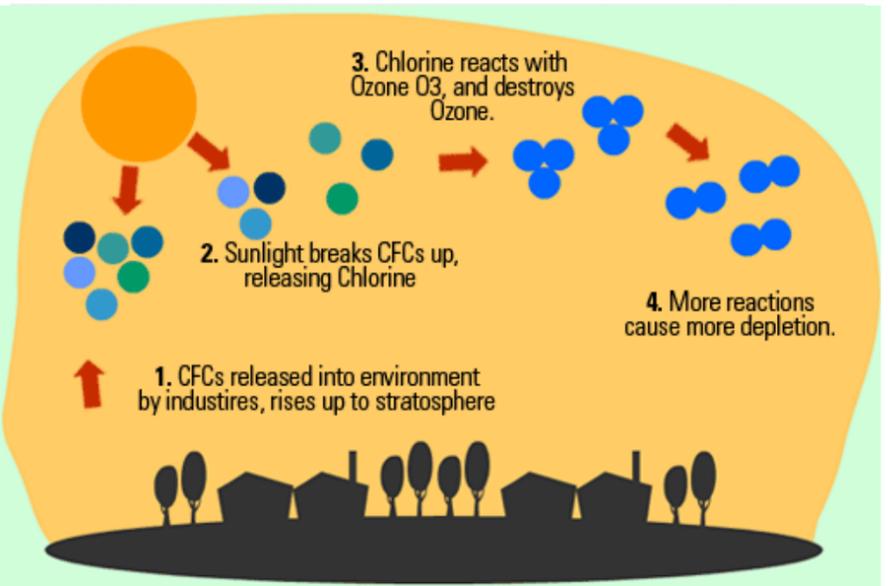
NASA Report

A hole in our atmosphere more than the size of Canada is permanently starting to close up, and might even be gone by the end of the century, according to a new study by NASA.

A report in the journal Geophysical Research says that the measures taken to heal our ozone layer are successful. The hole is continually shrinking, and the gap could be gone by 2100.

It is a milestone that we finally pass the era of big ozone holes. The massive action to repair the ozone layer has formed similarities to another environmental fight - climate change. According to some scientists, the restoration of ozone over Antarctica might have adverse effects on global warming.

The guidance by scientists and prompt interference by industry leaders, policymakers, and politicians around the world avoided CFC-related ozone depletion. Otherwise, it could become an environmental disaster. The decrease in the use of CFCs in industrial processes is a necessity for the survival of the ozone layer. CFCs kills a large number of ozone molecules before it is discharged from the stratosphere, among other ozone-depleting agents and radicals. The ozone layer does not face widespread ozone depletion anymore, as most governments and environmental agencies throughout the world have worked hard to reduce the emission of CFCs. It has shown to be a success and is the base for further work in reducing dangerous emissions. Finally, the damage to the ozone layer and the increase in sunburn has nothing to do with global warming.



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



MANAGING YOUR MONEY

How to get your risk profile right

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

Every investor fears losing money but if you panic when there's an unexpected drop in the market or a minor recession and throw away your carefully crafted financial plan, you can be certain of one thing: Your risk profile isn't right. Of course, investing is about picking securities that will make money – and it's also about choosing investments in line with your risk tolerance. Determining your risk tolerance can be difficult but when you get it right, investing will be that much easier. Here's how.

Start with your goals You need to know what you're trying to achieve before you can set your asset mix – in other words, define your financial goals. Age is also a factor. A younger investor with a long-term time horizon may choose less conservative investments while an investor heading for retirement may be more conservative.

Understand real market risk You may feel riskier than you really are when the stock market is producing spectacular gains. But when you experience an episode of market volatility, you may realize you aren't really as risk-tolerant as you thought.

Some investors can absorb a 20% loss a year and feel comfortable because they know that markets will eventually recover and rise. Others may panic and sell at a loss.

Define your real risk tolerance The first step is to define your time horizon – is it short-term or long-term? Then define your true comfort level with risk by asking yourself how much you're comfortable potentially losing in the short term. Don't

just use percentages – “I'd be okay with losing 10% or 15%.” – use dollar terms – “If I have X amount invested, I will be comfortable losing Y amount.”

Achieving your investment goals requires patience and a keen understanding of how you would like to achieve those goals. Designing your investment portfolio should not only consider the rate of return you wish to achieve but also the investment risk you may encounter. Generally, the desire for a specific investment return should be secondary. The primary focus should be on identifying your comfort level with risk and then, through proper analysis, determine an appropriate mix of assets that will potentially provide the highest return that corresponds to the desired amount of risk you are willing to withstand.

The objective to reduce investment risk is critical, as it is far easier to lose money than it is to earn it. What is often overlooked is that it takes a greater effort to recover a loss than it did to incur that loss in the first place. Market declines have been known to be even more extreme which places an even greater emphasis on obtaining higher returns to recover investment losses. Proper care must be taken to avoid excessive market volatility and insulate yourself as much as possible from such occurrences. The easiest way to reduce risk is by investing in assets that offer a guaranteed rate of return. The problem is that the investment return of a guaranteed investment is relatively low. This means that over time the effects of inflation will likely ravage the value of the investment. Quite

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often investing in risky assets such as stocks and bonds tends to be the most appropriate means for achieving an investment goal. To that end, the best way to invest in stocks and bonds without incurring an excessive amount of risk is by diversifying your assets. Proper diversification and asset allocation is essential, as it will reduce risk without sacrificing a whole lot of return. Investing always involves an element of risk, and no matter how careful an investor is, losses will occasionally occur. That is why an appropriate investment strategy must be in place to help minimize risk.

As the appetite for a potentially higher return increases, so does the correspond-

ing investment risks. That is because obtaining a higher return usually involves a greater emphasis on equity type investments that are characteristically more volatile in terms of price fluctuation. For the more aggressive investor, a portion of their equity investments may focus on emerging markets or a particular industrial sector. Through a strategic asset allocation approach, it is possible to combine a series of fixed-income securities and equities together in a portfolio that will exhibit less volatility than most of the individual constituents – provided every security included complements the diversity of the portfolio's content. Using this approach and resisting the temptation to “time” the market by temporarily concentrating holdings in any one area will not completely remove the risk of financial loss, but it can help you to build personal wealth without taking undue risk.

Disclaimer:

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

Buying Your First Home in Canada

Buying a home is a joy for everyone, especially when it's the first time. This is where you can settle with your family, build a family or set new goals and see new dreams. The pleasure of being able to buy your first home and the security your home brings is something that is more valuable than anything else.

However, buying a home requires a big investment and lots of smart planning in Canada. Since the cost of home ownership in Canada is very high, every first-timer needs a mortgage. Mortgage in Canada is simply a long-term loan that banks provide and keep your home as security.

To help you buy your first home in Canada, we have come up with some steps and tips that you need to follow.

1. Establish How Much You Can Afford

First and foremost, you need to be able to know and understand how much you will have to pay for mortgage in Canada and how much you can actually afford. You certainly must look to set a



price range that is realistic in order to manage your home ownership and lifestyle needs together. You should consider all the extra costs while budgeting such as property taxes, closing costs, property insurance, mortgage insurance and home maintenance.

2. Save For Down Payment

You will be required to make some

down payment, maybe up to 5%, when purchasing a home. However, if you can manage to make a large down payment, it will be better for you as you will then have to make lower regular payments of mortgage in Canada. So, it's important that you start saving. You may also choose to set up a savings plan or a Tax-Free Savings Account (TFSA).

3. Gain Proper Knowledge of Your Mortgage Options

You must understand all the various mortgage solutions and their rates to be able to come up with a plan that suits your goals and circumstances. When selecting a mortgage in Canada, there are other characteristics as well that you need to consider. This will give you a complete idea of how much you will have to pay every month. Check if your mortgage has a fixed or variable rate, and if an open mortgage is better for you or a closed one.

4. Get Pre-Approved

This is a very crucial step. You should seek a mortgage pre-approval just when

you start looking for a home. This comes with no costs or obligations. The advantage of this is that you will know how bigger a loan you can afford and on what interest rate. Also, you will be sure that there are no problems with your credit. After getting a pre-approval on mortgage in Canada, you will be able to place a better offer on the house you want to buy.

5. It's Time to Buy the Home

Finally, all that will be left to do is you making the purchase. You can either use your savings to make the initial down payment or look for funds from a bank or other lender and then use them to make mortgage payments regularly.

Getting a mortgage in Canada and buying your first home requires you to be patient and persistent. The things mentioned above should be able to make you fulfill your dream of a home.

Please contact Mark at 416-650-5400 or visit our website www.gtacredit.com, if you have any questions about the above. Refer Page 23 for more details.



Tamil Literary Garden Award Winning Essay

Bindis or Barbies: On Finding Ourselves With/Despite Social Media

Shangari Vijenthira

I remember making my first email account, vaguely. I was almost-five years old, Google was seven, and my oldest sister was moving away for university. Google had just launched this new email service the year before and we thought it would be nice for me to make an account to stay in touch with my favourite akka during the school year. It would be years before many of my friends started making their own email addresses, but that fall, 2005, will always mark my own entrance to the world of the Internet.

I grew up with technology developing all around me. Social media arose as I started grade school – first Twitter, Facebook, and Youtube, then Google Plus, Instagram, Tumblr, and Snapchat, and messaging apps like iMessage, Facebook Messenger, WhatsApp, and Viber. I joined Facebook a year after I learned to read Tamil, right on my thirteenth birthday. To me, the concurrent rises of handheld technology and social media have been something to watch in awe, a beautiful example of humanity's ingenuity. First, we spread across the globe. Then, we managed to connect each and every one of us to each other, oceans notwithstanding. I visited Sri Lanka for the first time last summer all by myself, keeping in touch with my family and friends in Canada through WhatsApp. When I got off the plane, I could only recognize my Sri Lankan auntie from her Facebook profile photo. I keep up with the friends I made there on Facebook. Even back in Canada, where I study at a predominantly white and East Asian high school, I rarely see people my age that share my heritage outside of Facebook or Snapchat. We "like" each other's posts and send each other messages of cultural events we attend as a way of sharing our cultural pride among ourselves. Without social media, I would have virtually no connection to my heritage or my language beyond my mother. Already, it is nearly exclusively through her that I learn about our traditions and speak our language. For me, social media is integral to solidifying my identity as a Tamil-Canadian.

Unfortunately for my rose-coloured glasses and my optimistic view of the world, the Internet, and people, are not



Shangari Vijenthira

Shangari was born and raised in Toronto, Canada, where she is in her last year of secondary school at University of Toronto Schools. As a second-generation Tamil-Canadian, Shangari loves learning about both Tamil and Toronto culture, and studies English, French, and Tamil. She has volunteered in Tamil language classes for the past four years to help the second and third generations of Tamil immigrants connect to our heritage. Being a teenager in the most diverse city in Canada, Shangari understands the appeals and effects of social media on developing identities firsthand. She is also a founding editor of in:cite, a youth social justice research journal. She has a deep interest in social advocacy and healthcare, and aspires to be a physician. Shangari plans to begin her studies at university in health sciences this fall.

as simple as this. We put up guards, we wear "glasses" or "masks" to change what we see and what we seem, depending on with whom we are speaking. I put on a bit of an accent when talking to family friends. I use bigger vowels when with my anglophone friends. Online, we emphasize different parts of ourselves to different people. On Facebook, I post about my achievements – so that people who do not know me well have a good opinion of me. On Snapchat, I post jokes and day-to-day activities, because I only have close friends there. I find myself worrying about posting too much publicly about cultural events; will people think me too "ethnic"? On the other hand, I want to show off how I am involved in

my community. When I go into Google Translate because NHM Writer is not working, am I faking it? Which parts of me do I show the world, and which parts do I keep to myself? The classic question of diaspora, of second-generation immigrants, comes up: am I Tamil or am I Canadian?

This is complicated further by the abundant stereotypes of South Asians and of Tamils on the Internet. Our women are weak, our men are violent, our children are unintelligent, we are illegal immigrants and terrorists, and we are destined to work in gas stations. I want to avoid these negative stereotypes but without renouncing my heritage. Meanwhile, I like the ideas that we value education, we have strong traditions, we work hard, and our food is delicious. Then again, how much of this is always true? How much is exploited by non-Tamils? Social media is

the blog is actually a young white man exploiting South Asians for clicks (@lee.gabriel.146 on Facebook). With this in mind, how can South Asians build spaces for ourselves without judgement or ridicule?

One thing is for sure: social media is not a monolith. With dozens of platforms and thousands of online communities within them, no two people will have the same experience with what we call "social media". Tamils must surpass online racism and xenophobia to celebrate our shared heritage as best as we can, across continents and through all walks of life. Social media as an individual practice is an intimately personal affair, serving mainly to reinforce our pre-existing views of ourselves and display ourselves to friends and strangers. I have posed numerous questions here, none of which have straightforward answers. There are the answers



full of humour, sometimes brilliant and benign, and sometimes hurtful and offensive. The way that social media is monetized and reliant on ad revenue can make it feel like an unsafe environment. For example, the Twitter account Pakalu Papito (@pakalupapito) contains some great self-deprecating and surrealist humour. The posts are designed to be funny and relatable. But, the character of Pakalu Papito relies on stereotypes of South Asian men. Claiming to live in India, work in a gas station, and be perpetually single; using an intentionally misspelled handle and a profile photo of a dark-skinned, moustached man – a classic Tamil uncle; the person behind

we think should be true, answers that we want to be true, answers that we think are true for other people, and answers we are uncomfortable admitting. The truth lies somewhere in there, varying for everyone. I am still figuring out what my answers would be myself.

The way we respond to these questions ends up being mirrored in the ways we navigate social media. We shape our own experiences online. We form communities in response to our environments both on and offline. After all, what brings us together as Tamils is something offline altogether: our generational histories, our culture, our language, and our experiences.



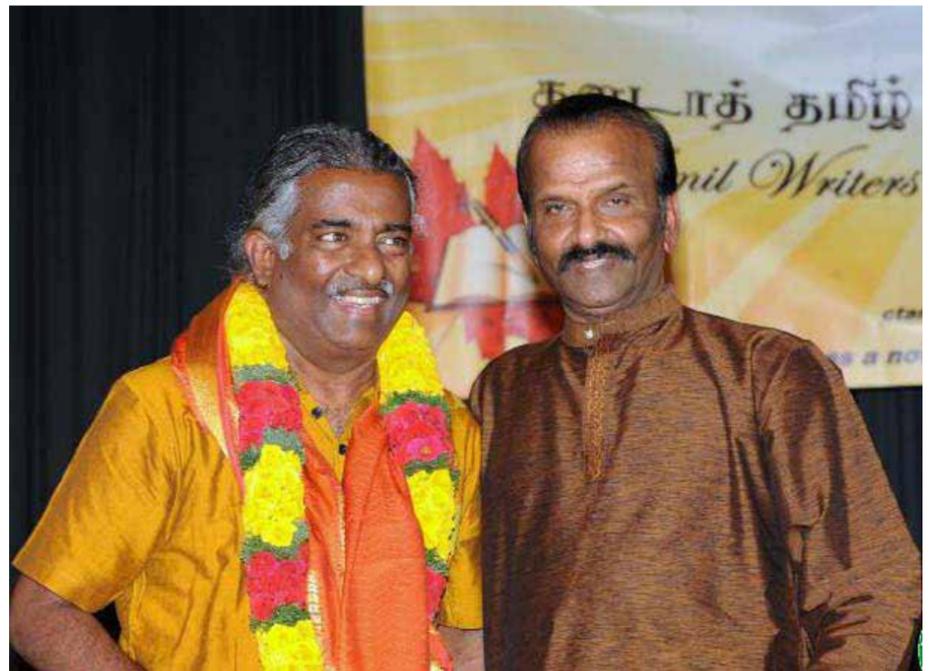
Canada Tamil Writers association celebrates Silver Jubilee

This association celebrated its Silver Jubilee on April 28th 2018 at Middlefield CI Auditorium on a grand scale.

Dr. Jeyasangar Sivagnanam of the Eastern University of Batticaloa was the chief guest, who was invited specially for this event by the association. Dr. Gnanasekaran, Editor "Gnanam" Journal of Colombo also participated as a special guest.

There was a dance item by the students of Mrs. Janani Kumar of Silamboli Shetra dance school and Veena recital by students of Mrs. Jeyanthi Ratnakumar, which were received well by the audience.

Two outstanding members of the association were honored by Lifetime Achievement Award. They are Mr. Mohamad Hanseer and Late Mr. S. Alexander. The highlight of the event was a dance drama directed by Mrs. Siva Thiviyarajan titled "Kaddai Viral". A memorial Silver jubilee Souvenir was also published.





Monsoon Kitchen



GENIE SISTERS SAMAYAL SANTHAI

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

Eat more, learn more!

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

Rajini, lives in Toronto and has a background in psychology. Her speciality is in Tamil food from around the world, catch up on her meal ideas on Instagram @tamil_food.

SHRIMP BUZARA

Anywhere you go in Croatia, you'll be sure to see Shrimp Buzara on the menu. Derived from Italy, this gorgeous, rustic seafood dish marries the two countries together like good recipes should. When Niranjini travelled to Croatia last month, she found the perfect recipe of this dish to share. We recommend mopping the sauce up with door-stop bread at the end.



Ingredients:

- 1kg large scampi, 8-10 pieces in 1kg (preferably with shells on)
- 100-200ml olive oil
- 3 minced garlic cloves
- 2 tbsp tomato purée
- 100ml white wine
- 1-2 tbsp red wine (optional)
- 1 tbsp cognac or brandy
- 1 tbsp chopped parsley
- Salt (to taste)
- Ground black pepper (to taste)
- 1-2 tbsp dry breadcrumbs (optional)
- Lemon (for garnish)

Method:

On a medium flame, heat the olive oil in a large skillet and briefly fry the scampi, then add the tomato purée and garlic. Cook this for 1-2 minutes. Add salt and pepper, then the wines and cognac. Let this simmer on a low flame for 10 minutes. After the time is up, add your parsley, stir gently and it's done. If the sauce is too thin, add in some of the breadcrumbs to thicken it up. Squeeze over some lemon juice to complete the dish.

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

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Are you getting Million Dollar advice



Exemplary Services Rendered By Tamil Isai Kalamamram

(For the development of Tamil Language, Tamil Isai and Bharathanatyam)

by C. Kamalaharan

I was very much impressed by the way the recently passed out artistes brought forth our much cherished traditional art form flawlessly in front of a fully packed music audience during the Isai Nadana Vizha held in Montreal by the Tamil Isai Kalamamram, Ontario.



ents.

The Tamil Isai Kalamamram, Ontario inaugurated in 1991 by a group of volunteers with the main objective of maintaining our much cherished traditional art form, music and Bharathanatyam and create awareness through concerts, recitals, lectures, seminars, workshops etc. It also provides incentives and opportunities for widening musical knowledge and also conducts graded examinations in classical music, violin, veena, flute, mirithangam and Bharathanatyam from grade 1 to 7. The syllabus is based on the North Ceylon Music Society (NCMS) that has been used by the universities in Sri Lanka and India. Initially about 90

students sat for the examination and currently 1800 students sit for the examination. After successful completion of the grade 7 examination in vocal, violin, flute, veena and miruthangam the title 'Isai Kala Bharathy' was conferred on them and for the Bharathanatyam students the title 'Nadana Kala Bharathy' was conferred on them. There is no barrier based on language, religion and politics for students to enrol for the examination. Furthermore the examination is not held exclusively for Canadian students. The doors are opened for Americans and Telugu, Malayalam and Gujarati speaking children as well. Highly qualified experienced and competent teachers excelled in the different categories conduct the exams successfully and impartially.

The laborious task of distribution of trophies and certificates to the large

number of successful candidates is carried out flawlessly during the Isai Nadana Vizha held for six days in Toronto, one day in Montreal and one day in Ottawa from 8 a.m to 5 p.m. In between the presentation of awards musical and dance items staged by the recipients of awards were audio and visual treats for the audience.

Every year the Tamil Isai Kalamamram publishes a special bumper edition of the magazine Isaithenral displaying the names of the recipients of awards and publishing innovative, informative and inspiring articles of well known artistes and lovers of music. In addition colourful images of the monthly youth concerts and annual carnatic music utsavam organised by Tamil Isai Kalamamram are published. These magazines are distributed free to all recipi-

Thamil Isai Kalamamram's construction of the Tamil Kalai Arangam (Thamil Arts Auditorium) was a long felt need. It has an auditorium with 350 seats, a library and office with 7 rooms. The auditorium is rented for community events for reasonable rent, the proceeds of which are used for maintaining the Kalai Arangam.

The Chief Guest paid a glowing tribute to the children who had performed well and to the teachers who had worked extremely hard to train the children to perfection. Addressing the audience he told them not to miss opportunities that come their way to learn carnatic music. He emphasised that a knowledge of carnatic music will stand one in good stead and reminded them that carnatic music or even any other music will be one's sole companion during one's retired life.

Without the untiring and concerted effort and enthusiasm of the members of the executive committee Tamil Isai Kalamamram might never have seen the light of day. Hats off to all of them.

Kayts youth create history at Scarborough cultural event



Raymond Rajabalan

June 23rd was a red letter day for Scarborough Tamils hailing from the town of Kayts, Sri Lanka. Hundreds of people originally from this hamlet in northern Sri Lanka gathered on that bright Saturday at the Morning-side Park for the third year in a row to celebrate their Annual summer get-together.

“What began as a small gathering of close friends and relatives in 2016 had grown in popularity resulting in nearly 300 people gathering for this year’s Annual event”, an elderly gentleman attending the event said beaming with satisfaction.

According to a spokesperson for Kayts Canada Association, the group organizing this get-together briefing the writer of this news report said “Two years ago a group of few progressive youth from this island town joined

together to stage this annual event primarily to create solidarity among the residents of this town now permanently settled in this great country. These energetic youth also had an ambitious plan to provide financial assistance to the deserving students in their birth place to continue their higher education.

“Since this town too had to face great difficulties after the long civil war in that island nation, there had been a mass exodus of the residents to safer parts of the globe, resulting in those left behind facing various forms of hardships”, the spokesperson further added.

After initially facing certain stumbling blocks in organizing this event these youths were finally able to gather considerable support from many patriotic people and provide bicycles for some of the needy students in their birth place. Buoyed by their success,

they worked much harder and last year they were able to provide considerable financial assistance to dozens of deserving students improve their standard of education especially in Science and Math under the supervision of a very compassionate Parish priest of Kayts, Rev. Fr. Rajasingham.

The spokesman for the group also expressed great satisfaction in noting the phenomenal support that they were able to receive from the members of this close-knit community during this year and expressed great hope that they will continue their effort with greater vigour during the future years.

The day’s event began around 10 in the morning and within an hour the park lots allocated to this group were jam packed with people of all ages. Soon dozens of kids accompanied by their parents arrived and the park became alive with their fun and frolicking. Within a short while varieties of

games began to be staged at various parts of the lush green park. Simultaneously the aroma of fresh food being cooked on location began to fill the air. By noon the park was choc-full of people of all ages having a great time.

The traditional Sri Lankan sea food called kool was soon ready. Almost simultaneously BBQ cooking was begun at various spots. And the mouth-watering aroma of the meat being grilled filled the air.

Meanwhile a few brief speeches were delivered by some senior members of this community explaining the primary goal of this annual event. Soon after that a large number of the participants lined up to provide their contributions to develop their birth place.

After a few more hours of great fun and excitement the day’s event came to a close around 9:00 p.m.



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TORONTO MUSIC TEACHERS HOST MUSIC FESTIVAL FOR THE BENEFIT OF CTHA

May 06 2018, Toronto Music Teachers got together and organized a full day music festival from 10 am to 9 pm at Thamail Issai Kalaamanram auditorium. Several teachers brought their students with the support of their parents staged excellent programs.

At the end they donated \$6,000 to cover the cost of 40 cataract surgery for patients from rural villages of Batticaloa with help of doctors volunteering their time for this noble cause.

Some of the photos taken at the event can be seen here.



MOTHER'S DAY CELEBRATION BY CTHA

Several CTHA supporters joined together on May 13, 2018 to Celebrate Mother's day with a simple Sri Lankan style breakfast. Every year there's more and more participants as they learn about CTHA's humanitarian work in the rural villages of Batticaloa. CTHA officials Saranga and Nirupa talked about the past and current projects in Batticaloa. This year main focus was to run a cataract surgery camp to treat 100 patients from rural villages and setting up a vocational centre for women. One of CTHA's supporter Sivam Velupillai recently visited the project sites in Batticaloa and shared his experience with the supporters in attendance.

Some of the photos taken at the event can be seen here.





'Kathambam'

Hindu Women's Society in Sri Lanka commemorates Hindu Ladies College's (Saiva Mangayar Vidyalayam) 85th Anniversary with "Kathambam" Event

The Hindu Women's Society in Sri Lanka commemorated Hindu Ladies College's (Saiva Mangayar Vidyalayam) 85th anniversary on the 15th of June 2018 as "KATHAMBAM" a medley of items by the students at the Kalagam Hall.

The students participated harmonizing the rhythm of the pride of women. Her Worship Mrs. Rosy Senanayaka, the first Lady Mayor of the Colombo Municipal Council was the Chief Guest.

The evening commenced with a prayer in the form of a dance where the dancer portrays Saint Appar words, "If I could O Lord, see your Dance, then I would welcome another birth in the world." The next item of interest was the amalgamation of yoga and music into a dance sequence.

A more beautiful item was "Danno Buddhunge" a Sinhala lyric that teaches us the Buddhist Dhamma and the story of the sacred city of Anuradhapura. This symbolizes the reconciliation of the two communities of the country.

The "Sound of Music" was portrayed with a difference blending Western and Carnatic music based on the solfa scale greatly appreciated by the audience. This was followed by a short play in Tamil empowering the woman in an atmosphere of our ancient norms and culture. The finale was continuation of this empowerment where she dances in total abandonment that she is free.

The theme "Empowerment of the woman and the girl child" ran through the evening's programme. Both these subjects were touched by the speakers Sivanandini Duraiswamy - the President of the Kalagam and the Chief Guest Mrs. Rosy Senanayake. With the playing of the National Anthem, the curtain came down.

Seen here are some pictures taken at the event.





Past Pupils' Association of Saiva Mangaiyar Vidyalayam Celebrates 25th Anniversary

Past Pupils' Association of Saiva Mangaiyar Vidyalayam, Colombo, also known as Hindu Ladies College, celebrated its 25th anniversary since its revival in 1993. The celebration was held on the 16th of June 2018 at Earls Court, Cinnamon Lakeside, Colombo and the committee and non-committee members who have contributed immensely in the past years were felicitated.

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





ANNUAL MURUGAN FESTIVAL

By Kidambi Raj

June 05 - June 22, 2018



This year's annual Muruga festival started on Tuesday, June 5th with a very elaborate Homam and religious rituals to bring good health and prosperity to all the devotees and the community at large. It was followed on Wednesday morning with the **Kodi Ettram** (raising the flag of the Deity), thus marking the beginning of the festival. On every day of the festival there were special Nava Kalasa (nine vessels) Abhishekham both in the morning and in the evening. At the end of the pooja the Utsava (miniature) idol of Murugan was exquisitely dressed and decorated and placed on a Vahana and taken around inside the temple to the accompaniment of the traditional Nadaswaram and Mirdangam music on all days except on the Chariot festival, the most awaited event for all the devotees. On that day after an elaborate pooja in the morning the utsava idol is brought out and placed on the **Thaere** (Chariot) attended by over thousands of devotees. Hundreds of devotees pull the chariot around the temple, stopping for Aarthi at all night directions. This particular event has to be seen to appreciate and enjoy

and no amount of write-up would bring justice to the enjoyment that one gets being there. The other event that is well anticipated is the **"Poongava Utsavam"** which is always sponsored by all the volunteers who had spent enormous amount of their time starting from a week before the start of the festival a grand success.

Some interesting information about Lord Muruga:

Many major events in the life of Muruga took place during His youth. The legends regarding His birth are very popular in the Southern India and Sri Lanka. So, people worship Him as child-God, similar to the worship of Lord Krishna in the Northern India. His youth, beauty and bravery has been celebrated in the Sanskrit work called **Kathasaitasagara**. Poet Kalidasa made the birth of Kumara the subject in his lyrical epic called **Kumarasambhava**.

In Sri Lanka, in the heart of a forest with roaming elephants, leopards and other while beasts, is the Sri Skanda temple of Katragama, famous for its many healings and miracles.

In Bhagawad Gita Lord Krishna says,

"I am Skanda the Warrior Chief".

The birth of Lord Muruga or Skanda as per legends:

According to one legend, He was the son of Agni, the God of Fire. But according to Skanda Purana, He is said to be the elder son of Lord Siva and Goddess Parvati.

According to another Legend, there was a demon named Tarakasura who had a boon, that he could only be killed by the son of Lord Siva. Tarakasura, knew very well that Lord Siva was an ascetic and that He would not marry and hence will not have children, and so he would be invincible. But Lord Siva married Goddess Parvati. Since Parvati could not conceive due to the curse of Rati, the Consort of Kama, the God of Love, Lord Siva took her to a cave and asked Her to meditate. As they both meditated a ball of fire emerged out of their cosmic energies. In the meantime, the other Gods being insecure from the demon, Tarakasura, they sent Agni, the God of Fire to get hold the ball of fire. Since Agni couldn't bear the heat of the energy of Siva and Parvati, he handed over the ball to Goddess Ganga. When even Ganga

could not bear the heat, She dropped the ball of fire into a lake in a forest of reeds. Then Goddess Parvati took the form of this water body as She alone could bear the energy of Siva and Sakti. The ball of fire took the form of baby with six faces. That is why Lord Muruga was known as Sanmukha or the **"God with Six Faces"**. He was first taken care of by six water nymphs who represented the Pleiades or the Krittikas. That is why He was called as Karthikeya or the son of Krittikas. Karthikeya defeated the demon, Tarakasura, but granted him forgiveness for his sins and Tarakasura was changed into a peacock and became Karthikeya's Vahana. Here Lord Muruga symbolizes the highest quality of the Godhead which conquers the qualities of the lower nature. Riding upon the transformed demon symbolizes the lower energies of God's creation into higher uses.

The worship of **Kumara** (Muruga) was one of six principal sects of Hinduism at the time of Adi Sankara and that sect was called **Kaumaram**.

ORIGIN AND SIGNIFICANCE OF FATHER'S DAY

June 17, 2018

There seems to be few theories related to the origin of the observance of Father's Day. The most well-known version is the following:

It started in Washington State in USA in 1910 after the first Mother's Day celebration in West Virginia. The idea for the celebration of Father's Day came to Mrs. Sonora Smart Dodd while she was in a church in Spokane, Washington. There she was very attentively listening to a sermon on Mother's Day, explaining the maternal sacrifices made by mother to children. That is when Mrs. Dodd realized how in her family it was her father, Mr. William Jackson Smart, a Civil War Veteran, who had sacrificed his life by raising her and five other of her brothers all by himself, after he lost his wife during childbirth in 1898. After returning from Civil War Mr. Smart became a farmer. This was an eye opener for her as to the hardship that her father had gone through in their eastern Washington farm and to all, the unsung feats of fathers like hers.

Mr. Smart not only held down both parental roles but also did it with "leadership and love", his daughter said, and she believed that he ought to get some credit.

Her suggestion for local Father's Day celebration received strong support from not only the town's Ministers but also from the members of the YMCA in Spokane. The date suggested originally for June 5th had to be moved to June 19th since the Ministers needed time to prepare for sermons on Father's Day since it was new.

She worked tirelessly with the local clergy and got

the YMCA on board, and they had the first Father's Day in Spokane, Washington in 1910," said Roddy, displaying a copy of The River Press of Fort Benton, Montana, which reported on the event. Although that story predicted the celebration would go nationwide by the following year, Father's Day was slow to catch on. So much so that Dodd spent the next 62 years lobbying everyone from Presidents to retailers for support. Father's Day was not quickly accepted like Mother's Day. The reason being, members of the all-male Congress felt that a move to proclaim the day an official one might be interpreted as self-congratulatory pat on their back.

Observing the popularity of the day, President Woodrow Wilson approved the idea of celebrating Father's Day in 1916. By the time Sonora's father, William Smart died in 1919, Father's Day was a popular occasion in USA. But it did face lots of obstacles along the way.

Though there were several attempts to make official recognition of Father's Day, the notable one was made in 1957, by Senator Margaret Chase Smith, who wrote forcefully to Congress that "Either we honour both our parents, Mother and Father, or let us desist from



Sonora Louise Smart Dodd

honouring either one. But to single out one of our two parents and omit the other is the most grievous insult imaginable."

Finally, in 1972, sixty-two years after the original proposal of Father's Day, it was permanently established by President Richard Nixon.

Father's Day today is celebrated in over 30 countries around the world. When children of all these countries celebrate the day by expressing gratitude for their father, they also owe a "thank you" to Sonora, as it was she who thought of the idea of celebrating Father's Day and did everything to ensure that the idea succeeded in its true spirit.



QC Basketball: New Jersey Based Basketball Clinic Holds One Day Clinic in Markham

By Danesh Thirukumaran

On Saturday, June 16th at Pierre Elliott Trudeau High School, QC Basketball held its first one day clinic to help improve young athletes in the Greater Toronto area. This clinic assisted in aspects of the game including ball handling, shooting, footwork, and defensive mobility. The focus of the clinic was to help young athletes play not just better, but smarter. I can proudly say that I felt that each of the young athletes that arrived for the clinic had learned at least one skill to help improve themselves as a player. They understood that since it was a one-day clinic they would not improve by leaps and bounds, but that their foundation for improvement would be stronger. The reception for the clinic seemed quite wonderful as each young athlete as well as their parents seemed to greatly enjoy what had been accomplished that day. Some parents even asked for us to come again and possibly even set up a youth basketball organization in the area. The comments that we received made all the coaches reflect on the journey that helped bring us to the position we are in today.

The staff of QC Basketball is comprised of individuals all residing in a neighborhood known as Quincy Circle, in South Brunswick, New Jersey - where we all grew up for most of our lives. The staff is made up of Gregory Lee (Susquehanna University), Tavian Alford (College of St. Elizabeth), Abdullah Shabazz (Middlesex College), Morgan Jones III (University of Delaware), Shajei Haider (Rutgers University), and myself, Danesh Thirukumaran (University of Pittsburgh). The trainers all have over five years of high level playing experience. The constant visits to the local basketball court not only helped us develop our basketball skills and friendship, but it set us up for our futures off the court. Whether its Gregory studying finance and continuing his basketball career at Susquehanna University, or Shajei finishing up his Master's at Rutgers and beginning his teaching career, basketball has influenced each of our lives which in turn helped us define our path off the court.

QC Basketball was always an idea I had, but I never thought I would bring it to light as the task seemed daunting. It was easy always being the athlete in clinics and camps as you are just told what to do and how to do it, but running your own clinic involves coming up with your own drills and ways

to help improve individual and team skill. Once our staff began the planning of the clinic and all the pieces began to fall into place, the idea was no longer just a thought, it was reality.

For many people it seems like basketball is purely for fun and entertainment purposes. However, building strong character is a major part of basketball. It forces you to work harder than your competition to be the best you can be, as well as teach cooperativity, teamwork, and compromise which all can be carried over off the court. Therefore, QC Basketball feels it is necessary to help young athletes improve in the basketball world because we have seen firsthand how it makes you not just a better player, but a better person.

The clinic allowed much of the staff to travel to Canada for the first time, so it was quite the experience. Regardless if it was going to Niagara Falls or eating kothu roti at a local Sri Lankan take out, they seemed to have greatly enjoyed the destination. The clinic itself helped show each of them the effect that they can have on a community, which greatly inspired them to consistently give back, furthering the point that basketball's effect is monumental.





Second annual Charity walk-a-thon by TCASD in support of MAAD

On June 23rd 2018, TCASD held its second annual Charity walk-a-thon. This walk-a-thon was in support of the Durham chapter of MAAD (Mothers Against Drunk Driving). Through local sponsorship, and contributions from participants, TCASD was able to raise \$2000 to be donated to the Durham chapter of MADD. The youth of TCASD were adamant about raising awareness for such a great cause. Every year, too many fatalities and accidents are at-

tributed to impaired driving, so the youth decided to not only organize a way to raise funds, but raise awareness for this great cause. The idea the youth had was not just to prevent impaired driving, but to also prevent distracted driving.

The day began with our local dignitaries addressing the walkers in attendance, and was followed by a brief clinic on bike helmet safety. In attendance was Molly the fire safety dog, and a

booth hosted by the local chapter of MADD. Of course, the main event was a 4km walk around the serene lake-side of Rotary park. The event was a great chance for families to spend quality time together, get some exercise, and be socially responsible by raising money for a good cause. It was a great turn out, and we look forward to next years walk a thon. This all would not be possible without the support of our sponsors, tireless effort of our volun-

teers and the commitment from caring families and participants.

Throughout last 10 years of service 2008-2018, TCASD has worked tirelessly to do their duties as global citizens both here in Canada, and the motherland as well.

The goal is to make a difference, any way we can, one step at a time. Hopefully we will see you at our next walk-a-thon.



THE ANNUAL TCASD WALK-A-THON

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Waterloo Multicultural festival adds Sri Lankan & Indian flavour

KITCHENER — 51st annual Multicultural Festival, which took place during the weekend of June 23-24, boasts dozens of vendors, informative booths and lively entertainment on the main stage at Victoria Park in the City of Kitchener.

But it's the food that's consistently one of the biggest draws.

And there's just so much to choose from. Your tastebuds could tour the world, with stops for pork dumplings in China, souvlaki in Greece, curried

goat in the Caribbean and Kothu Rotti in Sri Lanka.

"I like the fact you can have Turkish dessert with an Indian main and a Vietnamese appetizer," said Filiz Tamer, visiting the festival for the first time with her boyfriend, Kamil Tuszni, and his mother, Jadwiga Kramczynski.

With 30 countries represented on the main stage for this, popular festival, it reflects the changing face of the community. Local Tamil community presented a Classical group dance and

Indian Students from University of Waterloo were also part of the program

Dharini Sivakumar representing the Sri Lankan community said "Multicultural festival provides a platform for smaller cultural groups to show case their Arts and culture. Our Tamil Cultural Association of Waterloo Region has been in the forefront in having a food stall over the past few years. It has been our fund raising event for other programs including Walkathon for Hospitals",

Sri lankan street food "Kothu Rotti" was a sell out at the Indian and Sri Lankan tent. "A lot of work goes behind the scenes. A team of friends and members of the local Tamil community organise this food tent annually" said Sammy Pasupathipillai, the volunteer at the station.

Festival co-ordinator Vanessa Harrison said the event typically attracts between 30,000 and 50,000 visitors over the course of the weekend.





Holiday Inn Express & Suite Toronto Markham celebrates on their 10th Anniversary & Grand Re-Opening

Markham Mayor, Councillors and several other dignitaries attended this grand re-opening event and extended their congratulations to Holiday Inn Express & Suite - Toronto Markham on their 10th Anniversary & Grand Re-Opening.

The management thanked Jonathan Lund, AejazKheraj, Weiss Chan, Kenny Wan, KarimaHamir for making this event a grand success.



Councillor Sandra Racco, Regional Councillor Joe Li, Regional Councillor Armstrong, Mayor Scarpitti, Weiss Chan, Kenny Wan and Jonathan Lund



Jonathan Lund, AejazKheraj, Joe Li, Armstrong, Mayor Scarpitti, Weiss Chan, Kenny Wan, Karima Hamir, Sandra Racco

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SALE Hwy 401/ Mccowan



\$365,000

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SALE Rossland/ Tamarisk



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