

A *parfait* media publication

Monsoon Journal

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CTCC Silver Jubilee celebrations will showcase Canadian Tamil community's business excellence and success

By Siva Sivaprasgam

The forthcoming 25th Silver Jubilee celebrations of the Canadian Tamils' Chamber of Commerce in September is expected to mark a milestone in the history of the Tamil community in Canada.

The proposed two day event on September 8th & 9th at two prestigious venues- Metro Convention Centre downtown and Markham Suites Hotel will showcase twenty-five years of continued business excellence of the CTCC and the Canadian Tamil business sector. The event will recognize the skills and talents of the Tamil community's champions of business entrepreneurship.

The 300,000 strong Tamil community in Canada migrated from Sri Lanka mainly after 1983 due to the unsettled conditions and the absence of a level playing field for their

“Year 2016 is a very important milestone for the Canadian Tamils' Chamber of Commerce as it celebrates the 25th anniversary”, says Silver Jubilee Program Director Roshan Thavaratnam

future in their country of origin. It is estimated that this number will exceed 500,000 at the end of the 21st century. Since their migration, Canadian Tamils have integrated well with the main stream communities in furthering their business accomplishments in a country where the climate and culture were different from their country of origin.

Contd. on page 32...



CTCC President Ajith Sabaratnam and Vice President-Finance, Moon Mahalingam captured at the Media Launch with all smiles marching forward for the success of the forthcoming CTCC Silver Jubilee Celebrations

Hospitals in Scarborough merging to become one bigger hospital

By Siva Sivaprasgam

Scarborough residents will benefit with an integrated hospital system under one corporation linking the two Scarborough Hospital campuses and the Rouge Valley Centenary campus. In Durham, the Rouge Valley Ajax and Pickering campus will be realigned with Lakeridge Health.

The above decision was announced by Ontario's Minister of Health Dr. Eric Hoskins, based on a Scarborough-Durham Expert Panel recommendation. The proposed integrated health system will function under one Board and have one Board of Directors.

“Minister Hoskins has set forward a bright future for health care in Scarborough”,

said Robert Biron, President and CEO of The Scarborough Hospital, welcoming the new move. The Minister also approved a funding grant of \$20 million to better integrate and expand diagnostic imaging services at The Scarborough Hospital General campus.

Situated in one of the most diverse communities in Canada, The Scarborough Hospital's skilled team of health care professionals works in partnership with patients and families to ensure high-quality, compassionate care that is truly patient-focused. The Hospital is recognized as a centre of excellence in paediatrics, orthopaedic surgery, cancer care, and mental health.

The Scarborough Hospital is heavily pa-

tronized by the Canadian Tamil community and the community has raised more than two-hundred and fifty thousand dollars for The Scarborough Hospital funding through the Canadian Tamils' Chamber of Commerce annual walkathons. The Hospital has also named one of the rooms as “Canadian Tamils' Chamber of Commerce”.

Krishan Suntharalingam, a Canadian Tamil and a Chartered Accountant is on The Scarborough Hospital Board of Directors, while a Canadian Tamil and leading business person Stan Muthulingam is on The Scarborough Hospital Foundation Board of Directors.



Robert Biron, President & CEO, The Scarborough Hospital at the fundraising dinner organized by Canadian Tamils' Chamber of Commerce on April 23, 2016

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Competition open for Canadian and international researchers: Banting Postdoctoral Fellowships

April 13, 2016 – The Banting Postdoctoral Fellowships program's 2016-2017 competition is now open to both Canadian and international researchers who have recently completed a PhD, PhD-equivalent, or health professional degree. The Fellowship is designed to attract world-class postdoctoral researchers and provides 70,000 CAD per year for two years.

The deadline to submit an application for the 2016-2017 competition, in collaboration with the host institution, is September 21, 2016.

Please visit the Banting Postdoctoral Fellowships Program's website for full program details and to submit an online application: <http://banting.fellowships-bourses.gc.ca/en/home-ac-cueil.html>

Ontario Surpasses Goal of 85 Per Cent of Students Graduating

May 3, 2016 - Ontario's high school graduation rate has increased to 85.5 per cent -- the highest level in the province's history, with more students than ever graduating with the skills and knowledge they need to reach their full potential.

Premier Kathleen Wynne announced this milestone at York Mills Collegiate Institute in Toronto today with Liz Sandals, Minister of Education. In 2015, the five-year graduation rate surpassed the government's goal of 85 per cent for the first time. The 2015 rate has increased more than 17 percentage points since 2004, when the graduation rate was just 68 per cent.

For the second year in a row, Ontario is publishing school board level graduation rates from across the province. This gives parents, students, teachers and school boards access to data that can help inform efforts to improve student achievement.

The government has introduced

a number of innovative programs through its Student Success Strategy that are credited with helping to sharply boost the graduation rate since 2004. These include Specialist High Skills Majors, dual credits and expanded cooperative education.

Helping more students succeed 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 working Ontarians achieve a more secure retirement. **(news.ontario.ca)**

"People in Scarborough might get a subway only to find out they can only afford the bus" - Ontario NDP Leader Andrea Horwath

May 02, 2016 - In the wake of revelations that the government is looking at increased TTC fares for non-downtown residents, Ontario NDP Leader Andrea Horwath called on the Liberal government to protect fair and equal access to transit. Today, the Liberal government refused to rule out TTC fare increases for Scarborough, North York, Etobicoke and other non-downtown residents, or other unfair transit fares.

"If the Liberals go ahead with this plan, people in Scarborough might

get a subway only to find out they can only afford the bus," said Horwath. "Throughout its history, TTC fares in Toronto have been based on the simple principle that every Torontonian deserves equal access to their transit system, regardless of their income and regardless of where they live. I'm calling on the Liberal government to promise that people won't be punished with higher fares, just because they can't afford to live downtown."

Ontarians learned last week that Metrolinx is toying with the idea of

Co-op placements correlate with better career trajectories, says Simon Fraser University study

April 13, 2016 - A research report by Simon Fraser University (SFU), in the Canadian province of British Columbia, has found that co-op work placements provide many benefits to university students – even after graduation.

The report, which studied graduates between 2000 and 2013, concluded that graduates who completed co-op had



higher median salaries than those who did not. The graduates who completed co-op were also more likely to have jobs related to their education.

(via: educationau-incanada.ca)

Liberal Government's Cuts to Autism Therapy Hurt Young Families Across Ontario



May 02, 2016 - QUEEN'S PARK – On May 1st, the Liberal Government's cuts to autism therapy came into full effect in the province of Ontario. Leader of the Official Opposition Patrick Brown used today's Question Period to highlight how the proposed changes affected a young family.

"I want to tell you about seven year old Warren and his family from Baillieboro. He was diagnosed with autism at the age of three. His parents immediately registered Warren for IBI therapy. About one month ago, Warren's parents were notified he was seventh on the waiting list for IBI treatment," said Brown. "Warren's IBI treatment was imminent. Then this government pulled the rug out from underneath this family's feet." The Liberal Government has terminated IBI treatment for those five and above. By the Ministry of Children and Youth Services' own numbers, approximately 85 per cent of children who receive IBI therapy are over the age cut-off.

The fact remains that children over five still have special needs the province must address, and the waitlist for a less-intensive form of therapy, ABA (applied behavioural analysis), is approximately 14,000 children.

Children over the age of five still have special needs the province must address, and the waitlist for a less-intensive form of therapy, ABA (applied behavioural analysis), is approximately 14,000 children.

"This government's 'enhanced ABA' treatment they tout is nothing more than political spin. Regional service providers don't even know what it means," added Brown. "There is no enhanced treatment for Warren. He's been kicked off the waitlist and given a cheque that will barely cover a few months of treatment. Warren and his family deserve better from this government." "Why have the Liberals turned their back on the parents, grandparents and guardians of autistic children?"

(ontariopc.com)

charging premium fares to ride the subway instead of the bus system, or charging more to Torontonians commuting from outside the downtown core. "More and more people in Toronto can't afford to live downtown. It means they're spending more and more time getting to and from work. Charging a premium for the subway, or charging higher fares to TTC riders commuting from North York, Etobicoke and Scarborough isn't fair. For people already

feeling stretched it will mean longer commutes and higher fares," continued Horwath. "TTC fares should be fair."

Horwath and New Democrats support transit and infrastructure investment, but believe that fares should be fair, and that selling infrastructure like Hydro One will not pay for transit, but will lead to higher energy costs, and lead to significant losses of revenues which could be invested in transit and infrastructure. **(ontariondp.ca)**



from the publisher's desk

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The spirit of Vesak

The United Nations is observing "Day of Vesak" on 20 May 2016. In marking the observance the UN website says -

"The General Assembly, by its resolution 54/115 of 1999, recognized internationally the Day of Vesak to acknowledge the contribution that Buddhism, one of the oldest religions in the world, has made for over two and a half millennia and continues to make to the spirituality of humanity. This day is commemorated annually at the UN Headquarters and other UN offices, in consultation with the relevant UN offices and with permanent missions, which also wish to be consulted.

"Vesak", the Day of the Full Moon in the month of May, is the most sacred day to millions of Buddhists around the world. It was on the Day of Vesak two and a half millennia ago,

in the year 623 B.C., that the Buddha was born. It was also on the Day of Vesak that the Buddha attained enlightenment, and it was on the Day of Vesak that the Buddha in his eightieth year passed away."

In Secretary General Ban-ki-moon in his message says - "The spirit of Vesak can help to animate a global response to the challenges of our day. As the United Nations works for the adoption this year of a set of new sustainable development goals and a meaningful new agreement on climate change, we would do well to heed the Buddhist teaching that life and the environment are essentially one."

Monsoon Journal joins in the ushering of this "Spirit of Vesak" message and sends greetings to everyone observing this special day!

In Tribute & Remembrance Of Mullivaikkal

Lives Lost Thru May 2009

~ 7 Years ~
May 20 16

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Happy Mother's Day

Sunday, May 8, 2016
Monsoon Journal



“All that I am, or hope to be, I owe to my angel mother” - Abraham Lincoln (February 12, 1809 - April 15, 1865), 16th U.S. President

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Deepa Balachandran, B.A. (Hons.), B. Ed., J.D.
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If you are facing a criminal charge, you can depend on me to advocate for you and help you through the process. As an experienced Criminal Defence Lawyer at Edward Royle & Associates, one of the largest criminal defence firms in the country, I understand the crippling effects a criminal conviction can have on your work prospects, travel and reputation. Efficiency and confidentiality are the hallmark of my practice. In addition, I also speak Tamil.

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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.

Toronto Raptors win!

A nation excels! Amidst the jubilation of their fans, on May 1st Raptors came out of the 1st round - first time since 2001.

Toronto Raptors team eliminated the Indiana Pacers in 7 and is off to Round 2 to face Miami. DeRozan drops 30 & 5 in the clinching win. #WeTheNorth (pic via: facebook.com/TorontoRaptors)



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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

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"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:

CONSTRAINTS AND STIGMAS:

"WHAT MAKES THIS REGION TICK..."



Just in case you are wondering how I make a living while I go about posting on HoNSL, it is by being a professional writer. I still think of myself as a journalist but journalism doesn't necessarily pay the bills - so I also moonlight as a report writer for aid agencies working here among war affected people. That is how I access most of my stories too. They pay for my travel into rural interiors of the country which I can't otherwise afford or access on my own - so you can thank them for the spillover that makes it into HoNSL.

Recently, I came across an extremely interesting case study that I would have loved to feature here - but the lady of the house would not give permission, even though her husband was willing.

They are extremely enterprising and positive people amidst difficult circumstances, but local cultural stigmas as well as a previous negative experience with reporters made the lady think her family would be laughed at, if they were featured here.

It's a sad fact of life, but among poor people, poverty is stigmatized. So are disabilities and misfortunes through no fault of one's own, such

as widowhood. In this case, the husband is a blind farmer. Yes he is blind, and he still farms. He can remember where all his trees and crops are in his two acre property and he waters them himself every day, via the crude, dug well on his property (see pic). They do not have the money to make it a proper well with cemented boundaries rising above the ground to prevent predictable accidents. And that accident did happen a few months ago.

He identifies where each tree and the well on his property is by the number of paces it takes to get there from his house. Unfortunately, busy in thought one day, he mistook the number of paces and fell into the well. Fortunately the wife was at home. She had just been about to leave to take their children to school on her cycle, when she heard his splashing. Instantly realizing what had happened she was able to quickly summon some neighbours to fish him out before he drowned. She shudders to think what could have happened had he fell in just five minutes later, after she had left.

He lost his eyesight when a shell fell down near where he was standing, in 1996. He was the only

survivor of that incident, all the others were hit by shell pieces and died. In his case, sand sprayed into his eyes as a piece hit the ground near him and made him go blind.

"For days afterward, my face burned as if scorched by fire - such was the impact with which the sand hit me. It was the thick of the war then and I could not access treatment immediately. Two months later, I was able to see flashes of light. Doctors here said I should go to Colombo to access superior treatment as they couldn't do anything for me in the Wannu. At that

time, Colombo was cut off. Much much later, when the pathway opened up, I came to Apollo Hospital (now Lanka Hospitals) in Colombo but they said it was too late to do anything about it, I should have come to them sooner."

He was not bitter. He was not angry. He was calm and gentle. So was his wife. Until she heard that I was a reporter.

Apparently, soon after their resettlement in their village in 2010, some local newspaper reporters had dropped by for a story. They had taken this man's picture without his permission and then run a story on how he and his family were struggling to adapt due to his special circumstances.

"I cried for two months, because people in the neighbourhood were laughing about how they had described my husband as a poor blind man and we were struggling to support our children.

Sometime later, the newspaper editor called to say some money had come through for us, and I told him to keep it to himself. We had not asked for it. We are not charity cases. People were laughing at us for being profiled in the paper

as a charity case, when in fact we had never asked for charity. We were deeply humiliated. We are people who are capable of standing on our own feet, no matter what the circumstances. Yes, the aid agencies helped but then they helped everybody. Other than for that, I do not ask for special charity that sets us apart from our community."

I had asked her whether she would be willing to share her story with people outside the Wannu because many people in the outside regions both in Sri Lanka and abroad, did not understand the ground realities here and would like to know more.

This is how I usually get people to agree to sharing their stories. They usually freak out when I tell them that I want to publish their stories on the internet. Keep in mind that these are people who often don't have even electricity or running water yet. They don't understand the concept of facebook (some of the youngsters do though via mobile phones). The adults have heard of the internet, more often than not as a big, bad place, where women and children are abused.

Yet when I explain to them about what I do, that the internet can be used for good too, that people outside the region would like to know more about them, they relent. Many of them have kith and kin in the diaspora, or in Colombo. They know how little people outside know of the hardships they have gone through and that's a source of anguish to them. They want their stories told and documented.

Not this lady. She had had enough of reporters and couldn't get me fast enough out of her house once she discovered I was one.

Even more than the war and her husband's blindness, she had been traumatized by people stigmatizing them. Permission denied.

I am writing this story now without identifying the family concerned - because you need to know about these cultural constraints and stigmas too. It is part of what makes this region tick.





On international day, UN spotlights history and power of jazz in building peace

Jazz is a universal message of peace that harmonizes rhythm and meaning, carries values significant for every woman and man, and provides unique opportunities for mutual understanding, the top United Nations cultural official said on April 30th, as music enthusiasts around the world celebrate International Jazz Day.

"This spirit has inspired musicians, as well as poets, painters and writers all over the world, reminding us that culture is far more than entertainment – culture is a window onto the soul, culture is the shape we give to that which we most cherish," said Irina Bokova, Director-General of the UN Education, Scientific and Cultural Organization (UNESCO) in a message to mark the International Day today.

Ms. Bokova noted that the history of jazz draws from a mix of peoples and cultures, including from Africa, Europe and the Caribbean.

"Jazz tells the power of music to

build peace and bring together people of all cultures and backgrounds," the Director-General said.

"Jazz gave music to the courage that drove the civil rights movement in the United States, and it continues to provide inspiration to millions of people across the world, seeking freedom, fighting for respect and human dignity," she added.

Among activities for this year's Day, an All Star Concert was held at the White House in Washington, D.C., hometown of the jazz great Duke Ellington, hosted by United States President Barack Obama and First Lady Michelle Obama.

The celebration, which took place yesterday, will be webcast today as a one-hour program, "Jazz at the White House," on the UN, UNESCO, U.S. State Department and White House websites.

In addition to jazz pianist and composer Herbie Hancock, the concert fea-



tured Sting, Aretha Franklin, Hugh Masekela, Chick Corea, Wayne Shorter, Pat Metheny and many others.

"After travelling the world, jazz returns home," Ms. Bokova said. "This kicks off a celebration that will take over hundreds of cities across the globe. Once again, this shows the power of jazz to bring the world together as one."

Some 150 countries will be hosting Jazz Day events over the next several days, the Director-General said.

In November 2011, UNESCO officially designated 30 April as International Jazz Day in order to highlight jazz and its diplomatic role of uniting people in all corners of the globe. In

December 2013, the UN General Assembly formally welcomed UNESCO's decision, with both bodies now recognizing the Day.

The Day is chaired and led by Ms. Bokova and Mr. Hancock, who serves as a UNESCO Ambassador for Intercultural Dialogue and Chairman of the Thelonious Monk Institute of Jazz, a non-profit organization charged with planning, promoting and producing the annual celebration.

International Jazz Day is the culmination of Jazz Appreciation Month, which draws public attention to jazz and its extraordinary heritage throughout April.

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Canada High Commission in Sri Lanka celebrates International Day for Mine Awareness and Assistance in Mine Action

The High Commission of Canada to Sri Lanka and Maldives was pleased to mark 'International Day for Mine Awareness and Assistance in Mine Action' on 4 April with an event held at Canada House which brought together key government officials, members of the international, diplomatic and donor communities, demining organizations and civil society. The Honourable Minister Swaminathan, Minister for Prison Reform, Rehabilitation, Resettlement and Hindu Religious Affairs attended as Chief Guest.

The High Commissioner of Canada, Her Excellency Shelley Whiting, in hosting the event sought to recognize the considerable gains made in mine action and mine clearance in Sri Lanka since the end of the conflict in 2009 and bring attention to the importance of continued, collective efforts in support of a mine-impact free Sri Lanka by 2020.

"The critical importance of demining work in Sri Lanka is obvious. Clearance of landmines is a necessary prerequisite to long-term peace and security for all Sri Lankans and a key

component of Sri Lanka's broader plans for reconciliation and resettlement. Demining also supports economic recovery and livelihoods, and poverty reduction in the immediate and long term".

Canada has been a significant donor to Sri Lanka's demining efforts – contributing more than CDN 3 million since 2009 to MAG and HaloTrust's demining efforts, which are undertaken in close collaboration with the UN, National Mine Action Centre (NMAC) and the Government of Sri Lanka.

Canada has long been a leader in mine action. Canada was at the forefront of negotiations which lead to the establishment of the Mine Ban Treaty – commonly known as the Ottawa Convention which entered into force 17 years ago last month. Canada has contributed more than \$400 million to mine action globally since the convention was adopted. Over the past month, Canada has reaffirmed its continued commitment to both the universalization of the Mine Ban Treaty and to strengthened international engagement for peace, security, sustainable development, respect for diversity, hu-



man rights, peaceful pluralism and justice for all, as typified in the announcement of a Canadian bid for a 2021 seat on the UN Security Council.

High Commissioner Whiting in addressing the gathering noted that "Canada welcomed Sri Lanka's announcement of progress with respect to accession to the Ottawa Convention and looks forward to continued engagement with Sri Lanka in the months and years to come, as we strive together to create a world and a Sri Lanka free of anti-personnel mines."

(canadainternational.gc.ca)



pics via: twitter.com/CanHCSriLanka

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COMPUTEK COLLEGE CELEBRATES TWENTY - FIVE YEAR SILVER JUBILEE CELEBRATIONS WITH GRAND OPENING OF A NEW CAMPUS IN SCARBOROUGH

By Siva Sivapragasam

Computek College which conducts several programs in Business, Health care and Technology celebrated it's 25th Silver Jubilee Anniversary with a grand opening of a new campus in Kennedy & Eglinton in Scarborough.

Several dignitaries including honoured guests, councilors, MPs and Trustees of School Boards attended the event. The public toured the campus which includes a medical lab, dental facility, and a computer lab.

Mr. Muraly Narayanathas, owner and Chief Strategy Officer showcased the activities of the College and how students could become successful in their chosen careers. He explained how Computek provides students resources to be competitive in the job market which is surrounded by modern technology.

Computek also invites international students to pursue an exciting career in Canada which is a country with abundant opportunities. "The College provides a friendly work environment with exceptional instructors within the field", remarked Mr. Srinarayanathas.

Computek College offers many certificate and diploma programs including Personal Support Worker, Early Child Care Assistant, Bank Teller Certificate, Network Engineering etc.

(Seen here are some pictures taken at the Grand Opening of the new campus)



View of Computek College Building from West



Mr. Muraly Narayanathas, owner and Chief Strategy Officer



Mr. Muraly Narayanathas, owner and Chief Strategy Officer with Mr. Logan Kanapathi, Markham Ward 7 Councillor



Mr. Muraly Narayanathas, owner and Chief Strategy Officer



Mr. Narayanathas, Hon. Patrick Brown, Leader Ontario PC and Mr. Muraly Narayanathas, owner and Chief Strategy Officer



Hon. Patrick Brown, Leader Ontario PC, Mr. Muraly Narayanathas, owner and Chief Strategy Officer and Mr. Bill Blair, MP, Scarborough Southwest



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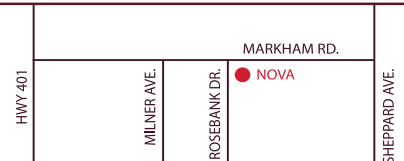
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Rouge Valley Health System Board disappointed with decision to break up local hospital system

The Board of Directors of Rouge Valley Health System (RVHS) today announced that it is disappointed with the Minister's decision to split its two hospital campuses: Rouge Valley Centenary (RVC) in Scarborough, and Rouge Valley Ajax and Pickering (RVAP) in west Durham.

On April 28th, the Minister of

Health announced that he was proceeding with the Scarborough/West Durham Panel recommendation to split the two Rouge Valley campuses. The RVAP campus will be joined with Lakeridge Health. The RVC campus, and The Scarborough Hospital General and Birchmount campuses will be amalgamated under a new gover-

nance structure. "Our patients and their families remain our top priority," says Fred Clifford, Chair of the RVHS Board of Directors. "While this is a very disappointing outcome, our Board and leadership team remain committed to delivering the highest quality of care to our patients."

"I want to assure our staff, physi-

cians, and volunteers that our commitment to them has not diminished," says Clifford. "We will do everything we can to support them during this time of transition."

The RVC and RVAP hospital campuses remain open for business. Services will continue, and operations will be maintained.



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TSH to ACE Elder Care

The Scarborough Hospital (TSH) has been chosen to participate in a new 12-month initiative to improve healthcare for older adults by adapting Mount Sinai Hospital's proven Acute Care for Elders (ACE) Strategy.

During a March 31 announcement attended by the Federal Minister of Health, the Honourable Jane Philpott, TSH was recognized along with 16 other organizations from across the country, along with an international team in Iceland, to participate in the new ACE Collaborative organized by the Canadian Foundation for Healthcare Improvement (CFHI) and the Canadian Frailty Network.

The ACE Strategy is a seamless model of care for older adults, spanning the patient care continuum from the emergency department to inpatient, ambulatory, and community care settings. Geriatricians, psychiatrists, and other physicians, as well as nurses, social workers, therapists, pharmacists, and dieticians, work together to provide coordinated care for older patients. The ACE Collaborative is based on Mount Sinai's ACE Strategy, led by Dr. Samir Sinha, Director of Geriatrics for the Sinai Health System.

The CFHI-Canadian Frailty Network partnership is providing each Canadian team with up to \$40,000 of funding, as well as online learning tools, educational webinars, and coaching from experts in elder care and quality improvement, to assist in implementing the ACE Strategy in their facility.

"The dedicated team of specialists at TSH's Acute Care for the Elderly program is excited to collaborate with Mount Sinai Hospital, as well as the CFHI and Canadian Frailty Network, to integrate their internationally recognized best practices for elder care," said Tabatha

Bowers, TSH's designated project lead. "This collaboration will enhance the quality of care we're able to provide to Scarborough's seniors."

Canada faces a major demographic shift as the number of people aged 65 years and older is expected to double in the next 20 years. The health challenge facing older seniors is more acute, with over one million Canadians now medically frail – a common, yet under-recognized health state where older patients experience chronic illness, multiple health problems, and poorer health outcomes. Although older adults account for 16 per cent of Canada's population, they represent 42 per cent of hospitalizations, 58 per cent of hospital days, and 60 per cent of hospital related expenditures. The ACE Strategy addresses these challenges by ensuring better transitions in care between the hospital and the community, and focusing on providing elder care in the right place, at the right time, by the right team of providers.

ACE best practices include:

- ▶ Tools to help emergency department staff and others identify and address the needs of high risk older adults.
- ▶ Deployment of specially trained geriatric nurses and volunteers who have dedicated training in addressing the needs of frail older adults in a variety of settings.
- ▶ Unique elder-friendly protocols to better address



common care issues like mobility, pain management, constipation, delirium prevention and management, and falls prevention.

- ▶ Staff education at every level to promote expertise in caring for older adults and an elder-friendly culture.
- ▶ Hospital units and spaces physically adapted to promote mobility and to minimize disorientation.
- ▶ Developing a variety of care transition initiatives, including virtual and actual home visits to ensure patients are more likely to return home and better able to access care in their own homes.

A very special donation for the littlest patients at TSH



Infants in The Scarborough Hospital's (TSH) Neonatal Intensive Care Unit (NICU) at the Birchmount campus will

be kept even more cozy – and stylish! – thanks to a generous donation from a local Carter's OshKosh store.

On April 6, Kait Irvin, Manager of the Warden Avenue and Eglinton Avenue East Carter's OshKosh location, presented staff at the Birchmount campus NICU with nearly \$1,000 worth of infant 'onesies' and sleepers. The clothing was organized by gender into more than a dozen separate gift bags, each containing a five-pack of onesies, a sleeper, and two individual onesies.

The money to purchase the clothing was donated by staff at the store, who also used their employee discount to buy as much infant wear as possible.

When asked why her staff chose to donate to TSH, Kait's answer was simple: "We're from Scarborough, TSH is our community hospital, and this was our way of being able to give back."

Kait also admits that she has a personal connection to TSH. "My brother, sister, and I were all born at the Birchmount campus and I have had surgery here," she said.

"I know my way around the outpatient care department very well," she adds with a smile.

Janine Jackson, Patient Care Manager for the Family Maternity Centre at the Birchmount campus, says she was "speechless" as she first saw Kait delivering the many gift bags to the unit.

"This is just so generous. We can't thank the staff at Carter's OshKosh enough," said Janine.

"This clothing will be incredibly useful for us to dress the babies when they are able to go from an incubator to a regular cot," explains Pearly Chad, a Registered Nurse in the Birchmount NICU.

"In addition, we can also use the clothing for parents who need an outfit for their baby when they take them home," adds Janine.

Kait says her staff are hoping to plan another round of fundraising in the near future to buy more clothing for the NICU.

For more information about donating to TSH, visit The Scarborough Hospital Foundation's website.

Work by TSH Psychiatrist making headlines

A paper by one of TSH's psychiatrists has been published in Canada's most prestigious psychiatric journal.

Making Evidence-based Psychotherapy More Accessible in Canada, a paper co-written by TSH Psychiatrist, Dr. David Gratzer, and Dr. David Goldbloom, former Physician-in-Chief of the Centre for Addiction and Mental Health and past Chair of the Mental Health Commission of Canada, appears in the April 5th online edition of *The Canadian Journal of Psychiatry*.

The current federal government is committed to improving access to evidence-based psychiatric care for Canadians. Within this context, Drs. Gratzner and Goldbloom argue against increasing the supply of psychiatrists, instead suggesting that Canada should look to other countries for ideas.

In particular, they recommend examining the British experiment with publicly covered cognitive behavioural therapy and e-therapy innovations in Australia.

The paper follows on the heels of a recently published evidence review by Dr. Gratzner and Faiza Khalid-Khan, Patient Care Director for TSH's Mental Health department, in the *Canadian Medical Association Journal*.

The review (available to subscribers only) looks at recent, high quality studies, and the growing body of literature on smartphone and tablet apps for mental illness. Some studies showed that patients who used Internet-assisted cognitive behavioural therapy (iCBT) had better outcomes than in placebo studies and equal or better outcomes than with traditional in-person



cognitive behavioural therapy. These outcomes were seen both in people with depression, and patients with physical illnesses such as cancer or multiple sclerosis.

"For the hundreds of thousands of Canadians struggling with depression, Internet-assisted cognitive behavioural therapy offers a cost-effective and empowering way of accessing an important treatment," said Dr. Gratzner.

TSH is a Canadian leader in exploring how iCBT and other online-based psychiatric innovations can support patient-focused care and increase access to much-needed mental health services. Congratulations to Dr. Gratzner and Faiza on these achievements, and thanks to the Mental Health department for their hard work and dedication.

The Scarborough Hospital's Kelly Brockington honoured for exceptional commitment to patient care

Kelly Brockington, a Registered Nurse in The Scarborough Hospital's (TSH) Mental Health department, was honoured on Thursday, April 21 for going above and beyond to get patients the care they need. Kelly is one of eight healthcare professionals and volunteers to be recognized by Cancer Care Ontario (CCO) and the Ontario Renal Network (ORN) at the 10th annual Human Touch Awards, for going the extra mile to touch the lives of patients.

Kelly is passionate about helping cancer patients, and volunteered to lead a project that would enhance services to cancer patients at TSH. She worked tirelessly with Dr. David Gratzler, the lead psychiatrist on the consultation liaison team, to embed evidence-based psychotherapies for cancer patients within the cancer care program, such as mindfulness and cognitive behavioural therapy working countless hours of her own time to build this unique program.

"I am truly humbled by this recognition," said Kelly. "Working with patients and families in the oncology department to ensure they have access to the emotional support they need has taught me so much about our patients' strength, integrity, and courage."

"With her compassionate, professional, and thoughtful nature, Kelly is able to

support patients with life threatening illnesses, who, without her help, would have suffered silently rather than face the stigma of reaching out for mental health services," said Faiza Khalid-Khan, Patient Care Director of Mental Health at TSH.

The Human Touch Awards were created to highlight the importance of providing emotional support to people with cancer and kidney disease, in addition to the medical treatment they already receive. The Awards also showcase the incredible work taking place across the province each day by committed, dedicated, and compassionate healthcare professionals and volunteers.

"Each year, we are inspired by those who lead by example with their compassion and dedication in caring for those in Ontario's cancer and kidney disease programs," says Dr. Michael Sherar, President and CEO of CCO. "This year's recipients demonstrate the importance of the human touch in all our work to improve the patient and family experience."

TSH, CCO, and ORN acknowledge the generous support of the Canadian Cancer Society, Ontario Division, the Kidney Foundation of Canada, Ontario branch, and the RBC Foundation, sponsors of the 10th annual Human Touch Awards. The partnerships between CCO, ORN,



the Ministry of Health and Long-Term Care, and other organizations, health professionals, front-line care providers, and volunteers make up the cancer care programs that are essential to providing and maintaining high-quality health care

in the province.

For more information on the Human Touch Awards, including a complete listing of 2016 award recipients, visit www.cancercare.on.ca/about/programs/otherinitiatives/humantouch/.

TSH consolidates ear, nose, and throat services at Birchmount campus

The Scarborough Hospital (TSH) has consolidated ear, nose, and throat (ENT) services at the Birchmount campus; allowing the hospital to provide the very best care experience for patients and families, with dedicated staff and state-of-the-art equipment.

"This is great news for our community. It simply means patients will get the care they need when they need it, provided by a talented and highly-skilled team of ENT health care professionals," said Dr. Deron Brown, Chief of Otolaryngology and Deputy Chief of Surgery at TSH.

Head and neck cancer care will continue to be provided at the General campus. The reorganization is part of a number of important changes TSH has put in place over the



last several years to improve its ENT program.

"We've hired new surgeons who are fellowship trained and experienced in the advanced surgical management of head and neck cancers," explains Dr. Brown.

"In addition, a number of pieces of new equipment have been purchased to help our staff deliver this world-class care close to home, including an advanced high definition microscope for the Birchmount campus, and a nerve monitoring system for complex head and neck surgery at the General campus."

Nurallah Rahim, Interim Vice President for Patient Services at TSH, also points out that the hospital "will soon be purchasing new, state-of-the-art post-operative early warning vital signs monitoring equipment for the Birchmount campus that meets – and in many cases exceeds – provincial standards."

For more information about the many ENT services available at TSH, visit the hospital's website.

MINISTRY OF HEALTH INVESTING IN SCARBOROUGH'S HOSPITAL AND HEALTH CARE SYSTEM

The Scarborough Hospital (TSH) welcomes the endorsement of the report of the Scarborough-Durham Expert Panel made recently by Minister of Health and Long-Term Care, Dr. Eric Hoskins. The Minister supported the implementation of all the Panel's recommendations. In Scarborough, the implementation of the recommendations will:

- Create an integrated hospital system under one corporation and one Board of Directors to oversee the three Scarborough hospital sites;
- Develop a facility Master Plan for a new, comprehensive acute care hospital in Scarborough; and
- Make short- and medium-term capital investments to ensure that existing facilities continue to support quality patient care until new hospital facilities are built in Scarborough.

The three hospital facilities located in Scarborough will be integrated into one hospital system, specifically TSH's General site (located at McCowan/Lawrence), TSH's Birchmount site (located at Birchmount/Finch),

and Rouge Valley Health System's (RVHS) Centenary site (located at Neilson/Ellesmere). In Durham, the Rouge Valley Ajax site will be realigned with Lakeridge Health.

Minister Hoskins also announced:

- A capital funding grant of \$20 million to better integrate and expand diagnostic imaging services at TSH's General site. This important investment will provide a better patient experience through improved access to much needed diagnostic services.

- Up to \$5 million for a planning grant to develop the facility Master Plans for the Scarborough and Durham region hospitals.

"Today, Minister Hoskins has set forward a bright future for health care in Scarborough," said Robert Biron, President and CEO, TSH. "We now have a comprehensive roadmap that will see the development of a single master plan for the three Scarborough hospitals, including the modernization of our facilities so that we can better serve our community."

To oversee the implementation of the directions,

Minister Hoskins appointed Mr. Mark Rochon as a special advisor to the Minister to work with the three hospitals affected by the announcement – The Scarborough Hospital, Rouge Valley Health System, and Lakeridge Health. Mr. Rochon brings extensive experience in health system design, planning, and governance.

"We thank Dr. Hoskins for his careful and thoughtful review of the Expert Panel's report and recommendations and for putting the needs of patients first in his decision-making," said Janet Dalicandro, Chair, TSH Board of Directors. "We look forward to continue working with special advisor Mr. Rochon, Ministry of Health and Long-Term Care, Central East LHIN, the Scarborough community, and our colleagues at Rouge Valley Health System and Lakeridge Health to build a stronger, fully integrated hospital system for Scarborough's residents, hospital staff, and physicians."

The full Expert Panel report can be found on the TSH website, and the Ministry's news release can be found on their website.

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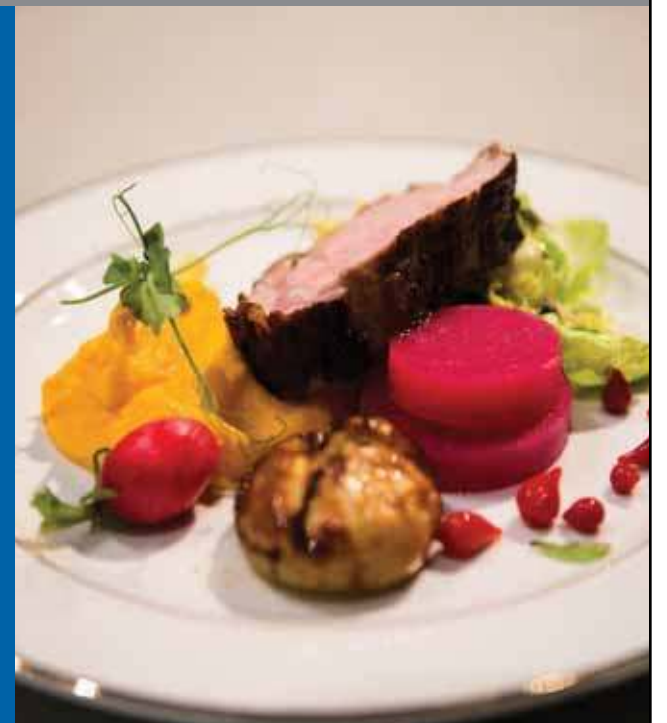
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LIVING ALONE

How to Maintain Your Independence and Quality of Life as You Age



By: **Andrea Shanmugarajah**



As people get older, they will inevitably have to deal with a number of life transitions. These can include things like retirement, physical decline and the deaths of family and friends. However, one life change that people may have more control over is relocation – there are a number of living options for the elderly, each of which comes with its own advantages and disadvantages. Seniors have the option of moving in with family, moving to assisted living centers like nursing homes or retirement homes or moving to private homes that specialize in elderly care. However, even with the variety of options that the elderly have, many choose to continue living alone at home for as long as possible. Most people choose to do this because they have a desire to maintain their independence, and want to avoid becoming dependent on others or possibly burdening their loved ones. While fostering independence is beneficial at any age, there are a number of factors that must be considered when an elderly person chooses to live alone, in order to ensure that their quality of life and care is not suffering as a result of their decision.

Unfortunately, as much as those who are aging would prefer to remain independent and able, there are a num-

ber of concerns that arise when a senior is living alone. While these concerns need not apply to everyone, because of the varying abilities of each individual, it is important to be aware of them. For starters, those who are elderly and living alone can quickly become socially isolated, which can lead to feelings of intense loneliness and even depression. They may be unable to seek out companionship on their own, and so they will lapse into a completely solitary lifestyle.

Unfortunately, the problems will not necessarily end there. Many elderly people have health or wellness conditions, and any new or worsening symptoms are more likely to go unnoticed when they are living alone – they do not have anyone, professional or otherwise, to keep an eye on them and the state of their health. As well, they may struggle with keeping up with any treatments of prescriptions they are on, but once again, this may go completely unnoticed if they are living alone. In addition, because of their declining physical abilities, the elderly may reduce their level of physical activity, resulting in worsening abilities and potential health problems. This can be exacerbated by undernutrition, which is a concern because people may not be as motivated to plan and prepare healthy, balanced meals when they have no one to share them with.

So what can you do? While the above issues can be concerning, there are ways to alleviate them for those who are adamant about continuing to

live alone well into their old age. Consult a physician to figure out some ways to ensure that any health regimens, treatments or medications are being used as they should be. As well, look into methods to confirm that even while living alone, nutrition and physical activity needs are met – this can include things like having a meal plan or schedule.

Keep in mind also that living alone is not synonymous with being lonely – any elderly person living alone should be sure to seek out social interaction from friends, family and neighbours. And most importantly, look into the social services that are offered in your area, and make sure you take advantage of them. Seniors living alone have access to at home care, health services and home support, depending on the state of their health. By utilizing all these services that are available to them, they can guarantee that, if they choose to live at home, they can do so while still maintaining a healthy quality of life.

That being said, those who are approaching old age, and are unsure of their ability to continue living at home despite their desire for independence, should remember to keep an open mind and abandon any preconceptions they have about alternate living arrangements. While nursing homes and retirement homes may seem to represent a loss of both independence and ability, there are homes that meet all levels of need. So, before eliminating assisted living as an option altogether, do some

research on what is available to you, and you may be surprised to find that some options suit your needs better than you expected. That way, you will be able to retain your independence while receiving the care and assistance you need to live a quality life. Similarly, do not reject the option of living with family, under the assumption that you will become a burden to them – have a conversation with your close family members about what you would expect from each other, and you may find that you all stand to benefit from such an arrangement. Each individual is different, and has different needs – the variety of living options that are open to the elderly allow you to find the ideal way to meet your needs, but only if you are open and willing to consider them all carefully.

Andrea Shanmugarajah

Andrea Shanmugarajah is a student at the University of Toronto, where she is currently pursuing an honours degree in Life Sciences. She volunteers with the Alzheimer's society as a champion for dementia, which she became interested in due to her own personal experiences with her grandmother. She is involved with the senior community in Toronto, and hopes to eventually pursue a career in geriatrics, whereby she can help the elderly on a daily basis.

Andrea hopes to educate others about the struggles that many elderly people may face in Toronto, and how people of all ages can work towards making the community a more accepting and compassionate place for seniors.



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WORDS OF PEACE

The World of the Heart

In the world today, fame and fortune are widely believed to be the source of personal fulfilment. This idea, says Prem Rawat, is based on a fundamental confusion about what a successful human being really is.

Officially recognised in several countries as an ambassador of peace, Mr. Rawat travels around the world with a message that fulfilment is much simpler and more profound than most people realise.

“What is success?” he asks. “Who is successful? Somebody who has lot of money?”

“Once a man died, and at his funeral, one of his friends said, ‘I owed him a thousand dollars, and I was unable to return it to him. Today, I want to return it.’ So he put a thousand dollars in the casket.

“Another friend said, ‘I owed him two thousand dollars. Now he is gone, but I want the record to be clean. So I will put two thousand dollars in the casket.’

“Then came his third friend. He said, ‘I owe him five thousand dollars, so I’m writing him a check for eight thousand. I only owed him five thousand, but it’s not a problem, because I took out the three thousand dollars. Now we are all clear.’”

It’s a joke, of course, a colourful version of the old saying that you can’t take your money with you.

But if it’s not about making a lot of money, Mr. Rawat asks, then what is success? Is it fame?

“In this world, even the most famous people eventually get forgotten,” he says. “For a few years, you might see a statue with someone’s name on it. Then a new project comes along, and the statue is gone, the name is gone. There’s a new building in its place. Where is the name, the fame? Gone!”

If someone is looking for fulfilment in this life, thinking about ways to become rich or famous is a misuse of the intellect, Mr. Rawat says.

“Success comes from your heart, just as peace comes from your heart,” he says, “not from your intellect. You must understand what this intellect is for. It can teach you how to cook. It can teach you how to drive. It can teach you how to fly an airplane. It can give you more desires. But true fulfilment it cannot give you.

“The true fulfilment only comes from within the depths of your being. This is the place, deep within you, from whence peace needs to emanate—because peace is not a philoso-



phy. Peace is a feeling.”

That place of peace, he says, resides within the heart of every living human being. To reach it, it’s not necessary to become something more.

“I’m not talking about what you are in the world,” he says. “You may be a soldier, you may be a doctor, you may be a lawyer, you may be a policeman—you may be anyone! Before that, who are you? The first thing you are is a human being.

“Now is that good, or is that bad? I think being human, is very good, very high—as long as a human being does not forget his or her humanity. When a human being forgets his humanity, then he’s an empty shell. Then he’s a river that is dry. Then he is a cloud without rain. Then he is a

tree that bears no fruit. That’s what he becomes.

“So, do you want to live in the world of the heart? Because this is where your heaven is. Heaven is not just in your imagination. When you look inside of yourself and feel that peace, then you will know it’s not speculation.” Learn to look within for fulfilment, Mr. Rawat says, “because you are richer than you can imagine.

“This is a blessing. This is a miracle—to feel that heaven every day, to feel peace every day, to feel joy every day. Every single day!”

To learn more about Prem Rawat
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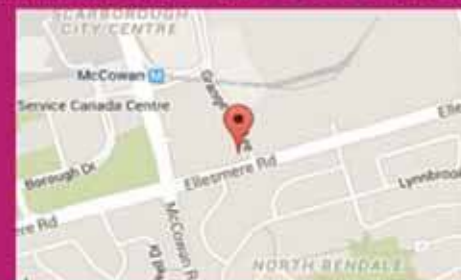
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Seeing the Opportunity in Standardized Testing

By: Janani Srikantha

As we usher in Spring, it brings along with it standardized testing with Grade 3 and Grade 6 students being assessed in reading, writing and mathematics, and some Grade 9 students completing their mathematics assessment.

There are various positives and drawbacks of standardized testing, which can result in a lengthy debate. However, I want to share a perspective that we need to be aware of.

As educators, parents, aunts, uncles, grandparents and other relatives of children, I feel that it is our duty to nurture and support their growth and learning experiences. This also means that we need to make the conscious choice to be positive around children. Research shows that children as young as toddlers begin to associate emotions with action and consequences. Studies also demonstrate that children view negative emotions as not acceptable regardless of context. Therefore, as an adult in a child's life, when they see the stress, anxiety and negativity brought on by testing, they feel that something is wrong. In turn, this adversely impacts their learning, at times causing more anxiety and thus begins a downward cycle.

As a teacher, I've seen many questions on standardized testing. There are some wonderful opportunities for thinking and learning within those questions.

On the Grade 3 assessment, one of the past questions involved an image of a 8 x 6 grid and asked, "Which of the following shapes can be used twelve times to cover the grid completely, with no gaps or overlap?" There were four options to choose from, and it allowed children to use their spatial reasoning to solve the problem.

A Grade 6 past question asked, "Jackie fills the triangular prism pictured below with water (rectangular base of 2cm by 5cm, and the height of the triangle as 3cm). Determine the number of times Jackie must fill the triangular prism with water to fill a rectangular prism that is 10cm long, 2cm wide, and 12cm high. Justify your answer." Students are given a blank page to show their thinking using words, pictures and numbers. This allows children the freedom to express their logic in a manner that illustrates their understanding.

Like these examples, there are a diverse range of problems that address thinking related number sense, measure-



ment, geometry, patterning, and data management.

In literacy, questions reflect reading comprehension of both fiction and non-fiction texts. Other questions address understanding vocabulary within the context of the text. There are also opportunities for students to share their ideas and opinions, and support them with details from either the text or their own evidence.

I feel that it is valuable to use the standardized testing period as an opportunity. As difficult as it may be, it is beneficial to not put sole emphasis on the score. Yes, we want all of our children to do well, but making the percentage number the utmost priority may result in anxiety that can possibly be avoided.

Instead, let's use these questions as an opportunity to practice our thinking and exploring of numbers and words. Let's make connections between our knowledge and build on our understanding of how we can use mathematical concepts to solve problems. Let's learn how we can show our thinking in a coherent manner as we practice our communication skills in all subject areas. Let's use it as an opportunity to read more books and begin to discuss further about characters' actions and how a setting can influence the plot.

Let's understand that we can often use context to infer meaning. Let's practice making our ideas compelling by using supporting details.

All of these learning experiences are in the upcoming standardized testing and they are experiences that a child benefits from regardless of the formal assessment.

In my experiences in the classroom, I have found that if we focus on the idea that learning is acquiring knowledge, making connections, and then being able to apply the concepts learnt to solve problems and communicate our thinking, the students are ultimately successful. Our aim becomes learning to be open minded thinkers who inquire and reflect. This builds students' confidence that even if they forget a formula, they have the ability to break down a problem into its components and make the connections to find a solution. They are confident that they have built the skills to be able to defend their ideas as they think ahead to all possible outcomes. With this confidence, the students do well on their testing.

Not only do they often do well on their assessments but they have engaged in, what I believe is, authentic learning. Now is a great time to see the silver lining in the cloud named standardized

testing, and provide a nurturing and engaging environment for our children to learn in. By doing this, we're also teaching them to see the opportunities that lie before them, even when they may not be explicitly apparent. It is their confidence as thinkers and communicators that often leads to success.

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@thinkshiftedu.com.

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Special Feature

SWAMI VIVEKANANDA AND KALI

Contd. from April issue...

Vivekananda gets Sharada's blessings

Unless you are a devotee, life should not open for you, because if it opens for you, you will only cause damage to yourself and everyone else. Knowledge in India was never ever handed over to a person who lacked devotion.

There is a beautiful incident in Vivekananda's life. Ramakrishna Paramahansa had passed on and Vivekananda gathered a band of young people, traveling throughout India, trying to build the nation and change the face of the country. Then someone told him that the Parliament of Religions was happening in Chicago, United States. They suggested he go there because no one was listening to him here. Nobody was! One young man running from place to place, trying to talk about big things which are not written in the scripture – who is willing to listen? They said, "You go and shake them there. If you shake them there, everyone here will take note of you."

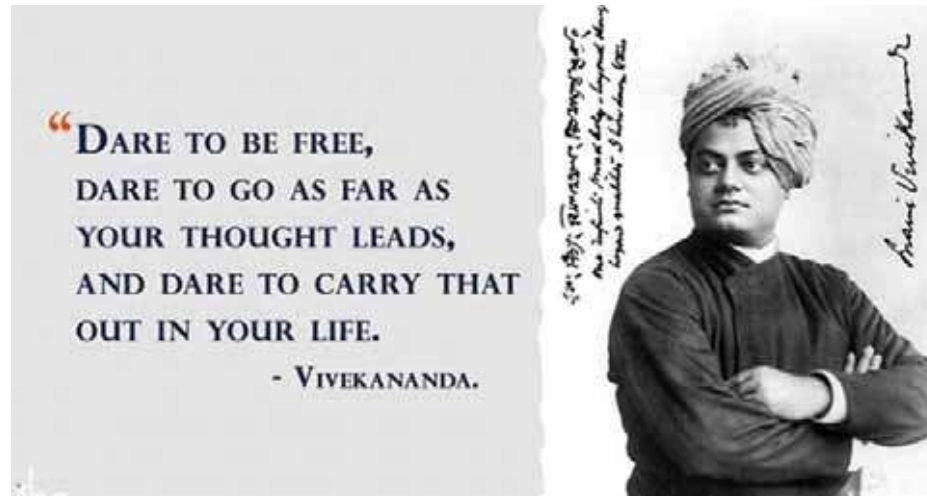
When he was about to leave for the West – the first time he was going to the United States to take the message of Ramakrishna – he went to Sharada, Ramakrishna's wife, to seek her blessings.

She was cooking when he came. Sharada was humming a tune. It was very common for Indian women, particularly when they were cooking, to sing. Not anymore because many people play the iPad now, but earlier, one of the greatest things you could do was to cook well with utmost love and serve it to people. It was the greatest satisfaction for them to see someone eating well. Cooking was such a joyful, elaborate process. For a 20-30 minute meal, they would spend a minimum of three to four hours on it and they would always be singing. At least my mother was singing all the time.

When he came and said, "I want to go to the United States to take my master's message to the whole world," she did not respond. Then suddenly she said, "Naren, give me that knife." Vivekananda handed over the knife to her and gave it to her in a particular way. Then Sharada said, "You may go, you have all my blessings." Then he asked, "Why did you wait so long and first of all, why did you ask for the knife? You have finished cutting the vegetables." She said, "I just wanted to see what you are after the master is gone. Now, the way you gave me the knife showed you are fit to go, you are fit to carry the master's message."

Swami Vivekananda and Ramakrishna's message

You can always see that most masters are not capable of becoming famous by themselves. They need one good disciple to carry the message because the master himself may not be very good with the ways of the world. Today, everyone is talking about Ramakrishna Paramahansa. Ramakrishna was a very crystallized



consciousness. A phenomenon. But at the same time, on the worldly level, he was totally uneducated. By himself, he would have been a lost, forgotten flower if Vivekananda had not come. So many flowers bloom, but how many of them get recognized?

Swami Vivekananda on prayer

Swami Vivekananda once said, "Kicking a football will take you closer to the Divine than any amount of prayer." It is true, because you cannot play football unless you are absolutely involved. There is no personal intention in this, just involvement. What you can do and what you cannot do is already set and you have been trained for many years. Now it is just a question of involvement, no intention.

Swami Vivekananda once said, "Kicking a football will take you closer to the Divine than any amount of prayer."

With prayer, after sometime you might be doing the prayer while you do so many other things – you could be doing whatever you want. In India, they made the prayers very complex – not just verbal, so that you have to involve yourself because they have seen all this "telling the prayer" business for thousands of years. They know what people will do so they made the prayer so complex, a whole procedure that you have to remember and act out properly, otherwise it is sacrilege. When that level of complexity is there, you cannot be doing something else during the prayer. So in that way a football game gets you into that level of involvement where you cannot be doing something else at all. Doing something else is totally absent and gone in you because you cannot do anything else, there is so much involvement in this.

In a soccer game, you have to learn to use your feet like a surgeon's scalpel. This is a game which particularly demands a certain level of involvement because the limbs with which you handle the ball and the limbs with which you transport yourself at full speed are the same, and you have to avoid the ten other people who are trying to do everything that they can do with you. You have to dodge people, you have to take the ball, you have to be running at full speed; your feet must be as efficient as a surgeon's scalpel because at that speed, at that activity, to direct the ball takes a phenomenal amount of skill. It

takes a certain level of involvement where you are almost mindless.

If you do something with total involvement, you will see, there is just action – the mind is somewhere else. So in a soccer game, the players reach that kind of a state very often because it is all in one thing. That is the reason why it grabs half the world when things are being played intensely. There is a certain kind of transcendence – it is not really a spiritual transcendence, but there is a certain going beyond one's limitations which sets fire to everybody else.

Swami Vivekananda on women

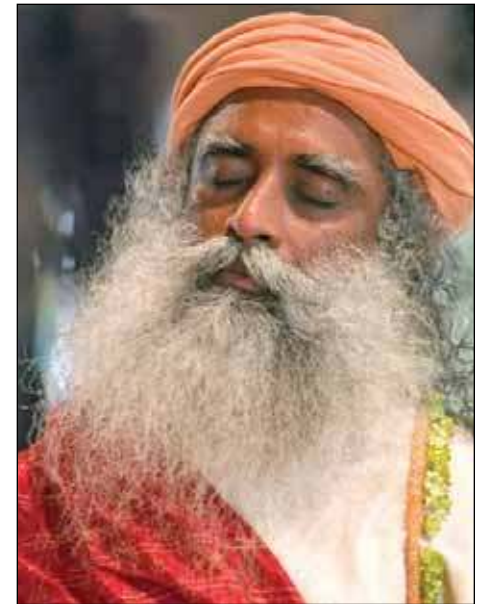
Once, a certain social reformer went to Vivekananda and asked, "It is great that you also support women, what shall I do? I want to reform them. I want to support this." Then Vivekananda said, "Hands off. You do not have to do anything about them; just leave them alone. They will do what they have to do." This is all that is needed. It is not that a man has to reform a woman. If he just gives room, she will do what is necessary.

Swami Vivekananda's vision

When I was twelve or thirteen years of age, I happened to come across some literature in which Swami Vivekananda said, "Give me hundred truly dedicated people and I will change the face of this country." At that time it seems there were two hundred and thirty million people in this country, but he could not find a hundred truly dedicated people. I thought, "What a tragedy! A man like Vivekananda is a phenomenon. He does not happen every day. When he comes, we could not even give him a hundred people in this vast country." To me, it seemed like a great tragedy for this culture and this country.

One person had tremendous vision and because of one person's vision, so many things have happened. Even today, in his name, so much is happening for human wellbeing. A lot has happened because of his vision. All the others who lived at that time, where are they? But his vision is still working in some way. Much wellbeing has come because of it.

If thousands of people had carried the same vision, much better things would have happened. One Gautama Buddha or one Vivekananda having vision is not sufficient. Only when a large section of



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

the population has vision, really beautiful things will happen in society.

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 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

Indrani Nagenthiram

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

Indrani Nagenthiram is proof that a person is never limited by their age. At 51 years old, she started her own business and became the founder and CEO of Villa Karuna Home for Seniors, which is also known as Helping Hands Senior Care. Fourteen years later, Indrani has no plans of slowing down and aims to fulfill her vision to have a bigger seniors' home for the Tamil community, inclusive of a spa, swimming pool, and many other amenities which will allow members to be comfortable and enjoy their lives to the fullest.

Indrani's inspiration came from her mother, who lived with Indrani, her husband and three children. Due to the onset of osteoporosis and arthritis, care was arranged for her mother. However, Indrani soon found that her mother was unhappy and unnecessarily stressed as she couldn't communicate her needs with the care worker due to the language barrier. It was her mother's experiences that were the seeds for Indrani's idea to have home care services available, specifically to members of the Tamil community. In honour of her mother, the seniors' home was named Villa Karuna Home for Seniors.

Her husband's unwavering support, especially while caring for their three children and elderly mother, allowed Indrani to follow her dreams. Starting a business, especially a home for seniors, was not an easy venture and Indrani faced numerous challenges from the community and the business. When she conceived her idea, there was a lot of stigma within the Tamil community about sending our elderly to a seniors' home. Our community mindset that parents should live with their children and family was strong. However, it had to be taken into consideration that in our past, family members lived within walking distance of one another and there were no language barriers. Now, in Canada, most family members are working outside of the home, and often the elderly who stay in the house are unable to independently go outside and enjoy life to the fullest. In addition, some elderly members of the Tamil community are not proficient in English and

they need care where they can communicate their feelings and needs in Tamil. Also, Indrani found that children in Canada were hesitant to seek the services of senior homes, even though they were struggling with the demands of looking after their aging parents, as they feared the backlash from their community.

Despite these views, Indrani moved forward taking on different roles to learn about the various aspects of the business. She began with Home Care and seized every opportunity she could to learn. She became a driver, a cook, a cleaner, a care person, and a translator for hospitals. While she actively engaged in all these tasks, members of the community didn't consider a Personal Support Worker as a prestigious job. However, Indrani was determined to follow her passion and used her struggles as a motivator to continue. As Indrani held different jobs, her knowledge on the process of taking care of the elderly and their needs became proficient. Her roles took her to various nursing homes where she identified their strengths and areas that she wanted to adapt while planning her business. Indrani was consistently analyzing how she could make facilities better, which is a reflection of her family history of business and entrepreneurship.

However, Indrani was not well versed in the regulations that need to be followed to operate a seniors' home. She soon found that her passion and determination on their own would not be sufficient, as within six years, the City of Toronto noticed that Helping Hands Senior Care was not up to date with bylaws. This may have been one of Indrani's biggest challenges as she had not been paying attention to these rules. With a lot of struggle and hard work to tackle the significant learning curve ahead of her, Villa Karuna Senior Home is now fully licensed and meets all the expectations of the Retirement Homes Regulatory Authority to serve its more than sixty senior members.

Now at the age of 65 years old, Indrani is a



successful entrepreneur with a thriving business. "Before I die, I want to see that someone has put a foundation for a seniors' home with at least forty beds," says Indrani as she makes plans to inspire community members to come together to create a high quality facility for the elderly Tamil community.

In an effort to create a platform for Tamil seniors to showcase their many talents, Indrani is organizing Golden Super Singers on September 18th, 2016 at Jasmine Banquet Hall between 10am and 4pm. There will be five finalists that will have the opportunity to sing, along with one dance, a small play, and a few other performances. All those who are interested in the event are to call 647 346 4171 and audition by June 30th, 2016.

Indrani Nagenthiram exemplifies the adage that "age is just a number". Indrani truly lives her belief that anyone, at any age, can overcome obstacles and aspire to achieve their dreams, if they wholeheartedly have the passion to do so.

For more information on Villa Karuna Home for Seniors (Helping Hands Senior Care), please visit: <http://www.hhseniorcare.com>.

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The Arangetram

An inside story by the artist

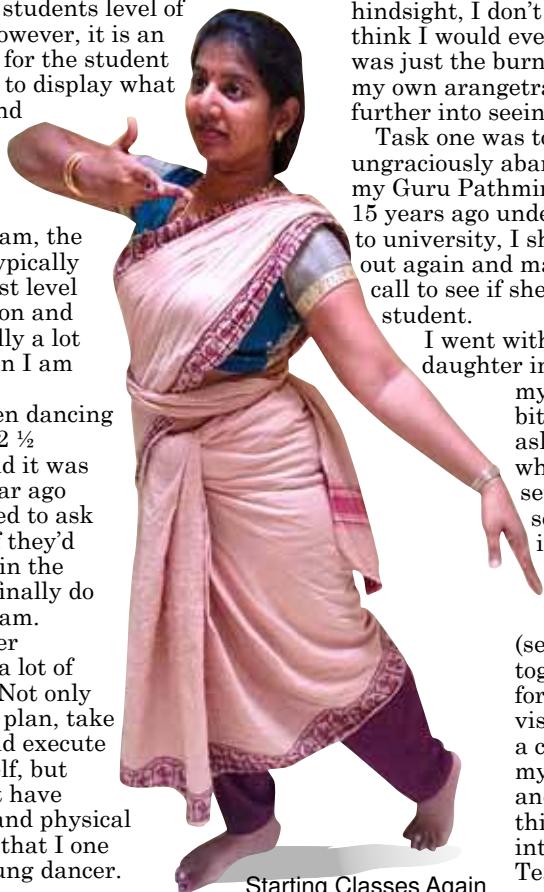
RAJINI NATHAN

‘Staging an arangetram is like a wedding, things are never as you initially plan, but it will all work out in the end’- Guru Smt. Pathmini Gunaseelan.

At 33 years of age, married and with a 2 and a half year old daughter, let's just say that I'm not your typical arangetram student. For those of you that do not know what this is, it is traditionally the debut performance that a classical artist does to demonstrate their level of skill and typically can take an average student around 3-6 years to accomplish. However, even though students nowadays begin performing even after a few months of learning, arangetrams are still a pinnacle point to reach for every student. An arangetram is not compulsory and neither is it a mark of the students level of expertise, however, it is an opportunity for the student and teacher to display what their flair and proficiency in the art form. At the point of an arangetram, the student is typically at their finest level of preparation and is also usually a lot younger than I am now.

I have been dancing since I was 2 ½ years old and it was exactly a year ago that I decided to ask my family if they'd support me in the decision to finally do an arangetram.

Being older comes with a lot of challenges. Not only do I have to plan, take decisions and execute things myself, but I also do not have the energy and physical capabilities that I one had as a young dancer.



Starting Classes Again

That I do not have parents to drive me around to classes and run around for me is something that I've had to come to terms with; I've also had to digest the fact that after quite an intense labour experience delivering our little girl, my body is also never going to be what it was.

Having said that, all this simply made me more determined to do the best I can and to be the best I can be. In addition to all of the above, I'm also a born again Christian, and typically, we 'new-age' followers of Christ do not typically engage in Eastern classical fine arts, let alone stage an arangetram!

Although I have performed here and there in the recent years, I haven't actually had formal classes for about ten years and was nowhere near arangetram standard at this point. In hindsight, I don't know what made me think I would ever be ready, I guess it was just the burning desire to dance at my own arangetram that propelled me further into seeing if this would work.

Task one was to find a teacher. After ungraciously abandoning classes with my Guru Pathmini Gunaseelan about 15 years ago under the excuse of going to university, I sheepishly sought her out again and made a nerve wrecking call to see if she'd take me back as her student.

I went with Azaaryah, my daughter in hand, to meet with my Guru. After a little bit of catching up she asked me to dance to see what level I was at. I set Azaaryah up on her sofa with the dreaded iPad as a bribe and proceeded to dance.

I could not complete even two short jathi's (sequences of steps) together without gasping for air and was very visibly unfit. We had a conversation about my faith as a Christian and talked about how this would affect my intended Arangetram. Teacher said she needed

time to think. It was a few days before I received that all important phone call from Pathmini teacher agreeing to take me on as a student. Before our first class we took another look at the requests I had made and came to a compromise on some of them, however, it was to my amazement that she agreed to work with me on keeping within the boundaries of my faith. 'Only because you so desperately want to do this, am I agreeing to all this Rajini' she said. 'No other teacher will agree to what you have asked' she added. She is right. To step away from the framework that traditional Bharathanatyam has developed in is something that no true lover of the art would want to do; but teacher did it, for a greater cause. When presenting my case to her I explained

potential to reach a different audience and spread the art of Bharathanatyam was one of the major reasons Teacher decided to take on the mammoth task of preparing me for my arangetram.

I started to travel from Langley in Berkshire to East London (1 ½ hour journey on a good day) with Azaaryah. I'd take a one hour class on a Wednesday evening and then stay at my mums in East London and then another hour class on Thursday morning and drive back home.

Initially Azaaryah sat still for the first few weeks of class, entertained with her (or rather my) iPad and a packet of crisps, as long as I saw to her about once or twice in a class. Later she started to dance with me (kind of hang on to my clothes) and we soon realised that



Rehearsal in progress

that I wanted an opportunity to show the world that Bharathanatyam can be performed without going against The Bible, as a testimony to both Christians and non-Christians. I also told her that I would like to teach in the future and to do that and lead future students to arangetram level, I would have to have been through one myself. The greater

if I really wanted to start doing some serious practice I needed to find a way to attend classes without her.

My family came to my rescue with my sister Niranjini offering to babysit for me whilst I practised and my mother offering me respite in the evenings. I changed my classes to two hours on a Thursday morning, arriving at my



mums on a Wednesday evening and recharging my batteries, to prepare me for class and the drive back home the next day. Later things got a little more difficult when Niranjini went back to study a course and I began driving from Langley on Thursday mornings after leaving Azaaryah with family and friends.

I guess some Arangetram students have assignments and exams, my challenges were family holidays, and looking after Azaaryah when she got ill. My practice did suffer during these times, so I began to hire a local dance studio to practice more seriously and immediately found that I was more focused and achieved a lot more in comparison to my daily home efforts.

In order to cut costs, we did a photoshoot whilst we visited family in Malaysia and also with the help of my in-laws, managed to print our invites out there. Upon returning to London we worked across continents to get the same printers to design and print our Brochures which meant a lot of early morning whatsapp calls, emails and texts. Working through the list of required videographers, photographers, caterers, make-up artists and the like, March slowly crept up on us and with

week at my mums' house. Rehearsals started the following morning. At around 6 pm just after I had picked my sister from work, I received a call from my brother informing me that Appamma had passed away.

It was beyond heart wrenching on so many levels, that I couldn't even think straight. My head was reeling with grief and I could not control the stream of tears that flowed for the next 48 hours. After a few phone calls to family, I informed my teacher of the situation and told her that as a family we had made the decision to go ahead with the performance. I'm not sure how assuring it must have been to receive that news from a distraught graduate to be, but she supported me in my decision. We decided not to tell the other accompanying artists as we didn't want that to distract them from the task at hand. The next day I climbed out of bed after hardly sleeping at all and arrived at rehearsals. I cried throughout the whole of the first day, in private, hiding my tears and grief from everyone and taking instruction as best as I could.

The day ended and I ploughed on. Throughout the rest of the week, I rehearsed and cooked lunch for the rehearsing artists with the help of my sister and mum, who were also looking after Azaaryah full time whilst I was rehearsing. The cooking was actually a welcome distraction as it gave me something else to focus on that wasn't related to the performance. All my fathers' siblings called me to give me

rites, it was a huge blow knowing that none of them would be there to share what should have been one of the happiest days of my life. The funeral was arranged for Sunday, the day after the arangetram and we also arranged for the performance to be streamed live over the internet so that my family could at least watch me in Canada.

Towards the Thursday of the performance my knees were giving me agony and I was both physically and emotionally drained. On Friday, the day before the performance, I barely danced as my knees hurt too much and I wanted to conserve my energy for the following day. After rehearsals, I gathered everyone into the car and drove back to our house in Langley.

After a quick prayer with some friends, I went straight to bed.

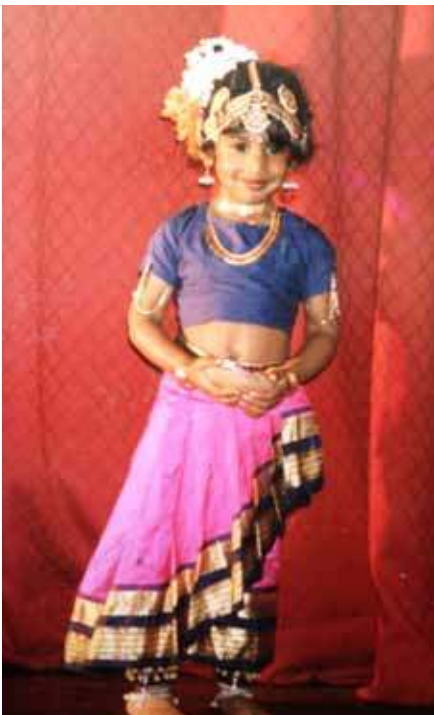
I slept relatively well and drove myself and my family to the Theatre to get ready. I wasn't nervous. I was ready to perform, however, as I got on stage for the first performance, I realised that I was in trouble. I was completely drained of energy to the point that I couldn't stand and honestly, I have no idea how I got through the seven dance items that lay ahead. However, when the audience came to wish me, apparently none of this showed (and I have video proof that they're right) Some of them were still oblivious to the turmoil that we'd been through due to Appamma's sudden demise and no one knew of my physical difficulties, yet the performance was a success. There were stories of tears as I danced reminiscing my late father and my daughter Azaaryah, and the centre piece based on Bible stories spoke volumes to my audience who were from a range of backgrounds and ethnicities.

Finally my dream had come true!

Not exactly the way I had planned it, but nevertheless, it was done. I could not be more proud of myself for the effort that I have made to achieve this and nor can I thank those who



Rajini and her daughter Azaaryah



Rajini 's first dance performance (3+)

it the arrival of my Mother-in-law who lives in Malaysia. Having her at home, freed up a lot of my time otherwise spent in housekeeping and gave me the mental space to focus more on the dance.

Then came some devastating news. My father's mother, who lives in Canada and whom I call Appamma, was becoming increasingly unwell and was being moved into palliative care. We were now at the weekend before my Arangetram and I was more upset than I could describe. I was torn between wanting Appamma to survive till after the arangetram, so that I could go and see her, but I also did not want her to suffer. On Sunday I packed my bags and Azaaryah's, and set off to stay the



Guru Smt. Pathmini Gunaseelan recognizing Rajini Nathan with certificate

their support in carrying on with the performance, but also to tell me that they had decided to travel to Canada to attend the funeral. Although I completely understood that they needed to be there to attend Appamma's last



Rajini's grand mother "Appamma"

have helped me in this journey enough for their support and encouragement. I hope that this story inspires you to reach for the stars and fulfil your dreams too.

I have started teaching a beginners Bharathanatyam class in Langley and have a few performances lined up as well. I honestly believe that I had my God carrying me through every step of the way and when you have God with you, who can stand against you!

Teacher and other artists performing the music for the arangetram





PARAMASAMY PANCHADCHARAM'S HOLY PILGRIMAGE TO MOUNT KAILASH

(The world's most venerated Holy Place)

C. Kamalaharan



Mr. P. Panchadcharam

I had the unique opportunity of going through Mr. Panchadcharam's inspiring experiences as he recalled them vividly in his book 'Holy Pilgrimage to Kailash and My Experiences.' I felt as though I too was one amongst the pilgrims as I



Mt' Kailash and Manasarovar lake

went through the lucid descriptions of the places he visited and the spectacular sights he brought to the readers. Pilgrimage to Mt' Kailash is not that easy says Mr. Panchadcharam. One has to encounter severe hardships like snow storms, hail storms, black clouds, landslides etc. As such one cannot embark on such a tiresome journey under adverse conditions all by himself/herself. He/She has to join an organized group. For the Indian pilgrims the Ministry of External Affairs of the Indian government organizes it and for Non-Indians the Nepalese private agents organize it. For Mr. Panchadcharam's group Eco Trek travel agents organized it. They handled all the paper works relating to obtaining Chinese visas and permits to the Chinese army camps. Arrangements for their accommodation at various stopovers during their onward and outward journeys and for helicopter flights over inaccessible places due to landslides are also arranged by them. Besides they also arrange sherpas (porters on mountain climbing expeditions) cooks, personal helpers and horses for individuals and yaks for transporting food items and tents etc. Food prepared freshly in tents and in kitchens are served by them hot.

The Kailash Manasarovar pilgrimage is once in a lifetime journey to experience heaven on earth says Mr. Panchadcharam. Detailing the mode of transport he says travelling could be done in two ways.

1. By helicopter
2. Overland by AC coach

Mr. Panchadcharam advises those who go on pilgrimage for the first time to travel overland by AC coach mainly to get them acclimatized to the climate and the high mountains thereby enabling the pilgrims to complete their pilgrimage without any hassels.

Mt' Kailash lies in an isolated corner of western Tibet in China at a height of 6714 meters. The natural view of the mount covered with snow presents the shape of a 'Lingam'. Mr. Panchadcharam describes the glorious transformation of colour of Mt' Kailash as he witnessed this spectacular scene one day early in the morning during sun rise. As the sun's rays fell on Mt' Kailash the colour gradually began to transform into gold and moments later the whole mount appeared golden. As the sun's blaze intensified the colour began to fade and got completely transformed into white. (View the picture of Mount Kailash on the front cover of the book.) Just as Adams peak in Sri Lanka is claimed by many religious followers to be their Lord's foot

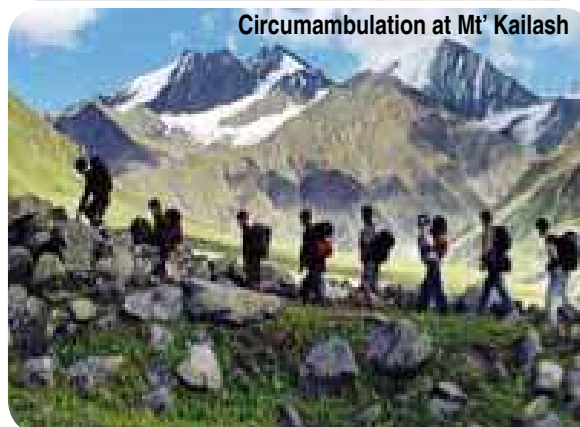
prints Mt' Kailash too is of special significance for the four religions namely Hinduism, Buddhism, Jainism and Bonpo (Tibet's ancient religion). Mr. Panchadcharam says that Mt' Kailash is unique in that there are no steps leading up to it, no idols and no gates. There is also no access to the place by planes, trains or by buses. To a question asked by many as to whether there is a temple at the top or bottom of Mt' Kailash the answer Mr. Panchadcharam gave was "No".

The main purpose of the pilgrimage is 'Parikrama' (circumambulation) around the sacred Mt' Kailash which covers a distance of 53 metres. The path lying at a very high elevation commences from 4600 metres and rises up to a maximum of 5614 metres. Pilgrims normally walk this distance. But facilities are available to use horses for transport while travelling through some impassable portions on foot. An interesting fact is that the Hindus, Buddhists and the Jains take the clockwise route while the Bon adherents take the counter-clockwise route. Whatever route is taken it takes 3 days to fulfill the holy ritual. A firm belief prevails that whoever circumambulates Mt' Kailash 108 times is assured of enlightenment.

Like Mt' Kailash the sacred Manasarovar lake is also important to the pilgrims. Being the largest lake at a height of 4600 metres above sea level it is 410 sq. metres in area, 100 metres in depth



Taking bath at Manasarovar lake



Circumambulation at Mt' Kailash

and for circumambulation pilgrims have to travel 110 kilometres. It was really amazing to read that on the bank of this lake beautiful stones and pebbles having images of deities could be found. Mr. Panchadcharam had collected two of them having imprints of Lord Ganesha and Lord Shiva to keep them as souvenirs. The only two 'prasadam's' one can take home are these stones and the holy water from the lake. Here too a firm belief prevails that one who takes holy bath in the Manasarovar lake will be spiritually cleansed.

The 'parikrama' paths are extremely rough and the climate unbearably cold. Food is minimal and toilet facilities of any standard are totally absent. Once a pilgrim sets off on a pilgrimage from the town he/she gets the feeling that he/she has left behind civilization and stands in the midst of a vast undisturbed barren area with huge boulders and mountains spread all over.

Mr. Panchadcharam deals in detail about our Saiva saints who had made holy

pilgrimage to Mt' Kailash and sang 'Thirumurai' (devotional hymns) invoking Lord Shiva to help the people and fulfill their needs. It is due to this Mr. Panchadcharam validates the presence of 'Kailasha Vahanam' and Kailash paintings on the walls in most temples in Sri Lanka and Tamil Nadu.

Mr. Panchadcharam reasoning the need for a person to go on pilgrimage to Mt' Kailash is to free himself/herself from the clutches of the monotonous, tensed and stressful life. He/she craves for a calm, peaceful and tranquil life. Pilgrimage to Mt' Kailash and Manasarovar fulfills this craving need. Adding further he says for a Hindu to go on a pilgrimage to Mt' Kailash and have darshan of Lord Shiva's abode and circumambulate it is an elevating and inspiring experience that purifies his/her soul and cultivate the ability to perceive the divine.

It was really a spirited attempt by Mr. and Mrs. Panchadcharam to embark on such a sacred pilgrimage to Mt' Kailash against all odds and return unscathed, spiritually cleansed and enlightened. Mr. Panchadcharam ascertains this by saying that he and his wife had experienced a full and complete life during the most memorable and most rewarding pilgrimage they had ever undertaken.

As suggested by three Malaysian Swamis whom Mr. Panchadcharam met during the Mt' Kailash pilgrimage Mr. and Mrs. Panchadcharam completed their pilgrimage with a visit to the famous Koneswaram temple at Trincomalee in Sri Lanka. This temple is heralded as 'Then Kailasam' as it lies exactly in the same longitude as Tibet's Mt' Kailash. Furthermore it is also the place where

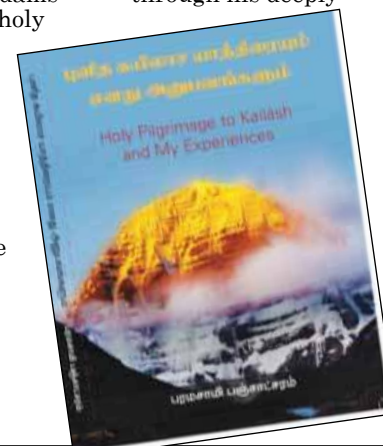


Mr. & Mrs. Panchadcharam

the first Sivalingam was brought from Mt' Kailash and consecrated there. Due to its paramount importance those who have no chance of going on a pilgrimage to Mt' Kailash a pilgrimage to Koneswaram temple at least once in their lifetime will be profusely blessed by Almighty God says Mr. Panchadcharam.

Mr. Panchadcharam had shared his enthralling experiences with the readers through his deeply

engrossing bilingual book with 'black and white' and colourful illustrations to appease the readers. It's a comprehensive guide to those who plan to go on a pilgrimage to Mt' Kailash. The book is so absorbing that it tends the readers not to close it halfway but to continue reading till the last page....



Cover

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MAJURI GNANESWARAN

GRADE 7

ORGANIZED BY RG EDUCATION FOR STORY/ ESSAY WRITING CONTEST

A Prominent Figure in History: Helen Keller

One of the greatest people of all time is Helen Keller. She was a brave woman who survived toughness in her life, but she still stayed strong. Knowing that a woman can handle this much hardship in her life is a true inspiration. This is why I have chosen to pay tribute to her.

On June 26, 1880, a baby girl was born in Alabama. Her parents named her Helen. Little did they know, she would soon have to face the world without two of her senses. At the age of 2, Helen was diagnosed with an illness that affected her eyesight and hearing. Step-by-step, her parents started to realize her abnormal character and later found out she was blind and deaf. Hearing this news, the whole town started to talk about her, which made her very well-known at the age of eight.

Helen was not a perfect in any way. She threw tantrums and locked herself in her room. To help control this problem, her parents hired a teacher who taught the deaf and blind. Her name was Anne Sullivan. Mrs. Sullivan had a tough time working with her because Helen did not always want to be around others. Mrs. Sullivan's first priority was to get Helen to be calm and patient. This process took many days, but eventually, it did work.

Reading and writing is not easy for the blind and deaf, but Helen's teacher made it amusing. One day, Mrs. Sullivan and little Helen took a trip to the nearest water pump. The teacher stretched her hand upon her lap and gently opened the water pump. Mrs. Sullivan wrote letters using her fingers on Helen's open palm. Helen felt the "watery letters" on her hand using the sense of touch. With more and more practise as days passed by, she instantly knew how to write using dotted letter paper. Now, the only thing missing was learning how to

read. Braille are books for the blind that are created by dots. Helen felt the dots forming a letter and then she would try to say the word. Another way she tried to read was by reading someone's lips using her tiny fingers.

When Helen grew up, she graduated from university, but had not decided on a career yet. Her dream job was to aid every citizen in the country. Helen eventually got married and continued her family life, but yet she was curious about her job. Needless to say, her career idea came right to her.

Helen became an activist and journalist. She wrote stories that related to the tragedies and happiness in her life. Being an activist meant that she was involved in certain political issues, such as segregation, during that time period. She lowered the number of black people being tortured by the white people, so they can also have freedom, rights and a content future. Her words had a positive impact on the whites to show them that blacks are supposed to be treated as an equal individual. Not just this, but her journalism was outstanding because she wrote books that spoke about how humans should be treated. During the time of working at her job, Helen had her eyes replaced with glass. She was also visited by a majority of The United States' presidents for her amazing work done.

Sadly, with numerous heart attacks, Helen passed away during the 1960s. Her work was a true inspiration to me because of the passion she put in to assisting others, and not leaving anyone out, which is what any person should do. I am glad to say that if she were here today, I would continue to follow her footsteps. Helen Keller has been a real change to America and a role model for the ones inspired by her, such as myself.



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THE CHEMOTHERAPY DESTROYS THE IMMUNE SYSTEM & KILLS US

OUR BODY IS ELECTRIC: WHEN WE HAVE CANCER, THE VOLTAGE OF THE CELLS GOES DOWN

By: *Uthayan Thurairajah*

The most of the physicians treat cancer with solely on the radiation or chemotherapy. The consequences of that is a weakened immune system. The system we depend on to cure cancer kills us. That is why so many people with cancer die of the treatment, rather than cancer.

The system set up to treat cancer is a multi-trillion dollar industry. The problem is people are not living longer from these therapies. A doctor must give chemo or radiation and surgery, but no natural treatment. It is crazy and upside down. Cancer Treatment is a boiling area of research.

When you finish your chemotherapy, they give you cookies and ice cream or candy. It is like putting gasoline on fire. Oncologists are guilty of crimes against humanity. It is all being hidden and ridiculed by big Pharmaceutical Industry, who makes all the money out of the chemotherapy and other medication.

It is hard to have confidence when we are programmed into this world that our cancer equals to death, or cancer equals chemo and radiation. We have to look really inside ourselves and not be afraid. It is terrifying to get that diagnosis where your whole world collapses in on us. Our immune system is the greatest defense against cancer formation. It makes more vulnerable to chemotherapy and radiation if a person chose to go that route.

Cancer is a holistic thing, and we have to deal with everything: emotional, psychological, nutritional, hydration, and detoxification. However, we can focus one of the important cancer prevention and treatment that's ignored by many professionals.

Our bodies are electric

Everything in our bodies is electric. When one has cancer or any injury in the body, the voltage of the cell goes down. It becomes like 20-30 millivoltage (mV). Our healthy cell has 70 to 110 millivoltage (mV). So when we do Pulsed Electromagnetic Energy Fields (PEMF), we charge the body (the cell membrane), so it is always good to do PEMF before any treatment. PEMF is not a static magnet.



Everything in life pulses and we need a pulse. Moon does not have PEMF and pulse. That is why nothing lives on the Moon. We have evolved and adapted and dependent upon energy that we were not aware that even existed. In 1962, Yuri Gagarin was only on the moon for 108 minutes. He was beyond the reach of these frequencies in our environment, in an hour and 48 minutes, he had a severe bone loss to a point of osteoporosis, decreased metabolism, lose in perception and depression, which affected him for the rest of his life. He committed suicide at the age of 37. We can flip or reverse those things if we expose ourselves to PEMF. We can increase bone density, Increase Perception, Increase metabolism, and increase the

sense of well-being. PEMF is one of the most powerful tools in holistic health.

PEMF Therapy Supercharges Our Health

We need food, water, sunlight, and oxygen for life. The fifth element of health that is equally vital and often overlooked: The Earth's magnetic field and its corresponding PEMFs (pulsed electromagnetic fields). The two most critical components of Earth's PEMFs, the Schumann and Geomagnetic frequencies. NASA and the Russian space program equip their spacecraft with devices that replicate these frequencies. These frequencies are essential for the human body's circadian rhythms, energy production, and even keeping the body free from pain. There is a significant twofold problem on planet earth as to why we are no longer getting these life-nurturing energies of the earth. The first part of the problem is the earth's magnetic field strength is declining, and we spent too much time indoors and disconnected from the earth's magnetic field. The second part of the problem is we are getting too much of the harmful electromog (unnatural PEMF frequencies such as power lines, cell phones, Wi-Fi, Bluetooth, cordless phones, and others). This new science of PEMF therapy (a branch of energy medicine) based on the modern quantum field.

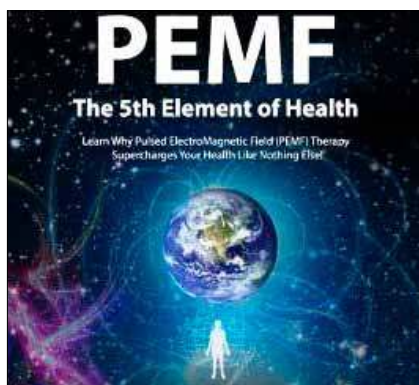
The therapy is not new. Tesla first describes it in the 1880s. If you consider that malignant cells and also damaged tissue, ride at a lot lower voltage or electrical potential, this therapy is designed to up the potential or increase the energy of the cells. PEMF makes cancer unhappy. You can place the PEMF loop right over her affected area and then run for few minutes and then rest on the mat for few minutes to help the electrical potential of all of the cells in the body. If turned up the voltage, it would have taken us like getting a shock. However, at the low voltage, it is a selectively toxic treatment for cancer cells. It is pulsing better electricity or frequencies.

In 2011, the FDA approved a machine using electrical fields for brain cancer. The way that works is by interrupting cancer cell division, so it is kind of interesting. I think this area of electrical nutrition. These PEMF machines are becoming more and more affordable, which is great news.

When we think of dirty electricity, we believe of EMF, electromagnetic frequencies, cell phone towers, and radiation.

We know the dangers of the very high-frequency EMF. The very low frequency is beneficial. It is similar to the earth's magnetic pulse.

We are exposed to a toxic slide of dirty electricity, especially in the North America, where cell phone towers being everywhere. Is there any way to mitigate the radiation from cell phones? I have seen many different chips, and gadgets, and little things that you stick on your mobile phone, things that were supposedly holograms, and just all kinds of weird stuff that supposedly stops any danger from occurring from cell phones. If we walk outside, we are exposed to lots of different challenges, and we do not know. We talk about electromog. We do not know everybody—there's lots of stuff written on it, but we do not know what our cell phones, and EMF, and cell towers and all of this electricity, what that is doing to our body. Some people think it is the single biggest threat we have to humanity. People believe that we are just this physical person, but we have this bio-energetic electrical field that is probably more influential than what's just the 3D morphology that we see right now.



Chemotherapy & Immune System

When we are sick with cancer, the last thing that we need is more challenges to our immune system, because it is our immune system that heals us. Unfortunately, many of the traditional treatment, specifically the chemotherapy is devastating to the immune system. Many patients do not understand that a significant number of cancer patients are dying by the treatment, and not cancer. It can vary between one or two percent that is dying from the treatment. They believe that they will die if keep doing it. If you have interrupted the treatment, cancer grows a lot faster, and they are less likely to live.

Chemotherapy is probably not going to cure cancer but going to make us sick. We only get a few months. It is going to destroy our immune system. These are known to cause heart failure, and destroy our lungs. These are all things known with chemotherapy. Most people say I do not think I want to do that if it is going to destroy my lungs, heart and go into progressive heart failure. The overwhelming majority of physicians who treat cancer with those therapies depend solely on the radiation or the chemotherapy. The consequences of that is a weakened immune system. So the very system that we depend on to cure cancer kills us. That is why so many people with cancer, they die of the treatment, rather than cancer. Some Physician may say we do not know what to do with you. They may say that you are going to die if you do not have chemo. Some people did not choose to do chemo or radiation. They try to make lifestyle changes. We can heal cancer by altering lifestyle including special foods, unique water, healing light, exercise and clean Electricity. We have seen the science and even the conventional medical community's approval of the clean electricity technology and related devices, due to the remarkable success in treating cancer, even the most challenging forms including brain cancer.



This article is not aimed to be a substitute for medical advice, diagnosis, or treatment. Author has made every effort to confirm the accuracy of the information contained in this article for the benefit of society.



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. He 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.

CTCC Silver Jubilee celebrations will showcase Canadian Tamil community's business excellence and success

Contd. from page 1...

"This year marks a very important milestone for the Canadian Tamils' Chamber Commerce as we celebrate our 25th anniversary", an enthusiastic and dynamic program Director for the Anniversary celebrations Roshan Thavaratnam remarked when he addressed the Media Launch last month. To celebrate this great achievement, we will be hosting a two-day event, on September 9th and the 10th", he stated.

President Ajith Sabaratnam who welcomed the Media and those present at the event briefly outlined details of the forthcoming event and requested support for the success of the jubilee celebrations.

Lawyer Meleni David, one of the successful women entrepreneurs among the Canadian Tamil professional and business community praised the CTCC for its activities in promoting the Tamil community's business sector and requested the support of the media for the forthcoming event. She was the winner of CTCC's Woman Entrepreneur Award few years ago.

On September 9th at the Hilton Markham Suites, CTCC will feature the inaugural of the Global Business Expo. The Global Business expo will serve as a platform to connect, educate and motivate local aspiring entrepreneurs on global business trends, barriers and opportunities. It will feature various vendors, keynote presentations and panel discussions from distinguished business professionals.

On September 10th at the Metro Toronto Convention Centre, CTCC will be hosting the Grand Silver Jubilee awards Gala. The Gala will celebrate and reflect on the efforts of successful entrepreneurs, businesses and leaders from the Tamil community. The gala will be attended by over 1,200 professionals, business persons and international world leaders. During these events the accomplishments of Tamil businesses and entrepreneurs who have thrived in the Canadian global economy will be honoured. The first day will be a daytime event and will take the form of a business forum with international participants. The second day will be an evening function with a reception, networking address by the keynote speaker and cultural events followed by dinner.

Sponsorships are still available to business concerns to help market their products and services. Those interested should contact Program Director Roshan Thavaratnam at 416 561 5733. The forthcoming 25th Silver Jubilee event will certainly be an important and effective communication link to businesses who wish to reach the 300,000 strong Canadian Tamil community to market their products and services.

A dinner to raise funds for the Scarborough Hospital Foundation followed the Media event. CTCC has over the years raised over \$ 250,000 dollars for the Hospital during the annual walkathons.



Ajith Sabaratnam, CTCC President addressing the media



CTCC's 25th Silver Jubilee Program Director Roshan Thavaratnam



Dilani Gunarajah, Executive Vice President, CTCC



Shalini Sathya, Vice President, Community Relations, CTCC



Kula Sellathurai, Past President of CTCC



Michael Gray, Regional Vice President, Toronto North East, RBC addressing the Canadian Tamils' Chamber of Commerce Media Launch



Meleni David, Lawyer & a past Chamber award winner



Ajith Sabaratnam and Abdul Hamid, a prominent Radio & TV host



CTCC President Ajith Sabaratnam with Esa Para, former director, CTCC



Gary Anandasangaree, MP, Scarborough-Rouge Park & Ajith Sabaratnam, President, CTCC



Participants at the media launch



Sriharan Parameswaran, Branch Manager, RBC, Mrs. Sriharan, Mohan Sundaramohan, Branch Manager, RBC, Siva Sivapragasam, Editorial & Marketing Consultant, Monsoon Journal, Michael Gray, Regional Vice President, Toronto North East, RBC, Kula Sellathurai, Past President, CTCC and Ari Ariaran, Sri Lankan Accountants Association



Chamber Board of Directors

MANAGING YOUR MONEY

Dynamically Diversified Investing

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

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

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

Many Canadian investors believe they are achieving adequate diversification by buying “the market” through an instrument such as an index fund. The problem with this approach is that 66% of the S&P/



TSX index weight is in just three sectors: Financials, Energy and Materials—sectors negatively influenced by the ongoing slowdown in global activity. With these currently highly correlated sectors so dominant, it is difficult to offset losses through investments in relatively small, less-correlated sectors such as Healthcare.

So, achieving true sector diversification within the Canadian market is difficult at best. That is why savvy Canadian investors have traditionally sought diversification by

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investing in various areas of the world. But rather than taking a do-it-yourself, hit-and-miss approach to diversification, many investors are now choosing a dynamic asset allocation strategy.

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

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

A Portfolio fund is a grouping of financial assets held by investors and managed by financial professionals. Certain Portfolio Funds combine a long-term investment

management outlook with dynamic asset allocation strategies to adapt to shorter-term market movements with the goal of managing risks and enhancing returns.

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

Disclaimer:

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

Immigration Spousal Sponsorship Applications - Some important tips

One of the most important categories among Canada's many immigration programs is the Spousal Sponsorship program, which falls under the Family Class category. In fact, the spousal sponsorship applications have the highest priority in terms of processing times. It is not unheard of that some sponsored spouses have received their visas within five to six months. This is not the typical processing service standard, but provided the application package is well prepared, all supporting documents are included, and the matter is a straight forward case, then the applicants can certainly benefit from priority being awarded to this category at the visa offices. If however, the matter requires further documentation and the visa office decides that the applicant needs to be interviewed or background checks from multiple countries are required (if the applicant has lived in many countries in the past) then the processing can take much longer.

Under the spousal sponsorship program, an individual, who is either a Canadian citizen or a permanent resident of Canada, may sponsor their spouse (husband, wife or common-law partner) to obtain permanent residence in Canada. Although a Canadian citizen sponsor can initiate the application process while living abroad, a Permanent Resident sponsor must be in Canada throughout the process. This is not to say that he or she cannot travel outside Canada. A good test would be to see if the permanent resident sponsor has been regularly working in order to satisfy the requirement. The Canadian citizen sponsor is allowed to file a sponsorship application while living abroad. However, he or she should establish that they have the intention of returning to Canada with the

sponsored spouse.

In addition to having Permanent Resident status in Canada, a sponsor must also be 18 years of age or older, sign an undertaking to provide the sponsored person's basic requirements including for any accompanying children, and also sign an agreement with the sponsored person indicating that both parties understand their obligations and responsibilities. In addition, if the sponsored person has any accompanying children, the sponsor must also prove that there is sufficient income to support them.

A sponsored person can be a wife or husband, or a common-law partner with whom the sponsor has lived together for at least a period of 12 months continuously. In rare occasions, conjugal partners i.e. couples who are in a marriage like relationship for over a year but unable to live together as a couple for reasons beyond their control can also be sponsored under this category. For the purpose of sponsorship applications both same sex relationships as well as opposite sex relationships are considered alike.

While a marriage makes the parties eligible to initiate a sponsorship application immediately after legal registration, it does not mean that the application will be automatically approved based on the legality of the marriage. Unlike in the past, the test is now two prong. A couple has to prove not only that their marriage is genuine but also that it has not been entered into primarily for the purpose of gaining admission to Canada. The onus rests with the Sponsor and the Applicant to prove that their application package successfully addresses and satisfies both tests.

Common-law relationships are comparatively more difficult to prove. Unlike

in the case of a marriage, there isn't a legal document to prove when the couple started living together. As such, common-law partner sponsorship applications require additional evidence pre-dating the application. Strong evidence of the couple's living together for a continuous 12 months is mandatory in order for the partners to be eligible under this category. The sponsor and the applicant must also sign a declaration attesting to the fact that they have lived together continuously for the required 12 months. The bona fides of the relationship will be reviewed only if the officer is satisfied that the couple has lived together for one year.

Conjugal partner cases are even more difficult to prove. The term “conjugal partner” is open to interpretation and throughout my career I have seen visa officers take many different approaches in interpreting the legislative provisions. Presentation of convincing evidence with the application and strong submissions explaining what keeps the couple from living together or getting married, again supported by evidence is the key to a successful conjugal partner application.

John and Jenny

John is Permanent Resident of Canada and a university student. He came to Canada with his parents as a dependent child nearly five years ago. Because of the study demands, John gave up his part-time job a year ago and is now totally dependent on his parents for financial support. John was very sad to leave his girl-friend Jenny in Colombo, but promised to continue their relationship after migrating to Canada. True to his word, the couple communicated via a variety of social media networks and maintained their relationship long distance. A few years later, the couple received the

blessings of the respective families. Soon they were planning a wedding. Immediately after John returned from Colombo after their wedding and honeymoon, he filed a spousal sponsorship application. There was a great deal of evidence to prove their relationship, spanning a number of years, including a beautiful wedding album and evidence of travel to Sri Lanka by John's parents. He was dreaming of the day that his new bride would be arriving in Canada so that they could start their new life together in Toronto. Yet, Jenny received a letter from the Canadian high commission indicating that her application is refused as a visa officer is of the opinion that John is unable or unwilling to support her.

[names are fictitious]

While there is no requirement for the sponsors of a spouse or common-law partner to meet a certain income test, such as meeting the Low Income Cut Off [LICO] figures, applications can sometimes be refused if the visa officer believes that the sponsor has no intent or ability to support the sponsored spouse or common-law partner. Therefore, it becomes important to ensure that all aspects of an application package are thoroughly assessed prior to filing it with the department of Immigration, Refugees and Citizenship Canada.

Please refer Page 14 for the info and contact details:

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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

Mor Kuzhambu

(Buttermilk/Yoghurt Curry)



AS THE SUMMER MONTHS APPROACH, MOR KUZHAMBU IS A STAPLE THAT IS AS DELICIOUS AS IT IS NUTRITIOUS. THERE ARE MANY WAYS TO MAKE THIS SIMPLE DISH, BUT HERE WE'VE GIVEN YOU THE JAZZED UP VERSION THAT YOU CAN SERVE TO GUESTS OR AS A SPECIAL FAMILY TREAT.

Soak the toor daal, coriander seeds, cumin seeds and raw rice in a little hot water for 5-10 minutes. Grind it along with the green chillies and grated coconut to a smooth paste. If you would like to keep it simple, this first step can be avoided and instead start with the tempering mixture and add onions, green chillies and tomatoes to it.

Back to our more fancy version. In a pan, add the ground paste, turmeric and a little water and cook for a couple of minutes. Add the buttermilk/yoghurt and set aside.

In another small pan, heat the coconut oil and add the mustard seeds to it. When the seeds start popping and spluttering, add the curry leaves, mix it for 10 seconds and then add it to the buttermilk/yoghurt mixture.

That's it! It really is as simple as that. To take it one step further, you can add cooked white pumpkin to it, add sautéed ladies fingers or cooked taro/eddoe (seppan kizhangu) before adding the buttermilk/yoghurt.

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

If you're on Instagram, don't forget to take pictures and #monsoonjournal.
Enjoy.....!

Ingredients:

- 1 tsp toor dal (thuvaram paruppu)
- 2 tsp coriander seeds (kothamalli)
- 1 tsp cumin seeds (seeragam)
- ¼ tsp raw rice (patchai arasi)
- 4-5 green chillies (patchai milagai)
- ½ cup loosely packed grated coconut (thiruvina thengai)
- 3 cups thick buttermilk/yoghurt (mor/thayir)
- ¼ tsp turmeric (manjal)
- Salt as required (uppu)
- To Temper:-
- 1 tsp coconut oil (thengai ennai)
- ½ tsp mustard seeds (kadugu)
- 4-5 curry leaves (kari vepilai)



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RBC Royal Bank

Morningside / Milner Branch celebrates 9th Anniversary

RBC Royal Bank Morningside & Milner Branch has successfully completed 9 years of committed service to the Scarborough/Rouge community!

The staff at the Morningside & Milner Branch would like to extend their thanks to the Personal and Business clients for their continued support!

Happy Tamil & Sinhala New Year

RBC Royal Bank After School Project

RBC believes that helping children learn is one of the best investments a company can make and therefore RBC supports a network of community-based organizations that provide after school programs, helping kids continue learning after the school bell rings.

After school programs help kids improve their skills in areas like academics, arts and sports, and help improve peer-to-peer interaction and self-esteem. The RBC after school project is part of the Bank's larger commitment to kids and youth through the RBC Kids Pledge, a five year, \$100 million promise to support a wide range of programs for developing well-rounded kids and youth.

RBC donates \$30,000 to Malvern Family Resource Centre towards after-school program



RBC Platinum Sponsor for Sri Lankan Accountants Association of Canada's Accountants Forum

RBC was the Platinum sponsor for the 7th Annual Accountants' Forum organized by the Sri Lankan Accountants Association of Canada on March 12, 2016. There were four different topics related to accounting and finance that were presented by professional lecturers.



Ms. Roshni Mukherjee, Regional Vice President, Scarborough Market, RBC Royal Bank addressing 7th Annual Accountants Forum of Sri Lankan Accountants Association

Platinum Sponsor - RBC with SAAC Board Members



RBC Gold Sponsor for CTCC 25th Anniversary Gala

This year marks an important milestone for the Canadian Tamils' Chamber of Commerce as it celebrates the 25th Anniversary of the organization. To celebrate this achievement, CTCC will be hosting the Silver Jubilee Celebrations: a two-day event from September 9, 2016 to September 10, 2016. RBC is proud to be a Gold Sponsor for this event.



Michael Gray-Regional Vice-President, Toronto North East Markets, RBC addressing the Canadian Tamils' Chamber of Commerce Media Launch

RBC REALTOR Appreciation Week

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Mark Holland Dinner

Mark Holland, The Member for Parliament for Ajax/Pickering met with his well-wishers, supporters and members of the Media recently at a dinner hosted at his mother's residence. A wide range of issues and the role of the Liberal government were discussed by those present.

Some of the participants at the event can be seen here.



Super Visa Insurance

1) What is a Super Visa Insurance?

Super Visa Insurance is designed to cover medical emergency treatment costs incurred while a Super Visa holder resides in Canada or is on a side-trip in other country, provided that the majority of the insurance coverage period is spent in Canada.

2) Why is it necessary?

A proof of an adequate Super Visa Insurance is required by the Citizenship and Immigration Canada, as a part of the Super Visa program, in order to accommodate the immediate needs for medical assistance of a visa holder. One of the official application requirements for Super Visa is an appropriate health insurance policy that has to be bought. Therefore, it is essential for the applicant to send a proof of Super Visa medical insurance coverage along with the rest of the documents in order to be approved for the program

3) What is the important information to consider about Super Visa Insurance?

Super Visa insurance Canada policy ONLY provides medical emergency-based coverage EXCLUDING regular physical examinations, routine doctor and clinic visits as well as other associ-

ated cases of seeking medical attention that are not considered urgent according to a Policy Wording of a particular Canadian insurance company.

4) What are the options for refund?

- 100% refunds if your application is denied by the CIC.
- Pro rated refund if your parent or grandparent does not have a claim.

5) What are the options to pay for the supervise Insurance?

- a fully paid upfront
- a monthly pay basis

Super Visa Insurance Canada MUST:

- Be valid for at least 1 year
- Cover health care, hospitalization and repatriation
- Provide a minimum coverage of \$100,000
- Be valid for each entry to Canada and available for review by a Point of Entry (POE) officer
- Be purchased from a private Canadian insurance company

Note that once you make a purchase, you should always carry a proof of your Super Visa insurance coverage with you on a trip.

For more info, please visit page 37 for Daisy Joseph

Three Tamils receive Awards at event organized by the Ministry of Women Affairs

Gowrika Sithambaranathan, Rani Mahalingam and Delicia were recipients of Awards at an Award presentation organized by the Canadian Ministry of Women Affairs. The event took place at the Amoreaux Collegiate Institute. Member of Ontario Provincial Government Soo Wong was present at

the Award ceremony. Seven students and eight women were recipients of the Awards. Stephen Leacock Collegiate Institute High School student Gowrika Sithambaranathan received the Award for leadership skills.

Seen here are pictures taken at the Award function.



Valluvar's Views

Hypocrisy/Deceitfulness

By: JJ Atputharajah

Valluvar is very emphatic on the negative effects of hypocrisy. He says - "marzlithalum needalum vendavaam, ulagam parlithathu olithuvidin". There is no need for a person to shave off his hair or let it grow wildly to give the appearance of an ascetic. He should only avoid the wrong things that the world decries or ridicules. Even the five elements from within the hypocritical man will laugh derisively at him. A thoughtful man will not be able to avoid the pricks of his conscience. Valluvar is referring to the inner conscience of man when he speaks of the five elements. A hypocrite cannot hide from the shameful guilt of his own conscience. His pretense of saintliness is baseless. If a man pretends to be strong and is not able to master his mind, he is like a cow grazing in a forbidden pasture under the cover of a tiger's skin. Jesus Christ refers to such hypocrites as 'ravening wolves'. One who does wicked things under the guise of a saint is like a bird-catcher lying in wait behind the bush. People who cheat the world under the facade of righteousness will undergo endless torture from their own soul. The Bible underlines the same idea when it states that there will be no peace for the wicked. Cheaters who pretend renunciation without observing it in their heart of hearts will be treated as if they are worse than villains. Jesus Christ brands them as 'whited sepulchres'. Like the 'kunri' seed there are people who shine red all over, but are inwardly black as the nose of the same



seed. Shakespeare expresses the same view-point when he says: 'A goodly apple rotten at the core'. There are men with the sinful heart, who do sacred ablutions as a cover for their wicked activities. The arrow looks smooth and sharp and is cruel but the crooked 'Yar!' makes sweet music. Therefore judgments should never be made on appearances but on performances or deeds. Bible clearly states that: 'Ye shall know them by their fruits.'. It up with the question: 'Do men gather grapes from thorns or figs from thistles?'.

Valluvar in another of his couplets asserts that whatever is just seen or heard cannot be completely true unless it is properly examined with adequate evidence:

"Kannal kanpathum poi, Kaathal Kedpathum Poi, aarath theera arainthu arivathe mei". (Kural: 391-400)



By: Raymond Rajabalan

Pulapaka Susheela, commonly known as P. Susheela, the great Indian playback singer associated with the South Indian cinema for over six decades has recently been recognized by both the Guinness Book of World Records and the Asia Book of Records for singing most number of songs in Indian languages. The Guinness Book of Records has officially credited her for singing 17,695 songs (solo, duet and chorus backed songs) in twelve Indian languages making all Indians feel proud of her remarkable achievement.

She is also the recipient of five National Film Award for Best Female Playback Singer and numerous state awards. Susheela is widely acclaimed as a singer who defined feminism in South Indian Cinema and is well known for her mellifluous vocal performances for over 40,000 film songs across South Indian languages.

eela joined in Maharaja's Music College under the tutelage of Dwaram Venkataswamy Naidu who was the Principal, Vizianagaram, and completed Diploma in Music from Andhra University in First Class at a very early age.

Statistics

P Susheela has sung a total of 40,000 songs in multiple Indian languages.

Telugu

Susheela has sung 19,873 songs in Telugu. S. P. Balasubrahmaniam's first duet in Telugu was with the Legendary Singer P. Susheela. She has sung 8,678 film songs and 1,195 Devotional songs. Among them she has an exceptional 1,336 duets with S. P. Balasubrahmaniam which is a record of maximum duet of the same duo in history.

Tamil

She has sung total 10,676 songs in Tamil. She has sung 3,542 film songs, 1,014 Hindu Devotional songs, 2 Muslim Devotional songs, 83 Christian Devotional songs, 30 songs from Private



Playback Singer P. Susheela recognized by Guinness Book of World Records

The song "Paal Polave" from Tamil film Uyarndha Manidhan brought her the first ever award at the 16th National Film Awards, by winning her the National Film Award for Best Female Playback Singer, also making it the first Tamil film to win a National Award under that category. She is fondly called as "Gana Kokila", "Gana Saraswathi". She is also considered as one of the rich voiced singers whose pronunciation of the syllables to be more clear and precise in any of the languages she sang. In a career spanning more than six decades, she has recorded numerous songs in various Indian languages including Telugu, Tamil, Malayalam, Kannada, Hindi, Bengali, Oriya, Sanskrit, Tulu, Badaga. She has also sung for Sinhalese films. Her mother tongue is Telugu. She can also speak Tamil, Hindi languages fluently.

Personal life

Susheela was born in Andhra Pradesh, India, as the daughter of Pulapaka Mukunda Rao, a leading advocate in Vizianagaram, Vizianagaram District, Andhra Pradesh State. The noted banker Pulapaka Seethapathi Rao, former managing director of State Bank of Hyderabad, was her father's younger brother along with Pulapaka Ragupathi Rao. She is married to Mohan Rao; they have a son named Jayakrishna and two granddaughters named Jayashree and Subashree. Her daughter-in-law, Sandhya Jayakrishna, is a singer who debuted with A. R. Rahman in Iruvar.

Education

After completion of schooling, Sush-

albums and 5 Chinnathirai songs in Tamil. She has an outstanding record of singing 727 duets with T. M. Soundararajan and 257 duets with S. P. Balasubrahmanyam in Tamil.

Kannada

She has sung a total of 5000 songs in Kannada. She sang 4000 Kannada film songs and 1000 Devotional songs in Kannada. She has sung numerous duets with Ghantasala, P. B. Srinivas and with legendary artist Dr. Rajkumar in Kannada language. S. P. Balasubrahmanyam's first song in Kannada was with the legendary P. Susheela which was his second project, after Telugu singer-music director S P Kodandapani gave him his break, was a song with P Susheela for the film 'Nakkare Ade Swarga' and the song Kanasido Nanasido, under the direction of M Ranga Rao.

Malayalam

She has sung 916 songs in Malayalam. She sang 846 film songs and 70 devotional songs in Malayalam. Fondly called as Susheelamma by Keralites she has sung 105 duets with the legendary singer K J Yesudas. The renowned musician Devarajan master gave her more than 250 songs whose favourite female singing voice was none other than P Susheela herself.

Other Languages

Susheela has sung 107 songs in other languages. Among them 66 film songs is in Hindi, 33 devotional songs in Sanskrit and 8 film songs in Sinhalese.

Career

Debut : 1950-1954

Born into a music loving family, Susheela had nurtured a formal classical music training at a very young age. She used to participate in all the musical competitions both at her school and the Vizianagaram town events. She developed the crucial nuances in singing songs with apt expressions and modulations through her extensive training during those days. She also sang few songs for the All India Radio (AIR) for their private program telecasts.

In 1950, music director Pendyala Nageswara Rao was on the look out for some fresh voices to sing for his new film compositions. He approached the AIR to help him shortlist some of the finest singers who have performed for the Radio. AIR sent forward five singers of whom Susheela was selected after some thorough audition tests. She was immediately signed on for the Tamil film Petra Thai (1952) for a duet song "Edhuku Azhathai" with A. M. Raja. This was subsequently made in Telugu as Kanna Talli for which she recorded the same duet with Ghantasala. This resulted in her long term employment with AVM Studios singing for their productions alone with a fixed monthly salary. The studio owner A. V. Meiyappan hired a Tamil trainer for Susheela to hone her Tamil pronunciation skills. Thus Susheela began her illustrious career gaining abundant knowledge about music and language. She debuted into Kannada language with the film Maadidunno Maaraya in 1954.

Breakthrough : 1955 - 1960

It was not easy for a newcomer to foray into the musical scene in the

1950s with the domination of eminent female vocalists like P. Leela, M. L. Vasanthakumari, Jikki among others ruling the playback industry. Yet, Susheela made her own mark with her distinct and clear vocals. The year 1955 saw Susheela raising to popularity with her back to back hit songs both in Tamil and Telugu film industries. Missamma released in 1955 had hugely popular songs backed with strong carnatic classical essence. Susheela created a huge impact among the listeners with her effortless renditions of the toughest notations. The same year released Tamil film "Kanavane Kan Kanda Deivam" made her a household name in Tamil Nadu.

Thus began a huge legacy of Susheela, who sang in almost all the films produced since 1955 through 1960s and 1970s till 1985. The legendary Tamil musicians Viswanathan - Ramamurthy duo wrote some of the most evergreen songs of Cinema history in the voice of Susheela. Her duets with the acclaimed singers Ghantasala in Telugu, T. M. Soundararajan in Tamil and P. B. Srinivas in Kannada marked a new era of duet songs in the South Indian music industry. She, along with T. M. Soundararajan went on to record more than hundreds of songs with Viswanathan - Ramamurthy. Susheela's blockbuster Kannada song "Viraha novu nooru taraha" for the film Edakallu Guddada Mele is listed as one of the top 10 evergreen songs in Indian cinema. Her combination with actress Jayanthi is very popular in Karnataka.

Contd. on next page...



Senior Tamils' Centre Board Member Honoured and Awarded by Ministry of Ontario Women's Directorate Via M/s. Soo Wong MPP

Mrs. Rane Mahalingam, M.Eng; P.Eng; O.M.C; FEC was awarded the prestigious award namely "Leading Women Building Communities" for the year 2016 in a ceremony held recently, hosted by M/s. Soo Wong MPP for Scarborough-Agincourt, who is also Deputy Speaker of the Ontario Legislature. Key note speaker at the ceremony was M/s. Marissa Sterling, P.Eng.-Assistant Dean, Inclusivity and Diversity at Lassonde School of Engineering at the York University.

The Ministry of Ontario Women's Directorate selected Leading women, Building Communities in the Province of Ontario and Rane is one of them, which is an honour not only for Sri Lankan women but also for the professionals at large who passed out from Sri Lanka University. Its pride to note: Rane is the first lady Engineer from the Eastern province of Sri Lanka produced by University of Sri Lanka.

Rane has demonstrated her leadership in many spheres; contributed her valuable hours for volunteerism. Rane has spent many hours and devoted her skills and knowledge for the activities of many esteemed organizations. Some of these organizations are Professional Engineers of Ontario (PEO), Professional Engineers of Ontario, Scarborough Chapter (PEOSC), Engineers Canada (EC), Ontario Society of Professional Engineers (OSPE) and Senior Tamils' Centre of Ontario (STC).

As a Board Member and Secretary of STC: Rane, in the year 2015 under her leadership, initiation and direction has been successful in receiving a three-year funding from Ontario Trillium Foundation for a program Viz. "Clean Air Ambassadors". Now the program has been in existence for a year and Rane is the leader for the running of the program, which position she is executing in an exemplary

manner.

Rane profoundly taking the lead in educating not only the people from the Tamil community but also people from other communities and she does it enthusiastically. She has made several presentations and conducted hands on workshops for seniors, youth, children and parents of Autism children about the reasons for climate change, the impact of global warming and simple activities that can help reduce greenhouse gas emissions at household level. The result of this program exemplifies Rane's devotion, dedication, determination, sacrifice and hard work. STC salutes for her effort and success.

Rane has been practicing Civil Environmental engineering for over 46 years, both in Canada and Sri Lanka. She retired, after serving for the Ontario Ministry of the Environment and Climate Change (MOECC) for 25 years as Water and Wastewater En-



Rane Mahalingam,
M.Eng., P.Eng., O.M.C. FEC
Engineering Specialist. For her tireless dedication, Rane has received several awards including "Order of Honour" in 2012 by PEO, "Volunteer Service" Award from Ontario Ministry of Citizenship and Immigration, The "Good Citizen Medal" (O.M.C) from Lieutenant Governor David Onley in 2009, and "Citizenship Award" jointly from PEO and OSPE in 2008.

Playback Singer P. Susheela

Contd. from previous page...

Successful domination : 1960 - 1985

The early 1960s saw Susheela grow as an undisputed lead female singer across all the south Indian language films putting all the older veteran singers to the background. The year 1960 saw Susheela entering the Malayalam films with the V. Dakshinamurthy compositions for the film Seetha. From then, she went on to record numerous hit songs with all the Malayalam composers like G. Devarajan, M. K. Arjunan among others. She recorded many Malayalam duets with the veteran singer K. J. Yesudas. Her association with M.S. Viswanathan continued even after M.S.V split up with Ramamoorthy in 1965 and under M.S.V her duets with T.M. Sounderrajan and others and her solo songs were too popular with audience and made her first choice singer for every other music composer and film producer from 1960-1985. M.S.V.'s composition fetched her the very first National Film Award for Best Female Playback Singer in 1969 for her prolific rendition of "Naalai Intha Velai Paarthu" for the Tamil film Uyardha Manidhan. The same song got her the Tamil Nadu State Award as well.[20] Thereby, Susheela became one of the first recipients of the most dignified National awards in India. It was during these years the Nightingale of India, Lata Mangeshkar developed a strong friendship with Susheela and praised all her works frequently. MS Viswanathan is regarded by her as her mentor and in his music direction she has maximum popular hit songs from 1955-1995.

The 1970s also saw Susheela in her prime form winning almost all the awards both nationally and in all the four states of Southern India. She also recorded even Hindi songs during this period with music directors like KV Mahdevan, Laxmikant Pyarelal, L. Vaidyanathan and Laxmi Kiran, S.L. Manohar, Ajit merchant, G. Devarajan and S.N. Tripathi. It was in this era that she sang few notable songs for another prolific Indian music director Ilayaraja. Though Janaki took a leading position from 1980 with her strong association with M.S.V and Ilayaraja, Susheela continued to be at the top till 1985 and after 1985 was still opted by several music directors for her legendary vocals. After 1986, she became selective about film songs and continued to have hit film songs till 2005.

Shift to non-films : 1985- 2000s

With S. Janaki and Vani Jayaram taking over the Southern film songs center stage from 1985 and K. S. Chitra beginning her career, Susheela slowly shifted her focus from films to devotionals and light music. But she continued to get to sing melodious film songs from 1984-1999 though she had after 1985 cut down on offers for singing in films. She even won awards for songs in Telugu films - Vishwanatha Nayakudu in 1987, Godavari Pongindi in 1989 and Tamil film Varam in 1989. She sang duets with Kishore Kumar in 1986 for the film Singhasan - "Chalta Hai Do Dilon Ka Kaise Sansaar" and "Tere Liye Maine Janam" which became popular. She also concentrated more on stage shows across the Globe where many associations worldwide

invited her to perform for their organized shows. She recorded more than 1000 devotional songs for various audio companies. In 1988, acclaimed music composer Naushad insisted her to sing "Janaki Jaane" for his Malayalam film Dhvani. She also recorded few of her career best songs for Ilayaraja, A. R. Rahman and others in the 1990s. "Kannukku Mai Azhagu" from the film Pudhiya Mugam (1993) composed by Rahman was praised all over for its lyrical content and rendition. She had hit songs in Tamil till 2005 and sang many devotional and folk songs from 1986-2005 and did many live shows from 1990 to 2005.

P. Susheela Trust:

2008 - Present

The P Susheela Trust, formed in 2008, has a monthly pension payment scheme and a few musicians in need are being benefited through it. On every 13 November there would be a musical concert during which a senior artist (s) chosen by a panel is conferred with the Lifetime Achievement awards and the P Susheela Trust award. The proceedings of the concert would go towards the Trust maintenance.

The Lifetime achievement awards so far has been conferred upon T. M. Soundararajan and P. B. Srinivas. The recipients of the Trust's awards so far are S. Janaki, Vani Jairam, L.R. Es-wari, P. Jayachandran, S. P. Balasubramaniam and K. J. Yesudas.

Awards and recognition

She was awarded the Padma Bhushan by the Government of India in January 2008. In 2001, the Andhra Pradesh Government honoured her

with the Raghupathi Venkaiah Award for lifetime achievement in Telugu cinema. Susheela honoured by Sangeetha melody orchestra, Bengaluru with the title 'Gaana saraswathi' in 2004 for her outstanding contribution to the Kannada film industry. She also received the 'Kalaimamani', Bharathidasan Award & 'Arignar Anna Award' (2005) from the Government of Tamil Nadu for Lifetime Contribution to Tamil Cinema. In 2005, she received the Special Jury Swaralaya Yesudas Award for outstanding performance in music. She was honoured with the Life Time Achievement Award by the Filmfare in 2006. In 2011, she was honoured with the Devarajan Sangeetha Award. She is also the recipient of the 2010 Uninor Radio Mirchi Lifetime Achievement Award South. She is also the recipient of "Lata Mangeshkar Music Award" conferred by the Andhra Pradesh State Cultural Council (APSCC) for Lifetime Contribution to Telugu Cinema (Swranakananam Puraskar).

Life Time Achievement award by Raindropss

On the occasion of International Mother's Day by Raindropss a youth-based social organization widely known among people for spreading social awareness through entertainment and media honored P. Suseela with Life Time Achievement Award.

National Film Awards

She was the first playback singer to receive the first National Film Award for Best Female Playback Singer in 1969 and went on to receive the same four more times:



Improve your Makeup Skills

By: Sinthiya Balaranjan

Makeup can be a wonderful thing to us girls, but sometimes it just drives us crazy. There are moments when the items in our cosmetic bag will cooperate and we can look like a supermodel, and there are other times when it doesn't and we end up looking like a clown.

It's normal to be excited when your highlight, smokey eye, and winged eyeliner is perfect. I get it; that's why I have many little tips and tricks to help improve your skills when applying makeup. With practice, these tricks will become easier and you will soon have flawless application.

Repurposed Plastic Spoon

When excess mascara gets on the skin under your eyes, it's a hassle to remove it without ruining the mascara already on your lashes. You simply use a plastic spoon when applying mascara to your bottom lashes. Placing a plastic spoon right under your bottom lashes while following your mascara routine will ensure that there are no smudges on your skin.

Tape Stencil

Mastering the cat eye look can be a dream that seems impossible when you find that you can't make both eyes look exactly the same. Take a small strip of scotch tape and place the tape from the outer corner of your eye to the edge of your eyebrow. This creates a perfect angle that is even on both sides. Then proceed with your eyeliner as you normally would. Peel the tape off slowly and you will have a sharp, precise cat eye look. This trick also works with eyeshadow. Place the tape the way you would for eyeliner, and then apply your eyeshadow. When you peel off the tape, you have a clean cut crease.

Fixing Clumpy Makeup

All mascara bottles dry up very fast and create undesirable results on your lashes. You can fix this problem by adding two drops of Visine (or any other brand of eye drops) into the mascara tube. Then rub the wand inside the bottle, and it softens the mascara liquid to be like brand new. Another quick fix is to run water from the tap until it's warm. Then hold the mascara tube under the water for two to five minutes. This will soften the mascara liquid to work as good as new.

Make Eyes Appear Bigger

By using a nude pencil on your waterline, it makes your eyes pop and appear larger. A nude or white liner is a lot more effective than the typical black liner. The nude eyeliner will make it appear as though it is very natural.



This is a simple way to highlight your natural beauty.

Make Eyeshadows Pop

When you first view your eyeshadow palettes the colours look nice and bright, which makes it exciting to try on. However, at times, after application it can appear dull and not as you expected. To make your eyeshadows pop all you have to do is apply white eyeliner over your entire eye lid as a base. Then, apply the colour of your choice and it will be much more vibrant.

Eyelash Curls

Hold a hairdryer to your eyelash curler for three to five seconds. The heat will act the same way it does on your curling iron. When you use the warm eyelash curler, it will give you long, curly lashes that will last all day.

Lipstick that Lasts

If you want your lipstick to last all day, all you have to apply your lipstick as you usually would. Then hold a tissue over your lips and apply powder over the tissue. This will cause the lipstick to have a matte look and the colour will last a lot longer.

The next time you're getting ready for a party or even a normal day out, these seven tips will surely help you accomplish your perfect makeup look. Whether you are a beginner or an expert, these tips will help you immensely. Makeup can be a difficult thing to do especially when you are in a rush. But these unusual but effective tips and tricks can let you become a pro instantly.

Sinthiya Balaranjan

Sinthiya Balaranjan is a high school student who has a passion for makeup and fashion. As she completes her secondary school diploma, she is exploring options to pursue higher education in marketing.

Indian Idol Winner Performs at Inaugural Markham Stouffville Hospital Foundation Benefit

On Saturday May 14, the fabulous South Asian culture will be celebrated at the inaugural Band Baaja Baaraat Ball. Markham Stouffville Hospital Foundation is proud to partner with leaders of the South Asian community to raise much needed funds for Markham Stouffville Hospital.

The event promises an exciting lineup of entertainment featuring Sreerama Chandra, the winner of Indian Idol 5 and one of the most sought after voices in Bollywood today. This multitalented artist is a seasoned Indian Cinema playback singer who has been featured in over 300 songs and recently begun acting and made his debut in starring roles.

Other performers include Anjali World and Gagan Singh. Anjali's unique blend of R&B, pop, and Bollywood sound resonates in her first single "We Turn Up" featuring French Montana. She has opened for artists like Trey Songz, Raghav, and New Boyz, and sang the national anthem at Indian Prime Minister Narendra Modi's rally in Madison Square Garden.

Heavily influenced by film scores and soundtracks, Gagan was recently profiled at the University of Toronto as one of the most promising Composers to graduate from the world renowned institution. He has collaborated with various artists and is currently working on several commercial music projects while cultivating his musical

brand to include young talents in the Toronto music scene.

"We are proud to be partnering with RBC for this exciting event," says Pradeep Sood, Board Member of the Markham Stouffville Hospital Foundation and Chair of the gala organizing committee. "Our South Asian heritage is strong in Markham and Stouffville. It is important to support our community's health care and what better way to do so, with a fun-filled evening of outstanding South Asian entertainment and culture."

EVENT & TICKET INFO:

Markham Convention Centre
2901 Markham Road, Toronto, ON M1X 0B6, 6:30PM

\$300 each; \$2,500 per table

Contact Catherine Ortiz, cortiz@msh.on.ca or 905.472.7373 ext. 6606

About Markham Stouffville Hospital Foundation

Markham Stouffville Hospital Foundation exists to enable the growth of Markham Stouffville Hospital by raising funds and awareness for its ongoing priorities and needs. The government can't fund all the hospital's needs. All medical equipment is funded through donations from the community and helps ensure Markham Stouffville Hospital can provide the first-class health care our growing community needs and deserves. The need is real.

Alleluia! The Lord is risen

"Where O death is your victory?
Where, O death is your sting?"

Jesus, you have conquered death
And risen to give victory o'er death.
We your chosen; burdened with sin
Are relieved from bondage of our sins.

Command all people to eschew all evil,
So that all may not live in turmoil.
Strengthen us to soothe brethren
Who are with hearts that broken.
Let us care and share their burden,
So that all their hearts may lighten.

Risen Lord, You, in your power:
Will not permit your kin to suffer.
Pierced hands of Thee will save us,
From all our sin and stress.
We beseech thee to hear our prayer;
With penitence we draw nearer.

- Kingsley -





THE HINDU TEMPLE SOCIETY OF CANADA
Richmond Hill Ganesha Temple

UGADI

- Telugu & Kannada New Year



By Kidambi Raj
Member, Board of Trustees

The term Ugadi is derived from the Sanskrit word Yuga, meaning the age or era and Adi meaning the beginning. It is celebrated as the New Year's Day by Telugus, Kannadigas and Konkans. It falls on the first day of the Hindu month of Chaitra (March-April). This year Yugadi was on Thursday, April 07, 2016. It was celebrated on Saturday, April 09, 2016 with the Kalyana Utsavam of Lord Srinivasa with His Consorts Sridevi and Bhoodevi.

Ugadi is based on the 12th century lunar calculations of Bhaskara II. It starts on the first new moon after Sun crosses equator from south to north on Spring Equinox. However, people celebrate Ugadi on the next morning as Indian day starts from sun rise. According to Hindu mythology, it is believed that Lord Brahma started creating this world on the day of Ugadi. The festival also signifies the beginning of Spring. In Kannada, the greeting is Hosa varshada shubhashayagalu (Greetings on the new year). In Telugu, the greeting is Nutana samvastara shubhakankshalu (Greetings on the new year)

Preparations for the festival begin well ahead of the actual day. Houses are given a thorough wash and people buy new clothes. On Ugadi day, people wake up before the break of dawn and take a head bath after which they decorate, the entrance of their houses with fresh mango leaves. The green mango leaves tied to the doorway signify a good crop and general well-being. In rural areas, people splash fresh cow dung water on the ground in front of their house and draw colorful rangolis.

People perform the ritualistic worship to God invoking his blessings be-

fore they start off with the New Year. They pray for their health, wealth, prosperity and success. Ugadi is considered the most auspicious time to start new ventures. Neem leaves and raw mango have a special significance for Ugadi. The celebrations are also marked by literary discussions, poetry recitations and recognition of authors of literary works through awards and cultural programs. Recitals of classical Carnatic music and dance are held in the evenings. Ugadi is a festival of many flavors. It not only has religious importance but also cultural and social significance. It brings tremendous joy as it ushers in the season of Spring and the New Year.

Reading of the Almanac: Later, people traditionally gather to listen to the recitation of the religious Panchangam (almanac) of the new year, and the general forecast of the year to come. This is called the Panchanga Sravanam an informal social function where an elderly and respected person will read the almanac.

It is noteworthy that we use mango leaves and coconuts (as in a Kalasam, to initiate any pooja) only on auspicious occasions to propitiate the Gods. People also splash fresh cow dung water on the ground in front of their house and draw colorful floral designs. This is a common sight in every household. People perform the ritualistic worship to God invoking his blessings before they start off with the new year. They pray for their health, wealth and prosperity and success in business too. Ugadi is also the most auspicious time to start new ventures.

The celebration of Ugadi is marked by religious zeal and social merriment. Special dishes are prepared for the occasion. In Andhra Pradesh and Telan-

VASANTA NAVARATRI CELEBRATIONS

Thursday, April 07, 2016 - Friday, April 15, 2016

By Kidambi Raj
Member, Board of Trustees

VASANTA NAVARATRI
(The 9 Holy Nights of Spring)

Vasantha Navaraatri is the time to worship the Goddesses in their Shakti (energy) form, so that one can transform their consciousness, manifest abundant wealth, and create a positive balance in their lives. They can also receive divine help in their academic and literary pursuits.

The festival consists of nine nights dedicated to Goddesses Durgaa, Lakshmi and Saraswati. It is also known as Chaitra Navaraatri or Spring Navaraatri. It is celebrated in the lunar month of Chitra (April-May). The nine nights of the VasanthaNavaraatri are divided into three groups of three days, each dedicated to different aspects of the Supreme Goddess.

The first three nights, the Mother is invoked as, Goddess Durgaa and worshipped with the reciting of Devi Sukta of the Rig Veda Samhita theVak, symbolizing speech. The daughter of the sage Anbhirna, realized her identity with the Divine Mother, the power of the Supreme Lord, which manifests throughout the universe among the gods, men and beasts and creatures of the deep ocean.

The next three days are devoted to the worship of Goddess Lakshmi, the Goddess of wealth. She bestows on her devotees the inexhaustible divine wealth or Devi Sampath. Lakshmi is the wealth-giving aspect of God. She is purity itself, thus the worship of Goddess Lakshmi is performed during the



second three days.

The final three days are spent worshipping the Mother as Goddess Saraswathi, the Goddess of knowledge and wisdom. She holds the secrets for transforming ideas and intellect into right creation.

The last day of the Vasantha Navaraatri is Sri Raamanavami. Sri Rama worshipped Durgaa at the time of the fight with Raavana, to invoke Her aid in the war. Through Her Grace He won the war.

Navaraatri is celebrated four times a year. They are, Vasantha Navaraatri, Ashadha Navaraatri, Sharad Navaraatri and Magha Navaraatri. Of these the Vasantha Navaraatri celebrated in April-May and the Sharad Navaraatri celebrated in September-October the most important ones. In a year, the two interface parts of arrival of Spring and Autumn are considered to be extremely important. They also hold significance in religious beliefs. These times are considered extremely auspicious for conveying devotion to Divine Mother. Also the Sharad Navaraatri is simply called Maha Navaraatri (the Great Navaraatri).

DOORS OPEN RICHMOND HILL 2016

The Ganesha Temple of The Hindu Temple Society of Canada located at 10865 Bayview Avenue (just north of Elgin Mills Road on Bayview Avenue) is one of 15 centres selected by the Heritage Services of the Town of Richmond Hill for "Doors Open 2016". It is scheduled for Saturday, May 14th and from 10 AM to 4 PM. The Temple welcomes members of ALL FAITHS, contrary to the misconception of some. Doors Open event is an excellent opportunity for people in all the communities of the Greater Toronto Area to visit and enjoy the experience. The Board of Trustees of the Hindu Temple Society of Canada extends a very warm welcome to one and all. So, come, enjoy and share your thoughts and experience !!!

gana, eatables such as "pulihora, bobbatlu (Bhakshalu) and Pachadi" and preparations made with raw mango go well with the occasion. A pachadi (special soup) is prepared by mixing neem flower, ghee, tamarind, mango (unripe), jaggery etc. According to Ayurveda, this would help reduce/subdue the

"Thridosha"(three doshas). It also subtly conveys that we should expect and be ready to handle happiness, sadness and other emotions in life maturely. In Karnataka too, similar preparations are made but called "puliogurae" and "holige". The Maharashtrians make "puran poli" or sweet rotis.



Canadian Tamils' Chamber of Commerce

25 Years of
Business Success

Hilton Suites Markham and
Metro Toronto Convention Centre
September 9th- 10th 2016





OBITUARIES

May 2016

Chellaturai Nithiananthan, (Retired Quantity Surveyor, PWD Colombo) passed away peacefully in Brisbane Australia at the age of 85. Son of late Mr. & Mrs. Sivapakiyam and Thillaiampalam Chellaturai (Colombo), son in law of late Mr & Mrs Nagamma and Thambu Sivagnanasampanthan (Velanai). He is survived by his wife Ratha, daughter Shyamalarathy (St. Bridgets Convent 1983, IBM - Australia) and Grandsons Aarunan, Sharmalan, and Pavithran. Father of Late Sarumathy (St. Bridgets Convent, grade 5 - 1973) and late, Girirajan (St. Joseph's College, grade 6 - 1983)., Brother of late Naguleswaran, late Ganesan, late Soundarambikai Nitchingam, Thaiyalnayaki Sivanadiyan (USA), Dr. Sivananthavalli Ketharathas (UK) and late Anandakumaran., Brother-in-law of late Mrs Sivakkolunthu Ganesh, late Dr. Ramasampillai Nitchingam, Kumaraswamy Sivanadian (USA), Dr Rasaiyah Ketharathas (UK), Nirmala Anandakumaran (Colombo), Ganaganowri Thillainathan (Jaffna), and Ganaramani Balarajah (Australia)

E.A. YOGARATNAM - (Attorney-at-Law), passed away peacefully in Toronto in the presence of family on April 20th 2016 in his 88th year. Son of late Eliyathamby and Annamma, son-in-law of late Vadivelu and Theivani, loving husband of late Sivaneswary; brother of late Jeyaratnam and Gnanamani and brother-in-law of late K.V. Nadarajah of Badulla, beloved father of Mano, Kala and Ravi, father-in-law of Lilojini and Dharmaraj, loving grandfather of Preveena, Sinthuran, Sahana and Abijit. Yogaratnam was born in Jaffna. Practiced Law in Badulla until 1983, and eventually moved to Toronto to live with his family. He was a kind and loving person and as the Patriarch of our family he will be dearly missed. Contact: Mano - 0019054798528, Kala - 0014162508891.

ARUNASALAM - MANGAITKARASI (MYLA). (Retired Teacher). Wife of late A.C. Arunasalam, mother of [Suresan, Kumaresan, Skandaraj, mother-in-law of Nalin and Logini, grandmother of Mi-r ubini, Savini, Navin and Pavini, a beloved teacher and mother for many including Stevan, passed away peacefully on the 31st of March.

GNANENDREN - BALAKENGATHARASIVAM. Dearly beloved husband of Uma (Karthikalni), affectionate father of Kishendra, Wijendra and Uthami, son of late Mr. and Mrs. Balakengatharasivam and son-in-law of the late Mr. and Mrs. Nadarajah, much loved brother of Punithawathy, Sivakulendren, Selvawathy, Visakendren and Shanmugendren.

ALBERT - MS A.P. Retired People's Bank Manager, born in Jaffna Town and a resident of Govt. Flats, Bambalapitiya. Beloved daughter of late Mr & Mrs P.J. Albert, loving sister of Selvarani, Manonmany Sivasubramaniam (retired Teacher, Bambalapitiya Hindu College), late Sugirthrani, late Theyy Saundararajah and A.M. Albert (U.K.), beloved sister-in-law of Saundararajah, Sivasubramaniam and Subo (U.K.), aunt of Sujeetharan, Lakshman Hersh, Dilip (U.K.), Romesh (U.K.) and Jerome (U.K.).

ASIRVATHAM - DAVID - Retired Chartered Engineer and IT Manager, loving son of late Victor and Lily Asirvatham, beloved husband of Saro, caring brother of the late Indra, Saro and Donald, adored father of Susannah and Joannah cherished grandfather of Isabel and Christopher fond son-in-law of Iris Daniel and father-in-law of Jonathan Treherne.

SIVANAYAGAM - MANGALAWATHY - (Retired Teacher, Vivekananda College, Kotahena, Trustee of Sri Sathaya Sai Baba Trust of Sri Lanka). Beloved wife of late S.T. Sivanayagam (Founder / Chief Editor of Dinapathy & Chinthamani), loving mother of Udhayanayahan, Indrajith, Senthilkumar and Chithra, mother-in-law of Dhanachandrika, Deepa, Berna and Arulmalingam, devoted grandmother (thathi) of Neel Mayoor, Mayuri, Maduri, Alden, Naveen, Jove Sarangi and great grandmother of Varun Krish Udhayanayahan - 0777619327.

VANNIASINGAM - PAUL - It is with deep sadness, we announce the passing away of Paul Vanniasingam Thambar (formerly, External Resources Dept. & Colombo Plan Office). Beloved husband of the late Dr. Jerdie Thambar, loving father of Ranjan, Suku and Sulochana (Joseph), loving father-in-law of Koshi, Hephzi and Ajit Joseph, loving grandfather of Amrit, Rowan, Anoj, Samara, Joash, Zephan and Anish and beloved brother of late Grace Chelvarajah, Dr. Sam Thambar (Australia), late Jonathan Thambar and Dr. Isaac Thambar (UK).

DR. VAITHIANATHAN - THIRU. Son of late Sir Kandiah Vaithianathan, father of Cynthia and Trevor, beloved grand "Papa" of Max, Jillian Jacquelin Racquel, brother of Suntharie (D), Mahen (D), Amirthy, passed away in Sandiego USA. Thiru lived a full life with passion and will be dearly missed.

CHINNIAM - ARUMUGAM - (Retired Deputy General Manager, Oils & Fats Corporation, Seeduwa. Youngest and last surviving child of the late Mr and Mrs Arumugam; beloved husband of Mrs. Aikkiadevi Chinniah (UK); brother of the late: Mr. Ramasamy (Malaysia), Mrs. Murugesu (Puloly), Mr. Thambiah (Malaysia), Mr. Mylvaganam (Colombo), Mrs. Ponniah (New Zealand), Mrs. Ambalavanar (Colombo) and Mr. Selvarajah (Malaysia); brother-in-law of the late Mr. Harichandra, the late Mr. Sivakumar, the late Mr. Thiruchelvarajah, Mrs. Gnanasegaram and Miss Velumyylum; loving father of Malathi (Mala), Vasantharajah (Bubby) and Ravini, all based in the UK; father-in-law of Sahathevan, Puvana and Vigneswaran; affectionate grandfather of Anusha, Priyadarshini, Ahalya, Hariharan, Amala, Jananni and Myruran and proud great-grandfather of Haresha, Rakshan, Saumyaa, Akshera, Laxmitha and Anoushka

SEEVARATNAM SANTHIRAKUMAR - Eldest son of late Seevaratnam (PWD Overseer), Rameswary and son-in-law of late Anandanadaraja and Kamaladevi, beloved husband of Nalini Sivakumari (Retd. Teacher Vembadi Mahalir Kalluri), loving father of Thayanugee, Shivanugee, Dr. Merujah, brother of Devakumaran, Rajakumari, late Vijayakumari and Jegathambal, father-in-law of Ramya, Devini and Dr. Janan, brother-in-law of Kumarasivam, Satkunanathan, Jeyasunderi, Kuganesan, Skandamalar, Indrakumar, Sivananthan, Gayathiri (Rathi), Shan Navaratnam, Ravindran, Baheetharan and grandfather of Jai, Prem and Diya. - Thayanugee (UK) +447989978846, Shivanugee (UK) +447946463477, Devakumaran (Sri Lanka) +94 77774470.

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RATNAVATHY - MRS T. (Retired Lecturer - Muslim Ladies Teachers Training College - Aluthgama) - Wife of late Mr. Thiruchelvam, Eldest daughter of late Mr Rajasivagurunathan and late Neelayathatchy, sister of Satsorupavathy (Retired Announcer Sri Lanka Broad Casting Corporation), late Mr Segamalanathan, Nalini Thayabaranathan (Sea and Shore (Pvt) Ltd., Trincomalee), Kamalanathan (Canada).

RAJADURAI - SINNATHAMBY (Retired Deputy Principal, Vaidyeswara College, Jaffna). Beloved husband of Parameswary, loving father of Suren (formerly at The Overseas School of Colombo), Surendrani (Canada), Vanaja and Jeyakalanthan (PwC, PNG), father-in-law of Ragini, Manulea, late Rajadhithan and Visvalingam, affectionate grandfather of Ashwini, Abhishekh, Raghuram, Rathika, Swetha, Prasanna, Priya, Suthan, Raja and Eswari and great grandfather of Nerash & Maanesh. Phone: 011-2362786 / 0765509055

SIVAPACKIAM - RASIAH (Retired Teacher - Chundikuli Girls' College, Jaffna). Beloved wife of late Ambalavanar Rasiah, loving mother of Loganathan (HNB Rtd. SJC), Rathy (Rtd. Teacher, Chundikuli Girls' College & Methodist Girls' College, Colombo) and Ruban (SJC), loving mother-in-law of Shamala (Unilever), late Balakrishnan and Sashi, loving grandmother of Piravin, Ritheesh and Thilakshan (St. Thomas' Prep)

GANESHANATHAN - SORNALINGAM [Former Chief Secretary / Governor's Secretary - North/East Provincial Council. Alumnus of St. Johns College (Jaffna), St. Josephs College (Colombo) & University of Peradeniya. Loving husband of Ruparane, beloved father of Gayatri (Australia) & Gitika (USA), son of late Sornalingam and Umadevi, son-in-law of late Muthubalasuriyar & Katpakam, father-in-law of Baskaran (Australia) & Balasashindran (USA), loving grandfather of Harshini, Sajiva, Sanjitha,

Sharaniya & Pravin, brother of late Kailanathan, Kamala (Canada), Vimala (Canada) & Thumarakan, peacefully passed away on 23 April 2016 in Australia. Funeral service & cremation will be held in Geelong, Australia on 28 April 2016. Informant: Mahilnan Nadarajah - 0777 386301.

Email: soganesha1939@gmail.com Tel. +61499 994 349. 055143

TRIBUTE

Potkody Nesadurai

7 April 1930 - 3 April 2016



Potkody Nesadurai passed away peacefully on Sunday, April 3, 2016 in Toronto, Canada. She was born in Kajang, Malaysia, lived in Urumpirai and Colombo and later in Toronto from 1993.

Loving daughter of late Mr. & Mrs. Thamboo, beloved wife of late Manickam Nesadurai, precious mother of late Thirunesan, Lalitha Rajanathan (Scotland), Sivanesan (London, UK), Jayantha Visakan (London, UK), Geetha Loganathan (Markham, Canada) and Sathiyanesan (New Jersey, USA), affectionate Mother in law of Nirmala Thirunesan (London, UK), late Dr. C. B. Rajanathan (Scotland), Rohini Sivanesan (London, UK), Visakan Jeganathan (London, UK), Logan Velumailum (Markham, Canada) and Sasikala Sathiyanesan (New Jersey, USA), adored Grandmother of Nesan, Rajini, Niranjani, Angela, Shamila, Rajeev, Sinduja, Sai Vinathan, Meera, Shiyam, Krishni, Prashana and Trishana and Great-Grandmother of Azaaryah and Ethan.

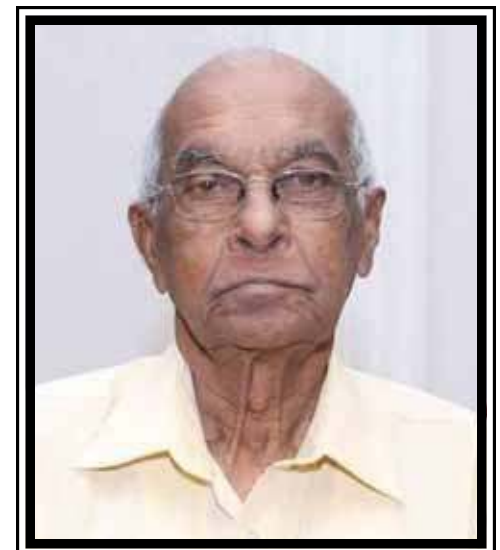
Mrs. Nesadurai was a strong woman who helped many people during her lifetime. She was a Sai Baba devotee and used these teachings to treat others with care and compassion.

Her message was the same "Love All, Serve All".

Family would like to thank all those who have supported and appreciate for all kind gestures.

Contact: Logan Velumailum: 416-500-7965,
Sathiyanesan Nesadurai: USA : 1-609-383-8514

N.S. Sivalingam



N.S. Sivalingam - Beloved husband of Kathirmathy, loving father of Mathi-wathanie (Canada) Chandravathany (France) Sundaravathani (France) Mangalamurugan (Sri Lanka) Shivamurugan (Canada - Chief Editor of Thooral Magazine) Father in law of Ms. Kesary Arumugaraj Sundaravadi-vel Pillai, David Simson, Dinusha and Shashika.

Mr. Sivalingam was a Media Person and is the founder member of Thooral Magazine. He served as the Chief Editor of Ceylon Workers Congress (CWC) publications in Sri Lanka and worked with The Daily News, Virakesari, Chinthamani, and Thinakaran newspapers in Sri Lanka. Contact numbers: Mathy - 647-239-5105, Ms. Kesary Arumugaraj: 647-229-5105 and Shivamurugan: 416-451-3177





Durham Tamil Association launches New Horizons For Seniors Program



In its 16th year of serving Durham communities, DTA is proud to announce a collaborative effort by United Tamils of Durham offering Free Computer Classes for Seniors and several free activities every Sunday from 9.30 AM to 12.30 PM at La Roya Banquet Hall

in Ajax. For details and to register please call 905.428.7007 or visit www.durhamtamils.com This free program is made possible by our tireless volunteers and funding from our Federal Government's New Horizon for Seniors Program. We would like to thank our

Honourable Parliamentarians from Durham: former MP & Minister Chris Alexander, former MP. Cornilieu Chisu and our Current MP. Mark Holland, MP. Jennifer O'Connel, MP. Celina Ceasar-Chavannes, MP. Colin Carrie, MP. Erin O'Toole for their on going support to DTA.

**United Tamils of Durham
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TAMIL NEW YEAR CELEBRATIONS IS A BEGINNING OF SPRING



Waterloo: Waterloo-Guelph Tamil community kicked started their spring event with colourful Tamil New year celebration on the 16th of April in Waterloo. Beautifully decorated traditional "Kumbam" was placed at the entrance along with colourful Kolam. Veenai Instrumental

program, Bharathanatyam and folkdance were showcased by local artists. Suriya Ragu was the MC of the day. The president of the association Mrs. Dharini Sivakumar thanked all members for supporting the organisation. Dinner was served for about 200 guests.

Practice makes perfect at Tamil Literature Competition in Waterloo

Waterloo: Thirty five students won the Tamil literature Competition 2016 (Thamil Arivu Potti), sponsored by Tamil Cultural Association of Waterloo Region. It was held at Christ Lutheran Hall in Waterloo on Saturday, April 23. The competition skills program, gave age 05 through 16 a chance to show cases their talent in speech,



skills. Aathichudi, Kondraivendhan, Thirukkural and spelling were recited by participants. Poems by poet Barathiyar and Thiruvalluvar were presented. All participants were given certificates, trophies and medals. Large turnout of parents and members supported the event. Dinner was served at the end.



writing, Arts and storytelling.

President of the association, Mrs. Dharini Sivakumar welcomed all guests, parents, Children and judges. "Community building and enhancing Tamil language among local children is the main goal of the organisation" she said. Mr. Rajan Thurairasasingam, the program co-ordinator readout the criteria and welcomed the judges.

The judges from Toronto and Cambridge facilitated the event. Mr. Ajantha Gnanamuttu of Toronto along with others assed and score each competitor in the speech and writing



Book Release

THURAIYURAAN'S PEARL NECKLACE REVIEW BY: DR. V. KANDAVANAM

An Introduction

Pearl Necklace is an anthology of fourteen short stories by diaspora Tamils. Although the scattering of Tamils took place from time immemorial, diaspora Tamils in this book specifically refer to the large exodus of the Sri Lankan Tamils, during the time of the valiant leader Prabhakaran who had been fighting against the Sinhalese government for a separate Tamil State. The Sri Lankan army vented their racial hatred on ordinary Tamil civilians by arresting and torturing them, which tribulations served as a push factor for the innocent Tamils to flee their country of birth, leaving behind at times their valuable possessions.

Those who fled, sought refuge mostly in India and in European countries. Even then, lingering memories of the continual communal clashes continued to haunt them for quite some time. Some who had a flair for writing thought of pacifying their minds by writing out their experience that resulted in -

(1) Historical sketches and

(2) Literary treatise.

Of the many genres of literary treatise of the expatriates, Thuraiyuraan selected fourteen short stories and compiled them under the title Pearl Necklace.

His selections are:

1. Kumar Anna (brother) and his Chilly Plants
- **T. Agilan**
2. Ashes
- **Vasanthi** (Sweden)
3. Matured Palmyrahs
- **Akil** (New Zealand)
4. Caught on the Net
(Not given)
5. Damsel in Distress
- **Thevakanthan** (Canada)
6. Hospitality
- **A. Muttulingam** (Canada)
7. Last days of a Motionless Body
- **T. Agilan**

8. Mother is a mother
- **Yokeswary Sivaprakasam** (Sri Lanka)
9. Poles
- **Murugapoopathy**
10. Politics, News and Death
- **T. Agilan**
11. Kuttan (Short Man)
- **Daniel Jeeva**
12. La Chappel
- **Jothilingam** (France)
13. Two pieces of cake for Ameer
- **Karthikesu** (Malaysia)
14. What, are you going to be a mother?
- **Thuraiyuraan** (Canada)

These stories, except the last one, were originally written in Tamil by the said authors living outside Sri Lanka. The last one, 'What, are you going to be a mother?', I am sure, Thuraiyuraan must have written straight away in English. He is fluent in English and a regular contributor to the Monsoon Journal, a well known monthly published in Toronto, Ontario.

Thuraiyuraan rendered all the other stories in English. Why did he have to do this?

He explains in his preface thus:
'These stories were written in Tamil and I venture to give world publicity to them by giving an English version, so that the outside world will have a glimpse of their past and present plights. Hope and pray their ultimate goal of a homeland will come to fruition.'

'Thuraiyuraan' is a pseudonym used by Mr. Sivanesan Sinniah, a name very popular in academic and literary circles both in Sri Lanka and in Canada.

He hails from Colombuthurai, Jaffna, Sri Lanka. Colombuthurai became famous because of Yogaswamy who made it his meditation hermitage. He was the swamy who christened the eldest son of his disciple Mr. Sinniah with the name Sivanesan.

A science graduate of the Madras University, Mr.

S. Sivanesan worked for the Ministry of Education as a translator and was responsible for bringing many science text books in Tamil using the technical terms prepared by a qualified committee of which Sivanesan himself was a member.

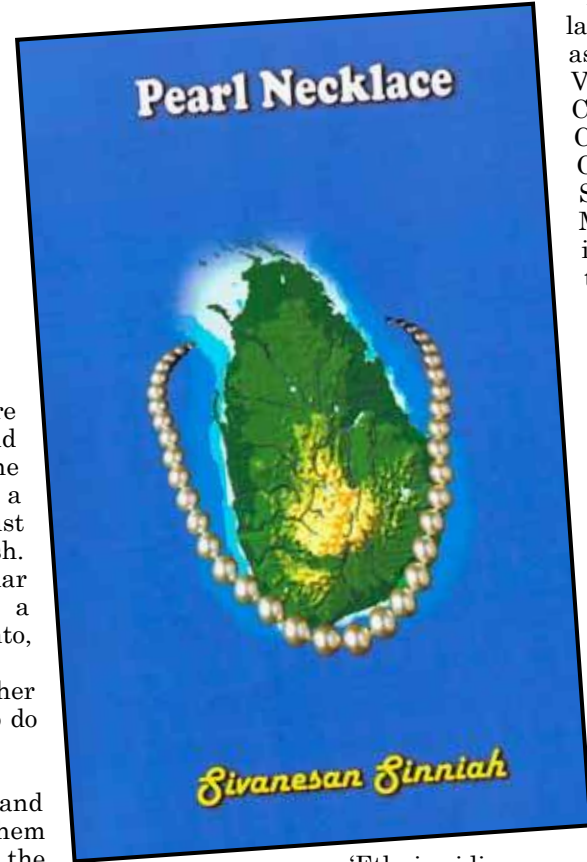
Mr. Sivanesan later served as principal of Valvettithurai Chithambara College and Kopay Christian College. So, it is clear that Mr. Sivanesan is a qualified translator. He has duly translated all the thirteen short stories of his choice, bringing out truly the heart and soul of the original authors, a task very easy for him as he himself a short story writer.

Let me conclude, quoting a paragraph from the foreword given to this book by Dr. Rama Gurunathan.

'Ethnic idiosyncrasies embedded in this collection echo the minds of the immigrants. These writings make the reader imbibe the elan and ethos of ethnic behaviour. Some of the stories reflect the pains and agonies of the people who migrate to foreign countries from Sri Lanka,' says Dr. Rama Gurunathan.

I commend Thuraiyuraan for his unique contribution to the English readers and strongly recommend this book to them as it will make a good read.

The book was published in September 2015 by Discovery Book Palace Pvt. Ltd., K.K. Nagar West, Chennai - 600 078.



BOOK RELEASE

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OBITUARY

Chelliah Sinnarajah

June 28, 1946 – April 28, 2016



Chelliah Sinnarajah passed away in Toronto on Thursday, April 28, 2016. He was born in Uduppiddy, Jaffna and resided in Toronto.

Loving son of late Chelliah and Poomani couple, loving son in law of Veluppilai & Annapillai couple, loving husband of Indrani, affectionate brother of Late Sathasivam, Senathirajah, Late Selvarajah, Late Satkunarajah, Late Satkunathevy, Selvamany, Mallikathevy, Ranjithamany, precious father of Koshala (Realtor & CEO), Rasheela (RE/MAX Community Realty), Vathsala (Teacher-Peel Board), Niloojala (Private Investigator), affectionate father in law of Balasritharan (ONGO Logistics INC.), Senthuran (TD Mortgage Specialist), Theeban (Career Consultant-Ryerson University), Kanthiban (Business Analyst), adored grandfather of Aishvia, Juwatsna, Saraina, Reishab, Sharwin, Rhean, Kyllen.

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Sri: 416-857-2823 | Senthuran: 416-953-7604

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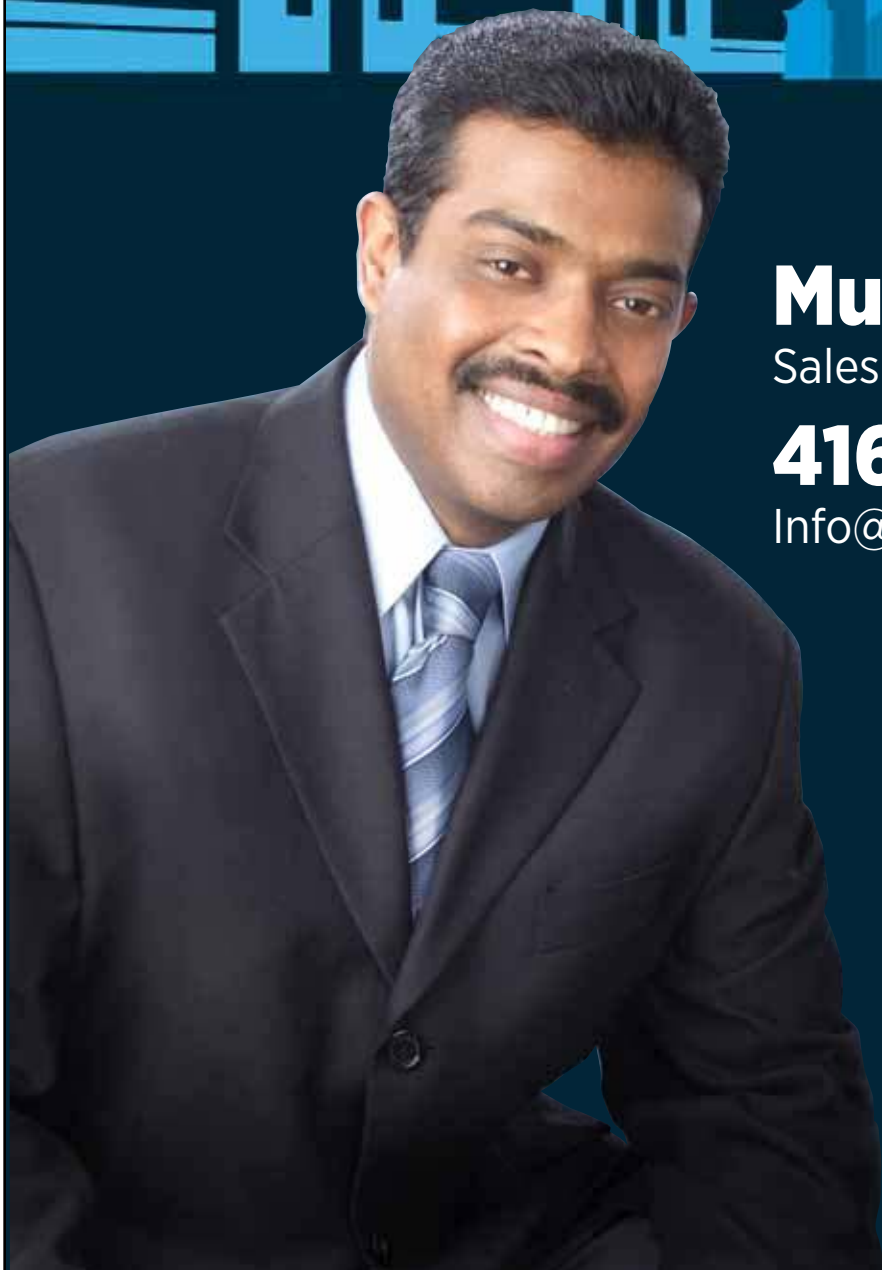
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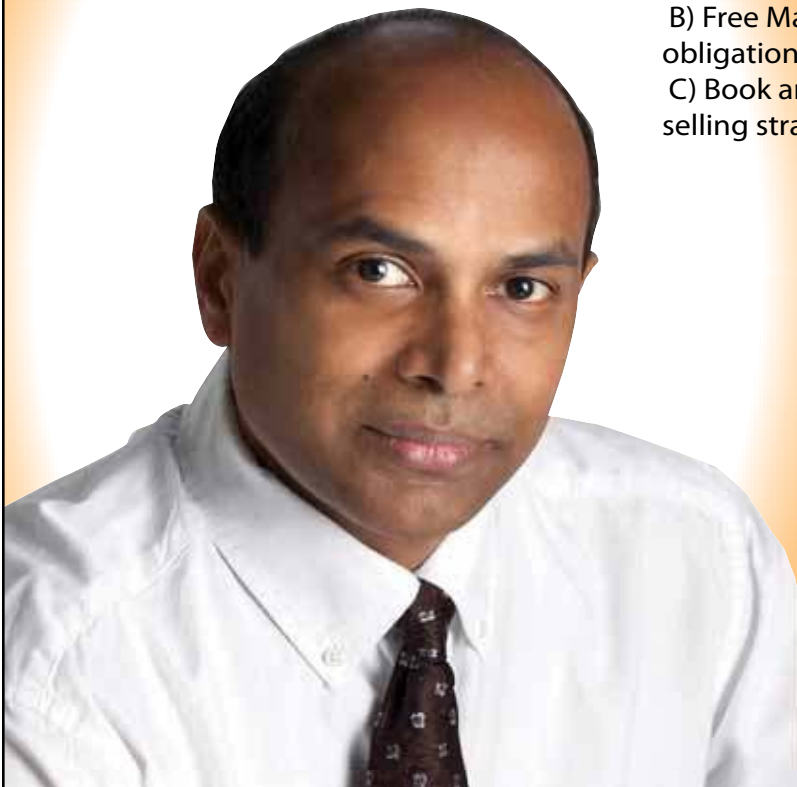
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The photojournalist will produce and process images primarily for the editorial department, including its website and multimedia platforms, plus special sections and advertisements.

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

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