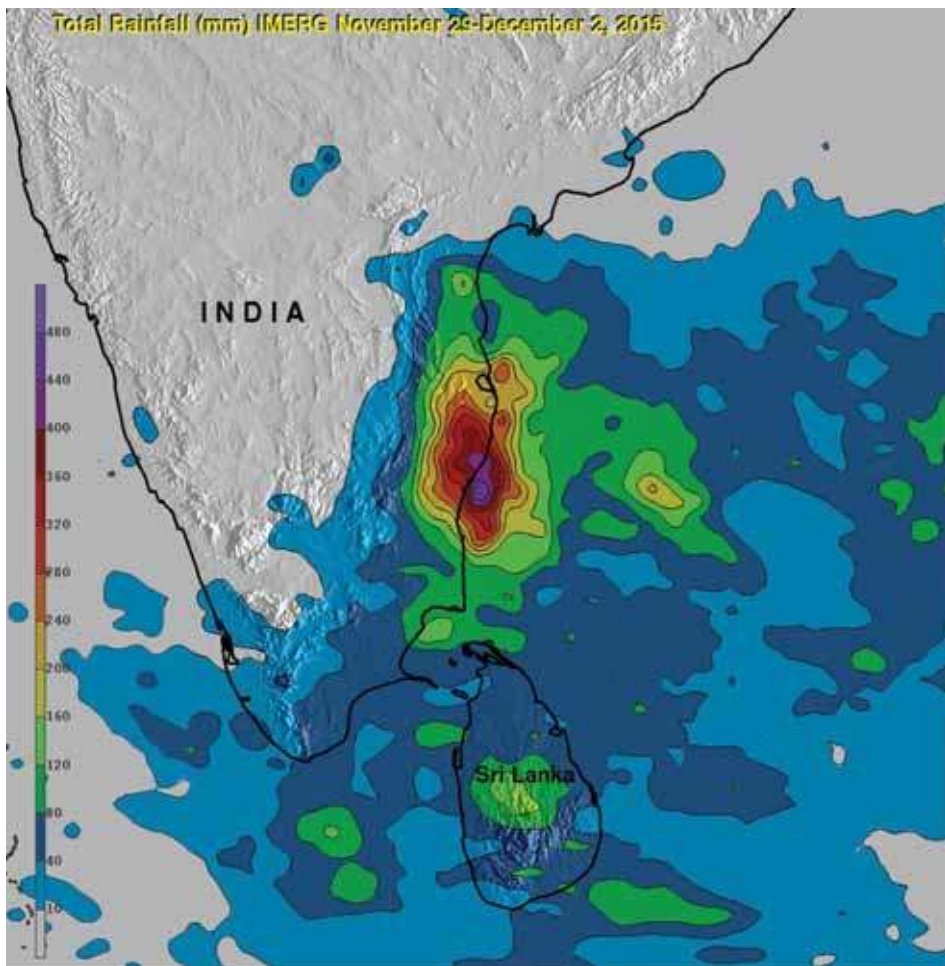


A parfait media publication

Monsoon Journal

VOL 10 ISSUE 7 DECEMBER 2015

Floods ravage Chennai city Central Government offers nearly 2000 Crore Rupees for flood relief



Southern India's Catastrophic Flooding Analyzed By NASA's Integrated Multi-satellite Retrievals for The Global Precipitation Measurement Mission (IMERG): The rainfall accumulation analysis above was computed from data generated by IMERG during the period from November 29, 2015 to December 2, 2015. This IMERG analysis shows that unusually heavy rainfall totals of over 400 mm (15.7 inches) fell over southeastern India. Even higher totals of up to 490 mm (19.3 inches) are shown in the Bay Of Bengal just off the Indian coast.
Image and Caption by Hal Pierce (SSAI/NASA GSFC)

By Siva Sivapragasam

Tami Nadu's number one city Chennai was at the receiving end of nature's fury when massive floods led to untold destruction, disaster and deaths bringing the city to an almost grinding halt.

For the first time in the history of this well-known city, wedding halls, theatres, temples, churches and mosques were opened up to accommodate the thousands of people rendered homeless due to the ravaging floods.

Contd. on page 29...

RE/MAX Community Realty Awards 2015

RE/MAX Community Realty announced its 2015 award winners at their annual awards ceremony held at Scarborough Convention Centre on Dec 4th. Some of the leading award winners can be seen here. Top Producer award was presented by Scarborough-Rouge Park MP, Gary Anandasangaree and RE/Max Community Management Rajeef Koneswaran & Logan Velumailum. Other 3 Platinum awards were presented by Abi Singam Law Professional Corporation Lawyer Abi Singam in the presence of Franchise Development Consultant Nancy Sears.

All other winners awards were presented by RE/MAX Community Realty's other sponsor partners.

Picture courtesy: Ninaivukal, EKuruvi, SP SYN & Digital Gnane



AKILAN SIVAPALAN,
Sales Representative,
Platinum Award Winner



KAYAN KANESALINGAM,
Sales Representative,
Platinum Award Winner



JOEY QUIAMBAO,
Sales Representative,
Platinum Award Winner



BRANDON PASCAL WILLIAMS,
Broker, Top Producer and
Platinum Award Winner

More details and pictures on page 22, 23 and 48



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WelcomePack 'Welcome A Newcomer PR

WelcomePack Canada Launches 'Welcome A Newcomer' Social Campaign Initiative encourages all Canadians to welcome new immigrants to their new home country

Canada has been welcoming new immigrants to her shores for generations, and Canadians are known world over for their friendly and welcoming spirit. Tapping into this spirit, WelcomePack Canada has launched its 'Welcome a Newcomer' campaign, where the company is encouraging all Canadians to reach out to a newcomer, and welcome them to their new home country.

To welcome a new immigrant, visitors can go to the specially created page on the company website (www.welcomepackcanada.com/welcome-a-newcomer/) where they can send a special greeting card to newcomers. This inspiring e-card celebrates the beauty of the Canadian landscape, people and values, and welcomes the newcomer to be part of this magnificent land. The newcomers will also receive a free WelcomePack gift box filled with gifts, information and savings that are of immediate value to them.

"We meet many newcomers to Canada in our community, our workplace and at social engagements. Through this act of friendship and hospitality, let us reach out to make them feel welcome in their new home country and make a new friend," says Andrew Srinarayan, Vice President, WelcomePack Canada Inc.



About WelcomePack Canada

WelcomePack Canada Inc. is a Canadian-owned company based in Markham, Ontario.

Established in 2012, the company's vision is to be an innovative ambassador, introducing Canada's leading brands to new immigrants and working together to make the arrival of new immigrants memorable.

Following on the heels of a successful inaugural WelcomePack program that, together with over 30 leading Canadian brands, reached 30,000 new Canadian immigrants in 2013-14, the company launched its 2015 program to reach another 30,000 newcomers who landed in Canada on or after January 1, 2013. These welcome gift packs are being distributed for free, through over 60 newcomer settlement services centers in Ontario.

www.welcomepackcanada.com

Ontario PC MPP Jack MacLaren delivers statement in the Legislature on Tamil Remembrance Day



Ontario Conservative MPP Jack MacLaren recently delivered a statement in the Ontario Legislature on Tamil Remembrance Day to mourn for those who died in the Sri Lankan civil war.

He praised the contribution of the Tamil community to the province of Ontario. He stated that the Tamils re-dedicate themselves to the cause of justice, freedom and the elimination of racism. He further declared that the Tamils seek the attention of the greater Canadian community and its support in order to live with dignity and freedom in their own land.

MPP MacLaren remarked that The

Tamil population has contributed significantly to the Ontario Province and their warm generosity and rich culture is reflected in what makes Ontario great.

"On behalf of our Leader Patrick Brown and the Ontario PC Caucus, I say that we stand firmly with you in your quest for peace, freedom, and justice in Sri Lanka as well as the elimination of racism everywhere," he stated. Representatives of the Tamil community were present in the Legislature on this occasion.

(Seen here is a picture of MPP Jack MacLaren with members of the Tamil community in the Ontario Legislature)

www.monsoonjournal.com

Canada announces \$100 million in funding to United Nations High Commissioner for Refugees

The Honourable Marie-Claude Bibeau, Minister of International Development and La Francophonie, on November 26th announced \$100 million in humanitarian assistance funding to the United Nations High Commissioner for Refugees (UNHCR) to help respond to pressing needs, including shelter, protection, education and health for those affected by the Syrian crisis.

The funding announced today will make a difference in the lives of families that have fled their homes in search of safety. Canadian funding to UNHCR will help provide the means for families to buy warm clothes for their kids and a supply of gas to fuel a heater over the winter. This funding will also help keep kids in school by providing an opportunity for them to continue to learn, play and grow. The funding will also help alleviate some of the pressure on neighbouring countries in dealing with the tremendous influx of refugees.

The needs of those affected remain great and

therefore the Government of Canada is asking Canadians to help support humanitarian efforts on the ground through the Syria Emergency Relief Fund. For every eligible dollar donated by individual Canadians to registered Canadian charities, the government will match these contributions by providing support to experienced international and Canadian humanitarian organizations using effective and established channels and procedures.

Since the crisis began, it is estimated that more than 250,000 people have died and over 1 million have been injured as a result of the conflict. In the last two years, ISIS' rapid territorial gains and atrocities committed against civilians have caused the humanitarian situation to deteriorate and further complicated the humanitarian response.

Today's announcement brings Canada's assis-



tance funding in response to the Syria crisis to a total of \$969 million. – news.gc.ca

from the publisher's desk

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The greatest gift of all



Season's Greetings and Happy Holidays to all!! As we joyously enter this holiday season, let's ensure we seize every opportunity to engage in the greatest gift of all: devoting ourselves to those less fortunate. This was something I managed to partake in during my busy second to last fall semester at Brock University this past November. I had volunteered for the Brock Trivia night event, which is an annual fundraiser put together by Brock in partnership with the amazing non-profit organization, United Way. With its Niagara chapter, the organization helps finance a multitude of separate local initiatives that promote meaningful social and economic development of disadvantaged groups in the Niagara community.

Held at Club Roma, a well-established banquet hall in Thorold, Ontario, the night entailed a tasty pasta dinner, yummy desserts, warm company, and, of course, trivia! Some of the diverse question categories included geography, Canadian politics, movies

and science that really tested the knowledge of the attendees. Simultaneously, there was a silent auction for great items ranging from Brock apparel, to spa certifications, to wine gift baskets. It attracted a generous amount of enthusiastic individuals chipping in cash to participate. Additionally, attendees had the chance to join in the 50/50 ticket contest, purchasing tickets with the hope of getting lucky to win the proceeds from the contest.

The night turned out to be a tremendous success for both trivia lovers and the United Way Campaign. It raised a total of \$4,528.86, positively contributing to United Way's targets in its 2015 campaign to better the livelihoods of Niagarans.

No matter how big or small, this is a reminder that we should make it a priority to donate our time to ensure everyone has a wonderful holiday season.

Contributed by: Harrish Thirukumaran
Pics via: facebook.com/brockuniversity.unitedway

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“I will honor Christmas in my heart, and try to keep it all the year.” - Charles Dickens (7 February 1812 – 9 June 1870) English writer and social critic

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

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Prime Minister announces investment in Global Climate Change Action

Prime Minister, Justin Trudeau, on 27th November announced that Canada will contribute an historic \$2.65 billion over the next five years to help developing countries tackle climate change. The Prime Minister made the announcement ahead of the Paris climate conference while attending the Commonwealth Heads of Government Meeting in Malta.

Canada is committed to ambitious action on climate change, and is focused on the economic opportunities of our environment and creating the clean jobs of tomorrow. The science on climate change is indisputable and its significant impacts are already being felt by economies and communities, particularly in the world's most poor and vulnerable countries.

Canada's positive contribution will support the transition to low-carbon economies that are both sustainable and more resilient. Countries in need



will receive support, in particular the poorest and most vulnerable, to respond to climate change and adapt to its impacts.

This contribution will support the commitment Canada made under the 2009 Copenhagen Accord to work with partners to jointly mobilize, from a wide variety of sources, US \$100 billion annually by 2020. (pm.gc.ca)

Statement by the Prime Minister at the launch of Christmas Lights Across Canada



The Prime Minister, Justin Trudeau, on December 2nd issued the following statement at the official launch of the 31st edition of Christmas Lights Across Canada:

"As we launch the Christmas Lights Across Canada program, we should all take a moment to reflect on how fortunate we are to call this great country home. During the cold winter days ahead, let us find time to reach out to family, friends, and our communities to celebrate all of the blessings we enjoy.

"The lights illuminated in our na-

tion's capital – and in provincial and territorial capitals across the country – link us together and serve as a powerful symbol of our Canadian values of peace, unity, and hope for the future.

"We look forward to the upcoming holiday season and to all of the heartwarming traditions we will soon share together. We also send our warmest wishes to those friends and family members, including those serving with our Canadian Armed Forces, who are unable to be with us. While far away, you are with us in our thoughts."

(pm.gc.ca)z

Prime Minister meets with Her Majesty Queen Elizabeth II and Prime Minister David Cameron of the United Kingdom



The Prime Minister, Justin Trudeau, was received by Her Majesty Queen Elizabeth II at Buckingham Palace on 25 November 2015. The Prime Minister also had his first bilateral meeting today with David Cameron, Prime Minister of the United Kingdom (U.K.).

The Prime Minister and David Cameron discussed a wide range of pressing international issues, including climate change, coalition efforts to counter violent extremism and the Islamic State of Iraq and Syria, the humanitarian and security situation in Syria and Iraq, migration challenges facing Europe, and the situation in Ukraine. They also discussed the outstanding relationship both countries enjoy and how it can be deepened, including through the imple-

mentation of the Canada-European Union (EU) Comprehensive Economic and Trade Agreement (CETA).

"Canada and the U.K. remain strong partners, with a common history and shared values that define us: democracy, peace, rule of law, and opportunity for all. We are committed to economic growth and sustainable development, including solutions to address climate change in today's complex world. We are also important allies in the promotion of peace and international security. I look forward to working with Prime Minister Cameron going forward to advance the goals of Commonwealth partners", Prime Minister Justin Trudeau said

(pm.gc.ca)



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Fr. P. J. Jebaratnam appointed as Vicar General of Jaffna Diocese

Rev.Fr. Pathinathan Josephdas Jebaratnam has been appointed as the new Vicar General of Jaffna to fill the vacancy created by the recent appointment of previous Vicar General as the Bishop of Jaffna. This announcement was made by the newly elected Bishop Dr. Rev.Justin Gnanapragasam on the 9th of November at St.Mary's cathedral in Jaffna.

Apart from functioning in various capacities in Jaffna diocese for the past many years, Rev.Fr.Jebaratnam has until recently served as Vice Rector and one of the professors of St.Xavier's Major Seminary.

Biography of the New Vicar General
Name: Pathinathan Josephdas Jebaratnam

Parish: St. Joseph's Church, Alaveddy.

Place and Date of Birth: Alaveddy, 4th June 1958

Education: Arunodhaya College, Alaveddy

: St. Patrick's College, Jaffna

1978 : St. Martin's Minor Seminary, Jaffna

1979: Pre-Philosophy and Philosophy, Our Lady of Lanka National Seminary, Ampitiya

1983: Theology, St. Francis Xavier's Major Seminary, Columbuturai, Jaffna

03.12.1986: Diaconate, St. Francis Xavier's Major Seminary, Columbuturai, Jaffna

09.07.1987: Ordination, St. Mary's Cathedral, Jaffna

1987 - 1988: Assistant Parish Priest, St. Antony's Church, Manipay

1988 - 1993: Parish Priest, St. Jo-



seph's Church, Puthukudiyiruppu

1993 - 1996: Parish Priest, St. Antony's Church, Karaveddy

1996 - 1997: Parish Priest, Akkaraipattu (Diocese of Batticaloa)

1997 - 1999: Licentiate Studies in Dogmatic Theology, Holy Cross University, Rome

2000 - 2015: Resident Formator and Lecturer, St. Francis Xavier's Major Seminary, Columbuturai

2009 - 2012: Doctorate Studies in Dogmatic Theology, Holy Cross University, Rome

2002 - 2009: Director, Diocesan Commission for Liturgy.

2012 - Elected member of the Consulters to the Bishop

09-11-2015: Assumes duties as Vicar General, Diocese of Jaffna

Media Release By Rev. Fr.Ruban Mariampillai

Bishop Savundram Media Center, Jaffna

TNA concerned about Chennai floods

Leader of the Opposition in Sri Lanka and The Tamil National Alliance (TNA) has expressed deepest condolences to those who have lost their family members and loved ones affected due to the floods in Chennai.

Mr. Sampanthan issuing a statement on behalf of the TNA sympathized with thousands of people who are displaced and who have lost their livelihoods as a result of this devasta-

tion. "We also extend our appreciation to the Tamil Nadu Government and the other state and private sector institutions for their tireless efforts to provide relief for the affected people. We hope that this situation will end soon and the people will be back to the normalcy in their lives, Mr. R. Sampanthan said in a press release.

Sri Lanka President condoles over Chennai flood victims

President Maithripala Sirisena has expressed his deepest condolences to those affected by floods in Chennai.

The President said the following in a tweet, "My heart goes out to our neighbours in Chennai as they make it through this difficult time. #ChennaiFloods - Maithri"

Sri Lanka's new High Commissioner to Singapore Nimal Weeraratne conveys warm greetings at credential presenting ceremony



By Siva Sivapragasam

Nimal Weeraratne, the newly appointed High Commissioner of Sri Lanka to Singapore presented his credentials to Tony Tan Keng Yam, President of the Republic of Singapore, the Foreign ministry and expressed the warm greetings of his country to Singapore..

The ceremony was held at the Istana, the office and the official residence of the President of Singapore where the High Commissioner was welcomed with a Guard of Honour upon his arrival.

After the welcome ceremony, High Commissioner Weeraratne presented credentials to President Tony Tan, and held a brief discussion. The First Lady of Singapore, along with Mrs. Weeraratne and senior officials of the Ministry of Foreign Affairs of Singapore were present at the meeting.

In his remarks, the High Commissioner also conveyed warm greetings and best wishes of President Maithripala Sirisena and those of Prime Minister Ranil Wickremesinghe to the Singaporean President which was warmly reciprocated. Referring to the bilateral relations between Sri Lanka and Singapore, High Commissioner Weeraratne stated that the two countries enjoy excellent relations, and Sri Lanka would like to enhance the existing cooperation with Singapore, specially in the fields of trade, investment and economic cooperation, capacity building and training, infrastructure and urban development.

High Commissioner Weeraratne was a legal practitioner who held several senior executive positions in the private sector and was a senior partner at "Varners", a firm of lawyers in Sri Lanka, prior to this assignment.

Sri Lanka lifts ban on several Tamil diaspora outfits Proscriptions on individuals also lifted

President Maithripala Sirisena has lifted the ban on several Tamil diaspora groups banned by his predecessor for having links with the LTTE, as part of his efforts to reconcile with the ethnic minority community..

Eight such groups were de-listed according to a gazette notification on November 20, but the ban was retained on Liberation Tigers of Tamil Eelam (LTTE).

Among the organizations where the ban has been lifted are The British Tamil Forum, Canadian Tamil Congress, Australian Tamil Congress, Global Tamil Forum, National Council of Canadian Tamils, Tamil National Council, Tamil Youth Organisation and World Tamil Coordinating Committee. In March last year, 16 organizations and 424 individuals were proscribed by the Mahinda Rajapaksa regime after the outfits were accused of raising funds for the LTTE.

But the latest gazette notification issued by the Sirisena government, which came to power in January ending the decade-long Rajapaksa rule,

bans only eight organisations and 155 individuals. President Sirisena, a one-time Rajapaksa aide who defected last November to derail the former president's bid for a third term, started a dialogue with Tamil groups based in the West after coming to power.

His government had promised eight months ago to carry out a review of the list as part of reconciliation efforts.

"The gazette was issued more for political reasons than anything, so we wanted to review it with a view to start talks with anyone who would not seek a division of the country," Foreign Minister Mangala Samaraweera was quoted as saying in the PTI report."Most of those names proscribed were of people who had died long ago," Samaraweera said.

He said the previous government took the measure to "build up the hysteria about the LTTE regrouping" in the run up to the presidential election but there was hardly any evidence to link them to the LTTE, and most of the organisations listed may have merely been vocal proponents of Tamil rights.



Researchers reveal sweet potato as weapon against diabetes

By Suzanne Stanard

As healthy food goes, it's hard to beat the sweet potato. Packed with important vitamins like A, C and B6, sweet potatoes have good antioxidant properties. They're also an excellent source of dietary fiber, potassium and iron. Now, recent research in the College of Agriculture and Life Sciences has confirmed that sweet potatoes are a low-glycemic index (GI) food, which could be good news for diabetics.

The glycemic index measures how quickly certain foods release carbohydrates into the body. High-GI foods cause blood sugar levels to spike, while low-GI foods release glucose slowly into the bloodstream.

Dr. Jon Allen, CALS professor of food science; Dr. Van Den Truong, USDA-ARS food scientist and assistant professor of food science at N.C. State; and Dr. Masood Butt, a visiting scientist and associate professor from the University of Agriculture in Pakistan, along with students and other scientists, conducted a study that confirms the recognized low GI of sweet potato.

The team also discovered that the Beauregard variety of sweet potatoes - which makes up about 85 percent of the production in North Carolina - has

essentially the same protein patterns as a commercial dietary supplement known as Caiapo, marketed to control blood glucose in diabetics. Developed by Japanese scientists, Caiapo is derived from the peel of white-skinned sweet potatoes, which have been consumed in Japan for many years as a remedy for anemia, hypertension and diabetes.

The researchers found that the protein content of the flesh of the Beauregard sweet potato was higher than that of the peel. This suggests that the entire vegetable could play a role in lowering blood glucose in diabetics: the peel, as processed into a nutritional supplement like Caiapo; and the flesh, as a simple addition to the everyday diet.

"With further research in this area, it may be possible to recommend that people with diabetes or insulin resistance consume sweet potatoes or use extracts of North Carolina sweet potato to help control blood glucose," Allen says in the project report. "This therapy should cost less than conventional drugs, and it may have fewer side effects."

As the study enters its next phase, the big question now is whether or not



the hypoglycemic (low-GI) properties of sweet potatoes can survive the high temperatures required for cooking and baking, Allen says.

The study is funded by the North Carolina Sweet Potato Commission, the Higher Education Commission and the Government of Pakistan, where collaborators conducted similar research on sweet potato varieties grown in that country.

"We're hoping that diet, particularly the consumption of sweet potatoes, will become a more widely used tool in the treatment of diabetes," Allen says. "It has the potential to be more cost-effective than drugs."

(CALS News Center-North Carolina State University)



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Around the World

Meeting between Ambassador Samantha Power, U.S. Permanent Representative to the United Nations, and Sri Lankan Opposition Leader R. Sampanthan



Ambassador Power met with Sri Lankan Opposition Leader R. Sampanthan on November 23, 2015, in Colombo, Sri Lanka.

Ambassador Power congratulated Mr. Sampanthan on his historic appointment as opposition leader and praised his engagement with the Siris-

ena administration to address longstanding aspirations of Tamil communities, including demilitarization of the north and east, resettlement of the displaced, implementation of the 13th Amendment, investigating the cases of disappeared persons and assisting their families, and accountability for



past crimes.

Ambassador Power briefed Leader Sampanthan on her visit to Jaffna, including her meetings with Governor Palihakkara and Chief Minister Wigneswaran, whom she urged to work constructively with the national unity government to improve the lives

of northerners.

Ambassador Power also stressed that the United States stands as a partner for the Sri Lankan people as they pursue a unified, peaceful government that protects all citizens and draws strength from its diversity.

As massive El Niño strengthens, UN emergency fund supports millions in affected countries



A woman stands outside her temporary home and dried up maize crop in Epworth, Harare, Zimbabwe. Photo: Kate Holt/IRIN

Following the devastating impact of El Niño, the United Nations relief wing has announced that the UN Central Emergency Response Fund (CERF) has provided some \$76 million for life-saving activities in response to drought, drought-like conditions, floods and related insecurity, and other disasters in East Africa, Southern Africa, the Pacific Islands, South East Asia and Central America throughout 2015.

According to a news release issued by the UN Office for the Coordination of Humanitarian Affairs (OCHA), the climatic event El Niño has impacted millions of people across the globe throughout 2015, and they will continue to be at risk of extreme weather, including below-normal rains in some areas and flooding in others, in early 2016.

OCHA said that the humanitarian fallout in certain areas will include increased food insecurity due to low crop yields and rising prices; higher malnutrition rates; devastated livelihoods; and forced displacement.

According to the news release, the CERF has been one of the quickest and largest supporters of early humanitarian response to climate-related events linked to El Niño.

As of December 2nd, CERF has provided relief funding for: Democratic People's Republic of Korea (\$6.3 million), El Salvador (\$3 million), Eritrea (\$2.5 million), Ethiopia (\$25.5 million), Haiti (\$3 million), Honduras (\$2.3 million), Malawi (\$9.9 million), Myanmar (\$10.5 million), Somalia (\$4.9 million) and Zimbabwe (\$8.1 million).

- UN.org

Japanese Tamil scholar and Authority on Chola Dynasty Rule Noburo Karashima dies of Leukemia aged 82

By B Sivakumar

Japanese Tamil scholar and former president of the International Tamil Research Association Prof Noburo Karashima died of leukemia on Thursday, Nov 26th. He was 82.

"Prof Karashima died of leukemia. He was planning to visit India in January next, but he cancelled the visit and was later hospitalised," said Y Subbarayulu, a longtime associate of Karashima.

Karashima had served the International Tamil Research Association from 1989 till 2010. He was professor emeritus at University of Japan and Taisho University.

Karashima, a recipient of Padma Shri award, had been associated with Tamil Nadu for several years. He was an authority on Chola period life and literature.

He used scientific methodology to study Chola villages, and his contributions along with Subburayulu were remarkable.

"It is a great loss for Tamil literature. He was an authority on Chola-era life and literature. He researches threw light on the tax system that prevailed during the Chola period and also the social issues in that period,"



Noburo Karashima

said former VCK MLA D Ravikumar. "It was Karashima who said that caste system in Chola era was introduced during the rule of Rajendra Chola," said Ravikumar.

Karashima headed the International Tamil meet held in Thanjavur in 1995. As president of the International Tamil Research Association, Karashima turned down former chief minister M Karunanidhi's request to hold a Tamil meet in Coimbatore in 2010, citing short notice. Following this, the state government conducted the Classical Tamil Conference the same year

(News-courtesy of Time India)

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Power of volunteerism can help build more sustainable world, says Ban on International Day

To celebrate the power of the volunteerism, United Nations Secretary-General, Ban Ki-moon is marking the International Volunteer Day by emphasizing that volunteering fosters creativity, “draws strength from our passions and connects us to those who need us most.”

“Volunteerism is a global phenomenon that transcends boundaries, religions and cultural divides,” said Mr. Ban in his message on the Day, adding that volunteers embody the fundamental values of commitment, inclusiveness, civic engagement and a sense of solidarity.

The Secretary-General recalled the volunteering spirit during the Ebola crisis in West Africa, saying: “community volunteers, international volunteers and United Nations Volunteers were crucial to the response.”

“A similar spirit of volunteerism and solidarity has been on display in addressing the current refugee crisis and this year’s devastating earthquake in Nepal,” added the UN chief.

The Day has been observed on 5

Photo caption: UN Volunteers and members of local organizations clear a busy road as part of activities for International Volunteer Day in Goma, eastern Democratic Republic of the Congo (DRC). UN Photo/Sylvain Liechti



December every year since 1986. This year, the newly adopted Sustainable Development Goals (SDGs) offer another opportunity for individuals to show solidarity through volunteerism.

As such, Mr. Ban called the world to contribute through volunteerism towards realizing the 2030 Agenda’s vi-

sion of ending poverty.

He went on to highly commend volunteers’ contributions, saying: “I thank the more than 6,300 United Nations Volunteers (UNV) and 11,000 United Nations Online Volunteers who help millions of people to make sustainable change and peace happen. I also com-

mend and salute the one billion community volunteers worldwide.”

“As we mark International Volunteer Day,” the Secretary-General concluded, “let us strive to make the most of the power of volunteerism to build a more sustainable world and a life of dignity for all.”

– UN.org

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Continued from Nov 2015 issue.

Treatments for heel pain

The following are common treatments for heel pain.

Treatment for plantar fasciitis

The vast majority of patients recover with conservative treatments (designed to avoid radical medical therapeutic measures or operative procedures) within months.

Non-steroidal anti-inflammatory drugs

(NSAIDs) - medications with analgesic (pain reducing), antipyretic (fever reducing) effects. In higher doses they also have anti-inflammatory effects - they reduce inflammation (swelling). Non-steroidal distinguishes NSAIDs from other drugs which contain steroids, which are also anti-inflammatory



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

Revised and translated by

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



therapist (UK: physiotherapist) can teach the patient exercises which stretch the plantar fascia and Achilles tendon, as well as strengthening the lower leg muscles, resulting in better stabilization of the ankle and heel. The patient may also be taught how to apply athletic taping, which gives the bottom of the foot better support.

Night splints

The splint is fitted to the calf and foot; the patient keeps it on during sleep. Overnight the plantar fascia and Achilles tendon are held in a lengthened position; this stretches them.

Orthotics

Insoles and orthotics (assistive devices) can be useful to correct foot faults, as well as cushioning and cradling the arch during the healing process.

Extracorporeal shock wave therapy

Sound waves are aimed at the affected area to encourage and stimulate healing. This type of therapy is only recommended for chronic (long-term) cases, which have not responded to conservative therapy.

Surgery

The plantar fascia is detached from

In cases that are not severe, home care is probably enough to get rid of heel pain.

- Rest - avoid running or standing for long periods, or walking on hard surfaces. Avoid activities that may stress the heels.

- Ice - place an ice-pack on the affected area for about 15 minutes. Do not place bare ice directly onto skin.

- Footwear - proper-fitting shoes that provide good support are crucial. Athletes should be particularly fussy about the shoes they use when practicing or competing - sports shoes need to be replaced at specific intervals (ask your trainer).

- Foot supports - wedges and heel cups can help relieve symptoms.

Preventing heel pain

Prevention of heel pain involves

Heel Pain: Causes, Prevention and Treatments

ry. NSAIDs are non-narcotic (they do not induce stupor). For patients with plantar fasciitis they may help with pain and inflammation.

Corticosteroids

a corticosteroid solution is applied over the affected area on the skin; an electric current is used to help absorption. Alternatively, the doctor may decide to inject the medication. However, multiple injections may result in a weakened plantar fascia, significantly increasing the risk of rupture and shrinkage of the fat pad covering the heel bone. Some doctors may use ultrasound to help them make sure they have injected in the right place.

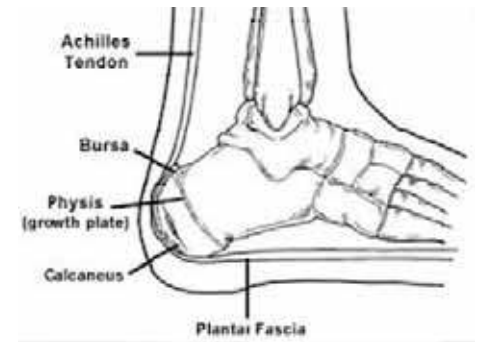
Corticosteroids are usually recommended when NSAIDs have not helped.

Physical therapy (physiotherapy)

A qualified/specialized physical



Home care such as rest, ice-pack use, proper-fitting footwear and foot supports are often enough to ease heel pain



A heel pain sufferer commonly feels pain either under the heel (plantar fasciitis) or just behind it (Achilles tendinitis).



the heel bone. This procedure is only recommended if nothing else works. There is a risk that the arch of the foot is subsequently weakened.

Treatment for heel bursitis

Effective treatment depends on the doctor being able to distinguish heel bursitis as a separate condition to plantar fasciitis. The patient may have to use a cushioning insole or heel cup to limit the movements, which are causing the bursitis. This treatment, along with plenty of rest is usually effective. In severe cases, the patient may require a steroid injection.

Treatment for heel bumps

The inflammation behind the heel may be relieved with ice, compression and a change of footwear. There may also be temporary help with Achilles pads, tortoise and heel grip pads. Sometimes the doctor may administer cortisone injections for pain. In severe cases the bumps may have to be removed surgically.

Home care

reducing the stress on that part of the body. Tips include:

- Barefeet - when on hard ground make sure you are wearing shoes.

- Bodyweight - if you are overweight there is more stress on the heels when you walk or run. Try to lose weight.

- Footwear - footwear that has material which can absorb some of the stress placed on the heel may help protect it. Examples include heel pads. Make sure your shoes fit properly and do not have worn down heels or soles. If you notice a link between a particular pair of shoes and heel pain, stop wearing them.

- Rest - if you are especially susceptible to heel pain, try to spend more time resting and less time on your feet. It is best to discuss this point with a specialized health care professional.

- Sports - warm up properly before engaging in activities that may place lots of stress on the heels. Make sure you have proper sports shoes for your task.



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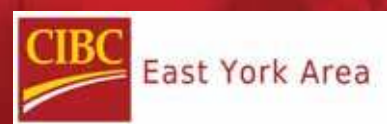
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THE SCARBOROUGH HOSPITAL CELEBRATES 90 YEARS OF SERVICE

HOSPITAL CHAMPION AWARD RECIPIENTS HONOURED AT COMMUNITY AND DONOR APPRECIATION EVENT

In 2015 and 2016, The Scarborough Hospital's (TSH) Birchmount and General campuses are celebrating their 30th and 60th anniversaries, respectively – making for a combined 90 years of service to the Scarborough community. In partnership with The Scarborough Hospital Foundation, TSH celebrated the donations, dedication, and drive that built these hospital campuses, on November 18 and 19.

Guests – including community members, donors, hospital and Foundation leadership, Board members, physicians, staff, and volunteers – took a walk down memory lane, thanks to the decade boards and display cases carefully



to The Scarborough Hospital.

✧ Joshua Miller, Chair, Scarborough Young Philanthropists Council. Joshua was honoured for volunteering his time and skills to the Council.

✧ Ganesan Sugumar, Chair, South Asian Philanthropic Council, and entrepreneur and businessman with multiple businesses in Scarborough. Ganesan was recognized for his leadership in the Tamil South Asian community, as well as for his philanthropic support of The Scarborough Hospital.

✧ Lai Chu was selected to receive the Hospital Champion Award by the Chinese Philanthropic Council. As a Scarborough resident for 40 years, Lai has always been at the forefront of working for and demanding the best health care for the Scarborough community.

✧ Marg Middleton, a member of the Scarborough Women of Philanthropy Council, was recognized for her hard work on the Council, and for dedicating many hours of her time to fundraising for the Foundation.

✧ Hyacinth Robinson-Powell, a member of the Caribbean Philanthropic Council, was honoured for her leadership in community outreach to support The Scarborough Hospital.

✧ As the founder of the Chinese Outreach Committee, May Ye Lee is a catalyst for the ideas and fundraising efforts by the local Chinese community. May was honoured by the Chinese Philanthropic Council.

Congratulations to all of the Hospital Champion Award recipients, and thanks to everyone who joined us for these events. Remember to share your favourite memories about TSH by visiting www.tshhistory.ca – all entrants will be entered to win a grand prize in May 2016.



curated by TSH's volunteer Archive Committee. Special guests included Soo Wong, MPP, Scarborough-Agincourt; Mitzie Hunter, MPP, Scarborough-Guildwood; Chin Lee, City Councillor for Scarborough-Rouge

River; and Margi Huff, Patient, The Scarborough Hospital.

In addition, Hospital Champion Awards were presented to some notable individuals in recognition of philanthropic or volunteer support

to TSH, as selected by the Foundation's Philanthropic Councils. The recipients are: ✧ Henry Lee, Co-Chair, Community Philanthropic Council. Henry received a Hospital Champion Award for his outreach efforts and volunteer support

TSH RECEIVES THIRD GOLD QUALITY HEALTHCARE WORKPLACE AWARD

For the third year in a row, TSH has been awarded a Gold Quality Healthcare Workplace Award from the Ontario Hospital Association (OHA) and the Ministry of Health and Long-Term Care for the hospital's efforts to improve the quality of work-life for staff.

Health care organizations from across the province participate in the Quality Healthcare Workplace Awards, which are meant to raise the bar of excellence for quality health care workplaces. The award has four levels – Bronze, Silver, Gold, and Platinum. In addition to winning Gold awards in 2014 and in 2013, TSH previously received a Silver award in 2012.

"TSH is committed to creating a work environment that fosters an innovative, creative, and engaged workforce," said Rhonda Lewis, Vice President, Human Resources and Patient Relations.

"These awards are not only a testament to this commitment, but also to the compassionate, high quality care delivered to patients and families each and every day by our talented and dedicated staff, physicians, and volunteers."

Quality Healthcare Workplace Award winners were honoured on November 3, 2015 at the OHA's HealthAchieve conference.





GIVING BACK: LEGO WINTER VILLAGE DECKS THE HALLS TO SUPPORT THE SCARBOROUGH HOSPITAL

With 25,000 pieces and counting, Christian Sforza's Lego holiday village was rapidly outgrowing his grandmother's kitchen table. And, when he thought about finding a place where he could share the village with other kids and their families, the answer was just up the street: The Scarborough Hospital.

As part of The Scarborough Hospital Foundation's Give the Gift of Health holiday campaign, Christian has built his Lego village at TSH's General campus. It will be on display from Tuesday, December 1 until after the holidays. Looking at the detailed village

— and counting how many reindeer Santa has pulling his sleigh — is free, but a donation box will be available for anyone who wishes to support the hospital.

Visit Christian's Lego Winter Village in the West Wing hallway at The Scarborough Hospital's General campus (just down the hall from patient registration).

Make your donation to support the hospital by visiting the Foundation's website today:

www.tshfoundation.ca.



NEW SCARBOROUGH-BASED CLINIC HELPS OVERWEIGHT CHILDREN ACHIEVE A HEALTHIER LIFESTYLE

Rouge Valley and The Scarborough Hospital work together to provide services



A new multi-service clinic for children and teens with body weight health concerns is now available for families in Scarborough.

The Healthy Outcomes Paediatric Program for Scarborough (HOPPS) specialty clinic is offered jointly by Rouge Valley Health System (RVHS) and The Scarborough Hospital (TSH), with support from several community partners. HOPPS is funded by Ontario's Ministry of Health and Long-Term Care at no cost to patients.

Dr. Margaret Gan-Gaisano, a paediatric endocrinologist at RVHS says, "Obesity in children has shown to result in much earlier onset of diabetes, hypertension, hyperlipidemia, and fatty liver, leading to heart disease, stroke, kidney and liver failure, and other conditions. The HOPPS clinic aims to help young patients make healthy lifestyle changes to avoid these preventable consequences."

Dr. Peter Azzopardi, medical director and corporate chief of paediatrics at TSH, adds, "It is estimated that there are 36,000 overweight and obese children living in Scarborough. A key concern for these children and their families has been the lack of access to multidisciplinary clinics that can help to treat the various issues that contribute to unhealthy body weight — including lifestyle. By working together on the HOPPS program, RVHS and TSH are helping to address this unmet need."

How does HOPPS work?

HOPPS is a community-based program that supports young patients and their families in making important lifestyle changes that will lead to improved health, stronger bodies, and a better quality of life.

HOPPS has been developed for children between the ages of two and 17 who have an elevated body mass index (BMI) and may have complications related to obesity. Specifically, paediatric patients with a BMI greater than the 97th percentile; or those who have a BMI greater than the 85th percentile with one or more of the following conditions: pre-diabetes, hypertension, polycystic ovarian syndrome, hyperlipidemia, fatty liver, or sleep apnea.

The HOPPS team consists of a paediatric endocrinologist, paediatricians, a registered dietitian, an exercise therapist, a social worker, and a registered nurse. Patients and their families will be seen by a paediatrician at either RVHS or TSH, depending on which is closer for the patient and what co-morbidities (medical conditions) they may have. They will also be seen by the HOPPS team at a clinic site in the community. Community partners include the Scarborough Centre for Healthy Communities; Toronto District School Board; the University of Toronto-Scarborough

Campus; and the City of Toronto.

"These community spaces are often closer to home for patients, which makes our services more accessible for them," says Jenny Greensmith, an exercise therapist with the program. "The community spaces also allow our clinic team to work with patients and their families outside of a hospital setting, enabling us to connect our patients with different community resources that they may need."

HOPPS services

Patients between ages seven and 17 can participate in the Building Better Bodies program, an intensive, six-week group program focusing on healthy lifestyle modification. Classes are held at one of the community sites, and include fun exercises and physical activity, nutrition counselling, and education on family lifestyle changes. The program helps patients to improve their confidence and self-image, and provides them with information on resources and supports available in the community. After completing the program, patients will receive up to two years of follow-up care, including both in-clinic and over-the-phone consultations, to support them in sustaining their lifestyle changes.

Younger patients between ages two and six receive family-centred counselling with the HOPPS team, also at a community site. The counselling includes discussions for the whole family around lifestyle changes, healthy eating, physical activity, and supports that are available in the community. The frequency and number of weeks of counseling are based on the needs of the family.

Getting started with HOPPS

To learn more about HOPPS, please contact the clinic team at 647-461-7030 or HOPPS@rougevalley.ca. To be seen at the HOPPS clinic, patients will need a referral from their family physician. Referral forms are available at www.rougevalley.ca/HOPPS and www.tsh.to/hopps, and can be faxed to the central booking office at 416-281-7313.

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Living with Grief

Coping with the Loss of a Loved One

By: Andrea Shanmugarajah



Losing a loved one – be it a grandparent, a parent or a friend – is an almost inevitable experience. Most of us will have to deal with the loss of someone we love, and for many people, it is an experience they will have to go through numerous times. Despite death being considered a natural part of life, those of us who have experienced loss can still become overwhelmed with shock and sadness.

community. None of these methods of dealing with the loss of a loved one are wrong or right – just as every person is different, their attitude towards grief will be different. There is no normal or average time period that is required to overcome grief – coming to terms with loss is a process that can take anywhere from months to years. However, in order to deal with grief healthily, and be resilient to the loss you have suffered, there are still strategies you can employ to mourn without harming yourself.

First and foremost, accept any and all feelings you may have about the passing of a loved one. A tragedy like

gradually come to terms with their death, the grief that you have will diminish. However, accepting that a loved one is truly gone does not mean forgetting they were ever there – continue to remember and celebrate their lives and the relationship you had with them. Honour your loved one and the impact they had on your life. This will help you accept the fact that while they may no longer be here in the flesh, their legacy and their influence lives on in the hearts and minds of yourself and their other loved ones.

Another strategy to deal with the loss you are suffering is to reach out to others who are facing that same

may be faced with after the loss of a loved one, it is critical that you continue to take care of yourself. As you maneuver through not only the loss itself, but also the funeral and the days following it, you will undoubtedly find yourself under enormous mental and emotional strain. You will be coping with a multitude of emotions, and the strain will quickly take its toll on you. For your own sake, and for those around you, do not allow that strain to become greater than you can bear. Even in light of the loss you have suffered, continue to prioritize your physical and mental health. Do not sacrifice your own well-being because of the grief you are deal-



Anyone who has already experienced such a loss knows how painful it can be, and how difficult it can be to recover and return to normal life. The loss of a loved one can truly transform your life, but it is important to deal with the grief you are burdened with effectively, in order to begin the road to recovery.

First of all, it's essential to realize that everyone grieves differently – and that is okay. While some people prefer to spend more time alone, finding safety in the comfort and quiet of solitude, others are drawn to be around people more than ever. Similarly, while some people grieve by taking a break from their daily lives, perhaps taking extra time off work and other activities, others immediately try to maintain a semblance of normalcy and habit, involving themselves in work and the

that can be accompanied by a multitude of emotions, and it is important that you face these emotions head-on, rather than ignoring them. You will of course feel sadness, but you may also feel guilt for not being more present in your loved one's final days, or relief that they are spared from any further suffering. You may also feel merely overwhelmed by everything that is going on around you, and how quickly events seem to be unfolding. These feelings of sadness, frustration and exhaustion are all normal, and it is important to accept and acknowledge them.

In the same vein, do not go into denial about the loss of your loved one. While at first, you will naturally have feelings of disbelief that said person is actually gone, over time, you will have to grow to accept their death. As you

loss. Although there will undoubtedly be times when you feel as though you would rather grieve alone, remember that not everyone in your family will feel the same way, and many of them may be hoping for a shoulder to cry on during this dismal time. While you may initially feel that you are not strong enough to carry the grief of others, along with your own, you may be surprised to find that helping someone else come to terms with their loss will actually benefit you as well. Grieving the loss of a loved one is often a time when people feel most alone, so it can be comforting to know that others are going through the same thing you are, and are willing to help you overcome what you may be struggling with.

Finally, and most importantly, despite the pain and the hardship you

ing with, as that would result only in the grief becoming even harder to cope with. As difficult as it might seem, continue to eat well, get lots of rest and spend time on your hobbies. Trust that if your loved one were still with you, the thing they would want most would be for you to continue to take care of yourself, in spite of your grief.

Just as losing people we love is inevitable, so too is feeling overwhelmed with grief and regret. But if you are able to work through the pain and accept the reality of your loss, you can deal with your grief in the most positive way possible. While cherishing the relationship you were able to have with your loved one, continue to live your life to the fullest, knowing all the while that you are fulfilling what your loved one would want for you.



WORDS OF PEACE

To Be Human

“The highest accomplishment a human being can achieve,” says Prem Rawat, “is to be human.” Mr. Rawat travels the globe to speak about an individual experience of peace that he says is the birthright of every living person on the face of this Earth.

“People aren’t ready for that, are they?” he says. “There’s a concept that an enlightened one is someone who glows, who has long hair and flowing robes.”

For many people, he says, human nature is a terrible thing: Human beings kill. They destroy. “Yes, that happens, but that’s because they haven’t realized the true potential of a human being. If they truly were human, they wouldn’t do that. They would be protective. They would care. That’s what it means to be human. That’s our potential—to be human.

Have we achieved that potential? Have you achieved it?”

Even when people do seek to be everything a human being can be, Mr. Rawat says, “the focus is often, “I want to be like Buddha”—to become detached from worldly, day-to-day affairs.

“But Buddha says, ‘No. This is who I am. The day you understand who you are, you will not want to be anyone else. When we want to be like somebody else, it’s because we have no idea who we are.’”

To find fulfilment as a human being, Mr. Rawat

maintains, is to know peace within. “To be fulfilled is not as big a challenge as people make it out to be,” he says. “It’s actually relatively easy. All you have to do is court clarity. Begin with that.

“There are two ways to light that path. One is to put thousands of bulbs each side of the path. The other way is to carry a light in your hand. People want to light a thousand bulbs. I say, no, all you need to do is carry a lamp. It will light that path equally well. Using thousands of bulbs is complicated. Carrying a lamp in your hands is not.

“In a way, that’s how simple peace is. It’s not about the world. It’s about each one of us. It’s about you.

“This is your time. This is your moment—now. What do you want it to be? Something sweet—peace, joy? Or a fluttering of unbelievable ideas, causing confusion after confusion after confusion?

“Have you ever walked into a spider’s web, and it got on your face? Waving your hands in the air won’t help. You have to get it off your face. People fight confusion in the same way.

“If that’s what you’re doing, your boat has a hole in it. You have a bucket, but the hole in the boat is bigger than the bucket. Yet you keep bailing water out. You want to be recognized for that, and there are people who will recognize you for that. ‘Wow!

What determination,’ they say.”

If that’s how we approach life, Mr. Rawat says, we will keep making errors and trying to learn to live with them.

“You should not live your life learning how to live with mistakes,” he says. “That’s not how to thrive. Do you want peace? Peace is there. Discover it. Do you want joy? Joy is there. Discover it. Don’t manufacture joy. The joy that you manufacture will disappoint you. The peace that you manufacture will disappoint you.

“Get some clarity, because when you are in clarity, then you’re going to know the true definition of peace. There’s a treat waiting for all of us. Do you know what that treat is called? It’s called peace. It’s called joy. It’s called happiness. Beyond definitions, beyond the ideas that are taking me nowhere, there is a reality. There’s a beauty that’s ever-present in life, like a blessing. All I have to do is learn how to focus—to center myself. If I do, I will usher in clarity.”

To learn more about Prem Rawat, visit:

www.wopg.org

www.tprf.org



Nativity of Jesus

by: Raymond Rajabalan

The Nativity of Jesus, refers to the accounts of the birth of Jesus of Nazareth in the Gospels and in various apocryphal texts.

The remembrance and re-enactment of the Nativity in the Christian celebration of Christmas signifies their belief that Jesus is the "Christ" or Messiah promised by the Old Testament. The main religious celebration among members of the Catholic Church and other Christian groups is the Church service at midnight on Christmas Eve or on the morning of Christmas Day. During the forty days leading up to Christmas, the Eastern Orthodox Church practices the Nativity Fast, while the majority of Christian congregations (including the Catholic Church, the Anglican Communion, many Mainline churches, and Baptists) begin observing the liturgical season of Advent four Sundays before Christmas—both are seen as times of spiritual cleansing, recollection and renewal to prepare for the celebration of the birth of Jesus.

The New Testament provides two accounts of the birth of Jesus: one in the Gospel of Matthew and the other in the Gospel of Luke. The birth narratives of Matthew and Luke have some elements in common. They both relate that Jesus of Nazareth was the child of Mary, who was betrothed to Joseph, a descendant of the Biblical King David. The narratives also present the conception, preceded by an angelic annunciation, by the power of the Holy Spirit

Gospel of Luke

In the account of the Gospel of Luke, Mary learns from the angel Gabriel that she will conceive and bear a child called Jesus. When she asks how this can be, since she is a virgin, he tells her that the Holy Spirit would "come upon her" and that "nothing will be impossible with God". She responds: "Here am I, the servant of the Lord; let it be with me according to your word".

At the time that Mary is due to give birth, she and her husband Joseph travel from their home in Nazareth to Joseph's ancestral home in Bethlehem to register in the census of Quirinius. Having found no place for them selves in the inn, when Mary gives birth to Jesus she places the newborn in a manger

An angel of the Lord visits the shepherds guarding their flocks in nearby fields and brings them "good news of great joy": "to you is born this day in the city of David a Saviour, who is the Messiah, the Lord." The angel tells them they will find a child wrapped in bands of cloth and lying in a manger. The angel is joined by a "heavenly host" who say "Glory to God in the highest heaven, and on earth peace among those whom he favors!" The shepherds hurry to the manger in Bethlehem where they find Jesus with Mary and Joseph. They repeat what they have been told by the angel, and then return to their flocks. Mary and Joseph take Jesus to Jerusalem to be circumcised, before re-

"Do not be afraid; for see - I am bringing you good news of great joy for all the people: to you is born this day in the city of David a Saviour, who is the Messiah, the Lord. This will be a sign for you: you will find a child wrapped in bands of cloth and lying in a manger"

turning to their home in Nazareth.

Gospel of Matthew

In the Gospel of Matthew, the impending birth is announced to Joseph in a dream, in which he is instructed to name the child Jesus. A star reveals the birth of Jesus to three "wise men" (magi) who travel to Jerusalem from an unspecified country "in the east".

Joseph is warned by an angel in a dream to flee Bethlehem. Herod understands the phrase "King of the Jews" as a reference to the Messiah and he asked his advisers where the Messiah was to be born. They answer Bethlehem, the birthplace of King David, and quote the prophet Micah: "Go and search diligently for the child; and when you have found him, bring me word so that I may also go and pay him homage," a deceitful Herod tells the magi.

As the wise men travel to Bethlehem, the star "goes before" them and leads them to a house where they find and adore Jesus. They present Jesus with gifts of gold, frankincense, and myrrh. In a dream, the magi receive a divine warning of Herod's intent to kill the child, whom he sees as a rival. Consequently, they return to their own country without telling Herod the result of their mission. An angel tells Joseph to flee with his family to Egypt. Meanwhile, Herod orders that all male children of Bethlehem under the age of two be killed, the so-called "Massacre of the Innocents".

After Herod's death, the family return from Egypt, but, instead of going back to live in Bethlehem, fears concerning Herod's Judean successor Archelaus cause them to move to Galilee and settle in Nazareth, fulfilling a prophecy: "He will be called a Nazorean".

The prophecy is primarily sourced from Judges 13:5, 7, which say, "the boy shall be a Nazirite"; The author of Matthew explained the move to Nazareth as the fulfillment of the prophecy, "for he will be called a Nazorean."

The Nativity description in Gospel of Mathew and Luke

These two Gospels present two very different accounts: the Gospel of Matthew relates the appearance of an angel, in a dream, to Joseph; the wise men from the east; the massacre of the innocents; and the flight to Egypt. The Gospel of Luke mentions none of these but describes the conception and birth of John the Baptist; the appearance of an angel to Mary; the worldwide census; the birth in a manger, and the choir of angels; none of these is mentioned in Matthew. They explain the birth in Bethlehem in different ways (Luke says they lived in Nazareth and only moved to Bethlehem briefly for the

census, Matthew implies that they lived in Bethlehem and only moved to Nazareth on their return from Egypt)

Date of birth

The nativity accounts in the New Testament gospels of Matthew and Luke do not mention a date or time of year for the birth of Jesus. In Western Christianity, it has been traditionally celebrated on December 25 as Christmas, a date that can be traced as early as the year 330 among Roman Christians.

Before then, and still today in Eastern Christianity, Jesus' birth was generally celebrated on January 6/7 (late at night on January 6) as part of the feast of Theophany, also known as Epiphany, which commemorated not only Jesus' birth but also his baptism by John in the Jordan River and possibly additional events in his life. Some scholars note that Luke's descriptions of shepherds' activities at the time of Jesus' birth suggest a spring or summer date

The Gospel of Matthew places Jesus' birth under the reign of Herod the Great, who died in 4 BC. The author of Matthew also recorded that Herod had all the male children in Bethlehem two years old and younger executed, based on a prophecy relayed to him by the magi that a new King of the Jews had been born in the town. The order's instruction of "two and under", along with the inference that it took Herod time to realize that the magi were not about to deliver the child to him, implies a birth no later than 6-4 BC.

The Gospel of Luke dates the birth ten years after Herod's death during the census of Quirinius.

Location

The Gospels of both Matthew and Luke place the birth of Jesus in Bethlehem. The Gospel of Matthew account implies that the family already lived in Bethlehem when Jesus was born. According to the Gospel of Luke, Joseph and Mary (who lived in Nazareth) had traveled to Bethlehem to register for the census of Quirinius, because it was the town of Joseph's ancestors, the birthplace of David.

The Gospel of Luke account states that Mary gave birth to Jesus and laid him in a manger "because there was no place for them in the inn," but does not say exactly where Jesus was born.

Three Wise men

The Magi bear gifts of gold, frankincense, and myrrh. Though traditionally described as wise men or kings, the Matthew Gospel account actually refers to magoi, or astrologers.

Neither the names of the magi nor their number are specified, but – because the gifts described are three in number



– a tradition arose that there were three magi: Balthasar, Melchior, and Caspar. Balthasar is a Greek version of the Babylonian name Belshazzar, meaning "May Bel protect his life." Melchior means "The king is my light" in Aramaic. Caspar is a Latinized version of Gondophares, a Parthian (i.e. Persian) name. In free retellings of the Nativity events, the magi are sometimes called "kings" because of prophecies that kings will pay homage to Jerusalem and a king.

The Magi were said to be following a mysterious star, commonly known as the Star of Bethlehem, which had suddenly appeared in the sky, believing it to announce the birth of the king of the Jews.

On the other hand, the Gospel of Luke's account does not mention the Magi, instead having Jesus being visited by local shepherds, who had been informed in the night by an angel who said "Do not be afraid; for see—I am bringing you good news of great joy for all the people: to you is born this day in the city of David a Saviour, who is the Messiah, the Lord. This will be a sign for you: you will find a child wrapped in bands of cloth and lying in a manger." After this an innumerable company of angels appeared with the herald saying "Glory to God in the highest, on earth peace, good will toward men." The shepherds went quickly to Bethlehem, finding the sign to be as the angel foretold, and subsequently publicized what they had witnessed throughout the area.

Emmanuel

In Matthew, "an angel of the Lord" appears to Mary's betrothed husband Joseph in a dream and tells him: "she will bear a son, and you shall call his name Jesus, for he will save his people from their sins". The text continues with the comment: "All this happened to fulfill what the Lord had spoken by the prophet: 'Behold the virgin shall conceive and bear a son, and his name shall be called Emmanuel, which being interpreted is God with us'"

Let us remember the innocent baby born in an occupied and troubled land for the purpose of dying. It was a great paradox of history. A birth that found ultimate purpose of death. God came to the earth in the most vulnerable form but in the end there was Victory in defeat and Glory in humiliation



celebrates

'Annual Awards 2015 and Gala'

By Siva Sivapragasam

RE/MAX Community Realty Inc. celebrated its Annual Awards 2015 & end of the year function on Friday, Dec 4th with a large guest turnout at the Scarborough Convention Centre.

RE/MAX Community Realty Inc. is an independently owned and operated Real Estate Brokerage run by a team of dedicated and trusted professionals backed by the internationally reputed RE/MAX brand, renowned for its a strong presence in the Real Estate market.

RE/MAX Community Realty Inc. is a franchise holder and owned and independently operated at present by a dedicated team managed by experienced professionals Rajeef Koneswaran & Logan Velumailum. They both have earned the trust, respect and confidence of the public coming to them for the services of a Real Estate agent towards buying or selling a home over many years.

Logan Velumailum is the Broker of Record for the Company welcomed the guests and briefed the guests about the Company and thanked the sponsors for the presentation of Awards. Logan is gifted with several years of experience in the Real Estate business.

Several of the agents of the Company received Awards for their dedicated services and achievements this year, a special award for Employee of the Year presented to Razia Akbarzada along with an Appreciation Award presented to Ms. Krishni Narine for emceeing the Company's annual events since 2012. RE/MAX founders Frank Polzler & Walter Schneider were made surprised with their portraits carved in wood, and the mementos were accepted by Chris Alexander, Senior Franchise Sales & Strategic Growth Consultant and Nancy Sears, Franchise Development Consultant.

Rajeef & Logan thanked everyone and especially the sponsor partners for their continued support rendered to the brokerage and its team members throughout the year. Guests were entertained to a sumptuous dinner at the end of the proceedings of the function.

Seen here are some pictures taken at the Event.

Photo Courtesy: Ekuruvi

Executive Club Award Winners



Mansoor Bajwa



Rasheela Sinnarajah



Christina Vilosanan



Mayuran Rajashivam



Thas Vallipuram



Sheron Hurley



Imran Hussain



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Bakeer Subramaniam



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Thakshaan Jayaranjan



Theepan Logeswaran



Sayon Balasuntharam



Jeyakumar Somasundram



Nim Nirmalan



Emily Nery



Tharuma Somasunderampillai



Afzal Paracha



Kannan Panchalingam



Rajah Tharmalingam



Praba Kandasamy



Theepan Selvaratnam



Herman Hunte



Nila Ravindran



Zakir Patel



Suthan Arulanantham

Executive Club Award Winners

V. ELANGO PANDIAN
RICHARD PEREIRA
DEEPAK SINGLA

(Pic: Not Available)



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Pirapa Nallathamby



Jambo Viswalingam



Uthayakumar Subramaniam

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Selva Puvaneswaranathan



Thiba Shanmugarajah



Leon Williams

Rookie & 100 Percent Club Award



Mark Antazo



Leon Williams



Thiba Shanmugarajah



Mark Antazo

Executive Club Award



Subha Aynkharan



Nicky Nemard



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Rt. Rev. Msgr. Justin Gnanapragasam CONSECRATED AS BISHOP OF JAFFNA

By Raymond Rajabalan

The Episcopal consecration of Rt. Rev. Dr. Justin Gnanapragasam as the new Bishop of Jaffna took place Saturday November 28th at 8:30 am at St. Mary's Cathedral, Jaffna in a colourful religious ceremony attended by several Bishops from throughout the island, hundreds of priests, scores of

nuns and several dignitaries including Cabinet Ministers, Hon. Vijayakala Maheswaran Deputy Minister of Women's affairs and State Minister for Child Affairs and Hon. John Amaratunge, Minister of Tourism, Development and Christian affairs.

The precincts of the gaily decorated massive cathedral was a sea of heads and on occasions the traffic around the area almost came to a standstill for few seconds, when the thousands of enthusiastic devotees who had gathered from all parts of the peninsula surged on and off to have a glimpse of the newly consecrated Bishop. Yet the meticulously organized religious event proceeded flawlessly throughout the duration of the entire proceedings. Meanwhile, hundreds of people holding multicolored flags lined up the streets leading to the Cathedral awaiting the arrival of the newly elected Bishop, ignoring the incessant drizzle.

More than an estimated congregation of 5000 drawn from every nook and corner of the island thousands of people packed the gaily decorated cavernous church to watch this momentous occasion.

The special guests headed by His Excellency Archbishop Very Rev. Pierre Nguyen Van Tot, Apostolic Nuncio in Sri Lanka followed by His Eminence Cardinal Archbishop Albert Malcolm Ranjith and thirteen Bishops from all over the island in the company of Bishop Emeritus of Jaffna Diocese Very Rev. Dr. Thomas Savundranayagam, the Principal consecrator and the co-consecrators Bishop Emeritus of Trincomalee Diocese Very Rev. Dr. Kingsley Swampillai and Dr. Vianney Fernando, Bishop of Kandy arrived shortly to a rousing welcome by the enthusiastic crowd.

The devotees carrying their parish flags soon started moving towards the cathedral followed by the hundreds of priests and nuns in an orderly manner. Meanwhile the newly elected Bishop was led in procession up to the altar where a bevy of young students staged a traditional welcome dance.

The day's program began with the holy mass being celebrated by Bishop Emeritus of Jaffna Diocese Very Rev. Dr. Thomas Savundranayagam and the events proceeded up to the delivering of sermon by Rev. Fr. N. Maria Xavier.

The following major events of the morning then followed in

quick succession.

Presentation of the Bishop - elect - Senior Priest of the Jaffna dioceses requesting the Bishop Emeritus of Jaffna to consecrate the newly appointed Bishop

Presentation of the Apostolic Bull - Bishop responds to the request asking if the Apostolic Order has been received from Vatican for this purpose to read it aloud. When the Papal Nuncio read the papal order confirming the papal appointment and raised it up to show it to the congregation there was a thundering applause from them followed by reciting of "praise be God" that reverberated within the cavernous church.

Homily on the duties of the Bishop Elect

Just before closing of the ceremony, Bishop Emeritus of Jaffna Rt. Rev. Dr. Thomas Savundranayagam delivered a brief but eloquent homily outlining the duties of Bishop stressing the fact the position of a Bishop is not a position of honour but instead it is a responsibility to serve the people with humility.

Examination of the Bishop Elect

As the next event, the Bishop was examined about the general duties of a Bishop, interest in spreading the good news of the Church, obedience to the Holy Father, the love for the poor etc.

Investiture with Ring, Mitre and Pastoral Staff

Then the Bishop Emeritus of Jaffna placed a ring on the ring finger of the new bishop's right hand as a seal of fidelity. Then a MITRE (ceremonial



Emeritus Bishop of Jaffna laying his hands on new Bishop



Bishop Justin celebrating his first Mass after consecration



Minister John Amaratunge greeting the new Bishop



Minister Vijayakala Maheswaran greeting the new Bishop



Newly consecrated Bishop being blessed by Emeritus Bishop of Jaffna

PICTURE COURTESY: THAMBIAYAH SIVAKUMAR



Bishop Justin Gnanapragasam



Newly elected Bishop being greeted by his brother Dr. Navaneelan from Canada



Bishop Justin being greeted by Nallai Aatheenam



Newly elected Bishop being led in procession to the Cathedral

head dress of a Bishop) was placed on the head of the Bishop-elect. Finally the chief consecrator gave the pastoral staff saying: Take this staff as a sign of your pastoral office: keep watch over the whole flock in which the Holy Spirit has appointed you to shepherd the Church of God.

The entire ceremony then came to an end the consecrating Bishop Emeritus gave the newly consecrated Bishop a kiss of peace and the congregation once again clapped their hands as a sign of approval.

At the end of the ceremonial Holy Mass, Archbishop of Colombo His Eminence Cardinal Malcolm Ramjet gave a speech welcoming the newly

consecrated Bishop of Jaffna. The new Bishop then thanked those who attended this ceremony and blessed the congregation.

The religious dignitaries, Government representatives and other religious leaders then met the new Bishop conveying their best wishes. In a clear expression of religious harmony Nallai Aatheena Head priest Somaskanda Thesika Gnanasampantha Paramasariya Swamy who graced the occasion expressed his greetings and best wishes to the new Bishop.

A large number of representatives of various Christian denominations and many other distinguished guests participated in this solemn celebration.



A report from Chennai about the recent torrential rainfall



Dear Friends,

While the world is focused on the Paris conference on climate change there has been a catastrophic tragedy unfolding in Chennai and areas around the capital of Tamil Nadu. Torrential rainfall for over 3 weeks has wreaked havoc death and terrible tragedies which are still ongoing. Over 400 hundred people have died and several marooned and without food and shelter. All schools and the airport are shut down However as with every tragedy there is something positive that can happen when people come together unified to help in every way possible. My grand nephew has written an article about human kindness and the restoration of hope even in the midst of despair. Those of you who are in the media and have worked with publications and newspapers may want to ensure that good news articles like this are posted and newsworthy. Others please consider forwarding or putting it on your website

We could all use a little good news each day as we live in a chaotic world full of pain and sorrow and anxiety. Here is an article of hope and human kindness!

Roofs for The Roofless which many of you support will be playing an active role in the rebuilding and restoration process which TREWO will also play a role in supporting the seniors centre and their medical needs.

Dr Sudi Devanesen

TREWO

www.trewo.org

When A City Came Together As One

by John Suhaan Appasamy

A group of people aiding food victims in Tambaram via boat. P.C-Facebook.

Chennai, India: For the past few days, Chennai has been suffering with incessant rains and several of the city's areas have been flooded as a result. All systems of public transport have been stopped, thereby making travelling for most residents virtually impossible. However, some the city's residents have stepped up to lend a helping hand in this time of crisis.

Many citizens are currently wading through chest level water supplying food and shelter to all those suffering in the wake of the deluge. Fishermen from the coastal areas of Kasimedu, Kovalam, etc. are rescuing stranded citizens. The popular call-taxi service company OLA has launched boats and rafts

to help others in flooded areas as well.

Many residents of the city have opened their homes to those in need of food and shelter. Some celebrities have also opened up their properties to the affected. Superstar Rajnikanth has allowed those in the Kodambakkam area to take shelter at Sri Raghavendra Kalyana Mandapam. Many hospitals in the city have also allowed people to take refuge from the rain.

Restaurants, malls and institutions open their doors

Many restaurants and malls have opened their doors and welcomed stranded citizens for a cup of tea or a hot meal. Popular restaurant Double Ro offered passers-by a complimentary meal while the Old Madras Baking Company offered a hot cup of tea to those who were stranded. Ox and Tomato and Sandy's allowed people to stay the

night while Tryst shipped boxes of food to those in need.

The SPI Cinemas group, along with AGS Cinemas welcomed people into their cinema halls in order to take refuge from the rains. Malls like the Forum Vijaya Mall, Vadaralini and Phoenix Marketcity, Velachery also opened their doors. City colleges like Madras Christian College, Tambaram and SRM University, Ka.angalathur have invited all those in the area to seek out shelter in their campuses.

Despite all the rain, the spirit of us Chennaites has not been broken. Against all odds, we are working together to make it through this dark hour.

The writer is a resident of Chennai and a first year student at Madras Christian College, Tambaram.

Some of photos from various sources from Chennai can be seen here.



Heavy rains cause waterlogging and flooding of streets in Chennai



A car is submerged amidst water-logged houses in a rain-hit area of Chennai on 17 November 2015



Chennai after heavy rains



HIT HARD: A push cart vendor struggles to manoeuvre a stretch along the inundated Ganesapuram



A boat plying in the Velachery area of South Chennai



Long lines of vehicles lined up everywhere and rubber road barricades were seen floating on Poonamalle High Road and vehicles including a city MTC bus



Chennai Rain Crisis, Airport scene when it was Shut



Duraisamy subway

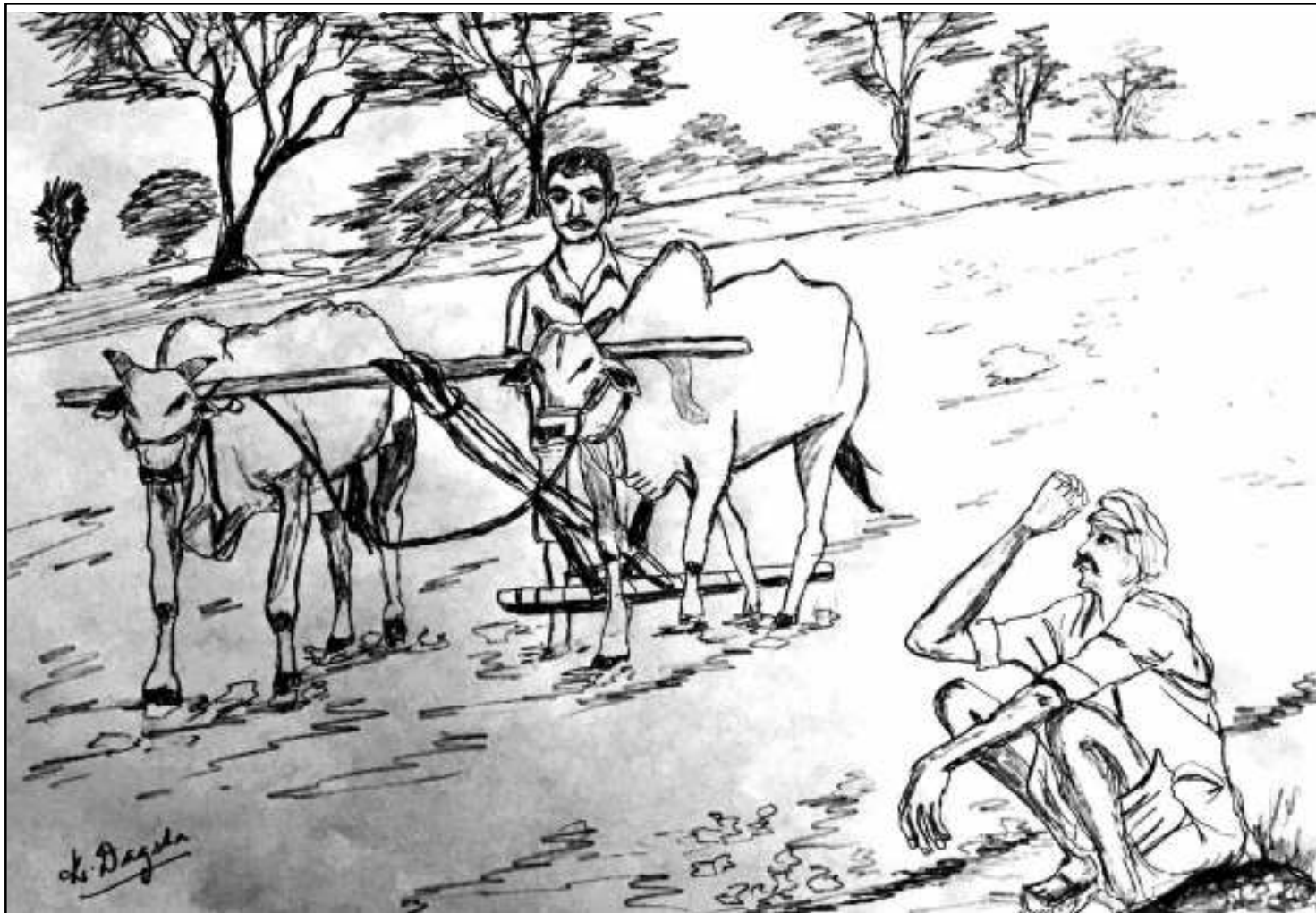


THE DILEMMA OF A FARMER

(Ill fares the land, to hastening ills a prey, Where wealth accumulates and men decay.)

- Oliver Goldsmith-

C. Kamalaharan



THE OPPRESSOR AND THE OPPRESSED

*There dwelt a farmer hale and hearty
Fully committed to his duty
He worked and worked from morn till night
With total dedication and delight*

*In spite of exposure in the sweltering heat
His work was satisfactory and neat
It was always a remarkable feat
When at dusk it was complete*

*He ploughed the soil deeply
Eradicated the weeds manually
Mixed the manure evenly
And tilled the soil lonely*

*Year after year he reaped a bumper harvest
Through strenuous effort so hardest
And led a contented and happy life
With kids and supporting wife*

*Alas! all ended in vain
Resulting in loss and pain
The sudden outburst of merciless brutality
Ransacked his property in ruthless ferocity*

*His land being encroached savagely
And transferred overnight illegally
Left him to endure mental agony
That seemed to be his destiny*

*The land having forcefully taken
Left him terribly shaken
The usurper commenced cultivation
Within the seized location*

*The oppressor now turned a dictator
While the oppressed a mute spectator
This is the situation that needs redress
For the hapless victims in distress*

Floods ravage Chennai city

Contd. from page 1...

The floods and the accompanying misery became an eye-opener and a wake-up call to the state authorities how unplanned construction of large buildings near river beds and on land reclaimed from lakes and ponds can wreak havoc when torrential rains pour with no proper outlets for the running water.

The severe flooding in Chennai caused by torrential rains has also been attributed to climate change and should be an eye opener for city planners, experts have warned.

"This kind of extreme weather event that experts say will become more common in a warming world," said Nambi Appadurai, India's adaptation strategy head for World Resources Institute (WRI).

Rescue and relief operations continued in full swing in Chennai with people taken to safety by teams of the Indian Army, the Indian Air Force and the National Disaster Response Force. Flights to and out of Chennai were cancelled and all operations at the Chennai airport were stopped till December 6. Over 50 trains were either cancelled or diverted due to flooding of rail tracks at several places. Thousands were without power in the city and outskirts.

People living in the colonies on the banks of the Adayar river were on rooftops looking for rescue and relief.

Among the areas badly affected in the city were: - Anna saalai, Thiruvallikerni, Egmore, central Station, Pura-saivaakam, Mylapore, Royapettah and Tambaram.

Prime Minister Modi did an aerial tour of the city and later met Chief Minister Jayalalitha. He has pledged a sum of nearly rupees two thousand crores from the central government for relief work.

The DMK party has donated rupees one lakh while the Actors Guild is collecting donations from those connected with the cinema world. Popular actor Vijay has offered rupees five million and other actors like Rajni Kanth, Suriya, Karthik, Dhanush have also offered generous contributions.

Homes of actors were not spared by the floods. Among those affected were Kushbu, Lakshmi, Namitha, Raj Kiran, Siddharth, Trisha and Vivek. Veena music player Rajesh Vaidya's home was inundated with water and he moved with his family to a safer home.

Media outlets like newspaper offices, TV stations like Sun TV closed down temporarily. The Hindu newspaper which had never ceased publication in its history was forced to suspend publication of its popular newspaper. Social media like facebook and twitter were of immense assistance in sharing messages for relief and of help in locating missing persons.



Braving the flooded thoroughfares of Chennai, December 1, 2015-Picture by: PTI

Bengaluru, the city that offers back-end services to many technology firms across the world was playing an important role in relief and rescue operations in Chennai. Aswin Punathambekar, associate professor of communication studies at the University of Michigan, said with over half a million tweets in less than two days, citizens in Chennai and across the country mobilized to produce an infrastructure of care.

Matthew Boulton, whose research in India involves vaccination and other public health issues, felt that the risk of drowning and electrical hazards may be two of the most immediate dangers, but flooding and standing water of this magnitude can significantly increase the risk for serious waterborne illness, like childhood diarrhoea.

Over 250 deaths have been reported so far and eighteen patients who were

on life support died in MIOT private Hospital at Manapakkam, Chennai since the critical support systems were not working due to power failure. Some experts have warned that Chennai being one of the outsourcing hub of India and a major destination of foreign investment, the current disastrous situation could also affect the national economy.

Puneet Manchanda, a professor of marketing at the Ross School of Business, said that the economic impact of the heavy rain in Chennai is going to be significant and would affect industries such as tourism and the local infrastructure.

"My heart goes out to our neighbours in Chennai as they make it through this difficult time", stated Sri Lankan President Maitripala Sirisena, in his message of sympathy.

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Photo taken in 2013 at Queens Park, when Thesa Theiventhiran's client Vasu, presented his success story in finding a professional job for himself and his wife in Canada.

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- Nima F Says

"It was indeed a pleasure to meet the team at EENC. I am a new immigrant and initially met them at a job fair. They were very prompt with their follow up. The staff were a great help. EENC Staff gave me valuable input and feedback on my resume. I incorporated his advice and started getting interview calls immediately. EENC Staff was very encouraging and pointed out options of where to start."

- Saghir U Says

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HUMANS OF NORTHERN SRI LANKA



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

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

BY THULASI MUTTULINGAM

MEDIA AND ETHNICITY IN SRI LANKA



Civilians in the North protesting outside the UN recently despite the Monsoon rains, seeking a solution for the detained prisoners - courtesy Ali Brown



Years ago, at the Sri Lanka College of Journalism, I had the privilege of attending a lecture that many other people in this country do not have the benefit of receiving (though it should be mandatory to everybody).

The lecturer who was doing his PhD on how the ethnic media in this country reported the news, proved his point by showing slides on how the local media reported the issue of 5 young men detained under the Prevention of Terrorism Act by the Terrorism Investigation Division (TID).

For those who don't know, this act gave sweeping powers to the TID to arrest anyone they deemed 'suspect' without even bothering to clarify to the suspect or his/her family what the grounds of those suspicions were. Here's how our different media reported it:

- The Sinhala press said that 5 LTTE terrorists had been apprehended.
- The English Press said that 5 suspects had been apprehended.
- The Tamil press said that 5 students had been apprehended.

Many people in this country are not even aware of how this works - the Sinhala people don't read Tamil papers and the Tamils don't read Sinhalese papers and then they wonder why we have an ethnic divide?

This has always been a facet of our media but nowadays it has become glaringly obvious again. Tamil friends on my social media are posting concerns about how innocent Tamil Political Prisoners are being detained, Sinhala friends are posting concerns about LTTE terrorists being released to the detriment of the country...

It's the same news. They have obviously read different media accounts of it. Who is right?

How about doing your own research? Try to find

out how the PTA laws worked, and how the TID implemented them? Who are in the prison system now?

You are not going to find a case of one brush stroke fits all if you try. In there are, yes, ex LTTEers - who are wondering why others similar to themselves were released but not them?

In there are people who fell foul of the TID, security and police forces or even Tamil informants and got charged under the PTA for no real fault of their own.

In there are tall strapping young men whom the TID 'suspected' of being LTTE cadres simply because they were tall strapping young men and nothing else.

Nothing in life is black and white. Why do you allow your media to convince you that it is otherwise?

The lecturer featured above is the versatile and dynamic media professional, Dr. Ranga Kalansooriya. I asked Dr. Kalansooriya whether I could share his name in order to give due credit to his work, and what if anything he wanted to add to the post. Here is his response:

“The reporting - either on the conflict or not - by both local language media has always been driven by their respective readership markets. This is not due to economic reasons, but mainly on political (ethnic) reasons. No efforts had been made to bridge the gap even after the completion of war, rather the situation has further aggravated. One single issue is being interpreted in two different ways to suit each others political interest. This had been one of the root causes to the conflict as well. Though the military fighting has ended, the opinion and ideological battle still exists at large - which could easily be addressed or bridged through professional media. But the fact of the matter is both Sinhala and Tamil media are not professional enough in playing this critical role for the betterment of Sri Lankan society.”



PHOTOGRAPHING WOMEN FOR THE MEDIA



“So what is cultural femicide?”

It's the way in which women's stories and lives are silenced by a popular culture that gives priority to men's narratives. And it has a real impact on women's lives. This silencing of women's voices in popular culture creates a ripple effect that sends a message that women's lives aren't as worthwhile as the lives of men. Male stories are the default. Women's stories are "other". -Sian Norris

Alyscia Cunningham Photography
<https://womensliteraturefestival.wordpress.com>

Ever noticed that in quite a few of my posts featuring women, their faces are not shown? It's the very rare, brave woman who will agree to have her face photographed for this page (or for the newspapers).

Not necessarily because they have stated anything controversial but because it is the culture to expect women to be almost invisible.

“Ohhh! Gasp!!! I saw your face on the internet. SHOCKING!”

Many women would rather save themselves the bother of such a backlash. In English, there is a proverb that children should be 'seen and not heard.' In some of our cultures, the women should be neither seen nor heard or they will have a lot to answer for it.

The standard bogeyman used to scare rebellious young girls who put up their own photos as their FB profile pics is pornography.

“You were brazen enough to put your photograph out there? Just wait, someone is going to photoshop it into pornographic material.”

snort

This is the reason why you will find many local Tamil girls using Kollywood actresses' faces instead of their own in their profile pictures.

One of the biggest challenges I face, is getting women who have shared with me a fantastic or moving story, to agree to be photographed. Some let me cut their faces out and use pics of just their hands or torsos. Some freak out at even that.

In the Northern Province where women now far outnumber the men - before addressing their specific needs (which the patriarchal structures in place still do not address) - we first need to get their stories out. How to do so when this prevails?





THE INSTALLATION, MAINTENANCE, HEALTH AND SAFETY ASPECTS OF SEASONAL LIGHTING

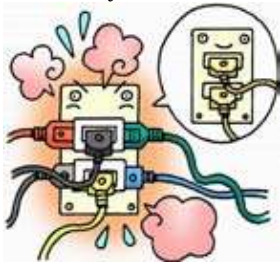
Health Canada Warns of Potential Safety Hazards with Some Seasonal Lights

By: *Uthayan Thurairajah*

Health Canada has received a number of seasonal lighting health and safety risk incident reports and initiated a national evaluation project to test current seasonal lighting products on the market. The Health Canada testing has shown hazards in several products that may pose a number of risks to consumers including overheating, fire and electric shock hazards. There are several recalls have been issued by various companies as a result of this testing. Health Canada asked the people stop using it and return them to the store for a refund. Health Canada updates this list on the website if there are additional recalls related to the seasonal lighting.

What Health Canada and CSA are doing?

The Canada Consumer Product Safety Act bans the manufacture who import, advertise or sell a product that poses a danger to human health or safety. Health Canada has contacted the Canadian Standard Association (C.S.A) and advised that it is involved in an active ongoing investigation of Seasonal lighting. CSA Group has a zero-tolerance policy for the misuse of its marks. Health Canada continues to show its ongoing commitment to help protect Canadians from potentially dangerous consumer products.



What is Key to Seasonal Light Safety?

Proper wiring is the Key to Seasonal Light Safety. People have warned the dangers of seasonal light wiring. We create a "spaghetti or octopus wiring" when we make a clutter of wires, extension cords, and plugs all coming from the same electrical outlet. This problem is common during the Christmas seasons when people are putting up decorative lights both indoor and outdoor applications. When we add several lighting circuits, it makes excessive stress on the electrical system. We have to stop "octopus-like wiring" that is exceeding the tolerance of outlet and may become fire. One of the options is to avoid overloading is to use a power bar with several plugs. Insert plugs fully into outlets to prevent poor contact, overheating or shock.



The Christmas Tree

Safety - The choice of Christmas tree could affect its flammability factor. Old trees ignite and burn much faster than those that are freshly cut and well hydrated. Make sure that Christmas tree needles are fresh, green, and firmly attached to the branches and check the tree trunk's cut surface is sticky to the touch and keep it well-watered. If we choose for an artificial tree makes sure that is flame retardant. Position tree a minimum of one meter away from candles, fireplaces, space heaters, radiators, heat vents, and other heat sources.



Christmas Light Safety - It is a good idea to take the time to educate ourselves on Christmas

light safety before we start decorating our home for the holiday. There are several things we need to do to ensure that our



Christmas lights are safe before we install or hang them up.

Select Materials Cautiously - We have to use lights that have been tested and rated by Underwriter's Laboratory Canada (ULC) or CSA. Seasonal lights that have a safety rating are clearly marked, both on the packaging and with labels attached to the electrical cords.

Check for damage attentively - When you remove your holiday lights from storage, check the cords that are in good condition. A damaged cord can lead to an electrical short. It can damage other lights and holiday decorations, as well as potentially result in a fire.



Select Wires/Cords

Wisely

We are going to need extension cords to complete our holiday lighting display. We have to check the quantity and length of extension cords for the amount of the lights we plan to use. We should not overload extension cords with more wattage than they are designed to accommodate. The extension cords we are planning to use outside are rated for exterior use. The lighting system that we are plugging in doesn't exceed the extension cord's current rating (in Amps). The extension cord could overheat if the product's current rating is higher than the extension cord.

The extreme heat could melt the cable insulation and expose live wires if we cluster mini Christmas lights together. The metal tree ornaments could also pose a shock hazard if they make contact with frayed wiring. Inspect cords/strings and plugs for wearing, cracks, or loose connections. It is better to replace old cords if we are in doubt.

Indoor-rated light cables are for indoor use only. Products marked for indoor use are not designed to use for outdoor. However, it is safe to use outdoor



extension cords and light strings indoor applications. It is not an excellent idea to connect different types of light strings together same as connecting a new LED string to old incandescent light string.

Place Extension Cords Properly - Make sure that cords are placed so as to avoid posing a tripping hazard. Verify that they are not pulled tight, so there isn't an elevated risk of them pulling over Christmas tree or other decorations. It is not an excellent idea to run extension cords under carpets or across doorways where they could become pinched (worn) or overheat.

Chose the location

properly -

There is a big difference between indoor and outdoor holiday lights. Before hanging lights, we have to make sure that we have purchased right lights that were designed to use in the particular environment. Candles, space heaters, fireplaces are potential for risk of fire, and it is a good idea to avoid hanging lights near to these items. Make sure bulbs are not too close to loose paper or any other flammable materials that present a danger to safety.



Install lights carefully - Never use screws,

nails or staples to hang up the Seasonal lighting. It is an excellent choice to use insulated holders designed for this purpose. Seasonal light safety does not end once the lights are up and ready to go.

Replace Bulb Cautiously - When bulbs burn out, it is important to replace them right away. It is dangerous to have light strings plugged in with empty sockets. Be sure that the replacement bulbs we select are the correct wattage.

Consider child safety Attentively - The holiday lights and children may be a dangerous mixture. Kids like to play with Seasonal light and shiny objects that may lead to a dangerous situation. It is advisable to keep the wiring and lighting out of reach of children.

Observe OSHA Standards at Work carefully - It is important to make sure that our Seasonal Lightings are fully compliant with Occupational Safety and Health Administration (OSHA) standards for workplace safety when hanging holiday lights in our work place or office.

The Seasonal Light display is a warm, cozy and magnetic component of the holiday season. LED lights save nearly 90 percent more energy than their incandescent counterpart. According to the US Department of Energy (DOE), a 2 meter Christmas tree with LED lighting would only cost a quarter versus \$10 using incandescent ones for 12 hours a day throughout December. The LED Lighting has a long life, love cool weather and low power consumption. Therefore, it is safer and cutting down on fire hazards.

It is an excellent idea to turn off the lights if we know that we will be gone for a long time and while we are sleeping. It is useless to run them if we will not be there to enjoy the lighted environment and also not too many people driving around looking at outdoor displays between 1 a.m. and 6 a.m. It is good to consider buying an automatic timer for our Seasonal lighting.

Seasonal Lighting Decoration in the bedroom can be more colorful and like the feel of Christmas but make it comfortable and romantic. It is an excellent idea to avoid blue color light in the bedroom and use any color combination of red and green (orange, yellow, amber, others.) and make sure to turn off the light before sleep.

Don't let the holiday season be spoiled by failing to observe proper standards safety practices. It is not difficult to have a safe and beautiful holiday lighting display as long as we avoid taking shortcuts and observe proper electrical safety procedures. Enjoy a safe and happy holiday season.



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



OBITUARIES

Emeritus Professor **SELVADURAI MAHALINGAM** (Faculty of Engineering, Peradeniya University). Loving husband of late Devaki, loving son of Selvadurai, Nagamma Sellaraswathy, loving brother of late Mahaluxmy, late Arunthavanayaki, Vigneswary (Alaveddy), Dr Sivaneswary (UK), Senthilnathan (Canada), Raju Sivakumaran (UK), Selvakumaran (UK), loving brother-in-law of late K. Visuvalingam, late T. Arulanantham, late Dr K.S. Sivaguru, Dr S. Srirangalingam (UK), Sama (Canada), Kamini (UK), Dr Vijayaluxmy (UK)

KANAGASABAI - RADHA. Daughter of late Mr. C. Thiagarajah (Attorney-at-Law, Matale) and late Mrs. Puwaneswari Thiagarajah, beloved wife of Dr. P. Kanagasabai (Rasan), loving mother of Skandha (London), Meera (Toronto) & Krishni (California) mother-in-law of Dushyanthi, Prakash & Dushyanthan, affectionate grandmother of Seshan, Nishantha, Veena, Gajan, Kirthana, Sailesh and Neelesh, sister of late Mohan (Edmonton) and Rengan (California).

CAPT. SIMON-RASIAH RANJIT LAKSHMAN, Master Mariner, Qatar Navigation and former Lecturer, CINEC Maritime Campus Colombo. Beloved husband of Gitanjali (Gita) - (former Vice President, Favorite group & Brandix). Precious father of Ruchitha and Sadira Simon-Rasiah, son of late Capt & Mrs. J.H. Simon-Rasiah, brother / bother-in-law of Shereen and Dushi Arulampalam, son-in-law of C.T. & Pavalam Devaraja and brother-in-law of Niranjan & Thayanthi Devaraja (all of Canada).

THARUMAKULASINGAM - PMS (Former Internal Auditor - Ceylon Shipping Corporation, River Valley Development Board (RVDB) and Auditor UNDP Kiribati & Indonesia). S/o late Mudhaliyar PM Sangarapillai J.P. Vaddukodai Jaffna and late Nagarathinamma, H/o late Thayavathani, F/o Uthayashankar and Vijayashankar, father-in-law of Karthiyayini and Sivachelvi, loving grandfather of Shivani, Tharman and Thaya of Australia, B/o late PMS Rajasingam, late PMS Poobalasingam (formerly District Council Member, Vaddukodai), late Selvarani Theivandaraja, Sivanesamalar Nallainathan, PMS Sathkunasingam and PMS Palamuthusingam.

SHIVAPATHAM - Sithamparapillai Ponniah (former Regional Director of Education - Sri Lanka). Beloved husband of late Dharmavathy, loving father of Ranjan Shivakumar (Canada), Ravishankar (US), Prabhaskar (US), father-in-law of Jegatheeswary (Canada), Bagirathy (US), Gowri (US) and grandfather of Prasanna (Canada), Sulakshana (Canada) and Shruti (US), passed away in New Jersey, US, on 7th November, 2015. Funeral took place on 9th November, 2015 in New Jersey, US. E-mail: ravishankar500@gmail.com.

ARUNTHATHI - JOSEPH. Daughter of late Mr and Mrs V.A. Alegacone (former Member of Parliament), daughter-in-law of late Mr and Mrs Vrasapillai Joseph, beloved wife of late Major Eric Joseph, loving mother of Damayanthi, Dushyanthi (Christeen), Jude, Indrajit and Letchumi, mother-in-law of Sritharan, Mahindan, Seedeve and Roshan, beloved sister of Balan (Thevan, Sathiavan, Harichandran, deceased), adored grandmother of Jebanesh, Mushin, Ammaarah and Rukshan.

MAHENDRA - PADMINI 7.4.1921 - 22.11.2015. Beloved wife of Rasaratnam Mahendra (dec.), much loved mother and mother-in-law of Shantha & Rajendram, Mahen & Lalini, Radha & Patsy, Shiva & Vicki, Gowri & Wignesh, Sashi & Margaret, loving sister of Nahamma Solomons, proud and loving grandmother, step grandmother, great grandmother and great great grandmother. Funeral took place on 24.11.2015 in Melbourne. 58, Regent Parade, Cheltenham 3192, Victoria Australia. Tel: (03) 95536294.

SAMBANTHAR - R. T. - (Chartered Accountant - Ex-partner of Kreston MNS & Co.), passed away peacefully in Ipoh, Malaysia. He is survived by wife - Thilagaranee, daughters - Drs. Malathi, Sumathi and Vasanthi (Malaysia) and son - Dr. Muralitharan (Australia) - sons-in-law - Drs. Balachandran and Anandaraj (Malaysia), daughter-in-law - Dharini (Australia). Funeral was held in Ipoh, Malaysia on 28th November 2015. Email : msambanthar@hotmail.com Dr. S. Muralitharan.

SANDRASEGARAM - PARAMESWARY. Beloved wife of late Arunasalam Sandrasegaram (Retired Chief Education Officer), beloved mother of Paramaguru (Australia), Shan Shanmuganathan, late Kumaraguru, Dr. Gnanakaran (USA) and Arunagiri (Australia), mother-in-law of Gowri, Renuka, Janaki, Brintha and Anuvina, grandmother of Abi, Senthu, Sudharshan, Yanitra, Neytra, Navin and Sahana, sister of Puvaneswary Jeyakody (Australia), Dr. Sivasubramaniam, Thanabalasingam (Canada) and Dr. Sivasithamparam (Australia).

Taxing in Sangam literature

By: Kumar Punithavel

South India was traditionally ruled by three great Tamil dynasties. Their kingdoms were called Pandya, Chola and Chera kingdoms. This time period is referred to as the 'Sangam era' which is from BCE200 to CE300. Today this land is fragmented as different states and speaks different languages other than Tamil. These languages like Kannada, Telugu, Malayalam and Tulu are the off springs of ancient Tamil language.

Once upon a time the Pandyan kingdom was ruled by a great emperor called Arivudai Nambi. In this kingdom lived a great poet called Pisiranthayar. Anthiar was his birth name, and adding his birth village Pisir, he was called as Pisirantahar. During this time Chola kingdom was ruled by Kooperum Cholan with Uraiyoor as capitol. The friendship between Pisiranthaiar and Kooperum Cholan is legendary which we will read at some other time.

Taxing is the responsibility of the rulers, and when they do it responsibly the country thrives well. In those times in Tamil kingdoms, not only the ministers counselled the emperors, but also the learned took it to be their duty to advise the king when they felt he rules with unfairness and fellow citizens suffered.

In the case of Arivudai Nambi the emperor of Pandyan kingdom, the ministers were like the reeds in flowing water, tilting in the direction of the flow and the confederates of the emperor joined him in the wrong doing and plunder the citizens with heavy levies.

All his actions made his subjects to suffer more and more. The king kept on burdening them with more and more taxes. Having no one to help them the people approached Pisiranthaiar and requested

him to save them from their suffering. Our learned poet studied the situation and found the Emperor was surrounded with cronies who further encouraged him to increase the tax. The Emperor was more interested in fun and having a good time than ruling the country justly.

Anthaiar realized it was his duty towards his mother land to advise the king, and correct his ways. When he went to the palace the emperor received with respect as he was aware of the learned poet and respect he commanded by other kings of Tamil Nadu.

The learned poet addressed the king with much respect and presented him a song, which to this day will be an advice to all rulers who rule the country. The meaning of the song goes as follows:

If one harvest the paddy from the field and feed an elephant in bolus it would last for many days.

Instead if allowed the elephant to graze on its own, it will trample the crop by its legs and will destroy more paddy than what goes through its mouth. Similarly if the king levies taxes heeding to the need and ability of his citizenry will prosper and he will gain fame.

But if he surrounds himself with worthless cronies and tax his people without compassion, the nation will soon be like the paddy field trampled by the grazing elephant. No one will benefit and the nation too will suffer he said.

Listening to the poem, the king realized his folly and thanked Pisiranthaiar profusely and checked his actions. He became loved by his people.

The lesson in this poem which is more than two thousand years still resonates with the needs of this world. Hopefully our leaders will head to the advice of Pisiranthaiar.



If harvested and fed in bolus
Even less than an acre will last many days
Even hundred acres if elephant enter to graze
More than consumed will ruin by its legs
Informed king if follows the rule and collect
Millions it will yield and nation prosper
Ignorant king surrounded by cronies
Heartlessly if amass levy daily,
Like field trampled by elephant
Shall not benefit and destroy the nation

- Purananuru 184

காய்நெல் அறுத்துக் கவளங் கொளினே,
மாநிறைவு இல்லதும், பன்நாட்கு ஆகும்;
நூறுசெறு ஆயினும், தமிழ்த்துப்புக்கு உணினே,
வாய்ப்பு வதனினும் கால்பெரிது கெடுக்கும்;
அறிவுடை வேந்தன் நெறியறிந்து கொளினே,
கோடி யாத்து, நாடுபெரிது நந்தும்;
மெல்லியன் கிழவன் ஆகி, வைகலும்
வரிசை அறியாக் கல்லென் சுற்றமொடு,
பரிவுதப எடுக்கும் பிண்டம் நச்சின்,
யானை புக்க புலம்போலத்,
தானும் உண்ணான், உலகமும் கெடுமே.

புறநானூறு 184

It will do well for the rulers of this day take heed to the advice given by Pisiranthaiar and make the world a better place to live in.



MANAGING YOUR MONEY

Creating Your Retirement Paycheque

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

Retirement income planning should cover these three general themes.

- ▶ **Determine your retirement goals**
- ▶ **Create your Retirement Paycheque.**
- ▶ **Maximize your Retirement Paycheque**

These themes may seem fairly straightforward and in some cases even self-explanatory, but taking on this kind of challenge alone, especially given the impact it will have on your life, can be a daunting task. I cannot stress enough how important it is for you to make sure that you get expert help when coming up with a retirement income strategy.

There are six steps:

Step 1: Calculate retirement income: You need to determine how much income you will need to sustain your retirement lifestyle.

Step 2: Estimate retirement expense: a key component of any retirement plan is the expenses that you will incur. Some expenses are “controllable” or discretionary and can be changed with any modification to your retirement lifestyle (ie: travel every other year versus every year). Other expenses may be essential or baseline and cannot be changed without major lifestyle changes, if at all.

Step 3: Determine income gaps: This is the difference between your retirement income and expenses; we will discuss later ways that you can fill the gap, if there is a deficiency between your expected income and your estimated expenses. This is important because if you prepare early on, you can plan smarter and achieve your retirement goals.

Step 4: Calculate withdrawal rate and

Step 5: Determine income longevity: These two steps are closely related. The calculation of a sustainable withdrawal rate is an important part of the retirement income planning puzzle.

Step 6: Suggest appropriate product and planning alternatives: The decision to allocate dollars to one product or another should consider the inherent tradeoffs. For instance, mutual funds offer no guarantee but offer the greatest upside potential, and a conservative withdrawal rate with flexibility for adjustment can assist in managing market risk. An annuity with its high level of guaranteed income trades off market value; this might be offset with an insurance policy to provide an estate. The Lifetime Income Benefit provides less guaranteed income than an annuity, but has market value offering more flexibility than an annuity alone.

Determining Your Retirement Goals:

For years now, some financial advisors have used a general rule of thumb that Canadians will require approximately 70% of their pre-retirement income throughout retirement in order to maintain an equivalent standard of living. However, today, whether due to increased cost of living, higher expectations or simply the fact that Canadians are living longer and retiring earlier, some experts are saying that figure should be closer to 80%. Again the number all depends on what kind of lifestyle you expect in retirement. If you plan on traveling the globe, that amount could reach well over 100% or more of your pre-retirement income.

The problem with these rules of thumb is that

they are a cookie-cutter, one-size-fits-all approach to planning. Everyone has different resources, different tastes and individual retirement plans. As such, the amount of income you will need through retirement re-



Retirement income planning process

Above flowchart depicts the process in determining your Retirement Paycheque.

Source: Investors Group

quires a more in-depth look at other factors that are often overlooked.

Things to consider:

- ▶ What will you do to keep busy in retirement?
- ▶ Will you start a new career?
- ▶ Will you pursue new activities?
- ▶ How will you manage your health?
- ▶ Will you be planning with a partner or alone?
- ▶ Will you be supporting the activities of kids or grandchildren?
- ▶ Are you willing to accept investment fluctuations (risk tolerance)?
- ▶ What are your investment assets and liabilities?
- ▶ Will there be any changes to expenses in retirement?

There are several things we need to consider before even attempting to solve the retirement income puzzle for you. This is not an exhaustive list, but it covers most of the major things. As you can see, before you even begin to calculate your savings and think about how much money you will need in retirement, there are many personal questions that you need to ask yourself. But not only do you have to answer these questions, you also need to be aware of risks you will face throughout retirement.

The next step is to turn our attention to any gaps that may exist. Now what I mean by “GAP” is the difference between your desired retirement lifestyle and your current retirement income forecast. Many Canadians unfortunately have a significant financial gap between their dreams and reality – Five of the top reasons for this are:

- 1- No money left over to save
- 2- Started saving too late

3- Still supporting kids

4- Health issues

5- Job issues

So how can you close the gap? You may be able to meet your goals by investing more wisely in tax efficient investments and taking advantage of unused RRSP contribution room or other time tested retirement saving strategies.

Thanks to advancements in health related technology over the years and increased quality of life, Canadians are living longer than ever before. Longevity risk is the risk that you will live longer than what you had planned for – leading to an early depletion of retirement funds. So the important take-away here is that you need to plan for the unexpected and ensure that you have enough savings during retirement to make it to the finish line. If you withdraw too aggressively, you risk outliving your money. However, if you withdraw too conservatively, you compromise your standard of living. Over the years, there has been much debate on the withdrawal rate question and there finally appears to be a consensus among experts.

The longer you live, the more chance you have of eventually developing a serious illness. Medical wait times in the Canadian Health Care system can be rather long at times, and you may decide that you want to seek treatment elsewhere. It's easy to imagine how quickly your retirement savings could be reduced to pocket change if you don't have a proper plan in place, should you need to head south of the border for treatment. This raises the importance of having a discussion about the possibility of getting critical illness insurance coverage at some point in your life.

The third major risk you must take into account during your retirement is the effect of inflation. Inflation is the long-term tendency of money to lose purchasing power. This means that the current value of your money generally diminishes as time goes on. Now \$1000 is still \$1000 no matter the point in time; Current value refers to what type of goods or services that same amount could currently buy versus what it will be capable of buying at a future date.

Creating your retirement paycheque requires that we take a closer look at all the sources of income that the average Canadian can expect in retirement.

CPP (QPP) is a government pension fund designed to assist Canadians during retirement by providing them with a monthly income. The amount you receive throughout your retirement is calculated based on your total contributions and the length of time during which you were a contributor and is fully taxable. One thing that many people fail to realize is that CPP (QPP) payments do not happen automatically – there is an application process that must occur before you can begin to benefit. **Contd. on page 46**

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GENIE SISTERS
SAMAYAL
SANTHAI



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

Paneer Biryani



This month, it is all about Christmas and with all the festive food that we will be indulging in, it's something that most of us are very much preoccupied with. Whether it's preparing, planning, buying, budgeting or simply dreaming- the month of December is certainly a food haven for all. So whilst you're still thinking of what feast to set before the family, we would like to offer you a slightly less traditional alternative.

Keeping it vegetarian, as we are sure there will be plenty of turkey to go around, we present to you the easiest Paneer Biryani ever! If you feel like having Christmas with a twist, this should definitely be your go-to dish. It's quick to make and will give you plenty of time to make lots of other trimmings. Why not try making our homemade paneer for this recipe? We featured our homemade paneer recipe in the August edition of Monsoon Journal, so now you definitely have no excuse!

Method:

Soak the basmati rice in cold water. Grate $\frac{3}{4}$ of the Paneer and cut the rest into little cubes. Place a heavy based pan (or pressure cooker) on a medium heat and add the cardamom seeds, cloves, cinnamon and star anise to the ghee/oil. Add onions and cook until they start to turn brown. Then add green chillies, chopped coriander and mint and once the leaves have wilted, add the coriander powder, ground fennel seeds, cumin powder, chilli powder and tamarind water. After a couple of minutes, add the paneer (both grated and cubed), the soaked rice and add 3.5 cups of water. Give it a good stir and put a lid on and cook - the rice should take around 15-20 minutes to cook. Garnish with mint and serve with a cooling raitha or vegetable curry.

Serves: 6

Ingredients:

Ghee/vegetable oil
Seeds from 5 green cardamom pods (ElakkaiVithai)
4 cloves (Kraambu)
5cm cinnamon stick (Kari pattai)
1 star anise
1 tsp crushed black pepper (Milagu)
2 tsp ground fennel seeds (Perunseeragam)
2 green chillies (Patchaimilagai)
2 medium onions (Vengaayam)
Handful of chopped coriander (Kotthamalli)
Handful of chopped mint (Pudhina)
1 tbsp coriander powder (Kotthamallithool)
2 tsp of cumin powder (Seeragamthool)
1 Tsp of chilli powder (Milagaithool)
1 cup of tamarind water (Puli thanni) or 1 tsp of tamarind paste
Sprigs of mint to garnish (Pudhinailai)
3 cups of basmati rice
1 Block of paneer (250g)

As always, we want to see your creations! Tag us in your pictures on Instagram, using #monsoonjournal. If you are looking for a particular recipe, send us an email at toronto@monsoonjournal.com - your request could be on the next Monsoon Kitchen!

We wish you a Merry Christmas and a very Happy New Year!

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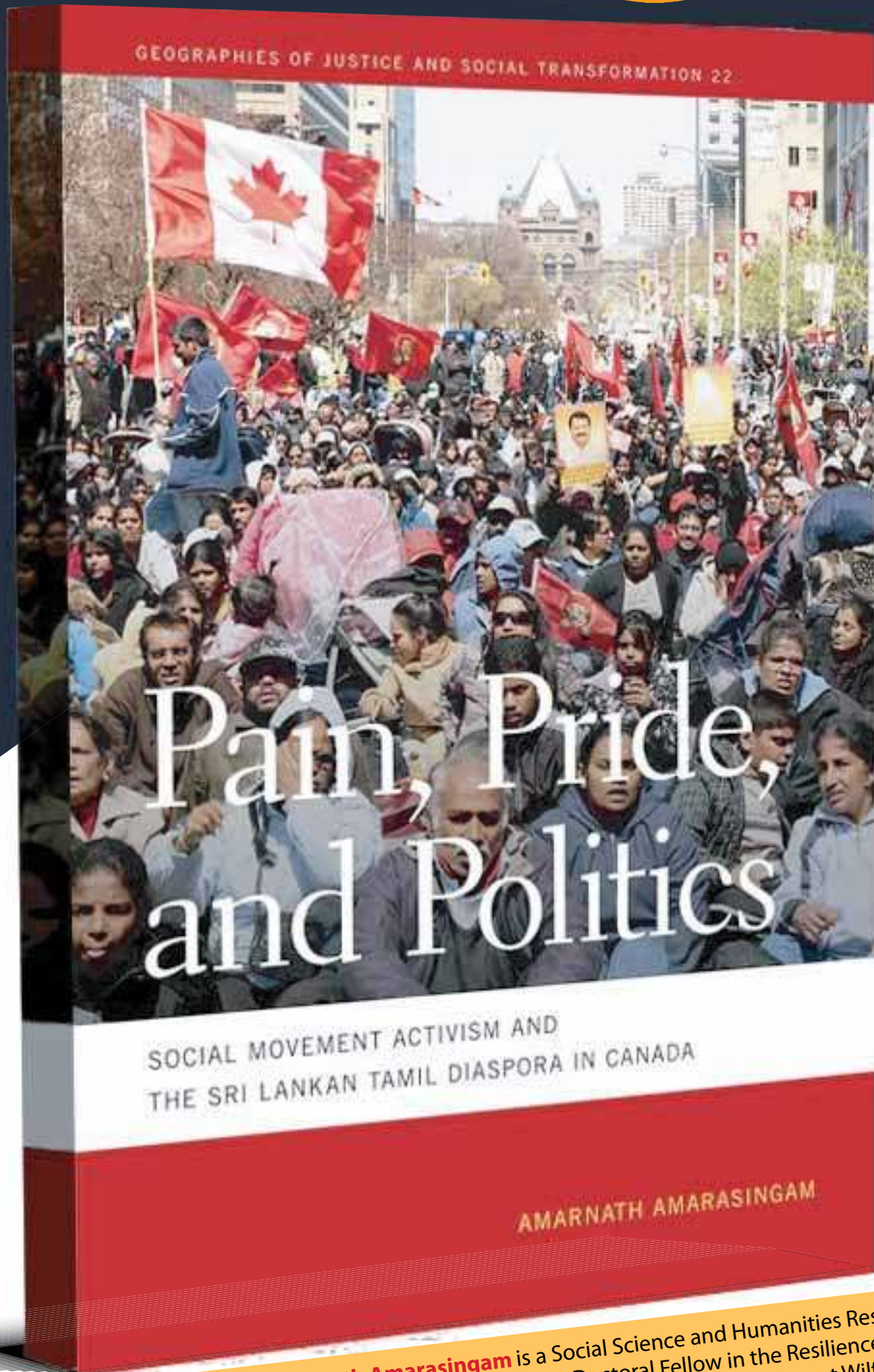
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PAIN, PRIDE, AND POLITICS IS THE FIRST BOOK-LENGTH LOOK AT THE SRI LANKAN TAMIL DIASPORA IN CANADA. IT EXAMINES THE HISTORY OF THE CONFLICT IN SRI LANKA, HOW TAMILS MIGRATED TO CANADA, AND HOW THEY HAVE BECOME MOBILIZED OVER THE YEARS - AND SOME OF THE CHALLENGES ALONG THE WAY.



This book is an insightful and courageous examination of Tamil political dynamics and a significant addition to diaspora studies” – *R. Cheran, University of Windsor*
 “Written from the perspective of a critical insider, this engaging book helps us to make sense of the fractious complexity of Tamil diaspora politics since the defeat of the Liberation Tigers of Tamil Eelam in 2009. Its innovative angle on diaspora as a social movement points to ways of understanding how and why diasporas have become such important players on the global scene” – *Nicholas Van Hear, Centre on Migration, Policy and Society at the University of Oxford.*



Amarnath Amarasingam is a Social Science and Humanities Research Council of Canada (SSHRC) Post-Doctoral Fellow in the Resilience Research Centre at Dalhousie University, and also teaches at Wilfrid Laurier University and the University of Waterloo. His research interests are in diaspora politics, post-war reconstruction, surveillance, social movements, radicalization and terrorism, media studies, and the sociology of religion. He is co-editor of *Sri Lanka: The Struggle for Peace in the Aftermath of War* (2016). He is also the author of several peer-reviewed articles and book chapters, has presented papers at over seventy national and international conferences, and has contributed op-ed pieces to *Al-Jazeera English*, *The Daily Beast*, *The Toronto Star*, *The Huffington Post* and *Groundviews*. He can be reached at amarnath0330@gmail.com, or on Twitter at [@AmarAmarasingam](https://twitter.com/AmarAmarasingam)



Book Review

PAIN, PRIDE AND POLITICS

Social Movement Activism and the Sri Lankan Tamil Diaspora in Canada

Reviewed By Siva Sivapragasam

The complexity of Tamil politics in Sri Lanka led the Tamil diaspora in the international arena take a centre stage in actively engaging itself with the turn of events in the home country. It was therefore not surprising that the Canadian Tamil community which represented the largest number of Tamil migrants became most involved in the Tamil politics of Sri Lanka.

Amarath Amarasingam's book suitably titled "Pain, Pride, and Politics" is an account of how the Tamil diaspora in Canada reacted to the chain of political events that unfolded in Sri Lanka. It is a clearly documented case study of Sri Lankans in Canada and their reactions to the changing events in Sri Lanka's Tamil politics. The contents in his book provides an in-depth study of how a separatist socio-political movement that began in Sri Lanka was carried forward in

Canada and during the course of it's history was changed and altered by the diaspora.

The book will interest not only those interested in Tamil diasporic politics in Canada but would also interest any reader wanting to know broader trends in diasporic social movements.

The author Amarnath Amarasingam is the Social Science and Humanities Research Council of Canada Post Doctoral Fellow in the Resilience Research Centre at Dalhousie University, Professor of Religion at Wilfrid Laurier University, and lecturer at the University of Waterloo. His research interests are in diaspora politics, post-war reconstruction, surveillance, social movements, radicalization and terrorism, media studies, and the sociology of religion.

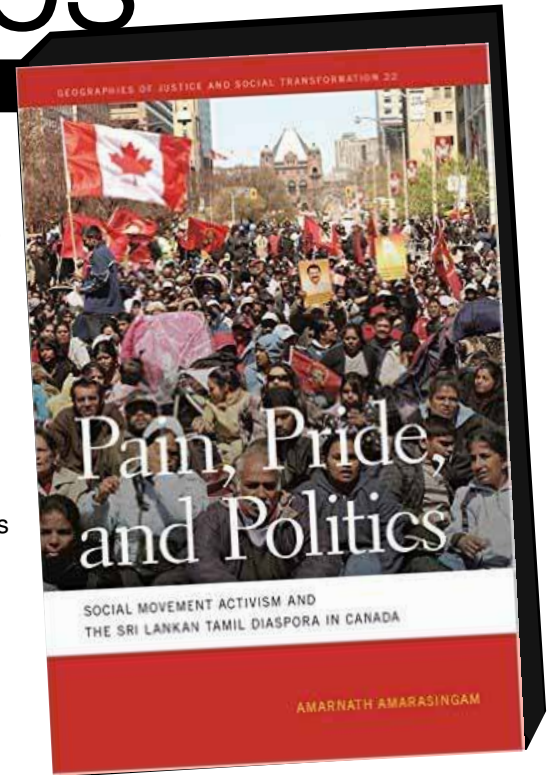
The author pinpoints that Canadian Tamil diasporic politics is directed as much by the cultural and organizational developments of the diaspora as it is by events

in the homeland. It is clearly evident that Amarasingam has carried out extensive interviews with a variety of persons who have been involved in the complexed Tamil problem giving the contents of the book a true account of investigative journalism.

The author can certainly take pride that he has taken much pain in providing a detailed account of Tamil politics in Sri Lanka and it's chained reactions among the Tamil Canadian community. In this respect, the book becomes a must read for every Tamil migrant here in Canada.

The book is available for purchase online by accessing the Publisher's website

WWW.UGAPRESS.ORG



Author: **Amarnath Amarasingam**
 Publisher: **University of Georgia Press**

Appreciation

Professor EMERITUS S. MAHALINGAM

Engineering guru who flew high with jet engines and vibration theories

The last rites of the famed engineer and Professor Emeritus of Mechanical Engineering of Peradeniya University S. Mahalingam were held at his home in his native Alaveddy in Jaffna recently and his remains were cremated in Mallakam at the Hindu crematorium.

A large number of people including family members, relatives and local residents as well his former colleagues, students, members of the engineering fraternity and academia from Peradeniya, Colombo, Batticaloa and Jaffna, paid their last respects participating in the funeral of the Professor who breathed his last at the Northern Central Hospital.

Professor Mahalingam was born in Alaveddy, Jaffna on 16 January 1926, and moved to Malaysia due to his family circumstances. He obtained his primary and secondary education at Kuala Lumpur Maxwell School and Malaysia Victoria College. When twenty years of age, he returned to Sri Lanka for his

university education and joined Sri Lanka Technical College in Colombo in 1946, where he obtained his first engineering degree. He obtained his doctorate degree in engineering from England's Sheffield University in 1956.

When the Colombo engineering faculty which evolved in the later years into the Engineering Faculty of Peradeniya University was first established in 1950, he joined it to commence his lecturer career. Later in the 1970s, he continued this, as a founder lecturer of the engineering stream of the University of Peradeniya. When he was awarded his doctorate (DSc) by the famous University of London, nobody else at the University of Peradeniya was in possession of such high level doctorate.

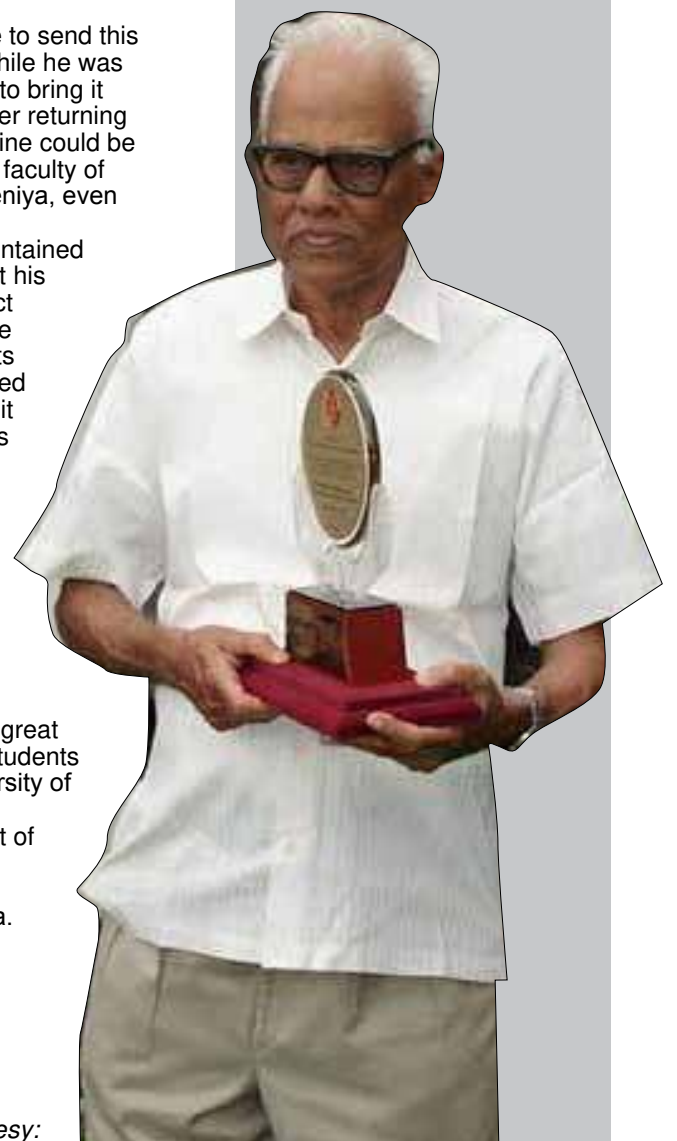
The research undertaken by Professor Mahalingam in the field of mechanical engineering doctrine of vibration ("Vibration of branched system: a displacement excitation approach") drew the attention of many towards him. Especially, his research on Holzer Method for balancing in vibration control, were highly acclaimed. This research paper was published in the journal of applied mechanics in 1958. Even after that, Prof. Mahalingam continued his research in this field for several decades.

When he was to be rewarded for his excellence in London, he requested that one of the three jet engines he had seen in one of the factories, be gifted to University of Peradeniya, in lieu of the award.

Although he was unable to send this engine to Peradeniya while he was in London, he was able to bring it down to Peradeniya, after returning to Peradeniya. This engine could be seen at the engineering faculty of the University of Peradeniya, even today.

Prof. Mahalingam maintained discipline at high level at his lectures. He was so strict and concerned about the education of the students to a level, which prompted the students to say that it is better not to attend his lectures if you cannot go at the stipulated time. He expected the students to be dedicated to their academic activities. Unassuming and self-controlled, and affectionate towards students, he was a professor who had won great admiration among the students of all races of the University of Peradeniya.

The Late Devaki, relict of Prof. Mahalingam, was also a professor at the University of Peradeniya.



Courtesy:
The Tamil Diplomat

Prof. Mahalingam



LIGHTS OF HEALING 2015 BY CTMA

The Canadian Tamil Medical Association (CTMA) held its Annual Fundraising Gala titled "Lights of Healing" recently at the Scarborough Convention Centre. The Association has in the past contributed funding to several projects in Canada and Sri Lanka.

Seen here are some pictures taken at the event.



SATHYA SAI BABA CENTRE OF SCARBOROUGH, CELEBRATED SWAMI'S 90 TH BIRTHDAY ON NOV 23RD.

Sri Sathya Sai Baba Centre of Scarborough celebrated the Divine Advent Bhagawan Sri Sathya Sai Baba's 90th Birthday "90 years of Sathya Sai" on 23rd of November, 2015 at their Centre, 5321 Finch Avenue East, Scarborough.

Program started with Mangalavadyam and lighting of the lamp and then followed by the Paduka procession.

Youth girls presented a play called "Our Master lives on" embodying the message that even without Swami's physical form we all can continue His legacy. We can live our lives reflective of his teachings and keep Swami's message alive.

"Our Master Lives On," Youthgirls' presentation embodying the message that Sai's Legacy lives on even without his physical presence.

Youth boys presented a video titled "NO LOVE LOST" sending a strong message on the importance of love and understanding between siblings.

Highlight of the program was the presentation of "SAI90" by Sathya Sai spiritual Education (SSE) children. By practising "ceiling on desires" children collected money and bought 90 sets of baby cloths and donated to the community through Salvation Army.

Finally the program concluded with bajans, julasong, cake cutting and Arathi.

The altar and Jula was beautifully decorated in red and gold. Over 1000 devotees joined the celebration





THE HINDU TEMPLE SOCIETY OF CANADA (GANESHA TEMPLE)

2015 ANNUAL SKANDA SASHTI FESTIVAL - NOV. 12 - NOV. 17

Skanda Sashti festival is dedicated to the Hindu God Muruga also called as Karthikeya or Subrahmanya. Kanda Sashti is observed in the Tamil month of Aippasi (October – November in English Calendar).

Skanda Sashti celebrates the victory of Lord Skanda over demon Surapadman. Tamilians, especially devotees of Lord Muruga around the world observe six days of fasting. It is a major festival in Tamil Nadu, Kerala in South India, Sri Lanka, Malaysia, Canada, Singapore and South Africa and USA.

Son of Lord Shiva and Parvati, the divine incarnation was primarily to annihilate the demons that created anarchy on earth and restore Dharma. He was the commander of the army of the Devas.

A six day battle ensued with Demon Surapadman and on the sixth day Lord Muruga (Skanda) killed the Demon with his "Vel" or lance.

Legend has it that Muchukunda, a King in South India, was advised by Saint Vasishta regarding the correct observances of the Skanda Sashti Vratam. After observing the vrata, King Mucukunda became very powerful and famous and thus his kingdom spread around the three worlds. It is said that the King became so powerful that Lord Indra (the king of demi-gods) took his help to defeat Asuras.

Sashti or sixth day of the full moon and the sixth day of the new moon are favourite days for Lord Muruga. Devotees of Muruga observe partial or full fast on each of the Sashti days and



throughout the Skanda Sashti period.

Each of these six days, by custom, set apart to recite the glory of Lord Muruga from one of the six scriptures, Thirumurukartrurppadai, Kandar Kalivenba, Kandar Anubhuti, Kandar Alankaram, Kanda Sashti Kavacham and kanda Puram. These are all in praise of Lord Muruga.

The day following Soorasamharam, the Valli Thirukalyanam takes place.

This Skanda Sashti celebrations is very religiously celebrated at this temple year after year and this year was no exception. The attendance number of devotees in steadily increasing every year.

Some pictures at the Soorasamharam from this year's festival are shown here.

May the Blessings of Lord Muruga be with one and all !!!



Deepavali celebrations by Senior Tamils

by JJ Atputharajah

The Senior Tamils' Center of Ontario held its annual Deepavali celebrations at Sri Iyyapan Temple -Cultural Hall in Scarborough recently. The Chief-Guest- MP for Scarborough, Shaun Chen said that Deepavali is a popular cultural festival of the Tamils, which he was familiar with from his childhood when he was living in India. He was proud of being a product of Chinese-Indian-Canadian ethnicity. At the recent elections he was elected as an MP for Scarborough North and will do his best for the Tamil seniors.


The festival held under the leadership of the STC president, S. Srijevanathan was well attended with senior Tamils from all over the GTA. The Musical Melody by Ishwari Chandru, the Salagaioli Dance Program by

Kshetram Dance Company, the Musical Drama "Vaadaikkattu" by the STC members added cultural variety and enrichment for the interesting program put together by the energetic organizers. The musical drama was based on a story by Kunarajah, a writer from Jaffna which depicts the life-style of the fisher-folk of Pesalai, Mannar, Sri Lanka.

The senior ladies and gents were able to articulate and show their talents to their fellow members in a remarkable way. The cultural feast enabled the seniors to remember their attractive cultural indulgences of yester-years. Canada's policy of tolerant multiculturalism keeps the immigrants in a healthy frame of mind adding its flavour to its multi-ethnic populace.




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DURHAM TAMIL ASSOCIATION'S 14TH ANNUAL YOUTH FESTIVAL DEDICATED TO THILAKAVADIYAR GIRLS HOME IN BATTICALOA, SRILANKA



MC Ashley Kugaraj & Divijj Y.Kumar



Vaathiya Bruntha by Mrs. Tulasi Rangunathan



Teachers being recognized by MPP Joe Dickson



Kirishan Thananjeyan singing



Hon. Mark Holland, MP-Ajax, awarding Super Singer Jessica Judes



Super Singer Jessica Judes entertaining the audience



WELCOME DANCE by Mrs. Padmini Anand



Outstanding Youth Volunteers of Durham Tamil Association being recognized by scrolls of MPP Tracy MacCharles



Director of Education for DDSB, Martyn Beckett



NAATIYA MAALAI by Mrs. Kalaimathy Vageesan



MP Mark Holland handing over the big cheque for \$10,128.26 to Sharon Alipanopoulos of Canadian Cancer Society



AALAM by Mrs. Sujee Nisankan



Believe in You 2015

“On Saturday, November 14, 2015, the Tamil Cultural and Academic Society of Durham (TCASD) hosted their 7th annual Believe In You show and it was incredibly successful! If you don't believe me, ask the 110 participants and their families who attended the show. Like always, we had an excellent program, with outstanding performances and talents. The performances consisted with many Bharathanatyam and fusion dance pieces, a fashion show

for our younger youth, musical and vocal interludes, along with the intellect of our fellow youth. When typically a show would have one or two masters of ceremonies, this show had four enthusiastic hosts who spoke fluently in both English and Tamil. To accompany our event, we were blessed to have the presence of our dignitaries, along with supportive parents and teachers who embraced our youths' talents. We appreciated, and will always appreciate,

our youth's and coordinators' contributions to Believe In You because without them, this event would not have been extraordinary. Prestigious certificates were given to our participants as a token of appreciation. Guests and participants not only enjoyed the performances, but also had a splendid time during the intermission, as they were served with both hot and cold beverages, alongside with pizza and other delightful snacks. TCASD is very proud

of their event, as many came and complimented on how they had a spectacular time. The executive team and youth put a lot of time and effort into the planning of this event and it definitely paid off. In the future, we will continue to strive for success and put together an amazing show for our audience to admire our youth's incredible talents every year!”

**By Cavina Vairamuthu
- TCASD Youth**



Tamil Cultural Nite marks 15 years of colourful festival in the Waterloo Region

Waterloo: Multiculturalism was very much alive during TAMIL CULTURAL NITE performing arts festival in the Waterloo region. Based on the theme, CULTURE FOR ALL, the Sri Lankan and Indian community from Kitchener, Waterloo, Cambridge, Brantford and Guelph area invited the University of Waterloo Indian connection to be part of their cultural mosaic.

The 15th annual "Tamil Cultural Nite" was held on Saturday, November 7th at the Humanities Theatre, University of Waterloo. This performing arts festival is an annual event, held to reflect the rich cultures primarily from Sri Lanka and India. The chief guest was Hon. Logan Kanapathy, Councillor – City of Markham and special guest was Hon. Bardish Chagger, Minister of Small Business and Tourism and MP for Kitchener-Waterloo.

The evening was inaugurated with Canadian National Anthem and Thamil Thaaai Valthu by the Students of Waterloo Region Tamil language School of Cambridge. It was followed by Bharatha natyam performance by the students of Laya Lasya of Cambridge.

It was performed under the guidance of the teacher Mrs. Suneetha Prakash. Waterloo region Tamil youths presented drama under the theme "Akbar Birbal Moral Story" under the direction of Ramya Joseph of Kitchener.

The President of the Association Mrs. Dharini Sivakumar, welcomed all guests and encouraged the community to support the organisation. As a pioneer organisation, with roots over 26 years in the community, we can build bridges with others and support our Arts, Culture and language in the region she said. The festival included Bharatha Natyam Dance "Mayil Peeli" presented by the students of Shantha Nayaki Nattiya Kovil of Toronto, Students of Bruntha Ganalaya Music College "Isai Kalaviththakar" Ham-sathvani Singarajah performed beautiful Veena, Miruthangam and Violin instrumental orchestra. More than 75 students of the University of Waterloo performed a group dance reflecting different parts of India. Students of Shyamala Venkat entertained with Tamil movie songs.

The Chief Guest Hon. Logan

Kanapathy was delighted in his speech that building bridges between Waterloo Tamils and Toronto area is the key to success if we are to spread our culture. He praised the organisation and executive community for putting up a beautiful festival. The highlight of the festival was the performance "Parai" Drum by Ahkenam Arts of Toronto. It was conducted by Dharishini Vara.

Special Guest, Hon. Bardish Chagger, Minister of Small Business and Tourism graced the occasion and presented the "Ponnadai" and Plaque to local artist Siva Mahadevan, student of Ramana Indrakumar of Toronto for his Volunteerism in the community. Also, to encourage local artists, the association presented them with Medals and gifts. The Cultural Nite was sponsored by the City of Waterloo, City of Kitchener, City of Cambridge, Investors Group, RE/MAX Real Estate and Sri Lankan Airlines. This year's festival attracted around 600 guests in and around the Waterloo Region and GTA. The festival is an admission free event conducted by the Tamil Cultural Association of Waterloo Region.



(L-R) Indra logendran, Hon. Logan Kanapathy Markham Councillor, Rajivi Nadarajah, Siva Kumar, Lalith Wickremasinghe - Sri Lankan Airlines, Hon. Bardish Chagger - Minister of Tourism and Small Business, Dharini Sivakumar - President of TCA





Creating Your Retirement Paycheque

Contd. from page 33

The Old Age Security program is financed from Government of Canada general tax revenues – you make no direct contributions to this program. The Old Age Security pension is a taxable monthly benefit available to most Canadians 65 years of age and older. The amount received is determined by how long you have lived in Canada and based on your income levels at the time of receipt. It is said to be an “income tested benefit.”

Defined Benefit (DB) pension plans “define” or guarantee a specific pension amount paid to you regularly from when you retire for the rest of your life. The amount of your DB pension benefit is set according to your age, length of service and your salary.

Defined Contribution (DC) pension plans, also known as money purchase plans, do not guarantee the amount of future benefits. Instead, DC retirement income depends on accumulated contributions and the investment returns earned by these contributions.

Certain smaller businesses have Employee Group Registered Retirement Savings Plans (Group RRSPs), where regular contributions are deducted from your employment income. It’s important to remember that the total contributions into your Group RRSP, plus other personal RRSPs, cannot exceed your personal annual maximum contribution limit.

Deferred Profit Sharing Plans are funded solely by your employer and do not have the same rules as registered pension plans. With a DPSP, the size of your retirement benefit depends on how well the investment performs over time.

RRSP

Contributions to an RRSP are the most common way Canadians privately

save for retirement. The contributions you make grow on a tax-deferred basis allowing you to fully benefit from long-term compound growth and help reduce your immediate income taxes. It’s important to know that you must convert your RRSP savings into something that pays you an income no later than December 31st of the year of your 71st birthday.

TFSA

The Tax-Free Savings Account (TFSA) is a registered plan that allows you to contribute up to \$5,500 in 2013 and future years (\$5,000 for 2009 to 2012) in a savings plan that grows tax-free and provides you with tax-free withdrawals. Of course, contributions do not reduce your taxable income at the source like an RRSP.

Non-Registered Investments

With the introduction of the TFSA, non-registered investments have definitely taken a back-seat in terms of investment tools. However, non-registered investments still have their place, especially for those who have maxed-out their contributions to both their RRSP and TFSA.

Post-Retirement Employment

Not that long ago, men and women worked to age 65 and then abruptly left the workforce. Today, many members of the baby boom generation continue to work past the standard retirement age – on their own terms. For example, some are choosing phased retirement, which provides a balance between work and leisure. This additional income, even if a small amount, can go a long way to pushing back your full dependence on your retirement savings. However, it can also have an adverse effect on other income tested benefits. We’ll touch on this in a few slides.

Home Equity

Although both single and married individuals may move many times during adulthood, relocating in later life often involves “downsizing” to a smaller home. Older adults are frequently interested in having less space and fewer home maintenance responsibilities. For some, selling the family home can be the result of a disability, an illness, or the death of a loved one. For others, this transition is based on a desire to be near family or to experience a new retirement lifestyle in a different area of the country. Whatever your reason for downsizing, it can come with two main financial benefits: (1) you generally reduce your utility bills, home insurance and property taxes, and (2) the proceeds from the capital gains due to appreciation are tax-free, assuming the house was your primary residence.

It’s important to remember that selling a house does not always generate the level of retirement income that one would think. Remember that if you plan on staying in the same area, you will be buying back into the same market that made your house appreciate in value.

And finally you can also borrow money from the bank using your home equity as collateral. Many retirees do this to help pay for renovations, new cars or vacations. This can be very helpful, especially

because you can often get loans at favorable interest rates, due to the backing of your equity.

All your life you were used to receiving a single paycheque in your bank account every two weeks. Those were simpler times, weren’t they? Now things are far more complex. We’ve identified most of the sources of income that you could have throughout retirement. We know that the amount of money these sources of income will provide you will fluctuate from year to year. It can be a head-ache to try to manage all of this cash flow on your own, while ensuring that you maximize your tax savings.

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

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.

SAVE THE DATE
YOU ARE INVITED TO:
The Women’s Christmas Show
105 Gibson Drive, Markham, Ontario (Warden, just north of Steeles)
On Saturday, December 12, 2015 - 9 a.m. to 4 p.m.
ADMISSION FREE
Come and meet over 35 vendors of particular interest to women.
Lots of last minute Christmas shopping ideas and opportunity to network.
As well, a chance to learn about and donate to the Yellow Brick House, a shelter for abused women and children.
A few sponsorship spots and vendor booths remaining.
Contact: lifesteps@bell.net

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Rouge Valley welcomes 3 doctors for kids

Rouge Valley has recently welcomed three children's doctors to address the community's need for more specialized care of medical and mental health conditions.

A paediatric psychiatrist, a paediatric rheumatologist, and a general paediatrician have joined the team at Rouge Valley Health System (RVHS).

"We are delighted that these paediatric specialists chose to bring their expertise to families in our community at Rouge Valley," says Dr. Naresh Mohan, chief of staff, RVHS. "We can now offer Scarborough and Durham region families, who have children experiencing physical or mental health issues, even more treatment and quality care options closer to home. The community need is certainly there."

Rouge Valley cares for more than 21,000 young people a year in its outpatient clinics alone. Two large clinic settings at the Rouge Valley Centenary (RVC) hospital campus in Scarborough are dedicated to providing a range of medical services to children and teenagers: the Shoniker Clinic; and the Galaxy 12 Child and Teen Clinics.

The Shoniker Clinic specializes in the diagnosis and treatment of significant mental health issues of children and teenagers. Last year, the clinic helped 13,000 patients with their depression, anxiety, and obsessive-compulsive disorder, in a friendly and welcoming environment.

The Galaxy 12 Child and Teen Clinics offer services for children, teens and families for health conditions including: asthma; allergies; and diabetes. Last year, more than 8,400 patients were seen at Galaxy 12.

Rouge Valley is proud to announce these doctors have joined its physician and staff team:

- Dr. Teresa Lim, a paediatric psychiatrist, at the Shoniker Clinic;
- Dr. Trisha Tulloch, a general paediatrician with a subspecialty in adolescent medicine, at Galaxy 12;
- Dr. Alisa Rachlis, a paediatric rheumatologist specializing in diseases of joints, bones, muscles, and immune system, at Galaxy 12.

Helping children and adolescents with mental illness to thrive

Dr. Teresa Lim, a paediatric psychiatrist, has joined the mental health team at the Shoniker Clinic.

Dr. Lim sees patients with a wide variety of disorders, but has a specific interest in helping children with anxiety. With her training, she can offer both therapeutic treatment as well as medication management.

"People can forget that mental illness affects all aspects of your life: how you function overall, your relationships, even your personal hygiene," she says. "Especially when it comes to children, you are treating them at a critical stage in their lives. You see them go from non-functional and they can't go to school, to graduating and going on to university. When you treat someone and they get better, everything falls into place, and it's such

a rewarding feeling."

She feels honoured to be able to help her patients. "People share intimate details about themselves," she says. "It's a privilege to learn of these social and emotional aspects, to hear their life story and to make a difference."

Born in England, Dr. Lim spent her childhood in Singapore until she moved to Mississauga with her family. She earned her bachelor and master of science degrees from McMaster University in Hamilton. Her love of medical research led her to enrol at the Albert Einstein College of Medicine of Yeshiva University in New York City, where she earned her doctor of medicine. During her medical rotation, she discovered an affinity for both paediatrics and psychiatry, leading her to complete both her general adult psychiatry residency and her child and adolescent psychiatry fellowship at the Icahn School of Medicine at Mount Sinai Hospital in New York City.

While she interviewed at numerous places after finishing her fellowship at Mount Sinai, Dr. Lim decided to come to Rouge Valley due to its warm and welcoming environment. She is looking forward to working with the multi-disciplinary team at the clinic.

For a referral, patients' family physicians may request a copy of a referral form by calling 416-281-7301. Please fax referrals to 416-281-7465. A brochure and referral form can also be found at www.rougevalley.ca/shoniker-clinic.

Helping teens with their health and wellbeing

A general paediatrician with a subspecialty in adolescent medicine, Dr. Trisha Tulloch sees patients from ages 10 to 18 at Galaxy 12.

She specializes in helping patients with behavioural concerns; substance use; reproductive health issues such as menstrual irregularities; teen pregnancies; eating disorders; and other paediatric concerns. She also helps patients with any developmental issues, such as with puberty (physical, cognitive, and behavioural). "This is a very critical time to help adolescents with their growth and

Born and raised in Ottawa, Dr. Tulloch earned her doctor of medicine at Howard University College of Medicine in Washington, D.C. This was followed by a residency in paediatrics at Ohio State University; during her second year she realized that she wanted to pursue adolescent medicine. "I always had an inclination toward community health and at-risk populations, so adolescent medicine was a good fit for me," she says. She completed her fellowship in adolescent medicine at the Hospital for Sick Children

In addition to her work at Rouge Valley, Dr. Tulloch is a consultant at the Centre for Addictions and Mental Health (CAMH), on the inpatient Concurrent Youth Unit. She has also been working on a smoking cessation curriculum focusing on adolescents and young adults. "We forget that this is a paediatric issue," she says. "Smoking is one of the leading substances of abuse in this age group."



Dr. Tulloch is looking forward to contributing to the health and wellbeing of teens referred to Galaxy 12, focusing on both physical and mental health. She also looks forward to collaborating with referring providers to ensure continuity of care, a key aspect for both the adolescents and their families.

For a referral, family physicians or paediatricians can call 416-281-7476 or send a fax to 416-281-7313. All of the Galaxy 12 clinics can be reached by calling 416-281-7476.

A 'medical detective' for children with non-specific symptoms

Paediatric rheumatologist Dr. Alisa Rachlis has joined the Rouge Valley team at Galaxy 12. In her practice, she specializes in diseases of the joints, bones, muscles, and immune system.

Dr. Rachlis is excited to be practising at Rouge Valley, as it serves a large population of patients to the north and east of Toronto who would otherwise have to go to downtown Toronto. She helps to make sure they get prompt and timely care.

"Rheumatology is not a one-system specialty," she says. "Kids frequently come to us with non-specific symptoms, some going on for years, without a found cause. Sometimes it feels like we are detectives, like 'Dr. House' on TV, trying to put the pieces together. When there isn't an obvious explanation for something, we look for the reason. Rheumatologists have to be good general internists as we have to consider many possibilities."

Many children present to Dr. Rachlis with chronic pain or stiffness and changes in the way they function in their daily lives, such as what children may experience with juvenile arthritis. "It is so rewarding to give these children treatment as many feel a difference quite quickly with the medications we now have available," she says. "Our job is to diagnose these children as soon as possible so that we can protect their joints while they are still growing and potentially put them into remission. We don't see joint damage in adults diagnosed with juvenile arthritis as much anymore, and we can thus protect them from long-term disability and pain. We hope too that if treated early enough, that for some, we can reset the immune system of these children and not all will take the disease into adulthood."

She adds: "My favourite memory this year so far was from speaking with a mother of one of my patients. While I called to ask her how her daughter was doing, she told me her daughter must be doing better as she was out for a jog. She hadn't done that in over a year."

Born and raised in Toronto, Dr. Rachlis completed her bachelor of science at McMaster University in Hamilton and then completed her master of science degree at the University of Toronto. As a university student, she was drawn to the complexities of the immune system, more specifically the over-active immune system and inflammation in the body. She earned her doctor of medicine at the University of Toronto and then went on to complete both her general paediatric residency and paediatric rheumatology fellowship at the Hospital for Sick Children (SickKids) in Toronto.

The clinic gets referrals from many specialists and family physicians, other paediatricians, general internists, ophthalmologists, orthopaedics, and dermatologists. For referrals, family doctors or specialists can call 416-281-7476, or send a fax to 416-281-7313. All of the Galaxy 12 clinics can be reached by calling 416-281-7476.

Quick facts about the paediatric clinics at Rouge Valley

- At Rouge Valley Health System, caring for young patients is one of the key services offered to the communities of Scarborough and west Durham. Families can access specialized care that is closer to home through their many outpatient clinics for infants, children, and adolescents.

- Rouge Valley is a leader in paediatric care throughout the many outpatient clinics offered, including in asthma, diabetes, hematology, mental health, neurology, rheumatology, nephrology, neonatal follow up, adolescent medicine, respiratory syncytial virus prophylaxis, Healthy Outcome Paediatric Program for Scarborough for overweight or obese children, constipation, gastroenterology with endoscopy, scoliosis and general paediatrics.

- The Sickle Cell Clinic is a satellite partnership with the Hospital for Sick Children in Toronto. Rouge Valley is also a satellite for the Paediatric Oncology Group of Ontario. These outpatient services complement the paediatric inpatient units and day surgery, and special care facilities for premature babies, at both sites.

- Rouge Valley is also home to the Shoniker Clinic, a child and adolescent mental health clinic that specializes in the diagnosis and treatment of significant mental health issues.

- For more information about Rouge Valley's paediatric care programs and clinics, please visit www.rougevalley.ca/paediatrics.

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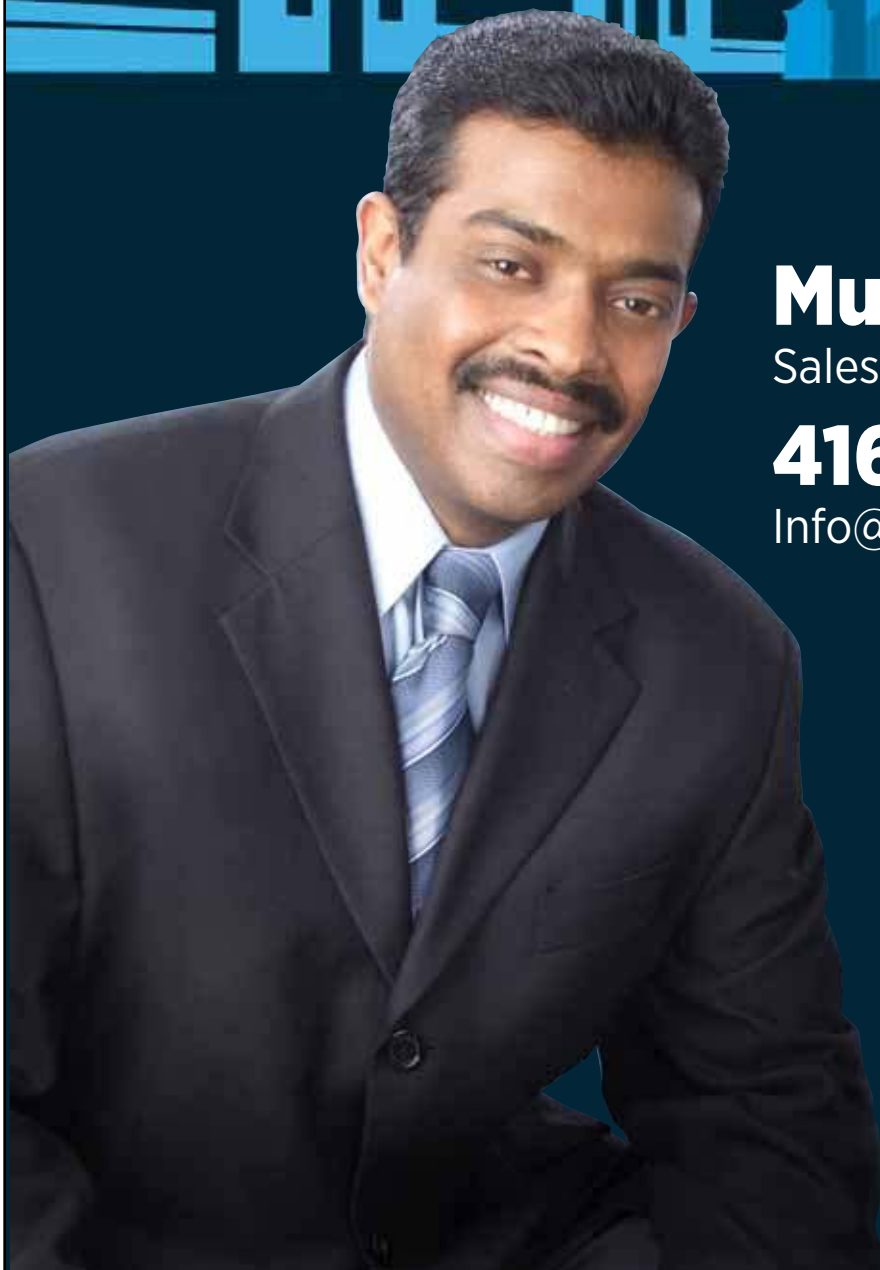
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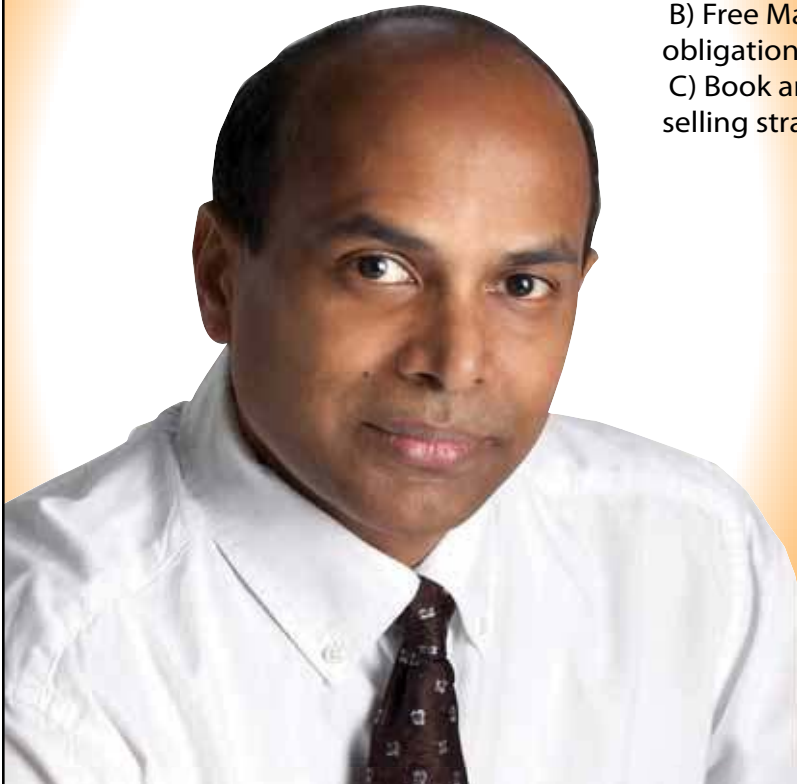
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