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Rameswaram's final send-off for its favourite son Abdul Kalam

By Siva Sivapragasam

The temple town of Rameswaram, situated in the Southern tip of India, turned into a sea of tears to give a final send off for its favourite and famous son, Abdul Kalam, Former President of India.

Braving the scorching sun and humid weather, thousands lined up the streets in this port city to pay tribute to the son of a poor boatman who became the President of a country which is the largest democracy in the planet. The sight of so many Muslims in their skull caps, and Hindus with their heads covered offering prayer side by side on the streets best summed up President Kalam's symbolic life and times.

Keeping his secular credentials in mind and his love for all religions, a special prayer was held at the Rameswaram temple with which the former President shared a childhood bond and

the Mohideen Aandavar Masjid, his place of worship.

The Rameswaram Siva temple is where Lord Ram prayed to Eshwar (Siva) and performed a special puja to Lord Siva in the form of a lingam before leaving for Lanka to rescue his wife Sita from the clutches of the ten-headed demon king Ravana.

The temple held a special Moksha Deepam (a prayer for the departed) on Thursday to pray for the departed former President and the town's own son Avul Pakir Jainulabdin Abdul Kalam. As a young man, Kalam grew up in the town that sprang up under the shadow of the towering, sprawling temple and shared a special bond with it. His close friends in school were Brahmin boys whose fathers were priests in the temple. In later years, Kalam's knowledge of Tamil and Hinduism were simply amazing.

Contd. on page 34



Rameswaram: Former President APJ Abdul Kalam's elder brother Mohammed Muthu Meera Lebbai Maraicker along with other family members pays his last respects to him in Rameswaram on Wednesday. PTI/Photo by R Senthil Kumar

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PM Harper Announces J. Michel Doyon as Lieutenant Governor of Quebec



Prime Minister Stephen Harper and Lieutenant Governor J. Michel Doyon

Prime Minister Stephen Harper on July 21st announced the appointment of J. Michel Doyon as Lieutenant Governor of Quebec.

Dr. Doyon is an accomplished lawyer, historian, professor and author. He has considerable experience in business law and commercial arbitration and has practiced at Gagné, Lartarte for over 30 years. He served as President of the Barreau du Québec where, as the chief executive officer, he oversaw the governing body of the province's lawyers.

Dr. Doyon has a Doctorate in History and, before practicing law, he taught at the Cégep de Sainte-Foy and has been a lecturer at Laurentian University, Laval University and the Bar School of the Barreau du Québec. He was also the creator and a member of the production committee for Le Droit de savoir television series.

He has received numerous distinctions throughout his career, including Queen's Counsel and Advocatus Emeritus of the Barreau du Québec. He also served as an Honorary Colonel of 3 Wing Bagotville and is a Governor of 3

Wing Bagotville.

This appointment is the culmination of a process undertaken by the non-partisan Advisory Committee on Vice-Regal Appointments, which was first announced by the Prime Minister in November 2012.

Lieutenant Governors are appointed by His Excellency the Right Honourable David Johnston, Governor General of Canada, on the recommendation of the Prime Minister. They serve terms of no fewer than five years, during which they act as the province's vice-regal representative.

Prime Minister Harper also took the opportunity to thank the Honourable Pierre Duchesne for his outstanding service as Lieutenant Governor of Quebec since June 7, 2007.

Lieutenant Governors are the personal representatives of Her Majesty The Queen of Canada in their respective provinces. Lieutenant Governors fulfill the roles and functions of The Queen, including granting Royal Assent to laws and visiting communities, in their provinces.

Minister Nicholson Welcomes the Reopening of Embassies in the United States and Cuba

The Honourable Rob Nicholson, P.C., Q.C., M.P. for Niagara Falls, Minister of Foreign Affairs, on July 20th issued the following statement:

"Canada congratulates the governments of the United States and Cuba on the restoration of diplomatic ties between the two countries after more than 50 years. The reopening of their embassies today, in Washington and Havana, respectively, is a welcome development in the Americas.

"Canada is pleased to have had a role in facilitating the talks that led to the historic announcement made by President Barack Obama and President Raúl Castro on December 17, 2014, that both countries would work towards normalization of relations.

"We are confident that the re-es-

tablishment of diplomatic relations between the United States and Cuba will contribute to the free flow of information, people-to-people ties and improved economic prospects. Canada will continue working closely with both governments to help build a more prosperous, secure and democratic hemisphere."



Fast Encourages Brampton, Ontario Companies to 'Go Global' to India

International Trade Minister Ed Fast on July 21st hosted a Go Global workshop in Brampton, Ontario, to highlight tools available to small and medium-sized enterprises (SMEs) that want to take advantage of new export opportunities in India.

India is a priority market under the Government of Canada's Global Markets Action Plan. During the workshop's panel discussions, Minister Fast encouraged companies to leverage the many federal government tools available to support Canadian companies looking to export to India. The Minister also noted that Canada continues to work closely with the government of India's Prime Minister Narendra Modi to create new opportunities for businesses.

Minister Fast announced that the Invest Canada - Community Initiatives (ICCI) and the Global Opportunities for Associations (GOA) programs are now accepting applications for an additional round of funding. The ICCI program provides support to Canadian communities seeking to improve their capacity to attract, retain and expand foreign direct investment. The GOA program provides funding to national associations in support of new or expanded international business development activities in strategic markets and sectors.



-Under the Global Markets Action Plan, the government set a goal of nearly doubling the number of Canadian SMEs exporting to emerging markets—from 11,000 to 21,000.

-Prime Minister Stephen Harper recently announced \$50 million in direct financial assistance to Canadian SMEs for market research and participation in trade missions. This will help between 500 and 1,000 Canadian entrepreneurs per year reach their full export potential.

-India's Prime Minister Modi visited Canada in April 2015. It was the first bilateral visit to Canada by an Indian prime minister since 1973.

-In 2014, bilateral merchandise trade between Canada and India totaled nearly \$6.3 billion.

(international.gc.ca)

Trudeau hosts town hall in Markham, offers Liberal plan for middle class

In a packed town hall in Markham, Ontario recently the Leader of the Liberal Party of Canada, Justin Trudeau, presented his plan for real change for middle class Canadians.

"Our economy is no longer working for middle class Canadians, who have to work harder than ever just to make ends meet," said Mr. Trudeau. "Canadians deserve new leadership and a new plan that will help create jobs, grow the economy, and strengthen the middle class – and that's exactly what a Liberal government will do."

Accompanied by Liberal MPs John McCallum and Arnold Chan, and Ontario Minister of Citizenship, Immigration, and International Trade, Michael Chan, Mr. Trudeau spoke about the Liberal agenda for real change, which includes a \$3 billion tax cut for the middle class and a new Canada Child Benefit – a bigger, fair, tax-free, automatic, monthly cheque to help families with the high cost of raising their kids. Mr. Trudeau also addressed the politics of fear and division employed by the Harper Conservatives, and reiterated his belief that our country is stronger not in spite of our differences, but pre-



cisely because of them. Finally, he committed a future Liberal government to repealing the provisions of Bill C-24, which create two classes of Canadian citizens.

"For 10 years, Stephen Harper has allowed ideology to trump fairness and divide our country," said Mr. Trudeau. "The Liberal Party of Canada has a plan for real change that will restore fairness, and put more money in the pockets of middle class Canadians and those working hard to join it."

(liberal.ca)

from the publisher's desk

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Recognizing Aboriginal issues for the October 19th Canadian Vote



*International Day
of the World's
Indigenous People*



The General Election buzz is around us. Canadians should ultimately decide the country's next government on the merits of party platform solutions to Canada's current public issues, as they gear up to decide the nation's next government on October 19, 2015. One of those numerous pressing issues for this upcoming election campaign should focus on Canada's indigenous peoples.

With August 2015 now upon us, its ninth calendar day will hopefully draw meaningful attention from not only Canada's political parties, but also the international community. It is the time where we mark the International Day of the World's Indigenous Peoples, a day of observance first granted recognition by the United Nations in 1994. This day seeks to shed a positive light on the cultural significance of various indigenous communities and their contributions to global society. Furthermore, it intends to generate more discussions on enabling their betterment in our world.

Accordingly, this year's theme, titled, "Post Agenda 2015: Ensuring indigenous peoples health and wellbeing," addresses healthcare accessibility within global indigenous communities. Poor access to healthcare still negatively affects the ability of individuals of indigenous descent to lead reasonably prosperous lives. This could surely be reinforced while being formally observed at the UN headquarters in New York, facilitated by the Permanent Forum on Indigenous Issues and other special UN organizational bodies.

This event will likely educate the global public on the concerns of indigenous healthcare and develop solutions moving forward. However, from another view, it can also be a renewal of other areas of improvement to indigenous, along with celebrating the fascinating

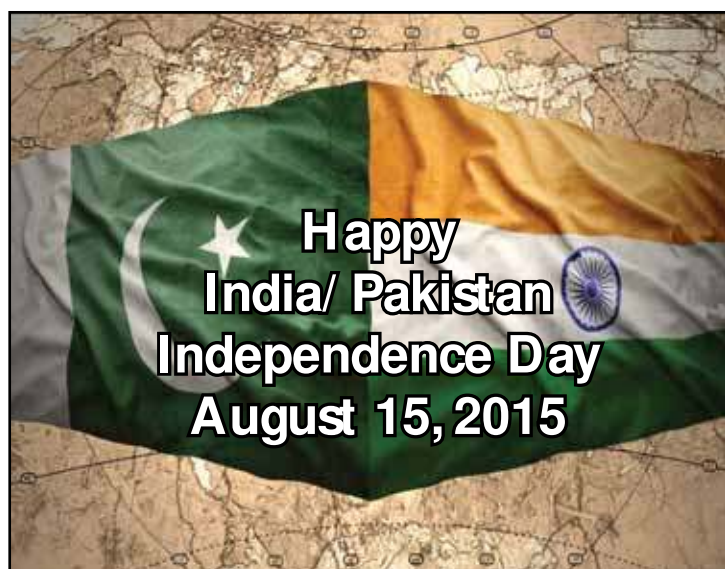
culture of the vast number of Indigenous communities.

As an advisory body to the Economic and Social Council of the UN, the Permanent Forum of Indigenous Issues provides its expertise on a variety of ongoing Indigenous issues. This very much ranges from the environment, to economic development, to culture, to human rights, and so forth. Through its own efforts, the organ strives to steer public policy towards reflecting Indigenous prosperity throughout many UN member countries.

Canada's Indigenous, or Aboriginal population, composed of First Nations, Metis, and Inuit individuals are no exception. With respect to this year's theme, 2015 Canadian election platforms should propose real ideas on reversing the barriers to healthcare frequently experienced. Ideally, recurring electoral issues like the economy and jobs must be considered from a genuine Aboriginal perspective as well. On another note, the results produced from the Truth and Reconciliation Commission is also a distinctive electoral issue needing to be answered.

After seven years of gathering oral testimonies and hard pieces of evidence, the Commission finally constructed the overall picture of the residential school system. As reiterated by the report, residential schools were responsible for most problems existing in Canada's Indigenous communities, hindering their full potential of to certain extents. With the political parties, such as the New Democrats, Conservatives, Liberals, and Greens, phasing into campaign mode, thought should be devoted to these issues on the campaign trail on this International Day of World Indigenous Peoples.

Contributed by: **Harrish Thirukumaran**



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Engage Canada

BYLINE: STAFF

With a general election just around the corner, the summer BBQ circuit is in full swing with Canadian politicians flipping burgers, kissing babies and knocking on doors as they ramp up political efforts.

Though the campaigning hasn't officially begun, you'd never know it based on the barrage of political messaging competing for Canadians' ears.

This is hardly a surprise. We are at a critical political moment in our history. After almost a decade of Conservative rule under Stephen Harper, many questions will be asked leading up to Election Day about how Canadians have actually fared over the past nine years.

Canadians are asking themselves, does the Harper Government represent the values and priorities of the middle class? Why are so many of us just get-

ting by, never ahead?

With the stakes in this election so incredibly high, we're seeing groups from all corners weighing in, making their cases about what the various political parties actually have on offer.

One such group is Engage Canada, a non-partisan, not-for-profit corporation that has been working since June to expose Harper's economic record before voters head to the polls October 19.

"Harper likes to position himself as a good economic steward, but the reality is he has prioritized helping his wealthy, conservative friends while hanging the middle class out to dry," said Jessica Hume, spokesperson for Engage Canada. "His values are fundamentally at odds with those of middle class Canadians."

Hume joined Engage Canada after working for almost a decade as a print reporter, most recently covering Parli-



ment Hill, where she saw up close the damage done by Conservative policy.

"When the Harper government decided to sneak a \$36 billion cut to health care into its budget, this was one of many, major indications that this government is out of touch with what it means to be Canadian."

Hume also says she's seen how difficult it is for young, educated Canadians to find work, pay off loans; buying a

home seems unimaginable to so many, she said.

"We have seen again and again that the Harper government does not want to help the people who need it most," Hume said. "Engage Canada is informing Canadians about Harper's economic record and exposing that he simply isn't there for the majority of us."

Engage Canada does not advocate for any political party. It is engaging with communities about the real values and priorities of middle class Canadian families and how they've been left behind by the Harper, Hume said.

"We want to give Canadians this information so when they head to the polls this fall, they'll be informed and ready to vote for a party that shares their values and will be there for them," Hume said.

Engage Canada has launched a series of ads that appear on television and radio, along with a digital effort online.

To read more about Engage Canada and to view its ads, please visit not-thereforyou.ca. Additional information on getting involved in the campaign is also available online.

Statement by Liberal Party of Canada Leader Justin Trudeau on Black July

The Leader of the Liberal Party of Canada, Justin Trudeau, on July 23rd issued the following statement on the anniversary of Black July:

"Today, I join Tamil communities in Canada and around the world in solemnly marking the pogroms of Black July that began on this day, 32 years ago. Let us pause to remember not only the victims of the anti-Tamil pogroms, but the thousands of lives lost throughout the entirety of the Sri Lankan Civil War.

"Last year, the Liberal Party of Canada welcomed the United Nations Human Rights Council's decision to conduct an investigation into serious violations of international human rights and humanitarian law during the war in Sri Lanka. Today, we await the findings of the report of the United Nations High Commissioner for Human Rights. We maintain our longstanding need for accountability as the basis for long-term peace and stability in Sri Lanka.

"For over three decades, Canada



has opened its doors to thousands of refugees and immigrants from Sri Lanka who fled in desperate search of liberty, fairness, and prosperity. On this anniversary, may we reaffirm our commitment to welcoming those seeking asylum from this protracted crisis, and extend our deepest condolences to those remembering lost loved ones today."

Statement from ndp Agriculture and Agri-food Critic Malcolm Allen on the shortage of meat inspectors in Ontario



NDP Agriculture and Agri-Food critic Malcolm Allen (Welland) made the following statement after the Agriculture Union held a press conference to raise concerns about a shortage of meat inspectors in Toronto on July 28th:

"New Democrats are very concerned after a staffing survey released this morning by the federal food inspector's union found that inspection teams frequently operate with up to 39 % below minimum of the required number of slaughter inspectors.

Canadians deserve to know the food

they're eating is safe, but the Conservatives' record on food safety is extremely weak. Yet instead of strengthening our food safety system, the Conservatives have systematically weakened it with budget cuts.

The Minister needs to take action immediately and reassure Canadians that the meat they are buying is safe and has been inspected properly.

The NDP will never target food safety funding. Instead, we would like to reinforce the system in order to protect the health and lives of all Canadians."

(ndp.ca)



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Tamil National Alliance asks Tamils to vote for federal solution

The Tamil National Alliance (TNA) has issued its election manifesto for the August 17th parliamentary election in Sri Lanka, seeking a mandate to press for a federal solution to the ethnic question.

“We have outlined what sort of a solution will be acceptable to us and we have asked for Tamil people’s endorsement of it,” senior TNA leader MA Sumanthiran said in Jaffna on July 25th after the five Tamil party alliance launched its manifesto.

“We have said in the manifesto that nothing short of maximum power devolution based on a federal structure will be the answer,” Sumanthiran stressed.

Asked how the TNA would negotiate with the government that will be formed after August 17 election, Sumanthiran said they had not taken a decision to support any party.

“We will start talks with the government based on our fundamental conditions,” he said.

“...our right to determine our destiny to ensure self government in the Tamil speaking north east of the country within a united and undivided Sri Lanka,” the TNA manifesto stresses as its outright goal.

“The Tamil people are entitled to the right to self determination in keeping with UN international covenants



M. A. Sumanthiran

on civil and political rights,” it says.

As matters of immediate concern for the Tamil people, the TNA lists the need for demilitarization of the north and east to the pre-1983, exploration of truth with regard to the thousands that have disappeared, facilitate the return of over 100,000 refugees currently in South India, a comprehensive programme to develop the former war affected areas among other things.

The TNA has filed nominations to contest all five north and eastern districts which elects 29 MPs out of the 225 member assembly.

Jaffna with 529,239 has the highest number of voters in the five districts.

- PTI

World Gold Council recommends a number of steps to rebuild trust in the purity of Indian gold

A new report, Developing Indian Hallmarking – A roadmap for future growth, released on July 30th by the World Gold Council, finds that improvements to the hallmarking system in India are essential to a successful gold monetisation scheme.

The report provides an in-depth assessment of the current Indian hallmarking system and a summary of international best practice methods. It recommends a number of steps to enhance the current system which, if implemented, would rebuild trust in the purity of Indian gold, giving consumers greater confidence in the caratage of their gold purchases.

The report also finds that an increased confidence in Indian gold, which a rigorous and consistent nationwide scheme would deliver, has the potential to increase the country’s gold exports from an existing US\$8 billion to US\$40 billion by 2020.

Since the introduction of a hallmarking standard in 2000 by the Bureau of Indian Standards (BIS) India

has made good progress in developing its hallmarking system. However, only 30 per cent of Indian gold jewellery is currently hallmarked. There are widespread differences in purity and an average under-caratage of anywhere from 10% to 15%.

The report highlights that a lack of BIS-recognised hallmarking centres across the country is also likely to have an impact on the successful implementation of the Indian Government’s gold monetisation scheme which is dependent upon the collateralisation value of gold.

Commenting on the launch of the hallmarking report Somasundaram PR, Managing Director, India, World Gold Council said:

“A credible hallmarking system with a widespread presence of assaying and hallmarking centres is essential for both the gold jewellery industry and for the implementation of a successful monetisation scheme. Hallmarking is to jewellery what ‘know your customer’ norms are for financial services it is es-

UN and partners launch key financing platform to end maternal, child mortality

The United Nations and its partners on 13th July launched a new initiative to help end maternal and child mortality by 2030, as they gathered in Addis Ababa for the Third International Conference on Financing for Development.

The Global Financing Facility (GFF) will support Secretary-General Ban Ki-moon’s Global Strategy for Women’s, Children’s and Adolescents’ Health and the Sustainable Development Goals that world leaders are expected to adopt in September.

“Our vision is clear: to end all preventable maternal, child and adolescent deaths within a generation and ensure that women, children and adolescents thrive,” Mr. Ban said at the launch, where he was joined by the World Bank Group, and the Governments of Canada, Norway and the United States as well as national and global health leaders.

“Ending extreme poverty and promoting development and resilience entails ensuring the survival, health, well-being and economic opportunity of women, children and adolescents everywhere,” he added.

“They are our greatest untapped resource for driving the transformative SDG agenda.”

It was also announced that \$12 billion in domestic and international, private and public funding has already been aligned to country-led, five-year investment plans for women’s, children’s and adolescents’ health in the four GFF front-runner countries of the Democratic Republic of the Congo, Ethiopia, Kenya and Tanzania.



In Bhujpura, India, a team of vaccinators knock on doors and check if any child did not receive the polio vaccine. Each house is marked accordingly so that they have a record of the work completed.

© UNICEF/INDA2015-00025/Biswas

The next group of eight countries to benefit from the Facility will be Bangladesh, Cameroon, India, Liberia, Mozambique, Nigeria, Senegal, and Uganda.

“Investing in saving and improving the lives of women, children and adolescents is not only a moral imperative, it makes economic sense,” said Mr. Ban. “It reduces poverty; it stimulates economic productivity and growth; it creates jobs. It helps women, children and adolescents realize their fundamental human rights to health, well-being and a sustainable future.”

“But despite compelling evidence, public and private sector financing for women’s and children’s health has not been adequate,” he noted, adding that without additional investment, the ambitious new sustainable development goals will not be reached. – UN.org



essential to the success of the jewellery industry in a world where consumers seek transparency, quality and consistency and is critical to building consumer trust and confidence.

The trust and confidence which comes with a credible nationwide hallmarking system will underpin the growth of gold jewellery exports, boosting the Indian industry’s credibility

in the global jewellery sector. It is a fundamental requirement if the industry wants to have a bigger role in the ‘Make in India’ ambition and eventually position India as “jeweller to the world”. In addition, the quality of gold would be a critical element for the success of the gold monetisation scheme”.

(World Gold Council Media Release – gold.org)



UN projects world population to reach 8.5 billion by 2030, driven by growth in developing countries

The world's population is projected to reach 8.5 billion by 2030, 9.7 billion by 2050 and exceed 11 billion in 2100, with India expected to surpass China as the most populous around seven years from now and Nigeria overtaking the United States to become the world's third largest country around 35 years from now, according to a new United Nations report released on July 29th.

Moreover, the report reveals that during the 2015-2050 period, half of the world's population growth is expected to be concentrated in nine countries: India, Nigeria, Pakistan, Democratic Republic of the Congo, Ethiopia, Tanzania, the United States, Indonesia and Uganda.

Wu Hongbo, the UN Under-Secretary-General for Economic and Social Affairs, whose department produced the 2015 Revision of World Population Prospects, the 24th round of official UN population estimates and projections, noted that understanding the demographic changes that are likely to unfold over the coming years "is key to the design and implementation of the new development agenda."

United Nations Member States are currently in the process of crafting a

successor agenda to the landmark Millennium Development Goals (MDGs), which wrap up at the end of this year. A new framework, focused on poverty eradication, social inclusion and preserving the health of the planet, is set to be adopted at a special UN summit, in New York this September.

According to the report's projections, the current world population of 7.3 billion is expected to reach 8.5 billion by 2030, 9.7 billion in 2050 and 11.2 billion in 2100.

"Most of the projected increase in the world's population can be attributed to a short list of high-fertility countries, mainly in Africa, or countries with already large populations," according to the report.

At present, China and India remain the two largest countries in the world, each with more than 1 billion people, representing 19 and 18 per cent of the world's population, respectively, but by 2022, the population of India is expected to surpass that of China, according to the report's projection.

Among the 10 largest countries in the world currently, one is in Africa (Nigeria), five are in Asia (Bangladesh, China, India, Indonesia, and Paki-

stan), two are in Latin America (Brazil and Mexico), one is in Northern America (US), and one is in Europe (Russian Federation).

"Of these, Nigeria's population, currently the seventh largest in the world, is growing the most rapidly," said the report. Consequently, the population of Nigeria is projected to surpass that of the United States by about 2050, at which point it would become the third largest country in the world.

The report also projected that by 2050 the populations of six countries are expected to exceed 300 million: China, India, Indonesia, Nigeria, Pakistan, and the United States.

And with the highest rate of population growth, Africa is expected to account for more than half of the world's population growth over the next 35 years.

During this period, the report said, the populations of 28 African countries are projected to more than double, and by 2100, 10 African countries are projected to have increased by at least a factor of five: Angola, Burundi, Democratic Republic of Congo, Malawi, Mali, Niger, Somalia, Uganda, United Republic of Tanzania and Zambia.

"The concentration of population growth in the poorest countries presents its own set of challenges, making it more difficult to eradicate poverty and inequality, to combat hunger and malnutrition, and to expand educational enrolment and health systems, all of which are crucial to the success of the new sustainable development agenda," said John Wilmoth, Director of the UN's Population Division.

In contrast to the growth projections, a significant ageing of the population in the next several decades is projected for most regions, starting with Europe where 34 per cent of the population is projected to be over 60 years old by 2050. In Latin America and the Caribbean and in Asia, the population will be transformed from having 11 per cent to 12 per cent of people over 60 years old today to more than 25 per cent by 2050.

Further to the report, life expectancy at birth has increased significantly in the least developed countries in recent years. The six-year average gain in life expectancy among the poorest countries, from 56 years in 2000-2005 to 62 years in 2010-2015, is roughly double the increase recorded for the rest of the world. While significant differences in life expectancy across major areas and income groups are projected to continue, they are expected to diminish significantly by 2045-2050.

- UN.org

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United Front led by Premier Ranil Wickremesinghe promises to create a new Sri Lanka after elections

**Five fold development programme
Maximum devolution of power
Eliminate corruption and ensure human freedoms**

By Siva Sivapragasam

The recently formed United Front for good governance led by Prime Minister Ranil Wickremesinghe has pledged to establish a new Sri Lanka in sixty months after the Parliamentary elections.

The Front unveiled its manifesto for the August 17 general election which it said would defeat the counter revolution against the Jan 08 regime change.

Leader of the UNP led UNFGG and Prime Minister, Ranil Wickremesinghe, addressing a mammoth gathering at the launch of the manifesto at the Vihara Maha Devi Open Air Theatre, said that his party's five fold development programme was aimed at creating a new Sri Lanka in 60 months had the blessings of President Maithripala Sirisena

He remarked at the meeting that the new Front sees a vision for all communities to bind together, irrespective of caste, creed and nationality living together as one family and move forward

as Sri Lankans.

"The objective is to consolidate the 100-day revolution that was initiated by our National Government led by President Sirisena on January 9. We want to create a new society, a competitive economy and safeguard the equal rights of the We expect the support of the entire Parliament for our manifesto which would be implemented in consultation with civil society members and intellectuals." The Front also hopes to provide maximum devolution of power under a unitary government.

He urged the people to defeat the counter revolution that had emerged against the January 8 victory so that the UNFGG's programme could be implemented for the good of the people.

The UNP, would as in the past, implement its proposals based on sound economic policies and not just mere election rhetoric, Wickremesinghe stated.

He said there would be no place for lies and rogues under a UNP-led



UNP Leader Ranil Wickremesinghe and Rajitha Senarathne, Leader of the UPFA break-away group sign the MOU Agreement for the new United Front

UNFGG Government. "Our work programme would be based on developing the economy, eliminating corruption, strengthening the human freedoms that had ensued since Jan. 9, infrastructure development and improving the education and health sectors."

Wickremesinghe pledged to create one million jobs and build 500,000 houses in the short term, create 45 economic zones and 11 technological zones, 2,500 Cluster Villages, develop infrastructure in the villages, implement Agrarian Development and Agro Projects, establish a National Agricul-

tural Marketing Authority, environmental friendly agriculture, small and medium scale industries, youth programmes and provide benefits and relief to the military, public servants and the people at large.

Speaking at the launch of the UNF manifesto, Prime Minister Wickremesinghe stated that "those who have joined the Front are committed to ensure freedom for all people, where all can live in peace and harmony enjoying economic stability and where human rights of all are guaranteed".

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Momentum gathers for international agreement to combat rogue fishing

A growing number of countries are ratifying an international agreement to combat illegal fishing, fueling interest in how best to implement the instrument.

Illegal, unreported and unregulated (IUU) fishing is estimated to strip between \$10 billion and \$23 billion from the global economy, and their impacts undermine the way fish stocks are managed to make it a double concern around the world.

To help tackle the problem, FAO brokered the adoption in 2009 by its Member countries of the Agreement on Port State Measures to Prevent, Deter and Eliminate Illegal, Unreported and Unregulated Fishing.

The agreement comes into force when 25 countries have deposited their instrument of ratification, known as acceptance of accession; so far, 12 countries have done so, the latest being Iceland in June. Two more states will soon join them.

“Port state measures” generally refer to actions taken to detect illegal fishing when ships come to port.

The Agreement promotes collaboration between fishermen, port authorities, coast guards and navies to strengthen inspections and control procedures at ports and on vessels. Importantly, it also

allows states to prevent the landings of catches derived from IUU fishing by vessels regardless of the flag they fly.

“The Agreement aims to harmonize port controls in order to prevent illegally caught fish from ever entering international markets through ports,” said Blaise Kuemlangan, Chief of FAO’s Development Law Service. “The ability to turn away vessels taking part in IUU fishing will greatly reduce opportunities for selling their catch, decreasing IUU fishing worldwide,” he added.

The Agreement will enable better compliance with the 1995 FAO Code of Conduct for Responsible Fisheries, which seeks to promote the long-term sustainability of the sector.

Illicit fishing, which includes operating without authorization, harvesting protected species, using outlawed fishing gear and violating quota limits, may account for up to 26 million tonnes of seafood a year, more than 15 percent of the total global output. Besides economic damage, it poses risks to local biodiversity and food security in many countries.

To assist countries in building their capacity to implement the Agreement, FAO has convened a series of workshops in all world regions.

The sixth in the series, funded by the Government of Norway and covering West Africa, ran this month in Praia, Cabo Verde. Fifty participants from 16 African coastal countries took part, along with experts from the European Union, the International Maritime Organization, the North East Atlantic Fisheries Commission, the International Commission for the Conservation of Atlantic Tunas, the COMHAFAT Ministerial Conference on Fisheries Cooperation Among African States Bordering the Atlantic Ocean, the Pew Charitable Trust and the WWF.

“Fighting illegal, unreported and unregulated fishing is a key priority along the Atlantic coast of Africa, where IUU fishing contributes to overfishing, creating negative effects for the economies of these countries,” said Remi Nono Womdim, FAO Representative in Cabo Verde.

Gabon is the only local country to have ratified the Agreement, but several others are close to completing the process.

“Many countries in the region have the will to address IUU fishing, but require the most cost-effective tools and an understanding about how these can be implemented at the legal, policy and institutional level,” said Womdim.

Ratification of the treaty requires



A port official inspects a trawl net

countries to designate ports that foreign vessels can use and to block entry to ships known or believed to have been involved in IUU, as well as share information with other governments of vessels discovered to be carrying an IUU catch.

In addition to Gabon, signatories that have completed the ratification process are Chile, the European Union, Iceland, Mozambique, Myanmar, New Zealand, Norway, Oman, the Seychelles, Sri Lanka and Uruguay. **(fao.org)**

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

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Rouge Valley Health System Board releases report on end-of-life care

Report developed by the Community Advisory Group

The Board of Directors of Rouge Valley Health System (RVHS) has released a report summarizing advice from community members, staff, physicians and hospital volunteers on how to improve the care and supports provided as people approach the end of their lives.

The report is largely based on input gathered through nine focus groups led by the hospital's volunteer Community Advisory Group (CAG). The purpose of the focus groups was to understand how families have experienced end-of-life care in their communities and in the hospital in order to identify ways to improve for patients and their families. Close to 100 people participated in the focus groups, which were held in both Scarborough and Ajax.

The focus group meetings took place in December 2014 and January 2015. In April 2015, the draft summary report was reviewed at an interactive event with focus group participants, which helped finalize it.

"This focus group process, and the report, is an example of our commitment to improving access to quality end-of-life care, in our hospital and in collaboration with the community," says Andrée Robi-

chaud, president and chief executive officer, RVHS. "Our focus on how to provide quality end-of-life care is in keeping with growing public interest.

It is also in line with our new strategic plan, which speaks to our commitment to being innovators of a quality patient experience and champions of a connected health system for patients. I thank our RVHS Board of Directors for setting end-of-life-care as an ongoing priority for the hospital. We also thank our Community Advisory Group for leading this in-depth process with staff, doctors and community members."

The Report on End-of-Life Care Patient/Family Experience describes the focus group process, including questions asked; the key findings; and a current state analysis comparing what participants want to see available and what RVHS currently offers.

"We thank everyone who shared their experiences, issues and ideas with us on caring for a loved one at end-of-life," says Ome Jamal, chair, CAG. "We look forward to applying these findings to inform future action plans to continue to improve care provided at RVHS with our community partners."

Rouge Valley's annual report wins international award



Rouge Valley's Annual Report 2014: Growth and Integration has received a 2015 APEX Award for Publication Excellence.

APEX is an international competition for writers, editors, publications staff and communicators. Nearly 1,900 entries were evaluated in this year's competition. These awards are presented annually to public and private sector organizations from across North America and abroad – including the United States, Canada, India, the United Kingdom, and Singapore – recognizing outstanding achievements in graphic design, editorial content and overall communications and marketing. Corporations such as Ford, American Airlines, and Merrill Lynch, as well as hospitals, school boards and universities were among this year's winners.

Rouge Valley's 2015 APEX Award was won in the Annual Reports - Print

category by the public affairs department: Jane Kitchen, communications specialist; Nicholas Smith, coordinator, corporate communications; and David Brazeau, director, public affairs, community relations and telecommunications. The annual report was released last fall. It featured several reports and stories on expanding services and improving the patient experience, as well as on coming together with community and healthcare partners to deliver services in the areas of cardiac care and mental health. Copies of the report were made available throughout both hospitals.

"Rouge Valley has seen a lot of growth," says Andrée Robichaud, president and chief executive officer, RVHS. "Congratulations to our public affairs team for their great work on this report, which outlines what this growth means for the community."

RUN FOR ROUGE VALLEY!

...and make your steps count for our Surgical Patients at the **Scotiabank Toronto Waterfront Marathon** by helping to raise money for **Rouge Valley's Surgical Program!**

- When** Sunday October 18, 2015
- Walk/Run** 5km ■ 21.1km (half-marathon) ■ 42.2km (full marathon)
- Starting Line** 5km ■ Exhibition Place marathons ■ University Ave, N of Queen
- Finishing Line** All races end at Nathan Phillips Square

Visit www.torontowaterfrontmarathon.com for course and race information

➔ As an incentive for racers to also fundraise, ask the RVHS Foundation for the **discounted registration fee** code. Once you register, you will be sent a link to your very own customizable fundraising page that you can forward to friends, family and work colleagues so that they can make a donation to you! It's super easy, and you'll be surprised at how excited everyone is to support you! The RVHS Foundation is asking all fundraisers to raise a minimum of just \$100! **Please contact Danielle De Luca in the Foundation office (ddeluca@rougevalley.ca; 647-456-6963) to sign-up.**

➔ If you want to just register for the race, visit www.torontowaterfrontmarathon.com. **Rouge Valley does not receive any funds from the registration fee** so at the bottom of the form, under "Scotiabank Charity Challenge", please consider making a one-time donation to Rouge Valley.

	discounted registration fee	full-price registration fee (until July 20)	full-price registration fee (until Oct 13, or until full)
5km	\$40	\$50	\$55
21.1km (half-marathon)	\$60	\$85	\$90
42.2km (full marathon)	\$80	\$100	\$110

Questions? Contact Danielle De Luca in the Foundation office (ddeluca@rougevalley.ca or 647-456-6963)

 **See you at the finish line!** 



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Rouge Valley Health System is an excellent acute care community hospital with many programs, including 24/7/365 emergency, obstetrics, paediatrics, surgery, mental health and regional cardiac care. Rouge Valley consists of several health sites, including two community hospital campuses: Rouge Valley Centenary in east Toronto; and Rouge Valley Ajax and Pickering in west Durham. Together, a team of physicians, nurses and many other professionals care for a broad spectrum of health conditions. Working in consultation and partnership with community members, other hospitals, health care organizations, the Central East Local Health Integration Network and the Ministry of Health and Long-Term Care, Rouge Valley continues to improve its programs and cater to the needs of the growing communities of east Toronto, Pickering, Ajax and Whitby.



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Congratulations

to the winners of the Scarborough
Win a Car Raffle

From the colorful balloons to the shiny new cars, cordoned off with red velvet ropes, the atmosphere at Scarborough Toyota Scion on a recent Thursday evening was both festive and celebratory.

And for 32 supporters of The Scarborough Hospital Foundation, it was also a winning evening at the official draw for the Scarborough Win a Car Raffle on July 23.

Congratulations to grand prize winners Glyn Hawkins, who won a 2015 Toyota Camry Hybrid XLE, and Shaheen Taylor, who won a 2015 Toyota Corolla LE.

Presented by The Scarborough Hospital Foundation, Scarborough Toyota Scion, and Scotiabank, proceeds from the raffle will support the Maternal Newborn and Child Care program at The Scarborough Hospital.

“The Maternal Newborn and Child Care program provides outstanding care, but some of our facilities and equipment

have reached their due date,” explained Michael Mazza, President and CEO of The Scarborough Hospital Foundation. “Proceeds from the Win a Car Raffle will help support important equipment upgrades and refurbishments, which will allow our staff and physicians to continue to provide world-class care close to home.”

Almost 5000 babies are born each year at The Scarborough Hospital. The Maternal Newborn and Child Care program offers a wide array of services to support expectant parents, children and families. For obstetrical patients, the program offers pre-natal classes, an early pregnancy assessment clinic, midwifery and doula services, water births, umbilical cord banking, and a breastfeeding clinic. Paediatric services include a child development program, a Level IIC Neonatal Intensive Care Unit, as well as a paediatric day clinic and day surgery, occupational therapy, and speech language pathology.

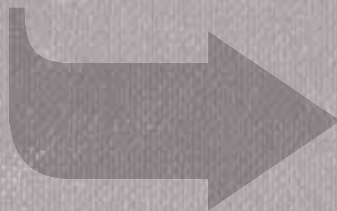


Speaking to community members and guests, Scotiabank Vice President Christine Williams thanked the volunteers and all those who purchased a ticket for their support. “The funds raised by this raffle will support excellent health care in Scarborough, and will help to create a strong and more vibrant community,” Williams explained, and announced an addi-

tional \$15,000 gift to the Scarborough Hospital Foundation.

A full list of the raffle winners is posted on www.tsh.to, and winners should contact The Scarborough Hospital Foundation at 416-431-8130 to claim their prizes. Winners will be formally recognized at a ceremony at Scarborough Toyota Scion on Wednesday, August 18.

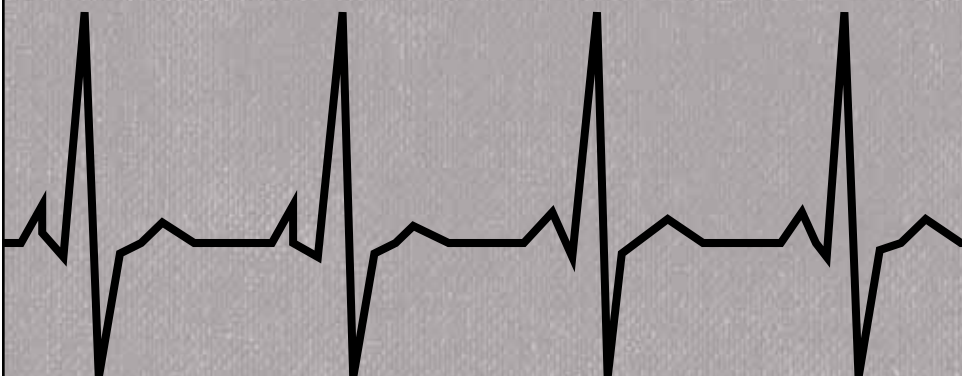
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The Changing Population: Issues Affecting Older Canadians



By: Jeavana
Sritharan,
BHS, MHS,
PhD Student

The world is changing as we see it. Given the many opportunities and choices provided to us in this day, it is clear that the human race is quickly evolving. In Canada, the life expectancy is increasing and there is a decline in birth rates. With immense opportunities and choices available, people are living longer, people are choosing to have fewer or no children, and people are having children later than sooner. These patterns are recognized in many other nations around the world. It is expected that in the next 5 to 10 years, there will be far more seniors in Canada than children under the age of 14 years.

Impacts on the workforce

The changing population will have a significant impact on the workforce as the number of working age individuals will significantly decline. Even though there is concern over the weak job market for younger populations, it is actually important for the aging workforce to remain in the workforce to sustain the labour force in Canada. There seems to be concern over the existence of few jobs for young populations. On the other end, it is important for the older population to remain in their jobs to sustain the labour market to ensure their own futures and the future of their families. Many of us can relate to this by seeing the example of our parents who are a part of this group.

There will be limited replacement capacity as there are far more retirees than replacement workforce individuals. It is expected that there also will be a skill shortage but with use of appropriate strategies, there can be effective replacement methods throughout the period the older population retires.

With increasing age, there are not only changes within the workforce but also mentally, physically, emotionally, and biologically. There is a rise in mental health disorders among the aging population and this is connected to emotional, physical, and biological concerns. Depression is the most common form in individuals aged 65 years or more. The problem is that mental health problems are often underdiagnosed and are not quickly diagnosed



in elder populations. Also, the stigma of having a mental health problem will make affected individuals more reluctant to seek help on their own.

Shifts in health care

Seniors consume almost half of the annual health care expenditures in Canada and it is expected that this will increase in the coming years. Most health care costs are supported by the publically funded health insurance plans. As the health care needs of this population grow it continues to fall outside the universal coverage into long term care, home care, and end of life care issues. The support that is needed to sustain the health care resources will stem from the economic growth of the country and from innovations that ensure quality care but are also cost effective.

Another emerging issue is the caregiving services available for the elderly. Research shows that 1 in 4 Canadians care for an elderly dependent and that many elder dependents are affected by at least 1 chronic condition which can increase the strain on the caregiver(s). Also, caregivers are adjusting their own retirement to accommodate their aging parents or relatives in order to sufficiently provide money, time, and

abilities.

How are other nations coping with the aging population?

Methods to increase immigration have been brought up to allow for foreign workers to fill the skill gaps and workforce gaps existing in Canada. However, examples from different nations show that it may be just as effective to focus on domestic resources and the existing younger populations. For example, Japan is recognized as having a large aging population and has become one of the wealthiest nations and has great potential in preparing for the aging population with many different strategies. Japan focuses on increasing working years for seniors, raising its sales tax, and it has built communities aimed at seniors to allow for second life jobs. Another nation, Norway, has focused on encouraging birth rates by providing free services related to daycare and higher education, and is among other Scandinavian countries to do this. Norway has geared attention to the lower birthrates and domestic workers that exist in the nation. Germany also has a higher proportion of seniors than Canada but has not focused on increasing immigration but rather this nation focuses its attention on fully training domestic young populations to fill the jobs of the retiring population to sustain the population.

Healthy aging

There is an emerging trend to focus on the wellness and healthy aging of seniors to provide better quality of life. From eating right to exercising or being active as much as possible to maintaining up to date immunizations can go a long way for the aging individual. The chronic diseases that have continued to significantly affect Canadians has made healthy aging difficult. But there is focus being steered towards health promotion and disease prevention to manage these chronic conditions and provide a healthy lifestyle for older individuals. There are shifts being made in the health care system to better suit the needs of the changing population in Canada. It may be time to think about your own family, retirement, and the decisions you may have to make now or in the future.

Jeavana Sritharan is a PhD Student in Medical Science at the University of Toronto. She is currently working with Cancer Care Ontario with the Occupational Cancer Research Centre. Contact email: info@healthperspectives.ca

support for their needs.

The population aged 45 years to 64 years are sandwiched between caring and supporting the needs of their parents while providing for their children. This winds back into why many are staying in the workforce and why the retirement age is much later. The needs of aging parents can be met by facilities like retirement or nursing homes, depending on the care. However, these facilities can be costly for families and many families prefer to care for their aging parents within their own home.

Elder abuse

It is difficult to provide a solid definition of elder abuse since there are many different forms of it but it does exist and this is a new issue that is being brought up more often. Issues like sexual abuse, financial abuse, and physical abuse are all elements of elder abuse. Family care is necessary for all Canadians at some point in their life and for elders that need family care it can be difficult if there are no available immediate or extended family members to commit. There are of course surrounding factors for this stemming from the income and education of families, culture, living arrangements, personal preferences, and service avail-

A BOLD NEW ROADMAP FOR THE SCARBOROUGH HOSPITAL

CONNECT WITH THE CEO



By Robert Biron

On June 23, The Scarborough Hospital (TSH) launched its new 2015-2019 Strategic Plan, *Forward Together: Building a Healthier Scarborough*. Today, I'd like to share with you why I am so excited about our new Strategic Plan, and what the ideas included in the new plan mean for our hospital, our team, and our community.

Last summer, we began our strategic planning process – *Forward Together*. This is much more than just a name. It's a philosophy. There's a spirit of collaboration and openness to new relationships at TSH. It's been essential to our success, and it will continue to be integral in helping us to define our solutions for the future.

Throughout the strategic planning process, we sought and received a wealth of input from the many stakeholders we consulted, and we learned what they need from us to receive the best care experience.

Our work also reinforced what makes Scarborough such a great community and place to live. People come here from all over the globe to build a life, raise their family, grow their business, and contribute to the community. There is a determined, collaborative spirit that is alive and well in Scarborough. This is the same spirit with which we approached our

engagement initiatives and the development of this plan.

Together with our stakeholders, we took a deep look at the trends, priorities, and opportunities before us, and developed a strategic plan, which – at its heart – embodies this essential collaborative spirit. It's a bold new roadmap for our hospital that we believe will lead to transformational change over the next four years.

The plan highlights four new strategic directions:

- ◆ Patients as Partners;
- ◆ Innovation and Learning;
- ◆ Integrated Care Networks; and,
- ◆ Quality and Sustainability.

I would like to provide some context surrounding each of our new strategic directions.

Patients as Partners

Our goal here is to engage patients and families in a meaningful way to provide more timely, effective, and efficient solutions for them. Patients will have a more active role in planning and managing their treatment. Our health care team will be organized around the needs of the patient – not the other way around – and there will be fewer barriers for patients to access care.

Integrated Care Networks

As part of the broader health care system, we have an important role to play in ensuring care is well coordinated as patients transition from our hospital to other care providers. We also know that throughout Canada, and particularly within Scarborough, there is a desire for more holistic treatment options. By collaborating with our fellow service providers, patients, and their families, our goal is to improve coordination of services, referrals, and transitions of care, better manage patients

with chronic diseases to reduce hospital visits, and implement evidence-based practices relating to complementary medicine and therapies.

Innovation and Learning

Our team and community have incredible talents, wisdom, and ingenuity and our goal here is to tap into this collective resource to innovate, improve, and develop new solutions – ones that meet or exceed our patients' expectations. Our aim is to adopt leading practices, quicker than before, improve our ability to attract and engage the best doctors and staff, and increase our education and research activities.

Quality and Sustainability

Ultimately, as a publicly-funded institution, the primary responsibility of our hospital – and any hospital – is to deliver better value and care outcomes for patients. We take this responsibility very seriously at TSH and through this strategic direction, we will be focused on standardizing our clinical practices to create less waste, making the most of our funding and revenues, improving our results in how we measure quality, and achieving a healthier financial position for TSH.

These strategic directions are the priorities that will help us focus on what really matters, shaping even more quality, responsive, innovative, and integrated care and services. I encourage you to take a moment to review our new Strategic Plan to learn more about where we're going, how we'll get there, and what it means to you.

We know that it takes more than just a plan to create the best possible health care. It takes partnerships with our patients, professionals, fellow service providers, and community. Everyone's voice is – and will continue to be – important to us.

But now, with this clear plan in place, superior programs and services, a dedicated team, and strong partnerships to draw on, we are well positioned to go forward together in building an exciting future for our hospital and local health care system.

AND THE RENAL PROFESSIONAL AWARD GOES TO...



Paulette Lewis, a Nephrology Nurse Practitioner at The Scarborough Hospital (TSH) and founding member and secretary of the African Caribbean Kidney Association (ACKA), is this year's winner of the Kidney Foundation of Canada's Central Ontario Chapter's Renal Professional Award.

The award recognizes Paulette's outstanding contribution in supporting patients and the Foundation through volunteer commitment, patient care and advocacy, and public awareness.

"I am very happy to receive this award. I was surprised when I heard I had been selected, and I think we all deserve it," says Paulette, in

reference to her fellow ACKA members.

ACKA is a volunteer chapter of the Kidney Foundation of Canada consisting of nurses, physicians, and pharmacists, and provides supportive programs to individuals living with or at risk of kidney disease. The group also aims to help individuals of African and Caribbean origin understand and manage their risk for kidney disease, as this population is considered high risk and tends to have an earlier onset and a more rapid progression of the disease.

With ACKA, Paulette travels around the Greater Toronto Area and Southern Ontario to conduct educational sessions and

screening events, and raise public awareness of risk factors. These screening sessions are important for early detection and intervention, encouraging patients with risk factors to see their primary care physician sooner.

At TSH, where she has worked for 15 years, Paulette works closely with end stage renal disease patients, helping them to preserve their kidney function as long as possible, as well as prepare them for dialysis to ensure a smooth transition.

"I love that my job involves teaching, and helping patients to understand how the disease process affects their kidneys, as well as how to slow down the process," adds Paulette.

Paulette Lewis, a Nephrology Nurse Practitioner

EXPANDED CHILD DEVELOPMENT PROGRAM OFFERS CARE FASTER AND CLOSER TO HOME



and children if they are to have the best health outcomes,” explains Dr. Azzopardi. “There is a rising rate of children with autism who present with a wide variety of developmental delays. Identifying children who will most benefit from limited and case specific treatment resources as early as possible is a key task for our developmental team. Our expanded Child Development Program will accelerate the pathway to care by establishing a diagnosis as early as possible, ultimately leading to a better quality of life for our young patients and their families.”

In addition, the team will integrate with a large number of other providers to optimize their young patients’ outcomes. Partners will include: Holland Bloorview Kids Rehabilitation Hospital, Grandview Children’s Centre (Grandview Kids), and the Central East Community Care Access Centre for in home services, as well as a variety of other community resources.

The expanded program is part of a Scarborough Child Development initiative between The Scarborough Hospital (TSH) and Rouge Valley Health System (RVHS). In collaboration, TSH and RVHS submitted a proposal advocating for the enhanced services to the Central East Local Health Integration Network (Central East LHIN).

“This is a huge step forward for paediatric care in Scarborough,” adds Dr. Avril Castagna, a Paediatric Neurologist at TSH who is also involved with the clinic.

“We’re especially excited to welcome Dr. Mankad. The unique qualifications of this specialist will allow her to perform formal assessments and diagnose delays as a sole practitioner. This will enhance our ability to see many more children and triage them to the appropriate professional on our team.”

“This is a true example of both hospitals coming together to improve health care for the people of Scarborough,” said Dr. Karen Chang, Chief of Paediatrics at RVHS.

TSH’s Child Development Program operates Monday to Friday from 9 a.m. to 5 p.m. For more information, visit www.tsh.to.

Infants and children in Scarborough who require developmental assessment will be able to receive this specialized care faster and closer to home through Scarborough’s expanded Child Development Program.

“The Scarborough Hospital has a proud history of offering comprehensive, innovative paediatric care, and the expansion of our Child Development Program is another way we are continuing this longstanding tradition,” said Dr. Peter Azzopardi, Medical Director and Corporate Chief of Paediatrics at The Scarborough Hospital.

The expanded Child Development program includes the addition of Dr. Deepali Mankad, a new Developmental Paediatrician who joins the robust interprofessional team; and has a new office, centrally located in Scarborough at 2330 Midland Avenue.

Other members include two Paediatric Neurologists, a Child Psychologist, Social Worker, and several Speech Language Pathologists and Occupational Therapists. In addition, The Scarborough Hospital has a partnership with Toronto Preschool Speech and Language Services to provide paediatric speech language pathology services.

Together, the team provides multi-disciplinary assessments for children with a wide variety of developmental problems, including autism, and cognitive and physical disabilities. The team offers speech and language therapy for children who have communication delays, as well as team surveillance assessments at regular intervals for at-risk infants following discharge from the Neonatal Intensive Care Unit (NICU).

“Early intervention is crucial for these infants

THE SCARBOROUGH HOSPITAL COMMENDED BY ONTARIO’S DEPUTY HEALTH MINISTER

The Scarborough Hospital’s (TSH) Geriatric Assessment and Intervention Network (GAIN) Clinic was among seven models chosen from more than 30 submissions by the Health Care Innovation Working Group’s (HCIWG) Federal/Provincial/Territorial Team-Based Models Task Force to be highlighted at their recent Team-Based Models Summit in Ottawa and in a summary report.

Models with enhanced roles for pharmacists or paramedics were selected based on eight principles developed by HCIWG, such as patient-centred care, the potential to adopt the models in other jurisdictions, and innovation. With the support of the GAIN Team and Pharmacy management at TSH, Pharmacists Freda Leung,

Natalie Chan, and Rachel Wong worked together to prepare the submission.

Upon being selected to present at the summit, the GAIN Clinic was recognized by Dr. Bob Bell, Deputy Minister of the Ministry of Health and Long-Term Care, who wrote in a letter to the clinic:

“Your collaborative, interprofessional approach to caring for frail seniors is an excellent example of the health care innovation that Ontario is committed to fostering.”

The GAIN clinic was also one of four participants in a panel discussion on the challenges of implementing team-based care, where Chan and Wong urged all health care providers to extend their work beyond the traditional boundaries of their profession.

“At the GAIN clinic, we take off

our pharmacist hats and consider what could best help the patient beyond medicine,” says Chan. “For example, when a senior complains of insomnia, we teach the senior about sleep journaling and the importance of tracking eating and sleeping patterns in order to examine their lifestyle – with the goal of reducing medication by eliminating the need for sleeping pills.”

The focus of the summit was to facilitate the transfer of knowledge, with participants



representing a diverse range of stakeholders, including government representatives, patient groups, academia, regional health authorities, various national health professions, pharmacists, and paramedic associations



PROVIDENCE GOLF CLASSIC RAISES \$186,000



It was a perfect day on the fairways for the 21st annual Ken & Nancy Shaw Providence Golf Classic on July 20 at Coppinwood Golf Club. Sunshine, fun, frivolity and philanthropy were in abundance for the charity golf tournament, raising a record-breaking \$186,000 (net) for the areas of most urgent need at Providence Healthcare.

“We are so grateful to all of our generous sponsors, donors and supporters, who provided their generous donations to help support Providence’s legacy of exceptional care long into the future,” says Jennifer Stewart, President and CEO, Providence Healthcare Foundation.

With 144 golfers – some who were new to the sport, some who were professionals, but all who are friends of Providence, it was an ideal day on the greens to experience the true spirit of sportsmanship and philanthropy.

Says Stewart, “Thank you to all our golfers for the fun-filled memories, excitement and, above all, the generosity and support of an exceptional cause – the patients, residents and clients we are privileged to serve at Providence.”

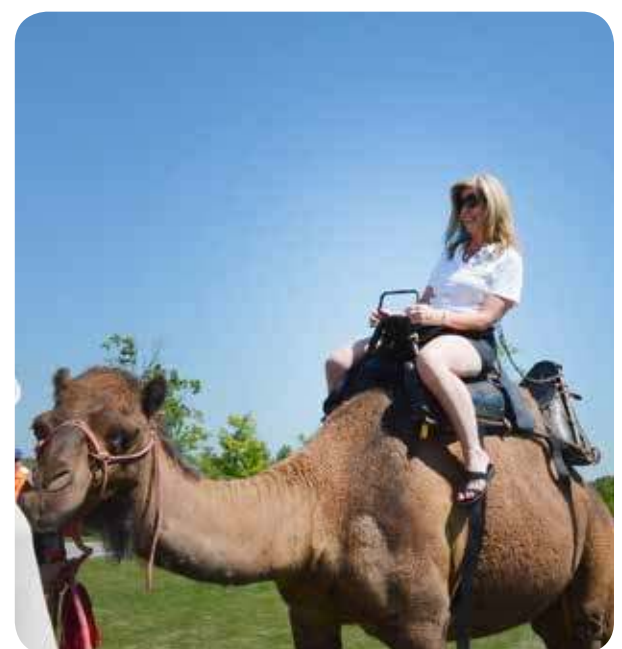
Highlights from this year’s golf tournament included:

- ◆ National Hockey League legends Johnny Bower and Dick Duff who took to the greens to show their support;
- ◆ Ken Shaw, National Editor and Anchor of CTV News Toronto, and his wife Nancy who were the tournament’s ambassadors;
- ◆ An amazing selection of items in the live, silent and equipment auction, raising over \$29,000!
- ◆ A camel from the Bowmanville Zoo led golfers out to the course... bravely ridden by the Foundation CEO and President, Jennifer Stewart;
- ◆ Fun and exciting hole activities with incredible prizes;
- ◆ Special treats along the course that included mini corn dogs, cookies, beef sliders, refreshing mojito’s and fish tacos.

Next year’s Providence Golf Classic date is already set for Monday, July 18, 2016. To take part and for more information, visit www.providence.on.ca/foundation.

ABOUT PROVIDENCE HEALTHCARE

Providence is a leader in providing rehabilitation, palliative and long-term care, as well as community programs for the Greater Toronto Area and beyond. To learn more, visit www.providence.on.ca.





Depression in the Elderly - and How You Can Help

By: Andrea Shanmugarajah



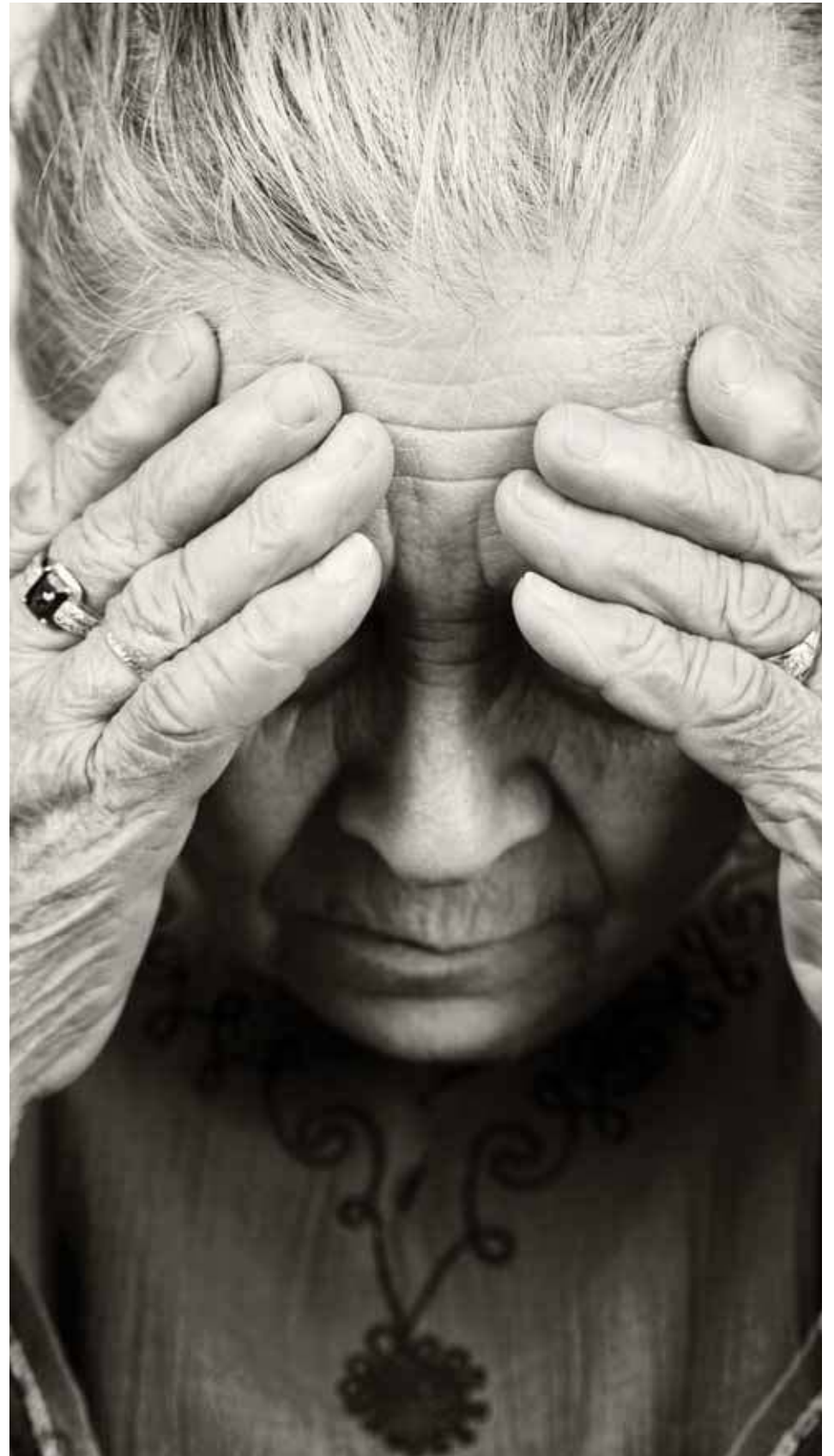
Depression is a mental illness that affects millions of elderly people worldwide. There are a number of factors that make the elderly more susceptible to depression, such as other illnesses they may be suffering from or interactions of medications they are taking. The elderly are also in a stage of their life where they are undergoing many physical, emotional and social changes – retirement, worsening health, the death of loved ones and isolation – all of which can lead and contribute to depression. This depression then manifests itself in a variety of signs and symptoms, and can lead to numerous health problems, even putting them at risk for suicide. However, depression is not an inevitable or uncontrollable part of getting older. Though it may be challenging, friends and family have the ability to help the elderly prevent or overcome depression.

So what exactly can you do to help? Firstly, everyone must recognize that depression is not a normal part of the aging process. Though seniors are faced with a number of life changes and challenges, seniors today are living more independent and active lives than ever before, breaking down the existing stereotypes about the elderly. It is perfectly possible for seniors to lead content, balanced lives. Isolation, loneliness, withdrawal and loss of purpose should not be normalized by their loved ones. As their family and friends, we have the responsibility to not trivialize depression in seniors, and to be able to recognize the signs of depression, which vary greatly from the normal aging process. These signs can be physical, mental, emotional or behavioural. Some of the most common complaints of seniors with depression include reduced motivation, lack of energy, and physical complaints. However, other key signs to look out for are loss of appetite, decreased physical activity, neglect of regular duties, inability to sleep, loss of self-esteem, irritability, withdrawal from social activities or difficulty with decision making. These signs are not, and should not be, present in every senior, because they are not a natural part of aging. By eliminating the stigma that depression is the unavoidable fate of the elderly, we

can take the first step towards helping not only the seniors in our own lives, but seniors everywhere.

Another huge way friends and family can help prevent depression in seniors is by not allowing them to isolate themselves. Social isolation is common in the elderly, because they begin to feel as though they are burdens on their friends and family. This leads to a decrease in self-worth, feelings of hopelessness and decreased socialization. Unfortunately, by limiting their social interaction, seniors are actually harming themselves even more. But, the very nature of their depression makes it hard for them to seek help – they are either too proud to do so, or fear becoming even more of a burden. So, as their loved ones, it is our responsibility to reach out to them and make an effort to regularly maintain relationships. We can also encourage them to expand their social circle by suggesting they join group activities, such as book clubs, choirs and walking groups. Social isolation is one of the key signs of depression in the elderly, but it works not only as a symptom, but also as a cause – it serves to augment the challenges they are already facing. It is the responsibility of us, as their loved ones, to reach out to seniors that may be suffering from depression, because though they may not feel comfortable reaching out to us, that by no means implies that they do not need our help and support.

Finally, another important way in which people can help seniors at risk for depression is by encouraging them to maintain their active lifestyle, in spite of the changes they are undergoing. Physical and mental decline might lead seniors to lose hope, and feel that they no longer want to do anything or see anyone. But, this will only serve to make their depression worse, particularly if they fall into the thinking that they are too old to participate in certain activities or learn new skills. Though seniors are faced with a number of physical and mental changes, by adapting to these changes, they can remain active and feeling connected to their loved ones. The elderly can adapt to the changes they are facing by exercising in safe ways given their own abilities, maintaining a healthy diet, pursuing hobbies they enjoy, and remaining connected to others. Although depression can be a persistent illness, those suffering from it do have some degree of control, and seniors must never lose hope if they want to combat or prevent depression.



Depression in the elderly is common, but it is by no means unavoidable. Preventing depression in seniors is the responsibility of not only the seniors themselves, but of all of us, as their loved ones. By maintaining a strong support system for them, seniors have a reduced risk of developing depression, and are more likely to lead fulfilled, balanced lives.

Andrea Shanmugarajah

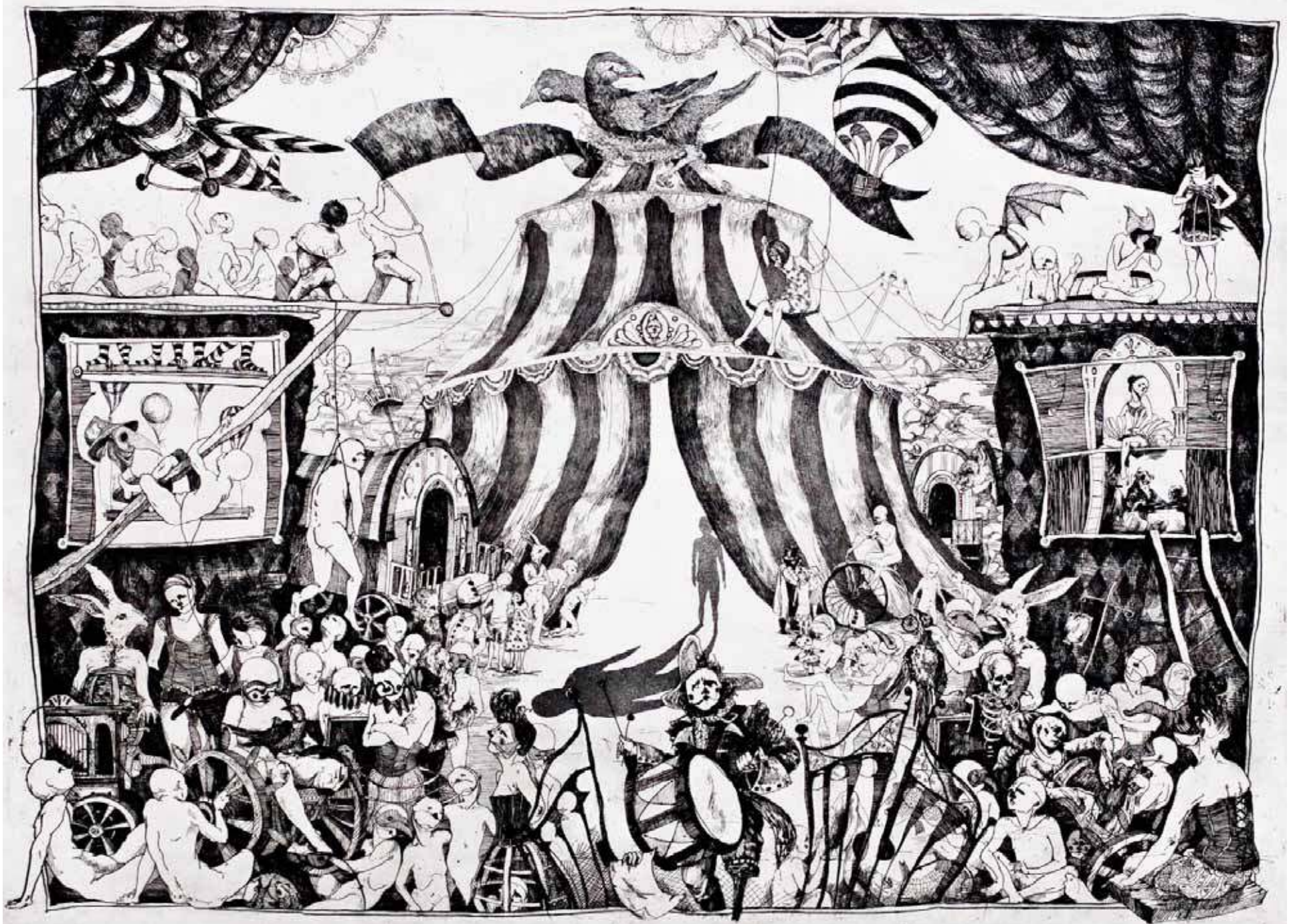
Andrea Shanmugarajah is a student at the University of Toronto, where she is currently pursuing an honours degree

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.



WORDS OF PEACE



No Ordinary Circus

Everyone loves a circus. Though it has changed over the centuries, evolving from small traveling troupes of performers to large tents with three rings to today's highly choreographed, sophisticated performances, the circus continues to fascinate. It has come to represent the many forms of human expression, which may be why it's often said that life is a circus.

Prem Rawat, known worldwide as an ambassador of peace, uses this familiar metaphor in a fresh way, offering insights into the meaning of the circus of life—and what we, as human beings, can take from it.

"A big circus has come to town," he says. "In this circus, there are clowns, there are animals, there is adventure and there is risk. It's a real circus, and it has come to your town. Are you interested in going to this circus?"

"For some people, the circus is going to go on for 36,500 days—if you live to be a hundred years old, that is how long the circus will be in town, because this is no ordinary circus. You see, this circus that has come is nothing more or less than your existence. Every day in the act, there is something alluring. Every day in the act, there is something funny. Every day in the act, there is something very risky. This is your day. This is your life. This is the circus that is

afloat. One day this circus will pack up, and it will be gone."

So is that it – a flurry of excitement, of thrills and risks, and then it's over? Or is there something more that this circus has to offer?

"What have you, in your life, saved from this circus for yourself?" Mr. Rawat asks. "As you see the circus unfold—a band playing here, a person jumping through a fire hoop there, all the things that go on in a circus—what are you learning, what are you understanding from this circus?"

This life, he says, can be much more than a dazzling show. It brings with it the potential for the fulfillment of a yearning in the heart that cries out for peace and contentment.

"We live, but we don't know what life is," Mr. Rawat says. "We don't truly understand that every day we get is the most precious gift. Every day of our lives, a gift is given to us. You didn't ask for it, you didn't push a button to get it, but the most precious thing there is on this Planet Earth is given to you in abundance. Even if you do not accept it, this gift is given to you. Every day, peace knocks on your door, wanting to be let in."

Peace is a word that has come to mean many different things, from the end of war to political goodwill

to good relations with the neighbours. Some people say, "Peace? I just want to be happy!"

"Contentment, satisfaction, happiness, joy—the words may be different," Mr. Rawat says, "but it's the same thing. I call it peace. It doesn't matter. It's the same thing. Peace has to be your companion."

For those who say they are too busy to go searching for peace, he says he has good news: "Peace is already there within you, knocking to come out."

Mr. Rawat offers a simple way to experience the peace he talks about. "How do I explain to the most fortunate that you are the most fortunate?" he asks. "By showing you what you yearn to see—not by creating something new, but simply by putting a mirror in front of you. Just a mirror? Yes, just a mirror, so you can feel, you can understand, you can witness.

"This is no ordinary circus. This is the circus of the divine."

To learn more about Prem Rawat visit:

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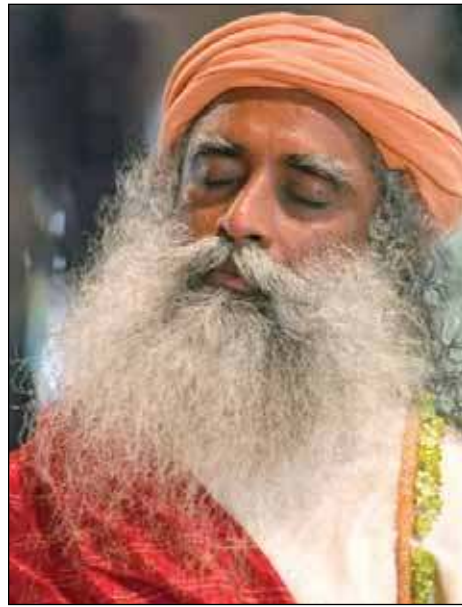
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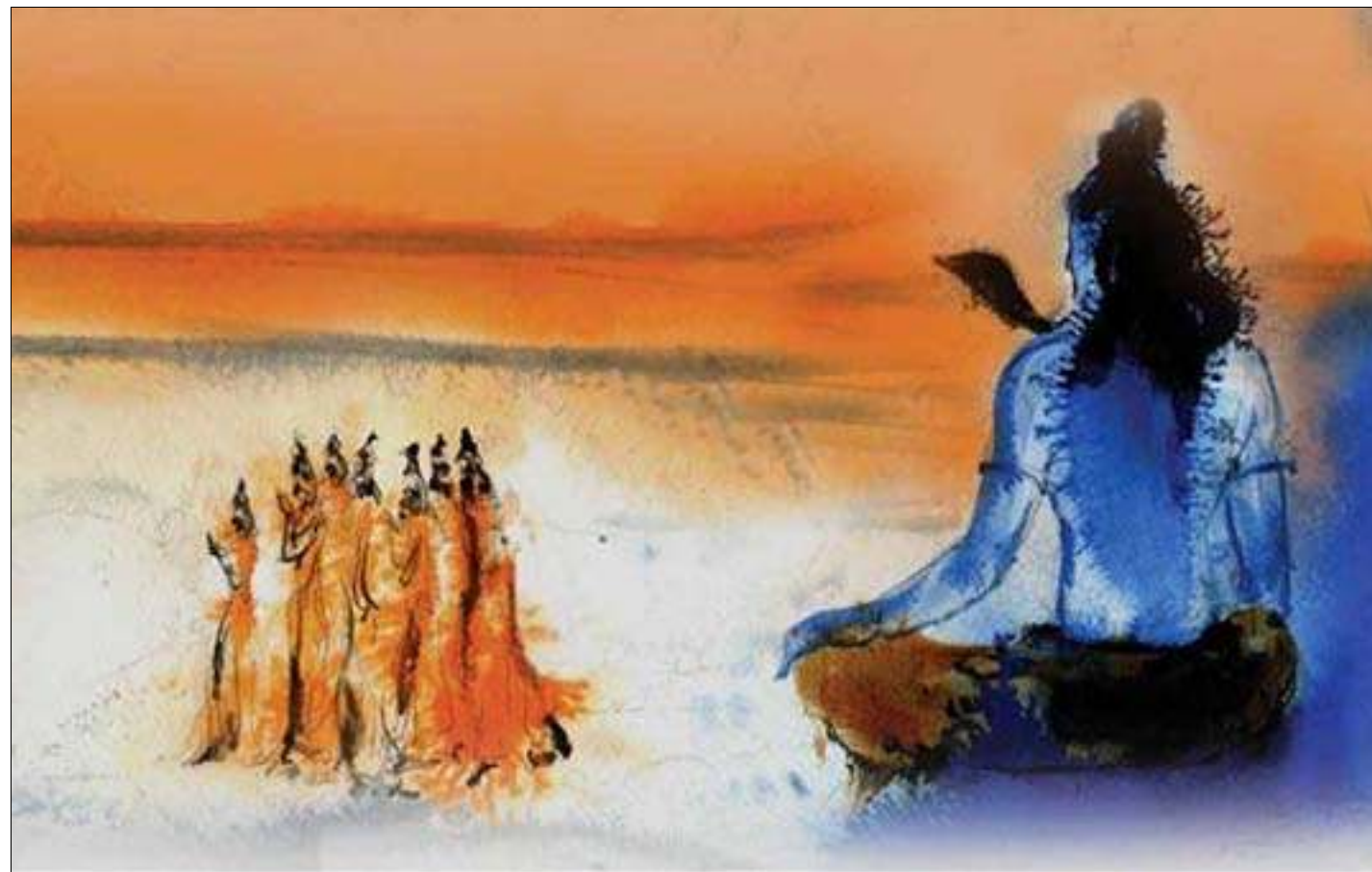
Special Feature

SADHGURU

In the yogic culture, Shiva is not seen as a god; he is seen as the Adiyogi, or the first yogi. Guru Purnima is the first full moon day of Dakshinayana, when the Adiyogi transformed himself into the first guru, the Adi Guru. It marks one of the greatest moments in the life of humanity because it was on this day that he made a dimensional change in the way people perceive and understand the existence and the source of creation. He gave humanity the spiritual process, not a religion or a philosophy or a dogma, but a scientific method through which an individual could undo the boundaries of the many complex forms that nature has set upon human life. A method by which a human being could evolve beyond his present dimensions of existence. So



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



this day is in celebration of something tremendously valuable beginning for the human race.

Today we have built boundary walls around us by dividing humanity on the basis of community, caste, creed, gender and nationality. We have become so individualistic that we invariably find expression in conflict. Being a technologically empowered generation, conflict mode can be disastrous. If we have to find other expressions, there must be a raise in human consciousness which will melt these walls of separation. Without this consciousness, we are like hugely empowered animals. If we have to call ourselves human beings, we have to be able to rise beyond these self-imposed boundaries. So the most fundamental work that needs to be done is to create mechanisms so that humanity experiences a sense of all-inclusiveness. Without this sense

of inclusiveness, all other investments that we have made in order to reap the benefits from science, technology and economics, will go waste. Unless human beings come to an inner experience where they naturally think of the well-being of every life on this planet including their own, we cannot say that the evolutionary process is complete upon us.

When people act compulsively, the actions are going to be reactionary and many times producing injustice and bigger problems, than which they intended to attend to. Martin Rees, a cosmologist and astrophysicist from the UK says the probability of humanity seeing 22nd century is 1/2. Now, scientific community is throwing up warnings that are perilous to ignore. Fortunately, human minds are totally capable of foreseeing errors, of planning for things before they manifest. The essential possibility of being hu-

man is just that. So instead of acts of compulsion, we can act out of our sense, our intelligence, our love and our compassion. If one can throb here as life beyond identities, it will be natural to live in a state of inclusiveness.

The science of yoga is tremendously relevant today as it offers tools to enlarge one's identity to become all-inclusive. Modern science has arrived at a point where it can prove to you that everything that you know as existence—the cosmos, galaxies—is just one energy manifesting itself in millions and millions of ways. Scientists have deduced this reality. The religions of the world believe this reality. But the whole process of yoga is about bringing this as an experiential reality into every human being. This is the essence of spirituality.

Today, humanity knows the comforts of material well-being like never before, but this will not transform into human well-being. You can see in af-

Adi Guru

*Ascetics distance
The stoic stance
All this they bore
And He could not ignore
Seekers so intense
Broke his obstinate stance
Celestial sages seven
Strived not in search of Heaven
But to find a way for every human
To find a way beyond hell and heaven
They toiled for their race
He could not withhold his Grace
He turned his sacred face
To south to look upon their race
They not only beheld his divine face
But held the downpour of ultimate Grace
As the Beginningless One flowed
In knowing, seven sages overflowed
To release the world
From its crusted mold
To this day the sacred knowing flows
We will not rest until every vermin knows*

catapult into a completely new realm of possibilities.

Sadhguru J. Vasudev is a contemporary mystic rooted as strongly in worldly and pragmatic matters as he is in inner experience and wisdom. Named one of India's 50 most influential people, he has addressed prominent global forums on issues as diverse as socio-economic development, leadership and spirituality. He has served as delegate to the United Nations Millennium Peace Summit and the World Peace Congress and has been a special invitee to the World Economic Forum (2006-2009), the Australian Leadership Retreat (2006) and TED (2009).

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

Founded by Sadhguru, Isha Foundation is a non-religious, non-profit organization with over 200 centers worldwide and over one million volunteers. Isha Foundation offers Inner Engineering Online – a practical approach for inner transformation in a fast paced world. The course designed by Sadhguru presents simple, yet powerful tools for an individual to experience life on a deeper level with more awareness, energy, and productivity. This program is an ideal opportunity for those with time and travel constraints to experience the same profound effects of the traditional Inner Engineering program, which has impacted millions of people over the past 25 years. To learn more, view the free Introductory Talk, or to register visit www.InnerEngineering.com

**Website: www.ishafoundation.org
email: toronto@ishafoundation.org
Local contact: 416 300 3010**

SCHOLARSHIP ANNOUNCEMENT

All female students currently registered to the first year of an undergraduate program at the Faculty of Engineering of the University of Ottawa

TERMS OF REFERENCE FOR AN ANNUAL FUND

NAME OF ANNUAL FUND

Sritharan and Logeswaran Scholarship

INTRODUCTION

This scholarship was established by Jeavana Sritharan and Krishanth Logeswaran in honour of their parents Sinnathurai Sritharan, Kanalogini Sritharan, Poopalasingam Logeswaran, and Kirubalakshmi Logeswaran.

Jeavana and Krishanth attended the University of Ottawa where Jeavana completed a Bachelor's degree in Health Sciences (BHSc) and Krishanth completed a Bachelor's Degree in Electrical Engineering (BASc). The continued success in their careers and education stems back to their very first degree completed at the University of Ottawa. This would not have been possible without the unconditional support and dedication of their parents. Jeavana and Krishanth believe that the first degree is one of the most im-

portant as it can develop one's potential to the fullest and build the groundwork for success.

In recognition of the constraints that the cost of post-secondary education is putting on some of Canada's best and brightest students and the limited enrolment of females in engineering, the Sritharan and Logeswaran Scholarship aims to help female engineering students achieve their full potential and pave their own path for success. More than ever, Canada's prosperity will be based on young people's ability to think creatively, pursue innovation, and take risks. The Sritharan and Logeswaran Scholarship will help foster this approach by providing financial support for students at a critical time in their student careers, their first year.

PURPOSE OF FUND

Provide financial assistance to female students registered to the first year of an undergraduate program at the Faculty of Engineering.

SCHOLARSHIP DETAILS



Eligibility Criteria

The applicant must:

1. be a female Canadian citizen, permanent resident, person with the protected/refugee status or international student;
2. be registered to the first year of an undergraduate program at the Faculty of Engineering of the University of Ottawa; and
3. demonstrate financial need, as determined by the Financial Aid and Awards Service of the University of Ottawa.

Value of the award: \$1,000

Number of awards: One

Frequency of the award: Annual

Level or program of study: Undergraduate

Application contact: Financial Aid and Awards Service

Application deadline: October 31

APPLICATION PROCEDURE

Applications must be made through Online Scholarships and Bursaries, which can be accessed through www.uozone.uOttawa.ca, and should include the Financial Questionnaire.

Also info at Link: <https://scholarships.uottawa.ca/p/a/15868/>

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MARKHAM

11th Oct., 2015, 5.00 pm

Flato Markham Theatre (Warden & HWY 7)
171 Town Centre Boulevard, Markham, ON L3R 8G5



Dr. G.GNANASAMBANDAN

இர்ப்பு
வருத்தினர்



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பட்டிமன்ற நடுவரும், 15 மாவட்டங்களின் நகைச்சுவை மன்றங்களின் நிறுவனரும், 14 நூல்கள் எழுதியவரும்,
13 திரைப்படங்களில் நடித்தவருமான, ஜெயா தொலைக்காட்சியின் "இன்றைய சிந்தனை" நிகழ்ச்சியாளருமான

கலைமாமணி - உவகைப்புலவர் முனைவர் **கு.ஞானசம்பந்தன்** M.A., M.Phil., P.h.d.,

விஜய் தொலைக்காட்சியின் சூப்பர் சிங்கர் சீனியர்

நிகழ்ச்சியின் வெற்றியாளர் **திவாகர்**

மற்றும் அதே நிகழ்ச்சியின் இறுதிச்சுற்றின்

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HUMANITY MY KIN

By: Kumar Punithavel

Recently I was listening to a pop song by Oscar award winner A.R Rahman's rendition of a two thousand year old Tamil song, and was taken aback by the poet's insight of human mind and his global outlook. The song was composed by a poet whose name is not known in reality. The reason being in the days gone-by the Tamil poets many a times never mentioned their names, but instead mentioned their profession and birth villages' name. The poet who wrote the song sung by Rahman is called as Kanian Poonkudranar. The word Kanian means a person who does calculations of the celestial movements of planets and stars. This suggests his vocation must have been to calculate the almanac. The second half of the name refers to the name of the village where he was born. Poonkundram is called as Mahipalan patti now and is located in Ramanathapuram district of South India. This information is found in the stone engravings of the temple in Mahipaalan patti. The small hillock near this village to this day is called as Poonkundram. Incidentally in Tamil the word 'Kundram' means hill.

The sage poet Poonkudranar rarely made composition of poems though he was a great scholar in Tamil language. When asked why he did not compose poems more frequently, though he was very talented, he answered with a gem of a poem which is the song in discussion. He starts the song with the line 'World is my hamlet'. By this line he implied that he felt each and every town village and country as his own hamlet. To him the whole world was his hamlet. What a noble thought? Today the world is fragmented as different countries and under the name of patriotism fight with one another. We take pride in our own country and criticize other countries. Within each country humanity is further fragmented as towns and

where each one praises theirs as the greatest and condemn the others. But this sage poet saw no difference to compose a song either praising or otherwise of a country, town or village for that matter as he loved them all as his.

Next he wrote 'humanity my kin'. Today the humanity is fragmented as nations, religions, races and so many other divisions. Not so in the mind of the sage Kanian Poonkudranar. His love and kinship was universal. He loved the whole humanity as his kith and kin. Because of his universal love he could not compose a song praising or critical of any one person. Many a song in those times was composed either praising someone's good deed or cursing the bad deed. Not in the case of Kanian, the sage poet.

He is a great believer in Karma a philosophy which essentially says one harvest what he has sown. If evil comes by, in his life, it must have been because of some evil he had sown in the past, the sage believed. Thus he never blamed anyone else for his or any ones misery. So is the case when some good happened, he had no desire to praise someone else. That too must have been his own good karma he believed.

In a person's life, he undergoes many pains, and eventually he comes out of it. The sage poet was not prepared to blame or praise another person for this, and he composed the next line; 'Evil and good aren't caused by others'.

Accepting the law of Karma he believed that pain and deliverance too happened by the past actions, thus he says in the next line of the poem; 'pain and deliverance are likewise'.

He could not compose a verse on some ones death for when a person is born; one of the most forgone knowledge is that he will die. Hence why there is such hype when he dies? This thought prompted the poet to write the next line; 'Death too is nothing new'.

The great Tamil saint Sekilar

when describing the nature of a true devotee says, 'a true devotee of God will treat a chip of clay and gold nugget alike', for such devotees are beyond likes and dislikes like God himself. A true saint's mind is forever focused in the all-pervading God. In the next two lines he expresses this mindset as follows; 'Rejoice not I for happiness, Misery too, I do not grieve'.

In the following two lines we see the beauty with which he describes the nature. In the arid Tamil Nadu during the monsoon season, torrential rain falls wetting the dry land and such rain flows into the river bed on which the flood waters flows negotiating the boulders on the river bed. The flat terrain of Tamil Nadu is blessed with many such river beds. Near our sage poets home town Poonkundram flows Peari Aaru. He describes this scene as follows; 'Lightning sky's falling cool water, Fills Peari River and flows through boulders'.

Sage must have observed a floating raft in the river, which negotiated the boulders but kept on going. At times it got stalled on a boulder or a reed, but the journey carried on. Its destiny is to float on and one need not doubt the final goal. This prompted the next line of the poem which is; 'alike the raft that floats on'.

He realised that a learned knowledgeable person does not praise the good flow or condemn the stalled for it is the nature to float. He found simile between the journey of the raft on river and the life's long journey of a person, which prompted the next two lines; 'Life too floats on says the gifted by their vision's revelation'. This conveys the philosophy of Karma once again which means, like the helpless raft that floats on the river current, people on earth also have no power to overcome destiny but has to continue.

The great flow is not praised and lowly flow is not teased and he composes the last two lines explaining the life's nature and

non necessity to praise or tease as follows; 'Praise not I the great ones or tease not I the lowly ones'.

Let us read the two thousand year old poem by Kanian Poonkudranar, which has stood the test of time and will last forever. It will be the day of true peace on earth when each and everyone in the humanity look at one another as their kin and treat each every land as their own with kindness and respect.

*World is my hamlet, humanity my kin
Evil and good aren't caused by others
Pain and deliverance are likewise
Death too is nothing new
Rejoice not I for happiness
Misery too, I do not grieve,
Lightning sky's falling cool water
Fills Peari River and flows through boulders
Like the raft that floats on it,
Life too floats on says the gifted
By their vision's revelation, hence
Praise not the great ones or
Tease not the lowly ones*

By Kanian Poonkudranar (200 BCE)

Translated by Kumar Punithavel

யாது மூரே யாவருங் கேளீர்
தீதும் நன்றும் பிறந்தர வாரா
நோதலுந் தணிதலு மவற்றோ ரன்ன
சாதலும் புதுவ தன்றே வாழ்தல்
இனிதென மகிழ்ந்தன்று மிலமே முனிவின்
இன்னா தென்றாலு மிலமே யின்னொடு
வானந் தண்டுளி தலைஇ யானாது
கல்பொரு திரங்கு மல்லந் பேர்யாற்று
நீர்வழிப் படுதும் புணைபோ லாருயிர்
முறைவழிப் படுதே மென்பது திறவோர்
காட்சியிற் றெளிந்தன மாகலின் மகட்சியிற்
பெரியோரை வியத்தலு மிலமே
சிறியோரை யிகழ்த வதனினு மிலமே.



VALLUVAR'S VIEWS FAMILY LIFE



By: JJ Aputharajah

Tamils gave family life an indispensable status in society. Valluvar in his couplets portray the role of family life in a very meaningful and effective manner. Even in these times of increasing challenges to family and its integrity, Valluvar's thoughts hold good. It is only a good householder who can support all the other elements in society. In those days renunciation was the only accepted path to greatness and to salvation. Valluvar is the first great philosopher and poet to give pride of place in society to family life. Domestic life is portrayed as the most desirable way of life -if it is based in righteousness. It is this idea of Valluvar that endeared Albert Schweitzer's attention to him. In Valluvar's synthesis between matter and spirit, between life affirmation and life-negation, domestic life is exalted as the most desirable way of life. The

house holder is the sustainer of those who have left their homes, the needy and the aged. The idea of Valluvar is corroborated by Illangovadigal in Silapathikaram when he speaks of Kannagi's household virtues.

A good family man has a five-fold duty to perform to his ancestors, his parents, guests, relations and finally to himself. Ancient classics like Periyapuranam and the Holy Koran too support these ideas. If one earns his wealth by shunning evil, and shares it with guests, through hospitality, his lineage will never become extinct. Passages from the Bible give the same idea in Proverbs Chapter 20 in the lines-"A righteous man who walks in his integrity-blessed are his sons after him". Love and virtue strengthens family life with character and happiness. There can be no other forms of happiness other

than that which is achieved by following domestic virtues. A householder who has achieved success in life through righteousness is the best of all aspirants to virtue. Even the hermits or 'sannyasis' can equal the virtuous householder who supports all other social groups. The idea is that if a householder lives a life of love and virtue and help others also to live their ordered lives appropriately,

there is no need for a life of renunciation. Family life is real virtue indeed, if it gives room for no adverse criticism. It is pure dharma-par excellence. Valluvar sums up his ideas on family life with the conclusive statement that a man who leads an ideal life in this world can be held with equal status as the Gods. Life becomes a glorious proposition for those who determine to lead a blemish-less righteous life.



“Vaiyathul valvaangu Vaalpavan,
Vaanurayum theivathul Vaikkpadum’.



We have all heard this being discussed at some point in the recent past – especially after Vidhya Sivaloganathan's tragic death: degradation of Culture (f y hrhu rθoɸ̄) is what lead to it apparently. It is a blanket term used to blame any and all ills in our midst. We have to preserve our ancient culture (which if applied properly would have nothing ever go wrong, according to its stalwarts) at all costs.

So how do we seek to preserve it? It was the men who raped and murdered yet every time 'preservation of culture' is summoned like a spectre, it is the women who get haunted. And then will begin the exorcism rituals. "Don't wear that dress. Don't wear T-shirts. Don't wear your saree like that. Don't go out alone. Don't go out with a male friend. Don't go out

"We heard that Vidhya's mother had reported a robbery in her neighbourhood and that is what got her daughter killed. Couldn't she have minded her own business?"

Well done, bravo! Hereafter, every time anyone sees anything wrong happening to anyone else, exclusively mind your own business and don't 'poke your nose' into helping them. Poking your nose into others' affairs is only desirable the way you do it – flexing your tongues any which way you like to hurt and blame the victims instead of seeking solutions. That's the way to preserve our glorious culture.

The stress due to all this is telling on Vidhya's family. Instead of being allowed to grieve the horrible tragedy that have befallen their midst, they have

same time, yearning for them – leading to a vicious cycle of societal ills which keep perpetuating and re-perpetuating; where an increased focus on women's morals and behaviour leads to a culture of men not bothering to examine their own behaviour too closely whilst seeking to police the opposite sex's.

This has given rise to a noxious culture where male vigilantes feel it is OK to grope, pull and pinch at women should they get caught to them in vulnerable situations such as being alone somewhere at night, and justifying it with views such as "what was she doing out alone at that time of the night? She must have come out to meet her boyfriend."

Whatever it was she was doing alone out at night, whether it be to meet her boyfriend or not, it doesn't warrant her

gregation had said. "We were trying to pray for Vidhya when one person spoke up and said, 'well, who knows what kind of a girl she was after all?' (avalum ennamathiri aanavalo, yarukku theriyum?). I am still hurting over that. Why are some people so needlessly mean spirited?" he asked in bewilderment.

It's not all that uncommon a view to hear though, every time a case of gender based violence against women is broadcast. Someone or other will inevitably voice this gem of a platitude, wondering what the woman had done to 'ask' for it – thus also cementing their place in society I suppose, as upholders of our culture, and gloriously virtuous beings themselves.

It would take too much to go into for the moment so let's leave aside all argu-

The Problematic Discourse on 'Preserving' Tamil Culture

By Thulasi Muttulingam
Photo Courtesy: Megara Tegal

in groups that include boys. Don't go out after 6.00 pm. Don't smile too much" etc, etc. The list goes on and on...

The minute a woman crosses any of these arbitrary boundaries, she is passed all the blame for whatever untoward incident might get inflicted on her by vigilante males. In Vidhya Sivaloganathan's case, that is well nigh impossible. She was a young schoolgirl on her way to school at 7.00 am in the morning when she was abducted, brutally gang raped and then murdered.

Let me repeat that: She was an 18 year old girl on her way to school, in her school uniform, at a perfectly respectable time in the morning. See anything AT ALL here to pin any blame on the victim? We certainly can't. Yet victim-blaming is such an integral part of our 'glorious' culture that quite a few people tried.

Here are just a few issues her family and those sympathetic to her fate had to answer to:

"Did the girl have a boyfriend?"

No, she did not have a boyfriend. Not that her having a boyfriend would have been wrong in our eyes but we are glad you are unable to follow that line of questioning any further, to cast unwarranted aspersions on her character.

"Why was she traveling alone? Couldn't her brother have accompanied her?"

Her family has been put on the spot to say that her brother did accompany her to school as often as he could but on this particular day she had gone alone. Can't 18 year old girls travel alone at least to school? Is that also somehow wrong now?

"Why were they living in Pungudutivu?, it is an area well-known to be unsafe for young women after all?"

Because the family is in straitened circumstances with the father who was the main breadwinner, having become debilitated with a stroke two years ago. They were not in a position to have too many choices and had gratefully received the offer of a relative to live in his vacant house in Pungudutivu. They have been put on the spot to explain this too.

been made to defend themselves repeatedly on a variety of arbitrary issues that people around here have raised, from the mundane to the downright stupid.

"I didn't even know I was going to meet the president when the police van took us to meet him. We had been transported so many times to the police station for questioning, that we thought this was going to be one more such visit," says Vidhya's mother. "When our pictures appeared with him in the papers next day, we had to answer questions several times over as to why I had gone to meet the president in my house-dress and why my son was in his shorts. We meant no disrespect to the president, as they implied. Alternately we have also been accused of sucking up to him and using my daughter's tragedy to gain material benefits from the government. We did no such thing. The president on his own asked us about our circumstances and how we lived. The next day, it was reported in the press that we had asked him for land and a house – we had not. We have been ridiculed for that too."

How much can one family take? As part of our glorious culture, can we not maintain gracious, kind speech and empathy in times of others' tragedy?

No, our f y hrhu rθoɸ̄ is not because women are not 'dressing properly' or 'behaving properly'. It is because the mores of a bygone age, attempting to have a stranglehold on a contemporary society, will inevitably take its toll. Arbitrarily nominating just one gender to be the keepers of these traditions and culture will have its repercussions too.

Overall, this is a culture with laxer standards of behaviour for men than women; where the men identify as sexual beings yet scorn women who do the same; where the myriad frustrations of not being allowed to mix freely yet respectfully between the sexes leads to a male contempt for women while at the



getting sexually harassed. Yet the community upholding our 'culture' at all costs do not concede this point easily; they tend to justify it with that old chestnut of a proverb: "Whether it is the thorn that catches the saree or the saree which gets caught on a thorn, it is still the saree which gets torn" (their brilliant allegory for relationships between males and females and how it is the females who have to take care to preserve their 'chastity'). Some of us females caught at the wrong end of the stick here are not all that thrilled with it.

Not to say that all males in our community are this crude, but the culture we so like to glorify and hold on to is inherently misogynistic. It is high time we as a community learned to address this instead of brushing it under the carpet, and then blaming women's dress and behaviour a la f y hrhu rθoɸ̄ every time something goes wrong. Because usually, the victims of such cases are women themselves and the culture of victim-blaming on top of that is a puerile aspect of our culture which we need to call out.

A Tamil counselor from Colombo who came to hold a prayer meeting for Vidhya in the North, shared with me his shocked receptance of what a member of his con-

ments for a woman not to be raped no matter what it was she had done or said. In this particular case, even after all the microscopic exploration of Vidhya's circumstances and background in the press, which still could not throw up anything at all to fault her with, even by our traditional culture's absurd standards – the member of that congregation harboured these doubts against her? Seriously?

If there had been even a teensy bit of information that could have cast her character in a negative light, don't worry – you'd have heard about it by now. So here's a little piece of advice for all such people, men and women out there, who are inclined to blame the victim: If you 'don't know what kind of a girl she was' – then don't mention it at all. It doesn't warrant mention. All it does is make those of us watching from the sidelines cringe with embarrassment at the cultural norms which makes it alright for you to air such reprehensible views; views that are not of any use to anybody, do not add to any discussions whatsoever, and are nothing more than air and noise pollution combined. Some aspects of our culture such as the one you represent are not facets we are proud of. High time for some changes.

THE FRIENDLY GIANT

Once there was a giant who had some skin ripped. He didn't wear shoes. The giant's name was Furious. Furious never took baths in his life, so he was very dirty. Furious was so big and so tall that he could reach the sky. He wore a skirt and a shirt which were too small for him because he wore it since he was born.

Everyone was scared of him because of how he looked. All the parents told their children not to go near the giant, or he would eat them all up. They wanted to get rid of the giant, so they would live happily.

One day, there was a girl named Katie, who was 6 years old, playing in the park at recess time, but she wanted to go home to see her mom. She walked all by herself but didn't

know her path home.

After an hour, the recess bell rang and everyone went back into their classroom. Katie's teacher, Ms. Shareena, was taking attendance and saw that Katie wasn't in class, but she knew that Katie was present in the morning. Ms. Shareena asked another person if they saw Katie. Everyone said no, except for one student named Luke. Luke said that he saw Katie go somewhere by herself. Ms. Shareena got scared and went to the principal's office. Ms. Shareena told the principal, Mr. John, that she couldn't find Katie and that she was seen going somewhere

Name: Arthika Sivakumaran with Jim Karigiannis, Toronto Councillor and former MP for Toronto-Agincourt

Grade: 4

Prize: 1st Place - Juniors

Seventh article in a series of award winning articles presented for the RG Education Centres' essay competition by students and delivered at their annual celebrations held during year end, 2014.



by herself. Mr. John was shocked.

Mr. John quickly called Katie's mom. When Mr. John told Katie's mom that they couldn't find Katie and asked if Katie was home, Katie's mom said no.

"I will come to Katie's school," said her mom. When Katie's mom came to the principal's office, they were trying to figure out where Katie was. Right away, Katie's mom said maybe the giant took her.

"Where could the giant be?" asked Ms. Shareena.

"No time to talk. We have to call the police," said Mr. John.

When the police came, the police asked, "Who do you think the person might be?" Mr. John said they thought it was the giant.

Soon, the police found the giant. They called Mr. John to go to a place where they could see the giant from afar. When Katie's mom, Ms. Shareen, and Mr. John arrived, they saw Katie. The policeman was almost going to shoot the giant, but suddenly Katie said, "Stop!"


She told everyone that the giant was the one who rescued her. Everyone asked how she was when she saw the giant. She explained why she walked off from school and how

"I will come to Katie's school," said her mom. When Katie's mom came to the principal's office, they were trying to figure out where Katie was. Right away, Katie's mom said maybe the giant took her.

the giant said he would bring her home. That it was how she arrived here.

After that second, everyone became friends with the giant.


Don't judge people by how they look.



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A NEW LIGHT THERAPY METHOD TO REGULATE CIRCADIAN RHYTHM WHY DO WE NEED SLEEP AT NIGHT?

By: *Uthayan Thurairajah*

According to the National Institutes of Health, about one in five people are affected by insomnia each year. Sleep is important because it is critical for immune system functioning, learning and memory, and overall quality of life. A pilot research study led by the author lead to a conclusion that the light is the answer to the insomnia problem.

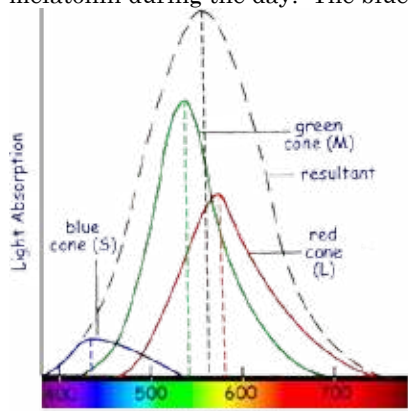


Light Therapy

This study examined a unique method in delivering the light treatment. An ultraviolet-free green light Eyeglasses that shine light into the subject's eyes can trigger neurotransmitters in the brain and reset participants' sleep cycles. These glasses can be worn while performing everyday activities.

When we wear the glasses in the morning for one hour, the light reaches the brain, and it triggers neurotransmitters in the brain to shut off the production of melatonin and increase the cortisol levels. Melatonin is a hormone that influences sleep, and the cortisol is a hormone that helps us awaken.

The bright light is necessary to suppress melatonin during the day. The blue part of the



Eye Sensitivity of each cone

spectrum is most efficient at doing this. These glasses will help provide this colour of light to perk-up your minds during the day while reducing the wavelengths that might produce a too-bright environment. The light treatment is a better alternative to sleep medication, which can have numerous side effects. Light plays a significant role in keeping our circadian rhythms stable. Too much or not enough light will impact our sleep-wake cycles. A person does not receive an adequate amount of sunlight, the more likely he/she is to have depressed biorhythms. A circadian offset can cause a person to wake too early or have difficulty falling asleep. People who live near the equator receive enough sunlight. But people in northern climates, particularly during winter months when days are short, achieving an adequate amount of light is an issue.

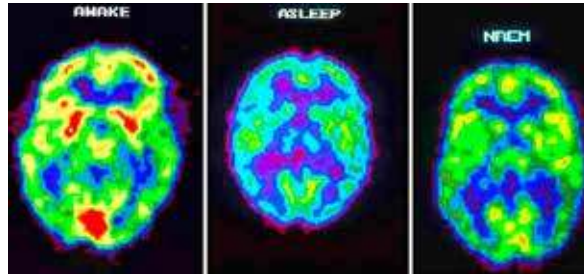
Researchers have recorded the amount of light in participants' homes to evaluate the influence of light on sleep and wakefulness. Home lighting is a major concern for resetting circadian time. The amount of light in some of the houses is often like living in



MRI Scanning

a cave. Researchers ensured that the participants are not getting an unwanted dose of light just before sleeping time. We are encouraged that all the light to be shut off at night including that from bedroom television, laptop computer, tablet let, and cell

phone.



Sleep Disorder

The bed must also be restricted to sleep and eliminating activities such as reading or surfing the Internet. When you perform, these activities are you start sending signals to the brain that the bed is for everything when the bed should only be for sleep.

Our sleep cycle is timed by an invisible clock called circadian rhythm. This circadian clock is naturally timed by bright light being absorbed by photoreceptors in our eyes. Our lifestyles often interrupt the circadian clock and also our interior lighting is not bright enough or the correct wavelength to duplicate sunlight.



Our circadian rhythm needs a particular light source that can able to adjust or circadian time to maintain our circadian rhythm.

1. Delayed Sleep Health Risk

The Delayed Sleep Phase is a medical condition recognised by healthcare professionals. The result of a delayed circadian rhythm bothers falling asleep. This disorder is characterised by long periods spent awake in bed attempting to fall asleep. Therefore, the duration of sleep is compromised, and feelings of fatigue and general tiredness follow the next day.

2. Advanced Sleep Health Risk

The Advanced Sleep Phase is a medical condition



Brain Neural Network

recognised by healthcare professionals. The result of advanced circadian rhythm makes falling asleep too early and waking too early. It will interfere with our work and social life if our sleep cycle is timed too early.



Healthy Sleeping

3. Seasonal Affective Disorder Health Risk

Seasonal Affective Disorder or winter blues is a medical condition recognised by healthcare professionals. A portable light device that emits an original green light can be proven superior for treating Seasonal Affective Disorder (SAD) or winter blues. We can treat the Seasonal Affective Disorder by changing the lighting in a place where we live and work.

4. Shift Work Disorder Health Risk

Shift Work Disorder is a medical condition recognised by healthcare professionals. Night shift work confuses the circadian body clock. It can cause tiredness and makes you less alert. A portable light device can reduce this body clock misalignment. We can also treat the Shift work time misalignment by changing the lighting in a place where we live and work.

5. Jet Lag Health Risk

The Jet Lag is a medical condition recognised by healthcare professionals. The Jet Lag confuses the circadian body clock and requires readjustment. The Light treatment is proven to reduce the effects of jet lag by readjusting the circadian clock.

Once we established our preferred sleep and wake time with light treatment, we can stop using it. Most users reported that they can maintain a proper sleep-wake routine for several weeks before they require another week of light treatment. The light treatment can change fatigue, poor memory and concentration, aggravated mood and more.



Sleep Mask to block light

We can turn our life around by re-adjusting the sleep schedule and make us wake up every morning feeling better and well rested. The light wavelength produced an enhancement to our overall sense of well-being and joy.

Maintaining good sleep hygiene is complemented by the light treatment. We can avoid continues light treatment if we maintain the dark environment in the evening, preventing bright light one hour before bed and ensuring a cold and dark bedroom. It can lead to a consistent sleep-wake routine. The effects of light exposure may vary from individual to individual. As a matter of good practice, it is recommended you seek the advice of your family doctor before using the light treatment.



Uthayan Thurairajah

is a Senior Engineer and Associate at MMM Group with over eighteen years of experience in Electrical Engineering and Lighting field, and he also teaches in the Department of Communication and Design at Ryerson University. Uthayan is a member of several Canadian and international professional association including Academy of Integrative Health and Medicine (AIHM) and Association for Prevention Teaching and Research (APTR). He has worked on numerous multi-disciplinary lighting and electrical projects for the Ministry of Transportation, various Towns, Municipalities, Regions and others.

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.

Sports



Pan Am Games a Gold Medal Win for Ontario

Team Canada's Record Medal Count Caps a Great Success Story

The outstanding performance of Canadian athletes has topped off the most successful Pan Am Games ever.

Team Canada won a record 217 medals at the TORONTO 2015 Pan Am Games. Ontario athletes had a strong showing, with 109 medals, and helped Canada finish in the top two at the largest international multi-sport event the country has ever hosted.

The Games were also a success beyond the field of play:

- More than one million tickets were sold for the 36 sporting events in 15 municipalities across the Greater Golden Horseshoe. Millions of fans across Ontario and Canada cheered on our athletes as they competed for a spot on the podium;

- More than one million people attended celebrations at seven sites, such as PANAMANIA Live at Nathan Phillips Square in Toronto, to enjoy a wide array of arts, sport, cultural and culinary programming;

- More than 23,000 volunteers welcomed 7,100 athletes and officials from 41 countries and territories, as well as nearly 250,000 visitors from around the world;

- More than 85 per cent of spectators said they were satisfied with their transportation experience. GO Transit buses using temporary High Occupancy Vehicle (HOV) lanes regularly arrived ahead of schedule, and more than 95 per cent of Games vehicles arrived on or ahead of schedule. Travel times in general-purpose lanes improved as drivers adapted to the introduction of the HOV lanes;

- The Games provided an opportunity to showcase Ontario to an international audience and attract tourists, jobs and new business investments. The Games are expected to create 26,000 jobs and boost Ontario's real GDP by \$3.7 billion from 2009 to 2017.

The Games will leave behind a far-reaching legacy that will continue to enrich Ontario for decades. This in-



cludes the Athletes' Village, which will transform into the Canary District, a vibrant and diverse new Toronto neighbourhood. The 25 new and renovated sports facilities -- such as the Cisco Milton Pan Am/Parapan Am Velodrome and the CIBC Pan Am/Parapan Am Aquatics Centre and Field House -- will serve as world-class training sites for the community and for future national teams, and will also be available for public use.

From August 7 to 15, Ontario will again host top athletes from the Americas and the Caribbean. About 3,200 athletes and officials from 28 countries and territories will compete in 16 sports at the largest-ever Parapan Am

Games.

Supporting the success of the 2015 Pan Am and Parapan Am Games is part of the government's plan to build Ontario up by investing in people's talents and skills, making the largest investment in public infrastructure in Ontario's history, creating a dynamic, innovative environment where business thrives, and building a secure retirement savings plan.

QUICK FACTS

Of the 719 Pan Am athletes on Team Canada, 289 (40 per cent) were from Ontario.

Team Canada won 78 gold, 69 silver and 70 bronze medals at the TORONTO 2015 Pan Am Games and finished second overall, as compared to 30 gold, 40 silver and 49 bronze and fifth overall at the 2011 Pan Am Games.

Ontario athletes won 40 gold, 33 silver and 36 bronze medals for Team Canada.

Quest for Gold has provided Ontario athletes and coaches with more than \$90 million in support since the program began in 2006. Ontario provided more than \$26 million in 2014-15 to promote participation and excellence in sport across Ontario.

The Pan Am Games are the world's third-largest international multi-sport Games.

The Parapan Am Games torch relay will feature two torches — a Parapan



first. The torchbearers will carry the flames, starting in Ottawa and Niagara Falls on August 3, to the Opening Ceremony in Toronto on August 7.

"I am delighted that people across Ontario embraced the Pan Am Games and helped make them the best Games ever. I want to thank the athletes, volunteers and other participants for their enormous contribution to this great success. I also want to thank TO2015 chair David Peterson, CEO Saad Rafi and the entire TO2015 team for their meticulous planning and impressive execution. I enjoyed attending many Pan Am events, and I can't wait for us to again welcome the world at what I am confident will be the best Parapan Am Games ever."

- **Kathleen Wynne,**

Premier of Ontario

"Congratulations to all our athletes and coaches who made Team Canada proud at the TORONTO 2015 Pan Am Games. Ontario athletes turned in amazing performances and contributed more than half of the medals won by Team Canada. The skill and dedication shown by all our athletes and coaches, the commitment of thousands of volunteers, and the sponsors and partners have made these the most successful Pan Am Games ever."

- **Michael Coteau,**

Minister Responsible for the 2015 Pan and Parapan American Games

"The TORONTO 2015 Pan American Games have been a resounding success. Canada reached its goal of being in the top two nations in terms of overall medals won, also achieving our country's best-ever performance at a Pan Am Games. From outstanding performances by our athletes to fantastic ticket sales and strong public support, to the seamless and safe execution of logistics, these Games have been a reflection of Canada's aptitude for hosting world-class sporting events."

- **Marcel Aubut,**

President, Canadian Olympic Committee



MANAGING YOUR MONEY



RESP facts

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

A Registered Education Savings Plan (RESP) is a great way to save for a child's postsecondary education. Here are some basic facts so you'll be sure to get the most from an RESP.

- Investments that are RESP-eligible allow savings to grow tax-free until your child enrolls in a qualifying post-secondary education program.

- There are three types of RESPs:

- * A Family Plan allows you to name multiple beneficiaries, each of whom must be

related to you. This includes siblings, half-siblings and step-siblings.

- * An Individual Plan allows you to name one beneficiary, who does not have to be related to you.

- * A Group Plan pools the earnings on your savings with those of other people, and the amount your child receives to pursue post-secondary education is based on how much money is in the pool and on the total number of students in that pooled age group.

- The Canadian Education Savings Grant (CESG) is a federal program that provides a matching grant for each RESP contribution made for an eligible child. It is generally worth 20% of the first \$2,500 of annual contributions (\$500/year), but depending on family income and prior contribution history,

could be worth up to \$1,100/year.

- The Canada Learning Bond (CLB)¹ is a federal program that provides \$500 bond to an RESP for a child whose family receives the National Child Benefit Supplement, and \$100/year for up to 15 subsequent years.

RESP spending

– know your options

You're finally ready to start tapping into the investments you've been building in that Registered Education Savings Plan (RESP) you've nurtured over the years. Here are some ideas on how to get the most from it.

Know your options Once your child is enrolled in an eligible program you can withdraw plan contributions tax-free and use them any way you wish – to support your child or even for your personal purchases. (If your RESP is a "group RESP", then there may be further restrictions on contribution withdrawals.)

Know your limits Educational Assistance Payments (EAPs) consist of the Canada Education Savings Grant (CESG), the Canada Learning Bond (CLB), and the income you've earned on the investments within the RESP. In most cases, the government restricts the withdrawal of EAPs to a maximum of \$5,000 in the first 13 weeks of your

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child's educational program. In some cases, the limit may be \$2,500 per 13-week period. EAPs must be used to 'further' your child's post-secondary education, and thus can be used to pay for numerous things including tuition, school/student fees, textbooks and even 'reasonable' costs for moving, rent, food, and transportation.

You can request the permission of the Minister of Employment and Social Development Canada to exceed the \$5,000 or \$2,500 limits on EAP withdrawals. Make your request in writing through your RESP promoter, and send it in as early as possible.

Avoid paybacks If there is any money remaining in your plan after your child's post-secondary program has been completed, you may be required to refund some of the CESG monies your plan had received. To avoid any potential CESG paybacks, be sure to deplete your plan's earnings first by withdrawing EAPs before contributions.

Take advantage of left-overs Any contributions remaining in the plan after your student finishes college or university are yours to use as you wish – transfer them to another child's plan or withdraw them for personal use.

Be tax-savvy Remember that EAPs will be taxed as part of your child's income -- a tax advantage if your child's income is low. An RESP is a great way to help offset the cost of a post secondary education – and there are other steps you can take to ensure your financial stability and achieve a debt-free education for your children. Talk to your professional advisor about the best financial steps for your situation.

Disclaimer:

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



MS Viswanathan, The legendary music composer of South Indian films passes away at 88

Legendary composer MS Viswanathan, who scored music for over 1,000 films in of multiple languages, passed away at a private hospital here on 14th July after prolonged age related illness.

He was 88 and is survived by four sons and three daughters. "The cremation will be held tomorrow, he passed away after about a month's medical treatment for old age related illness," Viswanathan's son Gopi told PTI.

Affectionately called by the acronym "MSV," Viswanathan was a household name in Tamil Nadu, his death was consoled by the Tamil film fraternity and political leaders.

Expressing grief, Chief Minister Jayalalithaa said he remained a legend in Tamil cinema. Born in Palakkad in Kerala on June 24, 1928, he scored music for about 1,200 films in languages, including Tamil, Malayalam and Kannada, many of them in a brilliant partnership spanning over a decade with his associate TK Ramamurthy.

Together they shared the famous creditline of "Viswanathan-Ramamur-

thy." His association with iconic lyricist of yesteryear "Kaviyarasu" Kannadasan is legendary and it resulted in evergreen songs and he came to be called as Mellisai Mannar or King of Melody.

Anecdotes of how MSV used to compose music with his humble harmonium to Kannadasan's lyrics are popular in Tamil Nadu. MSV also acted in character roles in over 10 films, including Tamil comic hit Kadala Kadala.

He scored music for a wide range of films, including of Tamil super stars of yesteryears like Sivaji Ganesan and M G Ramachandran (later AIADMK founder and Chief Minister).

Pasamalar, Paavamannippu, Paalum Pazhamum, Par Magaley Par and Thamarai Nenjam were among the super hit Tamil films, the songs of which still reverberate in every nook and cranny of Tamil Nadu.

His Telugu hits include Maro Charithra (made into Hindi as Ek Duj Ke Liye), 47 Rojulu, Tenali Ramakrishna, Maa Gopi, Ramu, Kokilamma,



Laila and Samrat Asoka.

"He brought about several changes in music composition and successfully integrated elements and traditions of folk, rock, jazz, carnatic, western and western classical in film music," film

music researcher D Thiagarajan said.

"There is no genre of music untouched by him," he added.

(PTI)

Rameswaram's final send-off for it's favourite son Abdul Kalam

Contd. from page 1

The last rites and prayers were performed at his ancestral "Kalam Home" with a brief stop-over for "janaza prayer" at the nearby mosque.

A large number of people, who gathered inside and outside the mosque, were moved to tears as the cortege took the final journey from the mosque to the burial site to the shouts of "nare takbeer", 'Kalam sab hamara hai' and 'Jai Hind'. People lined up on either side of the road and paid their last respects with folded hands and tears in their eyes.

Prime Minister Narendra Modi led the official mourning on behalf of the Government of India.

Prime Minister Modi wrote as a funeral eulogy "Bharat has lost a Ratna, but the light from this jewel will guide us towards A P J Abdul Kalam's dream destination: India as a knowledge superpower, in the first rank of nations. As a boy, he had to support his studies by earning money as a newspaper vendor; Today, page after page of the same newspapers are filled with his obituary notices. He took little from the world, and gave all he could to society. He combined the honesty of a child with the energy of a teenager and the maturity of an adult. As a bachelor, he was childless. But that is wrong. He was a father to every Indian child, teaching, cajoling, urging, exciting, clearing darkness wherever he found it with the radiance of his vision and the passion of his involvement. The good that he did will not be interred with his



bones, because his children will preserve his memory through their lives and work, and gift it to their children"

Leaders from all parts of India gathered at the funeral site to pay their last tribute to India's great and famous son. It was a moving scene to watch when Kalam's ninety nine year old elder brother known by the

family as "Peria Thaatha" was escorted to take a final glimpse of the mortal remains of his famous brother.

As the body of Rameshwaram's most favourite son was lowered into the burial pit, Mother Earth slowly received it with pride.

(Picture Courtesy: The Hindu, Saisuresh Sivasamy - Rediff.com)

The very first Tamil Street Festival in North America!

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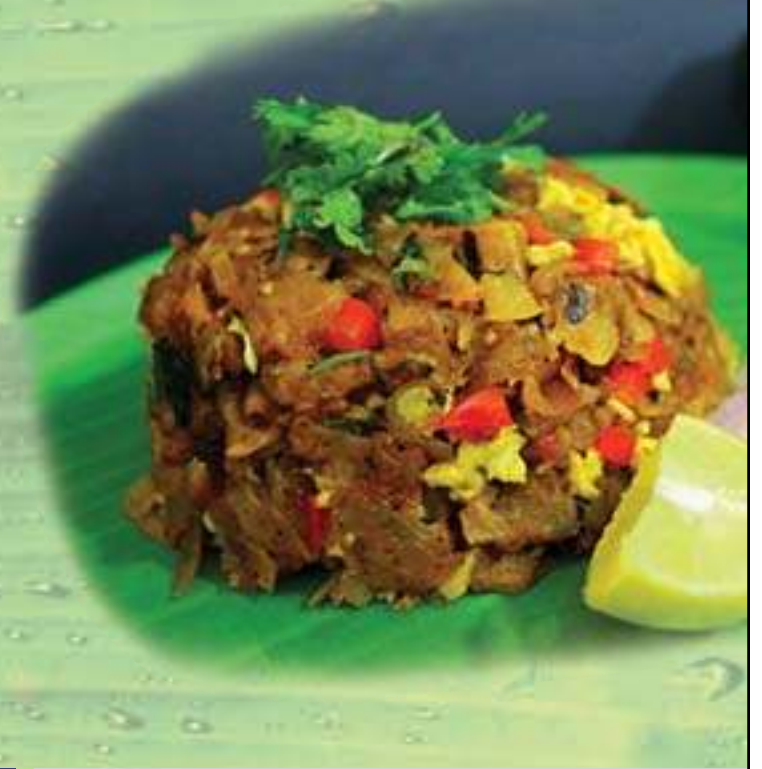
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GENIE SISTERS
SAMAYAL
SANTHAI



Welcome to our recipe corner! We sisters will entice you with recipes that we have fallen in love with and teach you a little Tamil along the way, as all the ingredients will have their Tamil names (where possible), as well. 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

Homemade Paneer



Recently paneer has become more popular within the Tamil community. This isn't paneer (made from rose petals) but paneer, which is made from milk. Paneer is a very versatile Indian cheese which forms the base of many North Indian dishes, such as chilli paneer, paneer makhani, shahi paneer and many more. Although readily available in most grocery stores, nothing beats the soft, creamy flavour of homemade paneer.

Ingredients:

Whole milk/
full fat milk
(2 litres)
A pinch of salt
A pinch of turmeric
Vinegar/lemon
(2 tablespoons)

Method:

Boil the milk in a pan. When it's near boiling point, add the salt, turmeric and vinegar/lemon to the milk and watch it curdle. After two minutes, strain the milk in a muslin cloth/cheese cloth and place a heavy weight on top to allow for all the remaining water to strain (a few cans of veg would do fine). Leave it for a good few hours, or even overnight (in the fridge). That's as simple as it is, the paneer is ready. This can be stored in the fridge, but is best used immediately. Lightly fry in oil for a more crispy texture, or add straight to your favourite dishes to enjoy fresh, soft paneer.

Before eating, please do take a picture and send it to us at Monsoon Journal, so we can appreciate your efforts. If you're on Instagram, upload a picture and use the hashtag #monsoonjournal. Enjoy!



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India's former President Abdul Kalam passes away

By Siva Sivapragasam

He was born in a poor Tamil Muslim family of a boatman in the port city of Rameswaram in South India. But he fought all odds to reach the highest position as the President of the country.

Eighty three year old Avul Pakir Jainulabdeen Abdul Kalam, India's foremost scientist and former President, passed away due to a sudden and massive cardiac arrest while delivering a lecture at the Indian Institute of Management in Shillong.

Dr. Kalam served as president for five years from 2002, enjoying the support of both the ruling BJP and the opposition Congress. Kalam was closely involved in the country's civilian space programme and military missile development efforts, earning him the title 'India's Missile Man'.

He worked as a scientist and science administrator, mainly at the Defence Research and Development Organisation (DRDO) and Indian Space Research Organisation (ISRO) before he became

“India mourns the loss of a great scientist, a wonderful President & above all an inspiring individual.”

– Indian Prime Minister Narendra Modi

president. He also played a pivotal technical and political role in India's Pokhran-II nuclear tests in 1998, shortly after the Atal Bihari Vajpayee government came to power.

After his term, he returned to a life of education, writing, and public service. He received several prestigious awards, including the Bharat Ratna, India's highest civilian honor. Abdul Kalam was born on 15 October 1931 in a poor Tamil Muslim family in Rameswaram. But he overcame all odds to study physics and aerospace engineering.

Dr. Kalam had close association with Tiruchi. It was here, at the famous St. Joseph's College that he spent four years of his formative education from 1950 to complete his intermediate and graduation in Physics. A.P.J. Abdul Kalam always used to say he would like to be remembered as a teacher. When he became the President in 2002, he made no compromise on his penchant for teaching. He grabbed



every opportunity to teach students, especially children, wherever he went. Administering a pledge on national development to the youth was his passion. He once remarked “Teaching is a very noble profession that shapes the character, caliber and future of an individual”.

In an exclusive interview to The Hindu on the occasion of ‘Teachers Day’ on September 5, 2013, the former President said: “If the people remember me as a good teacher, that will be the biggest honour for me.” By a strange co-incidence, minutes before his end came on Monday, Mr. Kalam was teaching students at the Indian Institute of Management, Shillong.

Popular with children and young people, after his retirement Dr. Kalam engaged the youth by reaching out to them through lectures and public interactions. He also led a frugal life, which was reflected during his stay in the stately Rashtrapati Bhavan.

A pall of gloom descended on Rameshwaram and

the “House of Kalam” as television channels broke the news of the death of the town's most famous son. Dr. Kalam had spoken to his family from Delhi on Sunday night and enquired about the health of his 99-year-old brother A.P.J.M. Maraikayar. His grandnephew Sheik Saleem told the “Hindu” newspaper “Grandpa called and enquired about the medicine and food being given to ‘Periya thatha”

Dr. Kalam reportedly collapsed on stage at the IIM and was rushed to the Bethany hospital. Doctors said he suffered from a massive cardiac arrest. Patricia Mukhim, editor of the Shillong Times, wrote in a Facebook post that Dr. Kalam was reportedly brought dead to Bethany hospital in the Meghalaya capital. Every year, the former President came to Shillong to deliver lectures. This time his topic was “Making the World More Livable”, she wrote.

“India mourns the loss of a great scientist, a wonderful President & above all an inspiring individual.” Indian Prime Minister Narendra Modi tweeted.

Premier's Statement on the Passing of Former Indian President Dr. A.P.J. Abdul Kalam

July 28, 2015

Ontario Premier Kathleen Wynne released the following statement on the passing of former Indian President Dr. A.P.J. Abdul Kalam:

“On behalf of the government of Ontario, I want to express my deepest condolences on the passing of former President Abdul Kalam.

Dr. Kalam was a man of many accomplishments. As a respected scientist, he played a critical role in the development of the Indian space program. As a committed educator, he inspired millions of young

people to achieve their very best. And as a devoted leader, he gained support both at home and abroad, becoming known as “the people's President.”

Ontario played host to the former president on many occasions, and in 2010 he was awarded an honorary Doctor of Engineering degree from the University of Waterloo.

I join our Indo-Canadian families, friends and neighbours in mourning the passing of this respected leader.”





By: C. Kamalaharan

I was profoundly saddened on reading the obituary of Mr. Ponniah Nadarajah whose sudden demise sent shock waves among the Tamils far and wide. A pioneer in the cottage industries of the North, Mr. Nadarajah laboured tirelessly as a self-made man, rose to eminence and placed Anna Industries in the map of Sri Lanka and far beyond.

Mr. Nadarajah was not born with a silver spoon in his mouth. Born in a rural background where farming was the predominant occupation, his parents found it extremely difficult to eke a living for their six daughters and two sons. Consequently Mr. Nadarajah the elder son had to shoulder the responsibility, abandon his studies and become the sole breadwinner of the family. Under such circumstances he began his career as a tally clerk in the Colombo harbour at the tender age of seventeen. Unable to make both ends meet with the remuneration he received, he quit his job and took up an assignment in a press. Here too finding the payment hardly enough to support his family he chucked his job, returned to Jaffna, assumed work as a road supervisor and worked hard sweating and panting in the mid-day scorching sun.

Blessing by Sage Yogar Swamy

Once while resting on a boulder by the roadside an old man while passing by noticed Mr. Nadarajah and asked, "Who are you? Why are you seated here?" Mr. Nadarajah fully exhausted and mentally fatigued revealed the circumstances that harnessed him to that tiresome job. Hearing that the old man said, "Work hard when you are young. Enjoy the fruits when you are old," saying so he went away. Puzzled by what the old man said Mr. Nadarajah asked the proprietor of the nearby Chandra Stores as to who the old man was. The proprietor who was watching the episode replied, "Don't you know him. He is sage Yogar Swamy. I saw him patting your back. You are blessed." The events that followed later in Mr.

TRIBUTE TO LATE MR. PONNIAH NADARAJAH

The Self-Made Entrepreneur of Anna Industries, Inuvil

Nadarajah's life vouched what the sage prophesized. Finding the work extremely tedious and the payment meagre he left the job and tried his hand at farming. He received the government's three acres of paddy land and two acres of highland at Vavunikkulam and cleared the land all by himself as he was not financially sound to employ labourers. Later finding that large sum of money was needed to fence the lands he leased out the lands and returned home thoroughly dejected.

The turning point in his life

The suggestion of Annamalai 'pariyariar' (ayurvedic physician) to prepare tooth powder from herbs and put them on sale was the stepping stone for Mr. Nadarajah's rise in the industrial career. As suggested he prepared the tooth powder and labelled it as Annamalai Ayurvedic Tooth Powder. Later 'Milkwhite' Kanagarajah with whom he became friendly and moved closely introduced him to the coffee powder industry. As a result Mr. Nadarajah's family members through combined effort ground coffee powder manually at home and packed them for sale. The coffee powder too was labelled as Anna Kopi in honour of Annamalai pariyariar, his mentor who was primarily responsible for his success in the industrial career. Mr. Nadarajah took his finished products for sale to retail outlets in his pushbike. With its popularity the name Anna Kopi became synonymous with Mr. Nadarajah. In fact Mr. Nadarajah was better known as 'Anna Kopi' Nadarajah.

Mr. Kanagarajah had been Nadarajah's benevolent companion. Out of compassion he took Nadarajah's products along with his for sale in his vehicle. In 1995 when the production stepped up and the revenue increased manifold Mr. Nadarajah purchased a grinder and the following year he became the owner of the Jaffna man's then most popular vehicle A40. Later he began the production of other local products: packeted rice flour, chilli powder, curry powder and coriander powder. In addition he prepared and put on sale the nutritive 'Jeevaharam' a balanced mixture of Soya, black gram, par-boiled rice which is the main source of energy and essential vitamins. 'Jeevaharam' became the vital food for infants, children, pregnant ladies

and lactating mothers. He also commenced the production of Anna blue, Anna incense, Anna joss sticks etc. In order to provide room for his expanding industry he re-modelled his house to a factory and named it 'Anna Tholilagam' where he employed more than one hundred people mostly from the locality.

When Mr. Nadarajah's brother Mr. Vivekanandan became his business partner both of them inaugurated the Anna Agricultural Farm along the Maruthanamadam Urumpirai road close to Inuvil railway station. It became a model farm housing dairy, poultry, piggery, rabbit-rearing etc. A windmill was installed in the farm to generate power to the water pumps. Expanding the industry further a vineyard was opened at Vasavilan.

To enable easy access for the public a retail outlet was opened at the new market in the heart of Jaffna town. Later branches were opened in Vavuniya and at Kandana in the Ja-Ela district. With the business blooming within the country the Anna International Pvt Ltd was established through which Anna products found markets in N. America, U.K, France, Switzerland, Germany, Australia and the Scandinavian countries. Thus Anna products became famous internationally and Mr. Nadarajah too became an iconic figure.

In spite of his popularity Mr. Nadarajah was never puffed up with pride and ego. He was simple unassuming and always maintained a low profile. He neither hoarded his products nor withheld his earnings in times of scarcity. Instead he became a philanthropist helping educational and religious institutions and other deserving causes.

Being a spiritual aspirant he would be present at the Madaththuvasal Pillaiyar temple (Pararajasekarar temple) daily in the morning to



witness the 6.30 A.M Pooja along with people from all walks of life. His vehicles transporting finished products to retail outlets too would arrive at the temple and after solemn invocation would leave for delivery.

A Sathya Sai Baba Devotee

There are many Saivite temples in Inuvil, I thought why not we have a Sai centre in this spiritual atmosphere and approached Mr. Nadarajah a staunch devotee of Swamy. He welcomed the idea and suggested that I meet Mr. A. Murugesampillai a retired engineer and a steadfast devotee of Baba who lived in the neighbourhood. Mr. A. Murugesampillai too welcomed the idea and both of us were in the lookout for a suitable venue to set up the centre. To cut short a long story Mr. Nadarajah and his brother Mr. Vivekanandan gladly left at our disposal the second floor of their 'Anna Building' used for commercial purposes, along K.K.S road, opposite to MacLeod hospital, Inuvil. With the brothers' support and blessings the centre was inaugurated on the holy 'Thaipooosam' day in 1987. It continues to function to date. In October the same year as shelling intensified Anna Tholilagam (factory) became a refugee camp accommodating about 400 refugees including my family. I remember when normalcy returned a special thanksgiving Bhajan was organized by Mr. Nadarajah in the Tholilagam.

Mr. Nadarajah's journey to success was one of trials and tribulations. The maxim 'Without labour nothing Prospers' aptly refers to the untiring, unflinching, conscientious and valorous effort taken by Mr. Nadarajah. He rose from scratch through hard work, determination, willpower, patience and perseverance to emerge as one of the most enterprising industrialist of the North. He never felt superior to others nor was he inflated with ego and pride. Rudyard Kipling's poem IF throws light on what he was:

.....If you can talk with crowds and keep your virtue

Or walk with Kings nor loose the common touch....

Yours is the Earth and everything that's in it

And-which is more-you'll be a Man, my son!

Mr. Nadarajah began his industry single-handed. But today in his absence both his sons are great assets to the industry. His elder son Dhivaharan a B.Com graduate is managing the factory in Jaffna while his younger son Kannathasan is in overall charge of the industry in Colombo. Mr. Nadarajah is no more with us physically but his steadfastness to duty, his perseverance, his never-say-die attitude, his readiness to help those in need and above all his charismatic smile will ever linger in our hearts...



Father, Loving Husband, Grand Father, Research Scientist

By: Raymond Rajabalan

It is an honour to write this tribute to Sivapalan—a friend, colleague, lecturer, scholar, husband, father, and grand father. In whatever role we knew him, from whatever vantage point, he stood apart as someone special.

Just a couple of weeks ago I happened to visit the residence of Sivapalan's niece Thaara in Scarborough, Canada when I learnt that her uncle Sivapalan affectionately referred to as "Sivam Mama" residing in Melbourne, Australia was very sick. It was a very shocking news and from the tone of the discussion, I felt that we had to brace for the worst. When the phone in my home rang a few days later and she spoke to me in a trembling voice my worst fears were confirmed. On hearing the sad news, for a moment I didn't know how to react since I never expected this to happen so soon. Though shocked by the sad news, within a few seconds pleasant memories of the past 45 years of friendship with Sivapalan began to swirl in my head and flood my memory.

Ever since I first met him one bright morning in September 1968 at the University of Peradeniya during registration of new students, I had a feeling that a very close friendship was about to develop between us. Initially, we were admitted to different Halls of residence but within a few months Siva requested me if I can apply for a transfer and join him at Akbar Hall and soon we were roommates. It was the beginning of many years of deep friendship.

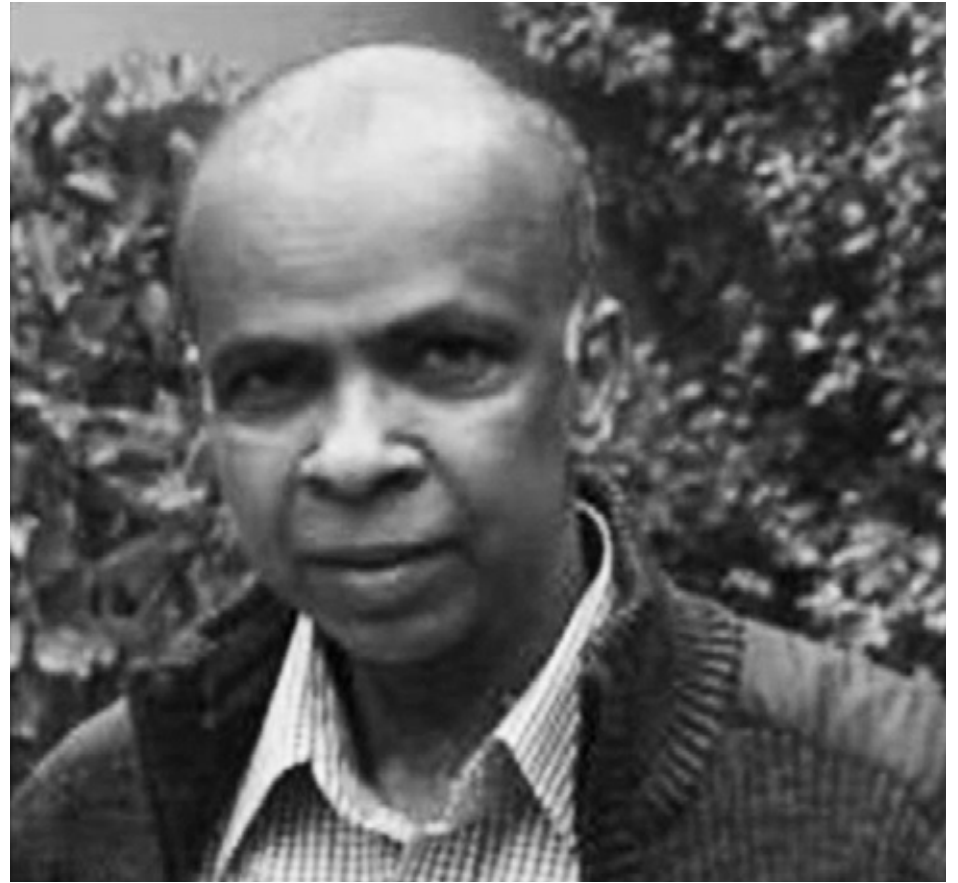
During every term holidays, I made it a point to visit his residence in Suthumalai North, Manipay where his parents and siblings welcomed me with open arms and every time they treated me with sumptuous meals. Their hospitality was simply amazing. Furthermore, each year we used to enjoy the Maruthady Pilayar temple festival celebrations and the colourful ceremonies. Sivapalan in return visited my home a number of times and our friendship continued to grow.

During the 4 year period of our degree program of study I was amazed by his brilliance. In 1972 during our Final year, the soft spoken Sivapalan was shocked by the sudden death of his beloved dad. He was heartbroken and I consoled him to the best of my ability. Immediately after, some of my university colleagues and myself accompanied him to Manipay to attend the funeral. It took some time for him to recover but at the end Sivapalan focused on his studies very intensely and emerged with flying colours during the Final examination.

Later, while I took to teaching Botany, Sivapalan joined the University of Jaffna where he was a lecturer for a few years. During this period every year we used to meet in Colombo for the meeting of marking examiners of GCE A/L Examination. The year 1975 was a great turning point in Siva's life when he got married to his wonderful life partner Shantha. After the wedding together with many of my university colleagues we had a great time in the precincts of his home.

Very soon he travelled to London and within a couple of years obtained his Doctorate in plant pathology and returned to University of Jaffna. Soon after the communal riots of 1983 he wanted to leave Srilanka primarily to ensure the safety of his family.

Meanwhile looking for greener pastures, Sivapalan joined the University of Guyana but soon he became very disappointed by the working conditions prevailing there. By that time I had moved with my family to Sokoto state in Nigeria on a teaching assignment and Siva discussed with me about the possibility of finding a job in Nigeria. As luck would have it, there was an opening in the University of Sokoto and soon Siva was in Sokoto with his family. Meanwhile realizing that the economic situation was turning very bad I chose to move to Canada. After a brief stay in Skoto Sivapalan too found that the country was in turmoil because of the military coup and made a very wise move to settle down in Australia.



**Arumaithurai Sivapalan, B.Sc.(Hons), PhD
(1948-2015)**

After living for many years in Melbourne he visited Canada in 2006 with his family and I still remember the good times we had with them together with many of our varsity colleagues. It is still very hard to accept the fact that my dear friend is no more. It is still a great mystery of life why God choses to take back the lives of many gentle persons so early in their lives. Now my hope is that he rests in peace knowing he did all that he could and that his children will be fine.

Sivapalan was committed to research focused on plant pathology and he had a gift of innovative thinking, a visionary spirit, and the tenacious patience required to successfully lead a research team. Siva always found time for his colleagues, his friends, and his family, especially his devoted wife Shantha and their two Children Jay and Shalini. He also spent a lot of time

had great fun spending his time with his three grand children.

It was a privilege for me to have been a part of Sivapalan's life. Although much too short, his, was a life well lived! He was a determined, visionary, collaborative, goal-oriented, caring person who loved life and all that it offered.

Sivapalan--a caring and beloved family man, a cherished colleague, a scholar and friend-- will be missed by many, but never will he be forgotten by those who were fortunate enough to have known him.

It isn't possible to put into words the importance of friendship and how much Sivapalan meant to me. He positively influenced my life in so many ways and I will miss him with all of my heart. Siva, thank you for your friendship, I will miss you forever and never forget all of the time we spent together



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Araly Cultural Organization Canada

The annual Summer Picnic and the Annual General Meeting (AGM) of the Araly Cultural Organization Canada will be held on August 8, 2015 from 10 am onwards at the Sunnybrook Park (Serina Gundy Park - Area 3) at Leslie & Eglinton. We request the presence of all the members, village people and the

well-wishers.

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Sri Lankan Post and Telecommunication Officers Association of Canada will be having its 19th Annual General Meeting on Saturday, August 8, 2015 at 4725 Sheppard Ave East, Party Hall commencing from 10.30 am.

All former employees of Department of Post and Department of Telecommunication of Sri Lanka are cordially invited to attend.

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THE HINDU TEMPLE SOCIETY OF CANADA

THE 2015 MURUGAN FESTIVAL AT THE RICHMOND HILL TEMPLE AT 10865 BAYVIEW AVE

The annual seventeen-day for Lord Ganesha, started with an elaborate Homam and religious rituals to bring health and prosperity to all the devotees and the community followed the next day with the “Kodi etram” (raising the flag of the deity), on Wednesday the 10th of June, marking the commencement of the festival. For the next thirteen days there were special Nava Kalasa (Nine vessels) Abhishekham, Yaga Puja, Vasantha Mandapa Puja followed by procession of the Utsava Deity with exquisite and beautiful decoration and seated on different Vahanas each day inside the temple to the accompaniment of traditional Nadaswaram and Mirdangam music. The most eagerly awaited event of the devotees, the Theer (Chariot) festival took place on Tuesday, June 23rd with a huge. This event is something that everyone should see for themselves to believe, how dedicated the thousands of devotees who come, pull the Theer around the temple. The other equally well anticipated and attended events are the Theertham and Poongavanam. The “Poongavanam Utsavam” is always sponsored by all the volunteers

who had spent enormous amount of their time from a week before the start to make the festival such a great event. This once again example of the success of a function thanks to “VOLUNTEERS, VOLUNTEERS, & VOLUNTEERS”.

UPDATE ON THE CONSTRUCTION WORK GOING ON AT THE TEMPLE AND AN APPEAL TO THE DEVOTEES

The granite tiling work inside the temple is close to 95% complete. The Roof repair is about 90% completed. The insulation work inside the main Gopurams and welding and strengthening the inside is underway. The process of getting quotations for tiling work and the heating of the Mandapam area is underway.

To make these projects come to fruition, we would like devotees to continue to give generous donations. With the help of you all, we can not only make all these work possible quickly, but also make our temple most beautiful place of worship in the GTA and an iconic centre in the Richmond Hill Community.





IN SEARCH OF ROOTS

A Play to Remember

By: Kumar Punithavel

It was a full house at Armenian Cultural Centre on Saturday July 25th, 2015 where people had gathered to witness a performance by the artists sponsored by Tamil Literary Garden. The title of the play to be performed that day was "In search of the roots..."

The performance started on time and it was about a few young Canadian children in a future date trying to find their roots. In this case they had their forefathers migrated to Canada to prevent the persecution in their birth land. It is not new to the world where people migrate in search of security. Canada has always been in the forefront giving protection to such persecuted people.

In this play, the adolescent children with Tamil ethnicity wish to find the rich cultural heritage of their forefathers. It is interesting to note that their ancient fine arts which are waning be revived and introduced through the modern Dramatics. One could see the healthy variation in this play where

different cultures are blended together. In the play 'In search of roots' where we expected to find an awakening of only the Tamil culture we saw the traditional Chinese heritage dance followed by the Tamil Folkdance.

The youngsters in the play visit a group home of Tamil Seniors and ask them to teach some of the Tamil heritage fine art dramatics like that of the Chinese. Initially the persons who were very conversant in Tamil traditional dramatic performance refuse, but on the insistence of an elderly woman occupant in a wheel chair, they agree and teach the youngsters the ancient Folkdance drama known as Naattukkooththu. A modern Tamil drama embracing a Tamil folkdance and Chinese cultural dance is a rarity. The play was written and directed by the famous poet Ponniah Vivekanandan and the Naattukkooththu segment was choreographed by Arunthavanathan, a well known authority in the field. Manuel Jesudasen and Selvam Arulanandam were responsible for the efficient stage man-



agement and administration. All in all it was a fine performance and Tamil Literary Garden should be commended for this production. It is hoped the Gov-

ernment of Canada will continue to foster more such events in the future that build the cultural communities.



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TEAM DTA CHEERED FOR THE CANADIAN TEAM DURING THE PAN AM WOMEN'S BASEBALL GAME

TEAM DTA Youth were extremely happy to watch the interesting Women's Baseball Game on May 21st that was hosted in the President's Choice Ajax Ball Park. About 30 youth and 5 adults enjoyed the experience of watching 2 games which went up to 7 hours. Canadian Women's Team won the game against Venezuela while Puerto Rico won Cuba. Sincere thanks to the Town of Ajax for the complimentary tickets to Durham Tamil Association for their commitment to Durham Region.



TEAM DTA YOUTH ENJOYED THE BASEBALL GAME BETWEEN CANADA & VENEZUELA



TEAM DTA YOUTH ENJOYING THE PAN AM WOMEN'S BASEBALL GAME IN AUDLEY BALL PARK

DURHAM TAMIL ASSOCIATION CONTRIBUTED TO THE RELAY FOR LIFE EVENT

Durham Tamil Association extended help to the Canadian Cancer Society for their Relay for Life, which was hosted on June 13th, in GL.Roberts School of Environmental Studies which is located in Oshawa. About 35 youth and 11 adults of TEAM DTA were on site in various shifts, helping the families with survivors and victims. The youth pitched in setting up, logistics, parking, clean up and tear down.



TEAM DTA WITH SHARON ALIPANOPOULOS & KENDRA CHOPCIAN OF CANDIAN CANCER SOCIETY DURING THE MIDNIGHT CLEAN UP @ AFTER THE RELAY FOR LIFE



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TEAM DTA IN AJAX



PRIME MINISTER STEPHEN HARPER ANNOUNCES THE EXPANSION OF CANADA'S FIRST NATIONAL URBAN PARK

Prime Minister Stephen Harper, on July 11, 2015 announced a significant expansion of Rouge National Urban Park which is located in the Greater Toronto Area in Ontario. He was joined by Members of Parliament from the Durham and Greater Toronto Area.

Under the announcement made on July 11th, the Government of Canada will more than double its initial contribution by adding an additional 21 square kilometres of new lands to Rouge National Urban Park, featuring a mix of natural, cultural and agricultural lands.

This expansion will increase the boundaries of Canada's first national urban park by over 36 per cent, making it one of the largest urban parks in North America, spanning 79.5 square kilometres once fully established.

The new lands, which include forests, meadows, streams, creeks, important archaeological sites and large tracts of farmland, are located in the City of Pickering and the Township of Uxbridge. They will be under the protection of Parks Canada and preserved for the enjoyment of Canadian families and international visitors. The Rouge National Urban Park will be afforded the strongest protections of any urban park in the world, with its very own legislation – the historic Rouge National Urban Park Act – providing multi-million dollar investments to conserve and restore it, and ensure year-round enforcement.

The expansion of Rouge National Urban Park was informed by broad consultations with municipal, regional, provincial, Aboriginal and community stakeholders. The urban park will provide real and significant benefits to Canada's environment, including protecting drinking water, agricultural lands, rare ecosystems such as some of the best remaining examples of Carolinian forests and wetlands in the Greater Toronto Area, and rich biodiversity including over 1,700 species of plants and animals.

Since 2006, our Government has focused on real action that is balanced and built on meaningful partnerships with those who share our vision for a healthy environment.

Quick Facts

A national urban park is a new category in the family of Parks Canada's protected areas alongside national parks, national historic sites and national marine conservation areas.

Rouge National Urban Park's close proximity to 20 per cent of Canada's population will create unprecedented opportunities in the Greater Toronto Area for a broad diversity of Canadians



Prime Minister Stephen Harper joins Earth Rangers in planting flowers at the Pickering Recreation Complex prior to announcing a significant expansion of Rouge National Urban Park, making it one of the largest urban parks in North America



Prime Minister Stephen Harper announces that the Government of Canada will more than double its initial contribution of new lands to Rouge National Urban Park, making it one of the largest urban parks in North America.



to learn about and connect with Canada's natural, cultural and agricultural heritage, serving as a gateway for discovering Canada's incredible network

of protected heritage areas.

The Rouge National Urban Park Act was passed by the House of Commons on January 26, 2015, and by the Sen-

ate on April 2, 2015; it received Royal Assent from the Governor General on April 23, 2015. The Act came into force – formally establishing Rouge National Urban Park – via Order-in-Council on May 15, 2015.

The Government of Canada announced its intention to create Rouge National Urban Park in the 2011 Speech from the Throne.

The addition of 21 km² (2,104 hectares) of new land will make Rouge National Urban Park one of the largest urban parks of its kind in North America. With the addition of these new lands, a total of 79.5 km² (7,956 hectares) of land have been committed to the park – making it 19 times larger than Stanley Park in Vancouver, 22 times larger than Central Park in New York, and close to 50 times larger than Toronto's High Park.

Rouge National Urban Park is home to a unique combination of natural, cultural and agricultural features including: 1,700 species of plants, birds, fish, mammals, insects, reptiles and amphibians; more than 10,000 years of human history; and large tracts of Class 1 farmland, the rarest, most fertile and endangered in the country.

On May 15, 2014, Prime Minister Harper launched the National Conservation Plan, which provides a more coordinated approach to conservation efforts across the country. The Government is further expanding our protected areas and will be taking the final steps to establish Lake Superior National Marine Conservation Area – the world's largest freshwater marine conservation area – and the Qausuittuq National Park on Bathurst Island in Nunavut in the near future.

"Our Government understands that Canada's natural environment helps shape our national identity and underlies our health and prosperity. That is why I am pleased to announce that with the addition of 21 square kilometres of new land, Rouge National Urban Park will become one of the largest urban green spaces of its kind in North America, benefiting Canadian families and international tourism." – Prime Minister Stephen Harper

"This announcement will provide families across the Greater Toronto Area and visitors from coast to coast with more opportunities to enjoy Canada's great outdoors. The expansion of Rouge National Urban Park will also ensure current and future generations of Canadians remain connected with an important part of Canada's rich natural and cultural heritage."

– Prime Minister Stephen Harper
(PMO photo by Deb Ransom)

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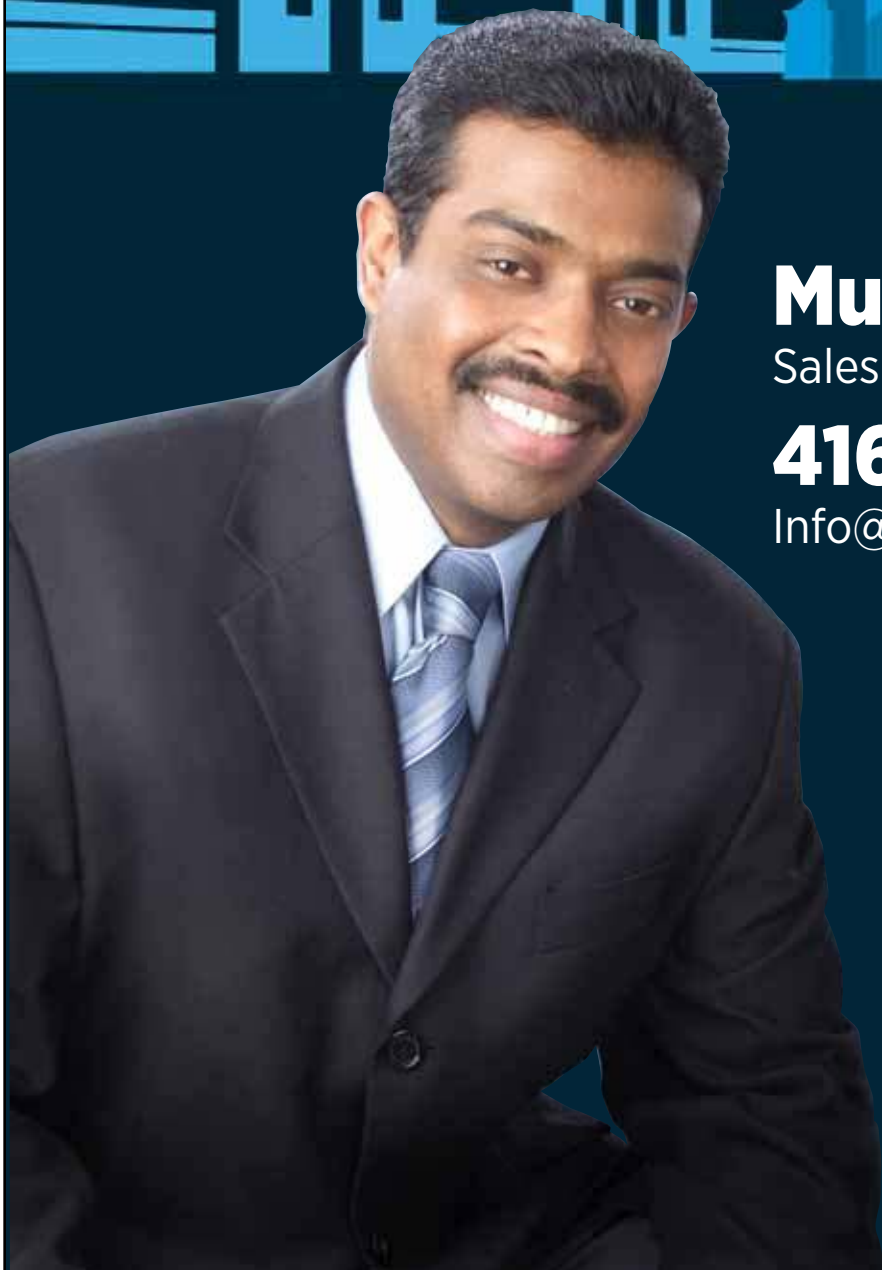
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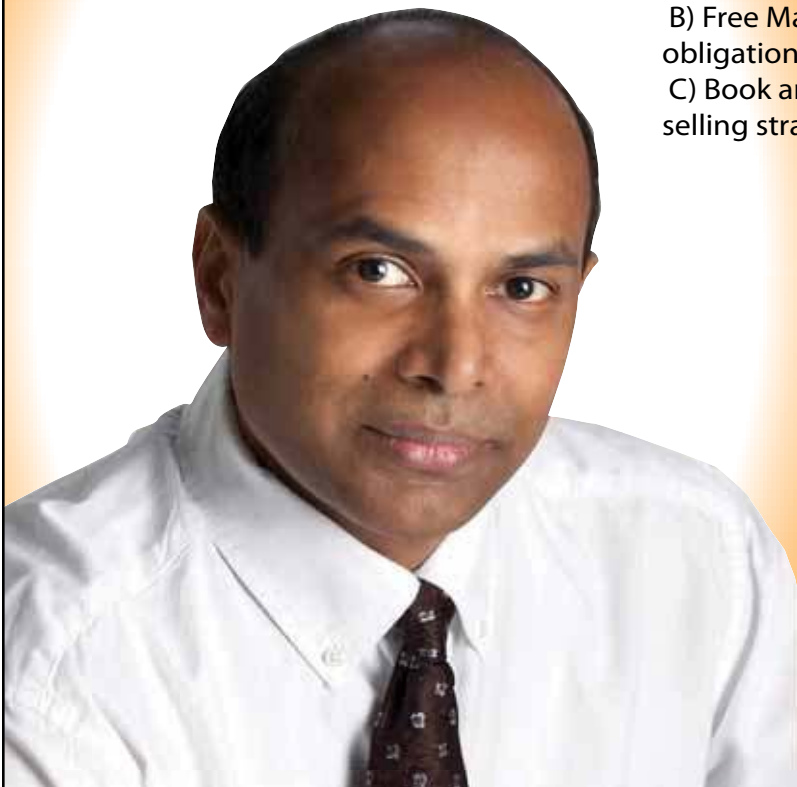
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