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Three contestants vying for the Chief Minister's post

By Siva Sivapragasam

The coming Tamil Nadu elections next month will see a three cornered fight between incumbent Chief Minister Jayalalitha, DMK leader and former Chief Minister Karunanidhi plus cinematic idol Vijayakanth - all three vying for the Chief Minister's post.

Contd. on page 5 ...



Permanent residency for international students in Canada to be made easier

Canadian Immigration Minister John McCallum has pledged that permanent residency for international students studying in Canadian Universities and colleges will be made easier and straightforward.

The number of international students studying in Canada is over 300,000 and the numbers keep growing annually. The Minister stated at a recent meeting "We must do more to attract students to this country as permanent residents . . . International students have been shortchanged by the express entry system. We should be doing everything we can do to court them," adding that they are "the cream of the crop and would be future Canadians".

Many of these students are choos-

ing Canada over other developed countries because of certain advantages that studying in Canada can bring, such as access to post-graduation work permits and the potential to obtain permanent resident status, not to mention the quality of education on offer at Canadian Universities and colleges. Also, educational institutions here offer more quality, affordable tuition fees and employment facilities during and after their study courses than most of the other countries.

Mr. McCallum has said that he intends to reform the Express Entry system which was launched by the previous Conservative government. Ideas that have been floated for tweaking the Express Entry system in order to assist in-

ternational students include giving graduates specific points for education and work experience in Canada. Before last year's election, the Liberal Party pledged to conduct a review of the Express Entry system and make changes, if necessary.

International students currently in Canada are encouraged to apply for a post-graduation work permit upon completion of their studies in Canada. This will make their pathway to permanent residency more straightforward than at present.



First electoral contest in Canada with Tamil Canadian candidates representing all major parties looms in Scarborough Rouge River

(Details on Page 5)



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Former Toronto Mayor Rob Ford passes away

By Siva Sivapragasam

Toronto's former Mayor Rob Ford who battled many odds during his political career but could not fight his cancer passed away this morning.

Ford was forty-six at the time of his death and was suffering from a rare and aggressive cancer known as liposarcoma.

Rob Ford was better known as a "people's politician" and built a name as a person accessible by anyone and would reach out to any of his constituents when they needed help.

He was elected mayor by a landslide victory in 2010 and became a hero among the city folk. He helped to wipe out a controversial vehicle-tax, privatized garbage collection and successfully convinced the council to abandon a light-rail transit plan in favour of an underground railway system for Scarborough.

Ford is remembered for his unique brand of politics and he tirelessly cultivated what was termed as a "Ford Brand". Ford also showed his interests in other ways too. He showed his dedication to the community by hosting a free Ford Fest barbecue event annu-



ally and by coaching a local high school football team.

Ford's term of office as Mayor of Toronto ended when a scandal broke out in 2013 where he was caught in video allegedly smoking crack cocaine. Ford will be long remembered as a fighter who took "no" for an answer and bravely fought his opponents, the dreadful disease and never admitting defeat.

Rob Ford once told viewers on a you-tube program "I am not an international celebrity,". "I'm an average hard-working guy that goes to work every day, comes home to their family, takes my kids out, and supports my wife and family."

Home ownership is a priority for millennials: CIBC poll

Young Canadians want the freedom of owning their own home yet most still rent or live with parents

TORONTO, March 25, 2016 /CNW/ - As the arrival of spring meets an already strong real estate market, a new poll by CIBC (TSX: CM) (NYSE: CM) finds that home ownership is as important to millennials (86 per cent) as it is to most Canadians (85 per cent) – yet many millennials are still renting (42 per cent) or living with their parents (21 per cent).

"It's a myth that millennials don't want to own their own home. In fact our poll suggests that millennials place as much importance on being a home owner as Canadians in other age groups," says Barry Gollom, Vice President, Mortgages & Lending, CIBC. "Home ownership is an important milestone to many, and that hasn't changed even though it has become increasingly difficult to get into the market."

Of those Canadians who consider

home ownership a priority, the majority say it makes financial sense to own a home to build equity and save for retirement (63 per cent), while millennials are most likely to say it's the sense of personal freedom (59 per cent) that home ownership offers that most appeals to them.

Key poll findings include:

- 85 per cent of Canadians say home ownership is important, including
- 86 per cent of Canadians aged 18-34 of whom 42 per cent rent, 36 per cent own and the rest live at home
- Of those Canadians who say home ownership is important
 - 63 per cent say it makes financial sense and is a great way to build equity and save for retirement
 - Those aged 18-34 are most likely to say it gives them a sense of personal freedom (59 per cent)
 - 15 per cent of Canadians say home ownership is not important, with nearly half (46 per cent) saying it's too big of

Province Increasing Minimum Wage on October 1

Ontario's Minimum Wage Remains the Highest in Canada

Ontario will raise the general minimum wage from \$11.25 to \$11.40 on October 1, 2016 - keeping Ontario's wage the highest of any province in Canada.

Minimum wage rates for liquor servers, students under the age of 18, hunting and fishing guides, and homeworkers will also increase at the same time. Changes to the minimum wage are announced by April 1 and come into effect on October 1 to give businesses time to plan. This increase is the result of changes to the Employment Standards Act, 2000 that tie minimum-wage increases to Ontario's Consumer Price Index, a recommendation by the Minimum Wage Advisory Panel.

Increasing the minimum wage in a fair and predictable manner is part of the government's economic plan to build Ontario up and deliver on its number-one priority to grow the economy and create jobs. The four-part plan includes investing in talent and skills, including helping more people get and create the jobs of the future by expanding access to high-quality college and university education.

The plan is making the largest investment in public infrastructure in Ontario's history and investing in a low-carbon economy driven by innovative, high-growth, export-oriented businesses. The plan is also helping work-



ing Ontarians achieve a more secure retirement.

"It's important for people to know that there is a consistent, transparent and fair approach to setting the province's minimum wage that ensures workers receive annual increases that keep up with inflation. It's also important we provide predictability to businesses so they can prepare for annual wage increases. This helps to build a more prosperous economy and a fairer society for all."

- Kevin Flynn

Minister of Labour

- This is the tenth minimum wage increase since 2003.
- The government enacted legislation in 2014 that amended the Employment Standards Act, 2000 to tie future annual increases to minimum wage to the Consumer Price Index for Ontario.
- The primary sectors employing minimum wage earners are accommodation and food, retail trade and agriculture.

a financial burden

Advice for first-time home buyers: Plan ahead and get professional advice

Mr. Gollom encourages Canadians who dream of owning a home to plan ahead and get professional advice: "Buying a home is a big personal and financial decision, so it's best to have a plan. A financial advisor or mortgage specialist can help you build that plan and guide you every step of the way."

Below are some suggestions:

- Start saving early. Every dollar matters and establishing an automatic savings plan is a great way to make sure you achieve your goals
- Don't rush into the market. Your home must be financially sustainable and you don't want to be house poor, struggling to pay your mortgage
- Two of the biggest factors that drive home prices are location and size. Part of an effective plan is knowing the trade-off you might have to make. Make sure your mortgage is portable so that you can move your mortgage once



you are ready to upgrade to a bigger home or a new location

"For many Canadians, home ownership means personal freedom. A solid financial plan that is unique to your goals will ensure financial freedom as well," adds Mr. Gollom.

(cibc.com/ca/media-centre/)



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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. Thirukumar
 Graphics & Layout Design: Santosh Kumar - kasantosh@gmail.com
 Graphic Support: Suren Rasadurai
 Photo Journalists: Gnan B. Gnanendran - digitalgnane@yahoo.ca, Rudy Ruthran - rudy@ruthran.com
 Health & Care: Ayktah Grover - www.aurawellness.ca, Dr. Amal Siva, Jeavana Sritharan, Andrea Shanmugarajah, Dr. S. Sivanesan, Dr. Nuwan Fonseka, Dr. Shiyam Loganathan, Dr. Harshini Sriskanda
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Budding 'Bromance'

between President Obama and Prime Minister Trudeau refreshes amidst a heated season of politics



The Two leaders inside the Oval Office - pics via Whitehouse.gov



First Ladies - Sophie Grégoire Trudeau & Michelle Obama, President Barack Obama and Prime Minister Justin Trudeau at the White House

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It was like an early arrival of spring! Prime Minister Justin Trudeau's first visit to Washington DC as Prime Minister of Canada starting in early March was very well received in several political corridors and media all across the United States. It was markedly refreshing coverage of positive attributes shown by these leaders amidst heated political campaigns; the one just ended in Canada after the General Election of October 2015 and the one heating up in USA towards the November 2016 showdown.

The friendship between the leaders of the two neighboring countries was dubbed as "bromance"; the New York Times went onto say: "much of the Internet, especially those on Twitter, turned its focus to photos and videos of the two leaders, interpreting their shared glances and swapped smiles as signs of a much deeper relationship. In short time, an imagined bromance was born."

The first ladies also continued bonding, at an event to promote global education for girls.

In his address at the State Dinner hosted by President Barack Obama, Prime Minister Trudeau said "we believe - Canadians and Americans - in the fundamental truth that

diversity is a source of strength. That we are thriving and prosperous countries not in spite of our differences, but because of them." He further stated:

"On our own, we make progress. But together, we make history. Duty-bound, loyal, and forever linked. Whatever the future holds, we will face it together. Neighbours, friends, partners, and allies. That is our experience, and our example to the world.

Mr. President, thank you for all you have done these past seven years to preserve this most important relationship. May the special connection between our two countries continue to flourish in the years to come. And may my grey hair come in at a much slower rate than yours has.

And with that, on behalf of 36 million Canadians, I propose a toast: to the President, to the First Lady, and to the people of the United States of America. Cheers. "

Monsoon Journal joins in the voices welcoming the ushering of warmth and collaboration by the leaders of USA and Canada across the two neighborly nations.



"Dhunmuki Year"

~ April 14, 2016 ~

Monsoon Journal

Wishes Readers, Advertisers, Well-wishers & Friends

a Happy Tamil & Sinhala New Year & Vaisakhi (April 13, 2016)

"Simplicity is the ultimate sophistication" - Leonardo da Vinci (April 15, 1452 - May 2, 1519)

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

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Bas Balkissoon MPP Resigns, first electoral contest in Canada to witness Tamil Canadian candidates representing all major parties loom



Piragal Thiru, Liberal



Rathika Sitsabaiesan, Former MP for Federal NDP



Bas Balkissoon

Bas Balkissoon, MPP representing Scarborough-Rouge River seat in the Ontario legislature has resigned effective immediately, according to an announcement by Premier Kathleen Wynne's office on March 22nd.

No reason was given for the resignation. The Premier's thanked Bas Balkissoon for his public service.

63 Year old Bas Balkissoon was a Liberal member of the Legislative Assembly of Ontario from 2005 to 2016 who represented the riding of Scarborough—Rouge River. From 1988 to 1997 he was a municipal councillor in Scarborough and from 1998 to 2005 he was a councillor in the amalgamated city of Toronto.

Balkissoon rose to prominence as

the head of Scarborough Homeowners Alliance For Fair Taxes, an organization that challenged the province's property assessment system.

Premier Wynne has six months to call a byelection to replace Balkissoon.

Social media posts circulating in the aftermath of the sudden resignation say former Member of Parliament Rathika Sitsabaiesan from the NDP, Piragal Thiru representing the Liberal Party and possibly another contestant of South Asian decent are to contest the byelection.

Scarborough-Rouge River may mark history as first electoral contest in Canada where all three or four major parties fielding members of Tamil Canadian heritage in a single contest.

Drunk driver who killed three children and their grandfather gets 10 years in prison

Marco Muzzo, who was the drunk driver of the car that killed three children and their grandfather last year has been sentenced to ten years in prison and banned from driving for a further twelve years.

Jennifer Neville-Lake, the mother of three children killed by the drunk driver, made a tearful plea for people to consider the consequences of drinking and driving after the man responsible for the crash was sentenced to prison.

The children died — along with Neville-Lake's father, 65-year-old Gary Neville — when the family minivan they were travelling in was hit by a car driven by Marco Muzzo last Sep-

tember.

Muzzo who had pleaded guilty to the charges was sentenced to 10 years in prison. The judge also imposed a 12-year driving ban, which will begin when he has finished serving his prison sentence.

"Ten years, all I can keep thinking in my head is my son never made it to 10 years," the children's mother said during a brief but emotional address. "His sentence is 10 years, and none of my children saw 10 years, none."



Canada condemns attack in Lahore, Pakistan

- Canada News Centre

March 28, 2016 - The Honourable Stéphane Dion, Minister of Foreign Affairs, today issued the following statement:

"Canada condemns in the strongest terms yesterday's terrorist attack in Lahore, Pakistan, which occurred near the children's play area of a public park, claiming the lives of many innocent people and injuring hundreds of others.

"It is especially tragic that this attack took place during the Easter weekend, a sacred time for many families.

"On behalf of all Canadians, I offer my heartfelt condolences to the families and friends of the victims, Chris-

tian and Muslim alike, and wish a speedy recovery to those injured in this attack.

"Canada stands with the victims of terrorism and is committed to the global

fight against terrorism. We believe that building a peaceful and tolerant society depends on continued and determined action against extremism.

- news.gc.ca



Hon. Stéphane Dion



Tamil Nadu Elections Contd. from page 1

Since 1967, either of the two Dravidian parties has been ruling the state. The fringe parties used to wait at the doorstep of the AIADMK and the DMK to get seats. Now, a new front under Vijayakanth is shaping up and projecting itself as an alternative to both. Nicknamed "Karuppu (Black) MGR" or Captain after his movie "Captain Prabhakaran", Vijayakanth has acted in over 150 Tamil movies.

The Tamil Nadu legislative assembly election will be held on 16 May 2016 for the 234 seats of the Legislative Assembly. In the previous election in 2011, the AIADMK, under the leadership of Jayalalitha, won a majority and formed the government.

Taking into account the present political scene in the state, the AIADMK doesn't have any strong allies and it holds on the charisma of party supremo Jayalalitha alone to win the forthcoming elections. She is no doubt a strong candidate in spite of several allegations of corruption and nepotism. She has recently stepped up her image by opening several "Amma" restaurant outlets retailing food

at lower prices. In addition, there are "Amma" theaters for movie goers offering cheap tickets. But it is rumoured that her health condition is preventing her from participating in vigorous open election campaigns. Also, there appears to be some splits within the party.

Movie stars have always dominated the Tamil Nadu election scenario during the recent past. With five chief ministers in the last five decades from the movie world, the way to the political power in Tamil Nadu is through building up star power.

Five of the state's chief ministers - C.N. Annadurai, M. Karunanidhi, M.G. Ramachandran (MGR), Janaki Ramachandran and J. Jayalalitha - had their roots in films, while several other actors showed an interest in politics.

In the next month's assembly elections, there will be three chief ministerial candidates — incumbent J. Jayalalitha of the AIADMK, DMK president M. Karunanidhi and DMDK founder A. Vijayakanth — all with a background of Tamil film industry.



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Lee Kuan Yew's daughter objects to Singapore's "hero worship" of LKY one year after death, compares it to Mao Zedong

The following note was first published in Ms Lee Wei Ling's Facebook. Ms Lee is Singapore's founding Prime Minister's daughter and his second child. Her post has gone viral

Lee Kuan Yew would have cringed at the hero worship just one year after his death:

The response of Singaporeans during the seven days of national mourning when my father, Lee Kuan Yew, died last March was unanticipated – even by Singaporeans themselves, not to mention foreign observers. As his daughter, I too was astounded by the intensity of Singaporeans' feelings towards my father.

In that collective mourning, we learnt something new about ourselves; and the rest of the world also learnt something new about us.

We came together in a moment of sorrow. We waited patiently under harsh weather conditions to bid farewell to a man who had been the leader of the nation's founding fathers – one who had given his deepest thoughts and all his exertions towards taking forward the welfare



Dr Lee Wei Ling

of his countrymen.

Those who mourned remembered this. Despite stressful weather conditions, everyone was patient, tolerant, even positively kind and generous to each other. One SPH reporter described it as a miracle. I thought the same.

The lesson we learnt about ourselves gave us self-confidence and gained us the respect of other countries. As Lee Kuan Yew's daughter, I found tremendous comfort to know that my father's efforts were recognized by Singaporeans.

But I also knew that my fellow Singaporeans and I must now prepare for life after Lee Kuan Yew.

Life seemed to return to normal for Singapore over the past year. Personally, it was a different story for me. That I don't express my emotion in public does not mean I am not hurting inside. The wound has only recently healed, and not

even completely. So I declined to comment for publications marking the first anniversary of my father's death.

What made me write this article was a front page report in The Straits Times (Mar 21). It carried a photo of an outline of Papa's face made with 4,877 erasers that form an installation which is 2.3 m wide and 3.1 m tall, titled Our Father, Our Country, Our Flag.

That was the work of 110 Singaporeans aged 17 to 35 using erasers with the Singapore flag on it.

It was a well-meaning effort but it made me wince. Here is why:

The photo brought back memories of my first visit to China with my father in 1976.

It was the end of the Cultural Revolution and I have vivid memories of our delegation being greeted by young children lining the streets chanting loudly: "WELCOME, WELCOME, A VERY WARM WELCOME."

It was very contrived and my father was not impressed. We are Singaporeans, not prone to excessive, unnatural displays of emotion.

Papa merely waved at the children, as he would have done in Singapore. I refused to even do that. I stared straight ahead, feeling very sad for the people of the "Middle Kingdom" that was still run like a kingdom.

Our Chinese hosts noticed our responses. The Singapore delegation did not come as though we were returning to our ancestral country, nor as representatives of a vessel state. When we bade the PRC delegation farewell at the China Hong Kong boundary, the PRC chief protocol officer said to Lee Khoo Choy, "Your PM is a tough man." We didn't think he meant only physically tough. They could not melt us with their over exuberant display of goodwill. We continued to behave as Singaporeans as opposed to PRC Chinese.

I acknowledge the outline of Papa's face made with erasers as a sincere gesture. But in looking at acts of commemoration in general, I would ask how the time, effort and resources used to prepare these would benefit Singapore and Singaporeans.

I also question the need for a commemoration so soon after Papa's death, when last year's event still hang heavy on the hearts and minds of some people. Allow me to compare how two other world leaders who were adored or apparently adored were commemorated by their government and/or people. Firstly when Chairman Mao died on 9 September 1976, the country was in shock. This was partly the result of the keenly felt loss of a semi-



"To the young and to the no-so-old, I say, look at that horizon, follow that rainbow, go ride it." - Lee Kuan Yew (September 16, 1923 - March 23, 2015)

divine leader, but also caused by the enormous uncertainty about what the future held in stock for China and its people. The power struggle between Jiang Qing and the Gang of Four on the one hand, and Mao's designated successor Hua Guofeng on the other, which had been smoldering for some time caused grave anxiety for many people in China. However, on 6 October 1976, within a month after Mao's death, Hua had the Gang of Four arrested. Two days after the arrest of the Gang, the highest organs of the party and the state decided that a Memorial Hall would be built as a permanent tribute to the founder of the People's Republic. On 24 November 1976, the foundation stone for the gigantic building, located to the south of the Monument to the People's Heroes on Tiananmen Square was put in place. The construction went on day and night, and the building was finished on 29 August 1977. On that same day, Mao's body, which had been embalmed and placed in a crystal sarcophagus, was moved to the Hall. On 9 September 1977, a ceremony was held to commemorate the anniversary of Mao's death and the completion of the Hall.

The anniversary of the funeral of Winston Churchill took place 50 years after the actual funeral on 30 January 1965, which brought the capital to a standstill and took place a week after his death aged 90 on 24 January, is being marked by scores of events, including a service and wreath laying at the Houses of Parliament, a memorial service at Westminster Abbey, and the rebroadcast by BBC Parliament of the original live coverage. In a tribute to his most famous predecessor, the prime minister, David Cameron, said: "Half a century after his death, Winston Churchill's legacy continues to inspire not only the nation whose liberty he saved, but the entire world. His words

and his actions reverberate through our national life today."

Compare the actual time from death to the first commemoration, and the different activities involved in the commemoration in the two leaders above. Which one would Papa wish commemoration to resemble. Also bear in mind, that unlike almost all leaders, Papa was dead set against a personality cult and any hint of cronyism. If he was forced to choose one form of commemoration, Papa would have objected the less if the commemoration resembled that held for Winston Churchill. Do note that Churchill unlike Papa cherished glory and a place in the history of his country. Compare what Churchill's commemoration which was conducted 50 years after his death with the activities that have been taking place in Singapore that will continue for an entire week. I think Papa would have objected if he were able to convey his view.

Perhaps we should allow some space for sentiment for those who feel last year's events that took place immediately after Papa's death were not enough to honour Papa.

Papa's focus never wavered. What he did was all for the welfare of the nation and its people. Yes, it is good that we remember history. But it would be even better if we honour Lee Kuan Yew by working for the well-being of Singapore and Singaporeans.

Any veneration could have the opposite effect and lead future generations of Singaporeans to think that my father's actions were motivated by his desire for fame, or creation of a dynasty. He strove hard and determinedly in life to advance Singapore, and not for his place in history, or leaving a great legacy. He is a rare politician and leader, who did what he had to do with no thought to any gain for himself.





South Indian cinema historian Anandan passes away

Anandan, ace film historian and legendary photo journalist of south Indian cinema, passed away in Chennai on March 21st after brief illness, his family said.

Anandan was 90 and passed away at his residence here this morning, they said.

"He was recently hospitalised for breathing problems. He passed away this morning in our house," Anandan's son 'Diamond' Babu told PTI.

Anandan is survived by wife, two sons and two daughters.

Hailed as a "walking encyclopedia of South Indian Cinema," he meticulously chronicled Tamil, Telugu, Malayalam and Kannada movies starting from the 1930s alongside stills from movies. Even today photographs from top films till the 1980's will be credited to Anandan.

Born on January 1, 1926, he came to be known as 'Film News' Anandan ever since he began working for a film



'Film News' Anandan

magazine with that name in 1954 as a photo journalist.

Anandan had also worked for the South Indian Film Chamber of Commerce as a reporter collecting information of all southern films for them.

With film production of non-Tamil movies shifting outside of Chennai in the 1980's, he confined himself to

chronicling Tamil cinema since then.

He was also the first formal Public Relations Officer for any Indian film. In 1958, he was appointed the PRO for MGR-starrer Tamil movie "Nadodi Mannan."

He then went on to work as PRO for movies in all the four South Indian languages in a career spanning over 60

years. He had also worked as PRO for actors including MGR, and Sivaji Ganesan.

Even today, his reference book, "Tamil Thirai pada Varalaru," (History of Tamil Films) is a ready reckoner for entertainment journalists and anyone else interested in knowing information related to movies of the non-internet era.

Condoling his death, Chief Minister Jayalithaa said, "I am deeply grieved to learn the demise of Anandan hailed as the historian of Tamil cinema and a walking library."

She said he had chronicled all the information and photographs related to the world of cinema in his long career.

"He passionately took up the work," she said, and added how he went on to bag several awards including the Kala Peetam, Kalichelvam and Kalaimamani. – via PTI

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US Agency for International Development supports initiatives in Sri Lanka North



Taste of Vanni, a USAID - US Agency for International Development supported women-owned business, is a rest stop offering lounge, comfort and restaurant facilities along the A9 road. The facility now works with an international consultant volunteer chef and recently organized a “East-West Food Celebration” for its clientele in Mankulam, Mullaitivu district.



USAID - US Agency for International Development Sri Lanka Acting Mission Director Reed Aeschliman visited a livelihoods project in Killinochchi recently, with primarily women beneficiaries. The unique feature about the project is that a project beneficiary donates a calf from their cows provided by USAID, to another villager. Mr Aeschliman also opened a milk chilling center to keep the milk good longer and generate more income for the women dairy farmers.



86 students received graduation certificates from the English Language Fellow Trinidad Hernandez after successfully completing the four-month English Enrichment Course (EEC). Thus far a total of 247 O' and A' level students have already graduated from EEC in Jaffna. Will you be next? Don't miss your chance to register for the next batch at americancornerjaffna2011@gmail.com. (Pictures via: US Embassy-Colombo, Sri Lanka)

On World Day, UN chief urges States to promote right to truth and justice

Observing International Day for the right to the truth on March 24th, United Nations Secretary-General Ban Ki-moon urged States to adopt measures to promote truth, justice and reparations for victims, which is so crucial to ensuring that gross human rights violations are not repeated.

This annual observance of International Day for the Right to the Truth Concerning Gross Human Rights Violations and for the Dignity of Victims pays tribute to the memory of Monsignor Óscar Arnulfo Romero, who was murdered on 24 March 1980. He was actively engaged in denouncing violations of the human rights of the most vulnerable individuals in El Salvador.

“Across the world, every victim has the right to know the truth about violations that affected her or him,” Mr. Ban said in a message on the Day. “But the truth also has to be told for the benefit of all people and communities as a vital safeguard against the re-

currence of violations. The right to the truth is closely linked to the right to justice.”

To advance this effort, the UN supports fact-finding missions, commissions of inquiry, mapping exercises, and truth commissions, which document human rights violations and make recommendations to ensure accountability, reconciliation, and other reforms, he said, noting that from Colombia to Tunisia, from Mali to Sri Lanka, from Nepal to South Sudan, the UN has advocated for inclusive and genuine consultations with victims and affected groups, especially women, girls and those who are far too often excluded and marginalized.

“Their meaningful participation must be ensured in all relevant stages of transitional justice processes, and their specific needs must be fully recognized in any reparation measures,” he said.

He also stressed the need to secure the testimonies of victims and witnesses to ensure the rights to

know the truth and to justice.

Appropriate mechanisms for the protection of victims and witnesses, including their physical and psychological integrity, privacy, and dignity, must be put in place.

Moreover, the preservation of archives and other documentation relating to human rights violations is crucial for ensuring undistorted historical record and preservation of memory, he added. – **UN.org**



Secretary-General Ban Ki-moon (centre) and his wife, Yoo Soon-taek (right), arrive at the Monseñor Óscar Arnulfo Romero International Airport, El Salvador. UN Photo/Evan Schneider



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The Secret to Sammy's Smile: West Indies Depth and Power

It's not difficult to get Darren Sammy to smile. The West Indies Twenty20 International skipper has a naturally sunny disposition, and he's not prone to let life's downers affect him too much. But these days, what brings the widest smile to his face is simply a look around the dressing room.

In the ongoing ICC World Twenty20 2016, West Indies has quickly established itself as one of the most fearsome teams, with an enviable depth and explosive power that few others can match. Andre Russell, Dwayne Bravo, Carlos Brathwaite and Sammy himself can bowl seam-up and bat.

Chris Gayle's offspin is rarely used, but it's an option in addition his big-hitting. Among those waiting in the wings, Jason Holder, the pace bowler, is no mug with the bat.

Little wonder then, that Sammy said, "I tell people, when I look at my team, I always have a smile on my face. We have won two games batting second and you are yet to see a full innings from Russell, myself, Carlos. The world has not yet seen Carlos in T20 and when that time comes, we all are ready and eager to go out and bat and perform for the team.

One of our goals is whoever is out there having a good day, do it for the

team. Don't leave anything for the dressing room. So we have 15 hungry match-winners. If we continue like this, we fancy our chances in this tournament."

Indeed, Sammy has so many riches at his command that neither he nor Gayle have had to bowl a single over so far. "For me, T20 is about momentum. It's just looking at how the game is developing, unfolding. As a captain, am always looking at what's best for the team," he explained.

"If you notice, in the first game, we had so many bowling options. I have not bowled in the tournament as yet, Chris has not bowled one over. The first match, the main bowlers didn't really complete their overs.

The last match, we started so well that I just used five bowlers. In these conditions here, where the ball might grip a little and variation is important, you might see me bowl a couple of overs. That's the beauty of our team."

It's a depth that Faf du Plessis, the South Africa captain, can only look on enviously when the two teams face each other on Friday (March 25) at the VCA Stadium in Nagpur.

"That's the amazing thing about West Indies, they've got a lot of all-rounders," said du Plessis on Thursday.

"They've got lots of guys who can bowl and they also bat very deep. But for us, we're used to not having those options. It hasn't been part of our blueprint for a while now, so we make do with it and we've done OK with the resources that we've had."

But while it's not to the level of West Indies, du Plessis does have some depth at his command too. Dale Steyn wasn't included in their last match - a win against Afghanistan - and at a venue where he has had a lot of success, he's still not sure of a spot in the XI.

"Yes, it's an extremely big headache to have, but it's one that's very nice to have - the fact that we've got real good options. Our bowlers stepped up, Kagiso (Rabada) has been amazing, Kyle Abbott has been almost a silent assassin. He does his job without anyone knowing, and then you've got the experience of Dale Steyn.

It is a big headache, but it's a nice one to have. We've had a few of these headaches with the selection of this game, but as I said before, the main thing for me is that we as a team have for the first time depth in our squad and we're allowing all that depth now to come through."

One area West Indies hasn't been tested in is defending a target. Sammy



West Indies T20 captain
Darren Sammy

has won both tosses so far and opted to chase. "So far the grounds we have played on, the statistics say that the team that has batted second has higher percentage on winning.

We look at the pitch conditions there. We saw the match between New Zealand and India where the pitch turned. We will take that into consideration. Fortunately, I won two tosses and it's something that's not guaranteed. Whatever we do, we just have to do it well."

~ via icc-cricket.com

Deepa Balachandran, B.A. (Hons.), B. Ed., J.D.

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*Please note: The material on this advertisement is not intended as legal advice. If you are the alleged victim/complainant (not the person charged), I cannot offer advice. Please contact your local Victims Services office for assistance.





Around the World

UN strongly condemns terrorist bombings in Brussels as 'an attack on us all'

The United Nations has strongly condemned the terrorist bombings in Brussels in March 22nd, extending condolences to the victims and their families while expressing solidarity with the people and Government of Belgium.

A statement issued by the members of the Security Council indicated that more than 30 people were killed and many more injured in the attacks, for which the Islamic State in Iraq and the Levant (ISIL/Da'esh) has claimed responsibility. The 15-member body stressed the need to intensify regional and international efforts to overcome terrorism and violent extremism, while reaffirming that "terrorism constitutes one of the most serious threats to international peace and security."

Earlier, a statement issued by Secretary-General Ban Ki-moon's spokesperson said "the despicable attacks today struck at the heart of Belgium and the centre of the European Union."

"The Secretary-General hopes those responsible will be swiftly brought to justice. He is confident that Belgium's and Europe's commitment to human rights, democracy and peaceful coexistence will continue to be the true and lasting response to the hatred and violence of which they became a victim today," it added.

Also reacting to the terror attack, the

President of the UN General Assembly, Mogens Lykkes-toft, said he is "horrified."

"We have in the last week seen atrocities in Turkey, Ivory Coast and now in Belgium. It must be condemned in the strongest terms," Mr. Lykkes-toft said in a statement.

"Acts of terrorism are unjustifiable regardless of their motivation and terrorism in all its forms and manifestations constitutes one of the most serious threats to international peace and security. Acts of terrorism have no place in the modern world and only serve to strengthen the resolve of governments the world over to find and prosecute the individuals responsible," he added.

Meanwhile, the United Nations World Tourism Organization (UNWTO) said it is "deeply shocked by the tragic attacks" perpetrated today.

"This is not an attack on Belgium, it is an attack on us all and sadly these tragic events remind us again that we are facing a global threat that needs to be addressed globally," said UNWTO Secretary-General, Taleb Rifai.

- UN.org



President Obama greets people in Old Havana, Cuba, Sunday, March 20, 2016. (Official White House Photo by Pete Souza) - "It's been nearly 90 years since a U.S. President visited Cuba. And for the past half century, the sight of an American president in Havana would have been unimaginable. But this week, because we're working to normalize our relations with Cuba, I was able to cross the Florida Straits and meet with and listen to the Cuban people" President Obama said.



Leaders of US and Cuba engaging in "Baseball diplomacy" during the historic visit

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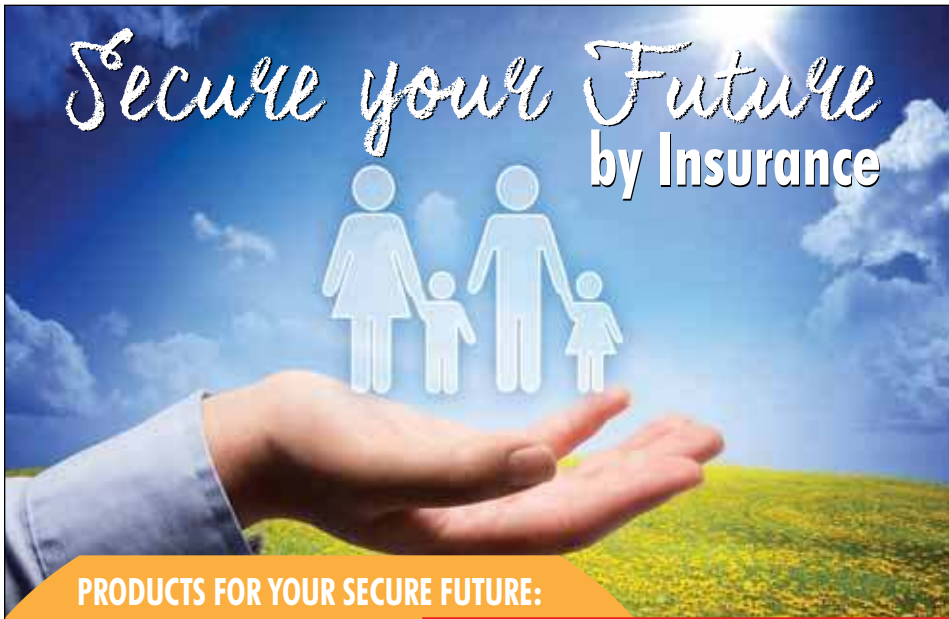
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S. Umer (March, 2015)

Testimonials

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Nima F (Feb. 2015)

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Community leaders, physicians, team up to Save Our Hospital

Founding committee members agree Rouge Valley Health System should not be dissolved

Recently the names of the founding members of the Save Our Hospital Action Committee were announced.

These ten business and community leaders have come together with ten physicians, who work in our hospitals every day, to lead the charge to save Rouge Valley Health System from being dissolved.

Together the Ajax-Pickering and Centenary sites of the Rouge Valley Health system provide excellent, integrated care for our community and region. Rouge Valley Ajax and Pickering

and Rouge Valley Centenary, are under threat of being separated. Dissolving RVHS reverses more than a decade of effective regional integration and puts at risk care in our community. Dissolving RVHS is contrary to the Ministry directions for increased integration of regional care that puts 'patients first'

We ask our friends in politics, business, community and patient care to join with us to convince decision makers to build on our community experience, to move forward with progressive integration options, and to keep our

hospitals together in the Central East LHIN.

Please visit our website at www.keeprvhstogether.com to sign our petition to put patients first in health care planning for Scarborough East and West Durham.

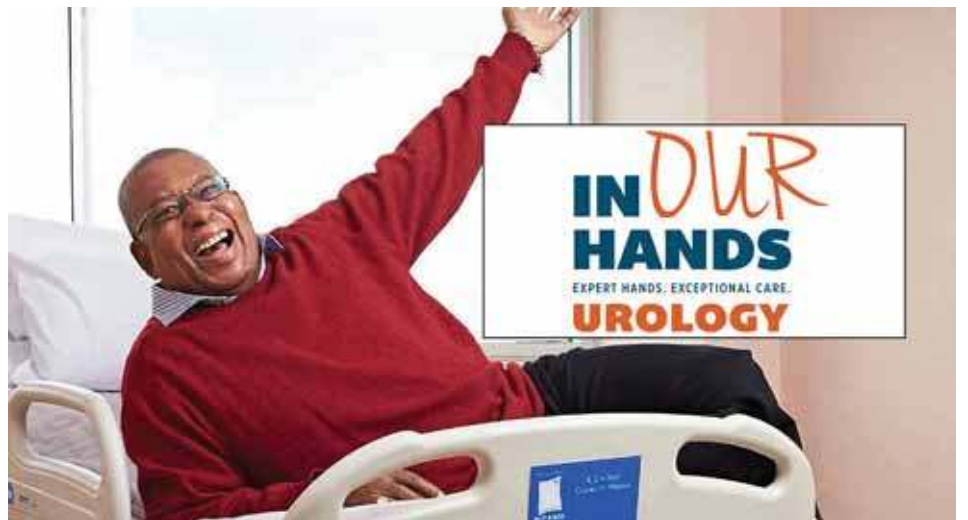
Action Committee Founding Members

- Shiv Bansal
- Dale Bartlett
- Jim Boyko
- Dr. Michael Chang
- Dr. Anjala Chelvanathan
- Michael Claener

- Janet Ecker
- Randy Filinski
- Dr. Steven Fishman
- Dr. Paul Galiwango
- Dr. Stephen Gallyay
- Dr. Saleem Kassam
- Peter Lobraico
- Dr. Howard Petroff
- Dr. Mark Prieditis
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View participating businesses and special deals here.

Check out The Mobility Shop, the newest business to join the program!

Don't want to carry your tag? There's an app for that! You can download the Community Loyalty Program App for iPhone and Android and access it using your personal password.

Are you a business owner? Show your support for TSH as a Community Loyalty Program sponsor! Learn more about how to join the program here.

Thank you for supporting TSH and happy shopping!



A Musical Extravaganza in Support of The Scarborough Hospital



Join us for an evening of inspirational music and dance celebrating Scarborough's global community.

Minds for Mission presents a Musical Extravaganza to support The Scarborough Hospital's Chronic Kidney Disease program.

The evening will feature amazing performances by talented students and faculty of the Canada Christian College, as well as door prizes and a silent auction.

Event Details

Date: Sunday, April 10, 2016

Time: 6 p.m. – 9:30 p.m.

Location: The Scarborough Hospital, General campus, 3050 Lawrence Avenue East, Lee Family Auditorium

Event parking is free.

Tickets are **\$40** and can be purchased online, or in person at The Scarborough Hospital Foundation office at the General campus, 3050 Lawrence Avenue East, Suite 108.



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A new knee to move from A to B



Whether to run errands or simply enjoy the great outdoors, Pamela Jones has always been an avid walker. But eight years ago, her legs began to ache, the pain worsening with each passing year. Her energy levels were dropping, too. Pain and fatigue had become daily companions.

At first, Pamela chalked it up to getting older, but eventually it became clear that there was more to it than age and she made an appointment with her family doctor. After an examination and some X-rays, he diagnosed osteoarthritis in Pamela's knees, and referred her to Dr. James Rathbun, Orthopaedic Surgeon at The Scarborough Hospital (TSH).

In January 2016, Dr. Rathbun performed an Oxford partial knee replacement on Pamela's right knee, a procedure for which he is renowned. While she is grateful for Dr. Rathbun's work and is recovering well, it was the nursing

staff that really caught her attention – in particular, a nurse named Lynn. "Lynn would open the blinds each morning to let the winter sunshine in and say 'Good morning,' to her patients," said Pamela. "It made me feel cheerful. As she went about her rounds, she spoke pleasantly to each person. It helped to create a friendly and trusting atmosphere in our room."

"The nursing staff made me feel well cared for. Physically and emotionally, this was an important step forward in my ultimate recovery."

Having lived in Scarborough for less than a year, this was Pamela's first experience with TSH. Diverse, friendly, and professional is how she described it in a nutshell. She was impressed by the Multi-Faith Worship Centre and the Artists' Walkway at the General campus.

"The Scarborough Hospital combines top level medical care with the warm, friendly atmosphere of a neighbourhood hospital," she said. "If you need to go to a hospital, The Scarborough Hospital's General campus is a good one."

Now, Pamela is working on transitioning away from the use of her walker, so she can get back to doing what she loves: letting her own two feet carry her near and far and enjoying the views along the way.

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Like spring, I am filled with hope for the future. Thanks Providence!



Pascucci Family Album

Randy's Story

Spring is in the air and I couldn't be happier. It represents a new beginning, the re-birth of life, and gives us the feeling that anything is possible. **That's why I am so pleased to be writing to you today to ask you to make a generous donation to support Providence Healthcare**, so they can continue to deliver their life-changing work in our community. You never know when you or a loved one will need their help.

Just over a year ago, I was in quite a different state. I was lying in a hospital bed, surrounded by loving family members on the verge of saying good-bye to them forever. Complications from a lung infection had escalated into a life and death battle for me. Weeks earlier, I had lived an active life, playing golf and tennis with friends.

Now I was at a crossroad, with only 'hope' remaining for a miracle to happen. To my extraordinary good fortune, it did! It set me on a course that led me to Providence Healthcare.

By the time I arrived at Providence for rehabilitation, I had overcome my lung infection crisis, but my mobility was limited and needed attention. I was dispirited, and physically and

mentally exhausted from my extended hospitalization. All of that was about to change.

I went to Providence to fix my body, but the care I received changed my life forever.

On that first day, Providence's community of experts went to work creating a program tailored specifically to me and my needs. They wanted me to not just heal, but to flourish under their care. The reassuring staff were determined to see me get back to the things that I loved, the things that made me feel whole again.

At Providence, I wasn't just a number. I was Randy. A husband, a father, a grandfather. Someone who loved to play tennis and golf. Who had so much life left to live! The staff at Providence weren't just staff either. During my stay, they became Jessica, Julia, Nicola...like a second family to me. They were Paul, Jackie, Kim and Vivian. All equally driven, compassionate, determined - and tough when I needed an extra push in the right direction.

I came to realize that real healing isn't merely physical - it's also psychological and emotional. **I wouldn't have recovered as fully as I have today without the excellent attention I received from the dedicated team of compassionate professionals at Providence.** Your thoughtful gift today will make an important difference.



So, what do I owe Providence Hospital and its Falls Prevention Clinic? Well, to put it simply, I owe them my future. The exceptional staff at Providence didn't just help me walk again - they afforded me hope and courage, something they share with all their patients. And without hope, there is no life.

Providence gave me a new beginning.

Where am I now? I still use a cane to walk, much improved from my days in a wheelchair. My wife Ann and I have two beautiful grandchildren: little Liam aged 15 months and lovely Mia who is 21 months old. My grandchildren and I have something new in common...we are all learning to walk together! I have challenged them to see who will be the first to walk unassisted. Mia took first place, and Liam is not far off, but I am resolved to catch up with him and be rid of my cane soon!

Most of us take walking for granted. But sometimes we never truly know what we have until it is taken away. Being able to share life with my grandchildren is the most precious gift I could have asked for.

This April represents the first year anniversary of my recovery. Even though

I am not a regular visitor to Providence

anymore, I still carry the teachings of my therapists wherever I go. **And now, with every step I take, I am one... step...better.**

Please know that your financial support today will ensure that anyone who needs a new beginning receives it, delivered with the same excellence I experienced.



The clinical team at the Falls Prevention Clinic supported Randy and helped him get back on his feet.

The program was first developed in 2014 after staff noticed a gap in care and a potential risk for frail patients returning home after rehab at Providence.

The focus of the program is on patient-specific goals, helping people to improve their balance, strength, functional mobility and daily living skills so they can return home safely, and safely continue their lives in the community. For more information contact Admissions at 416-285-3744.



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FAMILY HEALTH



By: Andrea Shanmugarajah



As people age, they naturally become increasingly concerned about their health, and they find themselves bombarded more often with tips and tricks to

maintain a healthy lifestyle. There is no end to the information available, advising aging Canadians to monitor their diets, get plenty of exercise, and minimize stress. But all of this is easier said than done, right? As much as we want to keep ourselves in the best possible health, it is not always easy. Exercising daily requires motivation and discipline that may be hard to muster on top of work and all of life's other responsibilities.

Eating right involves a level of self-control that may be difficult, especially if we bear the burden of creating healthy meals alone. And reducing stress is something that everyone would undoubtedly love to do – but how? Even armed with all the knowledge we may have about how to be healthy, actually doing so is a different matter entirely. However, there is one way that might make living a healthy lifestyle easier. Making good health into a family affair can help you develop the self-control and motivation you need to improve your health, and will also improve the health and wellbeing of those closest to you!

Healthy choices start with you, but they do not have to end there. By getting the family involved in living

healthy, you can set an example that and encourage good health in your entire family. Let's start with eating healthy – this is one of the easiest aspects of health that you can incorporate your family into. Rather than take on the burden of finding and preparing healthy recipes single-handedly, allow the whole family to get involved, thereby making the process both more fun and educational.

Create a schedule or a plan around which the whole family can come together and involve themselves in preparing meals. Each week, give one member of the family the role of coming up with healthy recipes that will be prepared, many of which can be found online. That way, you will discover how much variety there can be in your diet, even when you are eating healthy. Then, the entire family can involve themselves in the actual preparation of these meals, dividing up the tasks so that each week, some people are involved in cooking, while others do the cleaning. That way, preparing healthy meals becomes a fun task that is worth looking forward to. By getting the whole family involved, you will never have to worry about viewing cooking healthy as a chore again – it will instead be an opportunity for you to enjoy valuable time with your family! More importantly, with the entire family eating the same healthy foods, you will be able to encourage and motivate each other to maintain a healthy lifestyle and continue to improve your diet.

But a family-wide approach to health should not end at improving your diet. Trying to integrate daily ex-

ercise into your life can be hard, especially when you're doing it alone. But finding ways to exercise with one or more members of your family is one way to overcome that. Rather than participating in exercises you have to do alone, such as going on the treadmill, find ways to involve your entire family in the development of a healthy lifestyle.

That way, the overall health of the entire family will improve, and also, you will enjoy the activity more, as it will feel more like quality family time and less like an unenjoyable requirement of healthy living. There are numerous ways in which you can make leading an active lifestyle a joint effort for you and your family, as long as you are all willing to set aside time regularly and are committed to living healthier lives. For example, the whole family can go on walks or runs together. As well, your family can start playing a sport, either by joining a local league or collaborating with other family or community members to create one yourself. You may even want to consider purchasing a family gym membership, if you believe that your family will be able to get together and make the most of it. Overall, there are numerous ways that you can incorporate exercise and an active lifestyle into your home life, and the benefits of it will truly be felt by every member of your family.

Healthy eating and regular exercise are usually the first things that come to mind when we think of a healthy lifestyle – however, they are not the whole story. Managing stress can be equally important, and for many, this can actually be one of the most difficult aspects

of healthy living. While diet and exercise can be achieved through dedication, eliminating or managing the various stresses we have our lives can be a lot more complex. However, studies show that spending time with family can actually reduce stress. Ensure that every member of the family is equally committed to the goal of spending more quality time together, and then create schedules to make sure that it happens.

The above suggestions of cooking together and engaging in physical activity are some ways to destress alongside your family, but there are numerous other ways to enjoy quality time as well. For example, consider setting up a family game night once a week, or perhaps discover a new hobby that your entire family is interested in trying, such as pottery-making or a book club. Spending time with your family is a great way to wind down after a stressful day of work, and before long, every member of the family will start to see improvements in their wellbeing. Spending time with the people you love most will help you relax and comfort you, even if you have a lot of stress on your plate.

While managing a healthy lifestyle is never easy, it can be made more achievable by tacking it with the help of your loved ones, rather than alone. If you and your family are able to embrace a common goal or leading fuller, healthier lives, then you can definitely benefit from involving each other in your pursuit of good health. You and your family members can help motivate and encourage each other, and you will soon realize that health, like many things, is enjoyed most with family.



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WORDS OF PEACE



Real Peace

“Is there a definition of joy, a definition of happiness, a definition of peace that goes beyond human interpretations?” Prem Rawat asks. “All these things that we hold so precious: do they only live in the realm of definitions and interpretations, or is there something else beyond all of that?”

Mr. Rawat, who has traveled the world for more than four decades to speak to audiences about peace and personal fulfillment, says there is - but it isn't something that can be defined in words. Real peace, he says, is a feeling.

Life, he says, is a very beautiful gift - “But what does that mean? It does not mean the same thing to everybody. A hundred people can look at the sun, and it'll mean something different to each one of them.

“Let's say there's someone in prison who has done something really bad, and he has been sentenced to be executed. He looks out the little window in his cell, and there is the sun. What does that mean to him? It means, “Today's the day I am going to die.”

A farmer sees the sun as a signal to get up and start work, Mr. Rawat says, while a night security guard sees it as a sign that it's time to go to sleep. All three are looking at the same sun, but each interprets it in a different way.

“Whatever experiences you've had are going to determine how you interpret something,” he says. “That's how you will see it. That's how you will understand it, how you will cope with it or analyse it.”

How, then, he asks, do people interpret peace?

“When we say the word peace, I know that every human being on the planet has a personal definition of what peace is—and they're all different. Is there a peace that is beyond the realm of those definitions? Is there something in life that is not open to interpretation?”

There is a peace, he says, that can be felt, and once someone experiences that feeling directly, no definition is necessary.

“It's a matter of knowing rather than believing,” Mr. Rawat says. “It is really good to know, not just believe, because then I can gauge whether or not I have achieved peace by whether I feel it or not.

“It's really a very interesting point. When we say the word knowledge, for example, it also evokes as many interpretations as there are people who hear it. We all know that. Is there a definition of that word that is not open to interpretation? If so, what is it?”

To understand this, Mr. Rawat says, people have to be able to put aside their concepts, be-

cause it is biases and concepts that lead to interpretation. “Some of those concepts that lead to biases and prejudices are the result of personal experiences,” he says. “Maybe someone is allergic to roses. When she picks up a rose, her hand swells. When she smells it, her nose explodes.

“The day before yesterday somebody I know was stung by a bee. On one hand, you can look at a bee and say it's a sweet little thing. It's so cute, and it produces honey. Yet to the person who was just stung, a bee is not sweet or cute at all.”

Peace, Mr. Rawat says, is closer than we suppose. It can be found in the heart of every human being, but feeling it has to be a conscious choice.

“In life,” he says, “what you want has to be chosen every single day. You're going to have to make a conscious effort and say, ‘I really want peace in my life. I really want clarity in my life.’

“If you choose that, it brings a true reality, a true beauty, a true wisdom, a true understanding - beyond any definition. This is who you are.”

To learn more about Prem Rawat, visit:

www.wopg.org

www.tprf.org

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'Dare to be the instrument of Change'

- Good Friday's Message

By: JJ Atputharajah

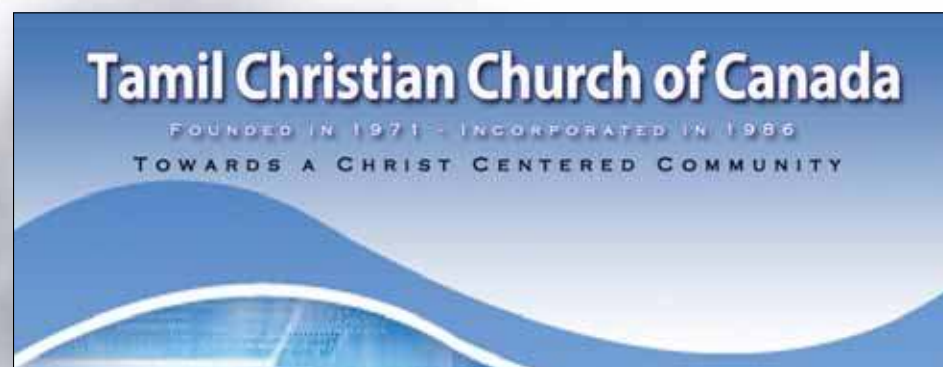
Jesus dared the suffering and humiliation of the death on the cross in order to set humanity on the path of righteousness. He did not keep passive in the face of threats of the established forces of evil and power in his times. He even gave up his life for the upliftment of mankind on a world wide scale - which

has blossomed over the centuries as the force of good. Rev. Jebanesan, the pastor of the Tamil Christian Church of Canada underlined the need for action from members of the church if they are dedicated to the divine calling. Jesus' path from the cross to the grave was a gruesome one and he went through all the sufferings for putting into action the call of God. The service was

enriched by excellent singing by the choir which sang in reverent gusto about the sufferings of Lord Jesus on the cross. The invocation song- "Were you there when they crucified my Lord?" by Christina Clement was illuminating and sweetly rendered. The numbers - 'Golgotha kaadchiyil en ithayam kalanguthe' and 'En thevan Nallavar, en thevan vallavar' proved to be exceptional in

their relevance to the spirit of Good Friday.

In addition Pastor Christy Kumar, Pastor Yoga Thomas and the Youth coordinator Joel Joseph gave additional thoughts on the spiritual significance of Good Friday. The service proved to be a great blessing to all those who attended and it was indeed a celebration of 'God' goodness in a purposeful manner.



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Special Feature

SWAMI VIVEKANANDA AND KALI

Swami Vivekananda was born Narendra Nath Datta to Vishwanath Datta and Bhuvaneshwari Devi, in Kolkata on 12th January, 1863. By the time he passed on at the Belur Mutt, on July 4, 1902, he had launched a revolution that still resonates around the world today. As a vehicle for his Guru's message, he has been an inspiration for youth around the world for over a century.

In this article, Sadhguru looks at a few incidents from Swami Vivekananda's life, that illustrate his relationship with his Guru and the message he carried.

After his enlightenment, many disciples gathered around Ramakrishna Paramahansa. One of Ramakrishna's disciples was Swami Vivekananda. Vivekananda was the first yogi to go to the United States in 1893 for the Parliament of the World's Religions in Chicago, after which he caused a spiritual wave. When people were very resistant to anything new, he came and opened up the gates to some extent.

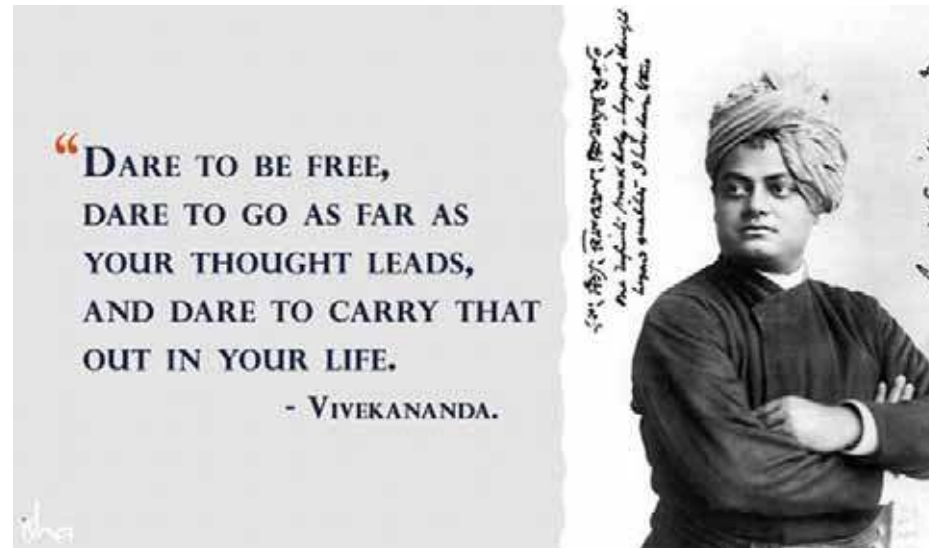
Vivekananda came to Ramakrishna and asked, "You are talking God, God all the time. Where is the proof? Show me the proof!"

Ramakrishna had a very different kind of attachment towards Vivekananda because he saw him as a means to take his message to the world. By himself, Ramakrishna could not do it and so he saw Vivekananda as a vehicle.

People around Ramakrishna did not understand why he was so mad about Vivekananda. If Vivekananda did not come to see him even for a day, Ramakrishna would go looking for him because he knew that this boy had the necessary perception to transmit. Vivekananda was equally mad about Ramakrishna Paramahansa. He did not look for any employment, he did not do anything that people of his age are normally supposed to do. He just followed Ramakrishna all the time.

There is a very wonderful incident which occurred in Vivekananda's life. One day, his mother was very ill and on her deathbed. Now it suddenly struck Vivekananda that there was no money in his hands and he was unable to provide her with the necessary medicine or food. It made him very angry that he was unable to take care of his mother when she was really sick.

When a man like Vivekananda gets angry, he gets really angry. He went to Ramakrishna – there was nowhere else to go, even if he got angry, that was



where he went.

He told Ramakrishna "All this nonsense, this spirituality, where is it getting me? If I was employed and had done the things that I was supposed to do, today I could have taken care of my mother. I could have given her food, I could have given her medicine, I could have given her comfort. Where has this spirituality taken me?"

Ramakrishna being a worshiper of Kali, had a Kali shrine in his house. He said "Does your mother need medicine and food? Why don't you go and ask the Mother for what you want?" It sounded like a good idea to Vivekananda and he went into the shrine.

After about an hour, he came out and Ramakrishna asked, "Did you ask the Mother for food, money and whatever else your mother needs?"

Vivekananda replied, "No, I forgot."

Ramakrishna said, "Go back inside again and ask."

Vivekananda went into the shrine again and came back after four hours. Ramakrishna questioned him, "Did you ask the Mother?"

Vivekananda said "No, I forgot."

Ramakrishna again said, "Go inside again and this time, don't forget to ask."

Vivekananda went inside and after almost eight hours, he came out. Ramakrishna again asked him, "Did you ask the Mother?"

Vivekananda said "No, I will not ask. I have no need to ask."

Ramakrishna replied "That's good. If you had asked for anything in the shrine today, this would have been the last day between you and me. I would not have seen your face ever again, because an asking fool does not know what life is about. An asking fool has not understood the very fundamentals of life."

Prayerfulness is a certain quality. If you become prayerful, if you become worshipful, it is a fantastic way to

be. But if you are praying with an expectation that you will get something, then it is not going to work for you.

The proof of God

When he was just 19 years of age, Vivekananda was a very logical, intellectual boy, and was full of fire. He wanted proper answers for everything. He came to Ramakrishna and asked, "You are talking God, God all the time. Where is the proof? Show me the proof!" Ramakrishna was so simple. He was not an educated man. He was a mystic, not a scholar. So he said, "I am the proof."

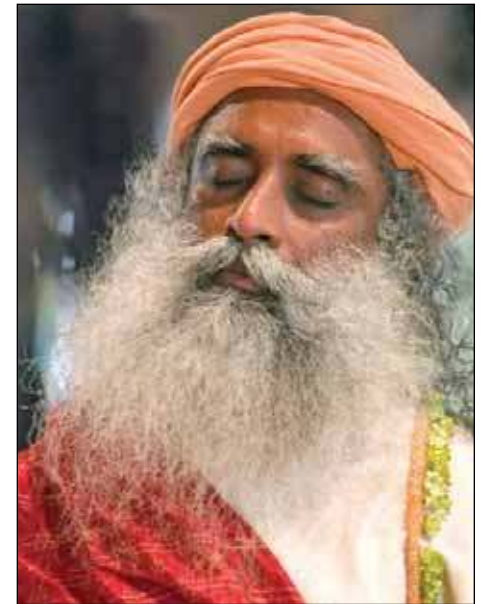
Ramakrishna said, "I am the proof God exists."

Vivekananda did not know what to say because this was just utterly crazy. He was expecting some great intellectual explanation – "The proof of God is the seed sprouting and the planet spinning." But Ramakrishna said, "I am the proof God exists." "The way I am is the proof" – that is what Ramakrishna was saying. Vivekananda did not know what to say and he left.

Three days later, he came back and asked, "Okay, can you show me God?" Ramakrishna asked, "Do you have the courage to see?" The brave boy said, "Yes" because this was tormenting him. So Ramakrishna just placed his foot on Vivekananda's chest and Vivekananda went into a certain period of samadhi where he was beyond the limitations of the mind. He did not come out of it for almost 12 hours and when he did, he was never the same boy again. He never asked another question in his life after that.

...To continue in the next issue

Sadhguru J. Vasudev is a contemporary mystic rooted as strongly in worldly and pragmatic matters as he is in inner experience and wisdom. Named one of India's 50 most influential people, he has addressed prominent



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

global forums on issues as diverse as socio-economic development, leadership and spirituality. He has served as delegate to the United Nations Millennium Peace Summit and the World Peace Congress and has been a special invitee to the World Economic Forum (2006-2009), the Australian Leadership Retreat (2006) and TED (2009).

His interviews are featured in *The New York Times*, *BBC*, *Bloomberg*, *CNN* and *CNBC*. He is the author of several books, the subject of four books and co-author of the Amazon Bestseller "Midnights with the Mystic". His public talks frequently draw crowds of over 300,000 people.

Founded by Sadhguru, Isha Foundation is a non-religious, non-profit organization with over 200 centers worldwide and over one million volunteers. Isha Foundation offers Inner Engineering Online – a practical approach for inner transformation in a fast paced world. The course designed by Sadhguru presents simple, yet powerful tools for an individual to experience life on a deeper level with more awareness, energy, and productivity.

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TEN ♀

Her Journey

Vithusayni Paramanathan

By: Janani Srikantha, TEN Women – (Tamil Entrepreneurial Network for Women)

What does the life of a teenage musician, entrepreneur, athlete, and excelling student look like? Vithusayni Paramanathan exemplifies the well-rounded Grade 12 student whose talents extend in all directions.

From childhood, Vithusayni has had a strong interest in music and she is learning Carnatic vocal from Kulanayaki Vivekanandan and Carnatic violin from Jeyadevan Nair. As she grew, so did her passion, giving her opportunities to play lead roles in musicals such as Into the Woods, Annie, and the spectacular Joseph and the Amazing Technicolour Dreamcoat at the Toronto Centre for the Arts. Her accomplishments in music have been recognized as Vithusayni received the award of Outstanding Musical Dedication from Cosmo Music. Her reach is also extending to global audiences. She has participated in TVI's Superstar Junior Season 3 and Shakthi TV's Global Super Star, where she performed in Sri Lanka on the International Grand Finale Stage.

Vithusayni shares her passion for music with the community through her band 8th Note. The band consists of a group of singers with one guitarist as they fuse diverse songs to showcase medley performances. 8th Note's unique sound comes from their skillful ability to combine different genres together to create harmonious music. Through her band, Vithusayni strives to introduce a distinctive form of music to the Tamil community and develop the bond between fellow musicians. The community embraces Vithusayni's talent as she sings with various bands in Toronto for local events and media networks.

As an avid Toronto Tamil artist, Vithusayni is eager to create a renowned platform for Toronto's own talent and build a strong sense of community with its members. With the support of their parents, Vithusayni and her sister Prathayini Paramanathan founded Isai Empire Inc., a company dedicated to providing opportunities for Toronto artists. Her vision is to showcase high quality talent by uniting Toronto artists with international talent on a grand stage. They are both excited to be hosting Toronto Tamil Artists' Night, Isai Empire Inc.'s first event, on Friday, April 29th at the Markham Event Centre.

Vithusayni's achievements extend beyond music and she demonstrates her athletic ability by playing on the Senior Girls' Basketball team and the Varsity Girls' Football team. She has been a member of the Student Council for many years and currently holds the position of Head Publicity. In addition, she placed within the top ten as a provincial level competitor for her school's DECA team. Vithusayni's hard work and dedication is acknowledged by the York Region District School Board, who honoured her with the Student Success Award which is given to only 24 out of 119,000 students. She has also received the Ontario Principal Council's Leadership Award for the numerous initiatives she has undertaken for her school and the community.

As this busy teenager aims to work in law enforcement, she pursues leadership opportunities within the community. She is an ambassador for Pencil for Kids and strives to provide educational resources for children in need, since she believes in a world where everyone has an opportunity for education. Penny Drives are another initiative that Vithusayni organizes, through which she has paid the school tuition fees for three girls in Niger, Africa.

Vithusayni Paramanathan is an accomplished young woman, who we have no doubt, will impact the Toronto community and make a difference globally. She has proven that you are never too young to set goals, achieve your dreams and be a role model for your peers and the community.

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“ இளைய சாதனைத் தமிழர்களை நோக்கி ”



Exploring digiPlaySpace '16

- Toronto Kids International Film Festival

By: Janani Srikantha

I've always believed that true learning is more than worksheets or text books, or in the digital world an application that replaces these items. Deep, authentic learning includes a child having the chance to collaborate, inquire, build, and reflect as they create. This can be done at any age, at various levels, but sometimes it requires "thinking outside of the box" as to what activities will engage our children.

Being in Toronto, there are lots of wonderful opportunities for a child to learn through active engagement that allows for deeper thinking. The digiPlaySpace that is part of the Toronto Kids International Film Festival is an event where children, even as young as three years old, can have hands-on exploration through the integration of Makerspaces, Media, and Technology. I decided to visit the digiPlaySpace, as I feel that if you need a place that is already set up for your child to interact with different elements, this is a great venue.

As soon as I entered through the doors, I could see that this was a space where children were engaged in learning. The tables were filled with children and their parents, playing and creating together to solve problems. The conversations in the room revolved around children suggesting ideas for strategies, and parents encouraging their children to try different options without giving what they felt was the "right" answer. There was an immediate vibe in the room of constructive learning, where children were using their experiences to make connections while being scaffolded by their parents.

The first room had games and activities for children three years and older, which included Monster Mingle that required you to build your own friendly monster and explore a kingdom. The construction theme was also evident in other activities like Sago Mini that let children create a building. The Appcade area had a collection of games where children logically navigated and solved problems, explored their creativity, and became storytellers. The Appcade also provided a pamphlet for parents to take note of activities that peaked their children's interest, so that it can be used later at home.

As I moved through the digiPlaySpace, I came to a showcase of twenty-five installations from nine countries. The theme of each installation is to inspire a lifelong passion in children for creati-



ity and invention. This area had activities for children of all ages ranging three years old to teenagers. These games and installations allow children to take on different perspectives, such as being a blind kitten and guiding him to travel across town. This installation particular drew children due to its intergalactic colours requiring you to focus on the dots to guide the kitten. There were also simulators where children used a joystick to control various animals, and developed a strategy to challenge opponents in various problem-based scenarios. For younger children, activities such as Pugs Sniffin' let them practice their motor and tactile skills to move a tennis ball to direct a dog through a park.

The sound of laughter and conversations between children was enlightening to listen to as they used chroma-key technology and props to act out different scenarios. Children were creating their own stories and adapting their narrative as per what was occurring in the scene, while travelling in space or going through a jungle of dinosaurs in the Keylight exhibition. The ability to see themselves on the screen and watch their actions reflect in their chosen scenario enhanced their ability to be creative and develop a plot through dramatic play.

In order to continue having children being hands-on learners, the Augmented Reality Sandbox was an excellent installation. As children played in the real sand, a topographic map was being reflected, in real time, with elevation colour maps, contour lines, and even simulated water. Without any adult instruction, it was great to see children making the connections between their digging and sculpting of the sand and how the map was changing. It was interesting to listen to conversations such as, "Look, when I make it higher, it's turning red!" which demonstrates children connecting to their experiences on their own, when given the space to do so.

One of my personal favourites at the digiPlaySpace was Flip Paper, because I had never seen anything like it before,



and I was immediately intrigued. Children are initially asked to play a pinball game to experience what it is. Then, they are given paper to draw on with markers where they create a design of their choice. When their drawing is complete, their paper is placed on top of the pinball machine, and it turned their drawing into the game. The different coloured markers have different actions associated with it. For example, when a child used blue on their paper, it created a flipper at that spot in the drawing. As children saw their drawing become the game, they had even more ideas on not only what they wanted to draw but where on the paper they wanted to add to, in order to make the ball move. This showed that they had made a connection that certain colours were causing particular actions to occur, and were further building on their creation based on their understanding.

For older children and adults, the Samsung GearVR is available for users to be placed in the middle of artwork. It is easy to want to stay in this installation, as the feeling of being transported into what you know is a 2D piece of art but have it move and essentially be alive around you is stunning.

The last area of the digiPlaySpace is called the Micro Makers' Space. This is definitely an area where children of all ages have the opportunity to be hands-on and create until their heart is content. Children built their own circuits and



tried demonstrations of inventions, in the littleBits Invention Lab. For those who enjoy literacy, children created their own stories through an internet-connected, interactive fiction printer. In the Thymio Robot Playground, children played and programmed their own robot to follow commands, navigate a track and avoid objects.

The digiPlaySpace is part of the Toronto Kids International Film Festival, and is a definite must for a family outing. It is a place where learning can occur in a fun environment, as children try different tools and learn from their experiences. The tickets do have timed entry which is beneficial as it staggers the crowd through the exhibitions, allowing all children to participate as much as possible. If you are able to spend a day, I would also recommend watching a film at the Toronto Kids International Film Festival, as it's one of the largest children's film festivals in the world.

The digiPlaySpace is open until April 24th and more information can be found at <http://tiff.net/kids-family/digisplay-space16>

Janani Srikantha is a teacher with experience of the Ontario curriculum and the International Baccalaureate. The education landscape is changing, and she helps parents and families



to engage their child in learning. She is currently completing her graduate studies to further understand how the integration of technology is redefining how a student learns. Janani has led workshops for educators and parents on topics that address different facets of education. She also provides academic support to students through tutoring. For more information or queries on how to help your child with learning, please contact info@thinkshiftdedu.com.

thinkshiftdedu



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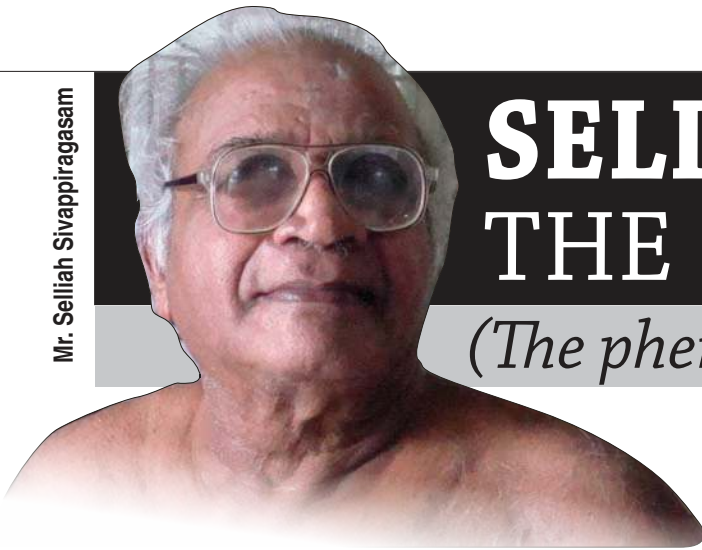
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Mr. Selliah Sivappiragasam



SELLIAH SIVAPPIRAGASAM THE MULTITALENTED ARTIST

(The phenomenal rise of a child prodigy to eminence)

By: C. Kamalaharan

Selliah Sivappiragasam the child prodigy displayed his prowess as an artist at the tender age of four years when he drew to precision pictures of temple towers chariots and images of deities. His mother though an illiterate woman had aesthetic sense that strongly backed young Siva to pursue his innate trait as an artist.

Siva had his education at Mahajana College Tellipalai where the teachers aware of his artistic potential requested him to draw geographical maps. He readily consented and drew the maps meticulously. He was so interested in art that through his gifted talent he drew with ease the map of the world without seeing it. Aware that a bright future awaits him in his chosen field the principal of Mahajana College the late Mr. T. Jeyaratnam got him admitted to the Govt. Arts College where he made good use of the opportunity and mastered the various skills in art.

Having successfully completed the course he was inducted as a teacher of art in the Ministry of Education. His only wish was to take up teaching appointment at Mahajana College and serve his alma mater. Unfortunately his wish could not be fulfilled owing to the objection raised by the teacher who held that position. Siva was thoroughly disappointed, it was a dark cloud in the beginning of his teaching career. But a silver lining emerged when he was inducted as a teacher of art at Jaffna Central College by the principal Dr. D.T. Niles on the recommendation of 'Kalaippulavar' Navaratnam a

senior teacher serving there. Since then Siva displayed his talents in the various forms of art winning the admiration of all concerned. What was a loss for Mahajana College was a gain for Jaffna Central College.

While being a competent teacher of art at Jaffna Central College he also proved himself to be an excellent painter and a sculptor. He had painted screens for dramas cut-outs for cinemas and curtains for deities in temples. Besides these he had also sculptured statues of eminent personalities. He had sculptured the bust statue of the former principal of Mahajana College the late Mr. T. Jeyaratnam and installed it in the college hall to mark the centenary celebrations of the college.

And to mark the centenary celebration of the birth of the Saiva revivalist Sri Arumuga Navalar he had sculptured the bust statue of the saint. The statue was mounted on a mobile platform and taken around the city to the Navalar Mandapam where it was installed. The platform too was modeled by Siva.

Besides these the statues of Sri Arumuga Navalaran old boy and a former teacher of Jaffna Central College and of Rev. Peter Percival former principal of Jaffna Central College both of whom translated the Holy Bible into Tamil were sculptured by Siva. Both these statues were mounted on a mobile platform and drawn through the city to mark the 125th year celebrations of the college. The life size statue of Rev. Lynch founder of Jaffna Central College sculptured by Siva and installed in front of Romaine Cook hall was recently unveiled by Asian Games Gold medalist N. Ethirveerasingham to mark the bicentenary celebrations of the college.

The statue of Goddess Saraswathi installed in front of the Vavuniya Public Library and the statue of 'Geetha U p a t h e s a m' installed in the Vavuniya Sathya Sai Centre were sculptured by Siva. These works of art had further enhanced his popularity.

Several organizations have conferred titles on Siva in recognition of the



Sri Arumuga Navalar



Rev. James Lynch

untiring efforts undertaken by him to foster the various forms of art. To mention a few, the 'Kalaimamani' title was conferred by his alma mater Mahajana College. The 'Sitpa Kalapamani' title was conferred by the Sabari Malai Aiyappan temple. The 'Yarl Ratnam' title was conferred by the Mayor of Jaffna. Likewise 'Kalai Sudar' and many other titles were conferred on him. While reminiscing all these he said with his eyes brimming with tears that it was Jaffna Central College that took him to greater heights in his chosen field and described his period of service at Jaffna Central College as the 'Golden Era'.

Siva with so much of responsibility on his shoulder had neglected his health. As a result he became a victim of acute diabetes resulting in the amputation of his right leg below the knee. This setback did not deter him from engaging in art. A few years back I saw him in his workshop in Jaffna sculpturing the bust statue of the late T. Jeyaratnam in spite of his deformity. And just a couple of months back I saw him as a patient bedridden at Wellawatte. He and his wife Annalaxumy also a former teacher at Jaffna Central College were brought there by their faithful son Dr. Anusayanthan and accommodated comfortably in the adjoining residence of his medical clinic, to be under his personal care.

Both being octogenarians at the ripe age of 88 years and 85 years they were young in spirit. They were reminiscing their past experiences delightfully without mincing words. Mr. & Mrs. Siva were made for each

other. Living in a room with their beds placed adjacent to each other Mrs. Siva is always at the beg and call of her husband, attending to all his needs devotedly. Both of them are among the pioneers of the Sathya Sai Organization in Jaffna. Enthusing about their experiences with Swamy they were firm in their conviction that Swamy is instrumental for Siva's phenomenal rise in career. With both sons Dhusyanthan and Dr. Anusayanthan well settled in life they seemed happy. They said that it was Swamy's way of removing their karma that they are facing their present setback in the evening of their lives. After a lengthy secession I departed with moist eyes wishing them "Sai Ram". They too reciprocated wishing 'Sai Ram' and gave me a warm send off with palms clasped.



Mr. T. Jeyaratnam's Statue being sculptured



Sculpture of Goddess Saraswathi

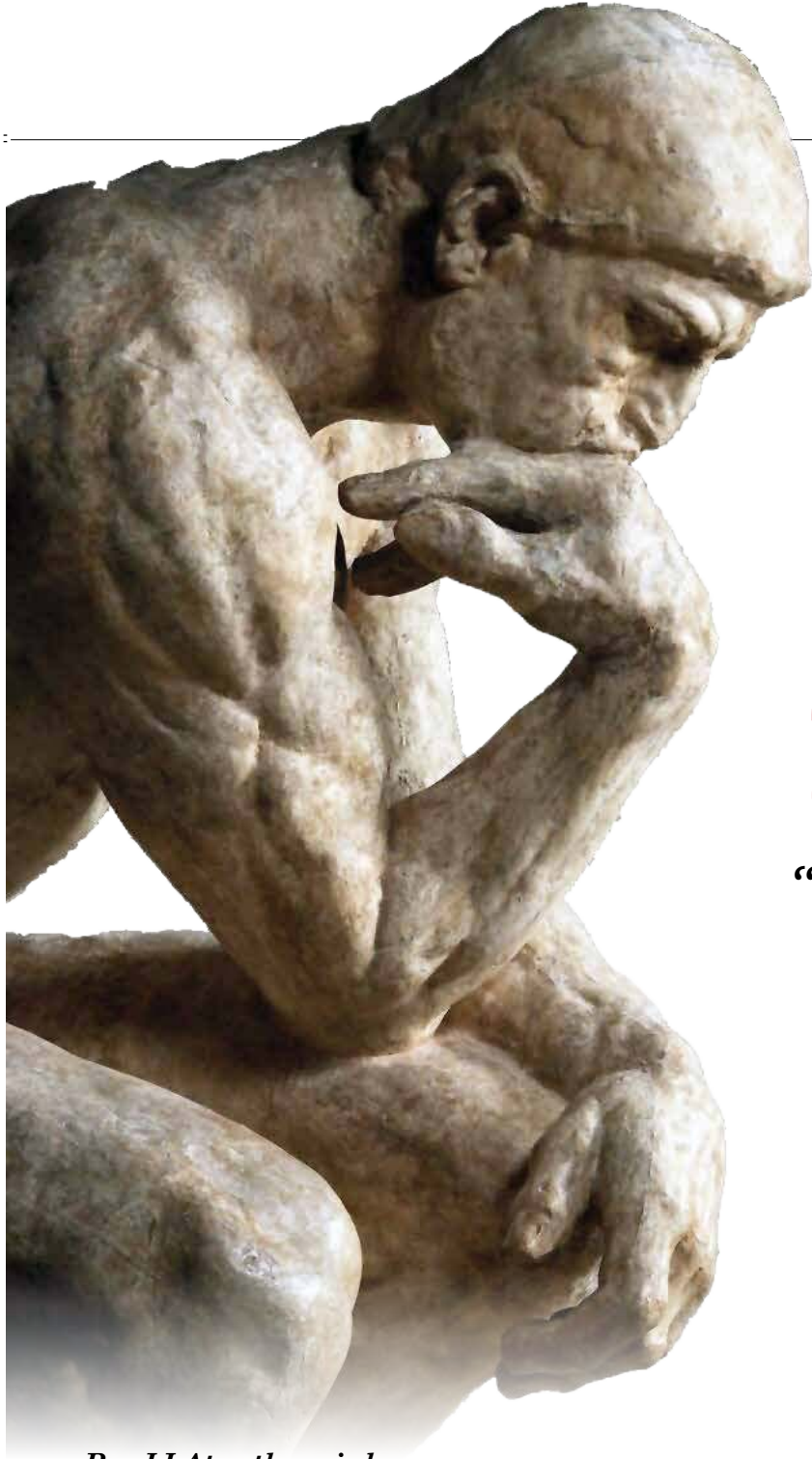


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VALLUVAR'S VIEWS: **GRIM DETERMINATION**

“Ennith thunika karumam, thunitha pin,
Ennuvathenpathu illukku’

By: JJ Atputharajah

A person of resolute will or grim determination will be able to achieve his objective in accordance with the manner in which he has planned it out. A man's thoughts are the ultimate measure of his actions. As a man thinks he is. A man of will be able to translate his thoughts into purposeful action. Efficiency in action springs from grim determination-all the rest comes later. Firmness of purpose is one of the best instruments success. The twin advice of a wise man is first to avoid ill-considered action but after starting on an enterprise one should be able to face the problems that follow boldly. An efficient man will reveal his purpose only on completion of his planned action. If one reveals his intended action prematurely, he may have face insurmountable problems.

‘Solluthal yaryarkkum eliya, ariyavam sollyavannam seyal’.

It is easy to make a plan and speak about it but the rarer achievement is to fulfill the plan as stated and speak about it. Doing is more important than speaking about it. When one's reputation is well established for accomplished deeds, appreciation and regard for him will abound. It is not wise to look down upon men of small stature for they may be able to perform great things like the axle pin of a mighty temple car. This is true

of all human actions. A decision must be the resultant of planned action of a clear and unconfused mind. An action that proceeds vigorously should not be plagued by dilatoriness. Projects that would enhance human happiness should be pursued even at the risk of hazards. World will not benefit from the successes of a man who lacks efficiency in action. The ultimate formula for success is action.

(Kural: 661-670)



“Vaiyathul valva angu Vaalpavan,
Va a nuraiyum theiva thul Vaikkupadum’.



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Does Fashion Help You Live or Does it Stop You from Living?

Hundreds of dollars are spent by students on fashion. They flip through magazines looking for the latest fashion trends, which influences what they choose to wear. Students emulate those styles even if it is not what they want to wear or choose to wear. Our society values fashion and it has its place, but it should not be in school. Fashion is not important in school. All fashion does is waste money, distract students from other important things, and foster a social hierarchy of popularity. Fashion is not something we need to survive or would be destroyed without. All it brings is negativity, so in reality, it is not even important!

First of all, fashion wastes money. Fashionable clothes are typically brand named clothing items. They can cost hundreds or even thousands of dollars for just one item. This wastes a lot of money. For instance, Aritzia is a very popular store for winter coats and it is very fashionable. If you purchase one, it can cost between three hundred and four hundred dollars! Fashion changes on a daily basis. There are constantly new styles on a weekly or monthly basis. In order to stay caught up with these fashion trends, you need to replace clothing often. Buying clothes frequently can waste a lot of money since people waste money on fashion, rather than spend it on things that are actually needed. This includes food, shelter and water. For example, poor people may waste money on fashionable clothing to build up their image. Money is associated with fashion. In order to look rich, they may waste their money on that. It wastes their money and prevents them from having access to their basic necessities. As you can see, fashion wastes a lot of money.

Fashion also distracts students from other more important things. They put a lot of effort into dressing up fashionably, which can be very time consuming. The time they waste on that can be valuable and used for other things. Students may prioritize it over other important things. It is not something we necessarily need and students waste their time on it because they prioritize it. For example, they may waste time

on getting the latest fall sweaters rather than spend time studying. That distraction can lower grades in school. It is very time consuming to constantly go and purchase the latest and new accessories or clothing. Going to various stores that could be thousands of miles apart distracts students and wastes their time. Fashion distracts them from things that are actually important.

Fashion also fosters a social hierarchy of popularity. It creates barriers between those who follow fashion trends and those who do not. Those who follow fashion trends are assumed to be popular based on society's beliefs. Based on those assumptions, they are characterized as popular and self-centered. Students who do not follow fashion trends based on their economic status or their personal preferences are left out, judged and bullied. If you do not fit in and if you are different, you are put down. You are not treated the same as others and you are excluded. For instance, if the latest fashion trend was wearing "jeggings" and all the girls wore it except one, that one girl would be humiliated, excluded, tortured and bullied. Fashion creates these barriers and even limits people from being themselves. Some students like to express themselves through what they wear. Fashion limits that. Almost all students think it is not okay to be different so they try to fit in and fashion is one thing that does that. It restricts them from being themselves. All of these barriers in schools are created because of fashion.

Fashion may be valued by society, but it should not have a place in school. In fact, it should not be valued at all. Fashion only brings negativity into our lives. Fashion is not important. In schools, all it does is waste money, distract students from what is actually important and it creates a social hierarchy of popularity. At the end of the day, if you go back to flipping through those magazines, just know it is because of the negativity that comes with fashion. It is not something you want to follow, but it is something you are forced to follow. You do not need it or want it, so what makes it so important? Nothing.



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THE FUNCTION OF VITAMIN D IN DISEASE PREVENTION

Light and Respiration Play a Vital Role in Our Survival

By: *Uthayan Thurairajah*

Vitamin D plays an important role for healthy bones and muscles. We can get vitamin D from exposure to sunlight or special artificial light, in our diet (foods enriched with vitamin D), or by taking vitamin supplements. The amount of sunlight exposure needed to produce enough vitamin D depends on age, diet, skin color, location, time spent in the sun, weather conditions (cloud cover, pollution, and ozone layer), surface reflection, latitude and altitude, season, time of day, use of sunscreen and clothing.

A few minutes unprotected sun exposure per day is needed for some people to get enough vitamin D. Typical Canadian avoid the midday sun, use sunscreen before and several times during sun exposure due to decades of professional and media misinformation. This is a preparation for minimizing vitamin D levels and all its widely appreciated benefits.

Vitamin D and health

Vitamin D has received huge media attention lately, and for good reason. Vitamin D is essential to human health for its role as a catalyst for calcium absorption, yet many people are deficient, especially Canadian who live at higher latitudes, far away from the earth's equator.

In higher latitudes areas, the sun's rays to travel a longer path through the earth's atmosphere during the winter due to the earth tilt. There is increasing proof that Vitamin D safeguards against the progress of

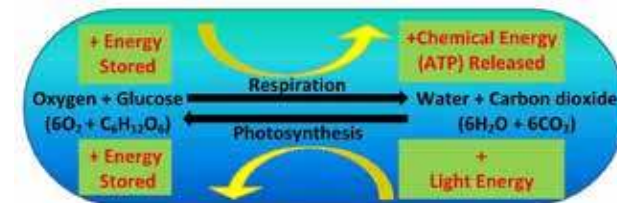
UV Radiation & Skin Cancer

Exposure to the sun is the best way to increase vitamin D3 levels, but prolonged exposure could come at a cost because it enhances the risk of skin cancer and eye disease. The rate of sun exposure is important because your skin stops making vitamin D3 after about half an hour in the sun. Research shows that moderate but frequent sun exposure is healthy, but overexposure and intense exposure can increase your risk of skin cancer. The covering up with clothing and going into the shade (after we a little sun exposure), is a safer way to protect from too much sun exposure. Light-Skinned people make short sun exposures few times per week (taking care not



not recommended. The central nervous system plays a role to converts vitamin D3 into 1,25-dihydroxyvitamin D3 (1,25-(OH)₂ D₃). Vitamin D is fat-soluble, and It is hard to get rid of it if we take too much.

Where do we get Energy for our survival?

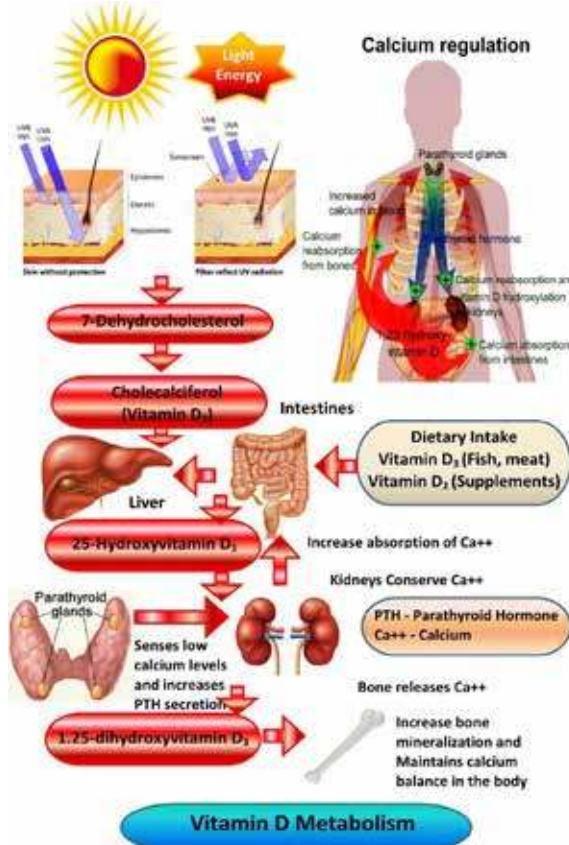


Energy comes from food. The food is broken down into cells in a process called respiration. This breakdown of food releases energy. Enzymes control the breakdown. The respiration is the release of energy from food substances in living cells.

Aerobic respiration requires enough oxygen and releases more energy. In anaerobic respiration, muscles can become low in oxygen under stress. Anaerobic respiration makes less energy than aerobic but continues to release energy without O₂. Anaerobic respiration generates lactic acid which causes muscle fatigue (Glucose (C₆H₁₂O₆) lactic acid (2C₃H₆O₃)). During the anaerobic exercise, the poisonous lactic acid (lactate) builds up in the muscles. Later, the liver breaks down the Lactic acid when oxygen becomes available again. Therefore, we can not live without O₂.

The body uses energy to grow, speak, move around, and keep our bodies warm, reproduce, make the heart beat and to move blood through the body, excrete and feed, send nerve messages to the body and more. Exercise produces more concentration of carbon dioxide (CO₂). CO₂ creates blood acidic, and pH of blood start to drops. This causes the breathing rate to increase to get rid of the CO₂. At the same time, O₂ is breathed in as it is exchanged for CO₂. During the exercise, cells need more energy from respiration. This means breath faster to get more oxygen for respiration.

We have to check the Vitamin D level to confirm that our sun exposure is at the right level. If sunlight exposure is not a practical option, then we should consider supplementing with oral vitamin D3. We have to keep a balanced lifestyle and clean environment for health and wellbeing of all.



to burn and avoiding deliberate tanning) can help the benefits of vitamin D while minimizing risks.

The best sunlight exposure time would be between 10:00 am and 2:00 pm for vitamin D production. During this period, we need the shortest exposure time to produce vitamin D because UVB rays are most intense. When the sun goes down toward the horizon, the UVB is filtered out much more than the dangerous UVA. UVA has a longer wavelength than UVB. UVA can penetrate through the ozone layer, clouds, and pollution. Clouds can block infrared radiation but not UV radiation, leaving the day deceptively cool. Sand, snow, and water on the ground reflect UV radiation, increasing its intensity even in deceptively shaded areas. UVA is what radically increases your risk of skin cancer and photo-aging. When UVB rays are not present, we can use a safe tanning bed or UVB light, or we can swallow oral vitamin D3.

The skin on our eyes and our face is typically much thinner than other areas and is a relatively small surface so face will not provide vitamin D significantly. We need to protect this fragile area as is at a much higher risk of cosmetic photo damage and premature wrinkling. We can use a safe sun block in this area or wear a cap that always keeps our eyes in the shade. Darker skin contains more melanin allow less UVB to enter the skin. This is why dark-skinned people need more sun exposure to make vitamin D than fair skinned.

UVA is one of the primary causes of skin cancer, and it increases photo aging of our skin and tan. We can get vitamin D without significantly darkening our skin. The UVB wavelength does not stimulate the melanin pigment to produce a tan. UVA radiation destroys vitamin D production. UVA is one of the protective mechanisms of our body to keep vitamin D in balance and avoid overdosing on vitamin D when we are exposed to sunlight.

Vitamin D status and levels

Regular sun exposure, without sunscreen, causes our skin to produce vitamin D naturally. Sunscreen blocks much vitamin D production. People believe that sitting behind a glass window in the office, home or car will increase vitamin D levels, but glass reflects nearly all UVB out but transmits UVA. Therefore, Tanning skin through a Window will Increase the risk of skin cancer. People drive long hours in their cars develop skin cancer on the arm next to the car window. Wearing much clothing, as we do in winter, will limit the amount of vitamin D3 we produce. Short exposures 15-20 minutes may be more efficient at producing vitamin D3 as continued exposure to UVB results in degradation of vitamin D3.

Currently, there is no standard vitamin D level. However, blood levels of 25(OH)D below 5-10 ng/ml (12.5-25 nmol/L) are agreed to be "deficient." The bone disorders of rickets and osteomalacia may occur below these levels. It is believed that a 25(OH)D level of 20 ng/ml "sufficient" level, based on bone health findings. Levels of 25(OH)D greater than 50 ng/ml (125 nmol/l) are



Uthayan Thurairajah is a Senior Engineer and Associate 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, various Towns, Municipalities, Regions and others. Ha carries out research on the subject of 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.

many chronic diseases, including rickets, osteoporosis, osteomalacia, cardiovascular disease, multiple sclerosis, arthritis, hypertension, depression, type 1 diabetes, cancer (breast, colorectal, prostate). Fortunately, most people can treat vitamin D3 deficiency with oral supplements. In fact, Vitamin D3 is the only vitamin listed in Canada's Food Guide.

Vitamin D3 supplements, foods, and natural dietary sources particularly oily fish can be very useful for helping to maintain levels of vitamin D3. Vitamin D3 deficiency group include breastfeeding and pregnant women, older people, young children, darker-skinned people, those who wear whole-body coverings or live in institutions. The patients who are medically advised to minimize sunlight exposure including those with photosensitivity/ photodermatoses (sun rashes), skin cancer and individuals who are immunosuppressed or genetically prone have a risk of low vitamin D3. It is advised that a blood test for vitamin D3 level is taken before and after treatment, to assess need for supplements. We can talk to our doctor about whether we should take a vitamin D3 supplement every day. The usual side effect of having too much vitamin D is high calcium levels, called chronic hypercalcemia (kidney stones and deposits of calcium and phosphorus in organs and soft tissues). Early symptoms of hypercalcemia include nausea, vomiting, poor appetite, and weakness.



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In today's modern way of life, it is very unfortunate that so many deaths related to heart diseases keep on occurring with great frequency. When our relatives and dear ones are suddenly admitted to the hospital due to chest pain we expect them to return in good health in a few days but when sometimes we are forced to face the unexpected, the full effect of the gravity of the situation is felt with all seriousness.

When such sudden deaths occur, we generally refer to them as death due to heart attack. However it is advisable for us to be informed about the minor differences regarding deaths due to various types of heart diseases. Basically there are three different types due to heart attack related deaths.

They are as: A. Heart Attack, B. Cardiac Arrest, and C. Heart Failure

When such different terms are used to refer to deaths related to heart diseases, it is natural for us to become perplexed. For example the general public is still confused regarding the death of the famous pop singer Michael Jackson. There is still a great controversy whether his death was due to heart attack or heart failure

It is generally known that one in every three human's die of heart diseases. In Canada heart diseases and stroke has been known to be the primary causes for deaths.

Cardiac is a medical term for heart and the term vascular relates to blood vessels. Heart related medical study is called cardiology. When a medical student follows a course of study in this field he or she is able to obtain a great amount of knowledge regarding blood vessels, blood cells and functioning of the heart. A specialist in this field of medicine is referred to as cardiologist.

Heart Attack

When a person suffers a heart attack the person faces unbearable pain. The pain spreads across the neck, jaw, shoulder joints, arms as well as the back followed by a burning sensation accompanied by tightening of the muscles. On some occasions there will be additional symptoms such as nausea, indigestion, vomiting, heavy sweating etc.

There are a number of reasons for the development of such a condition. The first stage that leads to such a situation is the interruption of blood flow to the coronary artery. As a result the heart muscles are deprived of the supply of oxygen resulting in damage to the heart muscles. There are several factors that contribute to the interruption of blood flow to the coronary artery. Smoking, Obesity, High cholesterol; High blood pressure etc are some of the causes for the development of such a situation.

Myocardial Infarction is an alternative medical term for heart attack. Myocardial infarction (MI) or acute myocardial infarction (AMI), commonly known as a heart attack occurs when blood flow stops to a part of the heart causing damage to the heart muscle. The most common symptom is chest pain or discomfort which may travel into the shoulder, arm, back, neck, or jaw. Often it is in the center or left side of the chest and lasts for more than a few minutes. The discomfort may occasionally feel like heartburn. Other symptoms may include shortness of breath, nausea, feeling faint a cold sweat or feeling tired etc]



S. Pathmanathan, B.A. (Hons) Cey

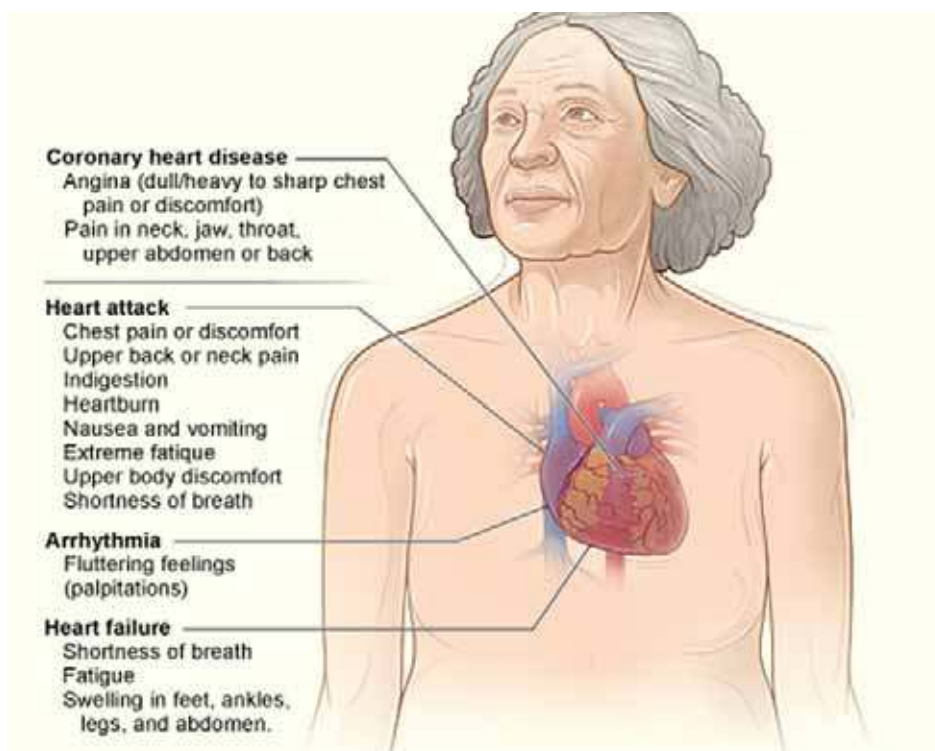
Revised and translated by

S. Raymond Rajabalan, B.Sc. (Hons) Cey



Heart Attack

- Various types, Symptoms -



An MI may cause heart failure, an irregular heartbeat or cardiac arrest.

Most MIs occur due to coronary artery disease. Risk factors include high blood pressure, smoking, diabetes, lack of exercise, obesity, high blood cholesterol, poor diet, among other. The mechanism of an MI often involves the complete blockage of a coronary artery caused by a rupture of an atherosclerotic plaque [MIs are less commonly caused by coronary artery spasms, which may be due to cocaine, significant emotional stress, and extreme cold, among others. A number of tests are useful to help with diagnosis, including electrocardiograms (ECGs), blood tests, and coronary angiography.

During heart attack there could be a complete or partial blockage of coronary artery. When there is a complete blockage the condition is referred to as Q wave heart attack and when the blockage is partial it is referred to as Non Q wave type of heart attack.

Heart attack in females and Males

Research results among female and male heart patients reveal that there are some differences in effect of the heart attack between the two sexes. National institute of Health of America states that generally females feel the symptoms of heart attack a few months before they are actually affected. However, based on the research on 515 patients it has been observed that only 30% of them experienced chest discomfort prior to experiencing heart attack. The rest of the patients have said that they have experienced various symptoms such as extreme fatigue, sleep disorders, difficulty in breathing etc.

induce a "shockable" rhythm.

A number of heart conditions and non-heart-related events can cause cardiac arrest; the most common cause is coronary artery disease.

Heart Failure

Heart failure (HF) often referred to as congestive heart failure (CHF), occurs when the heart is unable to pump sufficiently to maintain blood flow to meet the body's needs. Signs and symptoms commonly include shortness of breath, excessive tiredness, and leg swelling. The shortness of breath is usually worse with exercise, while lying down, and may wake the person at night. A limited ability to exercise is also a common feature. Chest pain, including angina, does not typically occur due to heart failure.

Common causes of heart failure include coronary artery disease including a previous myocardial infarction (heart attack), high blood pressure, atrial fibrillation, valvular heart disease etc. These cause heart failure by changing either the structure or the functioning of the heart. There are two main types of heart failure: heart failure due to left ventricular dysfunction and heart failure with normal ejection fraction depending on if the ability of the left ventricle to contract is affected, or the heart's ability to relax. The severity of disease is usually graded by the degree of problems with exercise. Heart failure is not the same as myocardial infarction (in which part of the heart muscle dies) or cardiac arrest (in which blood flow stops altogether) Other diseases that may have symptoms similar to heart failure include obesity, kidney failure, liver problems, anemia and thyroid disease.

The condition is diagnosed based on the history of the symptoms and a physical examination with confirmation by echocardiography. Blood tests, electrocardiography, and chest radiography may be useful to determine the underlying cause. Treatment depends on the severity and cause of the disease. In people with chronic stable mild heart failure, treatment commonly consists of lifestyle modifications such as stopping smoking, physical exercise, and dietary changes, as well as medications. In those with heart failure due to left ventricular dysfunction, angiotensin converting enzyme inhibitors or angiotensin receptor blockers along with beta blockers is recommended. For those with severe disease, aldosterone antagonists, or hydralazine with a nitrate may be used Diuretics are useful for preventing fluid retention. Sometimes, depending on the cause, an implanted device such as a pacemaker or an implantable cardiac defibrillator may be recommended. In some moderate or severe cases cardiac resynchronization therapy (CRT) may be suggested or cardiac contractility modulation may be of benefit. A ventricular assist device or occasionally a heart transplant may be recommended in those with severe disease despite all other measures.

Heart failure is a common, costly, and potentially fatal condition. In developed countries, around 2% of adults have heart failure and in those over the age of 65, this increases to 6–10%. In the year after diagnosis the risk of death is about 35% after which it decreases to below 10% each year. This is similar to the risks with a number of types of cancer.

Dr. Jean McSweeney of Arkansas University for Medical Sciences commenting on these results says that Indigestion, Fatigue, Sleep disorders and General weakness are common to all.

Cardiac Arrest

Cardiac arrest, also known as cardiopulmonary arrest or circulatory arrest, is a sudden stop in effective blood circulation due to the failure of the heart to contract effectively or at all. Medical personnel may refer to an unexpected cardiac arrest as a sudden cardiac arrest (SCA)

A cardiac arrest is different from (but may be caused by) a myocardial infarction (also known as a heart attack), where blood flow to the muscle of the heart is impaired. It is different from congestive heart failure, where circulation is substandard, but the heart is still pumping sufficient blood to sustain life.

Arrested blood circulation prevents delivery of oxygen and glucose to the body. Lack of oxygen and glucose to the brain causes loss of consciousness, which then results in abnormal or absent breathing. Brain injury is likely to happen if cardiac arrest goes untreated for more than five minutes. For the best chance of survival and neurological recovery immediate treatment is important.

Cardiac arrest is a medical emergency that, in certain situations, is potentially reversible if treated early. Unexpected cardiac arrest can lead to death within minutes: this is called sudden cardiac death (SCD). The treatment for cardiac arrest is immediate defibrillation if a "shockable" rhythm is present, while cardiopulmonary resuscitation (CPR) is used to provide circulatory support and/or to



MANAGING YOUR MONEY

Estate Planning Strategies - Protecting your legacy

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

None of us likes to think about our end of days, but we should if we want our legacy to be passed on as we wish, to ensure our family is protected, and to limit the taxes levied against our estate. Good financial planning must include providing for your loved ones and ensuring they are taken care of after your death. It should also include taking the right steps to ensure that your wishes for your finances and medical treatment will be respected even if you become incapacitated. That's why estate planning is so important.

The basics:

A Will is the foundation of any estate plan. It designates how your estate should be distributed according to your documented wishes. If you die without a will (i.e. intestate), provincial legislation will determine how your estate is distributed amongst your heirs, which may not be consistent with your intentions. Suitable arrangements for minor children and other dependents could be made in a Will and in particular guard-

ians could be named for them. Having a properly drafted will minimizes delays, costs and the complexities of passing on your estate. It reduces taxes to the extent possible, in some cases by creating Testamentary trusts for beneficiaries who are in higher tax brackets.

It is not absolutely necessary to have a lawyer prepare your Will, but it is highly recommended. You should also create a Living Will and a Power of Attorney that designates person(s) of your choice to make financial and health related decisions on your behalf should you become too ill to do so on your own. Generally speaking the purchase of Will kits and Power of Attorney kits at various retail stores or on line is NOT recommended, as it is easy to make mistakes. A holograph Will is one prepared by you in your own handwriting and signed by you without witnesses. Such a Will can raise many problems and should be avoided except in an emergency. The bottom line: When it comes to Wills, professional

advice is well worth the cost.

Beyond basics:

Probate or not? Probate is the process by which your will is validated by a court with fees paid to your provincial government usually calculated on the net fair market value of the assets in your estate. Although reducing probate fees may be desirable, avoiding probate through the use of strategies such as beneficiary designations and joint ownerships can lead to other problems.

Set up a trust: A trust specifies a trustee who will manage the assets so long as the assets are held by the trust. Although it is possible to set up a trust during your lifetime, most people set up trusts in their Wills. A

trust set up in your Will is known as a Testamentary trust, and it can serve several purposes, including maintaining control over the assets until certain beneficiaries are mature enough to manage them, and providing certain tax benefits to high income beneficiaries.

You should review and revise your Will when:

- your marital status has changed;
- there has been a major tax change;
- birth of a child;
- a beneficiary dies or becomes disabled;
- your business succession plan has changed;
- you move to a different province, territory or country;
- your financial position changes significantly;
- you want to change your Executor(s) or Guardian (s)

Your personal estate plan strategies depend on your financial situation and the rules in your province. Wills become more complex if you own a business, are in a blended family, want to set up trust, have specific bequest objectives, or want to structure your assets to minimize taxes and probate fees. A qualified financial advisor and lawyer can help ensure your legacy is left as you wish while limiting probate costs and taxes.

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GENIE SISTERS SAMAYAL SANTHAI



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

Sisters Niranjini Thirunesan (left in photo) and Rajini Nathan live in London and are of Sri Lankan heritage. Niranjini is a graduate in Human Biology, and has a clear passion for food. You can find more of her recipes on her blog www.ninjaeatsfood.wordpress.com Rajini has a background in psychology and travels the world with her husband Victor and daughter Azaaryah. Their travels are detailed at www.myreluctanttravels.wordpress.com

Eggless Chocolate Chip Cookies!



What is life without a good chocolate chip cookie in your hand? The sensation you get when you dunk a warm cookie into a cold glass of milk is so relaxing. Even though most vegetarians do not mind eating chocolate chip cookies which contain egg, there are always a few at parties who are strict vegetarians. Of course, we don't want them to miss out on the fun! So, here's a super easy recipe to please with ease.

Method:

Firstly, preheat your oven to 180°C. Then mix the flour, baking soda, baking powder and salt in a mixing bowl. In a separate mixing bowl, whisk the butter until it is creamy and smooth. Add the sugar to the smooth butter and mix it in until it's fluffy. Add the vanilla extract and incorporate well. Add the flour mixture to the butter and gently mix. You should start seeing a crumbly dough forming. Add the milk little by little, until you make a soft dough. Once you reach a soft dough texture, stir in the chocolate chips carefully. Divide the dough into 20 equal balls and form patties with them, about a 1/2 inch in depth. Place the dough patties onto greaseproof paper, leaving a good amount of space between each one. Bake the cookies for about 15-18 minutes, or until the cookies are golden brown on the edges. Before you move the cookies off the greaseproof paper, let it sit for around 3 minutes. We know, it's too tempting to wait...

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

Ingredients: (makes 20 cookies)

- 1 - ¼ cups plain flour**
- ½ tsp baking powder**
- ½ tsp baking soda**
- (baking powder and soda are two different things, so you'll need both)**
- Pinch of salt**
- ½ cup sugar**
- ½ cup of softened butter**
- ½ cup dark chocolate chips**
- 1 tsp vanilla extract**
- ¼ cup milk (chilled)**





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Monsoon Journal is proud to inform everyone that we are in our 10th year of circulation. We thank all our advertisers, readers and well-wishers who helped us reach this milestone.



7th Annual Accountants Forum by SAAC



President - Vina Devadas



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VP & Forum Chair - Sri Sritharan



Ms. Roshni Mukherjee, Regional Vice President, Scarborough Market, RBC Royal Bank

Sri Lankan Accountants Association of Canada (SAAC) held its 7th Annual Accountants Forum on Saturday, March 12, 2016 at Courtyard Toronto Northeast Hotel at Woodbine & Steeles. There were about 140 participants mostly accountants from the community.

Royal Bank, Chartered Professional Accountants (CPA) of Ontario and EY were the main sponsors.

There were 4 different topics related to accounting and finance that were presented by professional lecturers.

Here are some of the photos taken on that event.



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Participants



HUMANS OF NORTHERN SRI LANKA



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

“The adage, “everybody has a story to tell” is especially true of Northern Sri Lanka! Cut off for several decades from the South, the people of the North have many unique characteristics and issues that hardly get press coverage! Here, inspired by Humans of New York, is a small attempt to redress this - dedicated to all lovers of Sri Lanka, including Northern Sri Lanka!” Here are few recent pictorials that featured in Humans of Northern Sri Lanka:

BY

THULASI MUTTULINGAM

CRITICISM AND MISGIVINGS ABOUT HOUSING SCHEME IN JAFFNA

The Indian Housing Scheme which offered permanent houses to many war affected people who had lost their homes during war and displacements is coming to an end soon.

There are however still several thousand families in the North and East already resettled or still resettling (such as the returnees from India or those just having their lands returned from the High Security Zones) who are still left without housing.

The Government of Sri Lanka made a noble cabinet decision to build 65,000 houses, for those not yet covered by the Indian Housing Scheme.

The Indian Housing, while highly appreciated by the beneficiaries nevertheless had some well publicised problems. Mainly that the money they gave the owners was Rs.550,000 whereas the minimum amount needed to build a very basic two bedroom unit is at least Rs.800,000. This pushed people who were resettling without any money into severe debt at very high interest rates.

At the end of the day however, the people were quite clear in their perception that some financial assistance is better than none - so they were glad to avail themselves of the Indian Housing funds and were disappointed to see it come to an end before they all were covered.

Now the Govt. of Sri Lanka, pledging to learn from the mistakes of previous housing schemes has decided to make this a contractor driven approach - whereby they will give a fixed amount of money to a contractor to finish each house rather than to the owners of the house.

Except the way they chose the contractor, the kind of housing to be implemented, the amount proposed for each house have all come under fierce criticism for different reasons.

Nevertheless, the Government went ahead and put up the first model house of its kind in Urumpirai, which was officially opened by the President two days ago.

Criticism and misgivings about this housing scheme in Jaffna has since exploded. I paid a visit like many others to see this model house, the forerunner of the other 64,999 models. Here are the results.

A person from the neighbourhood making his way

to see the house. It has been awarded to a lady whose husband died in the war, and who has three children to support. As the owner of the first model house,



she has had to put up with visitors in and out of her brand new home over the last two days.



The plaque commemorating the President officially launching the housing scheme with the opening of this house.

Inside one of the bedrooms of the two bedroom unit. Complete with handloom curtains and white sheets on a double bed. Where most Jaffna beds are made of solid wood however, this one was of a pretty low quality faux wood - as were most of the other furniture that came as part of the package for this house - costing the GoSL an estimated Rs2.1 million per house.

Visitors checking out the sofa set in the small living area - which came equipped with fake potted plant too - not really a facet of Jaffna lifestyle, as we have enough greenery in our yards.

The owner of the house (not pictured) was beginning to be visibly upset by repeated questions from her multiple visitors on what she thought of the ‘fakeness’ of the house.

Even to the untrained eye, the house looked like a blown up doll’s house with thin walls, doors and windows, all with a plasticky feel to it.

These are what are called prefabricated houses, a concept still fairly new to Jaffna -where most of the house is assembled on a factory floor and then reassembled on site.

While Jaffna’s stone houses did not stand the proof of bombs and shells, they do generally stand the test of time - at least for 2-3 generations. This house according to its manufacturers can apparently last for 30 years - although many who went about knocking on its surfaces remained sceptical of that premise.

“This material reminds me of the lego toys my children play with” said one lady visitor. “I don’t think this house will be standing for even a decade, it will start to crumble in a few years,” noted an engineer visiting.



The owner of the house retorted, “Well for me this is good enough. I used to live in a tin shack and where were all you activist types then? Why are you complaining about the house I have got only now?”

Outside however, many of the neighbourhood congregated to discuss this very new housing in

visitors checking out the sofa set in the small living area - which came equipped with fake potted plant too - not really a facet of Jaffna lifestyle, as we have enough greenery in our yards.



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their midst. Most of the men said they were masons themselves and understood Jaffna civil society members' concerns about this new housing - but they also endorsed the view of the owner, that something was better than nothing.

"If you have the ear of the government, any of you - please go back and tell them that we are grateful for this housing - but we think it could be done better.

The only problem we had with the Indian Housing was that the money given was not enough to complete it. Given that our Government is now spending 4 times that amount per house, we would have no worries of finishing an Indian model stone house, which is also culturally appropriate for us.

Indeed we don't even need this current budget allocation of Rs 2.1 million per house; for just half that we can comfortably build a two bedroom stone house. Which means this money allocated for 65000 families can serve 130000 families instead - there are that amount and more still left houseless and we are willing to share."



As masons, they also said they had lost out on the opportunity to earn from building the house as it had all been transported in and set up pre-fabricated, by the contractor, a Luxembourg based company called ArcelorMittal.

According to the masons, while they could easily fix and repair traditional stone houses, the materials used here are not locally available nor suitable for fixing should the need arise.

Here, right by the kitchen is set up a small dining area with mounted pretty pictures, tables, chairs and cutlery.

Except that the average Sri Lankan family doesn't really use cutlery or a set up like this to dine.



The kitchen came equipped with cupboards, water filter and gas cooker - but no hearth to cook using firewood, in the traditional Jaffna method.

The low to average income households here still depend on firewood rather than gas for cooking in order to cut down costs. Was the socio-economic conditions of the beneficiaries reviewed before outfitting the house?

As the Chief Minister C.V Wigneswaran has noted, "They do not suit our climate, our environment, our



culture, our way of life and are exorbitantly expensive."

Why were all these valid concerns not considered? Will they yet be considered?

The owner of this house works as a day labourer to sustain her family. How is she going to afford gas to cook in this kitchen?



The washroom / toilet was outside the house as is traditional.



The house was fenced off with tin sheets, not exactly a durable or ideal material but still more expensive (though less cooling) than the dried leaf paneling, fencing off the neighbours' properties.



A typical habitation structure in this neighbourhood. We do get it. The people here are happy to have any house, even a poor quality prefabricated house rather than the houses they are now living in.

We do not wish to rain on their parade, nor do we want to make the government back off from the task of providing housing altogether.

It is a very much needed and welcome endeavour. All we advocate for is that there be more accountability and practicality on how those houses get

funded and built. A housing project of this magnitude has the chance to offer durable and strong culturally appropriate stone houses, income to the local masons and carpenters and a boost to the local economy overall. Why deny the people all that?

Whatever is worth doing, is worth doing well

I have been getting some very naive / antagonistic comments regarding the post on 65,000 housing scheme of the GoSL - featured in my last post.

So let's try to clear up some of the common misunderstandings regarding this issue shall we?

The lady featured in this photo, a recent returnee from India was featured some time ago on another story - but her case makes a good case study here as well.

Notice the background of the house she is standing in? It was built in 1987 by her father, a wealthy fisherman in the area of Keerimalai, Jaffna in the eighties. Here is what she had to say about her circumstances:

"My father was a fisher-merchant with a fleet of boats, doing very well for himself here. We lived in a big house by the coast that was demolished by the security forces in 1985. They said they needed to do that to have a clear view inland from the sea for security purposes, but offered no compensation to build another house. My father having the wherewithal at that time, almost immediately built another big house further inland. We had barely lived in it for six months before we became displaced from there too and then told we could not come back as the government had made it a high security zone.

We displaced to the Wannai and from there to India, where we lived in refugee camps. When we returned to our village last year, we were grateful to find this house still standing, even though it had been looted of its doors, windows and all the furniture we had left behind. The only repair we could afford (we have not received any compensation from the govt yet and don't know if we ever will) was to fix a door to one of the rooms so that we can lock it and sleep in security.

We can't afford to do anymore for now, as my husband, originally from the fisher community, never learnt to fish. He was displaced from here when he was nine years old. Only now in his late 30s, he is accompanying others in their boats to learn and since he still isn't proficient at fishing, he supplements our income by taking on wage labour work where available. We are grateful to have returned and grateful to have found our house still standing - although it is not really suitable to withstand the elements. The old roof offers no shelter against rain and water gushes down in the rainy season. At such times we run to a neighbour's house to seek refuge."

In this context, let us review some of the criticisms levelled at those who raise concerns about the synthetic houses being offered by the Government to resettled, and resettling IDPs shall we?

1) Something is better than nothing. Be grateful they are getting a house instead of no house at all.

Answer: True enough - and the selected beneficiaries of these houses certainly are grateful. However, given that the housing is priced at Rs.2.1 million, the government almost certainly can afford to go in for better quality housing rather than cheap prefabricated houses, which are obviously not going to stand the test of time. When you can build stone houses for half the price, and they are much more durable and culturally appropriate, why go in for artificial housing?

2) The Government is not obliged to provide even this; don't be ungrateful. The lady featured here might be quite suitably grateful for such a housing given her current circumstances. However, let's not miss the wood for the trees. We don't need to go into accusations and counter accusations about what led to her current circumstances. She was only eight when she became displaced from Jaffna. The main issue is that she certainly wasn't the architect of her current situation. Giving her a plastic house in place of the mansion her father had built for her and telling her that she ought to be grateful for receiving even that is not appropriate.

3) Are the people receiving the house themselves happy about it? If they are happy and willing to accept these houses, no-one else should criticise it; it's none of your business. We beg to differ. Of course most of the people slated to receive these houses are quite happy about it, given their current circumstances. That is NOT however a reason not to criticise the raw deal they are getting. Since the government has actually budgeted for houses that are worth giving - let those houses be worth the money being allocated. This is all that the concerned civil society of Jaffna are asking for - and that is by no means an unreasonable request. Whatever is worth doing, is worth doing well. So let us please do it well.



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Inspired | Empowered | Ignited Launch of TEN Women



By: Janani Srikantha

On March 5, the Estate Banquet & Event Centre was filled with energy and excitement as over three hundred people gathered for Inspired | Empowered | Ignited, the launch of the Tamil Entrepreneurial Network for Women (TEN Women). The day was a celebration of empowerment, community and innovation.

TEN Women Inc. is a global platform for Tamil female entrepreneurs who are looking to meet mentors, form partnerships, and are seeking the right tools and networks as they embark on their journey to success. TEN Women also offers workshops, webinars, and other resources to help Tamil women build their businesses. This worldwide platform acts as a marketing tool for entrepreneurs to raise awareness about their products or services. Members can also leverage the expertise of individuals in similar industries across the world.

The long term goal of TEN Women is to provide members, who have the right entrepreneurial vision but are lacking the financial resources, with grants to get their businesses started. By providing entrepreneurs with grants, TEN Women Inc. hopes to not only empower and motivate Tamil women, but also generate more employment and develop leaders that will invest back into the community. To ensure giving back continues, instead of repaying the grant awarded, entrepreneurs are asked to allocate 10% of their annual profits to charities and not for profit organizations focused on providing food, better health, and education for individuals in need.

Sathya Gobiraj, founder of TEN Women Inc. showcased what TEN Women stands for with a line up of inspirational speakers, a panel of successful Tamil business women from Toronto, aspiring youth who are striving to be entrepreneurs, and provided resources for all guests to engage in building their vision.

The day began with Melyssa Moniz speaking to the audience about living their passion. Through active participation, she imparted the message that big dreams are not started as big ventures, but instead they are a lot of small steps put together. The key to putting all the pieces together, to live your passion, is to decide to be successful and not just try. Once the decision is made,



she spoke of the importance of forming authentic connections by having meaningful conversations that people resonate with. Melyssa Moniz wrapped up the inspirational first session with the message of intention, and how everyone who aspires to be successful has to make themselves accountable.

Coach Ahalya who is the founder of Oli Leadership International, a leadership coaching and consulting business, spoke about truly believing in what you seek. Although a difficult and fearful path for some, it is important to believe that "you are going to have something solid to stand on or you are going to be taught to fly".

Her words were a reason for the audience to take the time to reflect and listen to their own moments of inspiration. Coach Ahalya imparted the importance of knowing why you, as a person, want to change the world, as people often invest in you not because of what you do, but for the reasons that you do it.

After a lunch that gave opportunity for networking, the audience was treated to a session with Satish Verma, the president of Think and Grow Rich Institute. Satish Verma echoed the morning discussions by emphasizing that the key to success is knowing the 'why' behind the 'what' when setting goals, as this will allow you to be in harmony with your decisions and ultimately draw others towards you. Coupled with a few jokes, he encour-

aged each of us to 'play the game' as the fun is not in being a spectator, and to wholeheartedly plant and nurture ideas to bring forth success.

With a room full of people motivated and ready to take on their dreams, Rathika Sitsabaiesan spoke about confidence and communication. Her lively personality brought everyone to their feet to practice Power Positions in order to visualize what you want. Rathika Sitsabaiesan reiterated that it takes knowing your passion, along with confidence, to strive for your goals. Her key message was that it's not a sign of weakness to ask for help, and to clearly communicate what is needed. Rathika Sitabaiesan introduced the Feedback Loop, which she demonstrated with valuable examples, to ensure that your audience has received your message in the way that you intended them to.

Amongst these four speakers, there were panel discussions led by Sumu Sathi that showcased Tamil women in the Toronto community who are achieving milestone successes as entrepreneurs. Sumu Sathi, the founder of Mandraa TV and Toronto based start-up coach, kept the panel discussions interesting by sharing anecdotes from her personal entrepreneurial journey. The ten women, from various fields, spoke of being selfless and filling a need to make a difference.

They also shared that their success comes from knowing their hourly value and understanding that their time

has value. By delegating and drawing upon their strengths, they are able to provide high quality services and products which align with their high value. The pivotal takeaway that the panel represented is that they don't fear failure, and they exemplify the confidence and passion it takes to be successful Tamil female entrepreneurs who have a local and global reach.

The audience was treated to music and dance by Vithusayni Paramanathan, Anoshinie Muhundarajah, and Lady Pista, three Tamil women who strive to diversify and showcase the Arts.

The day ended on a high note with three upcoming young Tamil women, Sajasha Manoharan, Sharuthie Ramesh, and Vithusayni Paramanathan, who have already accomplished so much as high school students. By winning competitions in the automotive industry, writing novels that are published globally, and founding a renowned platform for Toronto Tamil artists, they are breaking barriers and are on their way to being recognized entrepreneurs in their fields, at a young age.

If you would like to be a part of TEN Women, an innovative network that is committed to supporting and bringing Tamil women together, join workshops, receive digital magazines, and access resources, membership is available at www.tenwomen.ca.

Picture Courtesy:
KSR Foto Ram



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THE HINDU TEMPLE SOCIETY OF CANADA
Richmond Hill Ganesha Temple

MAHASHIVARATRI



By Kidambi Raj

Member, Board of Trustees

This year the Mahaa Sivaratri was celebrated on Sunday, March 06, 2016

What is Sri MahaShivaratri ?

Sri Maha Shivaratri means, The Night of Shiva, signifying the ceremonies that take place mainly at night. This is a festival observed in honour of Lord Shiva. Shiva was married to Parvati on this day. This is the night when Shiva is said to have performed the Tandava or the celestial dance of primordial creation, preservation and destruction.

It marks the convergence of Shiva and Shakti. It falls on the fourteenth day of the dark fortnight of Magh or Maasi, (February-March) and is dedicated to the worship of Lord Shiva. Of the twelve Shivaratries in a year, the Mahaa Shivaratri is the most holy.

Significance of Shivaratri in Hinduism

Festival of MahaShivaratri has tremendous significance in Hinduism. According to sacred scriptures, ritual worship of Lord Shiva on Shivaratri festival that falls on the 14th day of the dark fortnight in the month of Phalgun (February/March), pleases Lord Shiva the most. The fact is said to have been declared by Lord Shiva himself, in reply to His Consort Parvati's question, as to which of the rituals performed by His devotees pleased Him the most.

It is said that devotees who repeat the Pachakshara Mantra Om Namah Shivayaa and utters the names of Lord Shiva during Shivaratri, with perfect devotion and concentration, is freed from all their sins and reaches the abode of Lord Shiva and lives there happily. That person is liberated from the never-ending wheel of births and deaths.

Origin of Shivaratri

According to the Puranas, during the great mythical churning of the Ocean of Milk by devas (gods) and asuras (demons), called Samudra Manthan, they came across a deadly poison Kalakuta. As soon as they touched the poison, it exploded into poisonous fumes and that threatened the entire universe by darkness. As the destruction of the whole universe looked certain, the Gods sought the help of Lord Brahma and Lord Vishnu. Since neither one was able to help, they sought the help of Lord Shiva. Lord Shiva raised His trident and reduced the fumes. He in order to protect the world, drank the deadly poison, but held it in His throat instead of swallowing it. This turned His throat blue, and since then He came to be known as Nilakanta, the blue-throated One. Shivaratri celebrates this event by which Lord Shiva saved the world.

Another Hindu Mythology story emphasizes Shivaratri's auspiciousness. The story goes on to say on the Shivaratri day, a hunter, who had been hunting many birds in a forest, was chased by a lion. To save himself from the hungry lion, the hunter climbed a Bilva or Vila tree. The lion waited at the foot of the tree for the hunter to come down. To keep himself awake so that he may not fall off, he kept plucking the Bilva or Vilva leaves and kept on dropping them down, without even realizing that there was a Shiva Linga at the foot of the tree. Lord Shiva was pleased with the offerings of the Bilva or Vilva leaves by the hunter though he did it without knowing it, saved the hunter, in spite of the sins he had committed by killing the birds. This shows the importance of worshipping Shiva with Bilva or Vilva leaves.

First Seshha Vaahana Utsavam

By Kidambi Raj

Member, Board of Trustees

The induction of the newly made Seshha Vaahanam for Perumaal was celebrated at the Richmond Hill Ganesha Temple on Saturday, February, 2016.

About Seshha Vaahanam: In Hinduism, Seshha (Sanskrit: Sesa), also known as Seshangaa or Aadisesha is the naagarajaa or king of all naagaas and one of the primal beings of creation. In the Puranas, Seshha is said to hold all planets of the universe on his hoods and to constantly sing the glories of the God Vishnu from all his mouths.

He is sometimes referred to as Ananta Seshha, which translates as endless-Seshha or Aadisesha (first Seshha). It is said that when Aadisesha uncoils, time moves forward and creation takes place and when he coils back, the universe ceases to exist.

Vishnu is often depicted as resting on Seshha. Seshha is also considered a servant as well as a manifestation of Lord

Vishnu. He is said to have descended to earth in two human forms or avatars; Lakshmana, the brother of Rama and Balarama, the brother of Krishna. The great Vaishnavite Saint Sri Raamaanujaa was also considered as an avatar of Sri Aadisesha.

Seshha is generally depicted with a massive form that floats coiled in space, or on the ocean of bliss, to form the bed on which Lord Vishnu lies. Sometimes he is shown as five-headed or seven-headed, but more commonly as a many thousand-headed serpent, sometimes with each head wearing an ornate crown. In the Bhagavadgita chapter 10, verse 29, Lord Krishna while describing His 75 common manifestations, declares, ananta ca asmi naagaanam, meaning Of the Naagaas, I am Ananta.

Legend:

As per Mahaabhaarata, Seshha was born to Sage Kashyapa and his wife Kadru. Kadru gave birth to a thousand snakes, of which Seshha was the eldest. After Seshha were born, Vasuki, Airavata and Takshaka, in that order.

A lot of Seshha's brothers were cruel in nature and were bent upon inflicting harm on others. They were even unkind to Garuda, who was Kashyapa's son through Vinatha, sister of Kadru. Kadru and Vinatha were daughters of Daksha. Seshha disgusted by the cruel acts of his brothers, left his mother and kin and took to austere penances. He lived on air and meditated in various places including Gandharmadhana, Badrikashrama, Gokarna, Pushkara and Himaalayaas.

His penances were so severe that his flesh, skin and muscles dried up and merged with his frame. Brahma



Seshha Vaahanam Seshha Vaahanam with Perumaal & His Consorts

convinced of Seshha's will, asked Seshha to request a boon. Seshha asked that he be able to keep his mind under control so that he could continue to perform ascetic penances and Brahma gladly accepted his request. Brahma then asked a favour of Seshha, that he should go beneath the unstable earth and stabilize it. Seshha agreed and went to the netherworld and stabilized her with his hood. He is known to support her even today, thus making Paadaala his perennial residence.

Seshha is also depicted as floating in the ocean of the changing world, forming the bed of Mahaa Vishnu. In Bhagavatam Seshha is also named Sankarshana, the tamasic energy of Lord Naaraayana Himself and is said to live deep within the inner layers of paadaala, where there are many serpents with gems on their head, where Sankarshana is the ruler. He is said to live even before the creation of the universe and when the universe is towards its end, he creates 11 rudras from him to destroy the universe for a new one to be created.



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“Voice of women should act as pressure groups”, states Sri Lanka’s Women’s Conference President Sivanandini Duraiswamy

At the recent biennial Conference of the Sri Lanka Women’s Conference which was celebrating its 82nd year. Sivanandini Duraiswamy was unanimously elected President for the period 2016 – 2018. The Conference is the premiere women’s organization in Sri Lanka - an apex body with several member societies as its affiliates and a few regional bodies.

Sivanandini was visibly moved as she addressed the audience – “That I am unanimously elected President of this prestigious body moistens my eyes. The faith and trust placed on me especially by some of the senior members, deeply touch me greatly.

We’ll be able to work for the Conference if all of you – the new set of office bearers and the Committee join me together with all the peripheral affiliates and regional chapters. As it is, the Conference has worked for the betterment of the woman in being instrumental in creating a Ministry for Women’s and Child’s affairs, the Women’s Bureau, Women’s rights and Human rights, Gender equality and Parity for women, she stated.

The Prime Minister did announce at the recent International Women’s Day programmes that 25% women’s representations must be in local bodies. We are 50% of the electorate but only 5% in the legislature! Our presence in Parliament, Provincial and District Councils, as CEOs in blue chip companies is important especially being in the decision making processes when women’s issues are discussed. However, I feel very strongly that what is required now is the voice of the women as pressure

groups – a sustained voice to campaign a cause - as for example, equal pay for equal work – something that has not taken off fully.

For this biennial in keeping with the objectives of the Conference I would like to perhaps focus on two themes – to work towards the improvement of the status of women and to encourage women to take their due share of responsibility.

“Are we taking our due share of responsibility? Is an important question we should ask. The career seems to take first place in a woman’s life neglecting her home and family – the finer values of loving, caring, sharing and cuddling their little ones are missing and these that help to make the children not only good persons but also make a better generation of people. And it is here that I speak of the second theme of our due share of responsibility.

This biennial let us take these as Community Issues which should also include the many war widows who have become women headed families in the country – an aftermath of the war. For these our regional chapters need to be revived and strengthened to be forums of discussions, debates and action reaching out to the communities.

These to my mind are the real-time issues for women and the Conference is keen to see violence against the women and girls is stamped out and sexual harassment addressed.

In conclusion let me say “Being a woman is my role – lets celebrate.”

(Seen here are some pictures taken at the event)



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THE HINDU TEMPLE SOCIETY OF CANADA Richmond Hill Ganesha Temple

PANGUNI UTTIRAM

- March 22, 2016

By Kidambi Raj

Member, Board of Trustees

Significance of Panguni Uttiram: Panguni Uttiram is a much talked about festival of many temples throughout South India. The festival falls during Hindu Calendar month of Panguni (March-April). Panguni is special because of the coming together of the star Uttiram and Pournami (Full Moon).

Celestial weddings:

This month is special because the Uttiram nakshatram coincides with the full moon. This full moon signifies the marriage of divine couples like Parvati and Siva, Murugan and Deivanai, and Aandaal (also known as Kothai) and Rangamannar took place on this holy occasion. On Panguni Uttiram, Narayana marries Komalavalli Naachiyar and presented his Kalyana Kolaor wedding stature to his Bhakthas. Again, Valmiki's Ramayana says it is on this day and star that Sita's marriage with Rama was celebrated. From Brahmanda Puranam we learn that on Panguni Uttiram every holy water joins Thumburu Thirtha, one of seven sacred tanks in Tirupati Tirumala.

The day is intended to underline

the glory of grahasta dharma (or the married life of a householder). The Almighty manifests in the marital state as Uma Maheswara, Sita Rama, and Radha Krishna – despite his changelessness, of childhood or youth or old age. The Lord is indeed a Nitya Kalyana Murthi. It is our duty to celebrate this day when the Lord, in both Shiva and Vishnu temples, appears to devotees in his married stature. On Panguni Uttiram, in all places where Lord Subrahmanya has a temple, his devotees carry in a kavadi the requisites for puja for him, in fulfilment of vows. Such vow fulfilment by devotees carrying kavadis is a special feature of Subrahmanya temples wherever they happen to be.

It is the Jayanti (Day of Incarnation) of Lord Ayyappan. It is also an important festival day for Lord Subramanya (Muruga), as it is on this day that Sri Deivanai married Lord Subramanya. On this day Goddess Mahalakshmi incarnated on earth from the ocean of milk (after the ocean was churned by the Gods and the demons) and hence it is celebrated as Mahalakshmi Jayanti. On this day Goddess Parvati in the form of Gowri married Lord Siva in Kanchipuram and hence this day is



Kalyana Utsavam of Siva with Parvati Kalyana Utsavam of Perumal and Lakshmi

also celebrated as the Gowri Kalyanam day.

Panguni Uttiram is an indication from the Divine:

According to Hinduism, Grahasthya (household life) is a phase through which everyone should fulfill their duties of maintaining a household as family person. A family person is expected to get married and raise their children and then move towards the path of liberation. Panguni Uttiram is the day that teaches us the significance of relationships in our lives. Without relationships our society would cease to have a stable family life creating an environment for our children and our future generations. It is an indication from the Divine that Weddings are sacred bonding between a man and a woman, and an initiation into the Grihastha that is meant to sanctify growth of progeny. Panguni Uttiram is also the

day that can correct the problems in relationships. Instances of Divine Weddings demonstrate that marriages on earth are Divine and will and sanctified by them. Whether you are already in a married relationship or not yet married, you can seek the help of the Divine Couples to listen to your issues or problems and help you find a way out of troubles. By being present in the Divine Wedding ceremonies on Panguni Uttiram day and tuning into the Divine mood, you can connect with the higher consciousness and acquire better intelligence to understand your life. Prayer to the Divine couples at this time is important for bringing good vibrations into relationships. So, you will see relationship miracles taking place when you are very conscious about this time frame and connect with the divine in order to facilitate a very fulfilling, productive and fruitful relationship.

Mitsubishi Corporation to supply and install power transmission cables in Sri Lanka

Mitsubishi Corporation (MC), together with J-Power Systems Corporation (JPS, 100% subsidiary of Sumitomo Electric Industries, Ltd.) and LTL Projects (Pvt.) Ltd. (LTL) of Sri Lanka, has been awarded a contract by the Ceylon Electricity Board (CEB) for the installation of underground transmission and distribution cables in the Greater Colombo region of Sri Lanka.

MC and JPS will supply the underground transmission cables, while LTL will be in charge of supplying ancillary equipment and installation. The project, which receives some of its financing under a Japanese ODA loan, will cost approximately 7.5 billion yen (Rs. 9 billion) and is scheduled for completion in May 2018.

Electricity demand in Sri Lanka is expected to see an annual increase of around 7% in the coming years, a reflection of the country's 7% per annum GDP growth rate. The Greater Colombo area, the island's financial center and capital region, is

in a particularly critical situation. Not only is an already insufficient power supply failing to keep up with rapidly increasing demand, but the rate of electricity loss during transmission due to the aging of current transmission infrastructure is also extremely high when compared with other countries in Asia. This project is therefore considered to be a major step towards addressing an urgent crisis and is viewed as an essential part of the effort to secure a stable supply of electricity to Greater Colombo.

"Through this project, MC will be seeking to con-



tribute not only to the stable supply of electricity in Sri Lanka, but also to the country's overall economic growth, while at the same time proactively seeking to expand its involvement in electricity-related businesses across Asia," MC said in a statement.



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DURHAM TAMIL ASSOCIATION'S CONTRIBUTION TO THE FAMILY DAY EVENT

On March 16, 2016 The Community Connections Program held its annual Family Fun Day event at the Ajax Welcome Centre. The event's purpose is to provide a day of entertainment and interaction to Durham Region's Newcomers and their families. The day was filled with educational and interactive games, the creation of a giant puzzle, face painting. Music was provided by

one of our amazing program volunteers. Youth of Durham Tamil Association did an amazing job by applying henna for the guests. TEAM DTA Youth attracted kids and adults with their magical henna and the day was a huge success with over 200 Newcomers attending.



SAVE SHALINI NAGARAJ

Durham Tamil Association's Helping Hearts Initiative has crossed \$ 1300 to help Shalini Nagaraj survive

Shalini Nagaraj a 14-year-old girl from St.Philomena's Girls High School in Bellary - Karnataka, who goes to school with her friend Tanushree, whose mother Mrs.Anuradha Narayanan was my childhood classmate. I have known Anuradha since Grade 6 !

Anuradha's heart broke when she heard Shalini has been diagnosed with CML Chronic Blast which is a type of Blood Cancer. She desperately reached out to all of our friends seeking their support. I decided to join hands with her, to save this child's life through DTA's Helping Hearts Initiative.

Shalini was undergoing Chemotherapy in Kidwai Hospital in Bangalore. As of December 22nd, Shalini is an out-patient at Narayana Hrudayalaya Hospital in Bangalore, where she is being treated by Dr.Sunil Bhat. As per her doctor, Shalini must undergo 2 sessions of Chemotherapy before going through the Bone Marrow Transplant in order to survive. The hospital gave us a quote for the bone marrow transplant which will cost around INR 20 Lakhs, which is around \$ 40,000 CAD. Few tests have been done recently and the doctor will be able to determine the next procedure in a week or two, based on the reports.

Sincere thanks to her school Principal Mrs.Shantha Selvaraj, who spread the plight of Shalini and helped raise around INR 5 Lakhs (CAD \$ 10000). Till now the family has raised about INR 3.5 Lakhs (CAD \$7000). With the generosity of few other, they were able to raise

about INR 2 Lakhs (CAD \$ 4000). As Shalini is from a middle class family and personally do not have the resources to fund the cost of prescribed treatment , her family is desperately seeking our support to raise the remaining balance of around \$ 20,000 CAD.

I posted a request to donate funds for Shalini in my Facebook on behalf of Durham Tamil Association, which has earned few donors. I sincerely place my gratitude with heartfelt thanks to the following donors who donated generously.

- Mrs. Vasuhi Santhirajah (Niagara Falls) ----- \$100 CAD
- Mr. Senthil Thirugnana (Oakville) ----- \$250 CAD
- (Deposited in the parent's account directly)
- Mr. Senthana Nadaraja (Ajax) ----- \$100 CAD
- Mrs. Sinthika Kanagaratnam (Facebook Contact) ----- \$50 CAD
- Mrs. Sheila Gadan (Ajax) ----- \$100 CAD
- Mr. Easwaran Periathamby (Mississauga) ----- \$250 CAD
- Mr. Kaeman (Facebook Contact) ----- \$100 CAD
- Mrs. Thurka Arulendran (Ajax)----- \$50 CAD
- Mrs. Hariffa (India) ----- INR Rs.5000
- (Which is equal to \$100 CAD deposited in to parent's account directly in Indian Currency)
- Mr & Mrs.Uthayakumaran Rajendram (Markham)

The total money raised on 31st March, 2016 ----- \$1300 CAD



Date of the surgery will be determined by the doctor and the hospital, based on the time required to reach the fundraising target. We kindly request you open your heart and donate any amount you are able to save this young child's life, at the earliest.

Please feel free to contact me at 6479934937 if you have any questions. Please include Shalini in your prayers.

Uma Suresh
Program Coordinator
Durham Tamil Association

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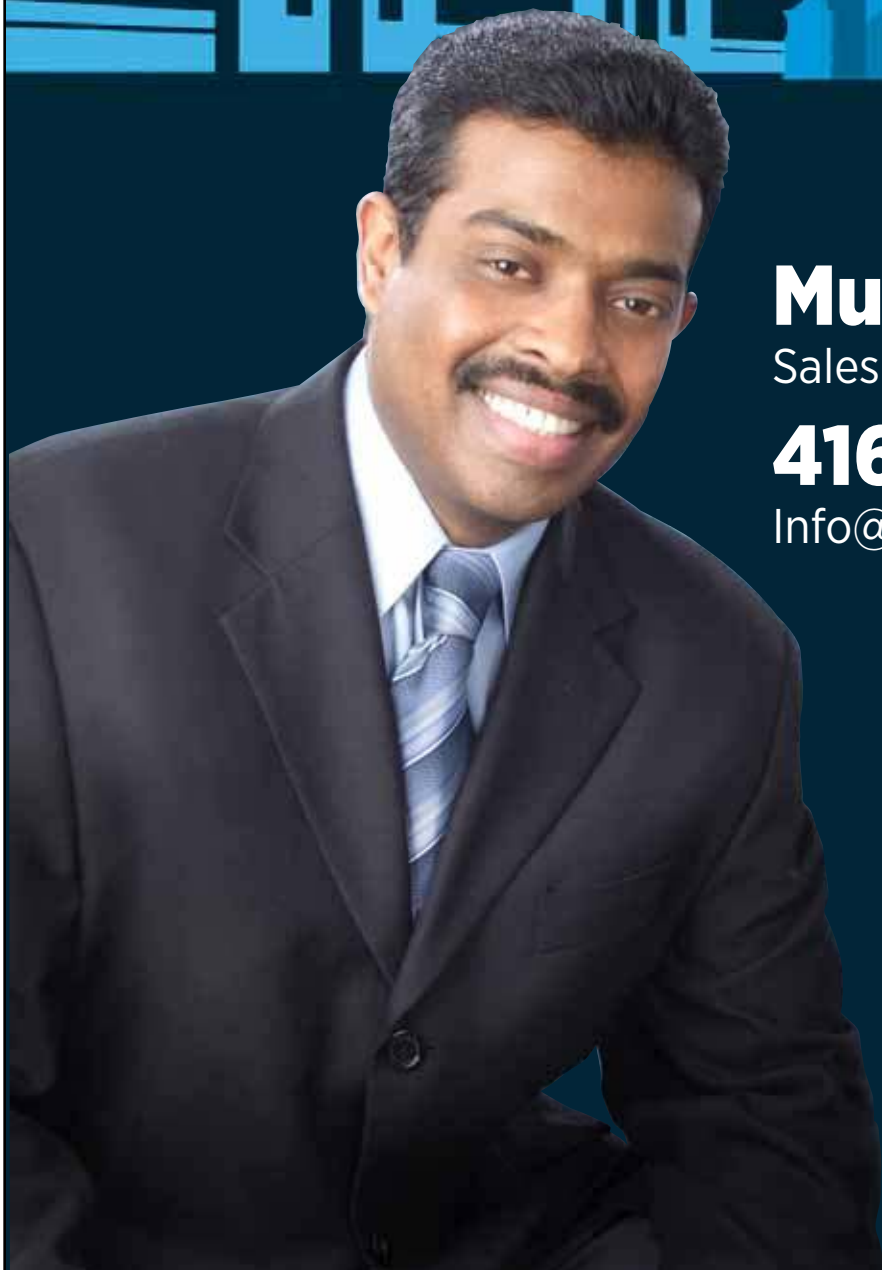
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Monsoon Journal has media accreditation to access many corporate events.

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Interested to meet people and cover social events.

Motivated to gain professional experience by working in a fast-paced newsroom environment, including internships.

Requirements include: the ability to meet deadlines; communication skills; being adept at time management; proficient with DSLR camera and Photoshop; have a journalistic and creative eye; excellent people skills; know how to work in a team setting.

The photojournalist will produce and process images primarily for the editorial department, including its website and multimedia platforms, plus special sections and advertisements.

Assignments will include photos to accompany stories, wild art, and photo essays.

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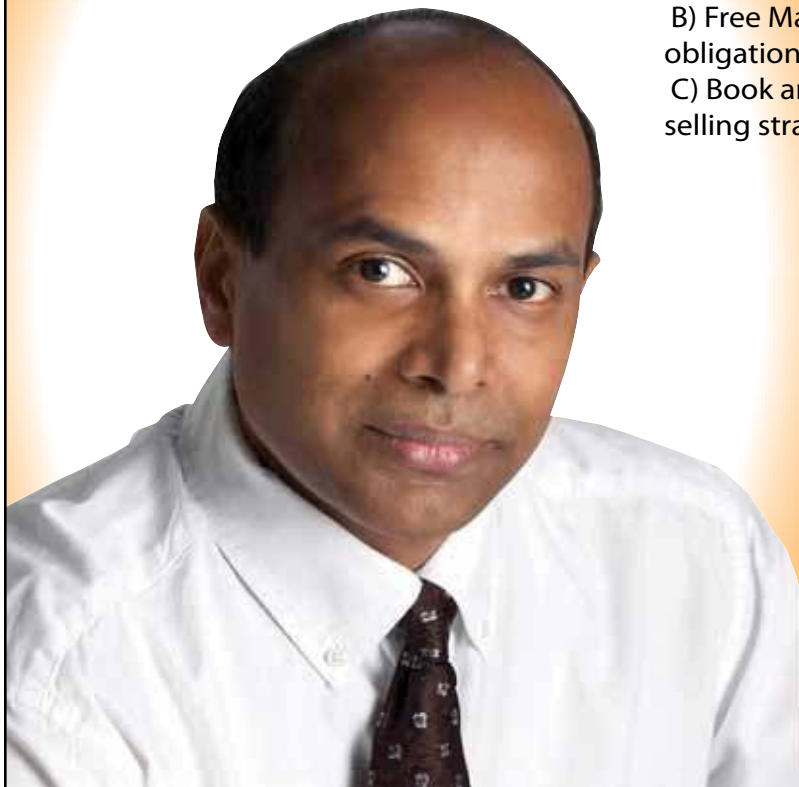
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Are you passionate to cover events host by Federal, Provincial, Municipal Govt, Healthcare Providers, Corporate, Small Businesses, Leading Banks, Major events such as Pan Am, Caribana etc.

Are you interested to meet people and cover cultural and social events.

The ideal candidate will gain experience working in a fast-paced newsroom, including internships.

Requirements include: the ability to meet deadlines; being adept at time management; well-versed in AP style for cutlines; proficient with DSLR camera and Photoshop; have a journalistic and creative eye; excellent people skills; know how to work in a team setting.

The photojournalist will produce and process images primarily for the editorial department, including its website and multimedia platforms, plus special sections and advertisements.

Assignments will include photos to accompany stories, wild art, and photo essays.

Monsoon Journal supplies one Canon camera body and one versatile lens. Mostly based in GTA and Schedule includes flexible hours including weekends. Must have a reliable vehicle.



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