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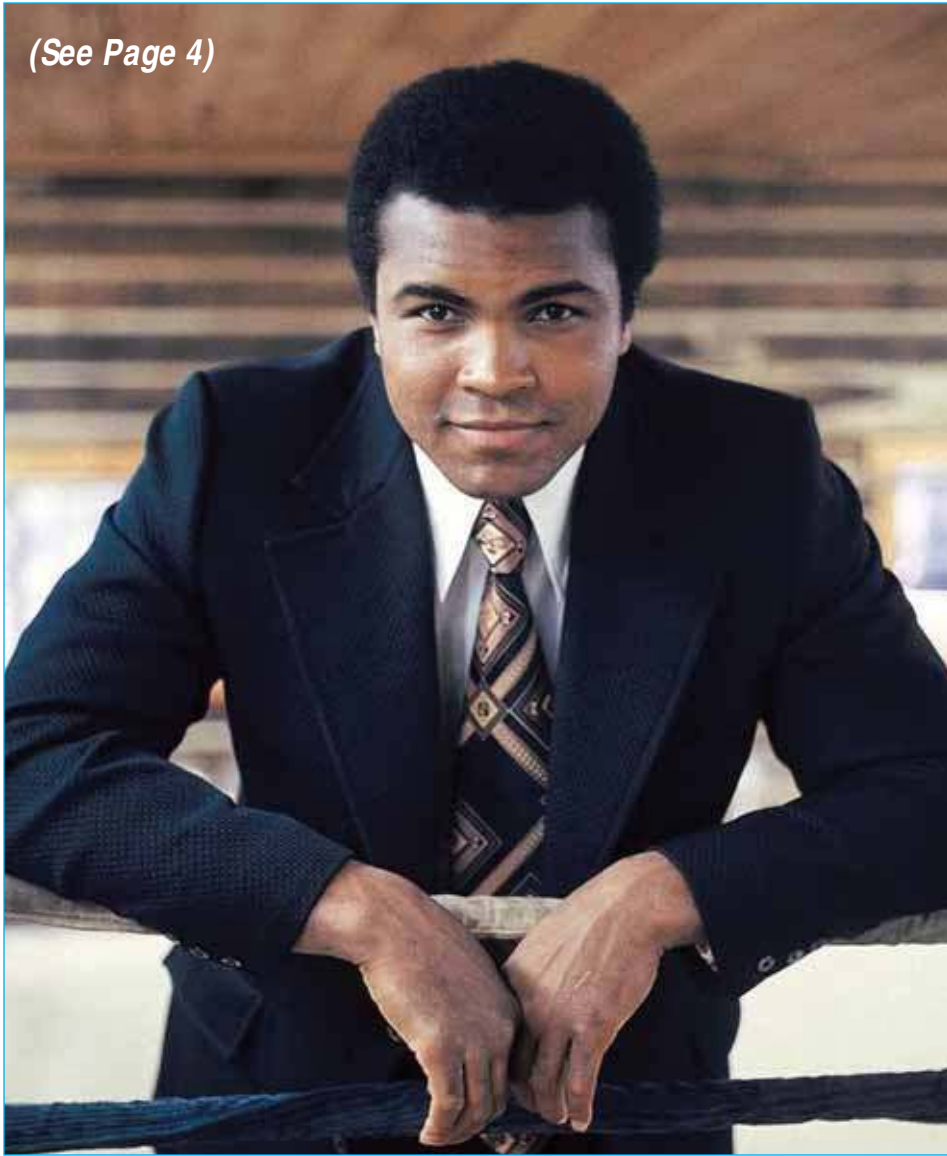
Monsoon

Journal

VOL 11 ISSUE 1 JUNE 2016

Muhammad Ali: The Greatest Global Goodwill Ambassador

(See Page 4)



Restrictions on issuing passports to Sri Lankan Citizens residing abroad, lifted

By Siva Sivapragasam

The Sri Lankan Government has lifted the restrictions on issuing passports to Sri Lankan citizens resident abroad who were compelled to leave the country due to conflict or political reasons.

The restrictions were placed in March 2011 on the issuance of passports to Sri Lankan citizens resident abroad who, at different times, were compelled to leave Sri Lanka due to conflict or political reasons.

In March 2011, instructions had been issued to all Sri Lanka Missions abroad to refrain from issuing passports to those who had applied and gained refugee status or asylum in another country unless they have renounced their refugee and/or asylum status.

The above instructions constituted a violation of citizen's rights and resulted in hardship and difficulty to many Sri Lankans who were forced to leave the country for political reasons and denied a Sri Lankan travel document.

The Government of Sri Lanka is



committed to uphold the right of all Sri Lankan citizens to have a passport and ensure their freedom of movement and travel irrespective of their political beliefs, which will now be guaranteed as per the new instructions issued.

In recent times, there has been increased interest among Sri Lankans living abroad to both visit and invest in Sri Lanka as a result of the good governance and reconciliation efforts of the present Government.

Ending the restrictive practice that prevailed previously will further facilitate the ability and opportunity for Sri Lankan citizens overseas to visit the country and also return to Sri Lanka, contributing thereby to the country's development and reconciliation processes.

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Patrick Brown backpedaling ends three major parties fielding Tamil Canadian candidates in Scarborough-Rouge River



Neethan Shan



Patrick Brown



Piragal Thiru



Raymond Cho

By: K. Thirukumaran

Patrick Brown led Ontario PC's have seemingly short-circuited hopes for first ever Canadian election to field all Tamil Canadian candidates by three major parties.

An email by a well-known party activist expressing disappointment at the turn of events was received by this paper a few days ago. Ontario Provincial Conservative leader Patrick Brown's apparent decision to nix the June 4th weekend democratic nomination meeting in Scarborough-Rouge River for the upcoming by-election is drawing flak amongst Tory and other activists alike in several social media posts as well.

One Tamil Canadian activist commented, "While we embrace the Canadian political system, we should try to avoid transforming these parties based on ethnic-models. However,

Tamils were promised by their community leaders that five ridings would be handed to Tamil candidates during the election. Many of us now feel cheated, believing that such promises were only made to help boost membership numbers for Brown during his leadership contest. These lies have left us feeling betrayed, and such events will go down in his history as a stain on the reputation of the PC Leader, who had prided himself as a champion of the Tamils".

It is noteworthy that the practice of the concept known as "gerrymandering" in redistricting of electoral boundaries etc., has been a contentious topic all over North-America amidst demographic changes taking place as well. These practices are often carried out to favour electoral victories of certain ethnicities or parties. In the meantime there could be many reasons for parties

to field members of same ethnicity or heritage in a single Canadian contest. The NDP, Liberal, Conservatives and also the Green Party have followed this across Canada.

An academic pointed out that apart from demographics, community mobilization also comes into play in the nomination of candidates. "The Tamils have proved themselves to be players, able to mobilize lots of people when necessary. This is what parties care about", he said.

Another activist said seeing "Tamil Canadians" representing all the parties in a single riding is also an utmost prideful moment and would be seen within the community as acceptance into the larger Canadian political spectrum as simply as a "Canadian"! "All dashed by Patrick Brown's PCs".

At the end of the day, a party wants

to win the election. In a by-election of simply "First Past the Post" system, Ontario Progressive Conservative's (PC) may be calculating a win at the expense of split Tamil Canadian votes between NDP's Neethan Shan and Liberal's Piragal Thiru. In these circumstances it is also possible that Patrick Brown PCs felt there wasn't a good fit amongst the Tamil Canadians vying to run under their banner. However, a Tamil Canadian activist notes that one member signed up 1,600 members plus and gearing up for Ontario PC victory all the way on Election Day. He expressed disappointment on parachuting "candidate of record" Raymond Cho, currently a Toronto City Councillor who has in the past contested under NDP and Liberal banners to run as PC this time in the Scarborough-Rouge River By-election.

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from the publisher's desk

PUBLISHING TEAM

Managing Editor & Publisher: Logan Velumailum, B. Sc. - toronto@monsoonjournal.com
 Editorial & Marketing Consultant: Siva Sivapragasam - tsivapragasam31@gmail.com
 Executive Editorial Board: Tashvir Narine - tashvir.narine@gmail.com
 Krishna Narine - krishni31@gmail.com
 K. Thirukumaran
 Graphics & Layout Design: Santosh Kumar - kasantosh@gmail.com
 Graphic Support: Suren Rasadurai
 Photo Journalists: Gnane B. Gnanendran - digitalgnane@yahoo.ca, Rudy Ruthran - rudy@ruthran.com
 Health & Care: Aykta Grover - www.aurawellness.ca, Dr. Amal Siva, Jeavana Sriharan, Andrea Shanmugarajah, Dr. S. Sivanesan, Dr. Nuwan Fonseka, Dr. Shiyam Loganathan, Dr. Harshini Sriskanda
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The Greatest Global Goodwill Ambassador: “Muhammad Ali belongs to the world; he lived by six core principles”

The iconic Muhammad Ali renowned the world over has passed away. The outpouring of grief on his passing away is unprecedented and stands testament to his global reverence.

Monsoon Journal joins in paying tribute to Muhammad Ali, and in his honor, publishing here the full text of the fitting remarks by Mayor Greg Fischer of the legendary athlete's hometown - Louisville, Kentucky:

Muhammad Ali lived a life so big and bold, it's hard to believe that any one man could do everything he did, could be all the things that he became in the course of just one lifetime.



Muhammad Ali (January 17, 1942 - June 3, 2016)

This man, this champion, ended his 74 years yesterday, (June 3, 2016) as A United Nations Messenger of Peace; a Humanitarian and champion athlete who earned Amnesty International's Lifetime Achievement Award; the Presidential Medal of Freedom; and Sports Illustrated Sportsman of the Century.

He was co-founder, with his beloved wife Lonnie, of the Muhammad Ali Center, which promotes respect, hope, and understanding here in his hometown of Louisville, and around the world.

A man of action and principle, he was a conscientious objector to the Vietnam War, and willingly paid the price, taking a stand that forced him out of the ring for over three years during the prime of his career.

A devout Muslim and interfaith pioneer, he took the name Muhammad Ali in 1964 and advocated for understanding and peace among people of different faiths.

He was, of course, three-time heavyweight champion of the world -- a young, handsome fighter with swagger like the world had never seen. He intimidated opponents outside the ring and dominated them inside it.

Like when he predicted he would beat Sonny Liston in 1964, made it happen, and shouted, "I shook up the world."

He was winner of the Olympic Gold Medal in Rome, 1960. A graduate of Louisville's Central High School, class of 1960.

He was a 12-year-old boy whose red bicycle was stolen in front of a gym on Fourth Street, who told police officer Joe Martin that he wanted to "whup" whoever took it. And Martin said that he'd better learn to box first.

Muhammad Ali was a boy who grew up at 3302 Grand Avenue. He liked to eat hot dogs and play Clue with his brother in a house that's now a museum.

And before that, he was a newborn baby, Cassius Marcellus Clay Jr., born January 17, 1942 to Cas-

sius Sr. and Odessa Grady Clay.

Imagine that day, that little boy, eyes wide open looking around the room at the old Louisville General Hospital. Not knowing the life that awaited him. The life he would make. The world he would shake up. The people he would inspire.



Mayor Gregory Fischer

And like you, I am absolutely one of those people. Muhammad Ali belongs to the world, but he only has one hometown. The Louisville Lip spoke to everyone, but we heard him in a way no one else could -- as our brother, our uncle, and our inspiration.

And I am so grateful I had the chance to know him and see how he leveraged his fame to share his message of love, peace and compassion.

What The Champ would want us to do right now is to spread that same message, follow his example, and live by the same six core principles that he lived by:

Confidence, Conviction, Dedication, Giving, Respect, and Spirituality.

I'd like to close with Muhammad's words, which carried just as much grace and power as his fists ever did. This comes from his book *The Soul of a Butterfly: Reflections on Life's Journey*.

"It doesn't matter whether you're a Muslim, a Christian, or a Jew. When you believe in God, you should believe that all people are part of one family. If you love God, you can't love only some of his children."

He believed passionately in the need for us all to keep our eyes, our minds and our hearts open so we can keep learning from each other. As he says,

"My soul has grown over the years, and some of my views have changed. As long as I'm alive, I will continue to try to understand more because the work of the heart is never done."

We all remember the incredible moment in 1996 when Muhammad held that burning torch in his trembling hand and lit the Olympic flame in Atlanta.

And now, he has passed his torch to us. While there can only be one Muhammad Ali, his journey from Grand Avenue to global icon serves as a reminder that there are young people with the potential for greatness in houses and neighborhoods all over our city, our nation and our world.

There is no limit to what our kids can do if we help them realize their full human potential - and there is no excuse for us to do anything less than our best to help them find that greatness in themselves.

That's how we can be champions. Muhammad Ali has shown us the way.

Today, we, his fellow Louisvillians, join the billions whose lives he touched worldwide in mourning his passing, celebrating his legacy, and saying, "Thank you Muhammad, for everything you've given to your hometown, your country, and the world."

Thank you
Greg Fischer,
 Mayor of Louisville, Kentucky, USA
 (louisvilleky.gov)

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“A man who views the world the same at 50 as he did at 20 has wasted 30 years of his life.” - Muhammad Ali (January 17, 1942, Louisville, KY - June 3, 2016)

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- ☞ குடும்ப காதல் விடயங்கள், மனை விவகாரங்கள்.
- ☞ கணவன், மனைவி, காதலர் ஒற்றுமை பிணக்குகள்.
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- ☞ திருமணயோகம், காதல் விவகாரங்கள்.
- ☞ தொழில், மனை, அபிவிருத்தி, முன்னேற்றம், லட்சுமிகடாட்சம்.
- ☞ வாகன மனைப்பொருத்தங்கள், வீசாய் பிரச்சனைகள், கோட்டு வழக்கு.
- ☞ ஆரோக்கியம் பாக்கியம், வியாழ முன்னேற்றம், சேவன கோளாறும்.
- ☞ பேய் பிசாசு தொந்தரவா, எதிர்ப்பால தொந்தரவா, கண்திருஸ்டி.
- ☞ நாகதோசம் போன்ற எந்தப் பிரச்சினையாக இருந்தாலும்.



உடனே பண்டித் ஜெகதீஸ் சாஸ்திரி அவர்களை சந்தியுங்கள் வெற்றி நிச்சயம். ஏற்கனவே வேறு பல சாஸ்திரிகளை சந்தித்து மனவேதனையுடன் இருந்திருப்பீர்கள். ஒருதரம் பண்டித் ஜெகதீஸ் சாஸ்திரி அவர்களை சந்தியுங்கள் வெற்றி நிச்சயம்.

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Inside SP Electronics(BRIMELY & EGLINTON)

Ashoke Mohanraj, Middlefield Collegiate Student wins Award on May 17, 2016

Mr. Bruce Ander, President and CEO, Markham District Energy Inc., provided background information on the role of Markham District Energy and Markham District Energy Sustainability Bursary.

The Markham District Energy Sustainability Bursary was established to help cultivate and nurture environmental leadership. The Bursary encourages and rewards graduating Markham high school students who have distinguished themselves through academic excellence and participation in environmental extracurricular, volunteer and community service activities; and who intend to study sciences related to the environment full-time at a Canadian post-secondary institution.

Council extended congratulations to the recipients of the 2016 Markham District Energy Sustainability Bursary. The recipients are:

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Ashoke Mohanraj is with Markham Mayor Frank Scarpitti and Markham District Energy President & CEO Bruce Ander

"Monsoon Journal" completes 10 years of successful publication

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Monsoon Journal to celebrate a decade in publication with a series of events

Toronto's multi ethnic newspaper "Monsoon Journal" with one-hundred thousand readership in print and online has completed 10 years of successful publication and is currently in its 11th year of publication.

We take this opportunity to thank the sincere and continuous support of our loyal readers, valuable advertisers and well-wishers.

"Monsoon Journal" co-hosted a book release event recently to celebrate its Anniversary. Please refer to pages 26, 27 & 29 to view details of this event which received compliments and appreciation from many

guests present at the event.

"Monsoon Journal" will continue to celebrate by holding similar events in the coming months and will welcome sponsors and supporters for such events. Please contact Monsoon Journal for details of sponsorships.

Siva Sivapragasam

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Jayalalitha, Chief Minister of Tamil Nadu again



By Siva Sivapragasam,
Executive Editor, Monsoon Journal
Sixty Eight year old Jayalalitha Jayaram, leader of the AIADMK and her party have been voted once again to rule Tamil Nadu, India's largest state with a population of fifty - million.

Tamil Nadu is the citadel of Tamil culture with its ancient temples and is famous for its Kanchipuram silks. The temples in Thanjavur, Madurai and Rameshwaram, the port city on the Southern tip of India, stand majestically supreme as monuments of Hindu culture.

Proving the exit poll results wrong, the ruling AIADMK in Tamil Nadu took an early lead and retained power as counting of votes cast in the elections to 234-member assembly progressed. Most of the opinion and exit polls had predicted the DMK to win the elections.

Jayalalitha Jayaram, who was once the glamour queen of the Tamil cinema world came into politics after the death of her mentor M.G. Ramachandran, who was the popular swashbuckling hero of the Tamil screen world. Jayalalitha is now revered by the people of Tamil Nadu as "Amma" and a reincarnation of the Hindu Goddess Amman or the powerful deity Shakthi. No doubt Jayalalitha's personal charisma and her "Mother" image contributed heavily towards the AIADMK party victory in the elections. In spite of her ailing health and wobbly knees, she went around canvassing votes and castigating DMK leader Muthuvel Karunanithi for promoting family rule.

After her roller-coaster ride of an election win she made a victory speech from her Poes Garden residence amid a steady stream of visitors. She thanked the voters for choosing her party and vowed to

work with a new found energy for the welfare of people of Tamil Nadu.

"I am overwhelmed by the resounding victory the people of Tamil Nadu have given us. My party and I are indebted to the people of Tamil Nadu for giving this historic victory," a beaming Ms. Jayalithaa said even as hundreds of supporters swarmed her house.

The Chief Minister said the win was "truly historic" in the sense that after 1984, this was the first time that a ruling party could win elections and form government again.

Incidentally, AIADMK had managed a similar feat then also, under party founder and Ms. Jayalalithaa's mentor late M.G. Ramachandran.

The 68-year-old actor-turned-politician said she had no interest in her life other than serving people and that her life was "dedicated to them."

"There are no words to adequately express my gratitude to the people. Therefore, I intend to show that by actions after forming government again. We will strive to fulfill all promises made in the manifesto," she said.

Among others, her party had promised prohibition in a phased manner, free 100 units of electricity, subsidy for women to buy scooter/moped and free mobile phones.

Ms. Jayalalithaa, clad in her trademark green saree, said that while 10 parties had opposed her as she had no major tie-up, "I had aligned with the people and believed in God."

"The people did not let me down," she said.

Stating that her life was dedicated to the people, she assured them to serve them "till my last breath."

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Boxing Legend Muhammad Ali Dies at 74

A name revered around the world

By Carla Babb

Boxing legend Muhammad Ali has passed away after a more than 30-year battle with Parkinson's disease. He was 74.

The former world heavyweight boxing champion had been admitted to a hospital in Phoenix, Arizona, and was fighting respiratory issues that were complicated by the Parkinson's disease.

Doctors say the Parkinson's likely was caused by the thousands of punches Ali took during his career as a boxer.

Ali, both beloved and controversial, so dominated professional boxing that Sports Illustrated magazine named him Sportsman of the 20th Century. Known for his boasting, passion and way with words, he famously said he could "float like a butterfly, sting like a bee."

The son of a Kentucky painter took up boxing after neighborhood bullies stole his bicycle. His trainer said the boy, then known as Cassius Clay, grew to mix raw talent with determination.

In 1964, Clay shocked overwhelming favorite Sonny Liston to win his first world heavyweight title.

Washington Post newspaper sports

columnist Mike Wise said the confident boxing great continued to dominate, fighting with both his fists and his words.

"He was probably the first guy, the first athlete in America, to brag about something and back it up. Nobody boasted in those days," Wise said.

After that fight, Clay, who had joined the nation of Islam, changed his name to one that is revered around the world -- Muhammad Ali.

Three years later, he was vilified for refusing the U.S. Army draft based on his religious beliefs and his opposition to the Vietnam War. Ali was convicted of draft evasion and stripped of his title, keeping him out of the ring for three years until the Supreme Court overturned his conviction in 1970.

Just months after returning to the ring, new heavyweight champ Smokin' Joe Frazier dealt Ali his first professional loss. But Ali later took his revenge against Frazier and won their second fight. Another classic bout for Ali was against George Foreman. Ali and Foreman took their 1974 championship fight to the former Zaire, in a remote part of central Africa.

It was a boxing match immortalized as the "Rumble in the Jungle."

"I have wrestled with an alligator. I have tussled with a whale, handcuffed lightning, thrown thunder in jail. Bad, ain't I?" Ali said. "Only last week I murdered a rock, injured a stone, hospitalized a brick. I'm so mean I make medicine sick. Bad, fast!"

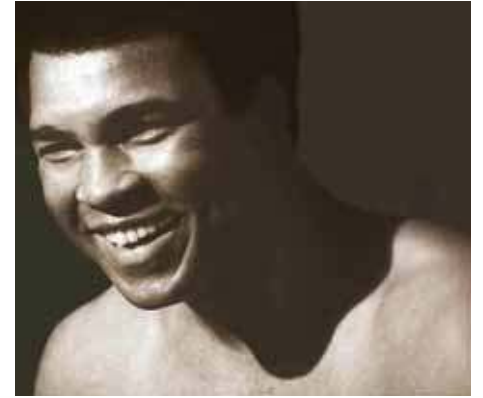
The Post's Wise said, "... And for him to employ what people still think today was one of the most amazing strategies -- act like you're tired, let the big guy punch himself out -- and then all of a sudden galvanize yourself and find a way to knock him out in the eighth round. That was still probably the most triumphant moment in boxing history."

Ali then met Frazier in their third and final clash. It was late 1975 in the Philippines, dubbed "The Thrilla in Manila."

Ali endured 14 brutal rounds before emerging victorious. The athlete retired from boxing in 1981 with a 56-5 record, including 37 knockouts.

Ali's last public appearance was in April at the "Celebrity Fight Night" dinner in Phoenix, which raises funds for the treatment of Parkinson's. The boxer has kept a low profile recently, and has not spoken in public for years.

Ali, who lived in Phoenix until his



death late Friday, had been hospitalized several times in recent years, most recently in early 2015 after suffering from a severe urinary tract infection.

The athlete lit the Olympic torch in Atlanta in 1996, despite trembling from Parkinson's disease. In 2005, he received the Presidential Medal of Freedom, the highest U.S. civilian honor.

News of Ali's hospitalization brought concern from friends and admirers, including fellow boxer Sugar Ray Leonard. "Prayers & blessings to my idol, my friend, & without question, the Greatest of All Time!" Leonard tweeted.

Ali, married four times, had nine children.

"Muhammad Ali was beloved. There was a heart component that I don't think anybody will ever touch," Wise said.

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UN agency welcomes announcement of refugee team to compete at Olympics

3 June 2016 – The United Nations refugee agency has warmly welcomed today’s announcement by the International Olympic Committee (IOC) of the refugees who will compete as a team in the upcoming 2016 Olympic Games in Rio de Janeiro, Brazil.

The team includes two Syrian swimmers, two judokas from the Democratic Republic of the Congo, and six runners from Ethiopia and South Sudan, the Office of the UN High Commissioner for Refugees (UNHCR) highlighted in a press release, noting that all of the members of the team have fled violence and persecution in their countries and sought refuge in places as wide-ranging as Belgium, Germany, Luxembourg, Kenya and Brazil.

“We are very inspired by the Refugee Olympic Athletes team – having had their sporting careers interrupted, these high-level refugee athletes will finally have the chance to pursue their dreams,” said UN High Commissioner for Refugees Filippo Grandi.

“Their participation in the Olympics is a tribute to the courage and perseverance of all refugees in overcoming

adversity and building a better future for themselves and their families. UNHCR stands with them and with all refugees,” he added.

UNHCR stressed that the initiative comes at a time when more people than ever are being forced by conflict and persecution into fleeing their homes, underscoring that the global population of refugees, internally displaced people and asylum seekers reached a record 59.5 million at the end of 2014 and has continued rising since.

“The initiative to send a refugee team to the Rio Games is unprecedented and sends a strong message of support and hope for refugees worldwide,” UNHCR said.

UNHCR also said that the participation of a refugee team in the Olympics represents a major milestone in its long-standing partnership with the IOC.

“This relationship, which dates back 20 years, has been instrumental in promoting the role of sports in the development and well-being of refugees, particularly children, all over the world,” UNHCR said.



Syrian swimmer Rami Anis trains for Rio 2016 Olympic Games at the S and R Rozebroeken swimming pool in Ghent, Belgium. Photo: UNHCR/Gordon Welters

In addition, UNHCR noted that, through joint projects, the organizations have supported youth programmes and sporting activities in at least 20 countries, rehabilitated sporting fields in several refugee camps, and provided sports kits to refugee youth.

The announcement of the refugee team coincides with the launch of UNHCR’s #WithRefugees campaign, which is an integral element of the UNHCR-IOC partnership for the 2016 Rio

Games. The cornerstone of the campaign is a petition asking governments to ensure that every refugee child gets an education, that every refugee family has somewhere safe to live, and that every refugee can work or learn new skills to make a positive contribution to their community, UNHCR said.

The petition will be handed in before the UN Summit on Refugees and Migrants, scheduled for 19 September in New York.

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S. Umer (March. 2015)

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Nima F (Feb. 2015)

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STAFFING BANK



Rotary International President KR Ravindran meets Pope Francis at Jubilee audience with 9,000 Rotary members

By Siva Sivapragasam

Rotary International President KR Ravindran, along with 9,000 Rotary members, attended the Jubilee Audience in St. Peter's Square at the invitation of Pope Francis. The delegation greeted the Pope at the end of the Audience.

Rotary, which brings together a global network of volunteer leaders dedicated to tackling the world's most pressing humanitarian issues, kicked off the Rotarian Jubilee with a conference on the challenges refugees are facing worldwide. The conference organized by the Jesuit Refugee Service - in partnership with Rotary, UNHCR and WFP - and entitled "Helping Refugees to Start Over", focused on the work that can be done to give millions of refugees dignity and quality education - the best possible tool for them to be able to shape their lives, not lose hope, dream of a future.

Mr. Ravindran told Linda Bordoni in an interview over the Vatican Radio that "Pope Francis is a model for Rotarians", saying "he is doing exactly what every Rotarian should be doing. So we see a great synergy of thought with this Pope, and being here, receiving his blessing, I think is something quite wonderful for us."

Ravi Ravindran, who is of Sri Lankan origin, has been a member of the Rotary Club of Colombo since 1974. Ravindran has served Rotary International as treasurer, director, and Foundation trustee, as well

as in many other offices. Ravindran has brought great honour to all Sri Lankans by his selection to this high office. He also serves on the boards of several other companies and charitable trusts. He is the founding president of the Rotary-sponsored Sri Lanka Anti Narcotics Association, the largest such agency in Sri Lanka. During the country's civil war, Ravindran was involved in the business community efforts to find peaceful solutions to the conflict and was a featured speaker at the United Nations-sponsored peace conference in New York for the Sri Lankan diaspora in 2002. He is also a Director of Express Newspapers Ltd. in Sri Lanka.

Mr. Ravindran's term of office as International President ends in July this year. Sri Lankan Prime Minister Wickremesinghe announced at a banquet held in Colombo sometime back to honour Ravindran that Ravindran is being appointed as Sri Lanka's special Ambassador to bring in Foreign Investment on completion of his Rotary assignment.

Ravi's motto in office is to "help others". He once told Diana Schoberg of Rotary News "One of the reasons I work so much for Rotary is that I have been helped by so many people, and often you never have a chance to reciprocate," he explains. "The only way you can is by helping others. When the people I help ask me, 'What can I do?' I say, 'Go and help someone else in return.'



Deepa Balachandran, B.A. (Hons.), B. Ed., J.D.
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Deadly tropical storm in Sri Lanka displaces more than 230,000, UN relief wing reports

24 May 2016 – The United Nations humanitarian wing has reported that at least 84 people have died, another 116 are missing, and more than 230,000 are displaced following a severe tropical storm this past week that caused widespread flooding and landslides in 22 districts of Sri Lanka.

On 15 May, Sri Lanka was hit by Tropical Storm Roanu, which caused widespread flooding and landslides, destroying homes and submerging entire villages. In addition, a landslide struck Aranayake, Kegalle district, on 17 May, followed by a second landslide in the same area four days later.

In a situation report, the UN Office for the Coordination of Humanitarian Affairs (OCHA) said that as of 22 May, some 237,240 people are displaced from their homes and living in 376 'safe locations', including camps, schools, temples, with host families and in other temporary accommodations.

At least 503 houses are reported to have been destroyed, with a further 3,793 partially damaged, although the extent of damage is likely to be higher, OCHA said.

The majority of the displaced people

are in Colombo and Gampaha districts, in the south-west of the country, where floodwaters still remain high. Landslide warnings remain in place in nine areas of the country.

As a result of heavy rains, several major reservoirs overflowed and flood gates were fully opened to avoid a dam breach, causing flooding downstream. Areas downstream of two large rivers to the north and south of the capital city, Colombo – the Kelani River and the Kalu River – remain flooded, with the possibility of further floodwaters flowing from upstream areas should heavy rains persist, OCHA said.

It is expected to take several days for floodwaters to recede and, in some areas, water levels remain as high as the roofs of people's houses, with access only possible by boat or by air.

"Many of the affected population, particularly in the rural areas, were already amongst the most vulnerable in the country and have now lost everything, including their homes, possessions, agricultural land and means of making a living," the report said.

In the urban areas of the affected districts, there are growing health con-



cerns related to the quantity of so much standing water in highly populated areas and the destruction of much of the water and sanitation infrastructure, which could lead to serious public health issues, according to OCHA.

While Tropical Storm Roanu has now passed over Sri Lanka, the Department of Meteorology predicts more rain over the island in the coming days as normal south-west monsoonal rains settle in.

This could cause additional flood-

ing and landslides in many of the same areas that are still waterlogged, with those who have lost their homes and who are living in temporary shelters the most vulnerable to the potential impacts, OCHA stressed.

The Government of Sri Lanka is leading the response to the floods, and UN agencies and non-governmental organizations are providing assistance. Priority needs are for water, sanitation and hygiene; health; shelter; and food assistance, OCHA said.

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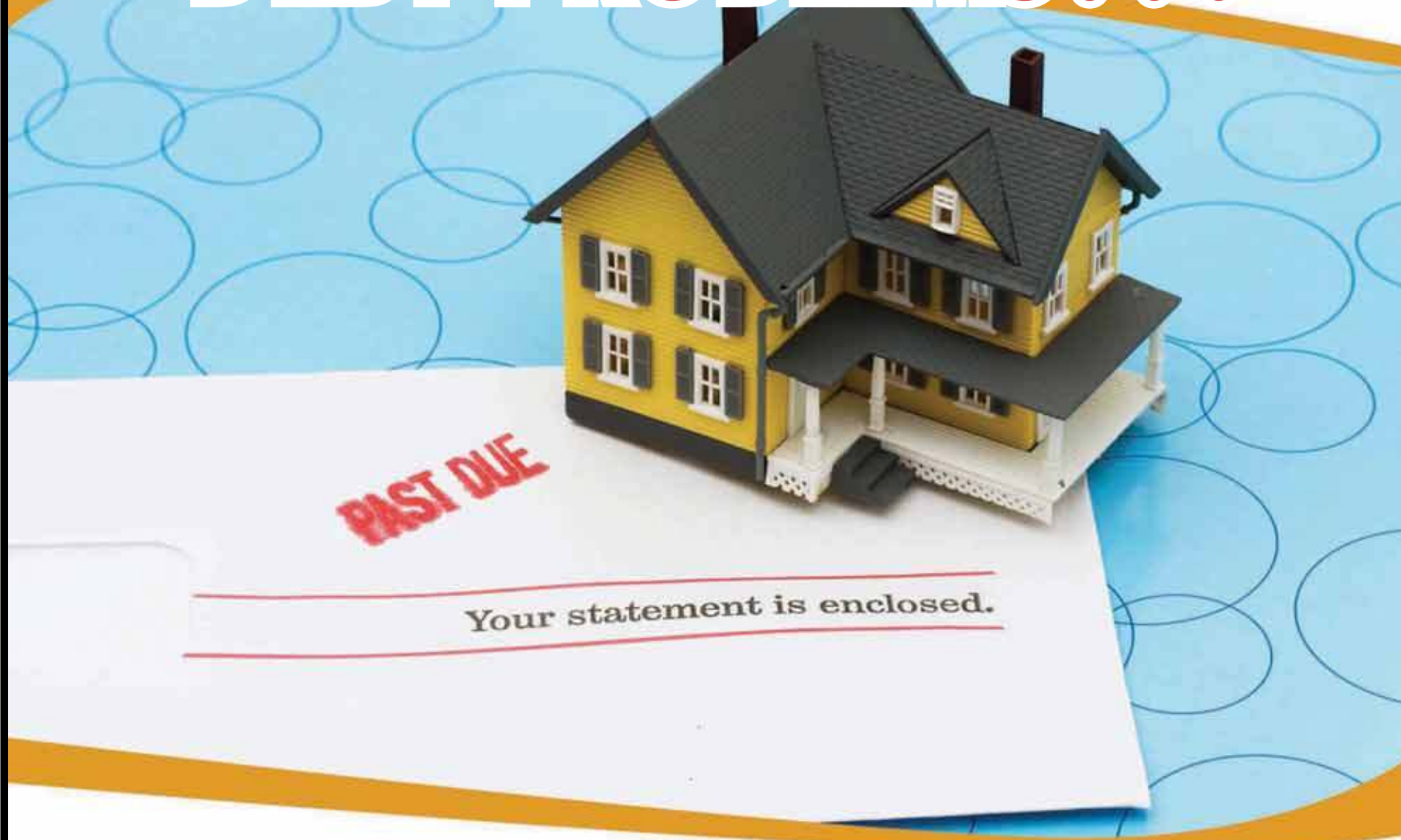
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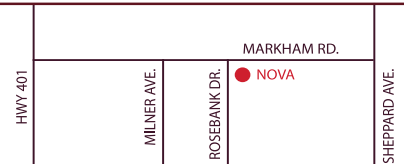
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DR. MARINOV

Life often presents us with situations that require perseverance and determination. For many it comes in the form of a medical condition, like diabetes.

Canadians living with diabetes are 23 times more likely to be hospitalized for a limb amputation than someone without diabetes.

In some cases, the amputation can be prevented – even in severe cases – shielding the patient from a long and painful recovery period.

Karen Trace, a Toronto resident, was diagnosed with diabetes at the same time a wound on her foot refused to heal. As the wound worsened, Karen’s doctor believed amputation was her only option. Desperate and confused, Karen’s family was determined to find a way to help save her foot. “After extensive research into possible alternatives to amputation, my daughter came

across hyperbaric oxygen therapy (HBOT) at the Rouge Valley Hyperbaric Medical Centre,” says Karen. “Saving my foot saved my life. The staff’s commitment at Rouge Valley Hyperbaric Medical Centre made this possible. With their dedicated care, the staff went above and beyond to do everything in their power to facilitate my healing process.”

“Life often presents us with situations that require perseverance and determination. For many it comes in the form of a medical condition, like diabetes.”

Since July 2015, the Rouge Valley Hyperbaric Medical Centre has been providing HBOT treatments in the main medical building of Rouge Valley Centenary Hospital. The Medical Centre sees patients from across the greater Toronto area and east as far as Kingston.

HBOT is the medical use of 100 per cent oxygen at an increased atmospheric pressure to reach compromised tissues and promote the overall

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healing process of wounds. Although originally used for the treatment of decompression illness, commonly seen in scuba divers, Health Canada has approved HBOT for the treatment of 14 indications, including: bone infection requiring antibiotic therapy, delayed radiation injury after cancer treatment, skin grafts and flaps that are failing to heal, sudden hearing loss, thermal burns, and healing of wounds such as the one Karen was managing.

“We know there is a need in Ontario for hyperbaric oxygen therapy and we are working to increase awareness of its benefits amongst healthcare professionals and patients alike,” says Dr. Anton Marinov, Medical Director, Rouge Valley Hyperbaric Medical Centre, “Our centre is committed to providing an evidence-based, compassionate model of care while we focus on each patient’s unique needs. We are working hard to continue to make this treatment available to patients in the Scarborough Community and farther afield.”

After finishing a course of hyperbaric oxygen treatment, Karen is still walking on two feet – amputation out of sight. To learn more about HBOT or take a tour of the Rouge Valley Hyperbaric Medical Centre, visit www.hyperbaric.ca for details.



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Health & Care

APP GIVES NEW PARENTS THE 'BEST' START IN CARING FOR THEIR NEWBORN

The Scarborough Hospital (TSH) is proud to introduce Best Feeding – an app to help new parents in the care and feeding of their baby.

Created through a partnership with Centennial College, Best Feeding offers several interactive features, including timers for women to log their baby's feedings on each breast, as well as a log that tracks the duration and amount of breast milk each time a mother pumps her breasts. Parents can also log the number of wet and dirty diapers their baby has each day. In addition, a 'search' feature provides the name and location of breastfeeding clinics in Toronto.

Best Feeding also offers information on many common topics related to the health of babies and mothers.

"The Best Feeding app is meant to provide an additional level of support for parents as they adjust to life with their new baby, and truly complements the wide variety of services already available at TSH," said Barb Scott, Patient Care Director of the Maternal Newborn and Child Care program at TSH.

For obstetrical patients, these services include pre-natal classes to learn about labour and the postpartum period, an early pregnancy assessment clinic, midwifery and doula services, water births, and umbilical cord banking. The hospital also offers pre-natal breastfeeding classes, a lactation consultant for inpatients, and walk-in breastfeeding clinics at each campus. Paediatric services include Neonatal Intensive

Care Units, a child development program, as well as a paediatric day clinic and day surgery, occupational therapy, and speech language pathology.

The idea for Best Feeding originated at a two-day 'hackathon' organized by Centennial College's Wearable, Interactive, and Mobile Technologies Access Centre in Health (WIMTACH), where Software Engineering Technology/Technician students were challenged to create apps that could provide low-cost health care solutions.

The Best Feeding app is available to download for free to Android devices in the Google Play Store, and will be available for Apple devices in the near future.



THE SCARBOROUGH HOSPITAL FOUNDATION CHALLENGES GTA RACERS WITH FIRST-EVER CANADIAN TIRE BRAVE T.O.

A new breed of obstacle course inspired by Toronto's courageous first responders, in support of The Scarborough Hospital

The Scarborough Hospital Foundation (TSH Foundation) officially launched Canadian Tire Brave T.O.; a day of physical challenges, community building, and fundraising. On Saturday, September 24, 2016, up to 2,500 racers from across the Greater Toronto Area (GTA) will descend on Morningside Park to participate in a demanding obstacle course inspired by the training regimens and day-to-day challenges faced by Toronto's Police, Fire, and Paramedic professionals.

"Each day, Toronto's first responders are fighting to save lives, just like the doctors and nurses at The Scarborough Hospital," says Michael Mazza, President and CEO, TSH Foundation. "Canadian Tire Brave T.O. borrows that fighting spirit by bringing the community together to emulate their responsibility in support of a great cause."

Canadian Tire Brave T.O., in support of The Scarborough Hospital (TSH), will be the destination event for the city and a rewarding experience for participants. Five race waves offer something for all ages, from casual to competitive, including a youth and high school challenge. The event will pit participants against standards set by the best of Toronto's first responders and test competitors of all abilities, while building community spirit and funding critical health care needs for TSH. All proceeds from Canadian Tire Brave T.O. will go directly to TSH Foundation.



The Foundation raises funds for critical medical equipment and building projects for TSH. It is through community support from events such as Brave T.O. and corporate sponsors like Canadian Tire, that the hospital is able to upgrade life-saving equipment.

"Canadian Tire has a long history of supporting programs that encourage active living and healthy lifestyles," says Mike Kenopic, Associate Dealer,

Canadian Tire, Warden and Eglinton. "We're excited to work together with our local leaders in support of the inaugural Canadian Tire Brave T.O. event to help build a strong and healthy community for our youth of today and tomorrow."

Five Canadian Tire stores in the Scarborough community have signed on as Title Sponsor for the event. Over the two-year partnership, Canadian Tire will focus on community commitment, partnership awareness, and local youth. In addition, Canadian Tire Brave T.O. has several community leaders involved in the process including: Toronto Police Service, Toronto Fire and Emergency Services, Toronto Paramedic Services, Toronto Transit Commission (TTC), representatives of the City of Toronto, and representatives of the Government of Canada.

Canadian Tire Brave T.O. takes place on Saturday, September 24, 2016 at Morningside Park. Sign up to test your boundaries and see how far you can go: <http://www.brave.to>

Looking to get involved? Canadian Tire Brave T.O. is seeking volunteers and dynamic corporate and community partners that share a similar passion and competitive spirit to make an impact in one of Toronto's most diverse communities.

Strong communities build strong hospitals. If you are unable to attend this event but are still looking to support, TSH Foundation welcomes online donations at www.tshfoundation.com



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AND THE AWARD GOES TO...



Staff and physicians at The Scarborough Hospital (TSH) continue to exceed expectations during professional awards season, most recently being Dr. Caroline Thompson who received the Innovation in Education Award from the Department of Family and Community Medicine at the University of Toronto.

Dr. Thompson is a TSH Emergency Department (ED) physician and the Medical Education lead for the ED rotation.

It was noted in a nomination letter submitted by her colleague, Dr. Caroline Walker, that:

Dr. Thompson's passion for teaching is obvious. [She] listened to resident feedback by offering additional simulation experience leading up to our exam. Dr. Thompson is an excellent example of someone who improves residency education by listening to resident voices. She is extremely good at her job and her enthusiasm is infectious. Simply put, she is a great educator.

In addition to Dr. Thompson's award, many other deserving teachers and residents from TSH were nominated for their contribution to the University of Toronto's Family Medicine Residency Program including:

- Dr. David Gratzer
- Dr. Sachin Ramkissoon
- Dr. Venu Tadiboyina
- Stacey Milley
- Dr. Salikah Iqbal
- Dr. Rachel Welsh
- Dr. Usha Ramanathan
- Dr. Caroline Walker
- Dr. Edward (Ed) Osbourne
- Dr. Teela Johnson

"Being acknowledged by your peers in Family Medicine is of the highest honour," said Dr. Larry Erlick, Chief of Family Practice and Community Medicine at TSH. "And, being recognized for excellence in teaching and in clinical operations exemplifies the high quality of medical talent we foster at TSH."

TSH AND CENTENNIAL COLLEGE PARTNER TO BRING MINDFULNESS THERAPY ONLINE

New, first-in-Canada platform increases access to mental health support for cancer patients

CENTENNIAL COLLEGE

Cancer patients at The Scarborough Hospital (TSH) now have better access to mindfulness therapy, which reduces mood and anxiety symptoms, thanks to a new, first-in-Canada online therapy platform called iMindful.

Created through a partnership between TSH and Centennial College, iMindful enables patients to access care on their own terms and on their own schedule – a welcome solution considering the unmet mental health needs of cancer patients.

The program features therapist-guided mindfulness modules, group chats, meditations developed by TSH therapists, and a yoga practice developed by TSH Psychiatrist, Dr. Karen Shin. It also provides links to therapist-approved online resources like the Mental Health App Library, information on sleep hygiene, and more. Patients can even use iMindful to book video appointments with their

therapist, or message their therapist using video or private chat.

"We are finding new ways to empower cancer patients who may benefit from mental health support," said Faiza Khalid-Khan, Patient Care Director for TSH's Mental Health department. "iMindful gives patients more control over their own treatment."

For therapists, the platform is a useful tool for monitoring patient engagement, evaluating the effectiveness of the program on their patients, and analyzing metrics that help the Mental Health team tailor the program for patients. iMindful's group chat feature even flags trigger words typed by their patients, so that therapists can deliver appropriate support.

"With iMindful, we are building on our success with Internet-Assisted Cognitive Behavioural Therapy (iCBT), which is available to patients experiencing anxiety and depression," said TSH Psychiatrist Dr. David Gratzer. "Both programs directly support the hospital's strategic direction, 'Patients as Partners.' Our vision is to extend beyond the bricks and mortar of the hospital, and become

an e-therapy hub for our community."

The idea for iMindful originated at a two-day hackathon organized by Centennial College's Wearable, Interactive, and Mobile Technologies Access Centre in Health (WIMTACH), where Software Engineering Technology/Technician students were challenged to create apps that could provide low-cost health care solutions.

"Centennial College has an incredible groundswell of innovative thinkers who mirror the talent and skill of those in our Mental Health department," said Alfred Ng, Director of Innovation and Performance Improvement at TSH, and the hospital's WIMTACH lead. "With their expertise in health care technologies, it made perfect sense to collaborate with our neighbour."

From there, the project was approved for funding from Centennial College via its College and Community Innovation grant from the Natural Sciences and Engineering Research Council of Canada. Three students were hired to further develop the concept under the guidance of Mihai Albu, WIMTACH Researcher and Professor with Centennial's School of Engineering

Technology and Applied Science (SETAS).

After meeting with members of TSH's Mental Health department to better understand patient needs, the students developed iMindful with a focus on interaction and engagement. The project was a great success: iMindful was named "Best Web Application" at Centennial's SETAS Technology Fair in April.

"Centennial College attracts a remarkable cross-section of young, brilliant minds from across the GTA and internationally, as well. We have a deep pool of talented, motivated students who work on our WIMTACH projects," said Mihai. "I cannot emphasize enough the team spirit and the efforts of our students to exceed client expectations, as well as my own. I could not be more proud of them!"

iMindful is part of TSH's e-therapy model based on stepped care, and a referral to the program is required. Patients referred to TSH's psycho-oncology program are triaged by a mental health registered nurse into the most appropriate level of support, based on their level of distress.

TSH ACHIEVES MILESTONE IN BLOOD TRANSFUSION RATE FOR KNEE REPLACEMENT PATIENTS

For the first time, The Scarborough Hospital (TSH) has achieved a zero per cent blood transfusion rate for patients having total knee replacements or revisions.

"Achieving this milestone is the result of hard work and dedication by our interprofessional staff and physicians, as well as a concerted effort to work with our patients to truly make them partners in their own care," said Nurallah Rahim, Interim Vice President for Patient Services at TSH.

TSH is a member of the Ontario Transfusion Coordinators (ONTraC) program, funded by the Ministry of Health and Long-Term Care and administered through St. Michael's Hospital. ONTraC sets the standard in the province for patient blood management.

Blood transfusion rates for patients having total knee replacements and revisions are one of the areas monitored through ONTraC due to the high amount

of blood loss that naturally occurs during this surgery. "Patients who require a blood transfusion during knee replacement or revision surgery can have an increased risk of complications, mortality, and longer hospital stays," explains Laura McKenzie-Kerr, Patient Blood Management Coordinator at TSH.

"What's more, these patients usually have less energy following surgery, which impacts when they can begin their physiotherapy and other rehabilitation."

Since becoming a member of ONTraC in 2003, TSH has instituted a process to ensure patients have an optimal hemoglobin level before surgery – ideally 125 or greater – to help avoid the need for a blood transfusion.

Surgical patients are contacted for a blood test to find out their hemoglobin level at least four to six weeks before their surgery in order to have enough time to optimize their hemoglobin level with iron supplements or infusions. Laura admits that centralizing all joint surgery

at TSH's General campus in 2015 and having transfusion rates as part of the lab's scorecard were also strategies that contributed to lowering the transfusion rate.

"In addition, a zero per cent transfusion rate means that the hospital no longer needs to do a 'group screen' for knee surgery patients to screen for antibodies and blood type. This is not only a cost savings for our hospital, but also means we're focused on doing only the blood work our patients need."

Other areas of focus for TSH as an ONTraC hospital include hip replacement surgery and non-cancerous gynaecological surgeries, such as hysterectomies (removal of the entire uterus) and myomectomies (removal of fibroids from the uterus).

"Although our transfusion rates are low in both of these areas, based on our success with total knee replacements and revisions, we know we can achieve a zero per cent transfusion rate here too!"



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Mother Teresa to Be Sainted After 2nd Mirade Declared

Raymond Rajabalan

Blessed Teresa of Calcutta, commonly known as Mother Teresa, was a Roman Catholic Religious Sister and missionary who lived most of her life in India. She founded the Missionaries of Charity, a Roman Catholic religious congregation, which consists of over 4,500 sisters and is still active today in 133 countries. Her Missionaries of Charity helped the poor on the streets of the city, now known as Kolkata. She won the Nobel Peace Prize in 1979.

Mother Teresa, who dedicated her life to helping India's poor, will be made a saint in the Roman Catholic Church and she will be canonized in September to coincide with the 19th anniversary of her death and Pope Francis' Holy Year of Mercy. Last December, the pontiff marked his 79th birthday by approving a decree that the nun had performed a second miracle 11 years after her death. She was beatified in 2003 as Blessed Teresa of Calcutta for healing an Indian woman's tumor through divine intervention but the full declaration for sainthood required two miracles.

"The miracle needed for her canonization involved the curing of a man in Santos, Brazil, with a serious viral brain infection, according to Father Brian

Kolodiejchiuk, a Missionaries of Charity Father who worked closely with Mother Teresa for 20 years and spearheaded the cause of her sainthood.

The unidentified man was in a coma and about to undergo an emergency operation when a neurosurgeon "returned to the operating room and found the patient inexplicably awake and without pain," the statement said. The patient made an immediate and full recovery. Despite tests showing that prolonged drug treatment had made him sterile, he went on to have two children, Kolodiejchiuk said.

When Mother Teresa is canonized, no fewer than four countries will celebrate her as their own saint. She was born in what is now the the former Yugoslav Republic of Macedonia to ethnic Albanians from Kosovo, and she lived most of her life in India, where she died and was buried. Albania, which still claims her remains, named the airport, a square and a hospital in the capital Tirana after her, has made Oct. 19, the day she was beatified, a national public holiday.

Macedonia has opened a museum containing relics and memories from her early in Skopje, where she lived until she was 18, and built a several-meters high bronze statue of her. Kosovo, meanwhile, named the main street in its capital Pristina in her honor.

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HOW CAN YOU HELP?

How we can all do our parts and become more involved in senior health and wellness



By: Andrea Shanmugarajah

In Canada's aging population, the number of Canadians over the age of 65 is continuously increasing. Luckily, with improving medical technology, as well as social support services, seniors are increasingly able to retain their independence and quality of life. That being said, many seniors, both those living at home and at care homes, could use the kind of extra help that many of us may be able to offer. While certain programs and services for seniors do exist, there are still needs they may have that are not yet being met. A lot of the time, these needs can easily be met if people are willing to give their time and their energy towards helping seniors within the community.

So, what can you do to become more involved? There are numerous ways someone of any age can become involved in the senior community. Many of the available support programs for seniors involve massive help from volunteers, and even homes for seniors rely heavily on the time given by vol-

unteers. While many may have a preconceived notion about volunteering as something that is only done by high school students, in order to meet their diploma requirements, volunteering can truly be done by people of any age. If you are passionate about senior wellbeing, and you would like to be more proactive in providing a better life for seniors, then do not let age be a factor when deciding how you can contribute. All you need is a willingness to commit some time and effort towards a certain cause or group, and you can immediately start doing your part for seniors in your area. In fact, you may find that you benefit from such an arrangement in more ways than you realize. For one, you will feel happier, knowing that you are truly making a positive difference in someone's life. Also, as time passes, you will get a better idea of what services are currently available to seniors and how they can best make use of them – this knowledge may be helpful for your own family and friends down the road. Finally, volunteering will give you a firsthand perspective on the issues that currently exist within the senior community and what work is being done to solve them.

If you are truly motivated to take on such a role within the senior communi-

ty, there is no better time to start than now. Contact your local seniors' home, and learn what steps you need to take to become a volunteer there. Alternatively, there are a number of organizations that offer social and financial support for seniors, such as the Scarborough Centre for Healthy Communities. This organization, and others like it, are non-profit, which means they can greatly benefit from any help they receive from volunteers. If a specific domain of senior health and wellness interests you, then consider offering your time for one of those – for example, organizations like the Alzheimer's Society or charities like Seniors in Need will allow you to help seniors in a more specific way. Finally, the help you can provide for seniors is not limited to volunteering at existing organizations or charities – there are less formal ways that you can do your part. There are undoubtedly seniors in your own lives – neighbours, friends, extended family – and they may all be able to use any help you could offer. There are a number of ways in which this can be done. For example, seniors may need help with things like transportation, meal preparation, or even regular social calls.

Though seniors are becoming in-

creasingly independent, there are still needs that many seniors have, that may not necessarily be met currently. While programs and services exist for seniors, sometimes access to those services can be difficult. However, there are so many opportunities out there for anyone who wants to help to really do their part and become more involved in the senior community – if you feel like you may fit that description, then don't want another second before becoming more proactive!

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



Feel Like Royalty

Most people can only dream of living like a king or a queen—having great wealth and possessions, with servants to anticipate every need. Prem Rawat, who travels the world speaking to audiences large and small about the possibility of finding true fulfillment in life, says he can show anyone truly interested how to feel like royalty every day.

All around the world, Mr. Rawat says, people look for some magical power to fix their problems and grant their deepest wishes.

“They want a genie, and they can’t find one,” he says. “Who gets the brunt of that? God - the great genie: It’s, ‘Please make me handsome,’ or, ‘I haven’t studied and tomorrow is the exam - please make me pass.’ We pray, but we don’t know what to pray for.”

There’s a very old fable, he says, that makes that point.

“Once there was a man who was very poor. He just had a little hut and a little yard - very little. One day he

prayed, saying, ‘Lord, I would like a cow. I’ll have milk and everything. It would be great! Can I have a cow?’

“He went to sleep that evening, got up in the morning, and lo and behold, what’s in his front yard but a donkey! He thought to himself, ‘Well, okay. I prayed for a cow, but I got a donkey. That’s not the same thing, but I can use the donkey for carrying my burdens.’

“So there he was with his donkey. Years rolled by. He got married. One day his wife came to him and said, ‘I want to get a cow.’

“The man said, ‘Listen, we can’t get a cow! I have my donkey, and the donkey is very happy with the space there is. If we get a cow, this donkey will be really overcrowded.’

“His wife said, ‘No, I want a cow.’ So she went out and got a cow, and sure enough, that little yard was really overcrowded, and the donkey was not happy.

“The man prayed again: ‘Lord, kill the cow. This cow is making things

really bad. I mean, I had all this room, and my donkey was happy. Now there is the cow, and it’s not working out. Please kill the cow.’

“Next morning, his donkey is dead. He looked up and said, ‘Lord, after ten years, I thought you would have figured out the difference between a cow and a donkey. I asked for a cow—you gave me a donkey. I asked you to kill the cow—you killed my donkey.’”

That’s exactly how people pray, Mr. Rawat says, whether they’re addressing a deity or just wishing for something they think will change their lives.

“We pray, but we don’t know what to pray for,” he says. “The thing we are really praying for is something we already have—a choice. You have a choice to be fulfilled, to be content, to be clear, to be in joy. You have a choice to feel the beauty of being alive, every single day.”

Those who make that choice, Mr. Rawat says, will recognize that their

world is already complete.

“Do you recognize your world?” he asks. Do you know that you are the sovereign, the king or queen of this world?

“Who are your citizens? The citizens are the moments that come and move on, that need to be lived in contentment, in joy. Are they, or are they wasted—unattended, unheeded, dying of starvation, because their ruler is so wrapped up in trying to make sense out of nonsense? Are you benevolent enough to care about this kingdom?”

“Make heaven here. You’re the emperor, the empress, of your world, and you have that choice—from now on, for the rest of your life. Your decision. Your Royal Highness, how is your world today?”

To learn more about Prem Rawat:
1 877 707 3221
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Growth Mindset and Reflection Through Learning Portfolios

By: Janani Srikantha

As the school year winds down, many students are bringing home their collection of work from the year. Sometimes, the piles of paper, folders, and books can be overwhelming, where it is tempting to put it all in recycling or in a box to be sorted later. However that sorting-day may not happen until many years later, as I have also experienced recently rummaging through boxes to discover my pre-school report card tucked away under one of my elementary school projects.

At the school that I worked at, learning portfolios were an important part of a student's academic career. This is where I fell in love with the idea of documenting learning, as growth and changes become clear and visible when they are all in one place. However, the way I create portfolios has changed over the years.

Initially, my students started with portfolios in binders. Their work, along with their attached reflection, was either organized by subject or chronologically, in transparent sheet protectors. This is a great place to start at the end of the school year and if a lot of your child's work is on paper. Together, with your child, discuss which of their pieces they want to keep. Some items to discuss are which assignments they feel they worked hard on, which ones were a challenge and showed their growth, and which ones demonstrate their different skill sets. It's important to let your children have a voice regarding what they keep in their portfolio as it allows them to have ownership - it is their learning portfolio.

The purpose of learning portfolios is to show growth. Often when children are reflecting using only their final product, they can't remember how much their understanding has changed from the first draft to the final publication. My students' portfolios were adapted to showcase the process and their thoughts throughout their learning. There are many ways to do this including the creation of action plans for goals, collecting drafts of work, and by including visual or audio media.

Setting SMART goals is a motivating way to start a new school term, as students are eager to achieve new milestones. Even my youngest students, in lower elementary grades, are capable of doing this with guidance, as we discuss a specific goal that is measurable, attainable, relevant, and has a set time limit. However, setting a goal isn't enough, and therefore a conversation between the child, their parents, and their teachers is essential to create a three-way plan as to how the goal is going to be achieved. Children always feel empowered when they know their parents and teachers on



the same team, and are working towards their success. Making the SMART goal and action plan visual, in a form that can consistently be referred to, is an ideal way to start a learning portfolio.

At the beginning of the new school year, ask your child's teacher if you can have the draft work that your child completes. When learning portfolios include the process from the brainstorm to the drafts and edits to the final product, children are able to see their growth much more clearly. This leads to a higher sense of accomplishment and motivation, and children are also more realistic in their reflections. They are able to see evidence of how they have improved in a particular skill, and are also aware of the gaps to address as they set their next goal.

Often there are multiple drafts simultaneously being worked on for different assignments, and this may require some reshuffling of the learning portfolio as your child brings home pieces of their work. I've found that moving to a digital portfolio has made the work-flow process simpler. Due to familiarity and it being user-friendly, I use Google Blogger with all my students to help them create their learning portfolios. This enables children to add labels and re-order the postings to showcase their final product (that may be completed weeks later) adjacent to the work that showcases their process of learning. When moving to a digital portfolio, it helps to complete drafts and assignments on the computer, depending on the comfortability of the child, parent, and teacher. If it is preferable for work to be completed on paper, a scanner will capture the pieces which can be uploaded onto the digital portfolio.

I've also developed the habit of keeping a camera and tablet nearby, as a lot of "aha" learning moments are not pre-planned to occur at a set time. Therefore, taking photos and videos allows for authentic demonstration of the learning process in the portfolio. Children can also complete their reflections through

video, providing them with variety to written reflections. There are applications such as Explain Everything, which are extremely useful as students create a recording that allows for written, visual, and oral explanations, thus showing their process of thinking and logic as they solve problems.

A digital learning portfolio has the advantage of having significantly more storage capabilities than a binder. Therefore, it can be developed over multiple years, highlighting a child's growth as they advance through their schooling and academic career. This makes labels a vital component of the digital portfolio as posts are categorized by subject and skills, where a single assignment might have the labels, "English", "writing", and "author". As a viewer, the learning portfolio can be searched for posts under "author" showing all the stories your child has published from when the portfolio was created to the present day. It is always enlightening to see children open their portfolio and read a story they wrote, an experiment they conducted, or a problem they solved years earlier, making connections to the skills and knowledge they have now.

As a teacher and a tutor, I believe that one of the most essential skills that I teach my students is critical reflection. Students' reflections reveal how they set their goals, their thoughts that are not evident through their final publication, and their own self-perceptions of their abilities and potential.

Items in a learning portfolio should have an attached reflection to help your child understand their growth and learning goals. When reflection uses the same cues repeatedly, it's not fun to do and it doesn't necessarily demonstrate the child's deeper understanding of their own learning. As a parent, when reflecting with your child on their work, here are some cues that can be used:

- I am very proud of this because...
- I have improved...

- My (reading/writing/mathematical/scientific/etc.) thinking has changed by...
- I got "stuck" working on this task when... And, I got "unstuck" by...
- At the beginning of the year, I did not know...
- This is not my best work, but I could have improved it by...
- I was challenged by this work because...
- I still need to work on...
- I chose this work because...
- My plan to improve ____ is...
- My work shows growth because...
- I will remember this work in the future because...
- I used to think...now I think/know...

A learning portfolio provides opportunities for reflective practice and also lets children develop their growth mindset. By understanding that their capabilities are boundless and that they can facilitate their own growth, I believe that children are engaging in true learning.

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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Valluvar's Views: Discipline

'Ozrukka m Vizluppa m Tharuva thaal,
Ozrukka m uyirillum ombappaddum'.
(Kural: 131-140).

By: JJ Aputharajah

Disciplined behavior leads to adherence to highest values in life. It is cherished more than life itself. No waterfall is ever turned into light and power until it is tunneled and confined. No life ever grows great until it is focused, dedicated and disciplined. Bible underlines this idea in the Book of Proverbs in the lines: 'The wages of the righteous leads to life'.

Kamban refers to it as 'Kulam surakkum olukkam kudikkellam'. Proper behavior is indispensable to the learned and the wise and it has to be valiantly guarded. Right conduct is the very essence of

nobility and the absence of it is just ignoble. The saint who has forgotten his scriptures could read them up again; but if he disregards the right conduct will lose his right to live.

The envious gather no wealth and the ill-disciplined are never great. In Bagavath Gita, it is said: "He who is free from jealousy, envy, fear and anxiety, is dear to me". People with strength of mind do not shrink from disciplined conduct; they know that its negation will spell ruin.

The well-regulated life brings honour; its neglect will lead to disgrace. In the Book of Psalms of the Bible it is said: "The righteous

shall flourish like a palm tree and grow like the Cedar of Lebanon'. Nanrukku Vithakum nallolukkam, theolukkam enrum idumpai tharum".

Right conduct is the seed of virtue but bad conduct will lead one to grief. The men of virtue will not say evil words -even by the slip of the tongue. Even the learned will be reckoned as ignorant men if they do not live in tune with the world. Men should abide by their experience and social obligations - if they are to be considered as knowledgeable.

that 'One must do only virtuous deeds and eschew all kinds of vice'.



"Vaiya thulvalva angu Vaalpavan,
Vaanaurayum theiva thulvaikkpaddum".

Debates and Discussions-Bulwarks of American Democracy

By: JJ Aputharajah

America has developed a democratic system of government that has grown in strength and character over the years. It takes a good look at the candidates they chose as their leaders and they take a fairly long time over it. Their method is reminiscent of the Greek tradition of city-states where almost all most all citizens get involved in one way or other. Debates and discussions become the major modus operandi in the selection of candidates as nominees for the major parties. The candidates' debates are not constitutionally mandated, but it is considered as an indispensable election process. The topics taken for discussion are the current issues at stake in the country and world at large-at the time of the elections. Mostly presidential debates are held late in the election process, after the political parties have nominated their candidates. At first debates are held between contestants from within the party during the primaries. Normally the discussions are held in a large hall, before a public audience.

Though the debates started as far back as the period of Abraham Lincoln, it has gathered momentum and has become a lively forum in recent times. The series of seven debates in 1858 between Abraham Lincoln and Senator Stephen A Douglas were true, face to face debates, with no moderator. The candidates took it in turns to open each debate with a one hour speech, then the other candidate had one and a half hour to reply and finally the first candidate



closed the debate with a half-hour response. The first election debate was held on September 26, 1960, between US Senator John F Kennedy, the Democratic nominee, and Vice-President, Richard Nixon, the Republican nominee, in Chicago at the studios of WBBM-TV. It was moderated by Howard K Smith with a panel composed of journalists. A historian J.N Druckman observed the telecast as 'television primes its audience to rely more on their perceptions of candidate image'. It was after 1976 that the debates became a regular feature of the presidential debates. The dramatic effect of televised debates was demonstrated again in the 1976 debates between Ford and Carter. Then in 1980, debates between Jimmy Carter and Ronald Reagan became a major factor in the elections. With years of experience in front of the camera as an actor, Reagan was able to get a landslide victory over Carter.

Rules and format for the debates have developed over the years. Some of the debates feature the candidates standing behind their podiums, or

in conference tables with the moderator on the other side. Depending on the mutually agreed format, either the moderator and or a member of the audience can ask questions. In recent debates, colored lights resembling traffic lights have been installed to aid the candidate as to the time left.

Nowadays the Presidential election debates have become very lively and intrusive. They vet the personality and performance of each candidate in a very thorough manner bringing out their merits and demerits for the public to know and make decisions on their own. The major forums are organized by Wolf Blitze, Henderson Cooper, Jake Tapper and Don Lemon. The proceedings are relayed through telecasts and the radio. They get their opinions on all important issues like Terrorism, Deportation, National Security, LGPT issues, Entitlements, Gun Control, Minimum Wages, Free-trade, Immigration, Jobs, Foreign Policy, Education and other facets of national life. The personal characteristics of each candidate are clearly brought out and their activities in the past are also examined. Any doubtful matters are cleared with discussions with them. The responses from each member is useful for the voter to decide on the character of each candidate and vote for them or reject them. These discussions only help the undecided voter. Most voters are

cling to their party affiliations are not subject to any change of mind when comes to voting at federal elections. Participation in these discussions and debates are a great experience to the candidates. They are useful to rehabilitate them. They become inclusive and evolve as suitable presidential material. Past election discussions are brought into preview. Former presidential debates are also brought into focus as useful lessons can be obtained from past experiences. With experience as the Secretary of State and First Lady, Hillary Clinton and as an outstanding example of American success story, Donald Trump are likely to emerge as the final contenders for the post of president in November 2016.

The on-going presidential debates for the election in November has gathered new interest in debates. Many issues relating to jobs, economy and national security are discussed elaborately by the moderators, journalists, supporters and political analysts. It is said that 28 pages of the 9/11 report has not been released to the public in the interests of world peace and national security. Being the president of USA is a great responsibility and that is why several issues are thoroughly scrutinized before a person is declared the winner. Democratic processes are effectually utilized in order to choose the best candidate. Democracy has its strength and at times weaknesses but America has the resources to overcome these hazards to move forward with success.





Her Journey

Sharuthie Ramesh

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

Sharuthie grew up loving books. She is a self-proclaimed bookworm who is inspired by many authors including Cassandra Clare, Becca Fitzpatrick, Elizabeth Chandler, and Christopher Pike. Like many of these authors, Sharuthie has begun to influence the literary world through her own writing.

Sharuthie started writing when she was four years old, and was adept at using her creativity and imagination to develop elaborate plots. Growing up, she became a proficient writer and, at the age of thirteen, published her first novel. A Choice: Book 1 is the first installment of the trilogy Chosen Hybrid Series. The trilogy is based on trust, love, and choices, with Sharuthie's second novel, A Prophecy: Book 2 set to be released later this year.

When asked what inspires her, Sharuthie addresses a writer's passion to share their inner thoughts through their art.

"I was inspired into writing my first novel by my active imagination that would constantly be coming up with different story plots, characters, and essentially, ideas. I realized that it wouldn't be fair to keep such great stories in my head, when I could share it with others. I find that I communicate ideas and feelings better through words, thus being my base to writing what I write."

Although still a young teenager, Sharuthie has experienced much success. She is one of the youngest novelists at Author Solutions, an extensive publishing company with over 200,000 authors. Her first novel, A Choice: Book 1, has been translated into Tamil and is in circulation in India. Sharuthie is also becoming a well-known author in her own right, as she travels globally for book exhibits and book signings, with plans to visit Germany, China, Mexico and England in the upcoming year. In addition, she has been the recipient of many awards including those that acknowledge her as the Young Author of 2015.

Currently, Sharuthie is an International Baccalaureate student at Michael Power/St. Joseph High School with many aspirations for her future. She dreams of becoming a forensic biologist as she has always wanted to be involved with criminal investigations. Sharuthie's value and appreciation for education forms the basis of her desire to assist in building a school, with the help of Free the Children. Of course, her love of writing will lead her to author fantasy-adventure stories full of suspense and a hint of romance, with a self-discovery theme.

Sharuthie Ramesh is on her way to not only making waves in the literary scene but also throughout the world. We are excited to watch her become the inspiring role model that she's destined to be.

A Choice: Book 1 is available in paperback, hard cover, and as an ebook. It can be purchased online at Amazon and Chapters. To learn more about Sharuthie Ramesh, visit her website: www.sharuthieramesh.com.



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 Special Feature

RBC Royal Bank partners Soft Landing Incubator Programme at Centennial College

Unveiling of Plaque in recognition of RBC Foundation's investment for the Centre for Entrepreneurship

By Siva Sivapragasam

RBC Foundation, an arm of Royal Bank, one of Canada's prestigious and leading Banks, has made an investment of \$375,000 for the soft landing incubator programme in the Centre for Entrepreneurship at the Centennial College, Scarborough.

A Plaque unveiling ceremony was held at the Centennial College Progress Avenue, Scarborough campus premises on May 12th to honour the investment and celebrate the partnership between the Royal Bank and Centennial College.

The event was attended by officials from RBC Royal Bank including Regional Vice-President Michael Gray, Mohan Sundaramohan – Manager, Milner & Morningside Branch and Sriharan Parameswaran, Manager-Steele & Markham Branch. RBC's generous investment will play a critical role in the launch and growth of this innovative program over the next five years.

The purpose of the Soft Landing Incubator is to provide services to both inbound and outbound clients-to newcomers bringing businesses to Canada, and to those taking businesses from Canada abroad.

(Seen here are some pictures taken at the event)



Michael Gray, Regional Vice President, Toronto North East, RBC & Mark Toliajic, Centennial College



RBC Foundation Plaque at Centennial College with Mark Toliajic & Deepak Gupta, Centennial College



VIPs and Guests from RBC & Centennial College after unveiling RBC plaque and tour the facilities at Centennial College

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Special Feature

A Novel Function

A novel function took place on the 21st of May at the Scarborough Civic Centre. It was organized by Mr. Sinniah Sivanesan and Mr. Logan Velumailum, the Publisher of Monsoon Journal. Dr. E. Balasuntharam, President of the Canada Tamil Writers' Association, who chaired the function delivered the welcome address.

Poet V. Kandavanam in his opening remarks spoke about the ability of Mr. Sivanesan as a translator, citing his services at the Ministry of Education in Sri Lanka in translating many science books. Mr. Siva Sivapragasam, the Editor of Monsoon Journal, presented the audience a short history of the Journal's 10 years of responsible journalistic service in English and thanked the readers and the business community for their support.

The chief guest for the function was Mr. Sivan Ilangko. Introducing him, Mr. Logan Velumailum, the publisher of the Monsoon Journal said that he is a Chartered Accountant and a partner of Earnest and Young and that his Youth Leadership Program was a popular one and many youths were getting trained in various useful fields.

Speaking of students participation, Abbira Nadarajah, Priethu Raveendran, Sindujeyan Jeyapalan and Vishali Ratnam who are all students reviewed the book Pearl Necklace one by one. The Tamil book review was done by a budding writer and speaker in the name of Mary Joseph, who is a M.A. student of Annamalai University Canada Campus.

The youngsters' book review was followed by book presentation. The chairman presented the first copy of the book that was written in English to the Chief Guest, Mr. Silvan Ilangko and the Tamil book to Mr. S. Raveendran, the manager of Britesun Printers.

This was followed by the Chief Guest presenting special copies to veteran authors Mr. Muttulingam and Mr. S. Thevakanthan.

Then the function came to an end with remarks by the author Mr. Sin-

niah Sivanesan. He stressed the point that it is the duty of Elders in the community to motivate our youths to get involved in the community outreach programs arranged by various organizations and associations in the GTA. So he has tried this book release event as an experiment and found it working marvelously and thanked the students for their active participation. He pointed out that there is a generation gap and it has to be filled. He also thanked the Chief Guest and the audience for their support and participation.

He thanked the Monsoon Journal Publisher Mr. Logan Velumailum for his unstinted support in publishing the short stories in the Monsoon Journal and for hosting the event with the Tamil Writers' Association of Canada. The function was strikingly novel for the following reasons:

1. It was a two-in-one function
2. Time management
3. Youth participation

The function launched two of Mr. Sinniah Sivanesan's books viz., "Pearl Necklace", an anthology of English version of short stories by diaspora Tamils and "Minvalaiyil Vanthavai" a collection of articles drawn from websites and translated in Tamil. It also celebrated the 10th anniversary of the popular English monthly The Monsoon Journal.

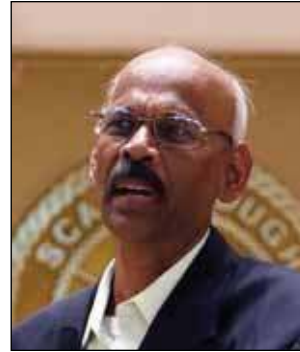
Secondly, contrary to the notion that Tamils' meetings lack time management, this one commenced and completed sharp on the said time.

Thirdly, the participation of students in the book review. Mr. Sivanesan has been associated with schools and student's issues since his arrival in Canada. His idea of promoting students participation in public meetings is an eye-opener for the general Tamil public. It sends a strong message that it is our responsibility to groom the youths for public functions so that they could sustain our cultural tradition in this country. Good thinking, Mr. Sivanesan! Keep it up!

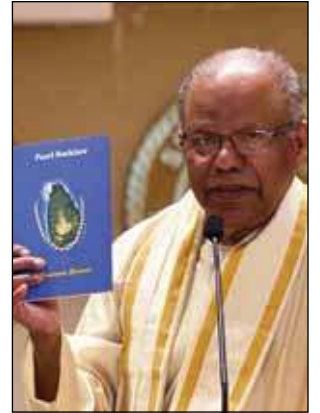
By: Dr. V. Kandavanam



Sivan Sinniah, Author



Dr. E. Balasuntharam, President of the Canada Tamil Writers' Association



Poet V. Kandavanam



Siva Ilangko, Chief Guest



Theevagam Rajalingam



Mary Joseph, M.A. student of Annamalai University, Canada Campus



Siva Sivapragasam, Executive Editor, Monsoon Journal



Logan Velumailum, Publisher, Monsoon Journal



Dr. E. Balasundaram and wife with Mr & Mrs. Sivanesan Sinniah



VIP Guests at the Book Release Function



Authors Appadurai Muttulingam & Sivanesan Sinniah with Mr & Mrs. Logan Velumailum



Panel of Speakers-One Section



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Book Review



Special Feature

Writings and Musings

Author Thiru Arumugam
Publisher Ohm Books, UK

Reviewed by
Siva Sivapragasam

A collection of articles published in the Ceylankan, the Journal of the Ceylon Society of Australia.

'Writings and Musings' authored by Thiru Arumugam from Sydney, Australia is a collection of articles based on the cultural heritage of Sri Lanka covering a string of subjects from religion to customs in Sri Lanka.

These articles first appeared in the The Ceylankan, the quarterly Journal of the Ceylon Society of Australia. The society was founded in 1997 and its main objectives were to study, foster and promote interest in the cultural heritage of Sri Lanka, specially the post-medieval-period when the country was exposed to globalization.

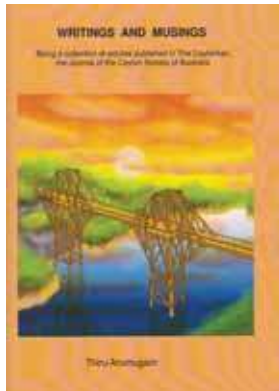
The first article about Medieval Hindu Temples and Bronze Sculptures of Pollonaruwa was published during the Editorship of Sumana Iyer and the subsequent articles were published under the continuing editorship of Doug Jones.

Among the articles in the book are

The American Ceylon Mission, Midwifery and childbirth customs in Jaffna 150 years ago in Jaffna, American medical missionaries in Jaffna, A River for Jaffna, Life and work of Ananda Coomaraswamy, the first Ceylonese family in Australia-revisited and the story of the two bridges. (one of these bridges is the famous Bridge on the River Kwai later filmed by Steven Spielberg).

The author of the book Thiru Arumugam is a chartered engineer in Sydney who spends time researching and writing articles of interest on subjects that he finds interesting.

The book offers some interesting episodes intertwined with anecdotes relating to the subjects in the articles. It is certainly a good read for all those who wish to get an inside view into some old stories relating to the cultural heritage of Sri Lanka.



Speech made By Siva Sivapragasam – Executive Editor “Monsoon Journal” at the “Pearl Necklace” Book Release event



Siva Sivapragasam
– Executive Editor, Monsoon Journal

Ladies & Gentlemen,

I feel humbled and take pleasure in making this introduction of the Book “Pearl Necklace” authored by Mr. Sivanesan Sinniah, on behalf of the newspaper “Monsoon Journal”.

At a time when print editions are waning due to the advent of social media like the internet and facebook, it is heartening and encouraging to know that Mr. Sivanesan Sinniah has bravely authored a print edition suitably titled “Pearl Necklace”.

“Pearl Necklace” is an anthology of short stories by diaspora Tamils. Among the thousands who migrated to foreign countries as a result of the unsettled conditions and the absence of a level playing field for the Tamil community in Sri Lanka, were Tamil writers of repute.

The anthology consists of short stories penned by various authors on a variety of subjects. Some of them depict experiences, the troubles and tribulations that the authors themselves went through during the difficult times of the war period. The stories portray the contrasting experiences of life in their country of origin and the country of adoption. The stories offer the reader a contrast in the life of concern they faced back home and the life of comfort in the country they now live in.

The stories were original crafted in Tamil and author Thuraiyuraan has converted them into English for global consumption giving the reader a glimpse of the past and the present.

The stories in English were first published in a serialized manner in the “Monsoon Journal”, thanks to the courtesy of its publisher Mr. Logan Velumailum. “Monsoon Journal” as you now, is a South Asian community newspaper published in Toronto monthly and freely available to the readers.

Thuraiyuraan' is the pseudonym used by author Mr. Sivanesan Sinniah, whose name is popular in academic and literary circles both in Sri Lanka and in Canada. He comes from Jaffna, Sri Lanka. Although he is a graduate in science from the Madras University,

his love and passion for the Tamil language and culture made him venture into the field of Tamil studies.

Back home in Sri Lanka, Mr. Sivanesan Sinniah 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 Mr. Sinniah himself was a member. Mr. Sinniah later served as the Principal of Valvettithurai Chithambara College and later Kopay Christian College.

As a qualified and versatile translator Mr. Sinniah has duly translated all the thirteen short stories of his choice and brought out the theme and thinking of the original authors of these stories.

The stories in “Pearl Necklace” which are in English originally appeared in “Monsoon Journal” newspaper.

Ladies and gentlemen,

I feel that there is an absolute need for periodicals and publications about our community and culture in the English language for the benefit and interest of our younger generation who are mainly proficient in English. It is mainly for this reason as to why Mr. Logan and I are running an English newspaper to a primarily Tamil readership. The main reason is our eagerness for the up and coming young Tamil diaspora generation both in Canada and other countries to know and read contents of interest for the Tamil community in the English language.

Secondly, for members of other mainstream communities to know about our community affairs.

I therefore strongly urge members of the audience to encourage their grown up children who are mainly proficient in English to read “Monsoon Journal” to keep abreast of affairs of the Tamil community both here and in their motherland.

As a final note, my request to you is to encourage your friends to read “Pearl Necklace” which provides a good read with a collection of short stories.

Thank you for your patience.

Reviews on page 29...

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BRADMAN MUSEUM AND THE INTERNATIONAL CRICKET HALL OF FAME

A permanent cultural exhibition dedicated to the game of cricket

C. Kamalaharan

Recently I had the golden opportunity of visiting The Bradman Museum and the International Cricket Hall of Fame. The Bradman Museum was inaugurated in 1989 to honour the cricketing career of the greatest Australian batsman Sir Donald Bradman. From the Bradman Museum evolved the The International Cricket Hall of Fame in November 2010 incorporating all of the former Bradman Museum's holdings in accordance to Bradman's wish that cricket should continue to flourish and spread its wings. It was expanded not only to show Bradman's contribution to cricket but also cricket's important role throughout the whole world. The expanded museum is bigger better and more engaging. It is a permanent cultural exhibition dedicated to the game of cricket providing an exciting display of exhibits and video presentations to suit everyone's taste. Beginning with the origin of cricket it

takes the viewers through all the significant eras of the game for a wholesome treat.

As I stepped into the building the first thing that greeted and delighted me was the sight of the cut out of the 1996 Sri Lankan world cup champion team members with the world's finest bowler Muthiah Muralitharan placed prominently on top. While walking alongside the exhibits what impressed me was the latest touch screen and interactive technology to entertain inform and delight the viewers. Just a touch on the screen visitors can view the different

Bradman's batting average of 99.44 was nearly twice that of the nearest test batsman. Had he scored four more runs in his last test innings at the oval in 1948 his average would have been 100 runs in an innings. In first class cricket too his score of 452 not out is the highest. Bradman had represented Australia for 20 years playing 52 tests from 1928/1929. He is the only Australian cricketer to receive a knighthood in 1948 for his services to the game. Bradman's image had appeared on postage stamps and to mark the centenary of his birth on 27th August 2008 the Royal Australian mint had issued a \$5 commemorative golden coin with Bradman's image on it. To comply to the wishes of Don Bradman and Lady Bradman to return to their childhood home their ashes were strewn in the Bradman Rose Garden adjacent to the Bradman Oval.

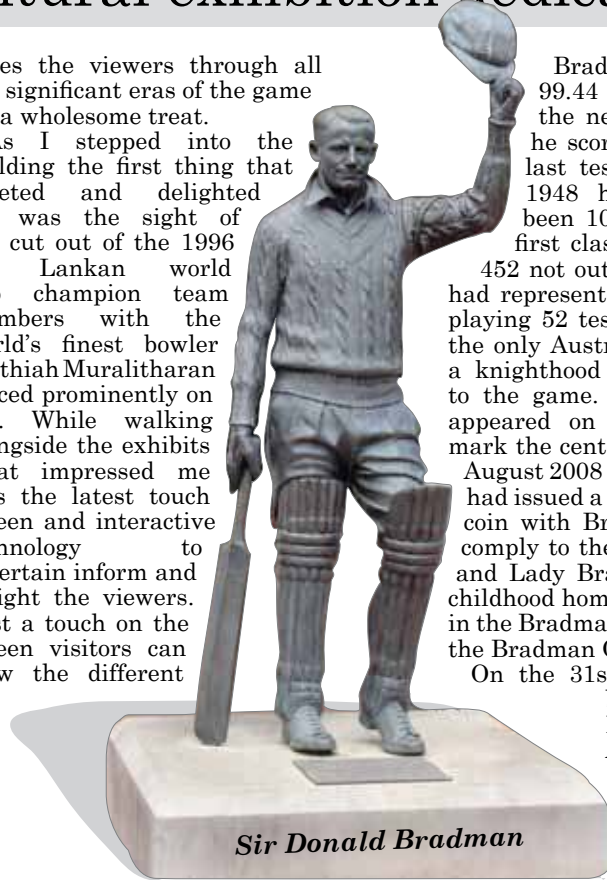
On the 31st of April 2016 the day before I visited the Bradman Museum & the Australian Cricket Hall of Fame a painting of the two Australian cricketing greats the late Sir Donald Bradman and the late Richie Benaud was unveiled by Daphne Benaud wife of Richie Benaud in the presence of Richie Benaud's brother John Benaud and his wife Linsay among the gathering. Alongside the painting is a display of Richie Benaud.

My thoughts about Richie Benaud goes back to the famous Manchester test in 1961. My brother and I were straining our ears to listen to the radio commentary late in the night. England needed 256 for a win and they were optimistic of regaining the ashes when their score was 1 wkt for 150 runs. And for Australia a win would ensure they retain the ashes. At this juncture Richie Benaud brought himself to bowl. The unprecedented move sparked a shocking collapse for England the hosts and victory for Australia was snatched from the jaws of defeat. Richie Benaud's astute tactics of capturing 6 wkts for 70 runs went down as one of the best spells of leg-spin bowling.

Another photograph that lured me in the gallery was that of the three greats of the game Shane Warne Sir Donald Bradman and Sachin Tendulkar. It was taken in 1988 when Shane Warne and Sachin Tendulkar met Don Bradman at his residence in Adelaide to celebrate Bradman's 90th birthday. Bradman's son John Bradman who was present there said, "My dad was so impressed with them both. They were such charming and delightful men." Continuing further he said, "We sat in his lounge room and chatted. I remember Sachin asked my dad what he did to mentally prepare himself before he went out to bat in a test match. And my dad said, 'Well, I used to go into office and work and when it was time to play I'd go down to the match, put my pants on and carry on.' Sachin couldn't believe it. You could see the reverence in Sachin's eyes when he spoke to my dad. It was a lovely occasion." Don Bradman had identified Sachin Tendulkar early in his career as the batsman whose technique most closely resembled his own.

On the 29th of October 2014 Sachin Tendulkar and Steve Waugh were honoured at the Sydney cricket ground by The Bradman Foundation as the 2014 Honourees joining the likes of Alan Davidson Dennis Lillee and Mark Taylor in recognition for their contribution to cricket. On the 30th of October, Sachin travelled by helicopter from Sydney to the Bradman Oval, the nursing ground of the world's greatest batsman. The students of the Bowral Public School where Don Bradman attended received Sachin with a 'Guard of Honour'. Sachin spent several minutes talking to the boys and faced a few deliveries from them in a short game of cricket and visited the Bradman Rose Garden where Don Bradman and Lady Bradman's ashes were strewn.

It was an unforgettable experience for me going around viewing the paintings in the gallery, using the touch screen technology and viewing the various programs in the massive screen thereby enriching my knowledge of the game. It's a worthwhile visit for anyone interested in the game.



Sir Donald Bradman



Bradman Museum & I.C.H.F



The Sri Lankan cricket team - 1996 World Cup Champions



Sir Donald Bradman and Richie Benaud



Shane Warne, Sir Donald Bradman and Sachin Tendulkar



Sachin Tendulkar



Sachin Tendulkar



The Bradman Oval



“Pearl Necklace” Book Reviews

Review by Abbira Nadarajah, Grade 10

Good afternoon and welcome to all of you who have graced this occasion with your presence. My name is Abbira Nadarajah and I am a high school student. It gives me great pleasure to talk in front of you today and I am very thankful to the author, translator and event coordinators for giving me this opportunity. As we look around us it becomes beyond evident the great amount of time and effort that was put into this book, “the Pearl Necklace” and this event. This novel touches base on some very delicate and vital themes in our community, including the importance of Sri Lankan culture and traditions, and the strength of family ties. As one reads the stories in this anthology they come to know of such pivotal lessons through the striking characters featured in this book. From story to story, the characters, themes and settings change in a refreshing manner, which really engages the audience.

Furthermore, “the Pearl Necklace” shines light on some issues that are in serious need of addressing from a broader group of people. For example, through the story “Caught on the Net”, the reader understands the issues that may arise with the use of social media and social networking. In today’s time online crime has become largely popular and remains to pose as a serious danger to people of all ages, specifically however for the younger population. The story shows how the maturity, bravery and intelligence of an online user can avoid and address these crimes in an effective manner. Similarly, in the story “a Mother is a Mother”, the reader understands the unique relationship any given individual shares with her or her mother. The number of relatable



Abbira Nadarajah

characters within these stories also allow one to understand these issues in an effective manner.

As we progress through these stories one may even build empathy and personal connections to the characters and the struggles they face to overcome the barriers before them. At the same time, it is important to acknowledge that as the characters surpass and conquer such barriers they become stronger and more capable individuals, with the ability to be the leader of their own lives. These lessons are important for today’s younger audience to acknowledge and understand. As many of us will come across such barriers or obstacles, but only when we surpass them will we be able to become stronger as a person and as a student.

To conclude, I would like to thank the creator, Mr. Sivanasan Sinniah, the translator, Mr. Thuraiyuraan, and all other creators and individuals who have given me this opportunity to talk before you. I would also like to congratulate the team for such an astounding job well done. I urge you all to read and reflect on the themes discussed in this novel, as well. Thank you all for your time.

Review by Sindujeyan Jeyapalan, Grade 11

Given below is the full text of the review speech by Sindujeyan about the book of Pearl Necklace at the release event held at Scarborough Civic Centre.

Good afternoon guests, and fellow invitees. My name is Sindujeyan Jeyapalan and I have been asked today to share my insights on the book “Pearl Necklace”, a collection of short stories, written in Tamil by writers across the world, translated in English by Sivanasan Sinniah.

This collection of short stories seem to tell a tale far beyond the fierce realities faced by diaspora Tamils around the world, but these stories seem to remind us of how each and every day brings new challenges to those who have been affected by the Sri Lankan civil war, long after the smoke has left the rifles, and long after the blood has touched the sea.

The 30 year Sri Lankan civil war has seen political unrest, civilian bloodshed, countless human right violations, and simple acts of human indecency. Families were split, communities were destroyed, and for many, there was no choice but to leave everything.

Concentration camps, makeshift tents, and temporary huts would become the new homes of these innocent civilians, whilst the luckiest of the few would flee to foreign countries in hopes of living a life in peace.



Sindujeyan Jeyapalan

Be it the single mother who raises her son in a foreign country, teaching him to grow up to be a good citizen despite the pressures of external influences, or be it the story of the university student living in Toronto who experiences the everyday struggles of living in a Sri Lankan household and balancing the life she lives at home, and the life she lives outside

These tales of people from all walks of life seems to remind us of what exactly a war can do to a person, and more importantly what a war can do to a civilization.

Beyond the ethnic conflict, this book is a harrowing portrait of the pearls of a nation torn apart by war and how the diaspora Tamils of the island nation of Sri Lanka never forget their roots, never forget those loved ones they have lost, and never forget the life that they had once lived.

Review by Vishali Ratnam, Grade 10

Good afternoon, ladies and gentlemen.

As I read Pearl Necklace, I could feel my entire body being transported to the heart of Sri Lanka. The words moved me miles away and I became lost within the heartbreaks of the civil war and the tales of struggle within our community. The stories told in this book were powerful to read because it provided a perspective I had never experienced before.

My relationship with Sri Lanka is much different compared to the characters in the stories from Pearl necklace. I used to be afraid of my colour, my heritage. I used to be afraid of myself. I am sad to say I used to despise my culture. My people.

My reason? I felt despised by everyone around me for being Sri Lankan.

A few years ago, I began to be confused of my identity. I was curious of who I was. Who we were, the people of Sri Lanka. What we went through, what we overcame. After reading the Pearl Necklace, I was able to see something I had never seen before. Stories of heartache. Stories of mourning. Stories of what we had to go through to get where we are now.

The pearl necklace changed my I, to we. I realized that the people like Kesavan, Anuja and Soma and myself were alike. As different as our own journeys are, our paths do cross. They cross through our ancestors, our devastation, the lives lost and the lives gained. A deep appreciation for who I am, or more importantly who we are, was gained through



Vishali Ratnam

this book.

The story that affected me the greatest was the last days of a motionless body. The change in the life of Kesavan and the lives of the people who loved him that was described is something I will never forget. I always knew how one big event could have the power to altercate the lives of many, but I was never able to witness the personal repercussions of being exposed to a civil war. This book allowed me to deeply feel my privilege, and I felt heavy with the hatred against our people. I still felt the heaviness even days after finishing pearl necklace.

It was refreshing to hear personal stories that I would unfortunately otherwise not understand if they were not in English. The stories placed me into the hearts of the characters. I was able to feel what they felt, see what they saw, hear what they heard, which is something I couldn’t do before. All I feel is appreciation and gratitude towards this book, and I am very lucky to have been able to have read it. Thank you.

Review by Priethu, Grade 9

Good Afternoon ladies and gentleman, I would to take this time to thank Mr. Sivanasan Sinniah for giving me this opportunity by writing this fascinating book. Stories are powerful tools, that portray emotions, messages, and intentions. While reading this book, there are multiple stories which emit such powerful meanings showing us infectious despair.

There are stories about new beginnings which turns to a reminder of the past. Where simple chilly plants turn into a mournful story of a man who priorities his plants over his family and children They all had one thing in common, a country, divided by perspectives, by war love and survival. In this day in age, when we as a Tamil community live in foreign countries, we are treated with disrespect and racism because of our ethnic background. To a bright boy, with a commendable future, thieved due to a bombing on his home turf, left bedridden. Countless amounts of dollars spent on treatment that did nothing in the end. As his mother’s soulless body accompanied his bedside tears that filled her eyes, but she was still hopeful. Lost stories that people don’t hear of because of the language barrier that exists in our modernized society, where our Tamil language, and heritage fades.

This book shows the youth like myself of our background, how our bloodline struggled. In unbearable situations where you might not see your neighbours again after a bombing run in the night. These stories bring out, the untold voice,



Priethu Raveendran

es, the voices that are not showed on the news, these are the stories of people. People of our colour, our background, of our mother tongue. Stories that remind us what our people went through, one story in particular spoke to me. A mother and her son, in a new country that houses a diverse community, where two children can interact with the past behind them. These stories speak to me with real, raw emotions like when kasevan was on his hospital bed. The youth like myself are thankful for this book, to be written in English it allows for us to have the knowledge about our heritage, and allow us to go back into our roots and learn what it means to be Sri Lankan.

A single pearl in a cave, hidden from society has no impact. But when you get more pearls, and add a thread keeping it all together, you get beauty. A story, hidden from society has no effect. But when you add more stories, more pearls, put them together, into a book, a string, you get a master piece. A Pearl Necklace.

Thank you.

HELD IN OCTOBER 2015

INTERMEDIATE CATEGORY 2ND PLACE

AHTHAVAN MANIMOHAN

GRADE 06

WINNING ESSAYS

ORGANIZED BY RG EDUCATION FOR STORY/ ESSAY WRITING CONTEST

The Importance of EDUCATION

“Education is the most powerful weapon in the world which you can use to change the world,” said Nelson Mandela. He is totally correct. Education is something that many, but not all, people have. Some people think that education is not important because their teachers give them a lot of homework. However, teachers only give a lot of homework because there is not a lot of time in class to learn. Other students think education is not important because teachers give quizzes. Teachers only give quizzes so students pay more attention in class and study regularly at home. This is to help the students remember what they studied for when they go to higher grades. I think education is important because it makes people civilized, helps people get a good job, and it helps people make inventions that help people in the world.

People become more civilized because of education. Education makes people more civilized every single day because it teaches people to learn from their experiences. For example, when you make a mistake at school, your teacher will tell you how to fix that mistake and tell you not to do it again. Another reason why education makes people more civilized is because people learn how to behave properly. For example, if you behave badly at school, your teacher or principal will scold you and maybe even give detention so you will know you behaved poorly. Then you will try to behave better. These are my reasons for how education makes people civilized every day.

Education helps people get good jobs without struggling. Education helps people get a good job without struggling because you will need a good degree to get a good job. In order

to get a good degree, you need education. Another reason why you need education is because you will have an interview to get a job. The person interviewing you might ask questions and you will need to know what to do. For example, if you are a doctor, you will need to know many things about the human body. If you don't, you will not be accepted. These are my reasons for how education helps people get a good job.

Education helps people make inventions to be used by people all over the world. Just like Larry Page and Sergey Brin who made Google together. People all over the world use Google now. The telephone is something that people use every single day. Alexander Graham Bell was the one who made the telephone. All three of these people had education which helped them invent what they made. Education helps people make inventions because some people want to invent something when they are small but do not know how to make it. When they have education, they will know how to make it and then try to invent it. I think everyone can invent something with the help of education. These are my reasons for how education helps people invent something that can help people all over the world.

Education is something that everyone in the world does not have. Many people in the world wish to have education, but they do not get it. I think education is important because it makes people civilized, it helps people get a good job, and it helps people invent something that can help people all over the world. Why do you think education is important? Do you now think education is important? I hope everyone in the world will have education in the future.



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HEALING LIGHT AND CLEAR OXYGEN CAN CURE CANCER

A cross-section of DNA is revealing that we have four billion photonic flashlights

By: Uthayan Thurairajah

Earth nourishes us if we are kind to mother earth. We feed the soil and the plant which gives us oxygen and food. Sunlight is accumulated in the food in greens, in fruits. There is a mutual relationship. We can add Epsom salts (magnesium sulfate) to the soil. If we look at the green plants—what we have is green chlorophyll. The chlorophyll takes the energy of the sun, combined with water and carbon dioxide makes sugar. Proteins and exotic phytochemicals (Phyto means “plant” in Greek) are produced by plant protect us from the disease.

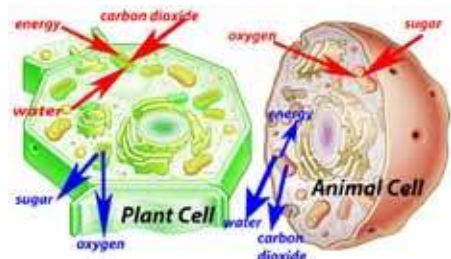
The middle of that chlorophyll molecule is magnesium that is the beauty of this process. If the plant does not get enough magnesium, it does not make enough chlorophyll. If it does not get enough chlorophyll it does not make enough sugar, it is not going to get sweet enough and all of the other chemicals that it makes. We can put a handful of Epsom salts in four liters of water and dissolve it at the base of the tree, about three times a year. We will get a delicious fruit. The plant has an own immune system, just like we do and fight for any bugs.

WE ARE LIGHT BEING

Our body is miraculous, and it is amazing that we are light beings. A cross-section of DNA is revealing four billion photonic flashlights and is the perfect antenna for picking up the frequency. Our vein is infrared light, several different wavelengths of light that are designed to kill all the bugs in your body, but it also activates our immune system, increases oxygen saturation, and it is amazing.

GET LIGHT INTO THE CELLS

A healthy cell has full of light, and it radiates a little bit of this light. This light filters through the DNA into millions of miracles of chemical processes. A diseased cell contains less light or loses/leaks light, and a cancerous cell is almost dark. It can contain hardly any light. We have the equipment to measure this now. The body, the cells, must be flooded with light. That is the priority for cancer treatment.



Cancer patients need to flood their bodies with light. The most popular way to do this is by taking fresh, organic foods. When we eat this, it is like the body can open this present, take the light out of it, and then this light resonates within the cell and makes it stronger and more vital.

WHEATGRASS

I love wheatgrass, primarily because chlorophyll content. Chlorophyll is this amazing molecule, because it is the same as hemoglobin, the thing that makes our blood red. The difference is that it has a magnesium atom at the center of this molecule versus our blood has iron, which is what makes it attach to oxygen and

turn red when it is exposed to oxygen.

Chlorophyll happens to be able to go into the mitochondria of our cells as a metabolite, and capture sunlight energy and photo-energize the Krebs cycle, which produces ATP, which is considered the basis for the energy of our body. This new study that came out in 2014 showed that not only does it increase the efficiency and productivity of ATP to have chlorophyll in the diet, go into mitochondria, capture sunlight, but it also can keep the oxidative stress down, which then may increase the longevity of the cells as well. We can capture sunlight. It is on the plants. We are solar hybrids. We can do that; that is what the new study shows.

HEALING LIGHT THERAPY

The phototherapy using a different wavelength of lights and some lights are invisible same as an infrared spectrum. Photodynamic therapy will also wake up the sensitizer and allow it to activate itself within cancer cells, and that forms oxygen radicals which are toxic to cancer cells, and they set off the apoptosis or programmed cell death. In addition to that, it provides a local inflammatory response, so thereby; the immune system can come and target that area.

We have also seen how sound and light therapy are in fact advanced scientific discoveries that have been proven to support the body in the fight against cancer dramatically as countless cancer survivors have confirmed. Some people have already beat cancer with the help of sound and light therapy, and a combination of non-toxic therapies. This proves that cancer is not, in fact, a death sentence.

The ultraviolet light has been known for a long time now to be a disinfectant. It can kill viruses, bacteria, and fungus. The ultraviolet light radiation will also be able to kill the viruses, bacteria, and fungus in the blood. Anybody who has an infection can be treated with this treatment including cancer patients. We know that many cancers have their root in one of these. We can not see these lights, but the light is transmitting directly into the cell.

We have seen how the ultraviolet light from the sun has been misinformed to believe that it is bad for our health. Sunlight mixes with the cholesterol in our skin to form Vitamin D, which is essential for our health and happiness. Multiple studies have been shown that Vitamin D significantly reduces the incidence of cancer.

OXYGEN THERAPY

Oxygen is the essential element to sustain life. If we do not have it for a few minutes, we are gone. We can go without food for days. We can go without water for days. We cannot go without oxygen

more than a few minutes. We can go without light for days, but production of oxygen comes from photosynthesis which cannot happen without light. Oxygen is also the ideal necessary product to begin the healing process. Without oxygen, no healing will take place. The cellular death can occur in a little part of the body if it is deprived of oxygen. The more oxygen we give to the cell, it will heal faster, and we can completely heal someone who has severe wounds from diabetes or other causes, putting them in the Hyperbaric Oxygen chamber. We can able to save the limb from amputation.

Any gas in a pressurized environment can be dissolved into liquids. In this case, the oxygen is to dissolve in the blood. We can raise the atmospheric pressure, often, up to two and a half times. This will create massive amounts of oxygen going into the blood, which creates a healing mechanism. The Hyperbaric Oxygen chamber has hyperbaric oxygen. The patient lies down and rest face up very comfortable. The pressure of oxygen increases to about 4.0 to 4.5 pounds per square inch. We know that oxygen and cancer do not combine.

We are aware that cancer has mutated abnormal cells which become hypoxic (low oxygen environment). If the patient is exposed to one hour, we are saturating the cells with oxygen. Hyperbaric oxygen chamber provides a protective mechanism against things like chemotherapy and our immune system. When we pump the body with more oxygen, it gets into all the cells



of the body and shuts down the production of this VEGF, which is a vascular endothelial growth factor. Otherwise, low oxygen in the core signals the VEGF to start producing abnormal blood vessels that feed into the whole cancer tumor. Therefore, the cells get cancer. The cells will have a reduced blood supply, which will weaken it and make it more exposed to our body's immune system, which is the



greatest defense. The immune system is the biggest military against cancer formation. The immune system gets more vulnerable to chemotherapy and

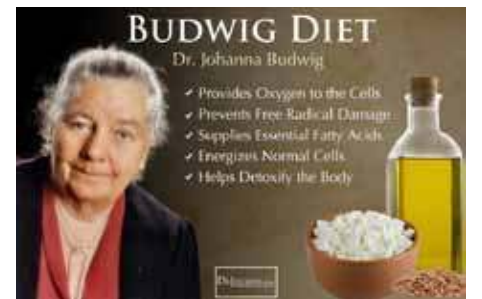
radiation if a person chose to go that route.

A SPECIAL DIET

A special diet called Dr. Budwig's diet. The main ingredient of this diet is cottage cheese, flaxseed oil, two tablespoons of flaxseed oil. The amount of cottage cheese is not significant, just enough to mix it well so that you cannot see the oil anymore. We can add to the mix whatever we like. We can make it go sweet and make it like a dessert or put herbs and add it to



Dr. Otto Warburg



our salad. It is the same scientific basis behind the work of Dr. Otto Warburg, the Nobel Prize winner for his discovery - Cancer cells would not normally grow in oxygen rich atmospheres. They need hypoxic to grow. In the presence of oxygen, it is hard for them to grow.

The basis of Dr. Budwig's diet is the providing of oxygen to the tissues and the organs of the body. If we mix industrial flaxseed oil with paint, it will dry quickly because the flaxseed brings the oxygen quicker. The intestinal lining has a negative charge and flaxseed oil has a negative charge to it. Negative charge and negative charge repel each other, and it will not be absorbed. Dr. Budwig's discovery as a biochemist was that if you mix well this flaxseed oil with a positively charged sulfur based protein like cottage cheese, then it is readily absorbed. In a few minutes, it will be in our bloodstream and it gets to the cells, oxygenates them, and makes life difficult for cancer cells to grow.

Dr. Budwig talks about electricity and charges. She even asks people to go barefooted and walk on grass or sand, wet sand while sunbathing so that electricity in the body gets corrected. She treated 2,200 people only with diet, and they were cancer patients, and almost all of them were cured.

We have explored the new discoveries in the way that light and oxygen affect our body. We also learned about a treatment that has been recently used; that was selectively toxic to cancer cells. These are some of the natural ways to live and cure Cancer effectively.

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. Ha carries out research on the subject of lighting and taken part in several projects. He also has extensive research experience in the value of lighting design in the mental, emotional, and social well-being of a person. He is a frequent presenter and author on lighting design & health. He is passionate about integrating science and health into the lighting design.

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Dental Hygiene

"Monsoon Journal" brings to you some professional advice on matters relating to daily life. The first on the series was on immigration in our previous issue, (May 2016). Current issue focuses on Dental Hygiene with special reference on dental care for children -Editor

Dr. KC Chandra's advice on Dental Care for Children



by Dr. KC Chandra

Parents have a big role to play in keeping their child's teeth healthy and clean. This will prevent help prevent the formation of cavities. The best treatment for this is good eating habits and daily cleaning of the teeth.

If parents guide their children to follow these measures, children can maintain good and healthy primary teeth and new permanent teeth. Generally, very young children are not able to clean their own teeth. As parents they must do it for them when they are very young and do it with them, as they get older.

Guidance in the art of brushing the teeth is necessary. You should use a soft brush for young children to prevent gum damage. Brushing should be gentle and too hard a brushing can hurt the gums. The brush should be the

Regular routine visits to the dentist is necessary to maintain healthy teeth for children

right size for your child's mouth and you will need to buy a new toothbrush at least every 3 or 4 months. The tooth paste you use on the brush should have fluoride and make sure the child spits out the toothpaste.

The other aspect of dental hygiene is the art of flossing the teeth. This will prevent food getting stuck between the teeth and prevent the formation of bacteria which will eventually lead to cavities.

Children should be trained to brush their teeth on a daily basis before going to bed to get rid of any germs collected during the day. Brushing at night becomes a hallmark for better and cleaner teeth for your children.

Children should be advised by their parents to avoid excessive consumption of sweetened products such as candy

and habits such as sipping juices between meals. These kinds of food stay in your child's mouth long enough and they will make the acid that can cause cavities. Drinking in bottle, apple juice or any other kind of juice, while sleeping, can cause teeth damage for babies.

Practise your children to eat good snacks. Cereal, small fruits, vegetables, small packs of nuts or seeds. More fibre food cleans the teeth.

Prevention than cure is the most important factor in the fight against gum disease. Help your children to keep their teeth and gums clean. Make sure they brush their teeth properly at least twice a day (morning and night) and floss at least once every 24 hours.

Proper brushing and regular flossing are equally important for healthy teeth. Added to this is to see your den-



tist regularly for professional cleaning and dental exams, to help your dentist detect any early signs of gum disease, and provide suitable treatment.

(Dr. Chandra has been practicing Dentistry for several years and opened a new state of the art clinic in the developing new city of Ajax. His new clinic is situated at the Rossland/Salem intersection in Ajax adjoining the gas station. Phone: 905 683 0506. KC Dental in Esso Plaza at Salem/Rossland is having a fun-fair on June 18th. Please join them and win X-Box One and other prizes- Editor)

Immigration

Spousal Sponsorships – How does misrepresentation affect them?



By: Shani Hanwella

Canada considers misrepresentation in visa applications very seriously. The consequence of misrepresentation is a 5-year ban from making any future application. Section 40 of Canada's Immigration and Refugee Protection Act provides that a permanent resident or a foreign national is inadmissible for misrepresentation, among other things:

(a) for directly or indirectly misrepresenting or withholding material facts relating to a relevant matter that induces or could induce an error in the administration of the Act;

(b) for being or having been sponsored by a person who is determined to be inadmissible for misrepresentation;

Misrepresentation relates to many things. Submitting fraudulent or counterfeit documents, providing incorrect information on the application forms or concealing vital information from an application can be construed as misrepresentation.

The intention of the Parliament is to maintain a high level of integrity in the Canadian immigration programs. As such, the term "misrepresentation" is open to broader interpretation. While the legislation provides that the misrepresentation must be material to the application, the term is allowed to be interpreted widely. Basically it must be sufficient to affect the outcome of the ap-



plication and need not be decisive or determinative to the outcome.

Sometimes applicants make innocent mistakes in their applications and those could be considered misrepresentation that may result in a refusal of their application. The unfortunate reality is that almost no consideration is given to the intension, but the commission of the act.

Here are some examples of unintentional actions on the part of an applicant that can lead to a "misrepresentation situation":

1. The Sponsor had previously registered a marriage in Canada. The couple did not live together and eventually filed for and obtained a divorce in Canada. The Sponsor travels to Sri Lanka for his second marriage which is arranged by the family. Their Sri Lankan marriage certificate does not identify the bridegroom as the divorced spouse of his ex-wife in Canada. Although the Sponsor did not live with his Canadian ex-wife, by virtue of registering, he contracted a valid and legal marriage which was dissolved by a divorce. Therefore, he has a legal duty to disclose the first marriage.

2. The Applicant is a Sri Lankan citizen. She was in a traffic accident in Colombo. The motor cyclist who collided with her car was badly injured. Charges were laid against the Applicant pursuant to Sri Lankan Motor Traf-

fic Act. However, she was acquitted of any wrongdoing at the court hearing. In filling out her Canadian immigration forms, the Applicant did not check "yes" to the question "have you been convicted of, or are you currently charged with, on trial for, or party to a crime or offence, or subject of any criminal proceedings in any other country?" Although her acquittal would not have rendered her criminally inadmissible to Canada, the fact that she did not mention the charge may be construed as misrepresentation and could lead to a refusal of her application.

3. A sponsored spouse forgets to mention a previous study or visit visa refusal in the past that could have happened many years ago.

4. The Sponsor and Applicant hired a representative to prepare their application package. The couple sent all their documents to the representative who prepared the application package. The completed forms were sent to the Sponsor and the Applicant for review and signature. The couple looked at them but did not go through all the information carefully to check accuracy and completeness. They signed the forms and returned them to the representative. After the package was filed the Applicant received a fairness letter pointing out to contradictions between application forms and supporting documents. At this point, shifting the blame to a representative, although it may have been the case, is not a defence to the Applicant.

The case law relating to appeals of refusals based on misrepresentation

tend to favour the Department. In a landmark case *Bundhel v. Canada* (Citizenship and Immigration), 2014, the Hon. Mr. Justice Barnes said "The fact is, our system of immigration control relies heavily on the truthfulness of those who apply to come here. Those who misrepresent their histories or withhold material information with a view to enhancing their chances for entry are undeserving of special consideration. The consequences for Mr. Bundhel are undoubtedly serious but they result from his failure to disclose material information. The integrity of Canada's control over its borders demands nothing less than scrupulous honesty from applicants and the rigid enforcement of that obligation. The Officer's decision fulfills this principle and is in all respects reasonable".

It is also noteworthy that a refusal at the visa office in Colombo, Sri Lanka on misrepresentation (failure to disclose previous visa refusal) was quashed by the Federal Court, Hon. Madam Justice Simpson in *Murugan v. Canada* (Citizenship and Immigration) last year.

The onus lies with the applicant to be honest, truthful and provide a complete application package.

Shani Hanwella

Registered Canadian Immigration Consultant

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

Nova Immigration Solutions Inc.

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MANAGING YOUR MONEY

Underliving retirement

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

Most Canadians enjoy retirement but many also worry that the good times won't last and "underlive" their retirement years in fear of overspending.

According to a recent Investors Group survey, 59% of retired Canadians are concerned about being able to make their retirement funds last for their remaining years, 64% find it hard to strike a balance between enjoying retirement and making money last, and 44% feel worried after they spend money on non-necessary items or experiences.

The survey also underscored the fact that over-worrying about money can lead Canadians to shy away from doing the things they love in retirement. But here's the good news: The survey found that a vast majority of recent retirees enjoy their retirement, with 80% stating that it meets their expectations and 84% finding that they are able to spend more time on hobbies they enjoy.

Retirement can be viewed as a series of stops-and-starts. For example, stop scheduling your life around work hours and start going with your personal lifestyle flow. Stop stressing about your morning and evening commutes and start driving when you want. Stop worrying about project deadlines and start engaging in personal interest projects and pastimes on your own timelines.

Tax planning is one thing that definitely should not stop when your employ-



ment stops. Post-retirement tax strategies are vital to maintaining the retirement lifestyle you want for all the years of your retirement. Start with these three income-protecting objectives:

- * Always take full advantage of all the direct tax deductions available to you.

- * Keep your net income and taxable income low enough to avoid such potential pitfalls as the Old Age Security (OAS) claw-back or losing out on the age credit and possibly the GST/HST credit.

- * Ensure that your monthly cash flow is not eroded by increases in the cost of living and that all your investments will last a lifetime.

So, what does all this mean to you? As

David Joseph, M.A., CFP, CLU. Financial Consultant

Investors Group Financial Services

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david.joseph@investorsgroup.com

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you think about retirement, ask yourself what it is you want to spend time on, based on what's truly important to you, and what kind of lifestyle you'd like to live. Your answers will be unique to you but the key to realizing your retirement dreams is always this: Plan early and plan smart.

Smart retirement planning does require prioritization and financial trade-offs but it shouldn't be an exercise in self-sacrifice. When you do it right, you won't worry about whether or not your retirement fund will last for as long as you need it and you won't "underlive" your retirement years by avoiding things you really want to do for fear of spending too much money.

Here's another important retirement planning tip the survey uncovered: Canadians who work with a financial advisor worry less about their nest egg providing for them through all their retirement years. So it's clear: Making retirement plans based on professional advice can help you avoid overspending and underliving. Your professional advisor will support you in making

decisions based on fact, not fear and ensure you have access to all the strategies you need to live an enjoyable and rewarding life in retirement. Live your retirement years the way you want.

The best way to achieve your financial and retirement goal is having access to sound financial advice grounded in a comprehensive financial plan. Advisors perform tasks vital in the financial lives of their clients including improved financial literacy, developing a culture of savings and investments, developing and executing a financial plan, selecting appropriate financial vehicles and products and improving investment decision making. Talk to your professional advisor soon.

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.

Killing of Gorilla at US Zoo Causes Uproar

Critics were outraged after zoo officials shot and killed a gorilla that held a 4-year-old boy at an American zoo on May 28.

Harambe, a male western lowland gorilla, was shot and killed Saturday by Cincinnati Zoo officials. The boy had fallen into the gorilla's exhibit. Officials feared the animal would hurt the four-year-old.

The boy climbed over a 3-foot-tall railing, walked through bushes and fell 15 feet into the moat of the gorilla exhibit.

Zookeepers called to the gorillas to come out of the exhibit. Two female gorillas complied, but Harambe did not. Instead, he was attracted to the child. At times, he seemed protective. At others, he dragged the boy through the water of the moat violently.

Zoo officials say Harambe was visibly agitated by the screams and panic of the crowd around the exhibit.

They decided to shoot the gorilla.

Zoo Director Thane Maynard said there was no doubt that the boy's life was in danger. He said the gorilla could crush a coconut in one hand.

Tranquilizing Harambe was not an option, Maynard said.

"The impact from the dart could agi-



Harambe (May 27, 1999 – May 28, 2016) holding the child

tate the animal and cause the situation to get much worse," Maynard said. If they had to make the same decision over again, they would do the same thing, he said.

Critics are furious about the killing of Harambe. Many on social media are blaming Michelle Gregg, the mother of the boy. They say she did not watch her son closely enough where there were many dangerous animals.

An online petition has been created, called Justice for Harambe, that says "the situation was caused by parental negligence" and that Gregg should be held accountable. The petition already has more than 350,000 signatures.

People have been active on Twitter and Facebook, too. The hashtags #RIP Harambe and #JusticeForHarambe express their anger.

Jack Hanna, host of "Jack Hanna's Into the Wild," said the zoo was correct by shooting the gorilla. Hanna said he saw video of the gorilla jerking the boy through the water.

"I'll bet my life on this, that child would not be here today," Hanna told

television station WBNS in Columbus, Ohio.

(Mehrnoush Karimian - Ainsworth wrote this story for Learning English-VOA NEWS. Kathleen Struck was the editor.)

Modi's Blueprint For India

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by Siva Sivapragasam
Executive Editor "Monsoon Journal"



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SPICY BABY POTATOES



Sometimes the perfect accompaniment to your favourite meal is as simple as the humble potato. Being ever so versatile, practically anything can be done to the potato; grilled, fried, roasted, mashed... Our Spicy Baby Potatoes are a definite crowd pleaser, we dare you not to eat these by themselves as you're cooking it! Full of flavour, the spices do all the talking. Here's the recipe:

Ingredients:

- ▶ 500 gms of baby potatoes
(Chinna kizhangu)
 - ▶ 1 tbs sesame oil (nalennai)
 - ▶ ¼ tsp mustard seeds (kadugu)
 - ▶ ½ tsp cumin seeds (seeragam)
 - ▶ ¼ tsp ajwain seeds (omam)
 - ▶ ¼ tsp asafoetida powder
(perungaayam)
 - ▶ ¼ tsp turmeric powder (manjal)
 - ▶ 1 ½ tsp red chilli powder
(milagai thool)
 - ▶ 5-8 curry leaves (kari velpilai)
 - ▶ ½ tsp fennel powder
(perunseeragam thool)
- Salt to taste

Wash and par boil the potatoes with the skin on in salted water. Cut into halves and set aside. Add the oil to a wok and once heated add the mustard seeds. Wait for the mustard seeds to start to pop and then add the cumin seeds, ajwain, asafoetida, and curry leaves. Next throw in the potatoes and add the turmeric, chilli powder and toss them around till the raw smell of the chilli powder is gone. Finally add the fennel powder and salt toss a couple of more times, and your dish is ready!

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!)



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



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Daisy Joseph
Financial Advisor
Direct: 647-739-8597
E-Mail: daisysjoseph7@gmail.com



HL Bayview Financial Inc

7850 Woodbine Ave, Suite 238
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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

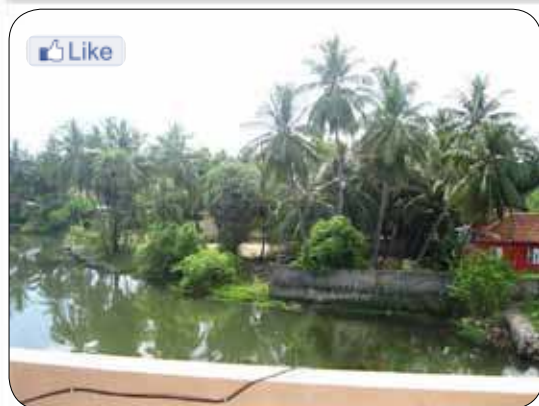
“The adage, “everybody has a story to tell” is especially true of Northern Sri Lanka! Cut off for several decades from the South, the people of the North have many unique characteristics and issues that hardly get press coverage! Here, inspired by Humans of New York, is a small attempt to redress this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



BY THULASI MUTTULINGAM

REPORTING FROM THE EAST: TRACING THE PORTUGUESE BURGHERS IN SRI LANKA

The Humans of Northern Sri Lanka just came Eastwards



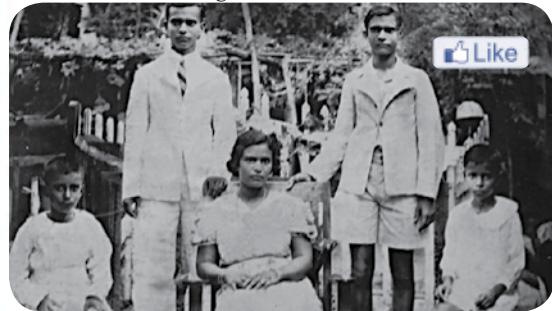
Am in Batticaloa for the first time. Quite excited. Seems to be a lovely place from what little of it I have seen thus far.

Over the next week, I hope to be able to give some snapshots of people from the East.

I am meeting the Portuguese Burgher Community later in the day today. They are a unique community of people who trace their ancestry to Portuguese Colonizers of the 16th century in Ceylon.

Already only a few hundred families in number, their population suffered vastly in the 2004 tsunami.

More than 400 years later, they still speak Portuguese Creole as well as Tamil, Sinhala and English. I am guessing the rest of the population can learn something from them:



A Portuguese Burgher Family photo circa 1960s Photo Courtesy Magin Balthazaar — in Batticaloa.

“.....a race of white beautiful people, who wear boots and hats of iron and never stop in one place. They eat a sort of white stone and drink blood; and if they get a fish they give two or three ride in gold for it; and besides they have guns with noise louder than thunder, and a ball shot from one of them, after traversing a league, will break a castle of marble.” The report sent to the King of Kotte, when the Portuguese first landed in Ceylon in 1505 A.D.



A wedding photo circa 1960s



Magin Balthazaar's wedding photos - 2014 — in Batticaloa.

“We had special utensils in which we cooked food unique to us as a community. It this vessel, our mothers and grandmothers used to make a special dish called Brutha which we ate with soup.



We had so many dishes that have nearly died out now - foforcyi, passam, trutha, empathu - You can't find or buy the special vessels to cook them in, anymore.” - Photo Courtesy: Magin Balthazaar



Elderly Portuguese Burgher Couple - date unknown



Table set for a community wedding. Only Burghers get to sit at this table. Staples of wedding fare include achcharu, mango sambol and pork. As the King of Kotte's spies noted, something akin to blood and white stones are



plentiful too aka arrack and bread. The Batticaloa fort within which the District Secretariat and various other government departments still function. A monument recording the history of the Fort and its change of hands through various colonial powers before ending up with the Sri Lankan Government



One of the many sentry points at the Fort “Soon after Vasco da Gama found the route round Africa to India, Some Portuguese sailors were on their way there when they got caught to a cyclone at sea. They prayed to Mother Mary for safe delivery and landed in Sri Lanka soon after. As a symbol of gratitude, they built a small shrine to Mother Mary at the spot where they landed. Later it was developed by the British into a much bigger church. We still call the shrine that of the ‘Kapal aenthiya maatha’ in Tamil - translates into the shrine of the Mother who saved the ship.” - Photo Courtesy Magin Balthazaar

STAYED BACK

“We have only a few hundred families in our population. I think across both Batticaloa and Trincomalee, we'd number about 13000 people - the Portuguese Burghers. Very few in our community went abroad during the war. Despite all the difficulties, we wanted to stay back. For





nearly 500 years, we have preserved a unique way of life. We are proud to be descended from our Portuguese ancestors. But at the end of the day we also identify as proud Sri Lankans and Batticaloans. We don't want to be anywhere else."

LANGUAGE USAGE

"We have both dark and light-skinned members in our community. A few people even have light coloured hair or eyes. We tease them for having cat-eyes.

My wife for example has light skin and brown hair. Mostly however we look like any other Sri Lankan with black hair and black eyes.

We differ from our Tamil and Muslim neighbours only in our unique traditions, culture and language. For centuries, we have kept the Portuguese language alive in our midst among some families (not all) amidst much difficulty. In school, we study in the Tamil medium. We also learn Sinhala and English to be able to communicate with others across the country. All the other three languages are exercised



daily in various situations so we become proficient in them. Only Portuguese is not exercised daily unless we take care to do so by speaking it consciously within our own homes and with other community members.

Over time we have lost the ability to read and write Portuguese. We can only speak it and even this is a struggle to keep alive in our community currently. Some people have let it go and have become completely Sinhalized or Tamilized, at least in terms of their language usage.

Recently some native Portuguese from Portugal visited us. They told us that they couldn't completely understand our language. We appeared to be speaking

an ancient form of Portuguese. I guess the language had evolved in their own country while we had been at pains to keep it unchanged over here."

IMPACT ON NATIVE LANGUAGES

Are there any similarities between the Portuguese you speak and Sinhala or Tamil?

"It's actually a very different language but some words are the same. I think that's probably because some words were introduced to native languages by the Portuguese - for example Kaira for chair or Mesa for Table in Tamil. It's the same with a slight difference in pronunciation in our Portuguese.

Then for shorts, we say Kalsa, while the Sinhalese call it Kalisam. There are similarities like these."



JOLLY MUSIC AND DANCING

"Ours is a Jolly community, very happy-go-lucky. We are constantly singling, dancing and merrymaking.

Our grandparents used to say that our burgher homes' cement floors wore out much faster than our staid neighbours' because we would have music, wine and dance every weekend, at each others' homes."

"My fingers are permanently bruised by playing the violin so much. We are the originators of the Baila music form in Sri Lanka.



We still retain our unique forms of music and dancing with songs in Portuguese, which get played for days at every wedding."

PRESERVING THE HERITAGE

"According to folklore passed down to us, we lost the

country to the Dutch due to our carelessness and merrymaking. Our elders used to exclaim every time they saw us being lazy, 'This is why we lost the country, thanks to this attitude of devil may care, we ne'er do wells.'

We had forts and sentries in place to guard the country - but the story goes that there was a Tamil Koothu (musical play) happening one day and our ancestors wanted to attend. So they left a few sentries in place and went to see the play. The sentries wanted to see the play too, so they snuck away one by one - so when the Dutch came sailing round, they found only a very few sentries on guard and easily took over."

"I often visit the fort in the evenings, originally built by my ancestors, then demolished and rebuilt by the Dutch.

I imagine them walking about on the same ramparts some five hundred years earlier, that I walk about on now, and wonder what their thoughts and feelings were.

Some University students at the Eastern University have studied us from time to time - but we never received any documentation from them on all that they recorded from us, or learnt about us.

We have not yet had our community researched in depth from a sociological or anthropological perspective. I wish we could afford to hire professionals to do that for ourselves as a community.

We need some kind of documentation on our roots, heritage and history, to pass on to our children. I am learning and documenting what I can, in my own small way now. We need our culture, identity and way of life preserved."



Artist's sketch of folk dance costumes in Batticaloa. Is this how the Sinhala / Tamil ancestors looked and dressed when the Portuguese landed? We can always speculate



CTHA POWER OF HUMANITY CAMPAIGN LAUNCH FOR 2016/2017

By: Saranga Sriranganathan

On May 29th 2016, the Canadian Tamils' Humanitarian Association hosted their first Power of Humanity breakfast campaign launch to introduce future projects for the 2016/2017 campaign year. This year, CTHA has set a goal to raise \$50,000 of which it has been assured that 100% of funds raised will be used directly to support various centres in Batticaloa, Sri Lanka.

In fact, one of the wish list projects have already been completed. CTHA came across a mobile clinic that was operating in the Batticaloa area, where a government doctor would visit once a week and had to see anywhere from 100-150 patients in one day. This means wait times could last several hours, where sick patients had to wait outside in the scorching sun, sometimes even at temperatures well above 40°C. Fortunately, CTHA took action immediately and with \$1,250, were able to build a shed where patients could wait before their medical consultations. This example defines exactly how CTHA likes to work, with an immediate response to urgent issues that come their way. Fundraising with minimal operative costs is the goal, so that each dollar donated is put to use and goes to help the deprived communities in Sri Lanka.

Another project which CTHA has lined up is the Ozanam Centre, for those who need special care and attention. This centre was established in 1981 and situated in Sathurkondan village Batticaloa. It consists of physically challenged children and teenagers who have various needs such as those who have learning disabilities, Autism, Down Syndrome and impaired physical abilities. The staff consists of girls, many of whom do not have families of their own, and work patiently from 5:30 am to 9 pm to feed, bathe and care for these children. On top of all that, they must also find the time to study for their O-level exams. Ozanam centre is in great need of renovated facilities, as the current conditions make it extremely difficult to keep a clean hygienic environment for these children. CTHA hopes to use \$5,000 to renovate their inadequate toileting facilities, the kitchen and dining hall, as well as provide a regular salary for the staff.

Dharisanam, the School for the visually handicapped, is another project on the list. The school, established in 1992 and situated in Kallady Uppodai, Batticaloa, houses students who are taught Braille and mobility techniques. These children are also encouraged to join regular school, while capable students are also taught to type in English and Tamil as an additional life enhancement skill for their future. CTHA hope to provide \$5,000 to this organization to improve their training and teaching facilities.

For vocational training purposes, CTHA is planning to use \$10,000 to purchase 10 computers at a cost of SL RS 70,000 each plus other training equipment for the Vivekananda College of Technology. CTHA hopes that by providing assistance with training in computer skills for men, and especially women, they will hopefully encourage women to step out from their stereotypical gender roles and become better prepared to work in a consistently evolving technology oriented world.

CTHA also hopes to help three pre-schools in remote rural villages in Batticaloa, with funds for food, toys as well as teacher salaries. It is believed that students from the Batticaloa area

who enter schools with inadequate preparation before hand are the reason for the high dropout rates seen in later years. The students are simply unable to keep up with the curriculum once they lose confidence in themselves from the insufficient training which they received in their younger years. In addition, now even basic labour-oriented jobs in the area require the successful completion of a few school credits. This pushes these youngsters into a vicious cycle of poverty from their inability to get an education and thus a job. CTHA believes that to get to the root of this problem we must start improving education at a younger age. The shortage of teachers to teach important subjects such as English, math and science will be addressed by providing salaries for a pool of teachers. This will create an incentive for them to travel on a rotational basis during the course of the week to different schools in the area.

CTHA believes that by providing funds to improve the basic necessities of these individuals, whether it be a safe shelter, food, or education and training, we can help with the vital transition of these vulnerable people from dependency to independency. All they need is a small boost to help them get on their own feet, after which they will be able to provide for themselves and even for those around them. This type of community work will get this positive cycle started. CTHA is looking for anyone who is interested in volunteering to raise funds and awareness, as well as any generous donators who are willing to make a contribution to this initiative. Maybe the next time, you hold a family event such as a birthday or anniversary party, you too can make the decision to donate the money you received to give back to the community. Again, you can be assured that 100% of your donations will be put back directly into the community. Check out our Facebook page as well for timely updates on funds received and project updates. We ask for your help and support for making this year's campaign a true success.



Saranga Sriranganathan is a student entering her final year at the University of Western Ontario. She is about to complete her BMSc degree with an Honours Specialization in Physiology and Pharmacology. She is very involved with social community work and hopes to pursue a career in medicine to serve local communities as well as assist with international aid.

During her free time, she enjoys continuing to learn and teach Bharathanatyam, an Indian Classical dance form, to younger students. Saranga is also actively involved with Western University Friends of MSF (Doctors Without Borders), the Alzheimers' Society in London & Middlesex and Western University Violence Prevention Program. She has been regularly volunteering for the South Asian Canadian Humanitarian Association (SACHA), and is currently, the President for the Canadian Tamils'

Humanitarian Association (CTHA). She hopes to recruit many young volunteers to the organization and set up a platform for them to showcase their unique ideas to fundraise and raise awareness for vulnerable populations in developing countries.



Our Stand for Peace with Chris & Daya

While many Torontonians joined the annual exodus to cottage country to launch the unofficial beginning of Canadian summer, a diverse gathering of more than 220 of all ages chose to celebrate closer to home, in support of worldwide efforts aimed at facilitating genuinely helpful peace projects throughout the world.

The Stand for Peace concert was a full house with a lively and diverse audience representing the world. Our thanks go to "wandering minstrels" Chris and Daya, for making our "May 24" long weekend extra special this year. Chris' heartfelt, resonant storytelling with Daya's sultry, silken vocals connected over great harmonies to make the evening genuinely warm, fun and inspiring for all.

Chris & Daya's debut release is called The Envy of Stars, and since its release in 2015, the two have been busy touring and promoting it at venues all over the United States and Europe. Currently in the midst of several Canadian and US dates, you can catch up with Chris & Daya at their website: <http://www.chrisanddaya.com>

Many thanks also go to the sponsors, the volunteers and all those who worked behind the scenes to make this event a success. Thank you for reminding us that we belong to each other and for showcasing Toronto as an example of peace on the planet.

About Us:

Feel The Connection (FTC) is a grass roots initiative to promote a new

understanding of peace on the planet. We use music, dance and poetry from around the world to shed light on the commonalities of our distinctive cultures, in an effort to inspire our audiences to feel the connection to each other, our community, and the world as a whole.

Our mission is to inspire all people to experience peace now. We provide forums for people to nurture and cultivate peace, to learn new ways of accepting the differences in our lives. We believe that each and everyone of us is the source for world peace, and being a stand for peace is a conscious choice.

At all FTC Events, opportunities are offered to participants to act on their inspiration (to feel connected), to contribute and make a positive difference in the world. Participants have access to information about various charitable organizations, where they can contribute their time, talent or money, if they wish to.

All monies raised from FTC events are used to support various peace projects locally and internationally.

If you are inspired by what we are doing, drop us a message and we will keep in touch with you as we develop events that bring people together with a common vision. For more information, please visit www.feeltheconnection.ca

UNESCO Constitution

Since wars begin in the minds of men, it is in the minds of men that the defenses of peace must be constructed.



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STAR PROFESSIONALS



PATHMAN RATNESAR



6 August 1932 - 22 April 2016

Pathman was the second son of Ariam Ratnesar and Daisy Ratnesar (nee Bartlet); and brother of Freddie Ratnesar, who predeceased him in Australia. Mr Ratnesar was a distributor of newspapers, which arrived by the overnight train from Colombo to the Railway Station, near their home in Jaffna. He was a keen sportsman and liked outside activities. Mrs Daisy Ratnesar was a teacher of young children at Chundikuli Girls' College, and was a source of inspiration to a generation who went through the school. Pathman reflected the qualities of both his parents, both in the care of others and as a sportsman.

Pathman was educated at St John's College, Jaffna. He was an all-rounder, and was made a Senior Prefect at school, in recognition of his leadership qualities. He enjoyed hunting in the jungles, and shooting birds at the Jaffna Lagoon. He entered the University of Ceylon in Colombo to study Medicine and lived at the College House Hostel. He was a sportsman and was in the University Tennis Team, and practised in the exclusive court reserved for the best players. He was also involved in a great deal of other activities such as stage lighting for performances. He served at the altar for the university chapel services at Ladies' College, Colombo. He had a motor scooter as a student, which was a luxury, and readily obliged others with transport when needed. In those days when international travel was scarce, if one had to travel to a less known country like Bulgaria, one had only to consult Pathman. He invariably knew someone at an embassy who would be able to assist. He was willing and helpful. His involvement in many activities led to some neglect of his studies, which disappeared once he passed out as a doctor. He was popular with members of both genders, and people of different cultural backgrounds! It was also at this time that he met Pathma Sandrasagara in the university, who later become his wife and his life's companion.

A couple of years after qualifying as a doctor, he was sent to a remote outpost in Ceylon (Sri Lanka) as medical officer, where he had to function alone. While he was there, a man came with ulcers in the leg and said that he had gone to bury an elephant. Soon afterwards there were a few others with similar stories. Pathman collected specimens

from the wounds, and had them tested at a veterinary laboratory and identified the offending agent. He then published an article on transmission of diseases from elephants to man, a hitherto unknown entity, in a reputed international journal on Tropical Medicine. It is this kind of initiative and drive that was responsible for the meteoric rise to his professional standing as a consultant ENT surgeon in the London area. He passed the FRCS examinations. He trained at Hither Green, Lewisham, Brook and St Nicholas Hospitals, and later as Senior Registrar in the Guy's Hospital circuit. He was appointed Consultant ENT Surgeon at Farnborough Hospital, where he served till his retirement. His skills combined with his eagerness to help made him very popular with his patients, and much sought after patients from abroad, including his home country, Sri Lanka.

He took an active interest in charity work, and was involved with Operation Raleigh to Peru. On his retirement he worked with the Impact Foundation, with its commitments in different parts of the world. He also played a leading role in the Chundikuli Trust Fund serving his old schools in Jaffna, at a time when the schools were trying to cope with the influx of refugees from the civil strife in Sri Lanka. Using his professional skills he took particular interest in the Nuffield School for the Deaf at Kaithady, and also other projects in his homeland.

He had a long struggle with prostate cancer which eventually killed him. But, he always maintained a positive and optimistic attitude till the disease overcame him. He spent the last few days at St Christopher's Hospice, where he was visited by a stream of friends. Pathman breathed his last even as the country remembered the 400th anniversary of Shakespeare's death. It is appropriate to quote the words of the bard, spoken of a fallen hero, which sum up Pathman:

"His life was gentle, and the elements
So mix'd in him that Nature might stand up
And say to all the world 'This was a man!'
(Julius Caesar Act V Scene 5)

By: Pararasan Arulanantham

OBITUARIES

June 2016

SELVANAYAGAM - KINGSLEY. Husband of Jayanthi (nee Richards), father of Radhika and Anjana, son of late Benjamin & Sugirtham Selvanayagam of Chundukuli, brother of late Honey & Trixie and of Stanley Bejnamin, son-in-law of late Dr Jimmy & Sundari Richards, brother-in-law of Mahesan, Selvaranee and Charmaine Richards and late Mano, Ratnesan (Koli) and Vasanthi.

SITTAMPALAM - MRS THILAKAWATHY. Beloved wife of late Nallaraku Sittampalam (former Chairman Udappu -Arachikattuwa Village Council, Justice of the Peace), loving sister of late Dr Umapathysivam, Kamalasan, sister-in-law of Ponnampalam (Canada), beloved mother of Nallainathan (Sydney), Selvanathan (Sydney), Sivanathan (Chilaw), Rajanathan (Kreston MNS & Co. Colombo), Kumaranathan (Varners, Colombo), mother-in-law of Gowrimalar, Suriyathakshani, Umaranee, Anbuchelvi, Gowri, affectionate grandmother of Dinesh, Shyamala, Dhilip, Pradeesh, Arunvarman, Manovarman, Navin, Thanushika, Thivashini, Nivedhika, Rushanth, Abinayaa and grandmother of Yadev. (032-22-22356).
Contact: Nallainathan (Sydney), Selvanathan (Sydney), Sivanathan (077-6666592), Rajanathan (077-7453205), Kumaranathan (011-5544711).

PONNIAH - MRS. CHANDRAVATHANA. beloved sister of late Mrs. Inthiravathana Sathasivam, beloved wife of late Mr. K. Ponniah, loving mother of Dr. Shanthini Rosairo (Teaching Hospital, Peradeniya), Gnanaseelan (Teacher, Ranabima Royal College, Kandy), Kumuthini (Canada), Vadivambiha (France) & Dr. Muralitharan (London), beloved mother-in-law of Kingsley Rosairo, Dr. Sarveswari (Divisional Hospital, Thalatu-Oya), Rajmohan (Canada), Thevarajah (France), Dr. Vinaya (London) and loving grand mother of Arthika, Arthana, Aruthra, Nivethika, Dharshika, Thuvarahan, Gaarunya.
Information: Kingsley Rosairo (Son-in-law) 077-7802433. 062680

SINNATHAMBY - HAROLD DOUGLAS. Beloved husband of Sandya, darling father of Dananjaya and Shenani (S. Thomas' Kotte), much loved son of late Douglas and Freeda, brother of Daphne, Ralph, Clarence (Commercial Leasing), Bhertram (Canada), Audrey, Carmen and Brian (Hatton National Bank), brother-in-law of Irwin, Sarojini, Jeana, Randy (Packwell Lanka Ltd) and Sharon.

THISANAYAGAM - MARY (VASANTHY). Loving wife of Alfred Thisanayagam for 37 years, dearest mother of Johan (& cherished daughter-in-law Anita) and Previn. She was the eldest daughter of late M.F. Navaratnam and Devaratnam (baby) Navaratnam. Beloved sister of John (Rasa) Navaratnam, Francis (Sutha) Navaratnam, Gowri Jesudasan and Joseph (Chandran) Navaratnam.
Contacts: Alfred Thisanayagam 020 83648403, Johan Thisanayagam 077 92310691, John Navaratnam 077 10310181.

MAHESWARAN - JAYARANE (retired Teacher, Ladies' College, Colombo 7), Beloved daughter of late Nadaraser and late Kanchanamalai, loving wife of late Arumugam Maheswaran, dearly beloved mother of Sumi and Dr Ramani, loving mother-in-law of Prabhakaran and Dr Sivakadachan, affectionate grandmother of Nishan, Ragu and Lakshi, beloved sister of late Jayasingam, late Pararajasingam, Indranee Vignarajah, Yogarane Mahesan and Dr Sugirtharane Kathirgamar, passed away peacefully in Melbourne, Australia on 7th May 2016. Contact Nos. +61417109530 & +61412252472.

NADARAJAH - MRS PARAMESWARY (RATHI) - Loving daughter of late Mr and Mrs Pararajasingam of Urelu, wife of late Mr Murugesu Nadarajah (Accountant), beloved mother of Gowrie, Arulnathan, Ramani, Dr Jothi, Dr Naren Sathiyathan and loving mother-in-law of Mahenthiran, Dr Sivapalan, Nirmala, Dr Ramanathan and Janani and loving grandmother of Manoj, Aravindh, Nirja, Amresh, Anushka, Ashwin, Ashvidha, Pramila, Nitya, Ruben, Haran, Bavan and loving greatgrandmother of Vadhin, Cailan and Kiran.

VELUPILLAI BALASUNDHARAM - (Retired Principal, Jaffna Central College), expired on 08.05.2016. Beloved husband of late Sivaganambihai and Karunawathy, loving father of Balambihai, Bhanumathy, Sivakumar, Sivayogan and Kalaivarney, loving father-in-law of Arumugam, Jeyaranie, Thevasuganthi, Mahadevan, brother of late Pushpawathy and Thilagavathy, Pathmavathy, grandfather of Thenushan, Madhushaney, Kalaththevan. Remains lie at Jayaratna Parlour. Cortege leaves the Parlour on Wednesday 11th May 2016 at 4.00 p.m. for Cremation at the General Cemetery Borella.

DHARMARAJAH - MR JAMES NICHOLAS Beloved son of late Mr A.R. James and late Mary Ponnamma (Mannar), husband of late Rita Wimala Dharmarajah, father of Inbarajan, Bama, Ruban, Renuka, Mithila, Indu and Kavitha, brother of late Thurainayagam, late Maharajah, late Ponrajah, late Pushparajah, late Theivendrarajah, late Thangarajah, and Mr James Selvarajah, father-in-law of Gowrie, Rajan, Manel, Jeeva, Clements, Lukshi, Angelo and all his grandchildren

NAGARAJAH - MRS. SINTHAMANY - Wife of Nagarajah (retired Probation Officer), mother of Bhavani, Niranjani, Dharmini, late Krishnakumar, Sivakumar, Tharshini, mother-in-law of Sivasekeran, Mahendram, Kumarakuruparan, late Magi, Pushpadevi, Sreskandarajan.

M. SIVAKUMARASURIYAR - Engineer - Son of late Mr. S. Manickavasagar, Assistant Collector. H.M. Customs and late Mrs. Ratnam Manickavasagar of Ayannarkovilady, Vannarponnai, Jaffna, passed away on 5th May 2016.

RAJATHURAI - NIRANJALA. Dearly beloved daughter of late Mr and Mrs Rajathurai, sister of R. Ravindran (UK), Shyamala, Rajan (USA), sister-in-law of Premala Ravindran (UK), sister-in-law of late Terry Rajan (USA), aunt of Laveena Rajan (USA), Mayone Rajan (USA), Judhika, Aarani, Ravindran (UK).

CUMARASWAMY - SAJI. At rest. Beloved wife of Mano Cumaraswamy (former Surveyor General), much loved mother of Amala and Prasanna, Radhan and Arunthi, Sita and Mike, adored grandmother of Nehara and Paul, Matt, Simeon, Naomi and Pavitra, doting great-grandmother of Dominic and Isabel, sister of Nallamma Sabaratnam, Manon Thevanesam, Kamala Handy, Amirtham Devarajan, Chandra Selvaratnam and Dr Mohan Cumaraswamy

NESAMALAR KIRUPAIRAJA - (Veemkamam, Tellipalai and Hariot Winslow Girls' Home, Pandatharippu) - Beloved daughter of late Kirupairaja Chelliah and Lilly, sister of Jothini and Surupini, sister-in-law of Gopalapillai and Suresh, aunty of Hiroshan, Priscilla and Gershon

MANUEL PILLAI - ANTHONY (TONY) - Loving son of late Mr & Mrs Joseph Manuelpillai, beloved husband of Grace, darling appa of Dishani & Subo, father-in-law of Paul, Glen, beloved brother of late Joe, Rita, Joy, Juanita and Marina, everloving grandpa of Fabien, Julian, Britney, Dishan, Guy & Zeno

MOSES RAJARATNEM YOGARATNAM - Dearly beloved husband of Kalavani, (nee Mathuranayagam), loving father of Priyadarshan (Singapore), brother of Navarathnam, Thayalamani, Grace, Manonmani and Rajamani, brother-in-law of Mangayathkarasi (Kunju) and Mirunalini.


25 Years of Business Success


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The following is an Appreciation by Ms. Sivanandini Duraiswamy, President of Saiva Mangayar Kalagam (Hindu Women's Society) and Manager, Saiva Mangayar Vidiyalayam (Hindu Women's School), Colombo, Sri Lanka on the life and times of Mrs. Potkody Nesadurai who passed away recently in Canada. The Appreciation was sent to Mrs. Nesadurai's youngest son Sathiyanesan and youngest daughter Geetha through the courtesy of "Monsoon Journal".

Dear Mr. Sathiyanesan and Geetha,

First let me say thank you to Monsoon Journal for the prompt reply in sending both the e-mail addresses to me.

I am Sivanandini Duraiswamy whom you may not know and I belong to the Saiva Mangaiyar Kalagam which funds the only Assisted private school for Hindu Girls in the country - the Saiva Mangaiyar Vidyalyam - Hindu Ladies College. I am also closely associated with the Satya Sai Samithi. You may remember my revered father Dr. T. Nallainathan who brought Bhagavan's message to Sri Lanka and was responsible for the formation of the Colombo Samithi which functions at the Kalagam every Sunday.

Mrs. Nesadurai to my mind is a beautiful personality and as I would teasingly tell her "You are truly a Potkody." She lived down Lorenz Road and the Nallainathans and later when Yogendra and I returned from abroad we lived in Castle Lane - obliquely opposite to Lorenz Road. From this closeness you could imagine how close we were. I wouldn't say that we were 'in and out' of our houses but we were there when one needed the other. To my mind that is true friendship.

She was so proud of you all and would often wish that both she and her husband could be with you all seeing you all doing so well in life together with the grand children. And this she was able to do only after Mr. Nesadurai passed away.

Her singing would mesmerize all of us and we could listen to her for hours together. She sang with so much feeling pouring her Bhakti into every word and it was a pleasure listening to her often bringing tears to our eyes. I remember her singing for Appa's funeral - every one who was there remarked - it's not her Bhajans but her Thrimurais that she rendered so soulfully.

May Amma's Atman attain shanti and she would be at the Feet of Bhagavan Baba.

With love,

Yours in sympathy

Sivanandini Duraiswamy



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THE HINDU TEMPLE SOCIETY OF CANADA RICHMOND HILL GANESHA TEMPLE ANNUAL GANESHA FESTIVAL

By Kidambi Raj
Member, Board of Trustees

The Annual festival for Lord Ganesha, started with an elaborate Homam and religious rituals to bring good health and prosperity to all the devotees and the community at large. It started on Saturday, May 7th with the **Kodi Ettram** (raising the flag of the Deity), marking the beginning of the festival. There were special **Nava Kalasa** (nine vessels) Abhishekham, Yaga Puja, Vasantha Mandapa Puja followed by procession of the **Utsava** (miniature idol) of Deity with exquisite and beautiful decoration seated on a different **Vahana** (vehicle) and taken around inside the temple to the accompaniment of traditional Nadaswaram and Mirdangam music for the remaining days of the festival. The most eagerly awaited event to the devotees, the **thare** (chariot) festival took place with very huge crowd. For the Thare festival, after doing full puja to the Utsava idol, it is brought out and placed on the thare. Then hundreds of devotees pull the Thare around the temple in a clockwise direction, with stops at all eight directions for **Aarathi**. This event is something that everyone should see for themselves to see how dedicated and committed devotees in several hundreds take turns and pull the thare around the temple. The other equally well anticipated and attended event is the "Poongavana Utsavam" which is always sponsored by all the volunteers who had spent enormous amount of their time from a week before the start of the festival to make it a great success.

About Lord Ganesha:

He is one of the Gods of Hinduism and is humbly adorned by Hindus from all over the world in their daily life. He is the elder son of Lord Shiva and will be prominently positioned in Hindu temples. Vinayaka, Ganesha, Vigneshwara, and Ganapathy are some of the names of this God. **Vinayaka** means, one who has no leader, meaning he is the leader of all Devas; **Vigneshwara** means that he is the God of avoiding obstacles. Here Vigna means obstacles and **Ganapathy** means He is the captain of all good forces. The mouse is the vehicle for Lord Ganesha. In every Hindu temple there will be an idol of mouse placed in front of Him. The people suffering from harmful planets would worship Him for a successful life. Vaishnavites worship Ganesha as Lord **Vishvaksena**.

Lord Ganesha differs from other Gods in that he has an elephant head and a big belly. He attracts all the people and even the people belonging to other religions. The Hindus are used to script associated to him, called **Pillaiyar suzhi**, at the top of a sheet before starting to write anything, with the hope that



he will avert all obstacles. People starting a new business or start construction, or ground breaking, always invoke Lord Ganesha, so that their endeavours proceed without any obstacles. He is considered one of the friendliest of Hindu Gods who is bereft of malices and curses. The cute and cuddly images inspire lots of love among devotees.

Five things that Lord Ganesha Loves:

1. Modakam: First thing first, Lord Ganesha is a complete foodie (a lover of food). The love handles and enormous pouches on His body leaves is a proof that Ganesha loves food. So, the easiest way to His heart is through His belly. They are Ganesha's favourite sweets and therefore must be offered to Him on Ganesha Chaturthi. That is why He is called a Modaka Priyar. Modakam is a sweet dumpling made of rice flour, stuffed with grated coconut and jaggery.

How He started loving Modakams? Once demi Gods came to meet Lord Shiva and Goddess Parvati and they presented the divine couple special modakam and they said the one who eats the modakam would have command over scriptures, art and writing. Goddess Parvati wanted to distribute them among her sons, Lord Ganesha and Lord Karthikeya. But the brothers were not willing to share it. So, Goddess Parvati said that the one who encircles the world three times first, would get the modakam. Lord Karthikeya immediately mounted on His vehicle,



Peacock following His mother's instruction. But Lord Ganesha just went around His parents three times as He considered His Divine parents represented the entire world to Him. His sincerity and wisdom won Him the special modakam. Since then, modakam became the favourite sweet of Lord Ganesha.

2. Dhruva Grass: The grass with three blades and grows wild in the fields. The word **Dhruva** is a combination of two words – **Dhur** (that which is afar) and **Ava** (that which pulls closer). Thus the word Dhruva itself signifies that when we offer Lord this grass, it pulls us closer to Him. Another significance of this offering is that Druva is easily accessible. It shows that Lord does not need expensive items and flowers to satisfy Him. Even a blade of grass which is otherwise useless is pleasing to Him. Lord Ganesha said henceforth devotees worshipping me with Dhruva grass would receive my benevolence. Another interesting fact is that Dhruva grass is used as a cure for indigestion in Ayurveda.

Legend associated with Dhruva grass: In the abode of Yama, the God of Death and Dharma, there was demon called Anasura. He was so terrible that even Gods were frightened of him. Indra tried many things and Anasura would always find ways to defeat Indra's attempts. The Gods then appealed to Lord Shiva to intervene. He called His son Ganesha who was playing nearby to go and defeat the demon. Ganesha immediately set out to find Anasura. When Anasura laughed heartily when he saw a chubby little boy with elephant who had come to fight

him. The smiling Ganesha started to grow in size and soon assumed His universal form and swallowed the demon. Immediately after, Ganesha's stomach began to burn. Indra gave Ganesha the Moon to wear on His forehead, Lord Vishnu gave His Lotus, Lord Varuna showered plenty of water and Lord Shiva tied a thousand-headed serpent around his tummy, but nothing could comfort Ganesha. The Gods rushed to cool Him in whatever manner they knew. They first poured water, but it didn't seem to make any difference. They brought more items like milk, curd, sandalwood paste and even turmeric, all considered cooling and remedial

items and bathed Him with them, but to no avail. Then they tried flowers of every kind, but they didn't seem to work either. Then a group of sages came and as they rained blades of Dhruva grass to Him the demon inside got digested, and the fire also cooled at last. Ganesha was pleased and declared that the sacred Dhruva grass would be His favourite item for worship and anyone who offered it to Him Dhruva

grass would be blessed. It is said that since Lord Shiva offered Him the Moon, thus giving Him the name Balachandra and Vishnu gave His lotus giving Him the name Padmapani and Brahma gave His daughters Siddhi and Buddhi.

3. Erukku flower: This flower is called **White Madar** in English and in Malayalam it is called **Vella Erukku**. The flower comes in white and lavender colours. It has got high medicinal value. This flower has the ability to remove negativity from the body and the mind of a person. Lord Ganesha when offered garland of Erukku flowers bless them with healthy life free from ailments.

4. Conch Shell (Sanku): Lord Ganesha has four hands and in one of them He holds a conch shell. Many Hindu festivals are initiated with the blowing of the conch shells. Ganesha likes the sound of conch shells. The shrill sound is supposed to wade off evil spirits. Conch is an integral part of Hindu socio-religious culture. The sound of Conch awakens holy and pure devotion to the Lord.

5. Fruits of the season: Bananas and Coconut are Ganesha's favourite fruits. Since Ganesha's is of an elephant he has a weakness for bananas and all parts of the plantain.

6. Laddoos: Lord Ganesha has a fetish for yellow laddoos, made of gram flour. Laddoos represent wealth and prosperity. In all His idols and images, Ganesha is shown holding a bowl of laddoos in His left hand. Lord Ganesha is the remover of all kinds of obstacles. According to Rig Veda:

Na Kritey Twayam Kriyate Kim Chanare i.e. No work begins without the His Blessings.



Senior Tamils' Centre of Ontario celebrate 30th Anniversary

Senior Tamils' Centre of Ontario commemorated its 30th anniversary at the Armenian Centre recently with an evening's entertainment.

The proceedings of the evening began with the National Anthem. President Mr. S. Srijevanathan welcomed everyone and a video presentation named 'Down Memory Lane' followed highlighting the history of STC for the past 30 years. The Chief Guest, the Hon. Mario Sergio, Minister responsible for Seniors affairs delivered the keynote address. In recognition of their services to STC awards were presented to Past Presidents, veterans who have been on the membership roll for all of the Centre's 30 years, service providers, partner organizations, board Members, staff, Pick Up Point Coordinators, Media partners and the proud sponsors.

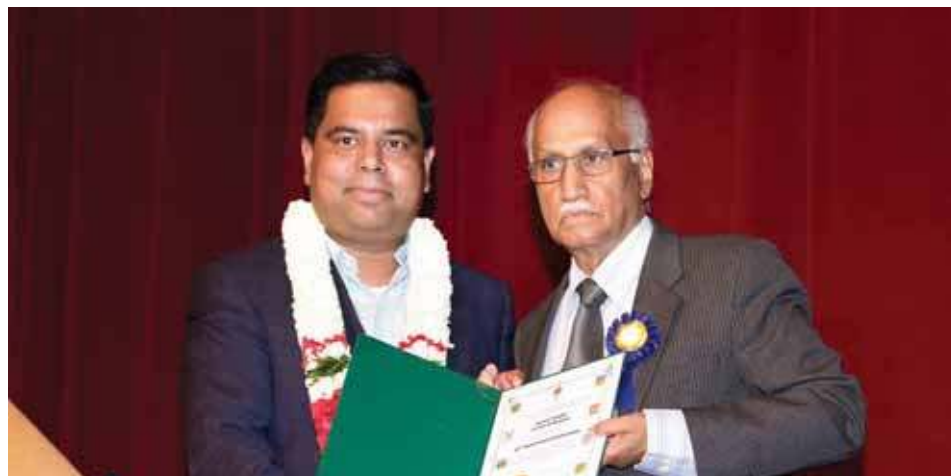
The other highlights of the occasion were a South Indian fusion dance choreographed by Smt. Nirainjana Chandru, and tripped the light fantastic toes by her charming troupe of dancers,

who radiated intensity in their lighting movements on stage, and held the viewers entranced.

'Sangeetha Swaranga', a Bharathi Arts Musical Extravaganza, presented by Mr. S. Mathivasan, his vocalists and orchestra, entertained evoking nostalgic memories of yesteryear with a medley of melodies of the sixties, reducing the chronological age of seniors in their 70's, by a good 50 years, jetting them back into their romantic 20's

Mrs. Indra Nadarajah the Secretary delivered the vote of thanks. As the guests streamed out, everyone took with them a copy of the elegant 30th year anniversary Souvenir magazine which not only recorded the STC's annuals in words and pictures, but also featured articles, poems, quotes and quips that provides good reading. Another keepsake for each attendee was a souvenir travel mug etched with the STC logo to display.

The evening's celebrations were an event that will long be remembered.



Sandilipay United Society of Canada's annual cultural events - 2016 (MANIMALA)



On Saturday, April 30th 2016 Sandilipay United Society of Canada celebrated their annual cultural event held at Toronto East Town Centre. Large turnout of members supported the event. Writer Mr. Kuru Aravinthan was the Chief guest for the function. President of the association Mr. Amoortharajah Thevathasan and Mrs. Thevathasan lit the lamp and inaugurated the event. Mr. Theva then thanked all of the members and attendees for their continued support and commitment.

Sandilipay United Society takes a true leadership role in our Tamil community in Canada and abroad. Last year, in collaboration with International Medical Health Organization

(IMHO) Canada, society members were able to help fundraise and purchase two pieces of essential medical equipment for Manipay Hospital in Jaffna.

Mr. Kuru Aravinthan, thanked the society for their generous donation of medical equipment for the Manipay Hospital in Jaffna and the continued support for Sandilipay, Sri Lanka.

The event included Bharatha Natyam dances, Folkdance, a hula hoop performance, a Veena performance, and various cinema songs. Mr. Kanapathy Ravindran also provided a stand-up comedy performance.

The final vote of thanks was completed by the secretary, S. Vijiananthan. Dinner was served at the end.

Seniors event by TCASD

On Sunday May 29, the Tamil Cultural and Academic Society of Durham held its first Seniors social gathering of 2016. It was organized by the senior wing head, Mrs. Rajesh Muttiah, at the Ontario Power Generation (OPG). The gathering was filled with performances, guest speakers and of course some home prepared delicious snacks. Guest speakers included Dr. Ranjith Mahendranathan, Ms. Bahi Krishnakanthan, Mrs. Vana Dineshkumar, and Mr & Mrs Poopalasingam.

Dr. Ranjith Mahendranathan, who is a well known chiropractor in Ajax spoke about healthy eating and tips for reducing joint pains.

Performances included a Bharatha Natyam dance piece by Srimathi Anushiya Sandrasegaram's students and Aparana Atputharajah, who serenaded the crowd with her soft precious vocals by singing a classic cinema song, 'Chitu Kuruvi'. Each senior had

the pleasure of introducing themselves to the 'senior-seniors' and 'junior-seniors' that attended. The seniors were able to mingle, share some laughs, and reminisce on their days back home.

Mr & Mrs Poopalasingam entertained the audience with songs and poems, which was very interesting and everyone participated and enjoyed the singing.

The seniors were also given the opportunity to participate in some yoga exercises conducted by Mrs. Vana Dineshkumar. This allowed them to feel more relaxed and at ease. They were able to learn some useful and easy breathing exercises to help them calm their mind, body and soul.

For more upcoming events hosted by the Tamil Cultural and Academic Society of Durham visit www.tamilsociety.ca or our Facebook page <https://facebook.com/TamilCulturalAcademicSocietyofDurham>



Durham Tamil Association Celebrates South Asian Heritage Month in Ajax

In support of the Canadian Government's Celebrate Asian Heritage Month and in partnership with Recreation and Culture, Town of Ajax and Indo-Canadian Cultural Association, Durham Tamil Association is proud to support and participate in a month long festivities celebrating South Asian Heritage Month events in Ajax in the month of May.

We would like to express our sincere thanks to Ms. Shashi Bhatia, Founding Chair of ICCAD for spearheading the declaration of South Asian Heritage Month in Ajax and Ms. Tracey Vaughan, Director of Recreation and Culture, Town of Ajax and their teams for their continued support to our community & DTA.

We also want extend our heartiest thanks to our active volunteers: In addition to volunteering at our Weekly Computer Lessons for Seniors, DTA Youth have been actively participating in our South Asian Heritage Month events. On May 14, as part of the south Asian heritage month, DTA participated in a cultural festival at the McLean community centre in Ajax to show case the unified diversity of the community. Our young parents were proud to wear our traditional clothing and showcased "Cultural How to". We were privileged to showcase the KOLAM and "Display cooking" of delicious Dosa and Vadai. It was so popular we had to run for extra plates. In addition we were able to present on a table beautiful artifacts that promoted our rich heritage. It was a huge success and the visitors had a great time. We also would like

to thank our Executive Committee and the following members for organizing and volunteering their time: Guna & Ravi Kandiah, Suja Hanthan, Our executive Member Hanthan's mother and executive members Kiruthiga. S, Norin Francis and Yoka Selvan.

On May 28th DTA children were excited and proud to wear their colorful costumes and performed 2 traditional dances at St. Francis De Sales Arts Centre:

- 1) Bharatha Natiyam Dance - Rhythms (Teacher: Kalaimathy Vageesan - Kalai Natiyalaiya Fine Arts)

Participants:

- 1. Deborah Swarnakumar
- 2. Mathumai Nadarajah
- 3. Ugesh Vageesan

- 2) Folk Dance (Teacher: Thaya Mahalingam - Arivakam)

Singers:

- Suweithaa Kalaichchelvan
- Emeka Balakumar

Dancers:

- 1. Aneeshan Sriranjana
- 2. Abishake Kathirkamanathan
- 3. Lakthika Kalaichchelvan
- 4. Kavea Kalaichchelvan

Some of the pictures can be seen here.



Government of Canada Official Declaration May as Asian Heritage Month of Canada

Diversity represents one of Canada's greatest strengths, and we strive to ensure that all Canadians have the opportunity to reach their full potential and participate in Canada's civic life. Over the last two centuries, immigrants have journeyed to Canada from East Asia, Southern Asia, Western and Southeast Asia, bringing our society a rich cultural heritage representing many languages, ethnicities and religious traditions.

The people of this diverse, vibrant

and growing community have contributed to every aspect of life in Canada — from the arts and science to sport, business, and government.

Asian Heritage Month offers all Canadians an opportunity to learn more about the history of Asian Canadians and to celebrate their contributions to the growth and prosperity of Canada. Thereby, we declare May as Asian Heritage Month in Canada.

Learn more at Canada.ca/AsianHeritageMonth



The Honourable Mélanie Joly MP, Minister of Canadian Heritage

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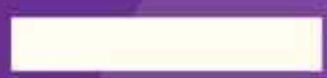
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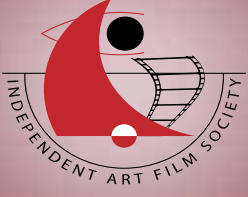
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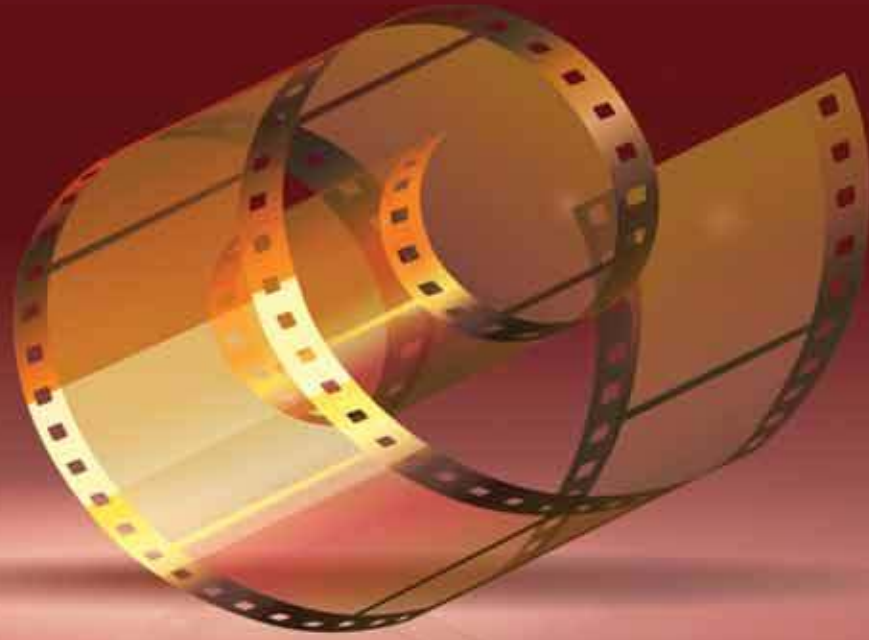


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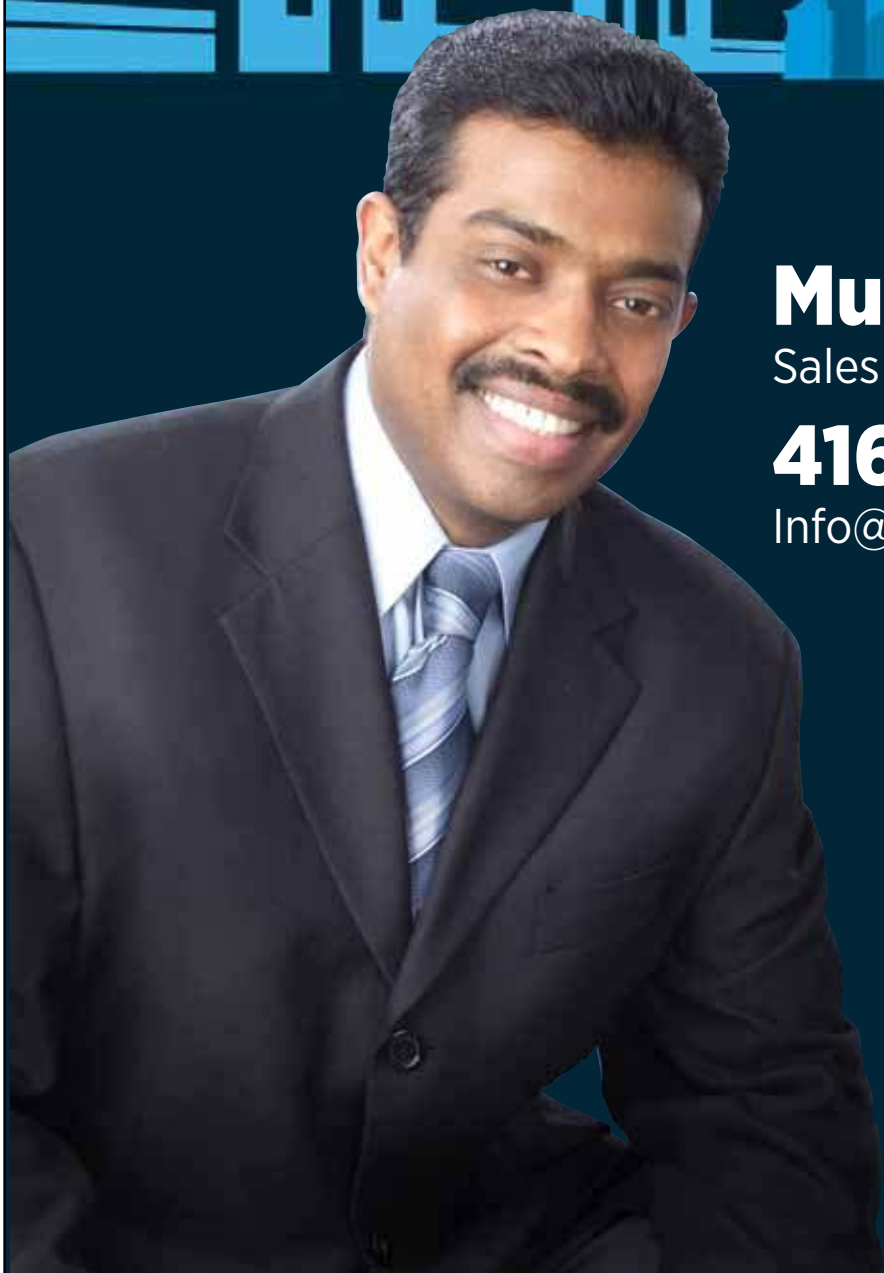
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Monsoon Journal is looking for freelance Photographers/Photojournalist to work along with the editorial team.

Monsoon Journal has media accreditation to access many corporate events.

Ideal candidate will be - Passionate to cover events by Federal, Provincial, Municipal Govt, Healthcare Providers, Corporate, Private Companies, Leading Banks, Major events such as Pan Am, Caribana etc..

Interested to meet people and cover social events.

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

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

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

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

Schedule includes weekends. Must have reliable vehicle, to travel and attend events at various locations.



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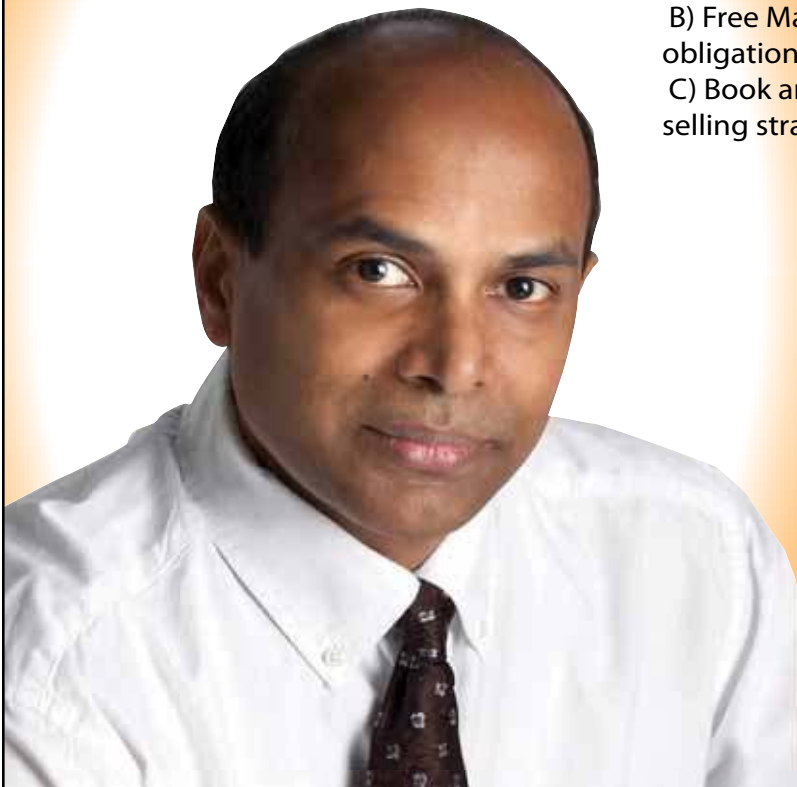
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Are you passionate to cover events host by Federal, Provincial, Municipal Govt, Healthcare Providers, Corporate, Small Businesses, Leading Banks, Major events such as Pan Am, Caribana etc.

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

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

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

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

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

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



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