

Monsoon Journal

NOVEMBER 2017

VOL 12

ISSUE 6

Alphonsus & Associates
Chartered Accountants
Accounting • Assurance • Taxation • Business Advisory



Corporate and personal tax and Audit, review and NTR

416-493-8220
Check our website for tax tips and news letters
WWW.ALPHONSUSCA.COM
307-3850 Finch Avenue East,
Toronto, ON, M1T 3T6

Emil Alphonsus, CA, CPA, CGA

Demographic Shift

Minority ethnic groups now Majority in Toronto City



By Siva Sivapragasam

Toronto, one of world's leading cities is seeing a demographic shift where minority ethnic groups have now become the majority with almost 52% of the total population.

The above is revealed in the latest census data released by Stats Canada. The majority of Torontonians now identify themselves as visible minorities. Canada is home to millions of residents who are from over 200

different ethnic groups and the country is becoming more and more diverse in reality.

According to the survey, Toronto still remains the number one choice for residence for new immigrants. However, there has been a drop in the number of immigrants who have moved into Ontario, from 55.9% in 2001 to 39% in 2016.

The Census also reveals that almost 62 percent of new immigrants were from Asia and the top three origin

countries for immigrants to Toronto between 2011 and 2016 were India, China and Philippines.

According to the Census data, five of the suburban cities around Toronto-namely, Ajax, Mississauga, Richmond Hill, Brampton and Markham, had majorities of people who are identified as visible minorities.

All in all, the recent Census data reveals that there is a growing trend for increasing diversity in Toronto and the neighbouring areas.

Canadian Tamils' Chamber of Commerce Elects First Female Leader in its 26 Year History



The new CTCC President Dilani Gunarajah addressing the members after being elected as President

For details, please see page 11



PROVIDING INCOME REPLACEMENTS DURING ACCIDENT, INJURY, AND ILLNESS. INSURANCE SOLUTIONS FOR LIFE, HEALTH, & GROUP!



BAMATHI RAMTHAS
905 999 8023

DENTAL OFFICE

DENTAL IMPLANT • ROOT CANAL • WISDOM TOOTH EXTRACTION

Dr. Iru Vijayanathan

BDS, FAGD, MFDS RCPS (Glasg) DENTAL SURGEON



3150 Eglinton Ave. East, Unit 5 Markham/Eglinton | Tel: 416.264.3232
3351 Markham Road, Unit 129, Markham/Steeles | Tel: 416.609.2022

Buying or Selling Homes & Condos
Call for Free Consultation or Market Evaluation



Tharuma Somasunderampillai
Sales Representative

416-268-6098
tharuma.soma@gmail.com



Every Life Insurance is not just a Policy, but a Life Saver for the Family

HARD TO INSURE OR HAVE YOU EVER BEEN REFUSED INSURANCE IN THE PAST?

Now get a Non Medical Insurance upto \$500,000 and NO charge on the first month premium

ARE YOU INTERESTED
IN BECOMING A
FINANCIAL ADVISOR?

Please contact us for more information

A monthly
pay option to pay
for your Super Visa
insurance



Daisy Joseph
Financial Advisor

Direct: 647-739-8597
E-Mail: daisysjoseph7@gmail.com

Life Insurance
Disability
Consultant for Mortgage
Personal Loans
Consolidate Loans & Line of Credit
Non-Medical Insurance
RRSP, RESP
Super Visa



**Are you a
smoker?**

Pay a non-smoker
rate for the first 2
years of your life
insurance policy and
If you quit smoking
within this period,
the non-smoker rate
continues...



HL Bayview Financial Inc

7850 Woodbine Ave, Suite 238
Markham, ON. L3R 0B9
Bus: 416-646-2200 Ex: 131

 **Sathya Law**
TAX LAW SERVICES

DO YOU KNOW YOUR
TAX RIGHTS?
IT IS NOT JUST NUMBERS,
IT IS THE LAW

INVESTMENT TAX ADVICE

- » Real Estate Investments
- » Business Tax Planning
- » Wealth Planning

DISPUTE RESOLUTION

- » Tax Court Of Canada Appeals
- » Voluntary Disclosure
- » CRA Audits



Shalini Sathya
LL.B., MTax

KNOW YOUR RIGHTS

— CALL NOW —

416-291-7888

1585 Markham Road, Suite 204, Scarborough, ON, M1B 2W1



Canada 150: A History Lesson in Your Pocket

The Canada 150 commemorative bank note was issued by the Bank of Canada this year to mark the 150th anniversary of Confederation. Most sesquicentennial events took place over the summer, but there is still time left in 2017 to reflect on this milestone for our country. With students now settled back in their classrooms, this is a perfect opportunity to talk about Canadian history, using the Canada 150 \$10 bill as a reference.

The Canada 150 bank note features portraits of four parliamentarians who played significant roles in Canada's history. Sir John A. Macdonald and Sir George-Étienne Cartier were two Fathers of Confederation and Macdonald was also Canada's first prime minister. Agnes Macphail was the first woman elected to the House of Commons, and James Gladstone—or Akay-na-muka (his Blackfoot name)—was the first senator of First Nations origin.

The four portraits appear with an image of the Hall of Honour in the background. This central corridor of the Centre Block on Parliament Hill lies between the House of Commons and the Senate Chamber. The Centre Block is where national issues are examined and where parliamentarians—like Macdonald, Cartier, Macphail and Gladstone—introduce legislation, debate it and pass it into law.

The Canada 150 note also depicts the Memorial Chamber Arch located in the Peace Tower on Parliament Hill. This chamber was dedicated in 1927 to all Canadians who died in military service during the First World War. It has since come to honour all Canadian men and women who gave their lives in service to their country. The note includes elements to represent Canada's Indigenous peoples as well. In addition to the portrait of James Gladstone, a member of the Kainai First Nation, the note features an image of Owl's Bouquet, a stone-cut and stencil print by acclaimed Inuit artist Kenojuak Ashevak, and a representation of the Assumption sash, or arrow sash, an important cultural symbol of the Métis people. The sash has significance in the French-Canadian culture too. Worn by early French settlers, the sash became a hallmark of the voyageurs and fur traders in the 18th century.

At the time of Confederation in 1867, Canada consisted of only four provinces; since then it has grown to include ten provinces and three territories. The names of all of Canada's provinces and territories and the dates when they entered Confederation appear in English and French across the top and bottom of the large window on the bank note, in small metallic text.

Landscapes from five regions of



Canada (the West Coast, the Prairie provinces, Central Canada, the Atlantic provinces and the North) are depicted on the back of the note.

Several Canadian symbols also grace the note. They include the Canadian flag, proclaimed as such in February 1965, and the coat of arms, which contains the motto of the Dominion of Canada—A Mari Usque Ad Mare—meaning “From Sea to Sea.” Lastly, the Canada 150 logo, the official Government of Canada logo to help celebrate the 150th anniversary of Confederation, appears on the note.

The Canada 150 note is quite special, as it's only the fourth commemorative bank note issued by the Bank of

Canada in its 82-year history. It began circulating on June 1st. In all, 40 million commemorative notes will be distributed through Canada's financial institutions in 2017. To get one, simply visit your local bank or credit union.

Attention Teachers:

Download the new free lesson plan from the Bank of Canada: BUILD A BANK NOTE: Exploring Canada's history, land and culture through money.

Visit: www.bankofcanada.ca/schools

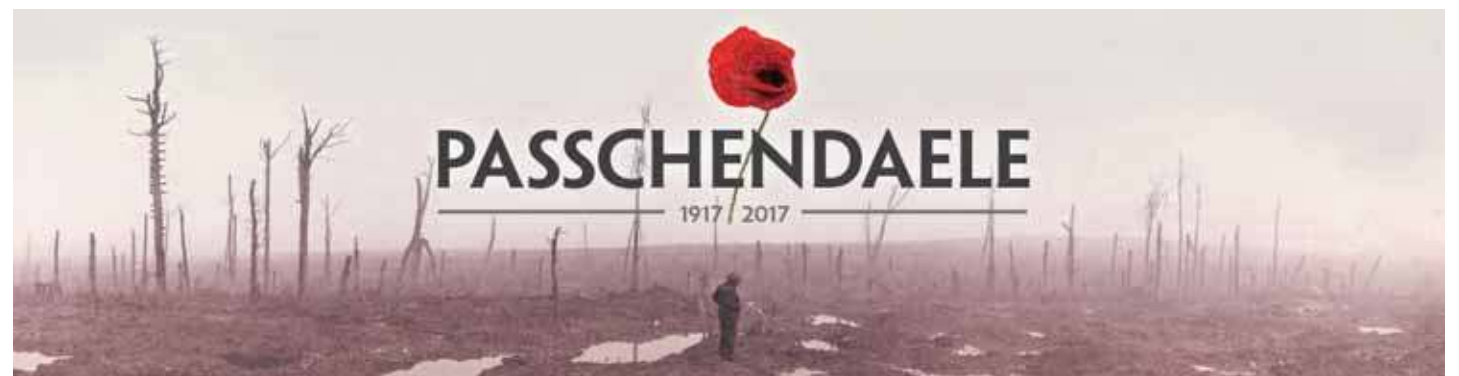
Visit www.bankofcanada.ca/banknote150 to learn more about the design and security features of the Canada 150 note. Follow the Bank on Twitter (@bankofcanada) for the latest news from the Bank of Canada.

Government of Canada launches Veterans' Week at Senate ceremony Ceremony of remembrance marks the 100th anniversary of the Battle of Passchendaele

November 3, 2017 – Ottawa – Veterans Affairs Canada

Canada's Veterans, those who gave their lives in service, and those who continue to serve our country today, deserve our greatest recognition and appreciation. This Veterans' Week, we also reflect specifically on the courage and bravery shown by those who fought in the Battle of Passchendaele a century ago, and the contributions of generations of Canadians in uniform.

Sherry Romanado, Parliamentary Secretary to the Minister of Veterans Affairs and Associate Minister of National Defence, joined the Honourable George Furey, Speaker of the Senate of Canada, and the Honourable Geoff



Regan, Speaker of the House of Commons, for the annual ceremony of remembrance in the Senate Chamber today.

This signature commemorative ceremony in the Senate Chamber invites Veterans, members of the Canadian

Armed Forces and youth to participate in the official launch of the 22nd annual Veterans' Week.

Veterans' Week is observed in Canada each year from November 5 to 11. This Veterans' Week, express your gratitude and appreciation for Cana-

dian Armed Forces members, Veterans, Royal Canadian Mounted Police members and those who have given their lives in service. Join the conversation on social media to take part in #CanadaRemembers and #Passchendaele100, or visit veterans.gc.ca/eng/



ARI A. ARIARAN CPA, CGA
CHARTERED PROFESSIONAL ACCOUNTANT

Tel: 647.893.8295/416.438.9799/416.483.1459

MP Accounting & Finance Services Inc.

1750 Brimley Road, Suites 213 - 215, Scarborough, ON M1P 4X1
ari@aarian.com | www.aarian.com

- ★ CORPORATE TAX
- ★ PERSONAL TAX PLANNING
- ★ ACCOUNTING
- ★ FINANCIAL STATEMENTS
- ★ BUSINESS PLAN & PROPOSALS
- ★ FOR ALL BUSINESS NEEDS

from the publisher's desk

PUBLISHING TEAM

Managing Editor & Publisher: Logan Velumailum, B. Sc. - toronto@monsoonjournal.com
 Editorial & Marketing Consultant: Siva Sivapragasam - tsivapragasam31@gmail.com
 Executive Editorial Board: Tashvir Narine - tashvir.narine@gmail.com
 Krishna Narine - krishni31@gmail.com
 K. Thirukumaran
 Graphics & Layout Design: Santosh Kumar - kasantosh@gmail.com
 Graphic Support: Suren Rasadurai
 Photo Journalists: Gnane B. Gnanendran - digitalgnane@yahoo.ca, Rudy Ruthran - rudy@ruthran.com
 Health & Care: Ayktah Grover - www.aurawellness.ca, Dr. Amal Siva, Jeavana Sriharan, Andrea Shanmugarajah, Dr. S. Sivanesan, Dr. Nuwan Fonseka, Dr. Shiyam Loganathan, Dr. Harshini Sriskanda
 Special Feature: Raymond Rajabalan, J.J. Atputharajah, Sri Krishnan Subramaniam, Senthil Senthivel, C. Kamalaharan, Dr. A. Gobikrishna, Sivanesan Sinniah, Devadas Chelvam, Kumar Punithavel, Nate Velumailum, Janani Srikantha Jennifer Dilipkumar, Partipan Kugadason (PK), Harrish Thirukumaran
 Business & Finance: Arun Senathirajah - asenathi@hotmail.com
 David Joseph - David.joseph@investorsgroup.com
 Jay Wigna - www.taxonecentre.com
 Education: RG Education Centers - www.rgeducation.com
 Durham News: Durham Tamil Association - www.durhamtamils.com
 Tamil Cultural & Academic Society of Durham - www.tamilsociety.ca
 Markham News: City of Markham Communications - www.markham.ca
 Whitby News: Town of Whitby Communications - www.whitby.ca
 Waterloo News: www.tamilculturewaterloo.org
 Coverage on Institutions: The Scarborough Hospital - www.tsh.to
 Rough Valley Health System - www.rougevalley.ca
 Markham Stouffville Hospital - www.msh.on.ca
 Providence Health Care Foundation - www.providence.on.ca/foundation
 Words of Peace: www.wordsofpeace.ca
 Isha Yoga: www.innerengineering.com
 Circulation Co-ordinator: Donald. J



STRANGER THINGS Season 1: An entertaining perspective on supernatural horror and government conspiracy fiction

The mindboggling world of Stranger Things takes place in the fictional town of Hawkins, Indiana, a quintessential small town in 1980s America. We follow the lives of four gregarious and imaginative 12-year-old youth, Lucas, Mike, Dustin, and Will. The story tells how they seemingly stumble upon a string of issues occurring in their town in finding one of their lost friends, namely, Will.

The beginning of the season was slow and dullish in the development of the primary plot, as it primarily revealed the varied backstories of the main characters in the series, including the Hawkins Chief of Police on the brink of depression, and their connections in getting to the bottom of the horrific occurrences overtaking their passive small town.

It successfully dabbles in elements of conspiracy fiction as it brings into focus for the viewer the highly suspicious activities of the US government that relates to the disappearance of Will. The cold and calculating demeanour of the fictional government agents symbolizes the fear and suspense underlying government conspiracies such as with UFOs in the US. This contrasting with the raw and candid emotion expressed from the 12-year group and other characters, especially Will's mother, in navigating these events while frantically finding this lost member of their small community. These were feelings that one could greatly empathize with.

The source of anguish circulating throughout the ordinary small town of Hawkins is a dreadful and hideous creature as Dustin called it that travels from its alternate world to Earth. There were a few moments of horror surrounding the creature that were compellingly frightful when it terrorized the town. However, it was eventually downplayed by the heroism of 11, a young girl subject to US government experimentation with telekinetic and telepathic abilities.

Moreover, as with the Dungeons and Dragons and sci-fi cultured minds of our young protagonists, the season had become just as action-packed during the latter part of the season as the main characters worked together to defeat the mysterious creature and save Will. For a television series on Netflix, it managed to create some rather realistic special effects in depicting the creature in the show and its interactions in Hawkins and with its many residents.

The plot was not only entertaining in evoking supernatural horror and conspiracy fiction, but it was also nicely carried by a balanced mixture of comedy and drama among the group of 12-year-old boys in their adventure going up against this supernatural being. Stranger Things should certainly appear on one's recommended list for TV today. Season 2 has some big shoes to fill as it premieres back on its original platform of Netflix this 2017.

Contributed by Harrish Thirukumaran

Historical Milestones: "On This Day" in Canada...



November 6, 1867
 The House of Commons meets for the first time at Parliament in Ottawa.
 John A. Macdonald's Conservative Party is in power, having won the first Canadian general election held from July 20 to October 12.
 Members of the first session of the brand-new Parliament of Canada, created by the Constitution Act, which came into force on July 1, 1867, elect its first Speaker, Conservative James Cockburn.
 Over the past 150 years, there have been 42 sittings of Parliament and 36 Speakers.



November 11, 1918
 The First World War ends at six o'clock in the morning; a ceasefire starts at eleven o'clock. More than 650,000 Canadian men and women served overseas during the war. Some 66,000 of them lost their lives on the battlefields, and 172,000 were wounded.
 Since 1919, Remembrance Day is observed throughout the Commonwealth, to commemorate the signing of the armistice that officially definitively ended the bloody conflict and to remember those who fought for our country. Every November 11, two minutes of silence mark the eleventh hour, in memory of fallen soldiers. (via Library and Archives Canada)

INDEX NOVEMBER 2017	
Main News	1
Ads	2
Canada News	3 & 5 - 6
World News	7 - 14
Health & Care	15 - 17
Feature	18 - 28
Business & Finance	32 & 33
Community Watch	29 & 34 - 46
Ads	48



"Happiness is when what you think, what you say and what you do are in harmony" - Mahatma Gandhi (October 2, 1869 - January 30, 1948)

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

ALL RIGHTS RESERVED: No contents in Monsoon Journal may be printed without the written consent of the Publisher. The views and opinions expressed in the articles in Monsoon Journal are those of the authors and do not necessarily reflect those of the Publisher. While all efforts have been made to ensure accuracy Monsoon Journal is not responsible for any errors or omissions in the contents. Advertisers are responsible for the contents in the Advertisements and all liabilities for their claimers. To place community and non profit organization news submit by email to: toronto@monsoonjournal.com Tel: 416-358-3235.

MONSOON JOURNAL CIRCULATION: Toronto (GTA), Scarborough, Markham, Mississauga, Brampton, Pickering, Ajax, Vaughan, Waterloo. *Source for Multi Ethnic Exposure*

DISCLAIMER: Opinions and Interpretations appearing in the newspaper are those of the writers and need not be necessarily of Monsoon Journal. For additional any other information contact Monsoon Journal at 416-358-3235



Expanded definition of dependent children will help more families stay together

On October 24th the Government announced that they have changed the definition of the age of dependents from “under 19” to “under 22”. Prior to August 2014, the age of dependency was under 22 years. The ruling government of the time lowered it to under 19 years in August 2014. Many families who contemplated immigration were affected by this rule change. In certain parts of the world, a child under 19 is not independent and able to live on his or her own as a child raised in Canada. Therefore, raising the age limit of dependent children who can accompany their parents back to under 22 years brings relief to many potential immigrant families.

According to the current regulations, children qualify as dependants if they meet both of the following requirements:

- They are under 22 years old and
- They do not have a spouse or partner

Children over 22 years old qualify as dependants if they meet both of the following requirements:

- They have depended on their parents for financial support since before the age of 22 and
- They are unable to financially sup-



port themselves because of a mental or physical condition

The change applies to all new applications received by Immigration Canada on or after October 24, 2017.

Following the coming into force of the regulatory amendment, there may be number of requests to add or process a child aged 19 to 21 years on a pending application based on humanitarian and compassionate grounds. In order to address this situation, the government has established a public policy to enable the children between 19 -21 years to benefit from the higher age limit to be eligible as dependents.

According to the eligibility criteria of the public policy, a permanent residence application for a child can be

made if the:

1. Child was 19, 20, or 21 as of May 3, 2017 (the date of final publication of the regulatory amendment) or as of date the parent’s permanent residence application was made, if received on or after May 3, 2017 and before October 24, 2017;
2. Parent or child had a permanent residence application that was either pending on May 3, 2017 or was received on or after May 3, 2017 and before October 24, 2017 (the child must have been previously identified as “additional family” on their parent’s application);
3. Child is not a spouse/common-law partner; and,
4. Child is not otherwise inadmis-

sible.

The child can be:

1. Processed or added to an application (as a dependent child) if the permanent resident visa or Confirmation of Permanent Residence (COPR) had not been issued at the time the Department was notified of the intention to add the child; OR
2. Sponsored as a member of the Family Class once the parent is granted permanent residence.

Parents who wish to take advantage of the public policy consideration must notify the Department of their intention to do so by January 31, 2018, in accordance with instructions provided by the department.

Source: IRCC announcements by Shani Hanwella

Registered Canadian Immigration Consultant

Former Visa Officer, Canadian High Commission, Colombo, Sri Lanka

Nova Immigration Solutions Inc.

1585 Markham Road, Suite 405
Scarborough ON M1B 2W1
416 298 0990 www.novaim.ca



DILANI GUNARAJAH LAW OFFICE

BARRISTER, SOLICITOR & NOTARY PUBLIC

2401 Eglinton Avenue East, Suite 210, Toronto, Ontario, M1K 2N8

Tel: 416-755-7777 Fax: 416-288-8633

E-mail: dilani@dilanilaw.com

- Real Estate**
- Family Law**
- Immigration**
- Wills & Estates**



Family Law

Divorce, Custody, Access, Support, Agreements and CAS matters;

Real Estate

Residential & Commercial – Purchase, Sale & Mortgages;

Immigration Law

Refugee Claim, Appeal, Humanitarian & Compassionate Applications, Sponsorship, Group Sponsorship, Sponsorship Appeal, Skilled Worker;

Business Law

Purchase, Sale and Incorporation;

Estate Law

Continuing Power of Attorney for Property/ Personal Care, Wills, Estate Administration.



Insulin in People Living with Type 2 Diabetes: *Initiation and Dosage*

Favourable results from a scientific study conducted by Canadian investigators on the dosage adjustment of Toujeo®

Laval, Quebec – October 17, 2017 - Individuals with type 2 diabetes may need insulin to achieve target blood glucose levels. As such, healthcare professionals and individuals living with diabetes may have questions about insulin initiation and reaching the right dosage.

A possible reluctance to delay starting someone on insulin or increasing their insulin dose, a phenomenon called clinical inertia, may negatively affect optimal diabetes treatment. Dr. Stewart Harris, Professor in the Department of Family Medicine of the Schulich School of Medicine & Dentistry at Western University and a medical expert who took part in the study entitled TITRATION: A Randomized Study to Assess 2 Treatment Algorithms with New Insulin Glargine 300 units/mL, states that “patients with type 2 diabetes start insulin approximately 9 years after the diagnosis is made, when glycated hemoglobin is above 8.5% and complications of the disease have already begun to appear. The results of the study that we have just performed support a simple and effective method to initiate and increase doses of insulin glargine 300 units/mL.”

Published in the Canadian Journal of Diabetes and undertaken in collaboration with Sanofi Canada, this new Canadian study aimed to measure the efficacy and safety of adjusting once daily doses of insulin glargine 300 units/mL, marketed under the name Toujeo®. The study was conducted over a period of 12 weeks in 212 randomly selected participants with uncontrolled type 2 diabetes.

Toujeo® is a basal insulin that was approved by Health Canada in 2015, and which has been studied in a large clinical program. Toujeo® provides a constant glucose lowering effect over 24 hours with a once daily administration. Toujeo® has a low within and be-



tween day variability.

“Insulin makes it possible to lower the amount of glucose in the blood. Unfortunately, it is often initiated too late in the process, exposing the patient to the risk of complications associated with high blood glucose. It is thus important to have access to a simple and effective method to initiate and increase insulin doses. As part of our study, we compared the efficacy and safety of adjusting doses of Toujeo® according to Diabetes Canada’s clinical practice guidelines,” explains Dr. Jean-François Yale, Endocrinologist, Professor in the Department of Medicine of McGill University and member of the team of investigators who carried out the study. “Since Toujeo® is a longer-acting insulin than Lantus®, it was important to assess whether the recommendation for patients to adjust their doses at a rate of one unit per day until target blood glucose levels are achieved also applied to Toujeo®; this study’s conclusions proved favourable and show that it is possible.”

“We are proud that Toujeo® was instrumental to this important study for people living with diabetes,” claims

Niven Al-Khoury, President at Sanofi Canada. “With over 100 years of experience of working to understand and support the healthcare needs of Canadians, being able to bring valuable solutions is core to our purpose.”

Diabetes in Canada

Diabetes affects approximately 3.4 million Canadians, of which type 2 diabetes accounts for 90% of cases. It is estimated that 5.7 million Canadians have prediabetes; this condition is characterized by blood glucose levels above normal, but not high enough to be diagnosed as diabetes. Fifty percent of individuals with prediabetes will develop type 2 diabetes. Left untreated, diabetes can lead to many serious complications, such as heart disease, kidney disease, loss of vision and amputation of the lower limbs.

“This study demonstrates Sanofi Canada’s commitment with regard to the effort and energy invested by healthcare professionals to help patients receive the best possible care they need in terms of available treatments stemming from the most recent developments in research on diabetes management,” concluded Dr. Hisham



A.S. Mahmoud, Medical Director at Sanofi Canada.

About Sanofi Diabetes and Cardiovascular

Diabetes and cardiovascular disease affect millions of people worldwide, with many managing the complex challenges of both. Building on its portfolio evolution, heritage and expertise, Sanofi has implemented a focused business unit dedicated to delivering innovative, value-based medicines and integrated solutions in these therapeutic areas. It is committed to a collaborative approach that involves strategic alliances with professional and patient associations, research institutions and leaders in healthcare and other industries, with the goal of advancing scientific knowledge, driving the convergence of science and technology, helping to improve outcomes and inspiring an evolution in care.

About Sanofi www.sanofi.ca

Sanofi, a global healthcare leader, discovers, develops and distributes therapeutic solutions focused on patients’ needs. Sanofi is organized into five global business units: Diabetes and Cardiovascular, General Medicines and Emerging Markets, Sanofi Genzyme, Sanofi Pasteur and Consumer Healthcare. Sanofi is listed in Paris (EURONEXT: SAN) and in New York (NYSE: SNY).

Together, Sanofi entities in Canada employ close to 1,900 people. In 2016, Sanofi companies invested \$130 million in research and development in Canada, creating jobs, economic activity and opportunity throughout the country.

MARRIAGE PROPOSAL

Tamil Christian/Catholic vellala parents, highly influential and respected family in Sri Lanka, presently in Toronto, Canada seek well mannered, well educated, professional bride for their well mannered, University educated son with Masters in Computer Science, in his thirties and working as a Software Engineer.

Family background is important. Christians or Catholics preferred. Responses from CANADA and USA.

Please contact with full details including photo to the e-mail address given below.

Contact: jimmybest03@gmail.com



Express Newspapers publishes colorful coffee table book on Pope Francis' pastoral visit in Sri Lanka

ENCL Managing Director Kumar Nadesan presents book to Pope Francis in Vatican City, Rome

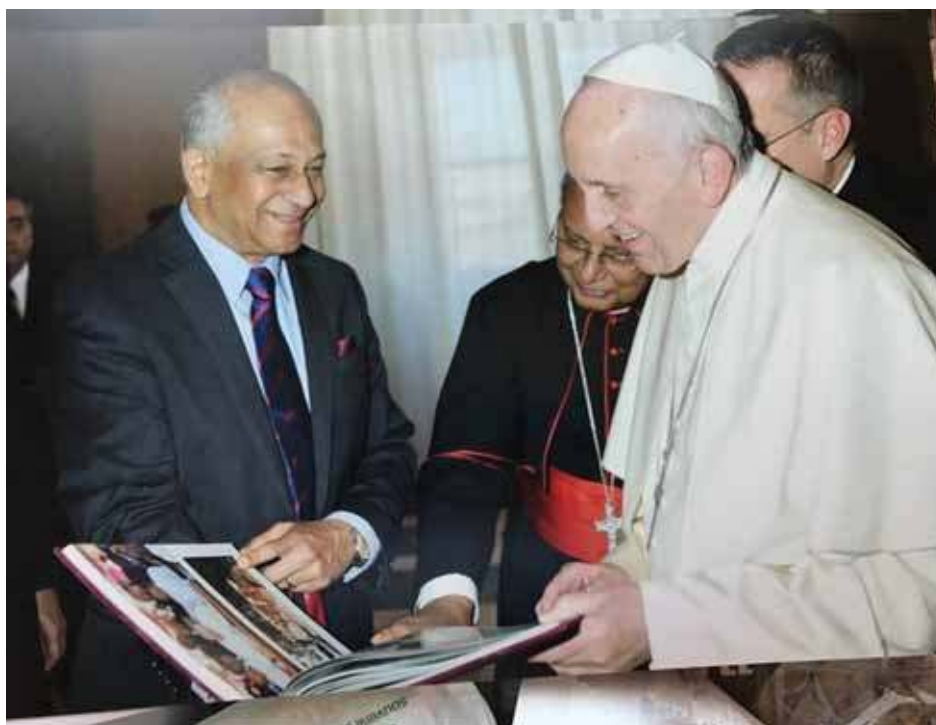
By Siva Sivapragasam

His Holiness Pope Francis was all smiles when he received a colorful pictorial book of his visit to Sri Lanka compiled and published by Express Newspapers (Cey) Ltd.

The coffee table book was personally presented to him at the Vatican City, Rome by Mr. Kumar Nadesan, Managing Director of Express Newspapers (Cey.)Ltd. ENCL are the Publishers of "Virakesari", the premier and largest circulated Tamil newspaper in Sri Lanka which today has exceeded millions in readership daily among the Tamil community in Sri Lanka and the

of Cardinal Malcolm Ranjith, Bishop of Colombo. Pope Francis welcomed a group of Sri Lankan followers including members of the organizing committee of his visit to Sri Lanka in 2015, at the Consistory Hall of the Apostolic Palace in the Vatican on 13 October saying his own visit to Sri Lanka was a moment of "special grace" at a time when the nation was "striving for reconciliation and healing" after years of suffering and strife.

Express Newspapers today publishes more than twelve publications including the "Virakesari" Tamil Daily & Weekly along with several other magazines. The "Virakesari" newspaper has



Picture shows Mr. Kumar Nadesan, Managing Director of Express Newspapers (Cey) Ltd. presenting the book to his Holiness Pope Francis (Photo source: L'osservatore Romano)

Tamil Diaspora across the world with its print and online editions.

The ENCL organization stands proud with eight decades in the Newspaper Industry with over sixteen daily, weekly and monthly publications both in print and digital format.

The publication which is in the form of a coffee table book commemorates Pope Francis' memorable visit to Sri Lanka in 2015 in pictures and includes a brief history of Catholicism in Sri Lanka. The book was compiled and published by Express Newspapers (Cey) (Pvt) Ltd., under the patronage

exceeded the million mark readership daily with its print and online editions circulated all over the world.

It is to the credit of the current Managing Director Kumar Nadesan who pioneered and popularized the digital version of the newspaper to the Tamil diaspora, launched several other publications on a variety of subjects covering Tamil culture and of interest to the Tamil community in Sri Lanka and the diaspora. He was also responsible for revolutionizing the production process with the modern state of the art technology.

India's woman Defense Minister Nirma-la Sitharaman teaches Chinese soldiers at the border post to say "Namaste"



India's woman Defense Minister Nirmala Sitharaman met with Chinese soldiers during her maiden visit to the Nathu La border post in Sikkim and was seen teaching them how to say 'Namaste'.

A short video of her interaction with the Chinese soldiers shows her interacting with the Chinese People's Liberation Army (PLA) personnel with a "namaste" greeting.

"Do you know what 'Namaste' means?" Ms. Sitharaman asked the PLA personnel who appeared confused and said "Namaste" while trying to ex-

plain the meaning.

Some Indian soldiers tried to come to the assistance of their Chinese counterparts but Ms. Sitharaman asked them to let the PLA men find the meaning on their own.

After some time, one of the soldiers, with a smile on his face, said "Namaste means nice to meet you."

Then Ms. Sitharaman asked "What would you say in Chinese?"

"Ni hao," responded the Chinese soldiers, triggering laughter on both sides. The video has gone viral on social media.

Rethink ways to govern cities,'

UN- Habitat chief urges on World Day



View of City of old Cairo, Egypt, during mid-morning rush hour. Photo: World Bank/Dominic Chayez

31 October 2017 – Marking World Cities Day, a senior United Nations official on Tuesday spotlighted the need to find innovate ways to govern cities, as more than half of the world's population live in urban areas.

"The scope and speed at which people access information and interact among themselves is unprecedented in history, and institutions need to react to these new ways to exercise citizenship," said Joan Clos, the head of the UN Human Settlement Programme (UN-Habitat), in his message for the Day, whose theme this year is 'Innovative Governance, Open Cities.'

"We should not fear innovation," he stressed.

The adoption of the New Urban Agenda in 2016 at the UN Conference on Housing and Sustainable Urban Development, widely referred to as Habitat III, has given a vision on how to build, plan and manage cities in a more inclusive, safe, resilient, inclusive and sustainable way.

Mr. Clos said that the use of technology, like crowd-sourcing, can help generate ideas and create fresh approaches to governance and policy-making.

"If we open our minds to the possibilities and opportunities open government present, it will contribute significantly to generating a better world for people, planet and prosperity," he said.

(un.org)

For Advertisements in Monsoon Journal

Call 416.358.3235

www.monsoonjournal.com



Get the **EAGLE STAR** Protection!

**AUTO ★ HOME ★ BUSINESS
TRUCK & LIABILITY INSURANCE**

**BUNDLE YOUR AUTO
AND HOME POLICIES
& SAVE**

**OVER 30 YEARS
EXPERIENCE IN
INSURANCE INDUSTRY**

**CALL ME TODAY FOR A
FREE INSURANCE QUOTE**

SURESH RAM

ACII, RIB Ontario
Insurance Broker

647 261 9837

1550 South Gateway Road
Mississauga, ON L4W 5G6
Email: amos_ram@hotmail.com
FAX: 1-888-511-3535





Animal sacrifice in Temples banned in Jaffna by High Court

The Jaffna High Court has imposed a ban on animal sacrifice in Temples in the Jaffna peninsula.

The verdict, by Jaffna High Court Judge M. Illanchelivan, brings to an end a prolonged case filed against the Narasimma Kovil in Kavunawatte. The All Island Saiva Maha Saba had filed a case in the Jaffna High Court seeking an order prohibiting animal sacrifices at Hindu temples.

High Court Judge M. Illanchelivan, in his verdict, said the killing of animals for sacrifice was a primitive and barbaric ritual that ought to be stopped. He remarked that the ritual was a crime against animals as well as Hindu religious values.

He informed the Police that any individual or group found violating this



order should be arrested and produced before court.

Judge Illanchelivan directed the Deputy Inspector General of Police for Jaffna to implement the Order effectively in the Police Divisions under his purview in the North. Several Hindu institutions also earlier took the initiatives to prohibit animal sacrifices at the Hindu temples.

‘Doctrines of rejection’ must be met with courage, commitment to solidarity and empathy – UNESCO chief



UNESCO Director-General Irina Bokova addresses the Leaders' Forum of the 39th Session of the General Conference in Paris, France. Photo: UNESCO

31 October 2017 – Multilateralism is facing challenges just when it is most needed, senior United Nations officials told a UN Educational, Scientific and Cultural Organization (UNESCO) forum in Paris on Tuesday, calling for a “new humanism” to counter rising doctrines of withdrawal and rejection of others.

“If we want the next generation to be born into a better world, we only have one option. And that is strong multilateralism, with the United Nations system at its core,” the President of the UN General Assembly, Miroslav Lajčák told the Leaders' Forum of the 39th UNESCO General Conference, which kicked off yesterday at the agency's headquarters.

He said that cooperation between

nations has brought tremendous benefit. In 2015, the international community achieved two important milestones, in the form of the Sustainable Development Goals and the Paris Agreement on climate change.

“If implemented, these agreements will protect the planet, and make it a better place to live for everyone,” he said. Multilateralism has also had a major role in advancing peace, helping rally support for peace agreements.

Peoples come from diverse backgrounds. They hold different positions on the world's most pressing issues. Their interests, at times, diverge. But convergence can be found – particularly when it comes to human dignity, peace, the protection of environment, and common humanity.

Sri Lanka's Central Bank Governor Dr. Indrajit Coomaraswamy named Central Bank Governor of the year, South Asia

The popular and prestigious publication Global Capital has named Sri Lanka's Central Bank Governor Dr. Coomaraswamy as the Central Bank Governor of the Year, South Asia. The honour was bestowed on Dr. Coomaraswamy at the Global Capital Markets Awards ceremony in Washington DC on 14 October 2017.

In an article on Global Capital Elliot Wilson wrote: “South Asia is awash with highly capable central bank chiefs, yet Indrajith Coomaraswamy fully deserves this award for professionalism and for ushering his country through some choppy waters over the past”.

President Maithripala Sirisena appointed Dr. Coomaraswamy Governor of the Central Bank of Sri Lanka on June 2, 2016.

Educated at the premier educational institution Royal College, Colombo and later at Harrow School in England, Coomaraswamy gained his undergraduate degree at Cambridge University and obtained his Doctorate at the University of Sussex.

He joined the Central Bank of Sri Lanka in 1973 and served in the Economic Research, Statistics and Bank Supervision Divisions as a staff officer till 1989. Thereafter he worked for the Commonwealth Secretariat from 1990–2008. At the time of the latest appointment, Dr. Coomaraswamy was an adviser at the Ministry of Development Strategies and International Trade.

Indrajit comes from an illustrious family where his father Raju Coomaraswamy, popularly referred to as “Roving Raju”, (due to his frequent Ambassadorial trips) served the UNDP between 1961 and 1977. Mr. Raju



Coomaraswamy laid the foundation for the adoption of human development approach, which later became, according to a UN publication of 2015, part of the flagship mission of the United Nations under Mahbub UI Haq and Amartya Sen. Indrajit's grandfather was Sir Velupillai Coomaraswamy who once served as Sri Lanka's Ambassador in Canada. Indrajit's younger sister is Radhika Coomaraswamy, a Human Rights activist and a member of the Constitutional Council. She also worked for the United Nations as the Under-Secretary-General, Special Representative for Children and Armed Conflicts.

Indrajith Coomaraswamy is also a keen sportsman and played first class cricket for the Cambridge University Team and played Rugby for Cambridge University, and later captained Sri Lanka in Rugby in the 1974 Asiad.

At the time of his appointment as Sri Lanka's Central Bank Governor, the appointment was also hailed by many as a move on the part of the new regime towards reconciliation of communities and fairness towards high public service appointments irrespective of race or religion.

“If one body or country fails to respond, it could affect us all,” he said, adding that the United Nations must lead the charge and act as an honest broker, leveraging its neutrality and experience for meaningful dialogue.

Mr. Lajčák highlighted a critical role played by UNESCO in the multilateral system.

The agency has rallied actors from all over the world to protect our shared cultural heritage, while promoting cooperation for advances in education, science and technology.

Amidst the success of UNESCO's work, he said: “I regret the decision of member states to withdraw from membership of UNESCO.”

Also addressing the forum, UNESCO Director-General Irina Bokova stressed the relevance of her agency's ‘soft power’ to foster education, culture and knowledge to transform the world.

UNESCO was created in 1945 in the wake of a devastating war, with the aim of building “the defenses of peace” in the minds of men and women, since war begins in their minds.

“Today, when we see the rise of doctrines based on withdrawal and rejection of others, I believe we need the same courage and the same commitment towards peace, dialogue, solidarity and empathy,” she said. “This is what I have called a ‘new humanism.’”

She said that in these times of limits – limits of resources, limits of the planet – there is a need to invest in the potential of human ingenuity, in the power of innovation, quality education and scientific research, in the power of culture and dialogue.

“This is our ultimate renewable energy. And this is the raison d'être of UNESCO,” she said.

(un.org)



Catalonia “Independence”: Movements force people to choose an identity, a single identity

Former leader of the Liberal Party of Canada and distinguished academic, Michael Ignatieff appeared on the influential CNN Global Affairs show, “Fareed Zakaria GPS” and gave his assessment on the situation surrounding Catalonia. Full transcript of the popular program that aired on October 29th is as follows:

ZAKARIA: Crisis in Catalonia. On Friday the Catalan parliament voted 70 to 10 to declare independence from Spain. Minutes later the Spanish senate gave Spain’s federal government broad powers to fire the president of Catalonia and take control of the regional government. Much has ensued since, of course. This comes as Iraqi Kurdistan’s fight for its own independence has flared up as well.

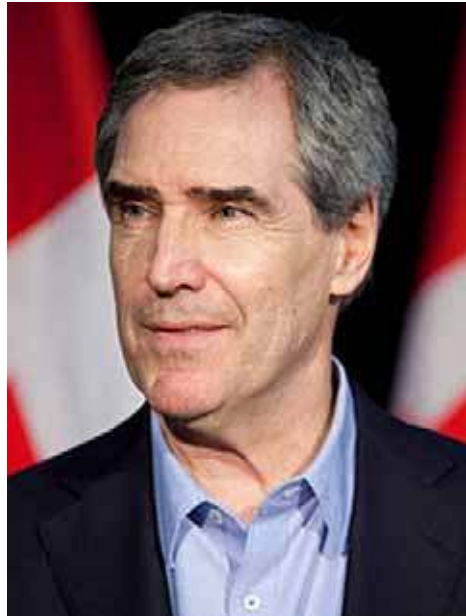
What to make of these attempts to break away? Michael Ignatieff is a distinguished Canadian politician and intellectual who has studied these movements for years. He is the president and rector of the Central European University.

Welcome, Michael.

IGNATIEFF: Nice to be here, Fareed.

ZAKARIA: What do we make of -- of this standoff? It appears as though neither side is backing down. Where will this lead?

IGNATIEFF: Well, I look at these events with a sense of tragic foreboding I have to say, Fareed. It’s going to require incredible judiciousness and restraint on both sides to avoid actual civil conflict, and this is a country that has known the horror of civil war. That’s observation number one. So everybody suddenly has to avoid violence, and passions are extremely high on both sides. The second thing is that, yes, they voted for independence, but, you know, 50 MPs walked out; 10 of them voted against, and there are millions of people in Barcelona and across Catalonia who actually do not want independence.



Michael Ignatieff

So there’s a -- it’s almost as if there is a minority of the population, a large minority, that wants independence, and actually a majority, almost a silent majority, that is extremely reluctant to go towards independence. And these are, kind of, trapped majority. And I think that’s a source of great concern as well because it may push the independence minority ever further.

And so both sides are going to have to be very careful. I have a sense, having gone through the Balkan wars a long time ago, that these things start with everybody saying “Let’s keep it peaceful,” and then they don’t -- they don’t go that way at all, I’m afraid. I pray it doesn’t, but that’s my worry.

ZAKARIA: Why shouldn’t a country secede, or an area within a country?

You’re, sort of, skeptical of these secessionist movements, but I suppose somebody might ask why is Slovenia allowed to secede and Croatia after it? And why are the Scots and the Catalans and the Kurds told “No, you can’t secede”?

IGNATIEFF: I think the dividing line in those cases is violence. When somebody is kept by force and when there’s an imminent risk of uncontrollable violence, mass killing, you can



Fareed Zakaria

begin to craft a case, in that case, in which secession, unilateral secession, simply to preserve the people from destruction or violence or violent death.

But in Catalonia, you’re looking at the most prosperous part of Spain; you’re looking at a place that has very powerful desires to preserve language, culture, to benefit from full autonomy here. But they’re not being kept in Spain by coercive force. There are no tanks in the streets of Barcelona. And I pray there won’t be one.

I speak here as a Canadian, Fareed, and we went through a near-death experience with Quebec in the ‘90s. And the thing we learned about this is that there should not be unilateral rights of secession. If you go out, you have to negotiate the terms of your departure in all circumstances with the state from which you’re seeking to exit. And what’s -- what’s broken down here is any dialogue or discussion between the seceding party and the -- and the national state. And that’s a recipe for conflict, violence and civil war.

ZAKARIA: And you say that the greatest tragedy is that these movements force people to choose an identity, a single identity, a Catalan, whereas in fact, in life, we all have multiple



Flag of Catalonia



Flag of Spain

identities. We’re both Catalans and Spaniards. We have a religion, an ethnicity, a nationality?

IGNATIEFF: Yeah, I feel, Fareed -- I know that this may be taking me pretty far -- that there are cardinal sins in politics, and one of the cardinal sins is to force people to choose between parts of themselves. There are millions of people in Catalonia who love Catalonia, love the language, love the culture, feel deep attachment to it but do not want to leave Spain. And they are being asked to cut themselves in two here because a minority is determined to make everybody choose Catalonia to the exclusion of all other identities. And that’s what I call a cardinal sin in politics. One thing we learned in Canada was, in Quebec, there were lots of people whose first loyalty was to Quebec, to the French language, to culture, but they did not want to be forced to abandon that part of themselves that had a Canadian identity. And that’s why we’ve survived, essentially, because people drew back from the brink and said “Let us not cut people in two.”

ZAKARIA: Michael Ignatieff, pleasure to have you on.

IGNATIEFF: Pleasure, Fareed, thank you.

US Green Card lottery faces scrutiny President Trump reacts to New York City terror attack

Tuesday, October 31st

US President Donald Trump has called for the green card lottery visa programme to be scrapped after the recent terror attack in New York City.

In a series of tweets he called for the immigration programme to be replaced with a merit-based system..

Trump tweeted: “The terrorist came into our country through what is called the ‘Diversity Visa Lottery

Program,’ a Chuck Schumer beauty. I want merit based system”

He continued: “We must get MUCH tougher (and smarter).”

The diversity visa lottery programme, also known as the green card lottery, grants permanent US residency every year to around 50,000 immigrants. Trump said in the aftermath of Tuesday’s attack he was ordering the Department of Homeland Security “to

step up our already Extreme Vetting Program”, without elaborating. The US leader said he wanted “extreme vetting” of immigrants during his presidential campaign last August.

As president, he introduced a ban on arrivals to the US from a number of mainly-Muslim countries - a move that has been challenged legally and is due before the Supreme Court in the coming weeks.





Lawyer Dilani Gunarajah elected first Female President of Canadian Tamils' Chamber of Commerce (CTCC)

By Siva Sivapragasam

The Canadian Tamils' Chamber of Commerce (CTCC) membership has created history by electing Barrister and Solicitor Dilani Gunarajah as the first female President of the organization, at the recently held Annual General meeting.

President Dilani Gunarajah is a Barrister and Solicitor who was called to the Ontario Bar on July 2005. She is a sole practitioner in the areas of Family Law, Estate Law, Immigra-

tion Law, and Business Law. Dilani has held previously progressive positions in the CTCC first as a Director, then as Vice-President- Membership, Vice-President Finance and finally Executive- Vice President. Dilani is married to Mohan Gunarajah and they have two children, a daughter and a son.

The newly elected President Dilani spelt out her future plans for the CTCC in making it an organization that truly represents the Tamil Business community. She remarked that she foresees a vision for the organiza-

tion to enhance the membership and promised to build a close liaison with other similar organization. She concluded her speech by saying that she hoped to see a "united chamber" working for the progress of the Tamil business community.

Others elected to the following posts were:

- Executive Vice-President - Gajan Mahakanapathy
- Vice- President, Internal Affairs - Kubesh Navaratnam
- Vice-President - Finance - Vina Devadas

Vice President – Membership - Ramanan Santhirasegaramoorthy

Vice-President - Community Relations

– Venu Puvirasan

Directors:

Ram Krish

Thipan Raj

Theeban Rajendran

P.S. We understand that Theeban-Rajendran has subsequently resigned from the post of Director.



Chamber 2017/2018 New Board: Director Kubes Navaratnam was not available at the time this picture was taken.

STAY ONE STEP AHEAD OF CRA

Former CRA Officers will be working on your files.

SARVAA CPA
PROFESSIONAL CORPORATION
CHARTERED PROFESSIONAL ACCOUNTANTS

Our Tax Dispute Resolution Services with CRA:

- ▶ Unfiled Tax Returns - Last ten years (2007 - 2016)
- ▶ Adjustments, Audits and Appeals
- ▶ Voluntary Disclosure Program (VDP)
- ▶ GST/HST New Housing / Rental Rebate (NHR/NRRPR)
- ▶ Negotiate Collection, Garnishment and Payment Plan
- ▶ Taxpayer Relief
- ▶ Non-Resident Tax



Shawn Sarvaa, CPA, CGA
2750 14th Ave., Suite 206
Markham ON L3R 0B6
info@sarvaacpa.ca

CONTACT US TODAY... 647- 219 -3110

DEBT PROBLEMS???



JOINTLY SERVING ALL COMMUNITIES UNDER ONE ROOF

Unsettled Life due to Credit Problems!

Is Your Daily Life affected?

Worried that you will lose your House or Car!

Phone harassment from Collection Agencies !

Concern that your wages will be garnished by your creditors!

www.creditsolutioncanada.com

For All Your Problems, call for a free consultation

V. SRI

Certified Insolvency Counsellor

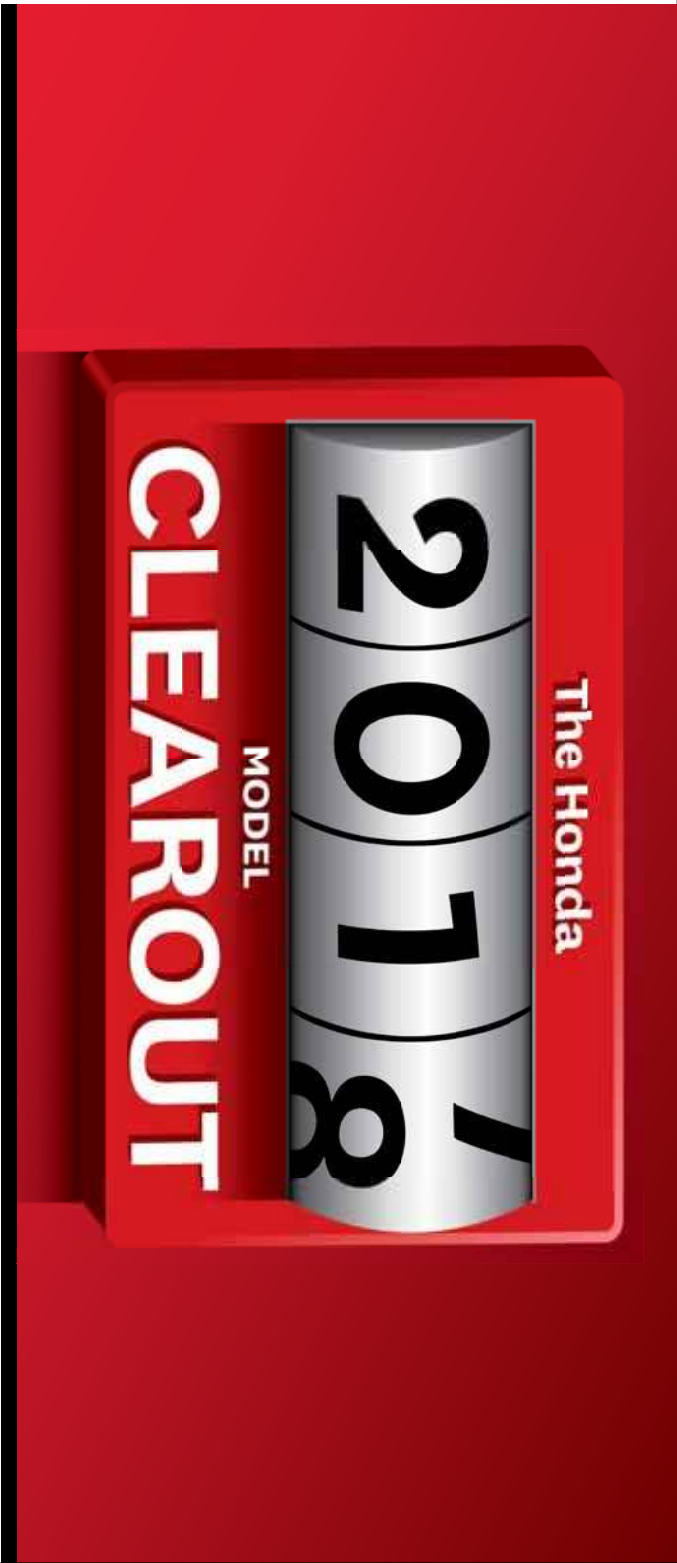
CREDIT SOLUTION CENTRE
Services of Trustee is available

80 Corporate Drive, Suite 309
Scarborough, ON M1H 3G5

Tel: **416.439.0224**

Fax: 416.439.0226
creditsolutioncentre@gmail.com





CASH PURCHASE INCENTIVES OR HONDA BONUSES ON SOME OF OUR MOST POPULAR MODELS!



2017 ODYSSEY TOURING

2017 ACCORD COUPE TOURING V6

2017 ODYSSEY
GET A
\$4,000
CASH PURCHASE INCENTIVE ON ALL 2017 ODYSSEY MODELS*

2017 ACCORD COUPE
GET UP TO A
\$2,500
HONDA BONUS ON ALL 2017 ACCORD MODELS*



2017 CR-V LX
MODEL RW1H3HES
FROM
\$79,399
WEEKLY LEASE FOR 60 MONTHS*
PLUS GET A
\$750
HONDA BONUS ON ALL 2017 CR-V MODELS*
*DOWN PAYMENT/OAC * SECURITY DEPOSIT



2017 CIVIC LX
MODEL FC2E5HE
FROM
\$56,199
WEEKLY LEASE FOR 60 MONTHS*
PLUS GET A
\$750
HONDA BONUS ON ALL 2017 CIVIC COUPE MODELS*
*DOWN PAYMENT/OAC * SECURITY DEPOSIT



HondaOntario.com
Ontario Honda Dealers

LEASE PAYMENTS INCLUDE FREIGHT AND PDI, EXCLUDES LICENCE AND HST. DEALER TRADE MAY BE NECESSARY.



Shan Sarvananthan
Sales & Leasing Consultant
Cell 416-720-1184

2240 Markham Road Scarborough,
ON, M1B 2W4
Telephone: 416-754-4555
formulahonda.com

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



Limited time offers available through Honda Financial Services Inc. (HFS), to qualified retail customers on approved credit. Weekly payments include freight and PDI (ranges from \$1,595 to \$1,725 depending on model), tire & environmental fee (\$17.50), A/C charge (\$100), and OMVIC fee (\$10). Taxes, licence, insurance and registration are extra. Representative weekly lease example: 2017 Civic LX Sedan 6MT (Model FC2E5HE) // 2017 CR-V LX 2WD CVT (Model RW1H3HES) on a 60-month term with 260 weekly payments at 1.99% // 3.99% lease APR. Weekly payment is \$55.72 // \$79.00 with \$0 down or equivalent trade-in and \$475 // \$730 total lease incentive and \$0 // \$132 individual dealer contribution deducted from the negotiated selling price before taxes. Down payments, \$0 security deposit and first weekly payments due at lease inception. Total lease obligation is \$14,486.07 // \$20,539.89. 120,000 kilometre allowance; charge of \$0.12/km for excess kilometres. PPSA lien registration fee of \$45.93 and lien registering agent's fee of \$5.65, due at time of delivery are not included. ^\$2,500 // \$750 // \$750 Honda Financial Services Inc. (HFS) Honda Bonus is deducted from the negotiated price after taxes. Honda Bonus applies to retail customer lease or finance agreements through HFS for 2017 Accord Coupe // CR-V // Civic Sedan and Coupe models concluded between September 1st, 2017 and October 2nd, 2017 at participating Ontario Honda Dealers. \$4,000 total customer cash purchase incentive is valid on any new 2017 Odyssey EX-L RES, EX-L NAVI, and Touring models when registered and delivered between September 1st, 2017 and October 2nd, 2017. Cash incentive is available for Honda retail customers except customers who lease or finance through HFS at a subvented rate of interest offered by Honda as part of a low rate interest program. All advertised lease and finance rates are special rates. Customer cash purchase incentive will be deducted from the negotiated price after taxes. For all offers: licence, insurance, PPSA, other taxes (including HST) and excess wear and tear are extra. Taxes payable on full amount of purchase price. Offers only valid for Ontario residents at participating Ontario Honda Dealers. Dealer may sell/lease for less. Dealer trade may be necessary. Colour availability may vary by dealer. Vehicles and accessories are for illustration purposes only. Offers, prices and features subject to change without notice. See your Ontario Honda Dealer or visit HondaOntario.com for full details.



SUPER VISA

Medical Insurance for your parents

- One year coverage for \$100,000
- Monthly payment option
- 100% refund if Visa denied
- Flexible arrival date
- Refund available for early return
- Visitors to Canada medical insurance

உங்கள் பெற்றோர்களை கனடாவுக்கு அழைப்பதற்கான காப்புறுதி மாதாந்தக் கட்டணத்தில் பெற்றுக்கொள்ள முடியும். விசா நிராகரிக்கப்பட்டால் கட்டியபணம் முழுவதும் திரும்பப்பெற்றுக்கொள்ளலாம்.



Sritharan Thurairajah

Chartered Life Underwriter, Certified Health Insurance Specialist

Direct: 416.918.9771

Business: 416.321.2500

Web: www.life100.ca
E-mail: info@life100.ca



Life100
INSURANCE & INVESTMENTS INC.

10 Milner Business Court, Suite 208, Scarborough, ON M1B 3C6

2 County Ct Blvd #400, Brampton, ON L6W 3W8

Are you getting Million Dollar advice



THE GIFT OF LAUGHTER RECEIVED BY ALL

On Thursday, September 28, there was a special night of love and laughter as the women of WIPP (Women Advancing Philanthropy for Providence) attended their annual creative event. Over 70 donors and guests gathered at the stunning HOK offices, which have been a filming location for the hit television series, *Suits*. It was a hilarious improv comedy workshop directed by Canadian actress and comedian, Stephanie Herrera and her comrade, Dwayne Mailman of Durham Improv Collective.

Everyone's initial nerves were quickly replaced by laughter as they used impulse and imagination to engage in a variety of comedic improv activities. It's not often that a group of professional women get the chance to let their inner child loose to play, speak

without thinking, and laugh without inhibition. This evening was enjoyed by all and the laughter and camaraderie echoed the floors of this beautiful Toronto venue. As a member of the WIPP community, the creativity, compassion, and joy that stemmed from long-time donors and new friends collaborating together was a true reflection of the collaborative power of women.

This event was made possible through the generosity of good friends and remarkable hosts at HOK. Not only did their team ensure that every detail was flawless from the stunning space to the delicious food, but they also kept glasses full to shake the stage fright!

This VIP experience was topped off when each

donor and guest went home with a loaded gift bag generously donated by MAC Cosmetics. This substantial donation was greatly appreciated by all and was a truly unique way to thank our donors for their ongoing support.

The gift of Durham Improv Collective's time and talent made everyone shine and brought out the silly, imaginative children in everyone who participated.

If you would like to learn more about this unique charitable giving circle and take part in incredible events that inspire, please contact Cassidy at 416-285-3666, ext. 3990 or CWalker-Sloan@providence.on.ca for more details today.



Rosie, Khadija, and Anny enjoying the festivities



Stephanie Herrera and Dwayne Mailman of Durham Improv Collective

WORKING TOWARDS A COMMON GOAL



David Hirsch works with Physiotherapist Ray Dang.

David Hirsch walks over to the Stroke Clinic waiting area and hands his daughter Sharon Gomes a few pieces of paper. He just finished his appointment with Occupational Therapist Theresa Kennedy and she has given him some homework – brain teasers to help improve his visual and short term memory. He briefly explains to his daughter what he was asked to do before heading off with Physiotherapist Ray Dang for his session.

"He really enjoys working with all the different people here. They're nice to him. He feels special," explains Sharon. "These visits have been great for him because it's helping build his confidence."

Five years ago, David had a stroke. He was cared for in a couple acute care hospitals before he was transferred to another organization for rehab and to get him walking again.

Since then, he has had a few falls and accidents.

"About a year ago, a doctor at Michael Garron Hospital suggested Dad come to Providence for what he called a 'tune up'. Until then, we hadn't heard about Providence for rehab or outpatient services," Sharon says. "My dad used to come here years ago when he would pick up Meals on Wheels for deliveries and, over the years, we've had some friends here in palliative, but we always thought Providence was just for seniors that were inpatients."

When David came for his appointment, he was nervous not knowing what to expect. "We went to see the doctor in Assess and Restore and then the Falls Clinic. The staff assessed him and suggested we go to the Stroke Clinic because of his stroke history."

On his first visit at the Stroke Clinic, he met with members of the interprofessional team where they started to get to know David personally. "We want to know our patients and what their goals are for coming... what they want to achieve," says Luz Salera, Registered Nurse for the Stroke Clinic. "From that discussion, we book individual appointments for a fuller assessment – this way, each therapist can plan what activities they need to help them achieve their goals."

From there, the care plan is developed and initial appointments scheduled. David meets with other members of the Stroke Clinic team – Speech Language Pathologist Vibhuti Jethava and Therapeutic Recre-



David (centre) with Therapeutic Recreationist Mary Scarborough and his daughter Sharon.

ationist Mary Scarborough – to round out his therapy.

Luz says, "We encourage family like David's daughter to be here. Appointments are not enough, you need to practice and family often help with this and our patients respond. I think it's because we treat them just like anyone else in the community. This makes a world of difference."

A positive difference that Sharon credits with helping her dad flourish. "Two days ago, he walked from his house (about 20 minutes away) to mine to bring my kids (his grandchildren) some fruit. Then he invited them for dinner," she shakes her head, smiling. "He's upbeat, he's more himself these days. My girls (19 and 22) said it was the best visit ever!"

As they get closer to the end of David's sessions, the pair are working with the clinic team to link with community resources, senior groups and other stuff for David to take part in.

"One thing they did here, they validated what he was feeling and it helped him to feel normal. That has made a huge difference," says Sharon.



Scarborough and Rouge Hospital



Health & Care

Join Scarborough and Rouge Hospital's New Community Advisory Council

Scarborough and Rouge Hospital (SRH) is growing together in many ways, including the launch of our new Community Advisory Council (CAC).

The CAC is the 'community voice', serving as a direct connection between our hospital and the community. This volunteer body provides input into the hospital's community engagement strategy and to our Board of Directors on matters regarding patient services, access to care, and more.

Join Our Community Advisory Council

We are looking for dedicated members representing the variety of diverse backgrounds, cultures and age groups that make up Scarborough to join the CAC. We invite you to work with us to shape the patient experience and further advance our commitment to patient-centred care.

As a member of the CAC, you will have the opportunity to:

- Provide your input and perspectives on hospital initiatives

- Provide advice to the Board of Directors regarding current and emerging issues facing the hospital

- Communicate hospital initiatives back to the communities and organizations that you represent.

By working together and learning from each other, we can ensure better outcomes for our patients and their families.

If you are interested in participating on the CAC, please complete an Expression of Interest form by November 2, 2017 at 5 p.m.

Find the application form at: <http://www.tsh.to/join-scarborough-and-rouge-hospitals-new-community-advisory-council/>

All applicants will be acknowledged. Based on our review of the expressions of interest received, a shortlist of applicants will be contacted for an interview. We sincerely thank all applicants in advance for their interest.

More about the Community Advisory Council

Please find below summarized information from the Terms of Reference for SRH's Community Advisory Council, which outlines the volunteer body's role, structure and processes.

Objectives

Advise the hospital's Board of

Directors on the planning, implementation, and evaluation of hospital programs, services, and activities

Help to exchange ideas and discuss community concerns related to the hospital, as identified by CAC members and members of the community

Strengthen and maintain partnerships between the community and the hospital

Serve as one of the hospital's communications and outreach channels to the community on the work and plans of the hospital and its impact on the community

Participate in the hospital's community engagement strategy

Participate in the development, monitoring, and revision of the hospital's Patient Declaration of Values.

Meetings

The CAC will meet monthly at least nine times per year. The locations for meetings will rotate among SRH's three hospital sites: Birchmount, General and Centenary. Meetings will be held in the event and will be an hour and a half long.

Members will be encouraged to communicate among themselves and with other community groups to provide input prior to meetings each month.

Membership

The CAC will be made up between 10 and 12 members, not including the Board liaison and hospital CEO.

Members shall represent Scarborough and its diverse community, including gender, age (including youth and elderly populations), ethnicity, culture, and skills. Members shall live and/or work in Scarborough and/or identify with Scarborough and Rouge Hospital as their hospital. On an annual basis, the Board of Directors shall designate a Director as the CAC liaison who will attend all CAC meetings as an ex-officio member.

Reporting

The CAC will prepare an annual work plan, in alignment with hospital priorities, to guide their meetings, and will present monthly reports to the Board of Directors at their regularly scheduled meetings. Reports shall include updates on regular agenda items, as well as special reports that address specific matters.

The effectiveness of the CAC will be evaluated annually and the results reported to the Board.

SRH Launches Screening Clinic To Mark Cervical Cancer Awareness Week



In recognition of Cervical Cancer Awareness Week (Oct. 16 – 22), the Family Medicine Teaching Unit at Scarborough and Rouge Hospital launched a new Pap test clinic to serve under-screened women in Scarborough.

Cervical cancer is almost entirely preventable with regular screening. Starting at age 21, all women who are, or have ever been, sexually active should have a Pap test every three years.

The new Scarborough Pap Clinic is free of charge and available to women through self-referral. The clinic is operated by female health

care providers and will operate every Thursday afternoon from

1:30 p.m. to 3:30 p.m.

Scarborough Pap Clinic

3000 Lawrence Avenue East, Scarborough
416-431-8224

In 2017, it is estimated that roughly 710 women in Ontario will be diagnosed with cervical cancer and about 150 of those women will die from this preventable disease. Don't put your pap test off any longer, find cancer before it starts. Visit the Scarborough Pap Clinic today.

City Approves Lease Agreement For Bridletowne Community Hub



SRH welcomes the City of Toronto's Executive Committee's decision to move forward with the lease agreement for the Bridletowne Community Hub (BNC). This is an important milestone in the development of this transformative project.

We thank Mayor Tory for his unwavering commitment, and Councillors Kelly and Lee for their tireless work to make our Community Hub a reality.

Scarborough and Rouge Hospital is looking forward to continuing our unique partnership with the YMCA of Greater Toronto as we begin to develop this innovative community hub for the residents of Scarborough and the GTA.

Councillor Norm Kelly, Mayor John Tory, Minister Mitzie Hunter, Minister Eric Hoskins, MPP Soo Wong, SRH President and CEO Elizabeth Buller, and Councillor Chin Lee at the Bridletowne Community Hub funding announcement in August, 2017

Celebrate SRH Centenary



You are invited to a very special event on Thursday, November 16 to celebrate the 50th anniversary of our Centenary site!

Centenary Health Centre (as it was known) opened on July 1, 1967 through the united effort and longstanding support of residents and local leaders. Since then, the hospital has provided outstanding care to hundreds of thousands of patients and families.

Join us as we celebrate how our Centenary site has changed lives and helped one of

Canada's most diverse communities grow.

The event will include:

- ♥ A 50th anniversary plaque unveiling
- ♥ Archival displays and historical information
- ♥ Videos featuring longtime staff, volunteers, donors, Board members, and physicians.

Light refreshments will be available.

Date: Thursday, November 16, 2017

Time: 6 p.m. to 8 p.m.

Location:

Centenary site, 3rd Floor cafeteria area and Dr. Bruce Johnston Conference Room

RSVP: www.celebratingcentenary.eventbrite.ca

We hope to see you there!



by UthayanThuraiajah

Dalai Lama recently announced that “the prayer is not the answer to the killings” that keep happening worldwide. According to him, there is no sense in asking God to solve something that we as humans have created. If we created this problem, we should be the ones to solve it. These words virtually went viral, and people started thinking about the changes that need to be made to go back on the right track.

Any government justification of War is the Mass Brainwashing of Society. There are extraordinary words from Dalai Lama. “The large military establishments are the greatest sources of violence in the world. Whether their purpose is defensive or offensive, these vast

for life, his relatives and friends suffer. We should all be horrified by the extent of the tragedy. The amount of this brainwashing is indeed immense, the brainwashed soldier who needs to be woken up.

People are the reason why war exists. We created it, we engage in it, and we prolong it. If people refused to participate in military service and war, everything would dramatically change. “If a human being is killed by another human being it is unthinkable. We have to make an exceptional effort to think of each other as fellow human beings, as our brothers and sisters.” – Tamil Poet Kaniyan Poonguntran.

THE REALITY OF WAR

War and military establishments are the highest sources of violence in the



ANY GOVERNMENT JUSTIFICATION OF WAR IS THE MASS BRAINWASHING OF SOCIETY

Hard Hitting Words from Dalai Lama is receiving a Lot of Attention in the World

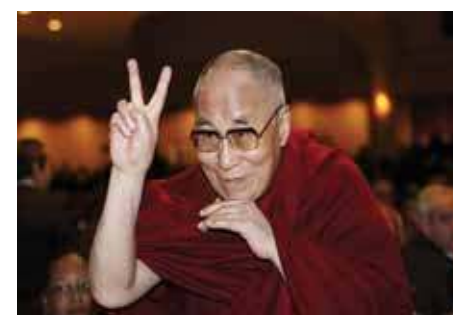
powerful organizations exist solely to kill human beings. Most of us have been conditioned to regard military combat as exciting and glamorous – an opportunity for men to prove their competence and courage. Since armies are legal, we feel that war is acceptable; in general, nobody feels that war is criminal or that accepting it is criminal attitude. In fact, we have been brainwashed. War is neither glamorous nor attractive. It is monstrous. Its very nature is one of tragedy and suffering,” he writes.

WHO KILL HUMAN?

The military “exist only to kill human beings.” As Dalai Lama notes, we thought that the army is something we should be delighted. People do join in this service with good intentions and to serve their country but they lack the knowledge that this war is nothing but a fabrication.

According to the University of Ottawa’s Emeritus Professor of Economics, Dr. Michel Chossudovsky, the war on terrorism relies on fake grounds. Armies have been brainwashed and motivated to think that they are protecting their Country, even enemy itself is financed and supported by the other western alliance government.

“We are so conditioned to see that phenomenal weapon as an excellent piece of technology without recognizing that it will burn living people. We do not think the suffering of individual soldiers. No soldiers want to be wounded or die. If one soldier is killed or disabled



world. War is like a fire in the human community, one whose fuel is living beings. It will burn living people. We do not consider the misery of soldiers. No soldiers want to be wounded or die.

Children start playing exciting shooting games to kill enemies. Some former soldiers have witnessed that when they shot their first person, they felt uncomfortable. When they continued to kill, it began to feel very natural. The military institutions are destructive. They are the single highest violators of human rights.

When an army has become a dominant force, it will ruin the peace of own country. The many dictators oppress their nations and cause an international problem. This is obvious that they cannot harm others or destroy countless human lives if they don’t have a military organization.

Most of the people are genuinely opposed to war and support reconciliation. It is necessary to take a firm stand to counter unfair attack. War is violence and violence are unpredictable. It is desirable to avoid it. Europe has seen merely the absence of war over forty years. At best, building arms to maintain peace

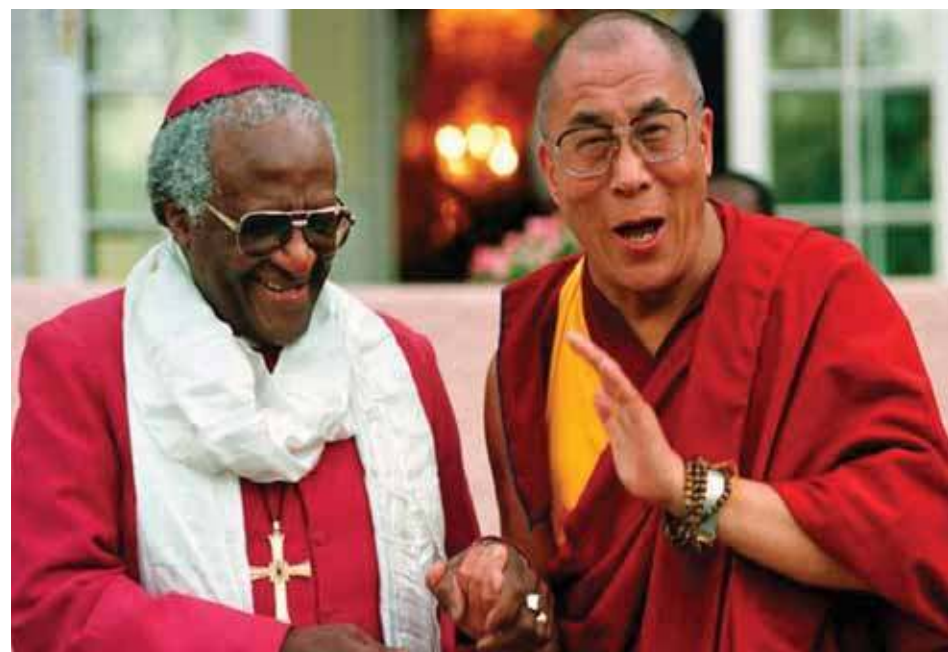


serves only as a temporary measure. When opponents do not trust each other, any number of factors can reverse the balance of strength. Lasting peace can be secured only by genuine trust.

HOW TO FIX MISERY?

The mainstream media is working on behalf of political and corporate agendas, which is the same way politics works, and so we are not going to hear the full story. If we want to change the way our world is exposing, we have to do it more than an emotional level and begin to shift our consciousness. We need alternative news to see other per-

spective humanistic values, of oneness and harmony,” he said. If we start doing it now, there is hope that any country can be changed. It is everybody’s concern. Therefore, we can work for peace within our families and society, and not expect help from God. A Friendly Atheist described as sounding like Humanism, the Dalai Lama also said that much of the violence is over superficial matters. “the problems that we are facing today are the result of superficial differences over religious faiths and nationalities,” He told this to German broadcaster Deutsche Welle in a recent interview. “We



spectives, other angles, what is going on. Lifting that blanket helps people to understand that we are being ‘taken’ in many ways and it is the time be out.

The clearer we can see things from a different prospect. It is comfortable to make changes globally. We are going to be left with an even bigger problem if we follow the tone of the media and begin disliking, attacking and dividing people. It is a great time to start looking at why things like this keep happening and how we react to it each time. Changing our conversations, changing the way we see things, taking actions that are more of service to others. Working on our personal growth is stepping into loving life.

“We need a systematic path to pro-

are one people.”

BUDDIST LEADER DALAI LAMA

Tenzin Gyatso is the 14th Dalai Lama of Tibetan Buddhism. He was born in 1935 and recognized as the reincarnation of Thubten Gyatso at a young age. Tibetan Buddhism blends the essential teachings of Mahayana Buddhism with Tantric and Shamanic, and material from an ancient Tibetan religion called Bon. At the starting of the 1959 Tibetan uprising, fearing for his life, the Dalai Lama and his followers fled Tibet with the help of the CIA’s Special Activities Division, passing into India in March 1959, reaching Tezpur in Assam on 18 April 1959.

SRI LANKA & DALAI LAMA

Sri Lankan Government refuses to give a visa to the Dalai Lama to visit Sri Lanka on several occasions. According to old Sri Lankan chronicles, Buddhism was introduced into Sri Lanka in the third century BCE. In the present 21 million population in Sri Lanka, the Buddhists make about 70%. It is odd that such a sizeable Buddhist population dominated country deny the visa to the Dalai Lama who is much valued by all Buddhists around the world. He is regarded as the great Buddhist religious leader, with excellent commitment to

RELIGION & HUMAN.

I think if there is no religion, no human race will be on earth. People take tooth to tooth and eye to eye and kill each other. What I mean worse than the current situation. The name GOD called by all the religion. God is called Allah, Jesus, Siva, Sun, Nature, power, and more. God action is love, truth, right conduct, peace, non-violent and more. There is a power beyond our control. You can feel the existence of God or power in the form of human being or nature. We know that we will die one day, but we do not know when and how. Science has a limitation,

the cause of peace, harmony and human welfare.

His Holiness, the Dalai Lama, met a crowd of superior monks from Sri Lanka to talk Vinaya, or monastic discipline, in India. Sri Lankan delegation comprised the chief prelates (Mahanayakas) of the three major traditions of Sri Lankan Buddhism (Ramanya, Shiyam and Amrapura Nikayas) as well as members of the Asgiri Chapter and the President of the Mahabodhi Society.

The island of Sri Lanka has attracted visitors for centuries with its natural beauty. It has been affected by more than 25 years of long-drawn and painful civil war ended in May 2009. The island fell under the Portuguese and Dutch influence after the 16th century. It gained independence in 1948, after nearly 150 years of British rule.

R

and it needs proof for everything. In addition, we have limitation. We talk from what we understand or knows. There are a lot of information we do not. We reap what we sow (it is a belief system which makes us tolerate others wrong action and avoids doing sin). Education is a manifestation of perfection. Religion is an expression of Divinity.

Religion is necessary for so many people to survive in this secular world. Based on our understanding, there are a lot of unethical things are happening in the name of religion, at the same time there are a lot of good things are happening as well. In the animal kingdom, there is a struggle for existence. In the human domain, there is a manifestation of rationality. Therefore, I think if we follow human values and ethics, which are more than enough for being human.





WORDS OF PEACE



Talking About Today

People talk about tomorrow and yesterday, but we don't often speak about today, says Prem Rawat, who has been traveling the globe for many years to encourage people not to wait until tomorrow to find personal fulfillment and inner peace.

"That's what I talk about - today," he says. "Do you know that tomorrow never comes? Do you realize that your whole life, your entire existence, will be spent in a time called today? It is physically impossible for anyone to be in tomorrow. We can only be in one time, and that is today. Any day we find that we're alive will be called today."

Yet, Mr. Rawat says, people don't live for today. "No," he says, "they live for tomorrow. They get their kicks out of yesterday. 'Boy,' they say, 'that was good. Let's do it again soon.' People are masters of avoiding today. This is what we've perfected.

"That's not clarity. We should be masters of recognizing today. I can even narrow that down. There's only one place anyone will ever be. It's the moment called now. It always was, wasn't it? It was always now. So do

you know the possibility of now? Do they know the gift that we all have been given?"

The present moment, Mr. Rawat says, gives us the possibility of experiencing real peace. While there are many ideas about what peace is, he defines it as the time when everything is in equilibrium: "There's satisfaction. There's understanding. There's simplicity."

"What is your effort towards peace?" he asks. Forget about 'world peace.' What is your effort towards bringing peace into your own world? Worry about that peace, because if there is no peace in that world, it's never ever going to happen out there."

Mr. Rawat says he can help people discover the peace that lies within them—but first they have to see the need for it.

How can we do that? "Pay attention to your day," he advises. "Pay attention to this life. Pay attention to the breath you've been given. Become a master of paying attention. That's all it takes. That's the secret.

"It's simple, but it's profound, be-

cause when we're paying attention, we're not caught in some world of tomorrow. We are content to be in the moment called now. We are content, not afraid."

The implications are important, he says, because although we can only experience life moment by moment, our focus tends to be anywhere but in the present.

"The beauty of this moment called now is immense," Mr. Rawat says. "It's real. It's not contemplation; it's not a projection. It's not somebody's idea or dream. It's real—and far from being spooky, far from being dangerous, far from being like a scary movie, it's actually the most beautiful, most magnificent experience.

"Yet we're always shooting off into the future or the past, thinking about what we're going to do tomorrow or what happened yesterday. How much of the past taxes and drains us? How much? The past comes back to haunt us, doesn't it?"

"The future also taxes us: people wonder, 'How are we going to become better?' They think better means more money, an improved family

life, a promotion, regaining health or reaching retirement. These are very important things in life, but why do they haunt people?"

"The only thing that doesn't haunt people is the present. It doesn't because it brings life. It brings understanding. It brings consciousness. It brings awareness. It brings joy. Yet for us, it's too quick. We miss it again and again.

"If you want to see this moment that you're in, if you want to know who you are, if you want to be familiar with your potential, then you need to see certain elements in focus.

"By the rules of time, we're not allowed to live in tomorrow or yesterday. We can only exist now. If you know this moment called now, then you can understand life."

To learn more about Prem Rawat
1 877 707 3221 Toll Free
416 431 5000 Tamil
416 264 7700 Hindi
www.wopg.org
www.tprf.org
www.premrawat.com
www.timelesstoday.com



The Benefits of Theatre on Learning



By: Janani Srikantha

As the holidays begin, it is also the season of acting. Halloween haunts, school tailgating for treats, and other trick or treating fun allows both children and adults to dress up and become another character. As the year ends, we also attend school plays and musicals to celebrate the Holiday season.

If you observe children during this time, they exhibit joy when taking on different characters in their Halloween costumes. Also, there is a sense of awe as they immerse themselves into the story on the stage.

The theatre is a giant classroom, where learning occurs on many dimensions. The theatre is a place where children learn the art of story telling, as they understand how characterization and plot are interwoven.

Research indicates that watching a play is more beneficial than just reading a play or watching a movie. The study demonstrates that students who attended high-quality theatre productions had better knowledge of the plot than those who had read the stories. After viewing the play, they were better able to discuss the many themes and explore the characters during discussions. In addition, students who went to the theatre were able to increase their vocabulary.

The benefits of viewing plays goes beyond improving literacy skills. A study shows that students who attended theatre productions were better able to read other people's emotions, and were able to grow their tolerance. This is attributed to actors conveying their character's thinking and feelings with purpose and intensity. This experience allows students to practice reading emotions using body language, expressions, and words as cues. As students begin to appreciate what others feel and think, it leads to increased tolerance.

University of Arkansas professor Jay Greene, who studies the benefits of theatre on learning, said, "What we determined from research is that seeing live theatre produced positive effects that reading a play or watching a movie of the play does not produce. You can't always take your kids to a play but if you can, you should. The story can be conveyed in a movie, but it doesn't engage the viewer in the same way."

In Toronto, there are numerous opportunities to see plays with many of them specifically catered to children and students.

Until November 19th, 2017, the Princess of Wales Theatre is performing *The Curious Incident of the Dog in the Night-Time* based on the novel by Mark Haddon. They recommend the

play for children of age 11 years and older.

Dr. Seuss's *The Lorax* is being performed at the Royal Alexandra Theatre from December 9th, 2017 to January 21st, 2018. The play is based on the picture book of the same title, and is recommended for children of age 5 years and older.

The Royal Alexandra Theatre will begin performances of *Come From Away* on February 13th, 2018. It is an award-winning musical that was inspired by the small town of Gander, Newfoundland that sheltered stranded passengers when planes were diverted there during the 9/11 attacks. This play explores empathy and problem solving during a tragedy, and how a community can come together. It is recommended for students aged 13 years and up.

The Toronto Public Library is hosting Shakespeare in Action presents TD Shakespeare for Kids. It is a free 6-week program on Saturdays for children between the ages of 7 and 12 years old. The program runs from November 4th, 2017 to December 9th, 2017. The Runnymede, Mount Pleasant, York Woods, and Cedarbrae locations are hosting the program between 10 am and 12 pm. Highland Creek and McGregor Park locations are running the program from 2pm to 4 pm.

For those of you who want to take a trip outside of Toronto, the Stratford Festival has Shakespeare plays on the bill including *The Tempest* and *Julius Caesar*. These are ideal for high school students as they read Shakespeare in their English classes. Also, other novels that are covered in the curriculum, such as *To Kill A Mockingbird*, are scheduled to be performed.

If you have the opportunity to see a play or two over the next few months, it is an enriching experience for everyone.

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@thinkshiftdedu.com or visit Thinkshift Edu on Facebook.





SADHGURU

The Significance of the Kartik Month

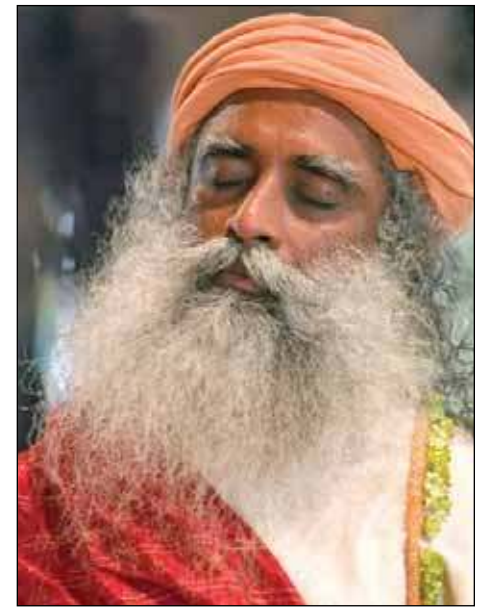
Sadhguru explains the importance of the Kartik month and looks at why lighting lamps is so significant in this month.

What is the point of lighting a lamp? What is the science behind it? This is a culture where we did not do anything that is not scientific and naturally for the enhancement of the human being, so that they can reach towards their ultimate wellbeing or liberation. In this process, the lighting of the lamp is significant because in our visual expe-

rience, it is light which makes us see. It plays a significant role in our perception of the world around us. If there is no light, there is no experience of anything around us. Light is important in this context. But the significance of this day is not just about light or about lighting a lamp.

The lamp is indicative of enlightenment, awareness, consciousness and ultimate liberation. All this is symbolized with the lamps that we light.

This phase of the year, which is Dakshinayana, is referred to as the Sadhana pada. The Kartik Masam or Kartik month is very significant be-



Sadhguru Vasudev is a realized master, yogi and mystic, who has founded Isha Foundation, an international public service organization that strives for ultimate human well-being. For worldwide program information, visit www.ishafoundation.org

cause this is when the year is starting to move into what is called Kaivalya pada. In terms of sadhana, Dakshinayana is for purification, Uttarayan is for enlightenment. The Sadhana pada was the time of plowing, seeding and cultivating. Now, the time for the inner harvest of whatever sadhana you have done has come. This is the time to take the cream of that sadhana and make it available to yourself. You would have heard many stories about this.

Everyone is definitely aware of how Pitamaha Bhishma waited on the bed of arrows because he did not want to die in the sadhana pada. He wanted to die or leave his body in the Kaivalya pada because that is the time you can harvest the fruits of life. The inner nature can be harvested very easily in the Kaivalya pada. Right now, this is the transition from Sadhana to Kaivalya. The lamp is indicative of enlightenment, awareness, consciousness and ultimate liberation. All this is symbolized with the lamps that we light.

This is not just about lighting one lamp. Usually, the tradition said that as the Kartik month comes, you must double the lamps that you light because one thing is, the day has become shorter so you need a little more light to do your daily activity. Another thing is to indicate that you are multiplying the light in your life.

We need 700 crore (7 billion) lamps for every human being on this planet. You cannot do all that by yourself, but I would say, every day in this month, you must at least do this much – light one lamp for yourself, one for somebody who is dear to you and one for somebody whom you do not like.

Isha Foundation offers Inner Engineering programs across Canada including GTA. Please visit: www.InnerEngineering.com to find out more details about the upcoming program in Toronto during November 23-26 in North York.



MONEY PROBLEMS?™

Make One Small Monthly Payment For All Your Debts



Ask Yourself?

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

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

Scarborough / Downtown Toronto: 416-489-2000

Mississauga / Brampton: 416-650-5400



Mark Shamly
Sinhalese Consultant

Scarborough
201-4433 Sheppard Ave. E
Scarborough, ON, M1S 1V3

Toronto/Downtown
800-120 Eglinton Ave. E
Toronto, ON, M4P 1E2

North York
306-1280 Finch Ave. W
North York, ON, M3J 3K6

Mississauga
110-93 Dundas Street E.
Mississauga, ON, L5A 1W7

Brampton
201-7990 Kennedy Rd. South,
Brampton, Ontario, L6W 0B3



Ajay Oberoi
Government
Certified Counsellor

Proudly Served over 10,000 clients since 2004

Visit : GtaCredit.Com



Tamil Cultural Events in the GTA - Pictorial



Konjum Sangamam Show Choir



Participants at KalaiKolungal show



Dance performance by Nirutha Dance Academy



Guests at Kalai Kolungal Event - KubesNavaratnam, Partner, Kubes-Wilson Law Office at right with two other guests



Jaffna Hindu College OBA Kalaiarasi event



TCASD Poochudava Wedding Show - Christian Brides on Stage



ONE

WORLD
RE/MAX
RE/MAX COMMUNITY



Velumailum Loganathan
Broker of Record
416-500-7965



Rajeef Koneswaran
Broker/Manager
416-568-1078

**JOIN
REMAX COMMUNITY**

Call us to learn the
"Top Secrets" for Success!

1265 Morningside Ave, Suite 203,
Toronto, ON. M1B 3V9
Office: 416-287-2222
Fax: 416-282-4488

www.remaxcommunity.ca

Each Office is Independently Owned & Operated

உறவுகள் பிரியும்போது மலைகளையே சுமக்கவேண்டிவருகிறது

உங்கள் உறவுகளின் கிறுதியாத்திரையை முறையாகவும்
இலகுவாகவும் அமைத்திட நாங்கள் உதவுகிறோம்



எங்களுடைய சேவைகள் மார்க்கம் / மிஸிஸாகா (Dundas & Cawthra) பகுதிகளுக்கு விஸ்தரிக்கப்பட்டுள்ளது

Call :

Vilosan Sivatharman B.Eng

(முதலாவது கனடியத்தமிழ் Funeral Director)

416 993 0826

Call :

Christeen Seevaratnam

Funeral Counsellor

416 258 6759



Former TULF Mannar M P Soosaithasan Passes Away at the Age of 83 in Sri Lanka

By D.B.S.Jeyaraj

Former Tamil United Liberation Front(TULF) Member of Parliament for Mannar Mr. P. S. Soosaithasan has passed away after a brief period of illness on Friday October 13 th 2017 in Sri Lanka. He was 83 years old.

Mr. Soosaithasan popularly known as Soosai hailed from Vangaalai in the Mannar district of Sri Lanka's Northern province. Born on July 24th 1934, he was a chartered accountant by profession and served in Sri Lanka, UK, Zambia and Canada.

Mr. Soosaithasan contested the 1977 General Elections from the newly formed TULF and was to parliament as the Mannar MP with a majority of 2212 votes He polled 15, 142 votes. The TULF contesting on a separatist platform swept the polls in the North and East winning 18 of the 19 Tamil majority seats in Parliament.

Soosaithasan served as chairman of the Parliamentary accounts committee and earned the respect of MP's on both sides of the house.

When the UNP Government of JR

Jayewardene passed the sixth constitutional amendment in the aftermath of the July 1983 anti - Tamil pogrom the TULF took a principled decision. The TULF chose to forfeit their seats in parliament rather than take the mandatory oath disavowing separatism. Soosaithasan too forfeited his seat after six years of being in Parliament.

He later migrated to Canada where some of his children were and took up Canadian citizenship, He worked as accountant both in the private and public sector in Canada.

After retirement Mr. Soosaithasan returned to Sri Lanka and became a dual citizen. He returned to his native Vangaalai and lived there until his demise

Mr. Soosaithasan was a devout Catholic who worked closely with the Roman Catholic Bishops, Archbishops and Cardinals in Sri Lanka. He was a genial, amiable person who interacted closely with the people whom he represented

May his soul rest in peace!

Leader of the opposition R. Sampanthan has issued a condolence



P. S. Soosaithasan

(July 24th 1934 - October 13, 2017)

message for Mr. Soosaithasan. It is as follows -

I am deeply saddened to hear of the demise of former TULF Member of Parliament Mr. P.S. Soosaithasan.

I have known the late Mr. Soosaithasan for a long time, and also had the opportunity to work with him closely during and after his tenure in

Parliament.

The late Mr. Soosaithasan was elected to Parliament in 1977 representing the Mannar electorate. He was a Chartered Accountant by profession holding high positions abroad with immense facilities, all of which he forsake to come to parliament in 1977 to serve the Tamil people. He was recognized for his proficiency and was appointed as the Chairman of the Public Accounts Committee of Parliament in 1977.

The late Mr. Soosaithasan was a well-respected person and a person with the calibre to work with even those who held different views. Late Mr. Soosaithasan was very committed to winning the rights of the Tamil People throughout his life.

The demise of Mr. Soosaithasan is a great loss to the people of this Country and especially to the Tamil people. At this time of sorrow and grief on behalf of both the Tamil National Alliance and the ITAK, I extend my deepest sympathies to Mrs. Soosaithasan his children and other family members.

May His Soul Rest in Peace.
(via: dbsjeyaraj.com)



MGR CONTINUES TO HOLD SWAY OVER THE MASSES

THE SUPER STAR WHO RULED THE ROOST IN TAMIL CINEMA

C. Kamalaharan

MGR the charismatic personality of millions of fans spread all over the world is held in high esteem even three decades after his demise and will continue to do so for many more decades. Though born in the lush green hilly city of Kandy in Sri Lanka he wasn't a Sri Lankan. His parents were Indians who had settled there. In a twist of fate his father died when he was only two years old. His unlettered mother finding it difficult to make both ends meet and also feeling insecure returned to Tamil Nadu with the two kids, did odd jobs to eek out an income to feed and take care of them. Thus MGR was not born with a silver spoon in his mouth. It's really distressing to note that he hardly had a square meal and had existed only on a meagre meal. Furthermore he couldn't proceed beyond the 3rd grade in school owing to financial constraints. In order to satiate his hunger he joined a drama company as a child artiste and under the tutelage of experienced dramatists he learned to read and write Tamil, underwent training in delivering dialogues and groomed himself to become a versatile actor both on stage and on screen.

He made his film debut in 1936 in the film Sathi Leelawathy in a supporting role as an inspector of police. Later he made good use of the opportunities that came his way and rose to stardom. Lyrics of Pattukottai Kalyanasundaram, Kavignar Kannadasan and Vaali and dialogues of Kalaignar Karunanithi greatly helped to mould MGR's image. The movies Maruthanaddilavarasi, Manthirikumari, Puthumaippiththan, Kanjithalaivan and Arasilankumari well scripted by Kalaignar Karunanithi and with the stella performance by MGR turned out to be huge box office success. Also his dazzling display in the movies Mathurai Veeran and Mahathevy, screenplay and lyrics scripted by Kavignar Kannathasan were huge box office hits and MGR became the trendsetter in box office collection in Tamil Nadu and also the heartthrob of millions of fans.

Following the successive success of his movies there was no looking back. He started his own MGR Pictures Company directed and produced the block buster movie 'Nadodi Mannan' in which he portrayed himself in dual roles. Following the success of the movie he produced two other super hit movies 'Ulagam Suttrum Valiban' and 'Adimai Penn.' During his career of fifty years in cinema he



(MGR) M. G. Ramachandran

had acted in one hundred and thirty films and MGR became a household name in Tamil Nadu.

Earlier influenced by Gandhian ideals MGR joined the Indian National Congress and served there as a volunteer. He also won the love admiration and respect of Periyar E. V. R, Arignar Anna and Perum Thalaivar Kamaraj. Later he joined the Dravida Munnetra Kazhagam (DMK) led by C.N. Annathurai (Arignar Anna), a breakaway faction from the Dravidar Kazhagam (DK) headed by Periyar and worked conscientiously for the party. He was one among the pioneers who established the DMK

rule in Tamil Nadu.

With the demise of C.N. Annathurai Kalignar Karunanithi took up the mantle of the leadership of DMK. Gradually the relationship between MGR and Karunanithi turned bitter forcing MGR to float a new party, the All India Anna Dravida Munnetra Kazhagam (AIADMK) in 1972. MGR the graceful and unblemished public figure both as an actor and a politician with the strong backing of the people was swept into power and served as Chief Minister of Tamil Nadu for ten years. He was the first film actor to become a Chief Minister in India. His policies

were centered on social welfare and economic growth. He introduced beneficiary measures such as free mid-day meals for poor children a project which is continued even now, provided free nutritious meals for the weaker students, introduced special bus services exclusive for women and took steps for the preservation of all temples and historical monuments. He also introduced educational reforms mainly the establishment of many IT colleges and private universities that produced more number of engineers and other graduates compared to all other states in South India. For the love and deep concern he had for the people of Tamil Nadu and for the efforts he had taken to introduce several beneficiary measures he is hailed as 'Makkal Thilagam'.

Respecting the sentiments of Sri Lankan Tamils he took a bold decision supported the genuine cause of their struggle and donated a heavy sum of money for it.

He married his sweet heart cine actress V. N. Janaki, unfortunately they remained childless. But his love for children is reflected in most of the songs in his movies:

'Nalla nalla pillaikalai nambhi....'
'Nalla pehrai vaangavenum pillaikaleh...'
'Entha kulanthayum nalla kulanthaithaan...'

MGR won the hearts of the people through the song sequences in his movies. The lyrics reflected motherly love, brotherly love, womanhood, patriotism and admonished children to avoid bad habits such as consuming liquor, smoking, theft, sexual violence etc. The musical trios of Tamil Nadu MSV, Kavignar Kannadasan and TMS were mainly responsible in rendering meaningful soul-stirring melodious songs that reached every nook and corner of Tamil Nadu and elsewhere and continue to soothe the hearts of millions of listeners.

MGR regarded as the most influential actor was conferred posthumously the title Bharat Ratna for his contributions in the field of Films and Politics. He was also honoured with the national Film Award for the Best Actor in the film Rickshakaran in 1976. Furthermore to commemorate his birth centenary this year the finance minister of the government of India decided to release Rs.100/- and Rs.50/- coins bearing his image with an inscription 'Dr. M. G. Ramachandran Birth Centenary.'

An actor-cum politician, a philanthropist, a charismatic personality and the matinee idol of millions of fans will be ever edged in the minds of all the people in Tamil Nadu and elsewhere.



Kavignar Kannadasan



(MSV) M. S. Viswanathan



(TMS) T. M. Soundararajan



Friendship

pbs.twimg.com



Valluvar's Views

By: JJ Atputharajah

*“Cheyatkariya yavula nadpu athupol’
Vinaykariya yavula kaapu’.*

Valluvar gives pride of place to friendship in human relationships. There is nothing so rare to achieve as a good friendship and it serves as a fortress against all kinds of adversities. In the day to day social context, friendship extols in sincerity and protective strengths. The friendship of the worthy develops day by day like the waxing crescent moon. But foolish associations deteriorate like the waning thereof, as one sees greater beauty and derives enhanced pleasures from the study of a great book, noble friendships gain in worth sand grace day by day. Friendship is not for laughter alone, but for harsh and ethical advice too.

When one deviates from the right path, a true friend will dare to provide wise counsel. Cicero said crisply, “Dare to give me advice with all frankness”. Identity of feelings alone count for close friendship - for which constant companionship is not really necessary. It is true and sincere feelings that lead to genuine friendships.

In Purananuru, Kopperum Cholan and Pisir Andhayar became great friends, yet they never met each other face to face but were soulful friends. Later when the king died, the poet also gave up his life immediately. A surface smile on the face is not friendship but genuine affection springs

from the heart and lights up the face. Poet Bharathy meaningfully said, “Muham malaravum, kaariyam kiddavum seivathu nadpu alla, manam mahilavum kariyam aahavum kooduvathu nadpu”. A true friend keeps one away from the wrong path and helps him to follow the right path. Nevertheless, if misfortune befalls him, he will stand by him to the very end. Valluvar hit the nail on the head when he said ‘like the hand that goes to the rescue when a garment slips, stepping in to help when a friend faces adversity, is true friendship’.

The throne of genuine friendship is found, without doubt, where two allied hearts beat, under all circumstances, in unison and mutual support. Bible reinforces this idea in Proverbs: 17-17 when it says “A friend loveth at all times and a brother is born to adversity”. Good friendships are not measured by ordinary yardsticks; but when such measures are openly stated, the friendship descends to relatively meaner levels. Valluvar praises true friendships and places it on a higher pedestal - as the best possible human relationship. It cannot be expressed but only experienced by genuine hearts blended together in mutual love and understanding.

Tribute

Community Watch



Elegy for Alexander S.A. (Master)



Many men are born to eat and die
But some are born to serve and live
Alexander master was of the last category
Who will live forever in our memory

He had a mission and vision in life
Which he accomplished with pain and strife
Humble, always happy and courteous was he
Even in despair, never failed to serve his community

Tamil and English were his passion
Taught them both with great satisfaction
Produced many a Tamil poets in the city
Who will remember him till their eternity

Man of few words but filled with good deeds
Social service and teaching were his priorities
Age and sickness never bothered him
Fame and name never changed him

From a humble beginning he rose to heights
Through sheer hard work throughout nights
Broke social barriers to attain recognition
We applaud him for his courage and conviction.

Alexander master was a blessed soul
Who moved freely with young and old
Passing his wealth of knowledge and expertise
May his soul rest in peace in paradise - Amen.

==== *Thuraiyuraan* ====

What he wanted at his funeral



Sanmugam Muttulingam with Rangan; he rescued Rangan as a puppy, while abandoned and left to die

By ThulasiMuttulingam

October 21, 2017 - Today marks my father's 78th birthday although he did not live to see it. Not that he would have regretted missing it - although we do. Despite being an active anti-theist, he was wont to quote the religious scripture of different religions when it suited him.

He often said he agreed with the Bible's allotted life span for humans of three score and ten years i.e. 70 years.

He lived for seven years past that and took each year as they came - didn't fight to hold on to more.

He was always blasé about death by old age in general, and cynical of funerals - Tamil funerals in particular.

Some of my earliest memories are of him hilariously enacting the oppari (dramatic wailing / mourning) at Tamil funerals to let us know what it was like as we were growing up away from Jaffna and didn't have access to our community funerals.

He had a low opinion of the oppari and of crying in public over the death of an aged person. He maintained that in old age, death should be welcome, both to the dying as well as to their relatives - so not to be hypocritical about it.

He was also scornful of expensive funerals and funeral processions and had always demanded that his own funeral not be such a hoopla. Over the last few years he offended quite a few people by telling them what they may and may not do at his funeral - among them he told several they could not attend at all.

After being out and about on my errands, I would come back to the house to see many a neighbourhood aunty emerge weeping from it.

"Muttulingamanna just said I should not come to his funeral. Boo hoohoo."

When I asked him why he was telling them that, he said it was because they would cry and make a public spectacle.

"I don't want any of these oppari making characters at my funeral."

Exasperated, I told him it was not his birthday party to be inviting or dis-inviting people to, but he remained stubborn. He wanted four of his particular friends based in Jaffna to come and take his body away to the medical faculty with

minimum fuss he said. Nobody else was welcome and nobody should cry.

As the toll of offended aunts whom he personally barred from his funeral mounted up, they took their complaints to amma to sort out.

She took an equally blasé approach about it.

"Oh well, what are you crying about? You can still show up for his funeral if you want to. What would he be able to do about it after all, once he has passed away?"

A rather feisty aunty challenged him thus too.

"I will come, and I will cry. What would you be able to do about it?"

He wasn't stumped by that either. As per local superstition, a freshly deceased soul sometimes has the power to take away another i.e. kill. So he told her that. "I'll whisk you off with me."

"நான் வருவன் தான். வந்து அழுவன் தான். என்ன செய்வீர்கள்.

உன்னையும் கொண்டுபோடுவன்."

It might be a macabre topic to some, but he talked so often about it and so humorously, that we learned to laugh at it, along with him.

In the end, hundreds of people did attend his funeral. It was in neither our control nor his.

But his wishes were scrupulously observed in some instances - we finished the funeral within the Rs.150,000 he had saved for the purpose. There were no fire-crackers, drummers, oppari...

People cried silently in pockets but didn't make a spectacle out of it for the most part.

A lot of people laughed. That is what I remember best about this funeral with a warming heart. It is not de rigueur to laugh or smile at funerals and people send death glares to those who inadvertently do. Here however, people reminded each other not to cry loudly as he had not wanted it - but when they reminisced about his various antics and laughed - no one stopped or thought it amiss. Those who knew him well, knew that was what he wanted at his funeral. We celebrated his life. And we laughed a lot.

Occasionally though I still cry.

Monsoon Journal



Completed 11 years of publishing successfully
in PRINT & WEB

This is our 12th Year in circulation!!

For Advertisements call: 416-358-3235

RG Education Hosts Annual Music Recital - 2017



Joshua Gloucestor's music performance, accompanied by voice teacher, Ripsime Demirdjian



Abisha Amalan performing on the piano

Scarborough – RG Education Centers held its annual music recital on August 12, 2017 to celebrate the talents and dedication of its students. Students from all skill levels performed at the event, and the audience consisted of supportive parents, teachers, and staff members who were charmed by all the wonderful piano, guitar and vocal performances. “We are happy to see another good turnout this year,” said Rebecca Shu, one of the organizers of the event. “It’s always great to see parents recognize these opportunities we offer at the education center as platforms for their children to shine and grow.”

Every year, RG Education Centers hosts a music recital for students to experience performing in front of an audience. A music recital not only helps students to practise playing on a stage, but it also acts as a motivation for them to work harder. Like an exam, students practise extensively towards a performance.

However, a recital provides a much more relaxed and supportive environment. “We hope these recitals can help student gradually overcome their nerves and perform in front of others in a more relaxed manner,” said Mr. Selvaratnam, Managing Director of RG Education Centers. “This will allow them to truly enjoy the music they play.”


RG Education Centers offers music classes in addition to their line of academic subjects because of its impact on student development. Music education leads to many cognitive benefits, such as improving students’ IQ, working memory, and creativity. In other words, having quality music education can lead to improved academic achievement. Even Einstein had attributed music as a reason for his discovery of the theory of relativity! RG Education Centers encourages parents to take advantage of all the resources around their community to help develop their children’s music education.



Joshua Joseph performing on the piano




Niresh Gopalakrishnan's performance



RG Education Centers

Giving the Gift of Education

Giving the Gift of Education



Other courses include:

- Mathematics
- Science
- Physics
- Chemistry
- Biology
- Accounting
- English
- French
- Computer Studies
- Piano
- Guitar
- Voice

At RG Education Centers, we believe that all individuals have the potential to excel when given the proper materials and attention. RG Education Centers empowers students to reach their full potential by helping them master the skills and knowledge they need for success at a higher level.

We are committed to Quality Education and Training

3852 Finch Ave East, Suite 401 Scarborough ON, M1T 3T9

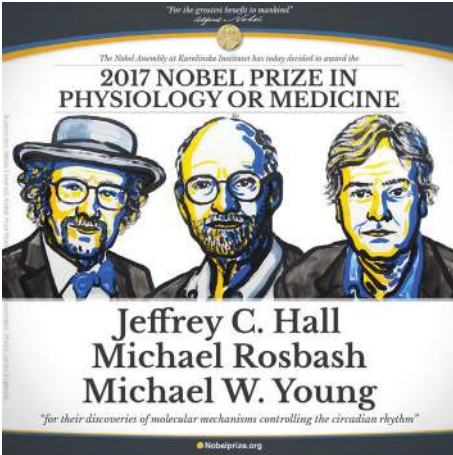
Tel: 416.609.9508

www.rgeducation.com

2017 NOBEL PRIZE FOR MEDICINE:

US TRIO SCIENTISTS WON THE PRIZE FOR FINDING GENES THAT CONTROL BODY'S CLOCK.

By: Uthayan Thurairajah



Trio USA scientists Jeffrey Hall, Michael Rosbash and Michael Young who untied how our bodies tell time have won the 2017 Nobel Prize in physiology or medicine. The body clock - or circadian rhythm - is the reason we want to sleep at night, but it also drives enormous changes in behavior and body function.

The Nobel Prize committee said US trio scientist's findings had "vast implications for our health and wellbeing." A clock ticks in almost every cell of the human body, as well as in plants, animals, and fungi. Our mood, hormone levels, body temperature and metabolism all fluctuate in a daily

Michael Young discovered a second clock gene in 1994 called "Timeless" and another one called "Double-Time." They both affect the stability of PER. The clock ticks more slowly if "PER" is extra stable. It runs too fast if it is less stable. The stability of PER is one reason few of us are morning larks and others are night owls. Timeless creates a protein that binds to the PER protein, giving it the capacity to enter the nucleus of the cell to block activity. Another gene he discovered helps regulate this process to match a 24-hour cycle. The "timeless" which produces proteins necessary to stop the activity of the period gene. Trio scientist together uncovered the workings of the molecular clock inside the fly's cells.

We did not have any ideas of the genetic mechanism before this work in fruit flies. The body clocks were regarded as a black box on a similarity with astrology. We encounter the body clock when we experience jet lag, and we appreciate it is destructive for a short time, but the real health issue is rotational shift work which is a constant state of jet lag.

NIGHT AND DAY

Hormones and other genes help to regulate this internal clock as well. Light plays a crucial role, helping trigger phases of the body clock. It is also the reason we all have an inner watch in the first place.

As biological creatures, we cannot all be at top energy during the day. We sometimes need to be on high alert and able to react fast. At other times, we need to rest and sleep to recover energy. Our body timer regulates these phases, which is why most of us sleep at night and are awake during the day.

There is a natural cycle, and biological factors that all work together helps explain why it is hard to suddenly pull all-nighters, adjust to a new time zone, or start waking up earlier: Our entire

body, down to your cells, needs time to adapt.

DISEASE

This biological clock regulates human functions like behavior, hormone levels, sleep, body temperature, and metabolism. The body clock disruption affects memory formation in the short term but increases the risk of diseases in the longterm, including type 2 diabetes, cancer, and heart disease. "If we screw that system up we have a big impact on our metabolism," said Professor Russell Foster, a body clock scientist at Oxford University. He further said, "This part of biology is spreading to lots of different areas of biology and other areas of health. It is an important conceptual breakthrough." US trio deserved the prize for being the first to explain how the system worked. Professor Foster believes this finding may provide the platform to help those with degenerative diseases, blindness, and schizophrenia. The therapeutic interventions could be made possible by imitating light to regulate a person's body clock.

OPTIMUM HEALTH

The award is echoed by Andrew Mackenzie, head of policy and

communications at The Physiological Society in the UK. "It is a significant piece of work and has huge implications," he said. "When the body clock is interrupted, you're more likely to suffer from diseases. We can target particular characters or components of the clock to help treat certain diseases."

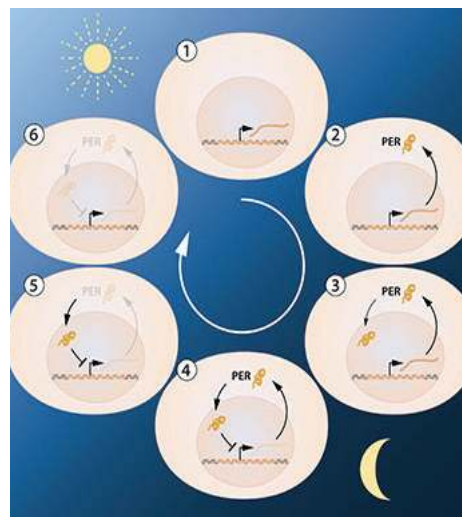
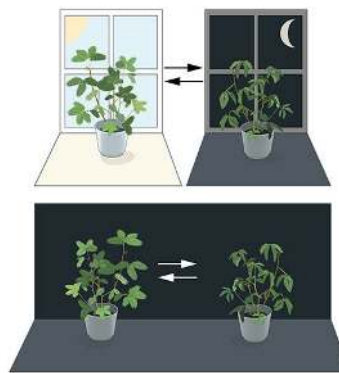
"It shows that our brain and body require a good 24-hour rhythm to have optimum health," he said. Even plants have body clocks which close at night and open during the day, but Jean Jacques Mairan found that even plants kept in constant darkness continue to follow a similar rhythm.

DEADLY CONSEQUENCES

It is when our lives are not matched with our body clocks that things start to go confused. Exposure to bright light or night shift work can cause a sort of internal jet lag. The same thing happens when we fly to a new place.

If we change our schedule regularly, making it impossible to have consistency can experience the most significant problems. We may quickly gain weight, more likely to have a mental illness like anxiety or depression, and undergo biologic International changes. The shift work as a "probable human carcinogen." as per Agency for Research on Cancer.

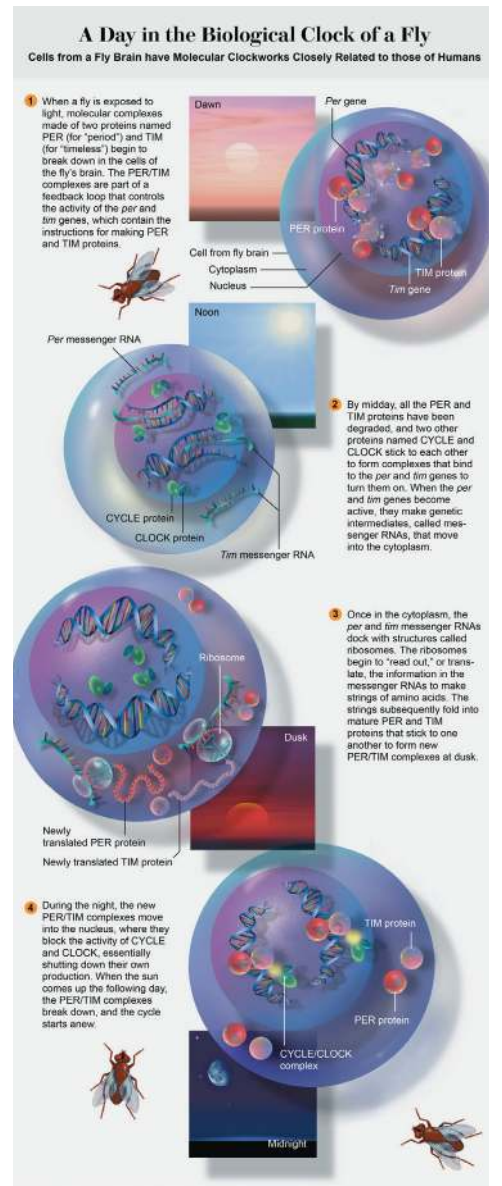
The sleep researchers say that having a regular schedule is vital. Match our life to your circadian rhythm is not just a matter of preference — it is an issue of biology, and one that could explain why on a particular



schedule you flourish and on another everything feels wrong.

NEW FILED OF STUDY

Michael Hastings from the U.K. Medical Research Council scientist said the discoveries had opened up an entirely new field of study for biology and medicine. They did get the genes that made the body clock. Once you got the genes, you can take



the scope wherever you want to. "It's a field that has exploded massively, boosted by the discoveries by these guys,"

RENOWNED DISCOVERIES

"Our wellbeing is hit when there is a temporary mismatch between our external environment and this internal biological clock. There is also chronic misalignment between our lifestyle and the rhythm dictated by our inner timekeeper is associated with refined hazard for many illnesses."

That misalignment may be associated with illnesses, including degenerative neurological conditions and cancer. "Circadian dysfunction has been linked to sleep disorders, as well as depression, bipolar disorder, cognitive function, memory formation and some neurological illnesses."

The circadian rhythm has its antennas around everything. Different levels of the protein affect how our body adapts to different times of the day. These discoveries allow us to "peek inside our biological clock. In humans, the circadian rhythm has been linked to the working of our metabolism, jet lag, sleep cycle, seasonal affected disorder. It also survives in plants, where it affects the growth rate of crops, for instance. The circadian system has its arms around everything. Everything on Earth is influenced by the Sun; the circadian rhythm is "ticking away in almost every tissue in the human body."

rhythm.

They have shown how molecular clocks are built. The trio's innovations were on fruit flies, but their findings explain how "molecular feedback loops" keep time in all animals. They uncovered a gene, known as the period that regulates the insects' normal rhythm; overnight, it produces within the cell a type of protein that then degrades during the day. Once protein levels diminish enough, the gene switches back on, coding for more protein production.

PERIOD GENE

The three Nobel laureates first isolated a section of DNA called the "period gene" that regulates the internal clock of fruit flies in 1984. The gene had been discovered in the 1970s but not isolated. The period gene included instructions for making a protein called PER. As levels of PER increased, it turned off its genetic instructions. The accumulation of protein will happen during the hours of darkness. As a result, levels of the PER protein oscillate over a 24-hour cycle - rising during the night and falling during the day.

TIMELESS GENE



Uthayan Thurairajah, PhD, RSE, LC, P.Eng., is a Senior Engineer at WSP|MMM Group with over twenty years of experience in Electrical Engineering and Lighting field, and he also holds a Lecturer position in the Department of Communication and Design at Ryerson University. Uthayan is a member of several Canadian and international professional association including Professional Engineers Ontario (PEO), Academy of Integrative Health and Medicine (AIHM) and Association for Prevention Teaching and Research (APTR). He has worked on multi-disciplinary lighting and electrical projects for the Ministry of Transportation, several Towns, Municipalities, Regions and others. Ha carries out research on the subject of light and lighting and taken part in several projects. He also has extensive research experience in the value of lighting design in the mental, emotional, and social well-being of a person. He is a frequent presenter and author on lighting design & health. He is passionate about integrating science and health into the lighting design.



MANAGING YOUR MONEY

Stay balanced in a soaring stock market

Since the start of the year, the Dow Jones Industrial Average has broken through 20,000, the S&P 500 has soared higher than ever and the S&P/TSX Composite Index has also reached an all-time high. That has many investors wondering where things might go from here and how to invest in a soaring market.

Many people point to Donald Trump's seemingly pro-growth policies as the reason the market has continued to climb this year. But the rally has been going on for far longer, says Steve Rogers, Investment Strategist with Investors Group Investment Management. "The recovery from the 2008 global financial crisis has been steady," he says. "Certainly, there have been ups and downs but when certain sectors were down others picked up the slack."

There are many reasons why the market has continued to rise over the last several years including low interest rates making stocks more attractive than low-yielding bonds and companies buying back their own stock. More recently, the gains have been driven by improved company earnings growth, which is usually the best reason for market gains.

Despite the strong gains this year, the market doesn't show signs of slow-

ing and is likely to continue to grow for an extended period, says Rogers. "Barring political risks, I believe this uptrend will be around for two or more years at least," he says.

While every investor likes rising markets, those who haven't paid much attention to their portfolios could suddenly find themselves in far more stocks than they had originally wanted.

Say you have 50% of your money in stocks and 50% in bonds. As equities rise, that asset mix will start to shift – you could end up having 70% of your dollars in stock and 30% in bonds.

Just look at how the S&P 500 has shifted since 2008. In 2008, the S&P 500's energy sector made up 13.3% of the index. As of last December it accounted for 7.6%. Over that same period, the technology sector grew from 15% to 20%, and the consumer discretionary sector went from 8.4% to 12%. "With shifts like these, your portfolio definitely warrants a review," says Rogers. It's a much better strategy to continually rebalance your asset mix than to jump into stocks just because the market is going up. If the market falls and you're too heavily weighted to equities, you could lose more money than you'd like.

Many people are uneasy about making investment decisions on their own.

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

David Joseph, M.A., CFP®, CIU, RRC Financial Consultant

Investors Group Financial Services

201-1595 16th Avenue Richmond Hill, Ontario L4B 4B1

david.joseph@investorsgroup.com

Phone: 905-886-3850 Ext. 6265 Fax: (905) 886-3037

Website: <http://www.investorsgroup.com/en/david.joseph/home>



That's why it's always a good idea to work with a professional advisor who can help you identify investment goals, develop and maintain a suitable asset mix, and select the right investments for your personal situation.

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.

CUTTING YOUR GROCERY BILL A MATTER OF WATCHING YOUR WASTE

People gotta eat, right? And many probably don't realize how much they spend on groceries because you don't always think about your spending when it comes to the staples of life. There are things that you can do to lower your monthly grocery bill, though, so it doesn't break your budget.

First of all, make a list and withdraw the cash with which to buy the groceries. You are more likely to spend less when you're paying with the cash you have in hand than when you whip out a card and pay "whatever it costs." Take along a calculator (every new Smartphone has a calculator app, so you always have one with you) and tally up as you go to make sure you stay on budget.

And don't shop when you're hungry. Those items you don't really need look awfully good when your stomach is rumbling for them.

One of the best strategies is to buy what you need when you intend to use it, not doing a big shop when you have lots of money (on payday, for example) and then hoping what you bought lasts for the next two weeks, because there's bound to be wastage.

Think about this: food is one of the few things on which you spend money, that you are prepared to throw away — not all of it, but some of it — and we don't really think much about it. For example,



we cook up gallons of pasta and load up plates and quite often we don't eat everything that's served, with the scraps going into the garbage or the bigger portions set aside as leftovers that don't often get consumed before their fridge life expires.

Meats are often sold by weight, so you're not saving by buying in bulk unless you find a drastically reduced price. But if you don't have the means to freeze meats (preferably individually wrapped, so you can defrost what you need later, rather than defrosting the entire package), don't buy in bulk.

When it comes to fresh items such as produce, buy what you want to consume

right away (or within a couple days). There isn't a lot of discount on produce for buying in bulk, and it doesn't store exceptionally well, so you're best to buy it as you use it.

If you want the convenience of having your vegetable of choice to complement a meal, buy frozen vegetables and cook what you need when you need it. Also, look at options in portion sizes. Broccoli crowns, for example, usually allow you to consume everything you buy, whereas broccoli stalks likely result in considerable wastage if you only consume the crowns. Also, mini-cucumbers allow you to use what you want as you go along,

rather than cut up half an English Cuke and hoping you can finish the rest before it goes off.

And since many of today's stores match prices, don't drive around to save a couple pennies on a product you want. And use coupons. Coupons are big savers on items you're going to buy anyway and if you find a deal on something and the coupon applies to all quantities, you could save a bundle on bulk buys. You may also be able to combine price matching with in-store coupons for extra savings.

Finally, be aware that you're going to pay extra for convenience. Think about those single serving coffee makers. You can spend \$6 for a box of cups that will allow you to make 12 cups. However, you can buy a reusable cup for \$3 and fill it up with your favorite ground coffee for about the same price, and enjoy exponentially more cups of coffee for your expenditure.

Finally, remember that nutritious eating is better controlled by you than somebody at a big corporation, which may put in ingredients in their food you may not want in yours. Stay in control of the food you prepare and that will likely also keep you in control of your food budget.

In case if you want any help regarding debts call 416 650 5400 or visit www.gtacredit.com and also refer to this issue at Page 23.



Canada without NAFTA

by Arun Senathirajah
MBA (Banking Mgmt)

The Canadian was well armed with renegotiating the North American Free Trade Agreement. The first round of talks began in early August 2017, continued through the weekend, and featured the attendance and heavy involvement of Canada's Foreign Minister Chrystia Freeland. Freeland herself was formerly Canada's top trade official and represent the Canadian government at a high level. In other words, Canada is taking NAFTA renegotiation very seriously. An old adage of Canadian political economy holds that "if the United States sneezes, Canada catch a cold" and while the trading relationship is important to both countries, it's clearly more important to Canada.

It was Ronald Reagan, calling for a North American free-trade agreement as he declared his candidacy for the U.S. presidency in November, 1979. When he became prime minister, Brian Mulroney took the next step, leading to the groundbreaking Canada-U.S. free-trade agreement of 1989 and NAFTA five years later when Mexico came on board.

Canadian Team well Positioned

According to Alexander Panetta of the Canadian Press, Prime Minister Justin Trudeau "has created an election-style nerve center to handle White House-related challenges" during the NAFTA renegotiation process. The team features eight staffers, including "two former trade officials, two senior PMO officials, an ambassador, a writer, a cabinet minister." The goal is to be able to push back on both a strategic and tactical level to presidential negotiating ploys, including social media threats to pull out of NAFTA altogether in order to gain leverage. Canada also has a clear list of negotiating objectives, including both key NAFTA provisions that Trudeau's government is committed to keeping and aspirations to win more access for Canadian companies to state and local government contracts and more access for Canadian professionals like computer programmers to jobs in the United States. The US negotiating posture, by contrast, heavily emphasizes a couple of demands that appear to be symbolic, meaningless, or unworkable.

The U.S - Lower-level officials and symbolic demands

The entire NAFTA renegotiation process is happening only because Donald Trump campaigned on doing it and insisted on formally triggering the treaty's renegotiation provision back in mid-May. Trump does not appear to be well-positioned to secure any kind of meaningful concessions from Canada.

'Buy Americans' slogan has rooted more in the US politics since Donald Trump elected as the president. Robert Lighthizer, Donald Trump's man

the NAFTA negotiating table is behind the perception 'World is ripping off Americans trade'. Robert Lighthizer the US Representative is a strong supporter of US economic nationalism is man now to decide the future of the tri-lateral agreement's future. At the opening of talks on the first day Robert Lighthizer declared that the deal had 'fundamentally failed many, many Americans' accused Canada and Mexico profiting at the expense of the U.S.

Binyamin Appelbaum of the New York Times, reporting on the somewhat contentious formal opening of talks, noted that during the opening back and forth "the overarching issue" of disagreement was "the importance of trade deficits." The United States buys more goods made in Canada and Mexico than they buy from us, and US Trade Rep. Robert Lighthizer, the highest-ranking American official at the talks, said such deficits "can't continue." Trump himself, unlike his foreign counterparts, did not make the renegotiation launch a major messaging point or send a top-ranked official to represent the United States at the talks.

Talks not on Core of the Agreement

Canada sent Freeland, a senior cabinet minister, to attend the talks and say that "Canada doesn't view trade surpluses or deficits as a primary measure of whether trade works," thus aligning her country with the view of the vast majority of experts who've looked at the issue. Even if America's trade was perfectly balanced, there's no reason to think that trade between any two countries in particular should be balanced. Indeed, even as Canada runs a trade surplus with the United States primarily because America, being adjacent to Canada, is a good export market for Canadian natural resources, it runs an overall trade deficit with the world primarily because its population growth rate, like America's, is above-average for a rich country. But more importantly, as Phil Levy of the Chicago Council told my colleague Zeeshan Aleem, "there is no mechanism" for a trade deal to guarantee a bilateral trade balance. All three countries have agreed to conduct the NAFTA renegotiation talks on an expedited basis, suggesting a likely emphasis on picking some low-



hanging fruit and declaring victory. With Trump typically disengaged from policy detail and his administration making top-line

demands that are generally symbolic rather than substantive in nature.

Canada should prepare for life without NAFTA

Lawrence L. Herman, Herman & Associates, is a former Canadian diplomat who practices international trade law and is a senior fellow of the C.D. Howe Institute "We live on a continent whose three countries possess the assets to make it the strongest, most prosperous and self-sufficient area on Earth ... It is no accident that this unmatched potential for progress and prosperity exists in three countries with such long-standing heritages of free government. A developing closeness among Canada, Mexico and the United States – a North American accord – would permit achievement of that potential in each country beyond that which I believe any of them – strong as they are – could accomplish in the absence of such co-operation."

The NAFTA is about preferential

treatment. Ending those preferences doesn't mean Canadian companies would be excluded from the U.S. market. Vast trade relations exist between the United States, China, Japan, Russia and the entire European Union, none of which have a free-trade agreement with the United States. Even without preferential tariff rates for Canada, most have been reduced to zero anyway as a result of the World Trade Organization Agreement, so their NAFTA value is worth much less today than in 1994. On the non-goods side, the WTO Agreement ensures Canadian services and intellectual property rights of non-discriminatory treatment in the U.S. market. Canada has used the WTO system effectively over the years in dealing with the U.S., including in the ongoing softwood lumber dispute.

Still benefits of a successful outcome in the renewal exercise for all three countries. But given the U.S. not giving importance, judging from Mr. Trump's repeated public pronouncements, Canada should be prepared to take up trades with U.S even without NAFTA. In the past USA has failed in its protectionism attempt against Japan specially on auto industry and now the U.S market is being overfilled with Chinese cheaper goods with private deals with large establishments like Walmart and Costco.

**WORRYING CONTINUOUS LOSS IN ONLINE
Day or Conventional
TRADING OF STOCKS, OPTIONS OR FOREX
In spite of Training**

**Understand the fundamentals and elements of Charts
how that can guide you to make profit**



**Please Call to Register for
this one day session**

**Call To Learn from a Professional
647 532-9725**

ARUN SENATHIRAJAH ACIB, MBA
(BANKING MGMT - DERIVATIVES STRATEGIES)
(Experience as Trade Analyst, Securities Analyst and Pricing Analyst
At all the three Major Global Fund Custodians in Canada)

Hindu Temple in Adelaide Celebrates Diwali

Temple receives \$220,000 from State Government for a Community Cultural Centre

Temple President Siva Selva promises next Diwali lunch will be at the new cultural home

The Hindu Temple in Adelaide, Australia has received a Diwali Gift of \$220,000 from the South Australian State Government to build a Community Cultural Centre.

The Temple authorities hosted a Diwali lunch recently for the Govern-

nor of SA and the Premier, the Minister of Multi - Cultural affairs Ms. Zoe Bettison, and the Parliamentary Secretary Ms. Annabel Digance, the Mayor of Marion Kris Hanna and a number of other VIP's and all other temple supporters and patrons. Construction on the new Centre is set to begin this month, in November.

Speaking at the lunch, Mr. Siva Selva, The President of the Temple welcomed the guests and stated that the presence of the state's top govern-

ing authorities was an indication of their appreciation of the way the Hindu community was conducting itself – upholding their traditional values and at the same time seamlessly becoming part of the broad Australian fabric.

Mr. Selva announced the good news that the State Government had given the temple a grant of \$200k plus GST to help with the proposed Community Cultural Centre next door. He remarked that the Temple needed a

cultural centre since it was not only a centre of worship but also a centre of learning, arts, crafts and culture. He also mentioned that the entire temple complex so far has been funded by voluntary donations and the timely grant from the state government will help the temple authorities to start work on the Centre almost immediately. He expressed hope that the next Diwali lunch will be at the new cultural centre.



President Siva Selva addressing the guests



President's wife Mrs. Selva greeting one of the VIP guests



Temple authorities & VIPs



Dance Program at the Diwali Lunch



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.

GARLIC CURRY

As the weather turns colder, we are all of a sudden abundant in tissues and warm socks. Flu season may be upon us, but there are a few things we can do to ensure our maximum health. Though ghee is pure fat, just like butter, when used in moderation it holds many impressive benefits. Ghee contains butyric acid, which stimulates the heavy-hitting cells of your immune system. Similarly, the high sulphur content in garlic ensures antibiotic properties, which helps flush out toxins in the digestive system and boosts immunity. This recipe contains both garlic and ghee; two ingredients to help your immune system coming up to winter.



Ingredients:

- 25 peeled whole garlic cloves (poondu/ulli)
- 10 small shallots (chinna vengayam)
- 4 tbsp of ghee (nei)
- 1 medium red onion diced (vengaayam)
- ½ tsp mustard seeds (kadugu)
- ½ tsp fennel seeds (perunseeragam)
- 1 tsp cumin seeds (seeragam)
- 2 tsp coriander seeds (kotthamalli)
- 2 tsp whole black pepper (milagu)
- ½ tsp fenugreek powder (vendhayam)
- 1 cup thick tamarind water/ 2 tbsp paste (puli)
- 1 tbsp tomato purée (thakaali)
- 2 stalks of curry leaves (karivepilai)
- 2 inch ginger piece peeled (inji)
- 2 dry red chillies (milagai)
- 1 tbsp Kashmiri chilli powder (milagai thool)
- ½ tsp turmeric powder (manjal thool)
- ½ tsp asafoetida (perungaayam)
- Salt to taste (uppu)

Method: Before cooking, pound 5 of the garlic cloves with the ginger and curry leaves and set aside. Roast the fennel, cumin, coriander and black pepper seeds and grind to a fine powder. Heat the ghee and fry 20 of the garlic cloves and the 10 small shallots until golden. Remove from ghee and set aside. To the same ghee, add the dried red chillies and mustard seeds. When the seeds begin to pop, add the pounded garlic/ginger and curry leaves and sauté for a couple

of minutes; once they start to turn golden, add the onions and cook till soft. Next, add the tomato puree and cook for 30 seconds, then add the chilli powder, turmeric powder and 100 ml of water. Once the raw smell of the chilli has gone, add the tamarind paste, ghee roasted shallots and whole garlic cloves and cook on a low flame for a further 15 minutes. Finally add salt to taste, asafoetida and fenugreek powder and increase the flame slightly for the curry to boil. Once the first bubbles begin to appear, the dish is ready. This recipe is perfect with dosai, chapathi or steaming hot basmati rice.

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!)



NOVA

Immigration Solutions Inc.

A CANADIAN IMMIGRATION CONSULTANCY FIRM

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

Accessible, Reliable and Affordable Immigration Services in the heart of Scarborough.

416.298.0990

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

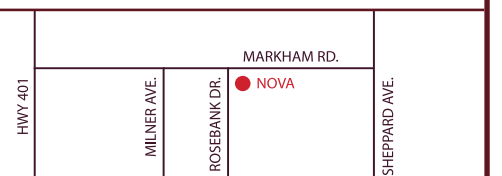
We handle all types of immigration matters.

தமிழ் மொழியில் சேவையை பெறுவதற்கு தொடர்பு கொள்க: மெல்கம் EXT. 221

SHANI HANWELLA

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

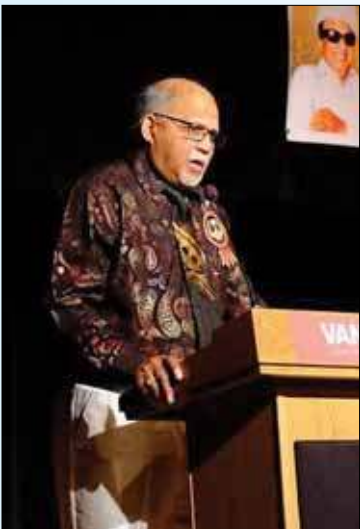
1585 Markham Road, Suite 405,
Scarborough, ON M1B 2W1





MGR Birth Centenary Celebration 2017

This function was held on Oct 22, 2017 in Montreal organized by the Montreal Kalai Ilakkiya Vaddam. MGR's fans and well-wishers attended in large numbers to grace the occasion. The impressive speeches, well-choreographed dances, short comedy plays and the melodious songs of MGR entertained the audience right from the start till the end. Shanmugaraja alias Veenaimainthan organized it well.





Sri Lankan Accountants Association of Canada

15th Annual

CHARTERED GALA 2017

SCARBOROUGH CONVENTION CENTRE

TICKET \$50

20 Torham Place, Scarborough, M1X 0B3

Saturday December 2nd, 2017

Cocktail 5:30pm to 6:30pm
Doors Open 6:30pm

Contact: Anand 416.948.8449 Shobana 416.993.9719 Ariaran 647.893.8295

TITLE SPONSOR



Kanish & Partners LLP
Chartered Accountants and Business Advisors

1200 Bay Street, Suite 1203
Toronto, Ontario M5R 2A5
www.kanish-partners.com
kp@kanish-partners.com

T: 416-975-9292
F: 416-975-9275

GOLD SPONSORS



MAYURAN THARMABALAN
PROFESSIONAL CORPORATION
CHARTERED PROFESSIONAL ACCOUNTANT

- AUDIT
- REVIEW ENGAGEMENT
- NOTICE TO READER
- BUSINESS ADVISORY SERVICES
- CONTROLLED SERVICES
- CORPORATE TAXES
- PERSONAL TAXES
- FINANCIAL PLANNING
- CPA AUDITS
- PAYROLL
- BOOKKEEPING

Mayuran Tharmabalan, CPA, CA, LPA
416-748-6344 416-989-6296
www.tharmabalan.ca
Suite 304 - 5200 Finch Ave East, Scarborough, ON M1S 4Z5

A LICENSED PUBLIC ACCOUNTING FIRM

PLATINUM SPONSOR



LIFE 100
LIFE INSURANCE

TERRANCE RAJAH
FINANCIAL SECURITY ADVISOR
647.528.4111

7593 Markham Road, Suite 91, Markham, ON L3R 0R3
19 White Business Court, Suite 206, Toronto, ON M5R 3C5

SILVER SPONSORS

GT Brokers Do you want to become a Professional Advisor?

NOW HIRING
Full & Part Time Life & Health Insurance Advisors
Get your industry license @ no cost... free to join meeting
professionalism.ca

THANA YOGANATHAN
Real Estate
cell : 416.418.5749
Email : thanaever@gmail.com



COMPUTEK COLLEGE
EST. 1991

BUSINESS • HEALTH CARE • TECHNOLOGY

Join us in Celebrating Canada's 150th & SAAC's 15th Anniversary

CTHA Hosts 2nd Annual Concert on Thanksgiving Eve

On Sunday October 8th 2017, the Canadian Tamils' Humanitarian Association (CTHA) hosted our 2nd annual cultural concert, Malarum Mottukkal, at the Thamir Isai Kalaamanram in Scarborough, Ontario. A huge thank you to our title sponsor, luxury home builders, Altona Custom Homes, for their ongoing support of our fundraising efforts.

The evening consisted of a wide variety of dance and musical performances from local talents as well as informative presentations on the wonderful work being done by CTHA to help rebuild underdeveloped rural communities in the Eastern province of Sri Lanka. We

were fortunate to have the honourable MP from the Batticaloa District, Mr. Sathasivam Viyalandran, as our chief guest to speak about the grassroots problems still present in many neglected rural villages in Batticaloa, Sri Lanka. We also had wonderful bharathanatya dance performances by students of Bharatha Kala Vithakar Sreemathi Gowri Babu from Sithampara Kalai Mandra Natiyalam as well as students from Kalaikovil Academy of Fine Arts under the discipline of Naduvanga Kalaamani & Nadiyakalaa Kulanithy, Srimathi. Vanitha Kugenthiran. There were also numerous other Bollywood, Ghana style and tap dance routines

presented by our amazing CTHA supporters and volunteers. We could not forget about all the incredibly talented singers and musicians who came out with their wonderful musical recitals, which only left our audience wanting more by the end of the night. We couldn't thank our performers enough for their delightful display of performances. Finally, our young group of CTHA volunteers worked tirelessly to put the show together and we'd like to thank each one of them for planning everything from setting up for the show, handling lighting, music, emceeing, hall decorations, stage managing and the list goes on and on. Funds raised from the show will be

put directly towards our Adopt-a-Village project in Pavatkodichchenai, Batticaloa. We have partnered with Rotary Club Richmond Hill and Rotary Club Batticaloa, their \$69,000 contribution will be spent on water and sanitation needs in the village. CTHA will spend \$81,000 on building a community centre and setting up a poultry farm. We thank our community partners, supporters and donors for their continued support. If you would like to know more about us and our work, how to get involved yourself, or make a donation, please contact us at cthacanada@gmail.com or visit our website at www.cthacanada.org.



About the Author

Saranga Sriranganathan, after having completed her BMSc, is currently pursuing her MSc at Western University in physiology and pharmacology. Saranga is currently the President for the Canadian Tamils' Humanitarian Association (CTHA). She hopes to recruit many young volunteers to the organization and set up a platform for them to showcase their unique ideas to fundraise and raise awareness for vulnerable populations in developing communities around the globe.



Tamil Nadu Government pledges Rupees 10 Crore for Harvard Tamil Chair

Canada Chapter in forefront of fundraising

Organizers of Toronto shows by Music Maestro A.R. Rahman donate \$25,000

By Siva Sivapragasam

In the efforts of setting-up a Chair for Tamil studies at the prestigious Harvard University, the Tamil Nadu government has announced that it will donate a sum of Rupees 10 crore (\$ 1.5 million) towards the project that was initiated by two United States-based Tamil Doctors – Dr. S. T. Sambandan & Dr. Vijay Janakiram.

Tamil Nadu's Chief Minister Edappadi Palaniswamy stated that the Government's contribution and the setting-up of a Chair for Tamil in Harvard will immensely contribute to Indology and also research on Tamil literature and culture,

Cardiologist Dr. Vijay Janakiraman and Oncologist Dr. S.T. Sambandam had floated the idea and had personally contributed one million dollars. Following their

request, then Chief Minister Jayalalithaa had in her party's election manifesto in 2016 announced that her government would take steps for setting up a Tamil Chair in Harvard University.

The Canada Chapter for the fund raising headed by Mr. Muthulingam and Sivan Ilangko initiated the efforts here in Toronto in raising funds through voluntary contributions and dance programmes. Their untiring efforts helped them to raise a substantial amount through the programmes held for the fundraising.

Harvard University is the oldest institution of higher learning in the United States.

Meanwhile, the organizers of shows by Music Maestro A.R. Rahman donated \$25,000 for the Harvard Tamil Chair from the proceeds of the shows held in Toronto on Oct 20th & 21st, 2017.



Canada Chapter Fund Organizers: Mr. Sivan Ilangko & Mr. Appadurai Muttulingam

Poochudava, the Tamil Wedding show

Poochudava, the Tamil Wedding show, celebration of Canada's 150th Birthday. Jointly presented by Tamil Cultural and Academic Society of Durham and Durham Tamil Association, was staged on 21st of Oct 2017. It was celebrated at the Pickering Town Centre, where many shoppers were able to witness this colourful event with the dignitaries and guests.

Many youth were participating and modeling to promote the event prior to the event and this unique event has open many opportunities to the Durham based businesses, especially for the two saree shops in Ajax M3 Fashions and Cosmic Kreations, makeup artists, and boutiques.

With a colourful assortment of cultural clothes and jewellery, the team has held a showcase of three different religious weddings amongst the Tamil people. Canada is a country where any walk of cultural is valued, and that all

different communities are given the opportunity to showcase their tradition in a manner that is respected.

Together, the Tamil Cultural and Academic Society of Durham and Durham Tamil Association have worked together throughout the years to nourish the Tamil community in Durham, while providing a platform and opportunity for the youths to grow and thrive as leaders and members of their community.

The coordinator for the event was a 3rd year university student Anushalini Atputharasa, who worked with all different ages and brought them together to showcase an outstanding show. The models Cavina Vairamuthu, Meena Shanmuganathan, Taneeka Thirukumar, Byra Dineshkumar, Mayoory Yogarajah, Apeenaiyah Mayooran, Tanus Hanthan and Anushalini Atputharasa worked as a team and gave their valuable time to model for the prior to the

event advertisements and for the Poochudava magazine as well.

The photoshoots and the Poochudava magazine were handled by Abira Vaithilingam who is a university 3rd year student who worked with great passion and contributed many hours to the success of this show. The youth team of DTA and TCASD worked together and staged an awesome show, which was a first experience for many of them.

Thank you to Durham Tamil Association Executive Team members and Tamil Cultural and Academic Society of Durham Executive Team for coming together and staging an event which was exhibiting the three different wedding shows that are practiced by Tamils.

TCASD and DTA greatly appreciate all the makeup Artists, sound system, dancers and singers who gave their valuable time to make this event very

successful. Thank you to all the media who were there to promote the event.

It was a blessed day and a successful event.





TCASD Celebrates Annual Academic Awards Ceremony – 2017

The Tamil Cultural and Academic Society of Durham held their Annual Academic Awards Ceremony event on Saturday, October 14th, 2017 at the Ontario Power Generation in Pickering.

Young Emcees Ratnarajah and Sharuya Prathapan hosted the show. The event was honored by the presence of Durham District School Board Trustee Patrice Barnes, Councillor David Pickles, Dr. Subramaniyam and Dr. Kowshalya Subramaniyam

The contest was for students in Durham from grades 1-8 and consisted of four key subject areas: Math, English, Tamil, and Art. Awards were presented to the first, second, and third best scores in every two grades such as 1-2, or 3-4. The event that provided a platform for the kids to showcase their talents in a friendly environment.

The event Coordinator Sutha Thiru handled and organized the event very well. TCASD EC member Thishyan was giving his support handling the sound system. The audience, parents and participants were entertained listening to the speeches from the motivational speakers.





Durham Tamil Association (DTA) hosts Dinner for Success

Durham Tamil Association's Dinner for Success event was held on October 12th 2017 at Deer Creek Banquet Hall, Ajax and the event was a great success. It was an exciting time for Durham Tamil Association as DTA continues to grow, adapt, and be responsive to the needs of our members and the community at large. The organization continues to raise the bar in which it operates and to continue its trend, the executive team had put together this unique dinner. Secretary Mano Panchratnam initiated and led this event that benefited many of the youths in Dur-

ham and surrounding regions. This is a broader community youth empowerment initiative that DTA will reap benefits.

The event was well received by employers and the students. Over 100 students and 55 employers and dignitaries attended Dinner for Success. The event started off with the mingling session followed by a 3 course meal and wrapped up with keynote speech and a number of guest speeches. The event was attended by all levels of government dignitaries who have all praised the value of having such an event

like this not just for Tamil community but to assist broader community in Durham region.

DTA is thanking everyone who attended the dinner. Special thanks goes out to the sponsors of the event - Ivedha, Computek, Kabish Insurance, Nava Law, TD Bank, Oracle and Centry 21 and the employers for their support to this event. DTA is also offering its thanks to their executive team and a team of volunteers who had put in a tremendous effort to make this event a successful one.



Chair of Dinner for Success, Mano Panchratnam, giving the welcome speech at the event.



Platinum Sponsor Computek Muraly Narayanathas appreciating the YMCA Speaker Delany Kandiah



Canadian Armed force at mingling session



Joe Dickson, Kiruthiga, Dineshkumar and Tracy McCharles



Regional Councillor Shaun Collier with the students at mingling session

THE HINDU TEMPLE SOCIETY OF CANADA

Richmond Hill Ganesha Temple



Community Watch

SOME OF THE COMMON HINDU TRADITIONS AND THE SCIENTIFIC REASONS FOR THEM

COMPILED BY: **KIDAMBI RAJ**,
MEMBER, BOARD OF TRUSTEES



Surya Namaskar -beautybeats.in

Lots of traditions followed by Hindus were considered as superstitions by majority of non-Hindus and some Hindus as well. Even those who followed them without questioning, didn't know there were specific reasons based on Science. Here below are some of those traditions followed by Hindus and the Scientific Reasons behind them.

Joining both palms together while greeting:

Hindus, normally greet people by joining their palms and is called as "Namaskaram". The general reason given for doing so is that it brings good luck. But Scientifically speaking, joining both hands ensures joining the tips of all the fingers together, which are denoted to the pressure points of eyes, ears and the mind. Pressing them together is said to activate the pressure points which helps them to remember that person for a long time. Another important is that no germs are passed, since there is no physical contact with the other person one is greeting.

Applying "Tilak or Pottu" on the Forehead:

On the forehead just above the nose where the two eyebrows meet, is a spot that is considered as major nerve point in the body since ancient times. The Tilak is believed to prevent the loss of 'energy' and the red 'kumkum' between the eyebrows is said to retain the energy in human body and also cools and calms the person. In addition, it is considered to control the various levels of concentration. While applying the Kumkum, the points on the mid-brow region and the controlling nerve point are automatically pressed. This facilitates the blood supply to the face muscles.

Throwing coins into a River or Well. The common reason given for this was that it brings good luck. However, scientifically speaking, in ancient times, most of the currency used were made of copper unlike the stainless-steel coins of the modern day. Copper is a vital metal very useful to the human body. Throwing coins in the river or well was one way our fore-fathers ensured that we intake sufficient copper as a part of the water, as rivers and wells were the only source of drinking water. Making it a custom ensured that of us follow the practice.

Ear piercing for Children:

Piercing the ears has a great importance in Indian ethos. Indian physicians and philosophers believe that piercing the ears helps in the development of intellect, power of thinking and decision-making faculties. Talkativeness fritters away life energy. Ear piercing helps in speech-restraint. It helps to reduce im-

pertinent behavior and the ear channels become free from disorders. This idea appeals to the western world as well, and so they are getting their ears pierced to wear fancy earrings as a mark of fashion.

Application of Sindoor or Vermillion:

It is interesting to know that the application of sindoor by married women carries a physiological significance. This is so because Sindoor prepared by mixing turmeric-lime and metal mercury. Due to the intrinsic properties, mercury helps control blood pressure and also activate sexual drive. For best results, Sindoor should be applied right up to pituitary gland where all our feelings are centered. Mercury is also known for removing stress and strain.

Why Indian women wear Toe Rings:

Wearing toe rings is not just the significance of married women, but there is a science behind it. Normally toe rings are worn on the second toe. A particular nerve from the second toe connects the uterus and passes to heart. Wearing toe rings strengthens the uterus. It will keep it healthy by regulating the blood flow to it and menstrual cycle will be regularized. Silver is a good conductor and it also absorbs polar energies from the earth and passes it to the body.

Applying Mehndi/Henna on the Hand:

Besides lending colour to the hands, mehndi is a very powerful medicinal herb. Weddings are stressful, and often, the stress causes headaches and fevers. As the wedding day approaches, the excitement mixed with nervous anticipation can take its toll on the bride and groom. Application of mehndi can prevent too much stress because it cools the body and keeps the nerves from becoming tense. This is the reason why mehndi is applied on the hands and feet, which house nerve endings in the body.

Why Indian women wear Bangles:

Normally the wrist portion is in constant activation on any human. Also, the pulse beat in this portion is mostly checked for all sorts of ailments. The Bangles used by women are normally in the wrist part of one's hand and its constant friction increases the blood circulation level. Also, the electricity passing through outer skin is again reverted to one's own body because of the ring-shaped bangles, which has no ends to pass the energy outside but to send it back to the body.

Choti or Kudumi (religious hair style) on male head:

Sushrut Rishi, the foremost surgeon of Ayurveda, describes the most sensitive spot on the head as the master point, where there is nexus of all nerves. The shikha hair protects this spot. Below, in the brain, occurs a small aperture, where the nerve arrives from the lower part of the body. It is the centre of wisdom. The knotted hair helps boost this centre and conserve its subtle energy known as ojas.

Surya Namaskar:

Hindus have a tradition of paying regards to Sun God early in the morning by their water offering ritual. It was mainly because looking at Sun rays through water or directly at that time of the day is considered good for the eyes and also by waking up to follow this routine, we become prone to a morning life style and mornings are proven to be the most effective part of the day.

Eating by sitting on the floor:

This tradition is not just about sitting on the floor and eating, it is about sitting in the "Sukhasan -most comfortable" position and eating. This is the position normally used for Yoga asanas. Sitting in this position while eating helps in improving digestion as the circulatory system can focus solely upon digestion and not on our legs dangling from a chair or

supporting us while we are standing.

Why one should not sleep with Their Head towards North:

Myth is that it invites ghosts or death. But science says that it is because human body has its own magnetic field (also known as hearts magnetic field, because of the flow of blood) and earth is a giant magnet. When we sleep with the head towards the north, our body's magnetic field become completely asymmetrical to the Earth's Magnetic Field. That causes problem related to blood pressure and our heart needs to work harder in order to overcome this asymmetry of Magnetic Fields. Another reason is that our body has significant amount of iron in our blood. When we sleep in this position, iron from the whole body starts to congregate in brain. This can cause headache, Alzheimer's Disease, Cognitive Decline, Parkinson Disease and brain degeneration.

The scientific explanation of touching Feet:

Usually, the person of whose feet you are touching is either old or pious. When they accept your respect, which come from your reduced ego (called your shradha) their hearts emit positive thoughts and energy (which is called Karuna) which reaches you through their hands and toes. In essence, the completed circuit enables flow of energy and increases cosmic energy, switching on a quick connect between two minds and hearts. To an extent, the same is achieved through handshakes and hugs. The nerves that start from our brain spread across all our body. These nerves or wires end in the fingertips of your hand and feet. When you join the fingertips of your hand to those of their opposite feet, a circuit is immediately formed and the energies of two bodies are connected. Your fingers and palms become the "receiver" of energy and the feet of the other person becomes the "giver" of energy.

Why do we Start with Spice and End with Sweet?

Our ancestors have stressed on the fact that our meals should be started off with something spicy and sweet dishes should be taken towards the end. The Significance of this eating practice is that while spicy things activate the digestive juices and acids and ensure that the digestion process goes on smoothly and efficiently, sweets or carbohydrates pulls down the digestive process. Hence the sweets are always recommended to be taken at the end.

Why do we Fast?:

The underlying principle behind fasting is explained well in Ayurveda. This ancient Indian medical system sees the basic cause of many diseases as the accumulation of toxic matter in the digestive system. Regular cleansing of toxic materials keeps one healthy. By fasting, the digestive organs get rest all body mechanisms are cleansed and corrected. A complete fast is good for health, and the occasional intake of warm lemon juice during the period of fasting prevents that flatulence. Since the human body, as explained by Ayurveda is composed of 80% liquid and 20% solids. Like the earth, the gravitational force of the moon affects the fluid contents of the body. It causes emotional imbalances in the body, making some people tense, irritable and violent. Fasting acts as an antidote, for it lowers the acid content in the body which helps people to retain their sanity. Research suggests that there are major health benefits to caloric restriction like reduced risks of cancer, cardiovascular diseases, diabetes, immune disorders etc.

Why do we worship Peepal Tree?:

"Peepal" tree is almost useless for an ordinary person, except for its shadow. It does not have a delicious fruit; its wood is not strong enough for any purpose. Then why should a common villager or person worship it or even care

for it? Our ancestors knew that Peepal is one of the very few trees (or probably the only tree) which produces oxygen even at night. So, in order to save this tree because of its unique property they related it to God/religion.

Why do we worship Tulsi Plant?:

Hindu religion has bestowed "Tulsi" with the status of mother. It is also called as "Sacred or Holy Basil" and has been recognized as a religious and spiritual devout in many parts of the world. The Vedic sages knew the benefits of Tulsi and that is why they personified it as a Goddess and gave a clear message to the entire community that it needs to be taken care of by the people. We try to protect it because it is like Sanjeevani (a magical plant that can bring life to people who are close to death) for the mankind. Tulsi has great medicinal properties. It is a remarkable antibiotic. Taking Tulsi every day in tea or otherwise increases immunity and help the drinker prevent diseases, stabilize his or her health condition, balance his or her body system and most importantly, prolong his or her life. Keeping Tulsi plant at home prevents insects and mosquitoes from entering the house. It is said that snakes do not dare to go near a Tulsi plant.

Why do we have Two Navaratri?:

Our living style has drastically changed if we compare it to the society hundreds of thousand years ago. The traditions that we follow in the present are not establishments of today but of the past. Ever thought, why we have Navratri twice a year unlike other festivals like Deepavali or Holy? Well both the months of the two Navaratri (Vasanth Navaratri and Maha Navaratri) are the months of changing seasons and the eating habits of both the seasons are quite different from each other. Vasanth Navaratri is in April-May (the Spring Season) and Maha Navaratri comes in September-October (the Autumn Season). The Navaratries (Nine days) give enough time to the body to adjust and prepare itself for the changing season. These nine days were marked as a period when people would clean their body system by keeping fasts by avoiding excessive salt and sugar, meditate, gain lot of positive energy, gain a lot of self-confidence, increase self-determination power (fasts are a medium to improve our will power and self-determination) and finally get ready for the challenges of the changed season.

Why Idol Worship:

Hinduism propagates idol worship more than any other religion. Researchers say that this was initiated for the purpose of increasing concentration during prayers. According to psychiatrists, one would shape his or her thoughts as per what he or she sees. If you have three different objects in front of you, your thinking will change according to the object you are seeing. So, in ancient India, idol worship was established so that when a people view idols it is easy for them to concentrate to gain spiritual energy and meditate without mental diversion.

Why do temples have Bells?

People who visit temple should and will Ring the bell before entering the inner sanctum. According to Agama Sashtra, the bell is used to give sound for keeping evil forces away and the ring of the bell is pleasing to God. However, the scientific reason behind bell is that their ring clears our mind and helps us stay sharp and keep our full concentration on devotional purpose. These bells are made in such a way that when they produce a sound it creates a unity in the Left and Right parts of our brain. The moment we ring the bell, it produces a sharp and enduring sound which lasts for minimum of 7 seconds in echo mode. The duration of echo is good enough to activate all the seven healing centres in our body. This results in emptying our brain from all negative thoughts.

THE HINDU TEMPLE SOCIETY OF CANADA

Richmond Hill Ganesh Temple

Azhwar Festival

BY: **KIDAMBI RAJ,**
MEMBER, BOARD OF TRUSTEES

Oct. 06 – 08, 2017



This is the 15th year of Azhwar Festival at the Richmond Hill Ganesh Temple. It started with 1st to the 12th Azhwar in order each year and this year was the 3rd year of 2nd round and was dedicated to Thirumazhisai Azhwar. His life story right from his birth has been very interesting and had miracles happen. So, I thought I share them.

Thirumazhisai Azhwar is a revered saint of Srivaishnavism school of South India. He was born in 4203 BCE. He is believed to be an incarnation of Lord Vishnu's disc, Sudarsana. Thirumazhisai is a small town near Chennai in Tamil Nadu, India. It is said that a Sage Bhargava visited this place and performed a yagna to appease Lord Vishnu. Lord Vishnu granted him a boon to Sage Bhargava that a son will be born to his wife Kanakangi and that the child will bear some aspects of Lord Himself. When the boy was born, it was just a lifeless lump of flesh with no arms, legs etc. and were very depressed and with great reluctance left it in a bamboo bush and started on their pilgrimage. Lord Vishnu with His Consort appeared and blessed the flesh with Their Kataaksham (Blessings) and turned into an alive and beautiful cute bundle of joy, fully developed. A couple named Thiruvadan and Pankayachelvi happily took the baby to their home thinking it was God's Gift. They noticed an unusual phenomenon in that, the baby not drinking or eating anything nor any expelling of any waste by this child. This really saddened them. They badly wanted the child to drink or eat something. The news of this unusual and unheard of situation of a baby spread widely and lots of people came to see and be blessed with the darshan of this divine child, who was growing and developing like a normal child without eating or drinking anything. One day

a devoted agriculturist elderly couple came to visit and brought with them some cow's milk. This elderly lady had the baby on her lap and offered the milk saying "Oh our beloved Thirumazhisai, the one who came amidst us by the grace of Lord Narayana, please take this milk and remove our worries dear". The child immediately started drinking and no wonder everyone was literally in tears of happiness. So, they were coming every day to offer the milk to the baby. One day, the baby showed and signaled the left-over milk to be drunk by the elderly couple. The moment they drank, they regained their youth. This was another marvelous thing that happened with this child. The elder couple later were blessed with a male child who was named Kanikannan. At a later stage, Kanikannan became a close friend and an ardent disciple of Thirumazhisai Azhwar. Both Thirumazhisai and Kanikannan grew up to be friends. Together they visited several temples.

Thirumazhisai learnt the Vedas as he grew up. He also studied other religions like Buddhism and Jainism, but was convinced of the superiority of Lord Narayana. He met the three Azhwars called as Mudalazhwars (First three Azhwars) in Thirumazhisai. All four of them to Thiruvallikeni temple and stayed there together for a few days. Then Thirumazhisai Azhwar and Kanikannan went to the temple at Thiruvekka and stayed there to serve the Lord. While serving the Lord, noticed an old unmarried lady who devotedly and whole heartedly served Azhwar by cleaning, mopping, making Kolams etc. Thirumazhisai Azhwar was so impressed by her dedicated service and appreciated her. She was moved by his appreciation and regretted that she joined him at this old age and not earlier, as she could have served him

for longer time. Azhwar was moved hearing that and blessed her and she immediately transformed into a beautiful young lady. The then Pallava King, Parameswaran was attracted to this lady and married her. After some years, the King actually noticed that his queen was not aging and had the same youthful look while he was getting old. When he found out that it was due to Azhwar's divine blessings, he called Kanikannan to his court asked him make a request to the Azhwar on King's behalf. But, Kanikannan refused by saying "he and the Azhwar will not yield and sing for a mortal". The king got very angry and ordered to banish Kanikannan from his kingdom. Kanikannan told the King that this is not the only place for him and that the entire world is His and walked off.

He later went to Azhwar and told him what happened and begged his pardon for having to leave him. Azhwar felt very sad that his devoted disciple was leaving him. The Azhwar did not want to stay without Kanikannan and decided to move to Thiruvekka. He went to the temple and prayed wholeheartedly with tears in his eyes and requested the Lord also to come along with them, as he could not think of living without the Lord. What he told the Lord was: "Kanikannan is going out of Kanchi, I am also leaving with him. You don't have to lie down here anymore. So, you also roll your Serpent bed and follow us". The Lord followed the Azhwar with the snake rolled and tucked under his arm.

The King next day got the bad news that the temple is desolated and the entire city looks dark and lifeless. He immediately understood his mistake and rushed immediately to chase the three. He caught them on the way and prostrated on the ground, repenting for what he had done; requested them to

forgive him for his mistake and to come back to Kanchi. Azhwar and Kanikannan, understanding the sincerity of his regret and repentance, requested the Lord again to return and stay in Kanchi. Needless to say, the Lord obeyed. It is a true testament to the absolute dedication of devotees to the Lord and the love of Lord to listen and obey Bhakta's (devotee's) request.

There was another incident that involved divine intervention. Azhwar and his disciple Kanikannan were on their way to Thirukkudandai (Kumbakonam) and at a place called Perumpuliyur stopped for a while to take rest and sat on the pial (Thinnai) in the front of a house. A group of Brahmins were reciting Vedas inside that house. On seeing these two and looking down on them as they were not Brahmins, they stopped the recitation.

The Azhwar immediately understood that they stopped the chanting because these two were not Brahmins. The group of Brahmins wanted to resume their chanting since these two were about to leave. They completely forgot the point where they stopped the recitation and what the next line was. The Azhwar immediately broke open a paddy seed that was lying there, with his fingernail to indicate the exact context which had a reference to the paddy seed. The Brahmins chanting the Vedas were flabbergasted and astonished and realized the greatness of Azhwar and asked for his pardon. There are quite a few more interesting events in his life.

He has sung at 14 Divyadesams. He is the author of two works included in the Naalaayira Divya Prachandham and they are: Thiruchchanda Vruttan (120 verses) and Naanmukhan Thiruvandadhi (96 verses).

Thirumazhisai Azhwar
Thruvadigalae Saranam

“I SAW IT WITH FRESH EYES!”



Interview with Thulasi Muttulingam

BY Shashini Ruwanthi Gamage (7 October 2017)



“REPORTING ON TAMIL PEOPLE TO THE OUTSIDE WORLD, I COULD SEE MANY THINGS THAT FELLOW TAMIL JOURNALISTS MISSED BECAUSE I SAW IT WITH FRESH EYES”

Thulasi Muttulingam is the creator of Humans of Northern Sri Lanka, a Facebook page dedicated to telling stories of people and communities in the North of Sri Lanka. She is also a journalist and feature writer. In this interview, Thulasi talks about having grown up in the Maldives, her return to Sri Lanka, her journey into journalism, her passion for writing about social issues, and her latest research-based work on women, labour, and migration.

You grew up in the Maldives, mainly because your parents were compelled to leave Sri Lanka after the 1983 riots. This engagement your parents had with the riots and having to grow up away from your culture of origins, did that shape your thinking and identity in any way?

Definitely. My parents did not tell us much about Sri Lanka, except that they had fled the country at a very dangerous time. So, that was the only thing I knew about Sri Lanka. Growing up, I was a history buff. I liked to learn about other cultures and histories. I was always reading in the library. I tried very hard to get books on Sri Lankan history and culture, but I could not find any. Such books were not available in the Maldivian libraries or the school. You got books on American history, British history, and Indian history, but there weren't any on Sri Lankan history. So, that was always a gap in my life, wanting to know more about my country and my culture and being completely removed from it.

Within the family unit we had Sri Lankan food and Sri Lankan-type parenting. But outside the house it was the Maldivian culture, which is completely removed from Sri Lankan culture. It was kind of hard, growing up in that dichotomy.

What made you come back to Sri Lanka?

I was 21 years old when I came back to Sri Lanka. I came on my own. This was when the ceasefire was signed. People who fled the 1983 riots, like my parents, tend to live in a time warp where they constantly think of Sri Lanka as a very dangerous country. They did not want to come back. By the time I was 21, I took a decision to go back to Jaffna. I came here and stayed with relatives in Jaffna for a year. That was very hard to take, simply because I was not at all prepared for Jaffna. Jaffna itself had also opened up since 30 years of being shut. They were not prepared for me, wearing pants, talking English, and having opinions for a woman.

Most children who grow up anywhere else would have this common experience of being told that they did not belong there. And they are asked to go back home to where they belonged. That is especially true of South Asian countries because you can't become citizens there. I continuously heard that growing up in the Maldives – that I didn't belong there. So, I completely by-passed Colombo and came to Jaffna. I had to be home, on my own soil.

You seemed to be doing a lot of reading, especially since you were a child and you also got into a career in journalism. Is there a link between this love you have for reading, writing, and journalism?

Definitely. The only thing that I could do was write, which was a direct extension of my reading. But my parents being Sri Lankan, they were horrified of the notion of a daughter writing as a journalist in Sri Lanka. So, they made it very clear from the beginning; one, you are not going back to Sri Lanka. Two, you are not becoming a journalist anywhere. Three, you are not studying humanities. So, I had to study science for my O/Levels and A/Levels. Then I had to get into CIMA and accountancy. But I finally made a decision and joined the Sri Lanka College of Journalism.

How did you start, as a journalist in Sri Lanka?

When I started, I had to promise my parents that I would not write anything political. At that time, journalists were getting killed and abducted. The Tamil journalists, in particular, had to be extra vigilant. Anyway, I was mostly interested in feature writing. I was not very interested in hard news. From the beginning, I was a feature writer, sitting in features departments, writing about social issues, which is what I still do.

What are some of the work you have done in your career in journalism?

Straight after the College of Journalism, I joined the Sunday Times. That was quite interesting. I learned a lot there. I was there just under a year and then I got a scholarship to the Asian College of Journalism. At the Sunday Times, I was a cub reporter and I did not know what I was getting until I was assigned to cover certain stories. I wrote a lot but not all of it got published. But it was a good place to start because there were many seniors in the field there and you were given the opportunity to report on diverse programs, such as drama, theatre, workshops and many other kinds of

articles. I enjoyed my time at the Sunday Times.

After I came back from the Asian College of Journalism, I joined the Sunday Observer, purely because I wanted more space to publish my writing. I spent a year there. I then joined the Ceylon Today. I learned a lot there because it was a paper about to re-launch and I joined before its inception. There we had to be all-rounders at everything – proofreading, layout, editing, sub-editing, writing news, and features. It was quite interesting, launching a paper and being able to do everything round the clock. It was very demanding but also very educational.



Thulasi Muttulingam



You then go on to work for ZOA, an organisation working on resettlement and rehabilitation of people affected by war and natural disasters in the North and East of Sri Lanka. What kind of exposure did you get through this work on issues relating to war-affected communities in North and East of Sri Lanka?

I basically joined ZOA to enhance my journalism, not leave it behind. On some occasions, I had been paying my own way to the North and coming back to write articles, which was not sustainable. I also could not access many of these areas on my own. As a single woman, you really cannot go to most of these far away villages without the help of an institution. You cannot do it on your own. It was difficult to take a bus and go to the middle of nowhere in the North or the East. I needed some kind of an institutional backing, which I found in NGOs. While I was working at Ceylon Today, I had been volunteering with NGOs. They needed people who could write reports for them in English. So, every weekend I volunteered with Oxfam Australia in Kilinochchi. And through the contacts I made there, I came to know that they really needed help with report writing in English, mostly with these NGOs. And if I came full time as a report writer to one of these places then I could also access a lot of information, which I thought would benefit me in my journalism. So, that's how I joined ZOA.

What kind of exposure did you get in terms of working with communities affected by the war in the North and East and also from natural disasters?

I learned so much. You get these stereotypical stories from time to time in the media. But that is not the only thing there is. There are stories of resilience. There are stories of so many other things that they went through. I started focusing on their daily lived reality – what is their life like now, what are their challenges like now, what are the challenges they went through at that time. I was interested in things that other people were not necessarily focusing on. Most of the media was writing the obvious and leaving the not-so-obvious out. But it had a heavy impact on these people's lives, like how they thought, how they view things, how that affects people in their communities.

You continued with your passion for journalism when you started Humans of Northern Sri Lanka. How was this initiative formed?

I was travelling a lot. Everyday, part of my job was to travel extensively in the North. I was coming across lots of stories. People wanted to talk. Everybody here has a background of pain during the war. And they did not really sit and talk much to each other. They value an empathetic ear. When I sat down and talked to them, they would cry and talk to me for hours. There were many valid stories there that they entrusted with me, essentially. I could not put it all out. It was just too many. I could not write articles on the weekend with all of that. So, these notebooks were just piling up full of stories. I didn't know what to do about them. I had been a fan of Humans of New York for a long time. But somehow I had not thought of doing it myself. Until one day, I was just browsing through my notebooks and thought of doing this – snippet-like stories that I can easily push out during the day.

What are some of the particularly compelling stories that you shared on



Humans of Northern Sri Lanka?

I think nearly all the stories I published were compelling but this story about a mother, who was crying about how her child had been abducted from school by the LTTE is particularly moving. The child had died and the LTTE brought back a coffin. There had been something rolling inside the coffin but they had sealed the coffin and asked not to open it. They have told that your child's body is not inside as we could not retrieve the body. But the mother wanted to get her child out. That is something that I remember very much. The mother's pain after so many years from the war and she herself was saying how she was psychologically imbalanced now. Most of these people don't get mental health care as such. It is not accessible to everyone, especially in the rural villages. Her cries were about how she wanted to open the coffin and get whatever was inside out.

These are also very vulnerable communities as well, people who had gone through a lot. How do you actually deal with their stories?

When I talk to them, they love to be talked to. They love to tell their stories. They would talk to you for hours, if you listen. That is not the problem. My problem is, especially, photographing the women. Because we have this



Thulasi Muttulingam (on the Left) interviewing in the field

culture that when a woman's picture is out there that means she is a bad woman. When the women tell me their stories, they very often freak out and say don't put my picture on the internet or the paper. The only ones who break this are the mothers of the disappeared. They are so desperate. They pose with their children's picture and say, put my picture out there, I want an answer for my disappeared son or daughter. But other than that, many women tell me lots of stories, even very positive stories about what they have achieved, at the

end of the day they say don't put our picture on the internet. So, I get around it by saying can I at least photograph your hands – something to prove that this is a person I interviewed. And they agree to that.

Was doing Humans of Northern Sri Lanka different from feature writing, as a print journalist in the mainstream media?

That is why I started this page. In mainstream media, there is this 360-degree thing where you can not talk to one person and write their story. You have to verify it from so many other sources before you write it, which is why so many of my stories were not getting published. These were things that people told me themselves. But while working with ZOA, their officers were working at ground level and have been working with these villages for years at a time. ZOA has been around for many years, including during the war. Their officers had worked during the war as well. So, if someone told me a story, I was able to verify with my colleagues whether such a thing had happened in such a way during this time.

Do people in these communities understand about the internet or Facebook? How do they react when you say this is for a Facebook page?

Older people don't know but younger people do. That was something that stood against me. When I tell people that I want to put this on Facebook, they did not understand Facebook, at least during the time when I started in 2013. I couldn't just say I want to put this on Facebook. Now I think many of them do know that there is something like that. So, back then I had to say that I was putting this on the internet. And this freaked them out because the internet is a bad word and putting your picture out on the internet had connotations.

Having grown up in the Maldives, when you go into those communities as someone who did not grow up in that culture, how did people receive you?

They see me as an outsider, obviously. But they are used to outsiders coming into their communities. As war-affected people, they are used to NGO aid a lot. So, they are used to talking to people from outside the province who come in and talk to them. They are very happy when someone talks to them. They think of me as an outsider but then they ask me 'how do you speak Tamil so well then?'

In an article, I read about you, you had mentioned that you are a 'third-

culture child'. You had a cultural disengagement and also a certain engagement with the culture of your origin. Did your work help you to mitigate that gap you had with your culture?

It was hard when I tried to blend into Jaffna in 2002. People were very clear that I don't belong here, all over again. But when you travel to these places and you speak in Tamil, they value that. I came to see it as having added value to my journalism. I don't take many of these things for granted. You can miss so many things if you grow up within the culture that could be new to people outside the culture. In that way, I think, reporting on Tamil people to the outside world, I could see many things that fellow Tamil journalists missed because I saw it with fresh eyes.

You are also currently working on a project with migrant labourers. Would you like to elaborate a bit on what this project is?

This is a media fellowship called Panos South Asian Media Fellowship, where you have to report on migrant labour from your country. They give the fellowship to SAARC countries. I have to report on my country's labourers going to a country outside of the SAARC region. I have to cover their social issues from within the country as well as in a destination country. I have started researching in Jaffna. I hope to travel to Batticaloa as well as upcountry, covering Kandy and Nuwaraeliya. Next month, I will be travelling to Malaysia and Singapore as well to see their conditions after migration.

What are some of the findings so far?

The direct backlash is always on the women. This is something I have come to expect after so many years of reporting in the North and East. When a man goes abroad there is no stigma attached to them, whether he might have an affair there. The stigma is whether the wife may have an affair here. They automatically look at her with suspicion and start judging her when she goes out. Same goes for the woman who goes abroad. They take it for granted that in a gulf country she will be sexually abused. And then when they come back, there are women who were sexually abused who do not admit simply because they will be stigmatised. These women have no avenue of talking about the pain they have undergone. On the flip side of the coin, there are women who claim that they have been treated very well. But when you start asking questions, it is more like I could sleep only three hours a day, I couldn't sit down any time while working, I had to look after 10 children, but they say I was treated very well. Their understanding is that if they are not sexually abused, they are given their salary on time, that is the minimum standard of being treated very well. You also have a very visible presence on Facebook as a feminist. You advocate for women's rights and gender equality. How are you received for your views?

Living in Jaffna, it is very hard, and that is primarily why I became such a hardcore feminist. I felt the need to assert myself once I came here because the process of know your place, keep quiet, don't express your opinion, don't go out too much, get married – those notions are much stronger here. So, in order to push back I had to be equally strong.

(This interview first appeared on 'Women Talk', an alternative media space that features diverse and inspiring stories of women in Sri Lanka)

WATERLOO REGION'S TAMIL CULTURAL NITE - A POPULAR FESTIVAL OUTSIDE OF GTA

Waterloo: 17 years flies so fast say Miss Aranya Sivasekaram from this small Tamil community outside of Toronto. Waterloo Region is a growing community with University Students and Academics. It has a small but an active Tamil Community. The front line cultural ambassadors are the volunteers from Tamil Cultural Association of Waterloo Region. Tamil Cultural nite was started as a small festival in the year 2000 and has now become a platform for local Indian and Sri Lankan children to enhance Arts and Culture in this region.

The 17th annual "Tamil Cultural Nite" was held on Saturday, Oct. 14th at the Humanities Theatre, University of Waterloo. This performing arts festival is an annual event, held to reflect the rich cultures primarily from Sri Lanka and India. This year chief guest was Mayor of City of Kitchener His worship Berry Vrabanovich and special guest Hon. Bardish Chagger - Leader of the Government in the House of Commons and Minister of Small Business and Tourism and the Member of Parliament for the riding of Waterloo.

The evening was inaugurated with Natheswaram by Murugathas Arumugampillai and group of musicians. They were presented with gifts and the gold shawl (ponnadai) by the Mayor. The Waterloo Region Tamil language class students show cased a Tamil drama. It was performed under the guidance of the teacher Mrs. Kunamalar. Local Carnatic Music performance was given by the students of Shyamala Ramachandran.

Mr. Ragu Sivaramakrishnan the president welcomed all guests and thanked the sponsors for supporting the festival. His speech reflected the association's non political commitment and welcoming immigration to Waterloo Region and also strong vision to promote TAMIL culture in the region.

The festival included Bharatha Natyam Dance "Theepam" presented by the students of Selvi Sureshwaren of Sri Abiramy dance academy of Waterloo and Indo fusion dance performance by the students of Guru Nirainjana Chandru of Toronto. Tabla artists from Toronto Tabla Youth Ensemble did a splendid performance. Local and University of Waterloo students provided other musical performances.

The Cultural Nite is sponsored by the City of Waterloo, City of Kitchener, City of Cambridge, Investors Group and Sri Lankan Airlines. This year's festival attracted around 600 guests in and around the Waterloo Region and GTA. The festival is an admission free event conducted by the Tamil Cultural Association of Waterloo Region.



Tamil Cultural Association of Waterloo Region





PROUDLY CELEBRATING
CANADA'S
150 WITH
OUR CLIENTS, FAMILY AND FRIENDS



MELENI DAVID
PERSONAL INJURY LAWYERS



CALL US WITH
CONFIDENCE 416.271.5992

LOOKING FOR AN UNFORGETTABLE TRAVEL EXPERIENCE ?

We have competitive fares to Colombo/India/Europe and will match the Competition



சுகமான பயணங்களை பாதுகாப்புடன் சென்றடைந்திட... இலபதது සහ ආරක්ෂාකාරී ගමනකට...

Millennium Leisure Travels Inc.

CALL US AND SAVE BIG - Airline Tickets | Cruises | Vacation Packages | Tours

DELTA TORONTO EAST (INSIDE DELTA HOTEL) 2035 Kennedy Road, Toronto, On M1T 3G2

Tel: 4164319100 Toll Free: 1-866-FLY4MLT Email: info@flymlt.com Web: www.flymlt.com



To celebrate the 12th Anniversary

Monsoon Journal

Presents

Montage Awards 2018

We welcome Sponsors & Volunteers

Greetings & Thank you for the support by advertisers, readers and well-wishers since 2006

Please e-mail by Dec 31, 2017 to:

editor4mj@gmail.com

or call

416-358-3235