

Monsoon Journal

A parfait media publication

VOL 9 ISSUE 3 AUGUST 2014

Gary Anandasangaree

A strong candidate for
the Federal Liberal Party
nomination for
Scarborough-Rouge Park

By: Krishni Narine, B.A. (Hons.)

Political Science & History

Everyday, Canadians across our beautiful nation gather around at coffee shops, office-lunches and dinner parties and discuss the changes that this country is in need of. As we head into 2015, we as Canadians have a chance to act on these discussions.

As Ontario goes through its many changes, its very evident that must select someone that can work with our provincial and local governments at the Federal level. At Monsoon Journal, we think this is where Gary Anandasangaree comes into the picture. He is an individual that has already worked with all three levels of government to ensure that communities in Canada are well represented.

Full details on Page 33



Human Rights Activist and Lawyer, Gary Anandasangaree

A fisherwoman in a fisherman's world

By Thulasi Muttulingam

Special Feature: Pages 38 & 39

The gentle waves of the sea, lapping Anthoniarpuram, Mannar is known as many things.

Bountiful – even in off-seasons it still yields; safe – it never turns turbulent so no-one drowns in it; gracious; graceful...

It is thus known in local Tamil parlance as the female sea.

Further afield, in other areas, is the male sea; turbulent, wild, unpredictable...

Whether it is the male or female sea, yielding male or female produce, it was only the male of the human species however, who had appropriated for themselves the right to fish!

Continued on pages 38 & 39



Rani Elizabeth, leader of the fisherwomen's Group, Anthoniarpuram

Oxnard Developments presents Harwood Meadows Townhomes in Ajax

Harwood Meadows is yet another Townhome project by Oxnard Developments and is conveniently located in the town of Ajax. The newly constructed homes are being offered at affordable prices starting from \$ 369,990 and come with several free upgrades valued up to \$ 20,000. The homes will be available to move in 2014 and Phase One is almost sold out. **(Please see Page 15 for further details)**

NOW HIRING

**JOIN OUR
DYNAMIC TEAM**

INFORCE LIFE
Financial Services Inc.

10 Milner Business Court, Suite 707
Scarborough, ON M1B 3C6
Dir: **416-909-0400**
career@inforcelife.com www.inforcelife.com

**CHANDRAN
RASALINGAM** CHS
President & CEO



DENTAL CLINIC



Dr. Iru Vijayanathan BDS, MFDS, FAGD
DENTAL SURGEON

3150 Eglinton Ave East, Unit #5, Scarborough
(Markham & Eglinton)

416-264-3232

3351 Markham Road, Unit #129, Scarborough
(Markham & Steeles)

416-609-2022

The Law offices of Yaso Sinnadurai

Professional Corporation

Barristers & Solicitors

FOR REAL ESTATE LAW, BUSINESS AND CORPORATE LAW

SCARBOROUGH

2100 Ellesmere Road, Suite 202, Scarborough ON. M1H 3B7

Tel: 416.265.3456

MISSISSAUGA

Tel: 905.306.1100 By Appointment Only

SAVE BIG^{on} ENERGY

Catch your share of the Sun with our energy solutions!
Earn up to \$5400 a year for 20 years!
Finance your system and earn money without spending from your pocket.

100% financing available

***Grid-tied solar power solutions**

(With this solar power system your home can earn up to \$5400 per year)

*** Grid interactive solar power solutions**

*** Solar Off-grid solutions**

*** Solar pool heating solutions**

*** Energy efficiency solutions**



FREE - CONSULTATION - SEMINARS



416-855-9377

info@NewDawn-ES.Com

www.NewDawn-ES.Com



For every grid-tied tie/grid interactive solar system purchased from us we will donate a solar lighting system to a family living without access to electricity in a developing country.



Camry | 2014



TOYOTA



**TOYOTA
2014
FACTORY
EVENT**

STAR
SAFETY SYSTEM™



Call for Appointments

Damien Nadarajah
Product Advisor

Direct Line

416-722-8443

dnadarajah@scarboroughtoyota.ca

Scarborough Toyota
1897 Eglinton Ave East
Scarborough (Pharmacy & Eglinton)



Hon. Jason Kenney issues statement on 31st anniversary of “Black July”

The Honourable Jason Kenney issued the following statement commemorating the anti-Tamil pogrom commonly known as Black July:

“Thirty one years ago in Sri Lanka, the violent riots against the country’s Tamil population that began in Colombo on July 23 began to spread across the country, resulting in the deaths of hundreds of innocent Tamils and the widespread, wanton destruction of private property.

“Since the events of Black July in 1983, members of Sri Lankan Tamil communities around the world have commemorated this tragedy, while also reflecting on the situation facing the people of Sri Lanka today.

“Canada has been forthright in our condemnation of recent human rights abuses taking place in Sri Lanka, including the intimidation and detention of journalists and the targeting of members of Diaspora groups.

“As we reflect on the violence that swept through Sri Lanka in July of



1983, I am proud to say that Canada remains committed to promoting and upholding our fundamental values of freedom, democracy, human rights and the rule of law.

“We stand with the quarter-million-strong Tamil community in Canada in commemorating the tragic events of Black July.”

As always, please share this message with friends and family.

(via: www.JasonKenney.ca)

Statement by Liberal Party of Canada Leader

Justin Trudeau on Black July Anniversary

OTTAWA – The Leader of the Liberal Party of Canada, Justin Trudeau, on July 22nd issued the following statement on the anniversary of Black July:

“Today, Tamil-Canadians and members of the Tamil community around the world mourn the pogroms of Black July, which began 31 years ago on July 24, 1983. We pause to solemnly remember the thousands of deaths that took place throughout the entirety of the Sri Lankan Civil War, which wreaked havoc on an entire nation for more than two decades.

“The Liberal Party of Canada has long called for an international, independent investigation into the war crimes and crimes against humanity that allegedly occurred during the Sri Lankan Civil War. We welcomed the UN Human Rights Council’s decision to conduct such an investigation; it is a step forward and we call on the Sri Lankan government to fully co-operate in order to bring peace, accountability, and justice to the people of Sri Lanka.

“Our country has welcomed those



seeking asylum during this protracted crisis, and we continue to accept refugees and immigrants from Sri Lanka who come to Canada in search of safety, equality, and prosperity. We must and we will continue to work with the international community to achieve accountability and justice for those who have suffered the horrors of the Sri Lankan Civil War.

“Today, I join in solemnly observing this important anniversary.”

A Message from Toronto Mayoral candidate John Tory on Emancipation Day

Emancipation Day (August 1) marks the establishment of the Slavery Abolition Act in 1834. This important historical legislation abolished slavery throughout the British Empire. As Canadians we can be proud that Upper Canada’s Lieutenant Governor John Graves Simcoe decades earlier introduced legislation that set the course for our nation and helped established the social freedoms we cherish today.

I would like to commend the Black community and the Ontario Black History Society (OBHS) for helping to preserve and promote the history of On-

tario and Toronto’s Black community. Through the OBHS efforts to study and raise awareness of black history, today we also mark the passing of Ontario Emancipation Day Act in 2008.

As we mark this anniversary and reflect on the historical importance of Emancipation Day, we not only commemorate where we have come from and the progress we have made, but we judge how far we need to go. Today let us affirm our commitment to promote and uphold our fundamental values of freedom, democracy, and human rights.



John Tory spending a beautiful summer day - Aug 2nd at the picnic organized by Tamil Nadu Cultural Society of Canada in Scarborough.

Statement by Hon Tom Mulcair, The Leader of The Official Opposition regarding The Black July Pogrom

The Leader of the Official Opposition, Tom Mulcair made the following statement regarding the Black July pogrom:

“Today, New Democrats’ thoughts are with the Tamil community in Canada and around the world as we commemorate Black July.

We remember the hundreds of Tamils who were killed and the thousands who were displaced when their homes and businesses were destroyed in Sri Lanka from the violence that ensued from the pogroms targeting Tamils that began on July 23, 1983. The perpetrators and organizers of the violence have never been held accountable for their actions.

As we remember, New Democrats renew our commitment to defend the human rights of the Tamil people in Sri Lanka and press for accountability.



Canada and the world have a responsibility to ensure that basic human rights principles are upheld by all countries. We also strongly condemn the Sri Lankan government’s ban on diaspora groups in Canada and around the world.

“Lest we forget.”



from the publisher's desk

PUBLISHING TEAM

Managing Editor & Publisher: Logan Velumailum, B. Sc. - toronto@monsoonjournal.com

Editorial & Marketing Consultant: Siva Sivapragasam - tsiva@rogers.com

Executive Editorial Board: Tashvir Narine - tashvir.narine@gmail.com

Krishni Narine - krishni31@gmail.com

K. Thirukumaran

Graphics & Layout Design: Santosh Kumar - kasantosh@gmail.com

Graphic Support: Suren Rasadurai

Photo Journalists: Gnane B. Gnanendran - digitalgnane@yahoo.ca,

Rudy Ruthran - rudy@ruthran.com

Health & Care: Ayktah Grover - www.aurawellness.ca, Dr. Amal Siva, Jeavana Sritharan

Dr. S. Sivanesan, Dr. Nuwan Fonseka, Dr. Shiyam Loganathan, Dr. Harshini Srisakanda

Special Feature: Raymond Rajabalan, J.J. Atputharajah, Sri Krishnan Subramaniam,

Senthi Senthivel, C. Kamalaharan, Dr. A. Gobikrishna, Sivanesan Sinniah,

Devadas Chelvam, Kumar Punithavel, Nate Velumailum,

Jennifer Dilipkumar, Partipan Kugadason (PK)

Business & Finance: Arun Senathirajah - asenathi@hotmail.com

David Joseph - David.joseph@investorsgroup.com

Jay Wigna - www.taxonecentre.com

Education: RG Education Centers - www.rgeducation.com

Durham News: Durham Tamil Association - www.durhamtamils.com

Tamil Cultural & Academic Society of Durham - www.tamilsociety.ca

Markham News: City of Markham Communications - www.markham.ca

Whitby News: Town of Whitby Communications - www.whitby.ca

Waterloo News: www.tamilculturewaterloo.org

Coverage on Institutions: The Scarborough Hospital - www.tsh.to

Rough Valley Health System - www.rougevalley.ca

Markham Stouffville Hospital - www.msh.on.ca

Providence Health Care Foundation -

www.providence.on.ca/foundation

Words of Peace: www.wordsofpeace.ca

Isha Yoga: www.innerengineering.com

Circulation Co-ordinator: Donald. J

INDEX

Main News	1
Ads	2
Canada News	3 & 5
Publisher's Info	4
World News	6-9
Op-Ed	10
Health & Care	11-20
Special Feature	21-39
Business & Finance	40-41
Tribute	46-49
Community Watch	42-45 & 51-55
Seniors' Month	42
St. John's/Chundikuli Seniors Day	43
Metho dist Girls Picnic	44
Panemonte Banquet Opening	45
DTA	51-53
TCASD	54 & 55
Regional News	56-61
Waterloo	56 & 57
Ajax	58
Brampton	59
Whitby	60
Markham	61
Classified	62
Life 100 & Business Coaching	63
Ads	64

International Youth Day



On August 12 2014, nations across the world shall be marking the 14th annual International Youth Day.

Since its first United Nations sanctioned celebration in August 2000, this day of observance has been intended to acknowledge the diverse contributions of youth throughout our global society. In addition, member governments seek to address the various obstacles that currently hinder today's youth.

As such, to advance the legitimate grievances of youths, the UN traditionally develops a theme relating to this day. For 2014, the UN plans on raising awareness on mental health issues affecting youth. This initiative shall be titled under the slogan, "Mental Health Matters."

By combating youth problems such as disability-based discrimination, governments can allow every single adolescent to realize their

positive social and economic effect on the world.

When discussing the uniqueness of International Youth Day, UN Secretary General Ban Ki Moon stated that "It is important to emphasize the positive contribution young migrants make to societies of origin, transit and destination – economically and by enriching the social and cultural fabric.

Most work hard to earn a living and improve their circumstances. The remittances they send to support families in their home countries are a major contributor to economies worldwide."

All in all, the Monsoon Journal maintains extensive support of this special day, hoping to see meaningful progress for youth in their many aspirations.

Contributed by: **Harrish Thirukumaran**
(Entering Third Year in 2014-15 at Brock University, Ontario)

Official United Nations Event

12 AUGUST - 2014

10:00-13:00

ECOSOC CHAMBER

United Nations Headquarters

Image by Sonali Sukesh

MENTAL HEALTH MATTERS!

Join our panel discussion on:
Social Inclusion of Youth with Mental Health Conditions.

Participate!
Please, RSVP here bit.ly/1pXIJYa or log on to facebook.com/UN4Youth for information on how to attend the event

[f](https://facebook.com/UN4Youth) [t](https://twitter.com/UN4Youth) /UN4Youth

#MentalHealthMatters

Office of the Secretary General's Envoy on Youth

“Honesty, humility, a readiness to serve others - qualities which are within easy reach of every soul” - Nelson Mandela

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

ALL RIGHTS RESERVED: No contents in Monsoon Journal may be printed without the written consent of the Publisher. The views and opinions expressed in the articles in Monsoon Journal are those of the authors and do not necessarily reflect those of the Publisher. While all efforts have been made to ensure accuracy Monsoon Journal is not responsible for any errors or omissions in the contents. Advertisers are responsible for the contents in the Advertisements and all liabilities for their claimers. To place community and non profit organization news submit by email to: toronto@monsoonjournal.com Tel: 416-358-3235.

MONSOON JOURNAL CIRCULATION: Toronto (GTA), Scarborough, Markham, Mississauga, Brampton, Pickering, Ajax, Vaughan, Waterloo. "Source for Multi Ethnic Exposure"

DISCLAIMER: Opinions and Interpretations appearing in the newspaper are those of the writers and need not be necessarily of Monsoon Journal. For additional any other information contact Monsoon Journal at 416-358-3235



Travel insurance

Your Canadian insurance is almost certainly not valid outside Canada.

If you plan to go abroad – even on a day trip to the United States – you should purchase the best supplementary travel insurance you can afford – health, life, disability, driving, vehicle, and trip cancellation – before you leave Canada.

Purchasing travel insurance will help you avoid large expenses such as the cost of hospitalization or medical treatment outside Canada. Foreign hospitals and clinics have been known to refuse treatment to patients who lack adequate insurance or the financial resources to pay their bills. A single accident could result in years of debt for anyone who is not prepared.

You can purchase travel insurance through your travel agent, insurance broker or your employer's insurance provider. Credit card companies may also offer their clients travel and health insurance. Do not assume that coverage is automatically provided or that the card alone provides adequate coverage. In certain cases, your travel health insurance premiums and taxes may be tax deductible.

You are likely not covered by your provincial or territorial health plan while travelling. It may cover nothing or at best a very small portion of the costs if you get sick or are injured while abroad. For more information, contact your provincial or territorial health authority.

Travel advisories and insurance policies

No matter where in the world you

intend to travel, make sure you check the Country Travel Advice and Advisories twice, once when you are planning your trip and again shortly before you leave. If a Travel Advisory is issued for your destination, after you make your travel arrangements but before or during your trip, it may affect or trigger your travel health insurance or your trip cancellation insurance.

Selecting travel health insurance

Carefully research your needs and verify the conditions, limitations and requirements of your insurance policy before you leave Canada.

When assessing a travel health insurance plan, ask if it:

- provides continuous coverage before you leave Canada and after you return
- offers coverage renewable from abroad and for the maximum period of stay
- has an in-house, worldwide, 24-hour/7-day emergency contact number in English and/or translation services for health care providers in your destination country
- pays for foreign hospitalization for illness or injury and related medical costs and, if so, whether it pays up front or expects you to pay and be reimbursed later
- provides coverage for doctor's visits and prescription medicines
- provides direct payment of bills and cash advances abroad so you don't have to pay out of your own pocket
- covers pre-existing medical conditions. Get an agreement in writing that

When traveling outside of Canada - Purchase the best supplementary Insurance you can afford

you are covered, or you could find your claim "null and void" under a pre-existing condition clause

- provides for medical evacuation to Canada or the nearest location with appropriate medical care
- pays for a medical escort (health care provider) to accompany you during evacuation
- covers premature birth and related neonatal care, if required
- clearly explains deductible costs. Plans with 100-percent coverage are more expensive but may save money in the long run
- covers the preparation and return of your remains to Canada if you die abroad. In most cases, these costs will exceed the plan coverage
- covers emergency dental care
- covers emergency transportation, such as ambulance services
- does not exclude or significantly limit coverage for certain regions or countries you may visit

Meeting the terms of your insurance policy

It is your responsibility to know the terms of your insurance policy. Read the fine print carefully to know when your insurer is obliged to pay. Never lie about your medical history when applying for travel health insurance or you could invalidate a subsequent claim.

Obtain approval from your insurer before undergoing medical treatment. Routine health checkups, non-emergency care and cosmetic surgery are rarely covered by travel health insurance. Insurance companies may also



exclude coverage for psychiatric disorders, drug- or alcohol-related incidents, or extreme sporting activities such as bungee jumping and rock climbing.

Some insurance companies will not honour medical claims made for injuries suffered in a country for which the Government of Canada has issued an official Travel Advisory. Coverage for injuries resulting from war may also be limited.

Get a detailed invoice from the doctor or hospital before leaving a country where you have received medical treatment. There is nothing more frustrating than trying to get the proper paperwork from thousands of kilometres away. Always remember to submit original receipts for medical services or prescriptions received abroad. Keep a copy of the submitted documents for your files.

Carry details of your insurance and tell your travel agent, a travel companion, and a friend or relative at home how to contact your insurer.

(travel.gov.ca)

Canada's Federal Court overrules Government decision to cut back health-care coverage to refugee claimants

The Canadian Federal Court has overruled the Government's decision to cut back health-care coverage to refugee claimants stating that it is unconstitutional since it constitutes "cruel and unusual treatment".

The Federal Court decision to strike down Ottawa's cutbacks to health-care coverage for refugee claimants will now end up as a long drawn out court battle since Ottawa will be appealing against the court decision.

In a surprisingly strongly worded statement the federal court ruled Ottawa's cutbacks to health-care coverage for refugee claimants are unconstitutional because they constitute "cruel and unusual" treatment. The court deci-

sion was praised d by many, including the Canadian Doctors for Refugee Care, the Canadian Association of Refugee Lawyers and Justice for Children and Youth — groups that, along with two refugee claimants, challenged the law. Immigration Minister Chris Alexander said Ottawa would be appealing the decision. "We remain committed to putting the interests of Canadians and genuine refugees first," he stated in a statement.

"Failed claimants and those from safe countries like the U.S. or Europe should not be entitled to better health care than Canadians receive. We will vigorously defend the interests of Canadian taxpayers and the integrity of our fair and generous refugee determina-

tion system." Ottawa cut down medical benefits for newcomers in 2012, leaving most immigrants with basic, essential health care but without vision and dental care. At present, refugee claimants — and refugee claimants from countries the government considers safe — are currently eligible for care only when they pose a threat to public health. The changes have saved hundreds of millions of dollars at all levels of government, Alexander said. How the ruling will affect refugee claimants across the country remains unclear for now. However, doctors in Ontario and Quebec will continue to provide health care for refugee claimants.

"With today's decision, the Federal

Court has recognized that the government's cuts to refugee health care violate the fundamental rights enshrined in the Charter of Rights and Freedoms, without any lawful justification," said Lorne Waldman, lead counsel on the case and president of the lawyers association.

The case was heard before Justice Anne Mactavish who wrote a 268 page decision. Justice Anne Mactavish wrote the changes put the health of children of refugee claimants at risk. "It puts their lives at risk and perpetuates the stereotypical view that they are cheats and queue-jumpers, that their refugee claims are 'bogus,' and that they have come to Canada to abuse the generosity of Canadians," she wrote.



ARI A. ARIARAN CGA
CERTIFIED GENERAL ACCOUNTANT

Tel: 647-893-8295
416-293-1616

ari@aarian.com | www.aarian.com

CORPORATE TAX
PERSONAL TAX PLANNING
ACCOUNTING
FINANCIAL STATEMENTS
BUSINESS PLAN & PROPOSALS
FOR ALL BUSINESS NEEDS



India Monsoon Revival Eases Fears of Drought

By Anjana Pasricha

In India, fears of a drought are easing as monsoon rains revive. Farmers are now urging the government to ensure that more farmland is brought under irrigation to reduce dependence on the monsoon.

Until few weeks ago, a 43 percent shortfall in rains had not only left India's vast plains coping with a searing summer, but had raised worries that food output might be seriously impacted.

But by July 18, as monsoon rains lashed many parts of the country, farmers have been busy planting seeds

although rains have revived, the monsoon's late arrival could cut output of crops such as beans, sugar cane and oil seeds. He said this will adversely impact millions of small farmers.

"As far as cereals are concerned, India will not have a very serious problem. But in regard to the other produce, and the farmers' employment and income, that will have serious impact on the national economy. If water comes late, the production will go down, then income will go down, therefore there will be sort of economic crisis in individual families," said Reddy.

Farmers' groups complain that the



Men run for cover during a heavy rain shower in the northern Indian hill town of Shimla, July 4, 2014.

to make up for lost time.

Charanjit Singh farms more than 40 hectares of land in the northern Punjab state, known as India's breadbasket. Singh said his sugar cane crop is likely to suffer due to scant rains in June, but he hopes his paddy crop will not be impacted.

The shortfall of rain in June had prompted the government to gear up to distribute drought resistant seeds and fodder for animals in the worst affected regions.

India is one of the world's largest producers of rice, corn, sugar, oilseeds and cotton. The agricultural output is not only critical to feed its 1.2 billion people - many African and Asian countries also import food items, such as rice, from India.

However, as more than half of India's farmland is only rain fed, food production is dependent on monsoon rains, which come between June and September.

The head of the Consortium of Indian Farmers, Chengel Reddy, said that

new Bharatiya Janata Party (BJP) government has not allocated enough resources in its recent annual budget to complete scores of irrigation projects, many of which have been stalled for years due to lack of funds.

"The BJP manifesto promised implementation and completion of irrigation projects, but the budget allocation is only Rs. 100 crores (\$17 million). What do we do with 100 crores? In the last 50 days, they have been talking of roads, but nobody is thinking of irrigation, I don't know why," said Reddy.

Farmers groups say the government needs to do more to boost the agriculture sector, because although it only accounts for 14 percent of the gross domestic product it sustains two-thirds of the population.

The government has said that boosting the economy is its top priority, but its immediate focus has been on improving infrastructure and reviving investment.

(VOA News)

Pope Francis Outlines Ten Top Suggestions for People to Lead a Happy Life With Sense of Fulfilment

Turn off the TV, calm down and stop trying to convert people to your religion.

These are among the top 10 pieces of advice issued by Pope Francis this week as part of his recipe for a happy, more fulfilled life.

Speaking in a very frank interview published in the Argentine weekly "Viva", the Pope drew on his personal experiences to come up with his own lifestyle guide with a humble, anti-consumerist twist.

The highlights include a call to families to "turn off the TV when they sit down to eat because, even though television is useful for keeping up with the news, having it on during mealtime doesn't let you communicate with each other", according to a Catholic News Service translation of the interview.

And Francis said people will also be much happier when they stop trying too hard to bring others round to their way of thinking - including on religion. He said the church grows "by attraction, not proselytising", and added that the best way to get through to anyone was with "dialogue, starting with his or her own identity".

1. "Live and let live." Everyone should be guided by this principle, he said, which has a similar expression in Rome with the saying, "Move forward and let others do the same."

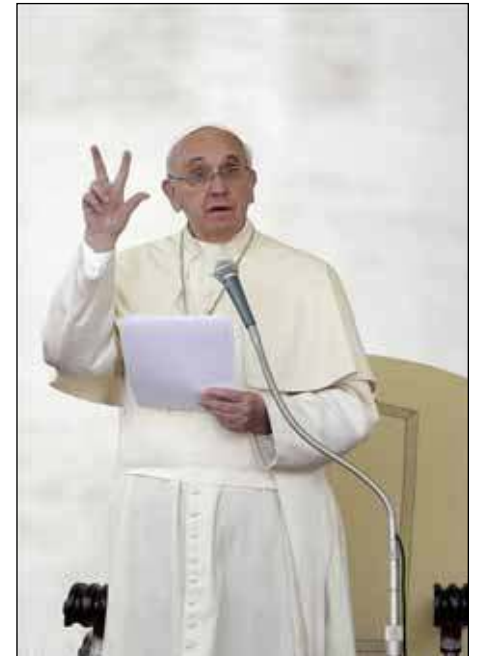
2. "Be giving of yourself to others." People need to be open and generous toward others, he said, because "if you withdraw into yourself, you run the risk of becoming egocentric. And stagnant water becomes putrid."

3. "Proceed calmly" in life. The pope, who used to teach high school literature, used an image from an Argentine novel by Ricardo Güiraldes, in which the protagonist - gaucho Don Segundo Sombra - looks back on how he lived his life.

4. A healthy sense of leisure. The Pope said "consumerism has brought us anxiety", and told parents to set aside time to play with their children and turn off the TV when they sit down to eat.

5. Sundays should be holidays. Workers should have Sundays off because "Sunday is for family," he said.

6. Find innovative ways to create dignified jobs for young people. "We



Pope Francis's secrets to happiness (pic via: [facebook.com/news.va.en](https://www.facebook.com/news.va.en))

need to be creative with young people. If they have no opportunities they will get into drugs" and be more vulnerable to suicide, he said.

7. Respect and take care of nature. Environmental degradation "is one of the biggest challenges we have," he said. "I think a question that we're not asking ourselves is: 'Isn't humanity committing suicide with this indiscriminate and tyrannical use of nature?'"

8. Stop being negative. "Needing to talk badly about others indicates low self-esteem. That means, 'I feel so low that instead of picking myself up I have to cut others down,'" the Pope said. "Letting go of negative things quickly is healthy."

9. Don't proselytise; respect others' beliefs. "We can inspire others through witness so that one grows together in communicating. But the worst thing of all is religious proselytism, which paralyses: 'I am talking with you in order to persuade you,' No. Each person dialogues, starting with his and her own identity. The church grows by attraction, not proselytising," the Pope said.

10. Work for peace. "We are living in a time of many wars," he said, and "the call for peace must be shouted. Peace sometimes gives the impression of being quiet, but it is never quiet, peace is always proactive" and dynamic. (Translated by Catholic News Service)

For Advertisements in Monsoon Journal

Call 416.358.3235



Poverty Helps Fuel Ebola Outbreak, Experts Say

Ebola spreads through contact with the blood and fluids of infected people. But experts say the outbreak is also being fueled by poverty and poor governance.

In West Africa, they are literally building the facilities to handle Ebola from scratch. Improvised tents house quarantined Ebola patients.

Many hospitals in the region lack basic equipment, says Tulane University virus expert Dr. Daniel Bausch. He spoke to VOA by Skype.

"You go to a hospital in Sierra Leone or Liberia, and it's not unusual for a healthcare worker to say, 'We don't have gloves.' Or, 'We don't have clean needles,'" said Bausch.

Poor health systems plague the continent's other Ebola hotspots, too. Bausch says there's a common factor.

"All of the large outbreaks of Ebola or its sister virus, Marburg, happen in places where social and political unrest over the years have decimated the public health system," he said.

The war-torn Democratic Republic of Congo has seen six Ebola outbreaks. Civil wars wrecked health systems in Sierra Leone and Liberia in the 90s and 2000s.

Meanwhile, working in neighboring Guinea, Bausch watched paved roads erode to dirt paths and towns slide deeper into poverty under the weight of dictatorship and corruption.

"That period of not-responsible government degraded the systems, public health and otherwise in Guinea, and I think did have a role in leaving the country open to this sort of epidemic," he said.

Like the health systems, many people in Ebola-stricken regions lack the resources to get by. And that puts them at risk.

As they cut down forests for charcoal and to grow food, Bausch says they are driving the bats thought to carry the virus out into the open.

"With deforestation, bats that ordinarily would be foraging for fruit within fairly remote areas inside the forest now are forced to come out and look for fruit, for example, mango trees that may be in the proximity of humans and bring them closer to humans and have more of a chance of introduction of the virus," said Bausch.

And poverty is also driving people deeper into the forest in search of food, including so-called "bushmeat," which



is known to carry the virus.

It doesn't have to be this way, says Dr. William Karesh with the EcoHealth Alliance, also speaking via Skype.

"You have outbreaks in Uganda and they have invested in their health systems and they have invested in their education systems. So, of course, they still have these outbreaks but they're controlled very rapidly," said Karesh.

Once this outbreak ends, Karesh says, health officials need to start preparing for the next one with better labs

and hospitals, and more public information on how to prevent infection.

"We can't stop earthquakes, but we can prevent a lot of the damage of earthquakes. And it's the same with these emerging diseases and Ebola," he said.

If governments invest in better education and healthcare systems, he says, the next outbreak could be less deadly. (VOA News)

Insurance & Banking Solutions

- Mortgages & Family Term Life Insurance
- Life Insurance (for all ages)
- Medical Free Life Insurance (for ages between 50 - 85)
- Disability Insurance, Critical Illness Insurance
- Individual Health, Dental, Travel & Visitors Insurance
- Group Insurance & Retirement Plans
- Mutual Funds, Investment Lending Products
- RRIFs, Annuities and Segregated Funds
- RRSP & RESP (Education Plan)
- TFSA (Tax Free Savings Account)



Financial Security Planning

Call (416) 291-0451, ext. 227
Cell: (416) 518-9489
Fax: (416) 291-3779
Email: bala.balasundaram@f55f.com

Bala J. Balasundaram, B.Eng., CHS

FINANCIAL SECURITY AND INVESTMENT REPRESENTATIVE
 NATIONAL QUALITY AWARD WINNER

To help our clients reach their goals and dreams.

Freedom 55 Financial and design are trademarks of London Life Insurance Company. Quadrus Investment Services Ltd. and design are trademarks of Quadrus Investment Services Ltd. used with permission by London Life Insurance Company.



Freedom 55
Financial

A division of London Life Insurance Company

QUADRUS

Quadrus Investment Services Ltd.



Ethiopia Draws Asia Manufacturing Interest

For a long time, economists have discussed East Africa's chances to "get a foot in the door" of global manufacturing. China, as the world's leading hub for mass production, has become expensive due to rising labor and energy costs. Meanwhile, East Africa offers a large young and cheap labor force. Until recently though, delays at ports, bad roads, power outages and political instability have prevented a shift from happening. But now, the Ethiopian government is building new industrial mega-zones that have successfully attracted some foreign investors who are moving manufacturing from China.

He Pingting, who goes by the American name Claire, gives a tour of the new factory building of George Shoe PLC. The Taiwanese shoe manufacturer started operating some months ago and recently exported its first container: 15,000 pairs of pink and light-blue women's shoes made in Ethiopia.

He Pingting says the main challenge is the language barrier.

"We have so many stitchers. So, there are so many skills they need to learn. But, you know, teach them is a little bit hard because the language...but no matter, we have a translator here and they're very collaborative," she said. The factory is filled with a scent of glue. Young men and women in blue overalls sit in front of sewing machines and along assembly lines. Seven hundred Ethiopians work under Chinese and Taiwanese supervision: eight hours a day, six days a week for 800 to 1,200 Birr a month, which is about \$60 (US), a fraction of a laborer's wage in China.

Bole Lemi industrial zone

The factory building lies on the outskirts of Addis Ababa in a new gigantic 156-hectare industrial zone, called Bole Lemi. It is only one of a handful of new planned zones across the coun-

try. After the completion of the second phase - another 186 hectares - Bole Lemi may offer up to 100,000 jobs.

Ethiopia is feverishly working on becoming the world's newest hub for manufacturing and has good chances.

"Pakistan, Indian, Taiwan, Korean, Chinese. All are there," he said. "You see the under-construction area, sheds are already contracted out. All leased now, all are leased. For instance this one, about 11,000 square meters, the next one 5,500 square meters. And we focus on this area for garment, especially garment, for garment and shoe, glove," said Shiferaw Solomon, the director-general of the Ethiopian government's Investment and Industrial Zone Corporation.

Behind Shiferaw Solomon outside the factory building, construction workers are working on two dozen new sheds that are to be ready by the end of August, a bit behind schedule. According to the Ministry of Industry, 20 foreign companies have secured factories at the site.

Fast growing economy

Ethiopia currently has one of Africa's fastest growing economies. Unlike others, it is not driven by natural resources, but large public investments with foreign money. Shiferaw is optimistic that the government's new industrial mega-zones and expansion of the textile and leather industry will give the country another push.

"We have abundant lands, abundant labor forces, materials, raw materials. Now, we're at a stage of opening up," said Shiferaw Solomon.

Driving out of the industrial zone, he foresees the potential his country has for the entire region. Already a rising political power, with a massive peacekeeping force in Somalia and other parts of the region, Ethiopia - Africa's second-most populous country



The interior of George Shoe Factory, located in the industrial zone of Addis Ababa, Ethiopia



Workers construct shoes at the George Shoe Factory, located in the industrial zone of Addis Ababa, Ethiopia

with more than 90 million people - is now also heading towards a new economic age.

"I'd like and I hope to see in the future Ethiopia is one of the competing countries, interesting countries and it serves as a hub for African at large,"

said Shiferaw Solomon.

But the development comes with a price. Shiferaw says Addis Ababa and the entire country will suffer from power shortages for one or two years when all companies are operating.

(VOA News)

University of Michigan Wins Solar Car Race

A car driven by a University of Michigan team has won the bi-annual American Solar Challenge for the fifth consecutive time.

This year, student-designed solar-powered cars from 23 universities in the United States, Canada, Iran and India raced 2,735 kilometers from Austin, Texas, to Minneapolis, Michigan, sharing the roads with regular traffic. The competition started on July 20 and lasted for 8 days.

The University of Michigan's Solar Car Team crossed the finish line first, in spite of problems with a motor at the beginning of the race that delayed their

car, named Quantum, for as much as 30 minutes.

The three-wheeled vehicle was not built by this year's team, the usual procedure. The Quantum team raced in the 2011 World Solar Challenge, held in Australia, placing third, and came in first in the American Solar Challenge in 2012.

Due to graduation and turnover, the members of this year's team have never raced before. Team member Pavan Naik said they learned to work together, however, and help each other out. "I'm excited for the next World Solar Challenge," he said.



University of Michigan's 2014 solar car, Quantum, speeds down the highway in the American Solar Challenge. (Darren Cheng)

Small US Bank Helps Unemployed Borrowers Find Jobs, Avoid Foreclosure



Home foreclosures have declined in many parts of the United States, but tens of thousands of Americans are still losing their homes every month. It's all part of the changes brought on by the Great Recession - changes that have hurt average incomes and in some cases made some jobs obsolete. But a small Midwest bank is challenging other financial institutions to be part of the solution by teaching their customers the skills to stay employed and reclaim their share of the "American Dream".

Since 2007, more than five million American families have lost their homes to foreclosure.

Marketing manager Katrina Holmes almost became one of them. Just weeks after buying a new home for her family, she lost her job. With her options running out, Holmes contacted her mortgage lender. She expected the bank to tell her she had to give up her dream of home ownership.

"Fifth Third Bank could have said to me: 'you got to go.' And they didn't. And that would have been worse but I have not had to deal with worse," said Holmes.

Holmes is just one of the success stories from Fifth Third Bank's decision this year to use part of its advertising budget to hire a career-coaching firm to help unemployed borrowers. Holmes landed a job in the health industry - and the bank earned a loyal customer. Bank spokesperson Larry Magnesen calls that a good business decision.

"A foreclosure is a disaster for all concerned. It's a tragedy for the family. It's not a good thing for the community and in many cases, the bank will lose a substantial amount of money on that process. So no bank wants to take back a home. So this is a really great solution for all concerned," said Magnesen.

Randall Jackson faced losing his Chicago home after being unemployed for nine months. The last thing he expected from his bank - was career coaching.

"I was just absolutely shocked that Fifth Third was offering such a program to me and so I signed up and it turned out to be one of the best things I'd ever done," said Jackson.

Besides helping build effective resumes, the 16-week program relies heavily on one-on-one career guidance. That's important says NextJob CEO John Courtney, who says unemployment can take a heavy toll on job seekers.

"The first part is to help build their confidence and with their accomplishments-based resume that doesn't just list their work history but goes through all of their accomplishments - they begin to stand up a little straighter, begin to approach the job market with more hope and more confidence to go into an interview and land that job," said Courtney.

While foreclosures have fallen to their lowest level since the financial crisis, each month - some 100 thousand American families face the prospect of losing their homes. Banks and financial institutions which helped create the conditions that led to the crisis ought to be part of the solution, says Fifth Third Bank's Larry Magnesen.

"There's certainly a lot of people who had a hand in creating the crisis and I think we all have to take a hand in fixing the crisis and addressing these issues," he said.

Fifth Third Bank's re-employment program boasts a 40 percent success rate for long-term unemployed clients, compared to the national average of 11 percent.



Computek College

BUSINESS • HEALTH CARE • TECHNOLOGY

Registered as a private career college under the Private Career Colleges Act, 2005

**NOW ACCEPTING
INTERNATIONAL STUDENTS!**



Computek College is approved as a Designated Learning Institution (DLI) by Citizenship and Immigration Canada (CIC)

For Student Visa Details

416.321.9911 | 905.471.3344 | 416.285.9941

*Shaping Careers for over 23 years!
3 locations to serve you better!!
Study at a location closer to you!!!*



DIPLOMA COURSES

Enterprise Network Engineering	50 wks
Community Services Worker	50 wks
Int. Application Development	50 wks
Personal Support Worker	32 wks
Accounting & Payroll Admin	35 wks
Early Childcare Assistant	32 wks
Medical Office Admin	28 wks
Network Engineering	28 wks
Computerized Accounting	26 wks
Business Administration	26 wks

PART-TIME COURSES (WEEKEND /EVENING)

Bank Teller, MS Office
Food Handler, Food Service Worker
AccPac, Simply Accounting, Quick books
Exam Prep: A+, MCSA, MCSE
ICDN 1, ICDN 2, Canadian Securities Course
C/C++, C#, Java, VB.net, HTML, SQL
Medical Coding & Billing
CPR & First Aid

WWW.COMPUTEK.EDU

Toronto Campus
301-2347, Kennedy Rd.
(Kennedy/Sheppard)
416-321-9911

Markham Campus
202 - 7 Eastvale Drive.
(Markham / Steeles)
905-471-3344

Scarborough Campus
248-2390 Eglinton Ave E
(Kennedy/Eglinton)
416-285-9941

Courses may vary by campus



The War in Middle-East

Israel's U.S. Made Military Might Overwhelms Palestinians

By Thalifdeen

(U.N. Bureau Chief & Regional Director IPS North America)



The overwhelming Israeli firepower unleashed on the Palestinian militant group Hamas in the ongoing battle in Gaza is perhaps reminiscent of the Algerian war of independence (1954-1962) when France, the colonial power, used its vastly superior military strength to strike back at the insurgents with brutal ferocity.

While France was accused of using its air force to napalm civilians in the countryside, the Algerians were accused of using handmade bombs hidden in women's handbags and left surreptitiously in cafes, restaurants and public places frequented by the French.

"Unless you have been on the street facing Israeli troops in Gaza, or sleeping on the floor under an Israeli aerial assault, as I have several times while delivering aid in 1989, 2000, and 2009, it's impossible to imagine the total disproportion of power in this conflict." -- Dr. James E. Jennings

In one of the memorable scenes in the 1967 cinematic classic "The Battle of Algiers," a handcuffed leader of the National Liberation Front (NLF), Ben M'Hidi, is brought before a group of highly-partisan French journalists for interrogation.

One of the journalists asks M'Hidi: "Don't you think it is a bit cowardly to use women's handbags and baskets to carry explosive devices that kill so many innocent people?"

The Algerian insurgent shoots back with equal bluntness: "And doesn't it seem to you even more cowardly to drop napalm bombs on unarmed villages, so that there are a thousand times more innocent victims?"

Then he delivers the devastating punchline: "Of course, if we had your fighter planes, it would be a lot easier for us. Give us your bombers, and you can have our handbags and baskets."

In the current conflict in Gaza, a role reversal would see Hamas armed with fighter planes, air-to-surface missiles and battle tanks, while the Israelis would be hitting back only with homemade rockets.

But in reality what is taking place in Gaza is a totally outmatched and outranked Hamas fighting a country with one of the world's most formidable and sophisticated military machines, whose state-of-the-art equipment is

provided gratis – under so-called "Foreign Military Financing (FMF)" – by the United States.

According to the latest figures, the two-week long conflict has claimed the lives of more than 620 Palestinians, mostly civilians, including over 230 women and children, and over 3,700 wounded, while the Israeli death toll is 27 soldiers and two civilians.

Speaking of the military imbalance, Dr. James E. Jennings, presi-

dent of Conscience International and executive director of U.S. Academics for Peace, told IPS, "Unless you have been on the street facing Israeli troops in Gaza, or sleeping on the floor under an Israeli aerial assault, as I have several times while delivering aid in 1989, 2000, and 2009, it's impossible to imagine the total disproportion of power in this conflict."



Sri Sathya Sai Baba Organization in Canada
cordially invites you and your family to attend an evening discussion on spiritual development



Professor Anil Kumar Kamaraju

He is best known for translating Bhagawan Sri Sathya Sai Baba's discourses to English, was the principal of the Brindavan Campus, and has authored over 30 books on Swami.

August 15, 2014

7:00 - 9:00 pm

Hosted by Sathya Sai School of Canada at the Scarborough Sai Centre
5321 Finch Ave E
Toronto, ON
M1S 5W2

August 16, 2014

6:00 - 8:30 pm

Hosted by Ontario Region I at Toronto York Sai Centre
40 Voyager Court N
Toronto, ON
M9W 4Y3

August 17, 2014

4:30 - 7:30 pm

Hosted by Ontario Region II at the Scarborough Sai Centre
5321 Finch Ave E
Toronto, ON
M1S 5W2



Disruption of the Human Biological Clock: Circadian Rhythms



By: Jeavana Sritharan,
BHS, MHS,
PhD Student

No one can forget the death of Michael Jackson in June of 2009. It was a tremendous change for the world and still has not been accepted by many. However, how many people actually know the cause of his death? How many people actually understand the circumstances he was under?

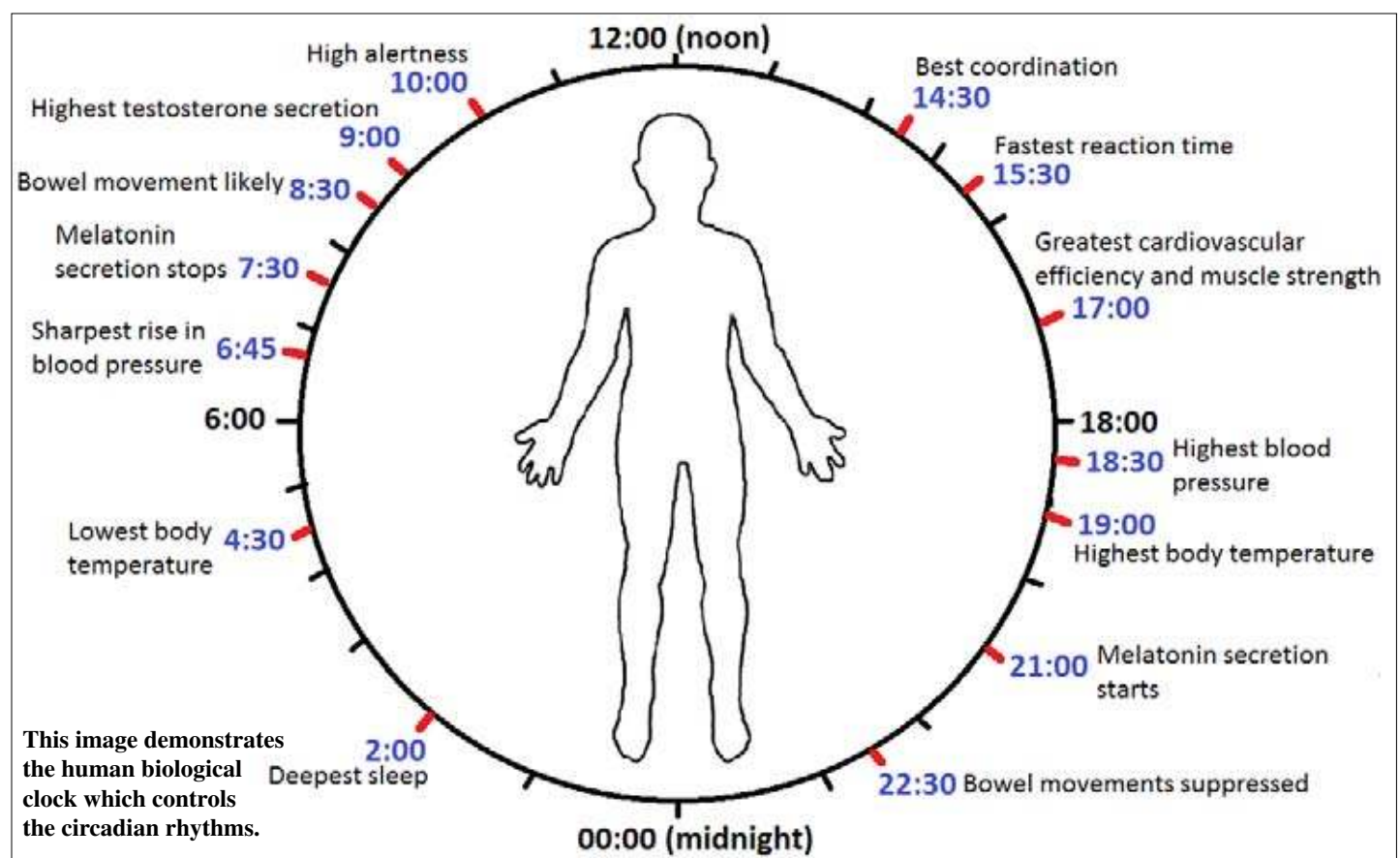
Michael Jackson was sleep deprived. As unadorned as this may sound this is actually becoming a phenomena of interest and importance for many around the world. Michael Jackson was experiencing symptoms of severe sleep deprivation such as weight loss and paranoia and he was using the drug, propofol.



He was not meeting the urgent sleep needs of his body and was in a way, stuck in a wake coma not allowing his body to sleep for a long period of time. Sleep deprivation is known to shorten a person's life and has been shown to cause death in laboratory animals. So how can this happen?

This phenomenon has become an increasingly important topic for researchers as it is not only in the case of Michael Jackson but for many others who have disrupted wake-sleep cycles, like those who work as shift workers for many years or those who suffer from common conditions like obesity, diabetes, or heart disease.

Take airline pilots for example. These pilots work excessively between time zones and are often unable to maintain sleep patterns and experience chronic fatigue. This has been recognized as causing many accidents and has initiated research on fatigue in pilots. Shift work and jetlag can have serious effects on the metabolic system of the body. Shift work, for example, can



lead to irregular eating times which can increase body mass and contribute to insulin sensitivity. Shift work is now being considered as a factor for common health conditions like obesity, diabetes, and heart disease. With continuous shift work like night shifts or rotational shifts, there is concern for disruption of more than just sleep cycles, leading to multiple health concerns.

How is our wake-sleep cycle monitored?

The circadian rhythms are a biological process that acts as the 24 hour clock of the human body. The circadian rhythms are built in the human body and can be adjusted based on the factors that affect the body.

The rhythms are linked to the light and dark cycle to determine when we wake and when we sleep and the rhythms can be reset if the cycle is disrupted. For example, if the human body is exposed to extended periods of darkness then the rhythms become free-running and the sleep cycle becomes delayed or initiated earlier depending on the length of the day. Once the rhythms are out of sync this can cause metabolic, hormonal, and neurological changes. The physiological reactions of the night and day cycle are imperative to cycles in our body related to brain wave activity, hormone production and regulation, body temperature regulation, cell regeneration, and many other important biological activities.

Different aspects in our lives can affect the rhythms of our biological clock. Pregnancy, time zone changes, medica-

tions or drugs, shift work, and changes to our routine can impact the circadian rhythms.

There are also specific disorders that are connected to the circadian rhythms:

Delayed Sleep Phase Syndrome: this affects sleep timing as affected individuals tend to only fall asleep very late at night and have trouble waking up on time in the morning.

Advanced Sleep Phase Syndrome: this affects sleep timing as affected individuals will go to sleep earlier and wake up earlier than desired.

Non 24-Hour Sleep Wake Disorder: this is more common in individuals who are completely blind as their circadian clock has trouble being set by the light-dark cycle. This disorder can lead to limited sleep time and poor sleep quality at night and increased sleepiness during the day time.

Shift Work Sleep Disorder: this often affects those who work constant night shift or rotational shift work.

Jet Lag/Time Zone Change Syndrome: this affects those who are constantly travelling or work with time zone changes like airline pilots or airline staff. This can lead to excessive sleepiness and reduced alertness during the day.

How are these conditions treated?

There are multiple therapeutic treatments available that require shifting of the wake sleep cycle and require much time to regain the desired pattern. It is often difficult to change these patterns if it is required by the individual's oc-

cupation or lifestyle. More research is being done to understand patterns and put forth appropriate regulations and practices to help individuals overcome these conditions or to help improve existing schedules.

Work schedules prove to be the most difficult as many occupations require shift work or irregular work patterns. Examples of occupations using shift work span across all industries like health care, transportation, and industrial work. There have been an increasing number of studies on the outcomes of disrupted circadian rhythms and much of the focus has been on females and their reproductive systems and with risk for breast cancer. With disruption of circadian rhythms comes the disruption of the biological clock leading to disruption of pregnancy outcomes and hormonal imbalances. These outcomes are serious concerns and individuals should be aware of their biological rhythms to achieve optimal health. Consider your own cycle and factors that influence your cycle. This area of research will change the way we view our body system and it will possibly provide a new way to improve our health outcomes.

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



Midwife and anesthesiologist join Rouge Valley clinical team

Rouge Valley Health System (RVHS) welcomes a midwife and anesthesiologist to its team of health care professionals.

Cara Begg-Reid, who came to Rouge Valley last August, is part of the Sages-Femmes Rouge Valley Midwives, serving women and families in Scarborough, Pickering, Ajax, and Whitby. Sages Femmes has hospital privileges at Rouge Valley's two hospital campuses – Rouge Valley Centenary in Scarborough and Rouge Valley Ajax and Pickering in the Durham region. The group includes midwives who speak multiple languages.

Begg-Reid was initially attracted to midwifery when she chose to use a midwife to assist in the births of her own children. She began her academic career at the University of Toronto working on a degree in medical anthropology. Following that, she earned her BHS (Midwifery) degree at Ryerson University in Toronto.

Begg-Reid gained international experience in healthcare working in Southeast Asia, and worked as a midwife for another Greater Toronto Area hospital before joining Sages-Femmes. She hopes to continue delivering midwifery care internationally, and in remote areas of Canada. Begg-Reid actively promotes accessible health care to underserved clients who otherwise have difficulty accessing other regularly scheduled appointments or birth classes. "The holistic and woman-centred care had such a lasting impact on me that I wanted to provide the same experience for others," explains Begg-Reid. "I think it's a great profession because it's a balance between respect and dedication to normal birth and the knowledge and wisdom to nurture a safe, family-centred care plan and birth experience. I enjoy being part of such a fantastic team here at RVHS, and I hope to bring my knowledge and experience of midwifery and comple-

ment the entire women's and children's health program here."

Anesthesiologist

Another recent addition to the Rouge Valley team is anesthesiologist Dr. Rachel Meyer. She joined the team of physicians in April at the Rouge Valley Centenary hospital campus. As an anesthesiologist, she provides anesthesia for every type of surgery the hospital performs.

Dr. Meyer is currently involved in a working group on the Enhanced Recovery After general Surgery (ERAS) project at Rouge Valley, a quality improvement initiative for the management of perioperative patients. Its overall goal is to improve the outcomes for patients who are having colorectal surgery. Specifically, the project explores ways for patients to be able to eat sooner after surgery, to experience less pain after surgery, and to experience fewer complications.

"The health care team at Rouge

Valley provides excellent patient care. They are enthusiastic and constantly strive to improve. I am excited to work on the ERAS project and I look forward to contributing to other quality improvement projects," says Dr. Meyer.

Dr. Meyer grew up in North York and completed her B.Sc. in physiology at the University of Western Ontario. She earned her doctor of medicine and completed her anesthesiology residency at the University of Toronto. She became a Fellow of the Royal College of Physicians and Surgeons (FRCPC) in anesthesiology in 2011. Before coming to RVHS in April of this year, she practiced as a clinical associate at St. Michael's Hospital in Toronto.

"I am thrilled to join the team at Rouge Valley and to have the opportunity to work at a hospital close to where I grew up. Centenary is in a big city but offers the friendliness and warmth of a community hospital," says Dr. Meyer.

RVHS recognizes board and physician leaders

The Rouge Valley Health System (RVHS) Board of Directors has been recognized for their excellence in leadership throughout the facilitated integration process this past year. Rik Ganderton, president and CEO of RVHS, praised the volunteer board members and the physician leaders, at the June 24th board meeting, for wholeheartedly taking on dozens of extra meetings in planning future health care delivery in Scarborough, Ajax, Pickering and Whitby.

"As your CEO, who participated in these meetings with you, I can tell you what I heard and saw from our board and physician leader team was highly skilled, honest, direct and thoughtful leadership in often intense discussions and decisions," he told the board. "As Rouge Valley's leaders, you demonstrated our shared core belief in the

need to integrate services for the benefit of our communities."

He presented certificates of appreciation to the chair of the RVHS board of directors, Joan Wideman, and physician leaders: Dr. Naresh Mohan, RVHS chief of staff; Dr. Jordan Cheskes (in absentia); Dr. Henry Huang; and Dr. Amir Janmohamed. They accepted the certificates on behalf of their colleagues on the board, medical advisory committee and the medical staff society.

Ganderton added, "Thanks to your consistent leadership and commitment during the facilitated integration and proposed merger, Rouge Valley is able to credibly discuss and plan integrations with other community healthcare providers, residents, staff, physicians, volunteers, and with our partners in government."



From left to right: Rik Ganderton, President and CEO of RVHS; Dr. Henry Huang; Dr. Amir Janmohamed; Joan Wideman, RVHS board of directors; and Dr. Naresh Mohan, RVHS chief of staff

Rouge Valley's Living Well wins international award

Rouge Valley Health System's Living Well marketing campaign promoting the launch of the hospital's new chronic disease education clinics has won a 2014 APEX Award for Publication Excellence.

The international competition for writers, editors, publications staff and communicators evaluated more than 2,000 entries. This year's APEX awards have been presented to public and private sector organizations from the United States, Australia, South Africa, Sudan, India, Singapore and Canada recognizing outstanding achievements in graphic design, editorial content, overall communications and marketing. Corporations such as Ford, Disney, Merrill Lynch, plus banks, insurance companies, hospitals, school boards, municipalities and universities are among this year's winners.

Rouge Valley's 2014 APEX Award was won in the Marketing & Public Relations, Programs & Plans category by: Nicholas Smith, coordinator, corpo-

rate communications; Tracy Bromell, registered practical nurse, surgical program; and Amber Curry, surgical manager. Together, they planned, developed and implemented the Living Well campaign. The marketing and communications campaign was put into action last year in: brochures; posters; the hospital's website; news releases; print and radio advertising; physician engagement; as well as in community outreach events. The plan and actions established initial patient referrals by informing the community about the valuable ongoing wellness program.

"A great community wellness education program deserves a great communications and marketing plan. Our Rouge Valley team married the two to the community's benefit," says David Brazeau, director, public affairs, community relations and telecommunications. "Congratulations to our team on their terrific work." Learn more about Living Well at www.rougevalley.ca/livingwell.



We are here to serve your health care needs.



New directors named to Foundation board

The 2014/15 Rouge Valley Health System Board of Directors:

Back row from left, Gord Moore, Jim Boyko (Vice-Chair), Dr. Mark Prieditis, Wayne Cassidy, Shiv Bansal, Frank Ortencio, John DiCesare, Victor Sgro, Tom McCulloch, Michael Claener (Treasurer), Ken Scullion and Dineshkumar Subramaniam.



Two community leaders elected to hospital charity's Board of Directors

A long time volunteer and supporter, along with a returning founding member were elected to the Rouge Valley Health System Foundation (RVHSF) Board of Directors at the Foundation's Annual General Meeting at the end of June.

Wayne Cassidy and Peter Lobraico begin three-year terms on the Board of Directors and will help to provide leadership and oversight to the activities of the Foundation. Judith Barker, who accepted the nomination to continue to Chair the RVHSF Board of Directors for the 2014/15 term, is pleased on

behalf of her fellow Board members, to announce the addition of the newest members.

"These two men are great community supporters and have a special bond with Rouge Valley," said Ms. Barker. "Their generous support, of time, talent and finances has already proven they are great friends to the Foundation. Through their involvement as Board members, we are certain they will help us achieve great success in the years ahead to raise needed funds to provide the Rouge Valley Health System with leading-edge medical equipment."

Wayne Cassidy, Principal of D.W. Cassidy & Co, is actively involved in community service through local charities and minor sports, including sponsoring and running an annual charity golf tournament which has raised close to \$500,000 over the last 26 years, benefiting local charities including the Rouge Valley Health System Foundation. He and his wife Sandra are long-time donors and supporters of Foundation signature events such as the annual Rouge Gala and Who's Your Caddy? ladies-only golf tournament.

Peter Lobraico is was a founding

member of the first Foundation board in 1989 and served on the board for 12 years, six years as chair. Peter left the Foundation Board at that time to serve as a member of the Rouge Valley Health System board for nine years. Peter is looking forward to rejoining the Foundation Board as it moves forward with fundraising to support Rouge Valley's expansive and well-respected surgical program and has agreed to Chair the Plastics/Cancer Surgical Fundraising Campaign for 2014.

Rouge Valley Health System (RVHS) - The best at what we do.

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





Health & Care

VOTING TO MAKE A DIFFERENCE

DONORS HAVE SAY ON HOW THEIR COLLECTIVE DONATIONS ARE USED

In 2009, Providence Healthcare launched the first of three philanthropic programs designed to encourage donors to network, socialize and mobilize their support and ambassadorship of Providence.



Women in Philanthropy Voting Meeting

Women in Philanthropy for Providence (WIPP) was the first program launched, followed by the Business Community Partners for Providence (BCPP) in 2010, and Men Advancing Philanthropy for Providence (MAPP), the male counterpart to WIPP, in 2012. For an annual donation, donors enjoy quarterly events with exceptional keynote speakers, rare experiences, mentorship opportunities and access to an influential network of professionals from varying demographics, careers and interests. All donations received support essential programs and services at Providence.

The Annual Voting Meeting is one of the key components in the calendar of events for the WIPP, MAPP and BCPP giving programs. It is a unique concept, first developed and practiced in the Greater Toronto Area by Providence Healthcare Foundation. Donors have a voice in how their collective donations will be used to make an important difference at Providence.

HOW THE VOTING MEETING WORKS

Within each of the giving programs, donors come together for one night of celebration to cast their vote and determine how funding collectively raised through the program (in the preceding year) will be spent in support of Providence Healthcare.

THE PROCESS

► Donors consider three funding proposals presented by Providence Healthcare staff.

► Funds support a special and innovative need at Providence Healthcare.

► Granting funds go to one specific initiative.

► All donations are granted back to Providence.

► Each donor votes for the proposal they feel is most deserving of the funding.

► Majority rules and the winning proposal is announced and celebrated that night.

The benefits are clear. Donors become valued, active participants in choosing how their funds will be directed and how they will be making an important difference for the patients, residents and clients cared for at Providence. Voting Meetings are held annually, at no cost to the Foundation, thanks to the generous support of sponsors.

WIPP IMPACT PROVIDENCE

In 2014, the WIPP Voting Meeting, sponsored by Norton Rose Fulbright and donor, Lynne O'Brien, granted \$100,000 to "Re-Defining Palliative Care" through the Hope Starts Here campaign for Providence. The campaign seeks to raise \$16 million to launch a major, yet

commitment to Providence, this essential project will begin as early as the fall of 2014.

BUSINESSES MAKING A DIFFERENCE



Men Advancing For Providence Voting Meeting

The BCPP Voting Meeting granted \$15,000 to support three bariatric wheelchairs and two mattress purchases to accommodate patients who require non-standard sized equipment. The funding will help to improve patient comfort levels, dignity and the ability to operate the wheelchair so overall safety will be enhanced.

GIVE. GET AND EXPERIENCE THE POWER OF MAPP

The MAPP Voting Meeting, sponsored by Medcan Clinic, granted \$50,000 to purchase pressure-relieving mattresses to enhance the lives of Providence Hospital patients. One of Providence Hospital's main goals is to help patients regain strength and confidence. As patients start their journey to recovery, many have pain, wounds or experience sleep disruption. With the simple purchase of specialized pressure relieving mattresses, patients can receive a host of benefits that include reduced pain while in bed, improved wound healing time and increased quality of sleep.

About Providence Healthcare

Providence Healthcare is inspired by its 157-year legacy to be a welcoming community of compassion, hope and healing. We provide rehabilitation, palliative care, long-term care and community programs to thousands every year.

Get Involved Today!

Visit our website – www.providence.on.ca/foundation – to learn how to get involved or contact



Business Community Partners for Providence Voting Meeting

cost-effective, remodel of Providence Hospital. One of the components of the campaign is to raise dollars to relocate, expand and redefine how palliative care is delivered. The bold plan to transform Palliative Care focuses on meeting the needs of Providence patients and their loved ones experiencing an end-of-life journey by physically transforming two existing Hospital floors into a home-like, integrated Palliative Care space. Because of donor generosity and

Integrating iDevices with Rehab

By Jennifer Joachimides and Marcia Curry

Providence Healthcare's iPad project began when Occupational Therapists identified an opportunity to advance therapeutic approaches in stroke and neuro rehabilitation by incorporating the use of technology in patient care. In reviewing current literature, they found that iDevices are becoming integrated more into the rehabilitation process thanks to both their versatility as well as the greater use of technology by patients and their families.

A team of Providence Occupational Therapists and Speech-Language Pathologists researched mobile apps for use with stroke and neuro patients, later developing a process for incorporating the use of mobile tablets into patient care. Three iPads donated at the Providence Healthcare Foundation's Silver Ball were implemented within Providence Hospital's Stroke and Neuro Rehabilitation program for both inpatients and outpatients.

The iPads have since been used regularly in speech and occupational therapy sessions to help patients with their thinking, perception, speaking, understanding, reading and writing, and to help them learn more about stroke and its effects.

The devices have also helped other team members, including physiotherapists and nurses, provide visual feedback to patients through photos and videos.

Over a four-month trial, 98 per cent of patients using the technology reported finding the iPad helpful and 100 per cent reported they would try it again.

Patients identified that the iPad could help them with



Providence Healthcare Speech-Language Pathologist Kristin Hayes uses an iPad dysphagia app to help a patient learn more about the effects of a stroke on swallowing.

practicing for return to driving, keeping the mind sharp, making the left hand better, having better awareness of what is happening with swallowing, practicing spelling, preparing for going home and continuing to work on speech therapy independently.

Therapists appreciate the iPad's potential for augmenting current therapeutic practices with engaging apps and for providing education in a visual way that is easily understood. For example, a dysphagia app shows patients with swallowing problems what it looks like when they aspirate (have food or liquid go into their airway) using slow-motion video.

Next steps for the project include enabling



patients to use the devices independently between sessions in order to practice what they have learned in therapy, and continuing to explore new apps and creative ways to use the devices to help our patients work toward their rehab goals.

About the Writers

Jennifer Joachimides is an Occupational Therapist Practice Consultant and Marcia Curry is a Speech Language Pathologist with Providence Healthcare's Stroke and Neuro Rehabilitation program.

Harwood meadows

FREEHOLD TOWNHOMES IN AJAX

FROM \$ **369,990**

PHASE 1 IS ALMOST SOLD OUT !!!



Move in 2014!

UP TO **\$20,000** IN FREE UPGRADES
(LIMITED TIME ONLY)

ALL HOMES COME WITH:

- ✓ AIR CONDITIONING
- ✓ 9' CEILINGS ON 1ST & 2ND FLOORS
- ✓ ACCESS FROM GARAGE TO HOUSE
- ✓ APPLIANCES
- ✓ CUSTOM BLACK WINDOWS & DOORS
- ✓ OPEN CONCEPT LAYOUTS



ANOTHER PROJECT BY



Advisor of the Month - July 2014

We are proud to announce our Advisor of the Month for July 2014. LIFE100's Advisor of the Month is awarded to recognize their hard work and success each and every month.

- LIFE INSURANCE
- CRITICAL ILLNESS
- HEALTH & DENTAL

- MORTGAGE INSURANCE
- RRSP • RESP
- GROUP BENEFITS

Life100
INSURANCE & INVESTMENTS INC.

INDUSTRIAL ALLIANCE
INSURANCE AND FINANCIAL SERVICES INC.

Manulife Financial
For your future



Assumption Life

Supas Thiru

Insurance Advisor

Direct: **416.277.6468**

Business: **416.321.2500**

10 Milner Business Court, Suite 208, Scarborough, ON M1B 3C6
Web: www.life100.ca, E-mail: info@life100.ca



Simple Solutions in a Critical Situation

Ontario approved Pawn Brokers
Pioneers and established leaders in the community

KANAGAAMBIKAI PAWN BROKERS



**Two Branches to
serve you better:**

3160 Eglinton Ave East, Unit 3
Scarborough, ON. (Markham & Eglinton)

416-269-7197

2613 Eglinton Ave East
Scarborough, ON. (Brimley & Eglinton)

416-269-7198

HONDA CIVIC HOLIDAY BONUS

JULY 30 - AUGUST 5

GET
\$500*

BONUS ON ALL
2014 HONDA CIVIC MODELS!

**CIVIC SALES EVENT
on Monday
August 4th.**

Open on Civic Day
from 9.00 am to 6.00 pm



MODEL FREEZEEX



16 Canada's
best-selling car
16 years in a row.

2014 CIVIC DX
\$39@0.99%
WEEKLY LEASE FOR 60 MONTHS⁰
WITH \$0 SECURITY DEPOSIT.
EXCLUDES LICENSE AND HST.

\$0
DOWN
PAYMENT
/OAC

**PLUS GET
\$500***



FROM 7.3 CITY / 5.5 HWY (L/100 KM)⁰



Shan சர்வீஸ்னன்

Direct : 416 720 1184

athreesans@formulahonda.com

2240 Markham Road,
Scarborough, ON

M1B 2W4 (Markham & Finch)

Office: 416 754 4555

www.formulahonda.com

ராஜா சர்வீஸ்னன்

Direct : 647 833 4998

rajah@formulahonda.com



Limited time weekly lease offers available through Honda Financial Services Inc. (HFS), to qualified retail customers on approved credit. Weekly payment includes freight and PDI (\$1,495), EHF tires (\$28.45), EHF filters (\$1), A/C levy (\$100 except Civic DX models), and OMVIC fee (\$5). Taxes, license, insurance and registration are extra. Representative weekly lease example: 2014 Civic DX Sedan on a 60 month term with 260 weekly payments at 0.99% lease APR. Weekly payment is \$38.92 with \$0 down or equivalent trade-in, and \$1,075 total lease incentive included. Down payments, \$0 security deposit and first weekly payment due at lease inception. Total lease obligation is \$10,118.26. 120,000 kilometre allowance; charge of \$0.12/km for excess kilometres. PPSA lien registration fee of \$45.93 and lien registering agent's fee of \$5.65, due at time of delivery are not included. *\$500 Consumer Incentive Dollars "Civic Holiday Bonus" available on the purchase or lease of any new 2014 Honda Civic vehicles registered by August 5, 2014. Civic Bonus will be deducted from the negotiated price after taxes and can be combined with finance or lease rates advertised by HCFI. Offer available only at participating Ontario Honda dealers. Offer subject to change or cancellation without prior notice. Offer valid on new in-stock 2014 Honda Civic vehicles. While quantities last. For all offers: license, insurance, other taxes (including HST) and excess wear and tear are extra. Taxes payable on full amount of purchase price. Offers only valid for Ontario residents at Ontario Honda Dealers. Dealer may lease for less. Dealer order/trade may be necessary. Vehicles and accessories are for illustration purposes only. Offers, prices and features subject to change without notice. See your Ontario Honda Dealer or visit HondaOntario.com for full details. ♦♦Based on Association of International Automobile Manufacturers of Canada (AIAMC) data reflecting sales between 1997 and December 2013. ∞Based on Fuel Consumption Guide ratings from Natural Resources Canada. Transport Canada approved test methods used. Your actual fuel consumption will vary based on driving habits and other factors – use for comparison only. © 2014 Honda Canada Inc.

MONEY PROBLEMS?™

**Make One Small Monthly
Payment For All Your Debts**



Ask Yourself?

- Are you using your Overdraft all the time?
- Are creditors constantly Threatening & Harassing you at home or at work?
- Are you struggling to pay your Rent, Mortgage or Car Payment?
- Are your financial difficulties the cause of your Marriage or Health Problems?
- Do you think your Credit Rating is in jeopardy forever?
- Are you afraid of Losing your car, house, RRSP, Stocks or any other assets?
- Do you have Court Orders against you?
- Are you having any trouble with Government (CRA) about personal tax or any other tax issues?



**If you answered "Yes" to any of the above questions then
you should contact us for a Private & Confidential meeting**

Scarborough / Downtown Toronto: 416-489-2000

Mississauga / Brampton: 416-650-5400



Mark Shamly
Tamil Consultant

Scarborough
201-4433 Sheppard Ave. E
Scarborough, ON, M1S 1V3

Toronto/Downtown
800-120 Eglinton Ave. E
Toronto, ON, M4P 1E2

North York
306-1280 Finch Ave. W
North York, ON, M3J 3K6

Mississauga
110-93 Dundas Street E.
Mississauga, ON, L5A 1W7

Brampton
201-7990 Kennedy Rd. South,
Brampton, Ontario, L6W 0B3

Proudly Served over 10,000 clients since 2004

Visit : GtaCredit.Com

Ajay Oberoi
Government
Registered Counsellor



RE/MAX®
COMMUNITY
Realty Inc., Brokerage

RE/MAX®



Contact your friendly Agents from Re/Max Community Realty:

Tel: 416-287-2222

RE/MAX® COMMUNITY REALTY INC., Brokerage
203-1265 Morningside Ave Toronto, ON. M1B 3V9

**To Buy or Sell
Home, Condo,
Commercial or Business**

RE/MAX®
Outstanding Agents.
Outstanding Results.



Center for Leadership and Innovation hosts Youth Documentary Competition

The Centre for Leadership and Innovation is a registered non-profit organization in Toronto, Ontario, Canada. The Centre promotes and conduct structured programs in public speaking, project management, team working and leadership skills for youth and adults.

The Center for Leadership and Innovation hosted its Second Annual YDocs Awards Gala at J&J Swagat

Banquet Hall in Markham. The event started off with the Masters of Ceremony, Ahillan Ilangko and Raveena Raveendran, getting guests into the festive mood by busting out rhymes to The Fresh Prince of Bel-Air theme song.

Attended by over 400 guests, this red carpet event featured screening of 10 documentaries on social issues ranging from Body Image, Interracial

and Intercultural Marriages Poverty, Influence of Technology on Youth, Parent's Unrealistic Expectations, Losing Someone, Politically Incorrect Traditions, Depression, Self-Esteem and Drug Abuse.

These documentaries were produced by youth ages 10 to 17 who are part of the Youth Leadership Program. These documentaries were judged by an independent panel of judges consisting

of Lenin M. Sivam, Senthil Vinu and Suresh Rohin for various awards which were presented at the event.

Mr Alexander Bezzina, the Deputy Minister of Children and Youth Services was the keynote speaker and the event also included a dance performance by Niro Dance Creations. The guests enjoyed a sumptuous dinner after the events.



Winning team-audience awards-walking to receive the award



Participating Youth, Facilitators and Co-Founders



Youth singing national anthem



Co-founders of Centre for Leadership and Innovation



Keynote speaker-. Mr Alexander Bezzina, the Deputy Minister of Children and Youth Services



Masters of ceremony



Sponosrs of the YDocs program



Presentation of Award to a winning team

THE SCARBOROUGH HOSPITAL AND THE SCARBOROUGH HOSPITAL FOUNDATION PUBLISH ANNUAL REPORT TO THE COMMUNITY

Our Global Community

REPORT TO THE COMMUNITY 2013/14



The Scarborough Hospital (TSH) and The Scarborough Hospital Foundation (TSHF) released their 2013-2014 Report to the Community on July 15.

The theme of this year's Report is "Our Global Community" and features the many ways TSH and TSHF are accomplishing the hospital's vision to be Canada's leader in providing the best health care for a global community.

Some story highlights include:

- ◀ the commitment of our global community (Chinese New Year Appeal Shows Scope of Generosity or Philanthropic Councils Chanel Passion of Community Donors);
- ◀ volunteer support (Volunteers at Your Service);
- ◀ staff who help patients navigate their illness (Nurse Navigator Guides the Way for Breast Cancer Patients);
- ◀ programs that address the needs of our communities (Online Psychotherapy Adds to Client Research); and
- ◀ so much more...

In the Statements of Revenue and Expenses, TSH continues to deliver solid

fiscal management, ending the 2013-2014 year on budget with an operating surplus of \$1.4 million. Operating efficiencies were realized through numerous strategies, including TSH's adoption and spread of LEAN quality improvement methods across the hospital. Concurrently, the hospital maintained or enhanced patient safety, quality of care and a healthy workplace for its team. Several examples are highlighted in the Report:

- ◀ TSH's performance in Ontario's pregnancy, birth and childhood registry – the Better Outcomes Registry and Network (BORN) – exceeds its peer hospitals and in many cases rates ahead of the province (Special Delivery).
- ◀ TSH attained Exemplary Status by Accreditation Canada in 2013 with a 98.8 per cent compliance rate and the hospital's Laboratory Services scored high in standards set out by the Ontario Laboratory Accreditation this past fall, averaging 95 per cent across both campuses (Award-Winning Performances).
- ◀ TSH achieved a Gold Quality Healthcare Workplace Award from the Ontario Hospital Association and Ministry of Health and Long-Term Care

acknowledging the hospital's sustained focus on a healthy workplace and on patient safety and quality of care (Award-Winning Performances).

And, the Report spotlights the Hospital and the Foundation by the numbers:

- ◀ Top 10 among Ontario hospitals for the highest volume of breast reconstruction cases
- ◀ 5,000 babies delivered each year at TSH
- ◀ 24,000 visits annually to the hospital's oncology program
- ◀ 51,432 hours of volunteer service for 2013-2014
- ◀ 43% reduction since February 2013 in Emergency Department wait times before patients are admitted
- ◀ Nearly \$6 million in grants and bursaries in 2013/14 to support excellence in health care

To read this year's Report to the Community, please visit TSH's website: <http://www.tsh.to/welcome/governance/annual-reporting/>.



AN ONGOING CHALLENGE FOR NEWCOMERS: OVERWHELMING CHOICES IN BANKING PRODUCTS

Newcomers to Canada often face challenges surrounding banking in Canada when they first arrive – most notably, finding out which banking products are right for them. In a new poll by the Royal Bank of Canada, 44 per cent of newcomers said they didn't know which banking products would be best suited to their needs, while almost a third (29%) said they felt overwhelmed by the choices available.

"There are a number of difficulties that newcomers have when it comes to navigating Canada's banking system, and we've worked to make it easier," said Christine Shisler, director of multicultural markets at RBC. She added that while there are a number of different choices, banks today offer products that are specific to newcomers

and address their particular needs as they set up their lives in Canada.

"There are so many options in the marketplace, and we have worked to provide easy, accessible and customized options for newcomers," said Shisler. "The poll showed that one-third of new immigrants found lack of a credit history to be a problem, and our programs have been updated to make it easier for this group to secure credit products. We offer a no-credit-history required credit card to newcomers, which is often a key step in quickly building a Canadian credit history. My recommendation would be to go into a branch and speak to a financial advisor – they are the experts and will be your best resource in making sure you have the right solution."

RBC recently updated its suite of products for newcomers, including no-credit-history-required for mortgages and auto loans. Their financial advisor will be able to help newcomers understand what is available to them, and help to ensure that they are set up for financial success – including personalized advice and help all along the way – today, tomorrow and in the future. For more information, please visit any RBC branch or online at rbc.com/welcomecanadacredit.



ENJOY THE GREAT OUTDOORS IN ONTARIO WITH OVERNIGHT CAMPING

Did you know that 25% of Ontarians have never been on an overnight camping trip? No experience? No problem! Ontario Parks wants you to experience an overnight camping trip. They provide everything you need to get out and enjoy the great outdoors. The Learn to Camp program at Ontario Parks will equip new campers with the skills, confidence and knowledge they need to get involved in camping. Participants learn all they need to know at overnight camping experiences offered at 9 provincial parks from June to September. New campers arrive at the park with food for the weekend and their own bedding; all other camping equipment is provided by Ontario Parks' partners at Coleman and Canadian Tire. Throughout the weekend Ontario Parks staff lead fun hands-on instruction covering everything from campsite set-up and camping safety, to how to enjoy the park.

No wonder that we have people saying great things about the program:

"This is a fabulous program to try camping without any risk or large investment in camping gear. Ontario has amazing parks and this program has peaked my family's interest in visiting a new park each year. My kids have discovered a connection to the

outdoors and enjoyed telling their friends how they now know how to set up a tent and start a camp fire."

"Excellent Program. I have always wanted to go camping since I arrived in Canada, but the whole idea of the equipment/kitchen etc. was intimidating. When I stumbled upon this program, I went for it right away and loved every minute of it. No denying that I am now fully "initiated" into camping... Thank you so much for making this such a wonderful experience."

In addition to learning to camp there are lots of extra learning opportunities for families like the new Learn to Fish program. Want your kids have fun and build great memories over the summer holiday?

You can join Ontario Parks for a 2 day and 1 night learn to camp experience. All you need to bring

is food for the weekend, bedding and your personal items.

Space in the Learn to Camp Program is limited. All

Registrations are processed on a first-come, first-serve basis. Reserve your space now at OntarioParks.com/learntocamp

For new campers that don't need a full overnight training program Ontario Parks offers free 2-hour information programs in urban areas across the province in addition to comprehensive online resources complete

with packing checklists and meal planning information. To learn more about the program visit OntarioParks.com/learntocamp





FIFA WORLD CUP FOOTBALL TOURNAMENT 2014

An overview in simple verse



Mario Goetze shoots the winning goal



Tears of joy



Tears of despair

C. Kamalaharan

The world cup fever that gripped the world is over
Life has returned to what it was before
Spectators have left the stadiums with mixed feelings
And all eyes riveted to televisions are relaxed.

It was a bonanza watching the celebrities
Skilfully dribbling the ball into the net
Heading it to and fro, a ding dong battle
And lofting it high, for clearance.

Inspired by the tumultuous cheering of the fans
They passed the ball from man to man.
Never were they selfish and never showed faction
As they moved forward, through combined action.

While the game was the main dish
The grandstand was the side dish.
Fans attired in their country colours
With faces too in similar colours.

The rapturous applause that echoed so loud
Created a vibrant atmosphere in the crowd.
As the game reached a tensed climax
Joy and despair fluctuated.

The game ended in tears of joy and tears of despair.
Celebrations for some and lamentations for others.
However, all left the stands without confrontations.
After all, it's all in the game, taken sportively.

In the absence of their star Neymar
And their captain Thiago Silva
Brazil's game turned too shoddy
Providing Germany an easy win.

Brazilian fans not able to face humiliation
Shed tears and cried unabashedly.
The match with Netherlands too was a flop
That further disappointed Brazilian's hope.

The grand final kept fans in tenterhooks
With penalty shoot - out looming.
During the 113th minute Germany's Mario Goetze
Beautifully placed the ball into the net.

The final whistle erupted Germans into a frenzy.
They scrambled hugged and kissed each other,
While the Argentina fans stood disillusioned.
For Messi, the Golden Ball was no consolation.

In sports one has to be either a winner or a loser
That's an inevitable situation.
In life too one has to face success or failure
And one who reckons this will be successful.

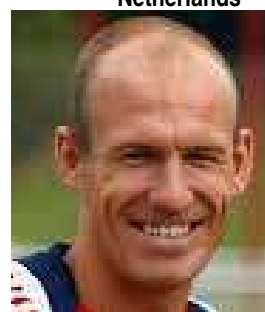
THE AWARDEES

Brazil



Neymar
The unluckiest, missing
The Best Player Award

Netherlands



Arjen Robben
3rd Best Player

Argentina



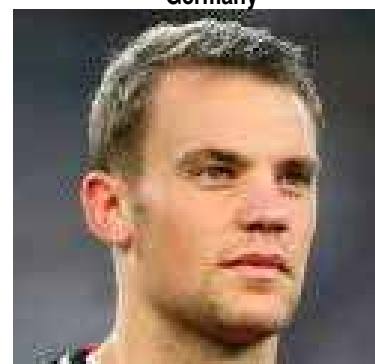
Lionel Messi
Best Player

Germany



Thomas Muller
2nd Best Player

Germany



Manuel Neuer
Best Goalkeeper

Columbia



James Rodriguez
Top scorer of goals





RAPTOR'S SUPERFAN NAV BHATIA HONORED BY UNITED SIKHS ORGANIZATION IN WASHINGTON DC

Nav Bhatia known not only as the superfan for his love of the Toronto Raptors and Owner of both Mississauga & Rexdale Hyundai dealerships, Nav is also being recognized for his outstanding work in the community. On July 26 2014 Mr Bhatia was an honouree at the United Sikhs Gala for his continuous hard work and dedication to the Sikh community.

The resonating theme of the evening was the drug crisis currently gripping Punjab. Estimated that approximately 73% of youth currently host some type of addiction in Punjab, the funds from this year's gala are being put towards a de-addiction clinic in Punjab.

"I believe the work being done by the United Sikhs is very important. We are our youth, Punjab is our youth and it is the responsibility of our entire community to come together to get these kids on the right path, away from drugs and back to achieving their dreams." – Nav Bhatia

Nav Bhatia is no stranger to working with youth and promoting the goodness of Sikhism. He has been integral in educating and being a liaison to the mainstream community when it comes to Sikh traditions and Punjabi culture through his work as official South Asian Ambassador for the NBA's Toronto Raptor's.

Each year he hosts a Diwali game and a Baisakhi game with the Toronto Raptor's bringing with him over 3000 south Asians to each game. For each game he also donates hundreds of tickets to those who would normally

“

The true legacy of any individual is not how much money he has but how many people he has helped to succeed

”

never be able to afford a regular priced ticket to see Nav's beloved NBA team. His connection with the NBA franchise has perhaps strengthened his connection with the today's kids.

"At the end of the gala I was swarmed by the kids all wanting to take pictures and talk basketball. Shouts of you know Drake and you know Vince Carter could be heard

“

The resonating theme of the evening was the drug crisis currently gripping Punjab. Estimated that approximately 73% of youth currently host some type of addiction in Punjab, the funds from this year's gala are being put towards a de-addiction clinic in Punjab.

”

across the room. Taking an hour to meet and talk to the kids really makes a difference. I am the living example of living right, living drug free and look what dream I am living. This message really



resonates with the kids, really inspires them and their optimism is what inspires me. That is why I come to these gala's and host the Raptor's games" – Nav Bhatia

His quote in the New York Times has since become his calling card and sums up what the superfan, Nav Bhatia is about.

"I don't drink, I don't smoke, I don't womanize, I raptorize"

If Nav's story is of inspiration it is the story of an immigrant who came here with nothing, worked hard to achieve his goals and was

blessed with success very few achieve. Nav has not forgotten his roots and he often mentions

"The true legacy of any individual is not how much money he has but how many people he has helped to succeed"

Always one to hold out a helping hand Nav is looking forward to continuing to work with the youth in the Greater Toronto Area to help them achieve their dreams and begin work with NBA teams outside of Toronto in promoting South Asian Culture and the Sikh Community.





HOW TO GET RID OF STRESS

Oscar-award winning film maker Shekar Kapur asks Sadhguru about stress, who looks at the shift we need to engineer within ourselves in order to get rid of stress.

Shekhar Kapur: Since I'm having the chance to interview you, I know people will say, "Well, why didn't you ask about how to get rid of stress?" Is there a definition that we can assign to the idea of stress?

Sadhguru: When I first went to the United States a few years ago, wherever I went, everybody was talking about "stress management." I really didn't get this because in my understanding, we manage things which are precious to us – our business, our family, our money, our wealth, our children. Why would anyone manage stress? It took me a while to understand that people have concluded that stress is a part of their lives.

Manage yourself, not your stress

Stress is not a part of your life. Stress is just your inability to manage your own system. Stress happens not because of the nature of your work. The Prime Minister is complaining of stress, the peon is also complaining of stress. In between, every other person



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

where if you turn the steering wheel one way, the car goes in the opposite direction, you'll be stressed, isn't it?

Shekhar Kapur: Yeah.

Sadhguru: Right now, that's the kind of mechanism you are driving. Without understanding anything about it, just by chance, you are blundering through life – so you will be stressful. Stress is not because of the nature of the activity that you are performing or because of life situations. Stress is simply because

mean he is doing something different. When he wakes up in the morning, he also goes to the toilet. He also brushes his teeth. He also does the same things. But somehow, his life is magical and beautiful because of the context.

This could have happened to people when they fall in love with someone. When they fell in love, and everything becomes different because the context of their life has changed. But then, once they fall out of love, again, the

Can't you see I'm cutting stone?" This person moved on to the next man and asked, "What are you doing here?" That man looked up and said, "Something to fill my belly. So I come here and do whatever they ask me to do. I just have to fill my belly, that's all." He went to the third man and asked, "What are you doing here?" That man stood up in great joy and said, "I'm building a beautiful temple here!" All of them were doing the same thing, but their experience of what they were doing was worlds apart.

Every human being, every moment of his life could be doing whatever he is doing in any one of these three contexts – and that will determine the quality of his life, not what he is actually doing. How simple or complex an activity is doesn't change the quality of your life. With what context you do it changes the quality of your life.

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

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

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

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



is saying his job is stressful. And those who are unemployed also find their situation stressful. So you are suffering your job – if I get you fired, will you be joyful?

Shekhar Kapur: No.

Sadhguru: No. So stress is obviously not about your job, isn't it? It is just that you do not know how to manage your body, your mind, your emotions, your energy, your chemistry – you do not know how to manage anything. You are functioning by accident, so everything is stressful. If you get into a car

you do not know how to manage your own system. What is stressful for one person, someone else breezes through – isn't it so?

Shekhar Kapur: Correct.

Changing the context of your life

Sadhguru: So stress is just an inability to manage the inner situation, not the outer situation. Essentially, the quality of our lives changes and transforms not because we change the content of our lives, but only because we change the context of our lives. If someone is living a beautiful life, it does not

context of their life changes and they become miserable. Changing the content of your life as you wish may not be possible because you need permission from the situations in which you exist, but changing the context is something that you can do willfully. You don't need anyone's permission. It is not at all situational.

On a certain day, three men were working in one place. Another man came by and asked the first man, "What are you doing here?" The man looked up and said, "Are you blind?



First Open Heart Surgery performed in Jaffna

Appapillai Amirthalingam - The Tragedy of Moderate Politics

Oxonian Heart Foundation welcomes donations to save lives of patients with heart problems



By Siva Sivapragasam

Sixteen-year old orphaned girl Archana is all smiles today after the hole in her heart was closed by open heart surgery, the first of its kind done in Jaffna.

The first open heart surgical operation in more than 30 years has been performed in Jaffna on Archana at the private Northern Central Hospital with the support of the Oxonian Heart Foundation (OHF). The patient Archana orphaned when she lost both her parents in the Northern war.

Oxonian Heart Foundation is a multi-ethnic organization registered in Sri Lanka and Britain and funded by private donations. The surgery was done free of charge for the patient. Some expenses were met by Karunaipalam and from the President's fund. The surgery was performed by eminent heart surgeon Dr. Perumalpillai. Dr. Perumalpillai retired from the prestigious John Radcliffe Hospital in Oxford, England and established the Oxonian Heart Foundation (OHF) to help the numerous patients who are languishing without open-heart surgery. Having served as an intern at the Jaffna Hospital back in 1974-75 he had been visiting Sri Lanka over the years, both on holiday and on work. The surgery was performed at the Northern Central Hospital, Jaffna by a surgical team consisting of Dr. Kumaradasan Gnanakanthan, Dr. Nagaratnam Srisankantharajah, Dr. Ravi Perumalpillai and Dr. Nihal Kulatilake.

Donations welcome to save lives of patients

The OHF is registered as a charity

table trust in Sri Lanka and a charity company in the United Kingdom. The Trust welcomes donations by direct bank transfer to:

- Hatton National Bank Plc. Head Office Branch, 479, T.B. Jayah Mawatha, Colombo 10, Sri Lanka.

Account Name: OXONIAN HEART FOUNDATION

Account No: 003010497806, Swift Code: HBLILKLX

- Amana Bank, 480, Galle Road, Colombo 3, Sri Lanka.

Account Name: OXONIAN HEART FOUNDATION

Account No: 010-0170533-001, Swift Code: AMNALKLX

Abroad — donate by direct bank transfer to:

- HSBC, UK Bank Account, 65 Cornmarket Street, Oxford, OX1 3HY, UK.

International Bank Account No: GB05MIDL40353403859908

Branch Identifier Code: MIDLG-B2108P

Account Name: OXONIAN HEART FOUNDATION

Account No: 03859916, Sort Code: 40 35 34

Cheques drawn in favour of the Oxonian Heart Foundation may be sent to:

- Dr. Ravi Perumalpillai (Chairman), 10/1 No. 4, Alfred House Gdns, Colombo 3, Sri Lanka.

- Mr. Ananda Atukorala (Treasurer), 42/3, Horton Place, Colombo 7, Sri Lanka.

For more information please access www.oxonianhf.com or email: chairman@oxonianhf.com or phone: +44-7850730203 (UK) or +94-778573717 (Sri Lanka).



By Siva Sivapragasam

This article is being published to commemorate the 25th. Death Anniversary in July of Appapillai Amirthalingam-Former Leader of the TULF

When the mantle of leadership and succession of the TULF fell on Appapillai Amirthalingam after the death of Chelvanayagam, little did he realize that it would end up with a tight rope walking between moderate and militant politics.

Having been nurtured in the Gandhian politics of non-violence at the feet of his guru Chelvanayagam, moderate politics was the order of the day for him. His student days at the University brought him close to Marxist ideology championed by LSSP leaders like Dr. N.M. Perera and Dr. Colvin R. De Silva. But on leaving the University and becoming a lawyer he was swayed to Tamil politics espousing the cause of a Federal state for Sri Lanka. The death of S.J.V. Chelvanayagam and G.G. Ponnambalam who dominated post-independence Tamil politics brought Amirthalingam into the fore-front to lead the Tamil people. Amirthalingam became more known among the Tamil and Sinhalese people specially during the Sinhala Only days when he was mercilessly attacked by Sinhala hoodlums in Galle Face green and entered Parliament with the injuries. The then Prime Minister Bandaranaike sarcastically remarked that the injuries "were honourable wounds of war". It could be said that from this time onwards the 'war' between the Sinhalese and Tamils had begun. Unlike the previous Tamil leaders like Chelvanayagam and Ponnambalam, Amirthalingam was deep rooted in the Jaffna soil and was closer to the heartbeats of the people since he was practising in the Northern courts.

The soft-spoken but an elegant orator Amirthalingam was an advocate of non-violence. The social and academic background in which he was nurtured

saw him depend on a negotiated settlement for the problems of the Tamils. Perhaps this was one of the reasons that made him accept the position of the Leader of the Opposition after the 1977 elections. The then President J.R. Jayewardene who was referred to as the "cunning fox" in politics offered him the perks associated with the position of the Leader of the Opposition hoping to sway Amirthalingam to his way of thinking. But unfortunately for J.R., Amirthalingam was made of sterner stuff. He refused to be cowed down to J.R.'s manipulations.

For his intelligence, patience and soft nature Amirthalingam was nicknamed "Dharmar", the great hero in the Maha Bharatha epic. He did display these characteristics with finesse in his discussions and dealings on political matters. The intransigence of Sinhala politicians and the wavering attitudes of elected governments made the youth movements among the Tamil community move towards militancy. Thus Amirthalingam was caught between moderation and militancy. Nurtured in Gandhian politics under the patronage of his Guru Thanthai Chelva, Amirthalingam could not subscribe to the politics of militancy. At the same time he knew that he was not going far in obtaining the rights of the Tamils from the Sinhala Governments. However he achieved one thing-He made the world and specially India know of the Tamil problem in Sri Lanka and helped to internationalize the issue.

When the dust and the heat on this senseless conflict between the two communities settle down one day and sanity prevails on those opposing the settlement of the ethnic strife, persons like Appapillai Amirthalingam who laboured through out their life for peace and harmony will be remembered in the pages of History as a tragedy in moderate politics. It can be said of Amirthalingam that while he imbibed the sweet smell of success he also experienced the winds of defeat.



Double tragedy:

WHY MALAYSIA AIRLINES MIGHT NOT SURVIVE THE MH17 CRASH



Coffins containing the bodies of MH 17 victims being transported to a military base in Amsterdam

By: Raymond Rajabalan

B.Sc (Hons) Cey

Just four months earlier, Malaysia Airlines jetliner MH370 carrying 239 people disappeared about an hour after taking off from Kuala Lumpur. The jet has still not been found, a source of profound unease for travelers and the aviation industry.

"I can't comprehend of anything they can do to save themselves," said Mohshin Aziz, an aviation analyst at Maybank in Kuala Lumpur, Malaysia. "Perception-wise it really hits home," Aziz said. "It's very challenging. It's very difficult to fight against negative perception."

Even before the Flight 370 mystery, state-owned Malaysia Airlines was in serious financial trouble. In an industry notorious for impoverishing shareholders and irking customers, Malaysia Airlines had long stood out for its years of restructurings and losses.

That disaster along with the often bumbling response of Malaysia Airlines and the Malaysian government deeply

scarred the carrier. Now, the once proud national airline is facing the unthinkable again. Already losing about \$1.6 million a day, there will be "no miracles" for Malaysia Airlines, said Aziz.

Before the Ukrainian disaster, his opinion was the airline didn't have the capacity to survive beyond a year. The airline's share price has already plummeted 11 percent immediately the MH17 was blown out of the sky.

Unlike Flight MH 370, the responsibility for which is pinned with Malaysia Airlines, the second disaster appears largely beyond the airline's control. It may, however, face questions about why it continued with flight paths over eastern Ukraine, which is the

heart of a violent rebellion against Kiev, when some airlines were circumventing the country.



Malaysia Airlines Flight MH17 was downed over eastern Ukraine last month on 17th Thursday with 298 people aboard by what American intelligence authorities believe was a surface-to-air missile.

For air travelers in Asia, who have a multitude of options thanks to the budget airline boom, the latest incident will make the Malaysian carrier even less attractive. Its brand in the rest of the world, where it became known largely because of the Flight 370 mystery, will become more closely associated with the worst fears of fliers.

Malaysia Airlines has been in the red for the last three years. Last year, its losses ballooned to 1.17 billion ringgit (\$363 million), nearly three times larger than its 433 million ringgit loss in 2012.

As a state-owned flag carrier, it is required to fly unprofitable domestic routes, and its strong union has resisted operational changes. Nimble discount rivals such as Air Asia have expanded rapidly, while Malaysia Airlines has been like a supertanker, slow to change direction.

Seth Kaplan, managing partner of industry newsletter Airline Weekly, said the airline was in "worse shape" financially than almost any other airline before Flight 370 vanished. "It's just hard to imagine that they

could have even survived the first incident without a lot of government help and now they're going to need even more," he said.

Meanwhile, the recent tragedy has once again brought back painful memories to the relatives of those who perished in the doomed flight of MH 370 that vanished from radar off the south coast of Vietnam in the South China Sea in the early hours of March 8 en route to Beijing from Kuala Lumpur with 239 people on board. A massive search and rescue effort involving 40 ships and 34 aircraft from nine different nations has yet to discover any sign of the missing aircraft.



WORDS OF PEACE

The Need for Peace

Anyone who does not feel the need for peace is not in touch with what it means to be human, says Prem Rawat, who travels the world offering a possibility of an inner peace that he says brings fulfillment.

"Do you feel the need for peace?" he asks those who come to listen to him speak. "If you don't, then you are not in touch with a part of yourself."

Mr. Rawat calls that peace he talks about divine—though he says the words don't really matter. "The divine," he says, "is everywhere—and that means it's also within you. If that reality is residing within me, what am I doing in my life to feel it, to acknowledge it, to understand it?"

When he talks about this omnipresent reality, Mr. Rawat says, people are sometimes skeptical. "They say, 'You talk about the divine, but I don't see the divine!' Do you see the Earth spinning? No. Does that mean it's not?"

"Once a student went to a wise man and said, 'What is the divine? Can you prove that the divine exists?'"

"The wise man asked someone to bring him a packet of salt and a bucket of water. He told the student, 'Take this salt, put it in this bucket of water and stir it.' When the salt had all dissolved in the water, the wise man asked him, 'Where is the salt?'"

"The student said, 'It disappeared.'"

"The wise man said, 'No! Taste the water. The salt has not disappeared.'"

"So the student tasted the water. It was salty."

In the same way, Mr. Rawat says, because of our concepts of divinity, we think, "This is how it has to be." If someone doesn't experience peace within, he explains, it's not because it isn't there; it's a question of paying attention to it.

"Where is your focus?" he asks. "In your life, where is your focus? Do you enjoy being alive—just being alive? I know people enjoy parties. I know they enjoy going to a friend's house. I know they enjoy songs and movies. We enjoy this and enjoy that, but do you enjoy being alive?"

"If you don't, you're focusing on the wrong thing, because life itself is the garden of the divine. Its beauty is unparalleled. It is full of the reflections of the divine. It is fine; it is beautiful."

"Within us is where truth resides—a truth that is non-confrontational, a truth that is simple, a truth that's embracing, a truth that's real; a truth that brings peace."

"If you want to know that, change the focus. It's not that we don't have the ability to focus. We focus on the wrong things. Change the focus away from what's not going to bring peace to something that is going to bring peace."

"There is a place within us that wants to feel that peace by living life consciously—by acknowledging those needs that are fundamental."

When he talks about peace, Mr. Rawat says, people tend to respond with a lot of questions: Where is it? How can I get to it?

Just because it's impossible to see your own face with your eyes, he says, you don't question its existence. You find a mirror. If you want to see the divine within, the same principle applies. "Don't search for questions," Mr. Rawat advises. "Search for that source that contains all the answers. If you're

going to search for something in life, search for the person who has the mirror that will show you your true self."

"If you want peace in your life, going within is the only way you're going to get it. Not by chanting 'peace, peace, peace,' will anyone get peace. Understand your nature. Your nature is to be content. Your nature is to be happy. Your nature is to want to be in peace."

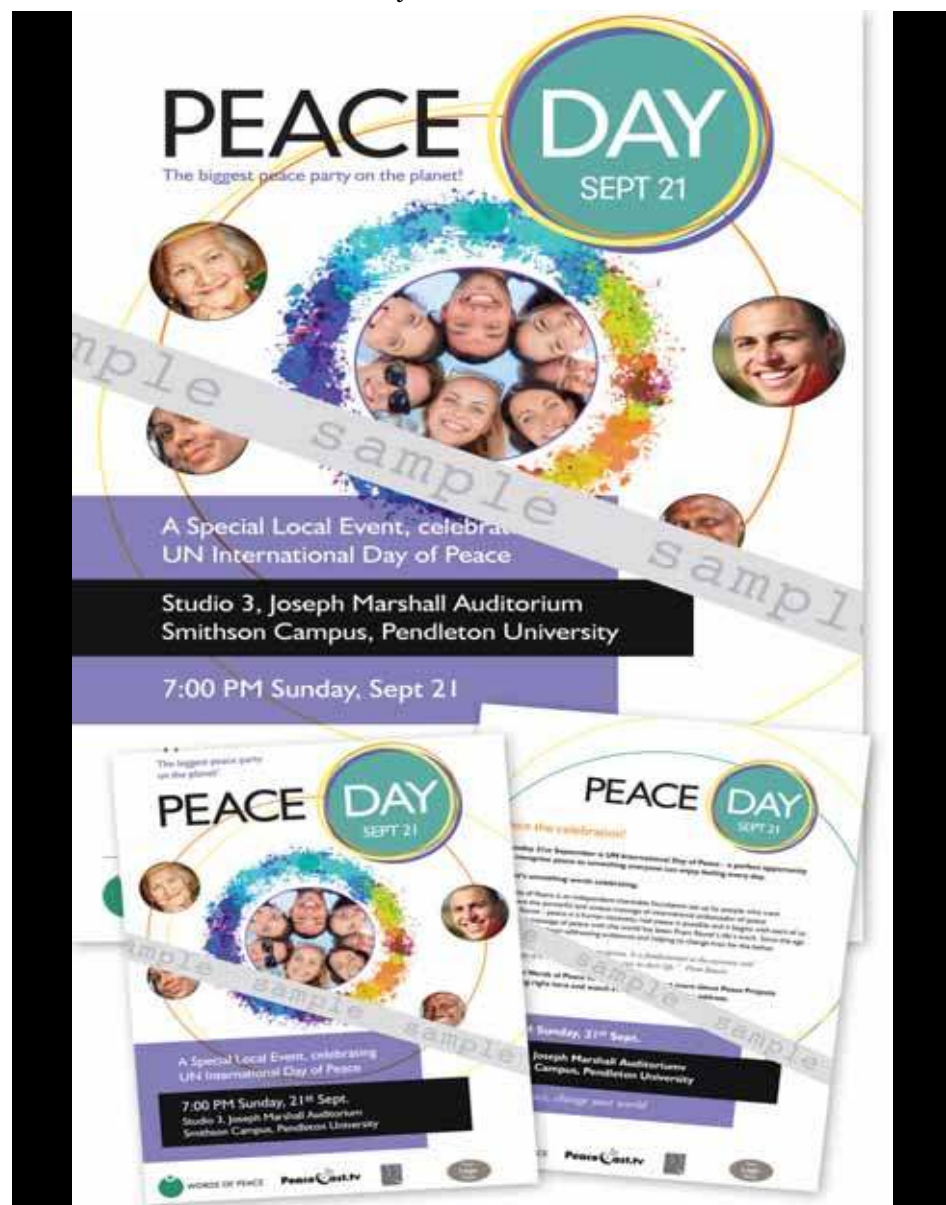
To learn more about Prem Rawat,
1 877 707 3221 Toll Free
416 431 5000 Tamil
www.wopg.org
www.tprf.org

Award-winning TV series
tv.wordspeace.ca

words of Peace

Peace is possible.
It needs to
be felt.

**SATURDAYS,
3:00 P.M. ET
ON VISION TV**



COMMERCIAL BUILDING FOR SALE

Mississauga Road, South of Hwy 401 6245 Mississauga Rd



Total Area Approx One Acre. 2 Storey Medical/Dental Office Building. Gross Area approx 17,629 sq.ft. Building Completed in 2003. A First Class Construction with Provision For a 3rd Storey Addition & Possibility to Increase Rentable Area. 46 Surface Parking Spots Including Handicaps.

Custom Designed Dental/Clinical Facility. Multiple Offices & Operatory Clinics, Conference Board Room, Cafeteria, Executive & Administrative Offices & More.

A Green Building with Revolutionary Geothermal Heating & Cooling System. Utility Cost approx \$5,000 Month.

Sale Price:
\$6.8
Million

CONDO FOR RENT

Hwy 401 & Kennedy



Tridel Built 2 Bedroom & 2 Washroom Unit at Metrogate Community "Solaris 2". Open Concept, 9Ft Ceiling, Unobstructed East View, Laminate Flooring Throughout. Great Amenities: 24Hr Concierge, Indoor Pool, Party Room, Guest Rooms, And More. Minutes To Hwy401, Public Transit, Shopping, Schools, Library, and Restaurants.

Fridge, Stove, B/I Dishwasher, Microwave/Range Hood, Washer and Dryer. One Parking Space Included.

Rent: \$1,500

HOUSES & CONDOS WANTED

Houses & Condos Wanted
List your home with us to get Top \$\$\$\$\$
We have many buyers looking for homes and condos.

Renovation, Painting, Hardwood Flooring, Financing and Home Inspection can be arranged.

**Call us for your
"Free Market Evaluation"**

Not intended to solicit properties currently listed for sale or individuals currently under contract with a Brokerage.

CONDO FOR SALE

McCowan & Sheppard



3 Bedrooms, 2 Full washrooms with terrace for your garden. Ground level unit like a home. Convenient location, close to all facilities, Scarborough Town Centre, 401 Highway, RT and TTC and schools. New Kitchen Cabinets, Freshly painted, Laminated Floors and in good condition. All appliances included.

Sale Price:
\$209,900

HOUSE FOR SALE

14th Ave & Rouge Bank



5 Bedrooms Executive Home in Legacy, Markham

5 Bedrooms Brick Home by Fernbrook Builders in one of the Nice Streets of Legacy. Approx 2700 Sq.ft plus Prof. Finished Basement with 2 separate units. Family Sized Eat in Kitchen with Quartz Counters and Walk Out to 2 Tiered Deck & Flagstone Patio.

\$\$\$ Spent In Front & Rear Yard Landscaping. Main Floor Family Room with Gas Fireplace. Hardwood Ceramic on Main Floor. Master Bedroom with sitting area, Walk in Closet, Ensuite with Jacuzzi, Separate Shower & Bidet.

Stainless Steel Appliances, (Fridge, Stove, B/I Microwave and B/I Dishwasher), Washer & Dryer. CAC, All Elf's & Window Coverings. New Roof in June 2013. Lots Of Recent Improvements including Fresh Painting.

No Sidewalk, Walk to Golf, Schools, Parks, Grocery and Transit.

Sale Price: \$899,000



Velumailum Loganathan
Broker of Record
Direct: 416-500-7965



203 - 1265 Morningside Ave East
Toronto, ON. M1B 3V9, Tel: 416.287.2222
vlogan599@yahoo.com, www.remaxcommunity.ca



Tharuma Somasunderampillai
Sales Representative
Direct: 416-268-6098



Looking for a Better CAREER !
Start now,
be job ready in less than 1 year

it Diploma Programs:

NETWORK ENGINEERING
ENTERPRISE NETWORK ENGINEERING
ENTERPRISE DESKTOP SUPPORT SPECIALIST
INTER-NETWORK SPECIALIST

Business / Accounting Diploma Programs:

ACCOUNTING AND PAYROLL ADMIN
COMPUTERIZED ACCOUNTING
OFFICE ASSISTANT
OFFICE ADMIN AND ACCOUNTING SPECIALIST
COMPUTERIZED OFFICE APPLICATIONS
BUSINESS ADMINISTRATION

Health Care Diploma Programs:

MEDICAL OFFICE ASSISTANT
COMMUNITY SERVICE WORKER

If you are laid off after January 2005 or
 Working less than 20 hours per week,
You may qualify for funding. Call us now
 for details

You may qualify for TUITION and LIVING Grant



TORONTO CAMPUS
 York Mills Rd / Leslie st

647-476-4148

citiCOLLEGE
OF CANADIAN CAREERS

www.CitiCollege.ca

Not all programs are offered at both location

MISSISSAUGUA CAMPUS

Hwy 10 / Hwy 403
 Opposite of square one mall

905-281-1414



Special Feature

TAMILculture

Are Tamil Restaurant Workers Stuck in the Back of the Kitchen?

By: Shanelle Kandiah

Published: July 8, 2014 for TamilCulture.ca

I was recently directed to a Globe and Mail article that discussed the phenomenon of visible minorities working in Toronto restaurant kitchens. Interestingly, the Sri Lankan Tamil community was cited as staffing almost a third of these kitchens. However, few visible minorities including Tamils have found success in the “front of the house” as restaurateurs or culinary chefs.

Given an interest in the heavy concentration of Tamils working in Toronto restaurants – and with a personal connection as many of my father’s friends make a living in this industry – I recently connected with a man who exemplifies a kitchen success story. As the owner of an Italian restaurant located in the heart of ritzy Yorkville, it was clear that owning a restaurant in this area was a marker of success.

I felt a bit out of place given the wealthy Torontonians who frequent the area. Located in a district known for its celebrity sightings, highbrow fashion and for once hosting the Toronto International Film Festival (TIFF), I nervously walked into the lobby of the restaurant. I was quickly put at ease, however, when a smiling waitress ushered me in and introduced me to the restaurant owner Siva.

From the onset of our conversation, Siva made it clear that owning his glitzy restaurant did not come easy. He described the struggles he faced upon moving to Canada from Sri Lanka. Siva recounted his first job as a dishwasher at a restaurant not too far from the place he owned today. When asked why he decided to take on his first job in Canada, he stated “kitchen work was a job that had multiple postings in restaurant windows in Toronto 30 years ago.” With no resume or advanced skill set required, Siva found a job that gave him the immediate cash needed to build a new life in a new country. However, he quickly realized that working as a dishwasher had its constraints and would not be enough to provide for his family.

When explaining this next phase in his life, Siva discussed an assortment of jobs and business ventures he took up after leaving his job as a dishwasher. Eventually, he became a kitchen manager and then left the restaurant industry altogether to start his own set of small businesses (a Sri Lankan grocery store, a textile store and a hair salon). Siva leaned back in his chair and smiled as he reminisced about his past. Listening to him speak, I was taken by his bravery to embark on businesses on his own and to admit their respective victories and failures.

During an economic recession in the 1990s, Siva described how a number of his businesses took a hit. Siva found



himself returning to the restaurant industry as a dish washer. I could sense the emotion in his voice as he described this point of his life. Sitting across the table from me in an upscale restaurant he owned, I wondered if the Siva then had any idea how his life would change.

Through a mix of determination, hard work and fate, Siva went for an interview in a restaurant named “Toni Bulloni” in prestigious Yorkville. He was immediately hired as a second chef and worked at several restaurants owned by the people behind Toni Bulloni.

Upon taking a year off to go back to school, Siva described how the owners repeatedly asked him to come back. The regular customers loved him and would ask where he was or why he wasn’t there. Siva described with great fondness that he had formed an attachment to the customers and loved the restaurant environment. So, caving into the constant appeals for his return, Siva agreed to stop by a couple of times a week to help out and entertain the regular customers.

When business started declining a few years ago, the owners wanted to sell and turned to Siva to take over. “They trusted me and I loved it here,” Siva said while smiling from ear to ear. Looking at him after he told me this part of his story, I saw that he was genuinely happy with where he now was in his life.

Perhaps the most visible sign of the restaurant’s success are the notable celebrities who have visited Siva’s restaurant. I almost couldn’t keep track as I scribbled on my notepad names including former Toronto Maple Leafs Captain Mats Sundin, Jennifer Love Hewitt, Sean Connery, Eddie Van Halen, Jennifer Lopez, and my person-



al favourite The Rolling Stones.

From hearing about the array of Siva’s celebrity encounters and his appearance on The Rachel Ray Show, I almost couldn’t believe his success story. From his humble beginnings as a dishwasher to eventually owning an upscale restaurant in Toronto’s ritziest neighbourhood, Siva’s story perfectly illustrates a tale immigrant families have been preaching for generations – hard work and determination will make you successful in a new country.

The overwhelming number of Sri Lankan Tamils working in Toronto’s kitchens can not be considered a coincidence. Like Siva, many have been lured by the quick cash and low skill requirement. Combined with the fact that many do not have English as their first language, for many Tamil migrants landing a job in a restaurant kitchen is an in to the competitive Canadian workforce.

Siva’s story is unique and he accounts for a small fraction of what we may deem as successful Tamil restaurateurs. However, as he described how he advanced in restaurants in his early days – and how fellow Tamils working in kitchens have come to help one another advance by learning new recipes and practicing popular dishes – I am confident that many Tamils will find themselves working in the front of the house and owning their own restaurants in the near future.

As our interview came to a close, I asked one final question about other goals Siva had. I didn’t think there could possibly be a higher marker of success than saying that your restaurant served J Lo! To my surprise, Siva said that he had one more dream – to open a “real Sri Lankan restaurant”.

Any Sri Lankan living in Toronto will attest that there are many Sri Lankan take-out places to choose from. However, there are no formal Sri Lankan restaurants where one can sit down and invite family and friends to enjoy a meal. “There are so many Indian restaurants but you can’t find a Sri Lankan one” says Siva. “Sri Lankan food is different from Indian food and I want to show people what our culture is like.” I find myself agreeing with Siva as I have found it difficult to explain to non-Sri Lankans what Sri Lankan food is without a sit-down restaurant to take them to.

I was thus surprised to hear that although Siva owns an Italian restaurant, he has occasionally served his customers popular Sri Lankan dishes to introduce new clientele to Sri Lankan food. Siva has even prepared dishes for Sri Lankan clientele who have brought non-Sri Lankan friends to the restaurant to sample Sri Lankan food for the first time. As he told me this there was a middle-aged Canadian couple seated across the restaurant eating fish cutlets. How ironic, I thought to myself. Here I was in an upscale Italian restaurant that was serving Sri Lankan dishes!

After hearing Siva’s story, I was left thinking that Siva would one day take on this last goal of his in opening a sit-down Sri Lankan restaurant. The bravery in his life choices until this point reflect who he is as a person. And I think that Siva will one day muster up the challenge in a few years to make this final dream of his a reality.

Despite humble beginnings and numerous obstacles, Siva has managed to swallow his pride and overcome them with a resilience and tenacity that many children of immigrants may take for granted. Siva’s story is one of never giving up on your dreams, and I was certainly left feeling inspired.

If you live in the Toronto area check out Siva’s restaurant Toni Bulloni at:

156 Cumberland Street
416-967-7676



Shanelle Kandiah

A graduate from the University of Toronto, Shanelle is currently a Political Science Master’s student at Wil-

frid Laurier University where she is writing her Master’s Research Project on the state of Sri Lanka’s democracy. Born to a Sri Lankan Tamil father and a Filipino mother, Shanelle has always been eager to learn more about her cultures and to find opportunities that will allow her to give back to her community.



Edro® is a Registered Trademark of M&M TWINS LIMITED.



Serving the Community
Quality Food Since 1980

Over 200 Edro Products
from 10 Countries

M&M TWINS LIMITED
Importers, Exporters and Distributors

100 Dynamic Dr. Unit 18-19,
Toronto, Ontario

Tel: (416)754-0558 Fax: (416)754-8541
mmtwins@idirect.ca





Special Feature

Mayoral candidate John Tory confident of victory

By Siva Sivapragasam

John Tory, the Mayoral candidate who carries with him several years of top corporate executive experience showed confidence in winning the Mayoral race when he addressed a meet and mingle reception organized by friends of Tory.

A recent polls survey conducted by Nanos Research has already placed Tory as the front runner in the Mayoral race. Tory leads with 39.1 per cent, followed by Olivia Chow with 32.7 per

cent and Rob Ford 21.7 per cent.

In his speech at the reception, Tory outlined what he would do if elected as the Mayor of Toronto. He touched on several pressing needs of the city with special reference to the transit system, lowering taxes, cutting down wasteful expenditure etc.

John Tory is a political activist, radio broadcaster, and has been a top corporate executive. Tory received his Bachelor of Arts Degree from the University of Toronto in 1975 and later the Bachelor of Law Degree degree in

1978 from Osgoode Law school. He was called to the Bar in Ontario in 1980. He was also the President and CEO of Rogers Media which had become one of Canada's largest publishing and broadcasting companies. Tory has pledged to lower taxes and reduce wasteful spending at city hall, if elected as Mayor. He has also promised to build both the Scarborough subway extension and the downtown relief line. Tory's mayoral campaign motto is "Together we will build a Toronto that is more liveable, affordable and functional".

At the end of his speech he fielded several questions from the audience. The reception which was held at the Scarborough Convention Centre was attended by several recognized members of the Sri Lankan community and others too. Many of those present were of the opinion that Tory who has several years of top executive experience was a very suitable person for the Mayor of Toronto.

(Seen here are some pictures taken at the Reception)



John Tory, Candidate for Toronto Mayor addressing



Entrepreneur Kula Sellathurai introducing John Tory



Mohan Sundaramohan & Mark Beckles



Entrepreneur Kula Sellathurai



John Tory with Siva Sivapragasam, Senior Editorial & Marketing Consultant, Monsoon Journal



Mohan Sundaramohan (Left)



Mark Beckles, Dr. CP Giri & Imtiaz Seyid



Kula Sellathurai, Mark Beckles, Mohan Sundaramohan & Piragal Thiru



Section of the guests at the reception



Gary Anandasangaree

A strong candidate for the Federal Liberal Party nomination for Scarborough-Rouge Park



*By: Krishni Narine, B.A. (Hons.)
Political Science & History*

Everyday, Canadians across our beautiful nation gather around at coffee shops, office-lunches and dinner parties and discuss the changes that this country is in need of. As we head into 2015, we as Canadians have a chance to act on these discussions.

As Ontario goes through its many changes, its very evident that must select someone that can work with our provincial and local governments at the Federal level. At Monsoon Journal, we think this is where Gary Anandasangaree comes into the picture. He is an individual that has already worked with all three levels of government

to ensure that communities in Canada are well represented.

Gary Anandasangaree is a human rights activist and lawyer. Over the course of the last twenty years, Gary has been a strong advocate for youth, refugee and recent immigrant communities. With legal advocacy, community engagement, and mediation as tools - he continues to contribute positively to breaking barriers and strengthening communities. Gary has been a strong advocate on international human rights issues, regularly representing Lawyers Rights Watch Canada at the United Nations. Also as a passionate advocate for youth

and their right to education, he regularly intervenes in cases of student expulsions and suspensions under the Ontario Safe Schools Act that has supported hundreds of students overcome personal and academic barriers.

Gary has also played leadership roles within several organizations. He was Chair of the Canadian Tamil Youth Development Centre (CanTYD), President of the Canadian Tamils' Chamber of Commerce, Counsel to the Canadian Tamil Congress, Legal Counsel to the IMBA (Independent Mortgage Brokers and Agents), Board member of the Youth Challenge Fund, Member of the Toronto

Police Chief's Advisory Board, and Member of the United Way Newcomers Grant Program.

He is the recipient of the Queen's Golden and Diamond Jubilee Medals. Gary is married to Harini Sivalingam. They have two daughters, Bairavi, and Sahanah.

Gary is running for the Federal Liberal Nomination in the newly established riding of Scarborough Rouge- Park.

Please visit his website at www.voteforgary.ca or call **416-507-4616** for more information.

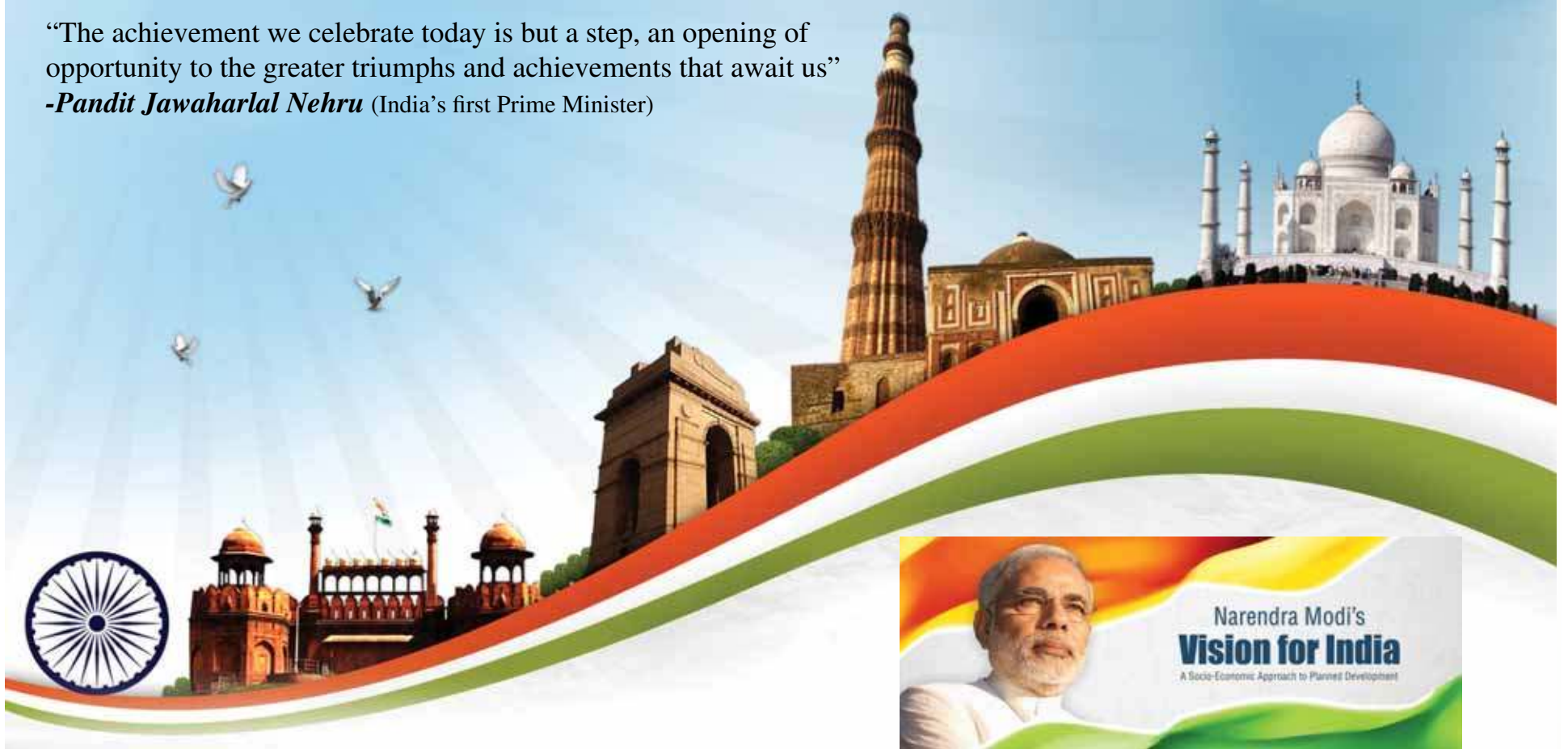


India Today

By Siva Sivapragasam

“The achievement we celebrate today is but a step, an opening of opportunity to the greater triumphs and achievements that await us”

-Pandit Jawaharlal Nehru (India's first Prime Minister)



It has been a long journey!

A journey both incredible and remarkable ...

India celebrates its Independence Day this month with a newly minted Prime Minister Narendra Modi whose leadership is considered as the beginning of a new era for the country.

The world's largest democracy is now a global power with a second fastest economic growth rate in the world. In spite of the scams, scandals, and disasters over the past several years India has survived as a democracy and the economy has thrived by growing four-and-half times over this period.

During my last visit to India I was told that on the previous day Microsoft owner Billionaire Bill Gates who was visiting India had promised to invest billions of U.S. Dollars in Tamil Nadu while sipping Madras coffee at the New Woodlands Hotel. Gates was touring India at the invitation of the then dynamic Information Technology Minister of the time Dayanithi Maran, the grandson of former Tamil Nadu Chief Minister Muthuvelu Karunanithi.

As one journeys through Bombay in the North, or Madras in the South you can see development written all

over- whether it be in hi-tech, building or in bollywood. India now boasts that it's billionaires have reached more than twenty in number with assets totaling nearly \$ 100 million. Apart from serious businesses, even in the entertainment industry Bollywood takes the cake by producing nearly 1,000 movies for an year- five times Hollywood's total! Tourism has increased five times over the past years. In 1975 India had only one TV channel but today they have nearly 300. They had 1.6 million telephone connections then but now with cell phones the number had risen to over million.

How did India get rich in a hurry?

Fortune seekers and cocky entrepreneurs have made the country the largest commercial center between Europe and the Far East. Foreign investors poured \$ 30 billion into the Indian market in three years. Successive Governments whatever Party that came into power have followed a consistent economic policy giving confidence to investors and businessmen. Threats of state-takeover or nationalization are minimal. Investment and assets are therefore safe- to both, the local investor and the foreign entrepreneur.

The country has also made its name in foreign countries. During my last visit to Sri Lanka, I noticed that almost ninety-per cent of occupancy at the Hotel Taj where I stayed, (Indian owned) was by Indian businessmen and entrepreneurs seeking investment potentials in the country. The economy spurted out when the Oxford educated Manmohan Singh, the then Finance Minister, liberalized the economy and put India on the path to Globalization. He abolished the license raj and did away with a host of other controls. For India the barriers erected against foreign competition served to develop domestic enterprise. Since independence, the public sector has played a pivotal role in the growth and development of the Indian economy. It has served as the bedrock of nation building.

The Indian economy has had a roller-coaster ride ranging from an IT boom to a stock-market bust. The economy has traveled three decades -fast and furious. In 1983 when the first Maruti car hit the roads it was considered a babe in the car market. But in two years the Swadeshi effort made Maruti the fastest selling car in the country competing with the Fords, Toyotas, Hondas and

the Hyundais. Infosys Technologies' Narayanmurthi's dream became a reality and the IT boom began generating thousands of jobs and taking India to the top in soft-ware technology. The economic boom is evident even in the light-manufacturing industry. After a modest beginning of 7,500 bicycles an year the annual output of Hero cycles spiraled to 5.2 million.

The country is not without its short-comings. With an over-populated nation India still struggles with poverty. Infra structure like Transportation, Electrical power still lags behind modern industry standards. A weak infra structure, bureaucracy and poverty still loom large in many states. But the country is leaping forward to become another great economic super power in the world arena.

Is the Asian tiger slowly rising above the Chinese Dragon? Only Time will tell!

The expectations for India's future development are high with a new regime and leadership under Narendra Modi as Prime Minister. “The kind of hope he's aroused is unprecedented. He'll have to deliver very quickly,” says political analyst Neerja Chowdhury.

Indian Independence Day - Aug 15, 2014



Special Feature

Hindi or English? Contentious Language Issue Resurfaces in India

By Anjana Pasricha

The contentious language issue, of whether to use Hindi or English, has resurfaced in India, where the new government is proposing giving Hindi primacy in official communications. India's southern states, which do not speak the language of the north, have rejected such moves, but the bureaucracy in the Indian capital is scrambling to brush up its Hindi skills.

Whether speaking in parliament, with Indian officials or foreign leaders, Prime Minister Narendra Modi has communicated in Hindi since taking office.

Independent political analyst Neeraja Chowdhury points out that the Indian leader, the son of a poor tea seller, is far more adept in Hindi than in English - the two languages recognized as the official medium for federal government communication.

"We have got used to our leaders, many of whom have been Western-educated, speaking in English. But Mr. Modi, he is representing a different India. He has also come through the ranks, you know, his humble beginnings and he has made his way up. So this is the language of comfort for him in so far as expression goes," said Chowdhury.

Although no one is questioning the prime minister's personal choice of language, there is resistance to his government's plan to nudge English aside in favor of Hindi in the corridors of power.

Political leaders in southern states voiced loud protests when his government recently ordered officials to prioritize Hindi over English on official accounts on social media platforms such as Twitter and on government websites.

The government quickly clarified that the diktat was meant only for



Indian Prime Minister Narendra Modi speaks after the successful launch of the Polar Satellite Launch Vehicle (PSLV-C23) in Sriharikota, India, June 30, 2014

northern states.

Hindi is widely spoken in the north, where the ruling Bharatiya Janata Party has won most seats. But southern and eastern states have always opted for local languages or English. Five decades ago, efforts to impose Hindi as the country's only official language triggered violent riots in the south.

And so Prime Minister Modi, a pragmatic leader, who wants to build his party in southern states, gave a subtle message that he is not only familiar with English, but has no aversion to it.

After witnessing the launch of a satellite in the southern Andhra Pradesh state, he surprised many by making his first speech since becoming Prime Minister in English. It was clearly an effort, but an astute move to reassure the south, from where many of the scientists hail.

Although the south may be sticking with the language bequeathed by India's British rulers, officials in New Delhi continue to be under pressure to opt for Hindi. And many are clearly unhappy.

India's upper middle class, which

includes many senior bureaucrats, largely has grown up speaking English in their homes. Most have studied in schools that use English for instruction, and some have gone to Western universities. Although they still speak Hindi, their written communication skills are often labored. And in an effort to cope with the language now in favor, many bureaucrats are scrambling to deepen their knowledge of Hindi, particularly words used in official communication.

Subhash Kashyap, a former official in parliament, said the colonial model, based in English, is a long-running habit with the bureaucracy. He said there should be no resentment if Hindi - the language that is more widely understood by the masses - is promoted, but it should not be pushed.

"The bureaucracy, simply because they have been used to certain things, that should not be an argument against it. But it should be a slow, natural process. It should take its own time, there should be no feeling of being compelled, or no feeling of any language being forced," said Kashyap.

Critics agree that the government



FILE - A Hindi-language signboard which reads "Mumbai" is seen near the Taj Mahal hotel in Mumbai

should not favor one language over the other in a country that has benefitted from its knowledge of English. It links a diverse country with 22 official languages, and many dialects, and serves as the language of commerce.

The English language skills of Indian engineers gave momentum to the growth of the country's famous information technology industry. Most Indians from low-income groups are opting to send their children to English medium schools to give them an edge in the job market.

Chowdhury said that in a globalizing world, India's familiarity with English is a huge benefit.

"The world is moving on, look at the way the Chinese are learning English. And why should we give up a natural advantage that we have had all these years?" asked Chowdhury.

The push to end the primacy of English in official corridors is partly seen as an effort to break away from the traditions set by the erstwhile Congress Party, which dominated India since independence and whose top echelons are drawn from the elite.

Prime Minister Modi and the BJP want to reinforce their credentials as a Hindu nationalist party that will represent the swelling ranks of those joining the middle class, who may not be as conversant with English.

- VOA News

Indian Prime Minister Visits Nepal

Indian Prime Minister Narendra Modi, second right, receives flowers from his Nepalese counterpart Sushil Koirala, after he arrived at the Tribhuvan International Airport in Katmandu, Nepal, Aug. 3, 2014.

Indian Prime Minister Narendra Modi, second right, receives flowers from his Nepalese counterpart Sushil Koirala, after he arrived at the Tribhuvan International Airport in Katmandu, Nepal, Aug. 3, 2014.

Indian Prime Minister Narendra Modi arrived in Nepal on August 3 on a diplomatic mission to firm up trade ties and speed up negotiations on energy and transport projects.

During his two-day visit, Modi plans to meet politicians across the political spectrum, offer prayers at a revered Hindu temple and address parliament.

High on the agenda is a possible agreement for India to provide electric-

ity to neighboring Nepal and help develop the hydropower sector using Indian investment. The plan has sparked a furious debate among politicians in Katmandu, with many saying it would grant India exclusive rights to Nepal's water resources.

Modi has been working to shore up support among smaller countries in the region since becoming prime minister in May. Many of those countries have been turning to China in recent years to invest in their energy projects.

- VOA News



Indian women design 'anti-rape' jeans

Two Indian women have designed a line of 'anti-rape' jeans that send a distress signal to local police who then can locate and help the victim.

It comes after a string of brutal attacks in the country which have horrified the world.

Diksha Pathak, 21, and Anjali Srivastava, 23, from India's northern Varanasi city, said they have installed a small electronic device in the jeans which - when pressed - will send a call to the nearest police station. Officers can locate the woman who had been wearing, thanks to a specially installed tracker.

Almost 200 police stations in the area have been equipped with the technology to receive the alarm from the jeans when activated. If tests to be carried out next month are successful, lawmakers will press for the system to be expanded nationwide. The women

said they came up with the idea after a string of brutal attacks against women in India.

A pair of the anti-rape jeans can be worn for three months before the batteries need replacing.





Special Feature

Team Raj's Participation at Heart and Stroke Foundation Charity Event

Full text of Media Release
via Raj2014.ca

Recently Team Raj undertook another noble cause in support of the Canadian Heart and Stroke Foundation. Our dedicated and impassioned teammates came together in a charity bike ride, and so many people honked to support our team's efforts. This challenge proved successful and our initial sponsorship goal was surpassed. The Group reached out to various venues seeking donations and helped to educate the community of the important work the Heart and Stroke Foundation does for all Canadians.

"The Heart and Stroke Big Bike Ride provides the perfect opportunity to launch a year-long campaign encouraging the community to become aware of health challenges affecting our heart." Raj Submaraiaam, the Ward 5 Council Candidate for Markham explained, "Riding the bikes built the foundation for youth to unite in sup-

port of an important cause and establish team spirit."

Raj is committed to engaging youth and promoting active citizenship, while fostering awareness of issues related to making healthy lifestyle choices. This campaign has demonstrated our pledge to fight disease, save lives, and enhance relief efforts for survivors, families, and caregivers.

We would like to thank all of our supporters, friends, families, and neighbours who contributed to this important action. An additional thanks go to Jim Kwan (Ward 2 Council Candidate), Dr. Cliff Redford (Ward 6 Council Candidate), York Regional Police, Heart and Stroke Volunteers, and Ninavukal Gana for joining us.

Every donation helps the Heart and Stroke Foundation pave the road towards combating illness and making inroads to a healthy community. Let us stand together and provide help to those in need most of all.



The top U.S. diplomat meets with India PM Modi



The top U.S. diplomat John Kerry met PM Narendra Modi for the first time Friday, August 1; the third day of Kerry's trip to India.

Their meeting in New Delhi comes a day after a World Trade Organization session in Geneva where India blocked reforms over demands to allow it to sell stockpiled food to the poor at subsidized prices.

WTO rules say stockpiled food can only be sold at market prices.

Officials said Kerry urged Modi to work with the U.S. to move the WTO

process forward.

Delegates at the WTO meeting said they missed a deadline for passage of the reforms, and expressed concern that consequences could be significant.

WTO members agreed in principle last year to streamline and standardize global customs rules.

U.S. Trade Representative Michael Froman said the customs reforms would have cut trade costs and generated hundreds of billions of dollars in much needed economic activity. - VOA News

Kareena Kapoor's noble side



Bollywood Actress
Kareena Kapoor-Khan

New Delhi: Call her the diva of Bollywood or a glam doll, Kareena Kapoor can pull off anything with grace and style. But there's more about her than just her elegant side.

Not many may know of her social side. Bebo supports a very noble cause—education of the underprivileged. She is also a celebrity advocate for UNICEF.

According to reports published in an English daily, Kareena recently took a

tour of the Jalna district, Maharashtra to spend some quality time with some underprivileged girls.

The 33 year-old actress believes in promoting secondary education through UNICEF and wants to bring about a change for the upliftment of these girls for a better tomorrow.

Kareena, who is married to actor Saif Ali Khan will be seen next in Ajay Devgn starrer 'Singham Returns'.



U.S. engagement with Sri Lanka continues to be robust and multi-faceted

By Michele J. Sison
US Ambassador in Sri Lanka

Welcome, everyone, to this evening's celebration of the 238th anniversary of the Independence of the United States of America.

I wish to recognize the representative of the Government of Sri Lanka here this evening, the Honorable Douglas Devananda, Minister of Traditional Industries and Small Enterprise Development.

July 4 is the occasion on which Americans celebrate the date in 1776 our Declaration of Independence was first read aloud. July 4 is a special day on which we Americans remember our proud history. Our forefathers sacrificed much -- in some cases their lives -- to preserve the example of freedom and democracy that we Americans enjoy today. On the 4th of July, we honor those Americans who lived and died by the words immortalized in our Declaration of Independence 238 years ago:

that "all men are created equal, that they are endowed by their creator with certain unalienable rights..."

This evening, we also honor those Americans who took these words to their limit: those who fought for freedom; those who fought against slavery; those who fought to secure universal suffrage; and those who fought for civil liberties. We are rightfully proud of our nation and its unique history.

Tonight, of course, celebrates not only the anniversary of America's independence, but also the longstanding and warm ties of friendship between our two countries and between our two peoples. The United States and Sri Lanka have long enjoyed a strong partnership that has benefited both nations. We value this relationship deeply.

We can see on the screens above us here in the ballroom a wonderful collection of photos documenting this remarkable U.S.-Sri Lankan partnership over the past 50+ years. We endeavor at the U.S. Embassy to play a helpful role in enhancing civic dialogue, educational opportunities, and economic empowerment. We support a number of Sri Lankan civil society efforts in this regard.

Last fall, at a New York City civil society roundtable, President Obama highlighted his "strong belief that the strength and success of all countries and all regions depends in part on protecting and supporting civil society." Many of you here this evening



represent the partner organizations with which we work to promote youth and women's empowerment, economic growth, media freedom, education, human rights awareness, interfaith harmony, and much more.

As you entered the ballroom, you passed several exhibits of our U.S. Embassy and USAID initiatives. As you can see, we are engaged in some amazing programs along with our many Sri Lankan partners. As President Obama said, "human progress has always been propelled at some level by what happens in civil society -- citizens coming together to insist that a better life is possible..."

Since Sri Lanka's independence, the United States has worked through USAID to provide over 2 billion dollars in assistance to the Sri Lankan people. Today, USAID livelihoods projects and partnerships with the private sector have secured economic opportunities by creating thousands of jobs. These efforts are especially focused on vulnerable populations, in particular those households headed by women. USAID also supports the Bar Association of Sri Lanka and Legal Aid Commission to help ensure that all Sri Lankans have greater access to justice. In addition, the U.S. continues to provide support for the Sri Lankan people through humanitarian demining in the former conflict zones and through community reconciliation efforts.

Of course, we also have a vibrant American Chamber of Commerce represented here tonight. We work with this dynamic group in bolstering trade, investment, and business ties between the U.S. and Sri Lanka. The U.S. Embassy is equally proud of our cultural preservation work, and of our support for the Department of Archeology. We have funded important conservation

efforts at the Rajagala Buddhist forest monastery in Eastern Province and elsewhere this year.

As a friend of Sri Lanka, the U.S. partners in a variety of efforts to ensure that the bright young men and women of Sri Lanka's next generation reach their full potential.

On the education front, we have American scholars and teaching fellows at the Universities of Peradeniya, Jaffna, and Kelaniya. We are also teaching English to secondary school students all over the country: in Kandy, Polonnaruwa, Matara, Tissamaharama, Tangalle, Mullataivo, Kili-

linocchchi, Mannar, Beruwela, Mathugama, Negumbo, and Batticaloa. We have established youth clubs that foster leadership and life skills for the next generation. We are proud of this investment in Sri Lanka's youth. We believe that these young people will be key in cementing the relationship between our two countries in the years to come.

The U.S. shares a positive vision for a unified, prosperous Sri Lanka. We thus continue to encourage the Government of Sri Lanka to take meaningful, concrete steps to address outstanding concerns related to democratic governance, reconciliation, justice, and accountability. The United States stands ready to assist Sri Lanka in facilitating progress on these issues.

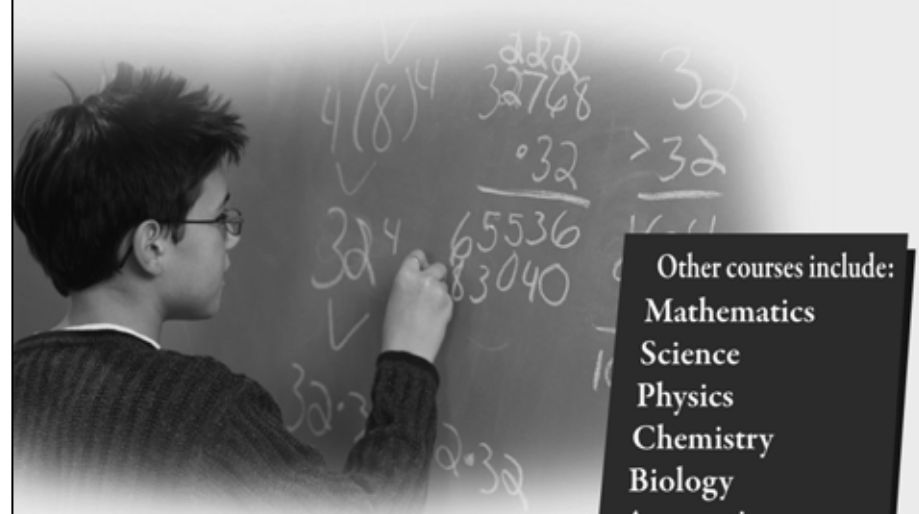
U.S. engagement with Sri Lanka, whether focused on civic awareness, education, economic growth, or cultural preservation, continues to be robust and multi-faceted. Working together, we are building the future of the U.S. - Sri Lanka partnership. (via US Embassy-Sri Lanka, Full Text of Speech by Ambassador Michele J. Sison, marking US Independence Day, July 4, 2014)



RG Education Centers

Giving the Gift of Education

Giving the Gift of Education



At RG Education Centers, we believe that all individuals have the potential to excel when given the proper materials and attention. RG Education Centers empowers students to reach their full potential by helping them master the skills and knowledge they need for success at a higher level.

Other courses include:
Mathematics
Science
Physics
Chemistry
Biology
Accounting
English
French
Computer Studies
Piano
Guitar
Voice

We are committed to Quality Education and Training
3852 Finch Ave East, Suite 401 Scarborough ON, M1T 3T9
Tel: 416.609.9508
www.rgeducation.com

For Advertisements in Monsoon Journal

Call 416.358.3235

www.monsoonjournal.com



Special Feature

by Thulasi Muttulingam

The gentle waves of the sea, lapping Anthoniarpuram, Mannar is known as many things.

Bountiful – even in off-seasons it still yields; safe – it never turns turbulent so no-one drowns in it; gracious; graceful...

It is thus known in local Tamil parlance as the female sea.

Further afield, in other areas, is the male sea; turbulent, wild, unpredictable...

Whether it is the male or female sea, yielding male or female produce, it was only the male of the human species however, who had appropriated for themselves the right to fish!

“Once upon a time, women were never even allowed on the beach! The shore, the sea and the boats were all men’s preserve” recalls one woman in this fishing village. Even women going to the shore to help their husbands to download their catch were frowned upon. Other men would taunt, “Ha! Can’t you protect your wife from such



Rani attending to a customer at the shop

A fisherwoman in a fisherman’s world



Rani Elizabeth, leader of the fisherwomen’s Group, Anthoniarpuram

hard work?” recalls another. It took an extremely hardy man therefore to withstand the taunts and let his wife help him if she wanted to.

For a long time, Rani Elizabeth’s husband was one such man. Women here who do not keep to their culturally assigned places by the hearth and seek to be ‘like a man’ are often scorned at – but in this village of Anthoniarpuram, Rani (48) has gotten past all that to gain a place of respect, all her own.

“My mother died when I was twelve and my father just went to pieces. He

did not look after me at all and I had to fend for myself. Thus I ran free on the beach and unlike other girls, learned to be self-sufficient at an early age,” says Rani.

“Women of our village were not taught to fish! But Muslim women from the neighbouring village of Vidathalthivu frequently came to our shore to catch prawns.

“As a curious young girl, I’d run after them into the water. They would chase me away (along with their own younger ones) as our splashing about

disturbed the sea-life they were trying to catch. But I eventually learned how to do it, and that I could make a substantial amount of money from selling the prawns, crabs and sea cucumbers thus caught,” she recalls.

What she describes harks back to a time when women, denied the ability to go out on boats or learn any fishing techniques, had yet figured out for themselves how to catch certain seafood in shallow water with their bare hands. Rani got married at the age of 19 and her husband was exemplary in many ways; Kind, understanding, and supportive of her wish to be an equal partner to him. “We had only a simple row boat before, and he taught me how to push the boat out, how to balance it on water, how to row... also how to throw nets and use canes for fishing. I have even gone on long night journeys, to catch fish with him. Yes, people said a lot of negative things – but if it hurt him, he didn’t let me know,” she recalls sadly. A woman on a boat is considered ‘inauspicious.’ Many a woman here have been told that their menstrual fluid is a curse – and that even if they are not menstruating, they would blight the boat by getting into it. It is in this background, that Rani’s achievement, considering what she was up against, stands out.

Unfortunately, apart from fishing

the other thing that the coastal fishing village of Anthoniarpuram is famous for is toddy consumption. 75 percent of the males are hardcore alcoholics. Her husband, who had for many years remained a moderate occasional drinker slowly became an alcoholic too. And thus the double income they had conscientiously earned for their four daughters finally became a single income – Rani Elizabeth’s! His income was enough only for his toddy consumption.

The boat they had, developed a leak and was sold off. Today her husband goes fishing with colleagues on their boats – and they wouldn’t take a woman on. So Rani has gone back to her childhood habit of catching prawns and crabs by the shore.

However, she now has companions from her own village. Once a scorned occupation for women (even by other women), prawn catching by the shore has become quite popular now among destitute women. The war has left many widows behind, euphemistically called female headed households. Traditionally brought up only to be a care-giver based at their home, they now have to juggle the dual responsibilities of primary carer and bread winner – for which many of them are hopelessly unequipped. There are yet others whose husbands are alcoholics, or left



them for another woman, or simply do not earn enough to support their many children – and many of these women have decided to follow Rani's example. Whenever she goes fishing, she earns anywhere from Rs.1000 – 3000 a day. This is too significant an amount to give up for the sake of pride.

And thus it was that Rani found herself the leader of a band of 'fisher-women' post war, who kept increasing in size and now number 28.

"As we wade out, we feel for the prawns with our feet," explains Rani. "They embed themselves on the sea bed and when we feel them pricking our feet, we take a deep breath, dive in and pluck them."

Are there any bodily hazards due to this?

Yes, she replies. "My feet are usu-

ally full of cuts with the skin torn to ribbons. I come back, rub in Siddhalepa balm and stitch the skin back with needle and thread on my own. The next day, I would pour kerosene on it to numb the pain. And with that I would wade out again."

The current windy off-season for fishing makes it not worth the while to go prawn catching – it is a seasonal occupation. So she hasn't done this for two months now in which time her feet have healed, although she is able to

point out her many scars. Apart from this, the crabs of this area are huge monsters of 2-3 kg each! They fetch a tidy price on the export market but would they not be fearsome foes to try to catch bare-handed in the water?

"There is a method to catch crabs. We walk out with our fingers flexing under-water to feel what sea-life is available," explains Rani. "As soon as you feel a crab, you have to press your thumbs down on its body, spread your hands outwards and pin back its claws."

"If it catches you first, never let go. The money a crab brings in is worth any amount of pain. Once a huge crab pincer my wrist. It was agonizingly painful but I grabbed hold of its body and waited till it let go. Only after I put the crab into the bag tied at my waist



During the fishing 'off-season' Rani works at a local shop

"Because the men dominate us" she answers. "We wanted to start a cooperative in which our voices could be heard and concerns addressed."

Rani's primary bitterness with her village Fisheries Society is that they did not support her fight against the neighboring Pallimunai fishermen, poaching on the women's preserve.

Men too catch prawns as they are profitable – but they usually lay cages for them in the deep sea. It is illegal to use cages by the shore as they catch even young breeds of fish, sea cucumbers, crabs and prawns, thus depleting future stocks. The Pallimunal fishermen however have started laying their cages by the Anthoniarpuram shore – an area the Anthoniarpuram women have come to see as their preserve.

"When we tried to address the issue, the Pallimunal men treated us rudely and asked us what business we had out of our kitchens," she recalls. Denied agency under her own cooperative, she has forced the predominantly men's cooperative of her village to address the issue and send a letter of complaint to the Assistant Director of Fisheries. For her, it is an ongoing fight against male domination.

Meanwhile the female sea of her village still gently laps the shore; unbiased, unassuming and unperturbed.

(Thulasi Muttulingam is a writer based in the North of Sri Lanka. Ideas and opinions expressed are her own and not of any organizations affiliated to her.)



A photo of a family photo, much cherished by Rani

could not feel myself brushing my teeth for two whole months."

Although she and her fellow fisherwomen are members of the local Fisheries Cooperative Society, they recently tried to branch out on their own to form a Women's Fisheries Cooperative of their own – a move which has been rejected by the Government's Assistant Director of Fisheries. He feels the men and women in the sector should work together instead of separately.

Why though did the women feel the need to branch out on their own?

CONDO UNITS FOR SALE / LEASE



**FOR SALE: 15 Bruyeres Mews
Lakeshore/Bathurst
1 b/r +den \$319,000**



**Condo needed for Buyer
2460 or 2466 Eglinton Ave East
2 b/r or 3 b/r, 2 w/r**



**For SALE: Luxury Condo @
Kennedy & 401
2 b/r, 2 w/r plus parking**

**Velumailum Loganathan
Broker of Record
Direct: 416-500-7965**

**RE/MAX
COMMUNITY
Realty Inc., Brokerage**



What does debt and bankruptcy - mean for my marriage?

The emotional ramifications of bringing debt into a relationship can be the source of a lot of friction – a difference in the way partners handle money is particularly hard for many couples to weather. As with any fraught situation, part of making it through is to be as well-informed as possible. Seeking the right kind of counselling never hurts, either! While we're not in the business of relationship counselling, we can offer some insight on the financial counselling side.

The biggest news you should know is that unless you have guaranteed your partner's debt, you're not liable for it. Even if you've been using a secondary credit card, say, on your partner's account, your partner is still solely responsible for its repayment. This is true even if your partner dies. His or her creditors will be paid out of the estate before any assets make their way to you, but your assets will never be touched.

As a result, if you and your partner have significantly different levels of debt, it may make sense to consider keeping assets in the name of the partner with the least debt. You'll also want

to have a thorough discussion about what assets – and liabilities – you'll hold jointly. If you have co-signed for a debt your partner takes on, or if the debt is part of a joint account, you are equally responsible.

If you choose to have a joint bank account or joint credit, it can be a source of friction if your spending habits and philosophy of what money is and how to manage it aren't the same. If a debt is solely your partner's, it may still make sense to help pay it off if it's what's standing between you and your shared goals, such as home ownership.

Should the amount of your partner's debt prove insurmountable and bankruptcy start to look like the most desirable option, rest assured that you are no more responsible for your partner's bankruptcy than you are for his debts. Whether you are married or living common law, you are only responsible for those debts for which you cosigned or obtained jointly. You are only ever responsible for debts with your name on them.

Your partner's bankruptcy will not affect your credit, but of course it may affect your ability to obtain joint credit



in the future.

If you do have joint debts, or have cosigned for your partner's debts, you will still be obligated to repay those debts in full should your partner choose to declare bankruptcy. It's always important to fully disclose your financial situation to your bankruptcy trustee; if your joint debts are significant, filing jointly or both filing for bankruptcy may make sense.

In the event of divorce or separation, you remain responsible only for

those debts held jointly or for which you cosigned – a divorce will not remove your obligation to repay those, though. If your estranged spouse files for bankruptcy, you may find yourself responsible for repaying jointly held debts, even if you did not personally incur them.

Whatever your circumstances, it's vital to discuss your particular situation with an expert. Call us to find out what your options are.

Please check our ad on page 18

The future of Canada around the world

Junior Team Canada is a national youth delegation that represents Canadian business interests on the national and international stage. 20-30 delegates are selected through a nationwide selection process to participate in the program each year, designed to prepare these future Canadian leaders for success in the global marketplace.

THE MISSION:

On the heels of Minister of International Trade Ed Fast's recent mission to China in May, Junior Team Canada will support the government's Global Markets Action Plan by promoting Canadian businesses and organizations in the world's second-largest economy.

During the July 28th-August 13th mission, JTC will focus on trade opportunities for Canadian companies and organizations. To accomplish this we are working with the Canadian Embassy in China to organize and coordinate opportunities to engage Chinese industry, government, community and youth leaders.

Junior Team Canada will visit four cities on the fifteen-day mission: Beijing, Guangzhou, Chengdu and Hong Kong. We will focus on promoting Canada as a country welcome to foreign direct investment while representing economic sectors with particular export growth potential in the Chinese marketplace such as agriculture, energy, education, forestry, value-added food,

information & communications technology, immigration, mining and natural resources.

Upon our return JTC will produce market sector reports which will include a summary of the mission, market intelligence gathered, opportunities identified for Canadian enterprises and key contacts made.

THE PROGRAM:

The members of Junior Team Canada 2014 are among the country's finest young leaders. They were selected from a national competition of over 500 youth and represent communities in each region of Canada.

The team has undergone a two-step training program to prepare to meet their mandates in the Chinese marketplace as youth ambassadors for Canada.

The first, participating in a regional Economic Roundtable focusing on understanding their local economies better while building leadership skills through the Global Vision 5 Steps program as well as talks and workshops by leaders in industry, education and Parks Canada representatives.

The second, participating in the National Youth Ambassador Caucus which focused on getting to know Canada beyond their own backyard while acting as ambassadors for their communities. At the Caucus, they engaged with their peers as well as entrepre-

neurs, politicians, government officials and other leaders from across the country on issues of national importance including:

- agriculture
- education
- heritage
- international development & trade
- social innovation

The young leaders also obtained valuable knowledge of their country and its position in the world economy through talks by

- Assistant Deputy Speaker, Barry Devolin
- DFATD Deputy Director- Greater China Martin Charron
- Minister of State for Science and Technology, Ed Holder
- entrepreneur, Angela Goran
- senior advisor at Invest Ottawa, Blair Patacark
- Canadian Fertilizer Institute 4R Nutrition Manager Amanda Giamberardino

Steeve Vakeeswaran - Junior Team Canada Ambassador

Kingston, Ontario
Bachelor of Commerce Program,
Queen's University
Focus: Real Estate
Sponsors: Boardwalk REIT

Steeve is currently pursuing his studies in the Commerce program at Queen's University with a keen interest in corporate finance. At Queen's,



Steeve works as a Business Consultant with CREO Solutions, Canada's first student-run management consulting firm and also sits as the elected Class President on the Commerce Society.. He has vast experience working with social entrepreneurial ventures having co-founded, CanYouth, York Region's first student expression platform having reached over 150,000 people.

Steeve will represent the Canadian real estate market abroad in Beijing through promoting investment in our nation. He will publish his findings of the Chinese residential and commercial properties upon return to Canada.



MANAGING YOUR MONEY



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

When financial markets become a little uncertain – some investors get nervous. Uncertainty and nervousness can cause some investors to flee equities and jump into fixed income investments that they feel will provide more certainty and protection from investment losses. But ... there may be a price for playing it too safe financially, like the loss of buying power from ignoring opportunities to keep your investments growing. The reality is that investments in these products are not positioned to take full advantage of equity market performance, resulting in a significant impact to an investor's long-term plan.

The GIC refugees

Canadians have \$500 billion in Guaranteed Investment Certificates (GICs). Safe, yes – but so-called 'safe' investments earn low income – and GICs are actually a 'no-interest' option, especially when you factor in taxes and inflation. So, by parking too much of your non-registered portfolio in locked, fixed income investments, you could lock yourself out of the opportunity for growth. Look at it this way: The real return on an average one-year GIC was actually negative every single year over the last decade while, during the same timeframe., the 10-year return for Canadian equities on the S&P/TSX Index was 7.97%. This is why having a diversified portfolio with a range of

asset classes is essential. Including a portion of equities in your portfolio can protect your purchasing power and help grow your wealth over time.

The savings account sideliners

In fluctuating markets, some investors choose to sit on the savings account sidelines – which at least partially contributes to the fact that there is currently \$670 billion sitting dormant in Canadian savings accounts, roughly \$200 billion more than average. By sitting it out on the financial sidelines, these investors missed out when the market began its steady climb while those who stayed invested capitalized on the upside of the market and reduced the impact of short-term volatility. The market moves fast and often with no warning. Strong gains can easily be missed by sitting on the sidelines. Even conservative investors should allocate at least 30% of their portfolio to equities.

The expected outcome is enhanced investment returns with similar levels of investment risk over the long term.

Buying power erosion

Often, the price of play-safe investment options can be the erosion of your money over time due to inflation. On the other hand, by choosing the right investments and sticking with your investment plan, you will be positioned to capitalize on growth opportunities as they arise. Including equities in your

portfolio can be the best way to protect your purchasing power and grow your wealth over time. But always remember, it's a range of asset classes (yes, even fixed income investments) working together that is the vital key to increasing future income, offsetting rising costs, and reaching all your financial goals.

Proper care must be taken to avoid excessive market volatility and insulate yourself as much as possible from such occurrences. The easiest way to reduce risk is by investing in assets that offer a guaranteed rate of return. The problem is that the investment return of a guaranteed investment is relatively low. The stability of this asset class also lowers the long-term growth potential. This means that over time the effects of inflation will likely ravage the value of the investment. Quite often investing in risky assets such as stocks and bonds tends to be the most appropriate means for achieving an investment goal. To that end, the best way to invest in stocks and bonds without incurring an excessive amount

of risk is by diversifying your assets. Proper diversification and asset allocation is essential, as it will reduce risk without sacrificing a whole lot of return. Investing always involves an element of risk, and no matter how careful an investor is, losses will occasionally occur. That is why an appropriate investment strategy must be in place to help minimize risk.

Depending on your objectives and preferences, a portfolio may contain anywhere from six to ten distinct asset classes ranging from fixed income securities to domestic to international equities and further diversified by growth and value management styles. The end result is an investment strategy that is tailored to your comfort level with risk.

Disclaimer:

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

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

Investors Group Financial Services

300-200 Yorkland Blvd. North York, Ontario M2J 5C1

david.joseph@investorsgroup.com

Tel: (416) 491-7400 Ext. 674, Toll Free: 1-888-491-7415 Fax: (416) 491-7416

Website: <http://www.investorsgroup.com/en/david.joseph/home>



CANADA DAY & SENIORS MONTH CELEBRATIONS 2014

Senior Tamils Centre of Ontario celebrated Canada day and Seniors Month on the 28th of June 2014 at the Oriole Community Centre-Hockey Arena-North York.

Senior Tamils' Centre of Ontario Board of Directors 2014/15



Seated (Left-Right): S. Shanmugalingam (Director), Thelma Mather (Director), Ranee Mahalingam (Secretary), S. Srijevanathan (President), K. Vigneswaran (Treasurer), S. Subramaniam (Vice- President), S.M.J. Emmanuel (Editor)

Standing (Left-Right): Suguna Rajadurai (Director), Rani Sathiaselvan (Asst.Secretary), Rukmani Velupillai (Director), M. Jegarajah (Asst.Treasurer), K. Punithavel (Director), S. Kandiah (Director), C. Masilamany (Director), T. Srikumar (Director)





Photo Journal of Seniors' Day 2014 held on July 4th St. John's and Chundikuli Girls' Alumni Association Toronto, Canada





A Fun Picnic Day by MGHS Past Pupils Association of Canada

The Methodist Girls' High School Past Pupils Association of Canada's summer picnic took place at Milliken Park on the 21st of June 2014. The picnic was the first major event organized by the newly elected 2013/14 executive committee of the association. More than 100 people participated in the picnic, made up of Past Pupils of Point Pedro Methodist High School, their families, friends and well wishers of the association.

The picnic started at 11.00 a.m. with the serving of the delicious combo of Point Pedro dosa, sambol and Point Pedro special eggplant curry. Sandwiches, Samosas and Vada were also available. Around 1.00 p.m. the crowd peaked and the association kept the crowd engaged with properly planned fun and games. In the meanwhile the girls prepared seafood and veggie Khool. The hot and spicy Khool was the winner of the day as it was such a delight to the taste buds of one and

all. Kids who found the Khool too hot to handle, were not to be left alone as they were served the Canadian summer favorite, "The Barbecue".

Fun and Games continued all the while. The face painting session for kids was also a crowd favorite. The girls were enjoying each others' company, sharing old memories and the atmosphere was filled with lots of joy. Most of the attendees were hanging around very late into the evening and were served Rotti and Mutton Curry.

The picnic came to a conclusion very late in the afternoon. The 2014 summer picnic of the MGHS Point Pedro Past Pupils Association Canada was a fun filled day and will linger in the memories of the participants in the years to come. It was the first time such a large pool of participants attended an event of the association. It can be termed grand success for the newly elected 2013/14 executive committee.





GRAND OPENING OF PANEMONTE BANQUET HALL

A grand celebration was hosted by the new management for the opening of Panemonte Banquet Hall on July 11, 2014 which is conveniently located at : 220 Humberline Drive, Etobicoke, Ontario M9W 5Y4. It is in close proximity to all major highways and Toronto's Pearson International Airport.



Some of the photos taken at the event can be seen here.



Photo Courtesy:
Digital Gnane

Obituaries

NICHOLAS - SYLVESTER MARIYANAYAGAM

(former Staff member of the Central Bank and the United Nations in Gambia), passed away peacefully on July 4th, beloved husband of Jeyaranee, loving son of late Gabriel and Josaphine of Karampan East, son-in-law of late Ponnudurai and Pushpan Martyn, brother of Pearl, late Victor and of Nelson, brother-in-law of Victor Philip, Emelda, Julia, Navam and Ida, Valentine and Indra, Xavier and Devaranie, Ratna and late Angela. Funeral took place on 9th.July,2014

SARAVANAPAVANANTHAN - NAGALINGAM

(Formerly of the Department of Water Supply and Drainage & World Health Organization),

passed away peacefully on July 6th, beloved husband of Maheswari, loving father of Sutharshana (USA), loving father-in-law of Shantha, dearest grandfather of Krishan and Shalini, son of late Mr and Mrs C. Nagalingam, son-in-law of late Mr & Mrs S. Candyah, brother of late Abeyanandan and late Satkunananda, brother-in-law of late Poopathy, Dr. Manickam, late Maheswari and Indrani. Cremation took place at the General Cemetery Kanatte, Borella.

ANANDAPPA - CELESTE

Dearly beloved wife of late Clarence, everloving mother of Ranjan / Christine, Nihal/Shyamala (Australia), Jayantha/Nadee (Australia), Marini/Mohan (deceased), Geraldine/Joey, Bernadine/Kumar (deceased), Eric/Shanthi, Nirmala, Marianne/Gerard (Canada), Bede/Eroshika (Canada), loving sister of Felix (deceased), Justin (deceased), Freddie, Mary (deceased), Gerard (deceased), Benjy, loving grandmother of Roshan, Rochelle, Shalini, late Charmini, Romesh, Roshan, Shiyanka, Shehan, Julien, Annemarie, Rosanne, Susanne, Benildus, late Aaron, Eshan, Denver, Jonathan, Amanda, Jonathan, Joshua, Eliana, Isaiah Clarence, greatgrandmother of Ryan, Shenali, Nickel, Nashall, Ghanem, Joanne, Julien and Michael, called to rest. Burial took place at General Cemetery, Kanatte R.C. Section

RAJALINGAM - KANAGESWARI

Beloved wife of Dr. K. Rajalingam, mother of Rengarajan, Vathsala, Dr. Sutharsan, Dr. Sakunthala and Dr. Arulkumaran, mother-in-law of Dr. Anushiya, Dr. Kadotgajan and Dr. Jinanjali, sister of Dr. Vigneshwara and Ganeshanandanayah, passed away. Cremation took place at General Cemetery, Mt. Lavinia.

RAJRATNAM - VELAUTHAM

(Retired Forest Department)

Husband of the late Neelambihai (nee Nagalingam), father of Mano, the late Kuha and Ranjini, father-in-law of Ravi and Vijayapalan, grandfather of Ishan, Vinotha & Kesavan, Vimal & Sally, great grandfather of Kavin, Raul and Lily, brother of the late Meenambal, the late Nahambal, the late Thamotharampillai and Rathinambal. Funeral service and cremation took place at Wilson Chapel, Sprinvale Cemetary, Springvale, Melbourne, Australia.

PONNIAH - DR. PATHMANATHAN

(Veterinary Surgeon of Chulipuram and Colombo)

Beloved son of the late Ponniah and of the late Saupackiam, loving son-in-law of the late 'Malaya' Krishnar and of the late 'Malaya' Ponnammal (Tholpuram, Chulipuram), loving husband of Punithavathi, everloving father of Shanthan (Australia), Dileepan (India) and Aparna (USA), beloved father-in-law of Dharsini, Latha and Shyamalan, loving grandfather of Nivetha, Praveen, Janani, Bairavi, Suvetha and Harini, loving brother of the late Ramanathan, the late Poomani, Parasakthi, the late Annappooranam, Jeevakanthi, the late Buvanasingham and Nesaraja, passed away on 21.07.2014. Cremation took place at the Kanatte Cememetry.

A generous donation for IMHO



In April 2014, Mr. Sinniah Sivanesan from Scarborough, Ontario celebrated his milestone 75th Birthday with a few hundred close friends and guests. In lieu of gifts, Mr. Sivanesan generously suggested that his guests offer donations to IMHO Canada in support of an ongoing development project in Sri Lanka. His birthday guests offered donations totaling over \$3,200 which will be allocated to the ORHAN project based in Vavuniya, Sri Lanka.

ORHAN (Organization for rehabilitation of the handicapped) is a registered non-profit organization in Sri

Lanka. In 2014, ORHAN will be providing training to teachers of children with visual, hearing, speaking and mobility impairments, as well as children with down syndrome, cerebral palsy and autism. This project aims to provide training for over 300 teachers in Vavuniya, Mannar, Mullaitivu, Killinochchi and Jaffna.

IMHO Canada, a registered charitable organization in Canada, thanks Mr. Sivanesan and all the party guests for choosing to donate their gifts to a worthy project in Sri Lanka!



International Medical Health Organization (Canada)

A non-political, charitable, humanitarian organization
A registered charitable organization in Canada (Reg #: 84419-1494-RR0001)

Unit 7 - 5637 Finch Avenue East, Toronto, ON, Canada M1B 2T9
Telephone: (416) 321-9555 Email: contact@imhocalanda.org

www.imhocalanda.org

TD Canada Trust
Festival of South Asia
Gerrard India Bazaar
located between Coxwell and Greenwood on Gerrard
August 23 - 24
Live Music - Tasting Tables
Fashion Show - Activities for Kids
www.festivalofsouthasia.com



Obituary Advertisements in Monsoon Journal



Place Obituary Advertisements in "Monsoon Journal"

to reach readers of our print edition and online readership worldwide.

For details, contact: 416 358 3235 or e-mail: toronto@monsoonjournal.com

DEBT PROBLEMS???



JOINTLY SERVING ALL COMMUNITIES UNDER ONE ROOF

Unsettled Life due to Credit Problems!

Is Your Daily Life affected?

Worried that you will lose your House or Car!

Phone harassment from Collection Agencies !

Concern that your wages will be garnished by your creditors!

www.creditsolutioncanada.com

For All Your Problems, call for a free consultation

SRI

CREDIT SOLUTION CENTRE
Services of Trustee is available

80 Corporate Drive, Suite 309
Scarborough, ON M1H 3G5

Tel: **416.439.0224**

Fax: 416.439.0226
creditsolutioncentre@gmail.com





IN MEMORIAM



Mrs. Mangayarkarasi Buwanendran

29 January 1930 - 28 July 2014

Formerly of Canaga Maligai, Araly North Vattukoattai, Sri Lanka, and later lived in
50 Tuxedo Court, Scarborough, ON, Canada.

She was the youngest daughter of both late Mr. And Mrs. Canagasabai-Sivapakiyam,
loving sister of all late Nadarajah, Dr. Thillaicone and Mangaladevi.

Beloved wife of Gnana Buwanendran and loving mother of Uthayanan, Rohini, Sritharan,
Gnanendran and Srisatkuru.

Respected mother-in-law of Satha, Bahirathan, Roycy, Manoja and Lakshi.
Cared grand mother of Reuben, Lavannya, Sharmili, Sahaana and Brenan.

“Your Mother is always with you. She’s the whisper of the leaves as you walk down the street. She’s the smell of certain foods you remember, flowers you pick, the fragrance of life itself. She’s the cool hand on your brow when you’re not feeling well. She’s your breath in the air on a cold winter’s day. She is the sound of the rain that lulls you to sleep, the colours of a rainbow. Your mother lives inside your laughter. She’s the place you came from, your first home, and she’s the map you follow with every step you take. He’s your first love, your first friend, even your first enemy, but nothing on earth can separate you not time, not space, not even death.”

- Unknown



IN MEMORY OF

KEGAYALINGAM NAGARATNAM

24 APRIL 1931 - 22 JULY 2014

Father of Camalan, Ithayan, Rudy Ruthran (A1 Video), Jeyanthi, Lila and Narthanan. Grandfather of 14, Great-grandfather of 3.

Firstly, I would like to thank everyone for their love and support. I am astonished to see how much this community has come together during this time of grief for our family. Over 200 people must have come to our house to visit and give their condolences, bring us food and offer comfort. I sincerely thank you all for that.

It is terribly unfortunate that most of Appappa's grandchildren did not get the chance to know him as well as most. Instead we grew up with stories of the passionate artist, theatre junkie and husband. We were told tales of his pride, fatherhood and strength.

We did see glimpses of this man. Even though he was half-paralyzed and in a wheelchair, he would make the effort to stand up and take a few steps for us, flex his muscles and flash a smile. All of this showed us that he was still strong, still the kind of person who surpassed all odds and expectations.

I wish that I had gotten the chance to know Appappa better, but sometimes life throws hardships and tragedy at us. Appappa lived for 21 years after a major stroke. He represents the unknown aspect of the future—the fact that anything can happen to anyone we love and that we must find the strength to carry on, make the most of life and find happiness through it all.

It is a great achievement that even though he spent a fourth of his life ill, there are so many stories that his children have to cherish from the years before. He was not a person to be idle and let his days pass him by. He made the most of that time and accomplished a great many things, the greatest of all, the love and admiration of his kin—those who will remember him as a strong and spirited man who lived a colourful life.

*We Love you Appappa,
you're free now.*

Mithila Ruthralingam,
daughter of Rudy Ruthran.



Our family would like to thank all those who gathered at Chapel Ridge Funeral Home to support us and to celebrate a man's life that has touched many. He was a beloved husband, dad, grandfather and a great grandpa.

Even though all my memories are composed of Appappa being on a wheelchair, I was able to live through the journey he took from the words of his kids and family. My dad always explained how Appappa was a man who was fond of English idioms. 'In a way, we are all a chip off the old block' my dad would say, but in these words I also understood the fact that his children were talking about a man who was extraordinary with many talents. Appappa not only mastered the English language, but also the arts of acting, directing and writing. He was in charge of a large movie theater in Colombo. The first thing that came to my mind when I heard this was unlimited movie tickets.

According to Jeyanthi aunty, when a new movie gets released, Appappa would send a car to pick them up to see the new release. If I had access like that, I wouldn't need to be downloading the new releases off of the Internet.

What struck me the most was when I found out very recently of my grandpa's heroic acts. One such incident was when the Indian Army was occupying the Jaffna Peninsula; they had attacked a British family that was visiting Kalviyangkadu. While the British family was frantically trying to drive back to where they were staying, they had passed a curfew that was set—this led to the father, mother and driver being shot to death, leaving behind a lone child who barely survived. Appappa had rescued the girl and took care of her until her grandparents heard of the news and came looking for her from England. When a monetary reward was presented to him, he

refused to take it as he felt it was his duty to have kept the child safe.

He bore a responsibility to take care of a family during hardships that sent most of the diaspora abroad.

From the stories I have heard, my dad's family worked very hard together to get through the hardships that threatened the northern regions of Sri Lanka. My dad spoke greatly about Appappa's aunt. She was very much a strong pillar in their family's life, similar to Iyamma (Kamalachi Kegayalingam). Only through the careful guidance of Appappa through the hardships my father's family went through can I stand here today and proudly say I look up to older members of the Kegayalingam family.

My grandparents have been together for over 60 years and one word that describes the love they had for each other was "Chellam." Appappa and Iyamma would always address each other as 'Chellam', an endearing nickname that endured for years.

Even though Appappa was paralyzed for the later parts of his life, he had walked a journey that many would only dream of taking. He lived a fulfilling life traveling and experiencing many things in Sri Lanka, India and Canada. When he was paralyzed he had the chance to be able to relax and sit back and recollect the things he had done. With or without his knowledge, his blessings have been passed down to many more 'chips off the old block'. Now we stand here only attempting to be as grateful as he was.

Thank you,

Babu Camalalingam, son of Camalan.

These tributes are full script of the speeches by the grand children during the funeral service.

Get Job Ready in 5-12 Months

www.aolscarborough.com



Start Immediately

Flexible Schedule

One-on-one Assistance

Career & Employment Services

*Financial assistance may be available to those who qualify.
EI, 2nd Career, WSIB, ODSP Recipients are welcome*



Tel: 416-754-4456

E-Mail: info@aolscarborough.com

2190 Warden Ave, Unit # G4, Scarborough, Ontario M1T 1V6
(Warden & Sheppard)



HEALTHCARE

Medical Office assistant
Medical Office Receptionist
Personal Support Worker (PSW)
Health Unit Co ordinator
Dental Administrative Assistant

INFORMATION TECHNOLOGY

Network Administrator
Computer Service Technician
Help Desk Support Analyst
MCSE, MCSA, Web Designer
and more..

ACCOUNTS & PAYROLL

Accounting & Payroll Admin
Business Office & Accounting
Computerized Accounting
Payroll Accounting
Payroll Supervisor

BUSINESS ADMINISTRATION

Home Inspection
Business Administration
Marketing Co ordinator
Customer Service Rep



Registered as a Private Career College under the Private Career College Act, 2005

MONEY TRANSFER

- Send Money to Sri Lanka, India, Pakistan, Bangladesh and many more Countries.
- Direct Bank Deposit and Cash Pick-up
- Exchange USD - CAD and CAD - USD
- Guaranteed Best Rates

Call or Visit:

Jack Filled Foreign Exchange Inc.

29 Fonda Road, Markham, ON. L3S 3X3
jackfilledinc@yahoo.ca | www.jackfilled.com

905-201-8111 | 416-242-4932 | 416-439-9995



PROPERTY FOR SALE IN SRI LANKA

Over 3.5 Acres of prime cultivated land, with a spacious, airy stone-walled bungalow, situated in the Kandyan hills of Sri Lanka. Green and serene, lots of large mature trees such as Jack, Breadfruit, Coconut, Durian, Avocados, Rambutan, Bananas, Mangoes & Tea. This bungalow and property has been a residential home & garden.

It is an ideal rendezvous & also has the potential for poultry and goat farming. It has tap borne water & has electricity. Available for quick sale.



Contact: S. Nazim

647-719-2340

Muruthalawa@hotmail.com



Markham Organic Home Gardens

GROWING FOOD IN YOUR GARDENS TODAY...FOR TOMORROW

There's nothing quite like freshly picked fruits and vegetables right from your own backyard.

Grow your own safe, accessible, healthy food with help from the Markham Organic Home Gardens program.

Registration is FREE and members get access to:

- Workshops with certification
- Access to the Markham Grows Seed Library
- Newsletters with tips and recipes
- Chance to have YOUR garden featured in Markham communications!

Donate any surplus to the local food bank, or a friend in-need.

Register today at www.markham.ca/sustainability





DURHAM TAMIL ASSOCIATION CONTRIBUTION TO CANADA DAY 2014



TEAM DTA with Mavor of Pickering Dave Ryan, Councilor David Pickles & Keith Falconer



DTA's Abishna Dancing



DTA's Sarika Singing



Jeremy & Joshua - Chaos Theory

Durham Tamil Association actively participated in the Canada Day celebrations which was hosted by the City of Pickering in Kinsmen Park. DTA had a colorful booth decorated traditionally with items that spoke the traditions of Tamil Heritage. TEAM DTA Youth girls were the highlight of the celebration who applied Free Henna to hundreds of guests. Young members of DTA, who are the students of Mrs. Kalaimathy Vageesan presented a Bharathanatyam dance which attracted many audience. In addition, Sarika Navanthan's singing and Abishna Jayasundararaja's Semi-Classical dance was truly a treat to the public. DTA's upcoming band Chaos Theory represented by Jeremy Francis (Guitarist) and Singer Joshua Francis mesmerized the viewers. TEAM DTA Youth volunteers were on their feet helping other community groups and vendors.



TEAM DTA Youth Girls applying Henna



Young kids of DTA performing Bharathanatyam

DTA at the Caribbean Festival

Durham Tamil Association was proud to honor the invitation to take part in Durham Caribbean Festival that was hosted in the Greenwood Conservation Area in Ajax on Saturday, June 29th 2014. Our youth set up a booth and applied Henna to all the guests, which was requested by The Durham Caribbean Festival Committee. It was a beautiful day with thousands of people who enjoyed the sumptuous delicacies of Caribbean with added live entertainment. The highlight of the festival was the colorful parade by the young girls who were dressed up in attractive traditional attire, designed by experts based on various themes.



WM RCC's Esther Enyolu with TEAM DTA



TEAM DTA with guests



Durham Tamil Association embraces 14th Annual BBQ & Family Picnic

Continue....

All the kids were munching happily burgers and hot dogs that was cooked by our popular Burger Boys Uthayan & Gnanamurthy. Adults enjoyed Kothu Roti prepared by Kanga Sivanathan - VP of DTA who is the master chef with magical fingers to prepare the spicy tasty food that still lingers in everyone's mouth. Kanga was ably supported by Saravanan and Murugan.

Josh Suresh – President of DTA appreciated the sponsors, volunteers and participants for making this event a great success.



MPP Tracey MacCharles with DTA Executives



UP: DTA Youths taking part in obstacle races



DTA members doing BBQ



DTA Kothu Rotti Masters at work



DTA youths and kids medal ceremony



DTA youth competing & having fun

DTA AT THE PAN AM GAMES 1 YEAR COUNT DOWN

It was a proud moment for Durham Tamil Association, who was invited by the Town of Ajax to apply Henna Tattoos for the public and guests who participated and celebrated the Pan Am Games 1 year countdown event. The event was hosted on Thursday, July 10th at the Audley Recreation Centre Park in Ajax. TEAM DTA Youth girls Ashley, Neraja, Tharmela, Suruthe, Abishna & Archana applied Henna along with Mrs.Dujavanthi & Mrs.Uma Suresh. Hundreds of guests including children had their hands decorated with Henna from about 5pm till about 10pm.



DTA's Suruthe applying henna for a guest



Henna Artists of TEAM DTA Youth with Don Terry



Durham Tamil Association embraces 14th Annual BBQ & Family Picnic



Team DTA with the dignitaries at DTA's annual BBQ & Sports 2014



DTA kids game medal ceremony with the Dignitaries and DTA Executives



DTA Executives with Minister Chris Alexander and other dignitaries



DTA kids having fun with games organized by the youths



DTA kids partaking in water bucket race



DTA kids participating in obstacle race

Durham Tamil Association's 14th Annual BBQ & Family Picnic, along with sports activities for children and youth kicked off on Saturday the June 28th 2014 at Ajax and DTA was getting in on action for all from the age of 2 to 65yrs old in true sports spirit. Sports Day is held every year as a "celebration of sport, from grassroots to high-performance, is an opportunity for all Tamil Canadians to celebrate the power of sport, build community and facilitate healthy and active living." The event was graced by Minister of Citizenship and Immigration Hon. Chris Alexander, Minister of Children & Youth Services Hon. Tracy MacCharles, Laura Oliver representing MPP Joe Dickson, Deputy Mayor of Pickering Doug Dickerson, Councilor of Pickering David Pickles, Councilor Peter Rodrigues, Keith Falconer of PESCA, Mrs. Tracy Vaughan - Director of Recreation & Culture for Town of Ajax, Robert Gruber-Manager Community & Cultural Development for Town of Ajax, Mrs. Shashi Bhatia-ICCAD, Mrs. Evelyn Poliarco - Filipino Community, Abid Choudhury - Bangladeshi Community, Mrs. Yan Fu & Michael Crowley-Chinese Community, Mrs. Shireen Whitmore & Bill of JAM Festival. Josh Suresh, President of Durham Tamil Association presented that this event will provide a great opportunity for the members of DTA to try out a new sport with lots of fun and laughter. Mano Pancharatnam, secretary of DTA was the event organizer and he added "It is a chance for all members to come together as families, have a day off the usual timetable and also to enjoy the many talents we have in our community. The day was filled with many races, field events, numerous activities including Dice Pick up game, Hoola Loop, Jump Rope, Relay for the youth, Badminton and various carnival games for the toddler, cotton candy, popcorn and snow cones were also there to treat the kids. The major highlight of the event were the competition in various types of sports like Volleyball, Soccer, Kabaddi - traditional game of Tamils and Tug-of-war. All the prize winners were awarded with medals by the chief guests.



TCASD's learning experience of CAMH

It was an eye opening experience walking into CAMH and learning how important mental health awareness is. When the youth and I first arrived at CAMH we were so amazed on how attractive the facilities looked. We were also very proud to hear about the upcoming project they were working on for 2017 which was constructing a new and better facility worth \$200 million. When we went for a tour it was extraordinary to see the history side of the institution,

which was there since the 1800's. Since then, CAMH has grown into an amazing institution over the years where people feel comfortable walking into the building. As we walked through each building it was incredible to see the artwork design because it established a valuable meaning for the patients/clients. Mental health awareness has grown in society as a big issue and we have learned that through programs like CAMH there is hope to treat mental illness.



Youth in Policing - Youth Ripple Effect Forum

By: Nilany Sunthar

On July 23rd 2014 Durham Regional Policing held their 4th annual event to show youth and adults the power of standing up for yourself and others in difficult situations. This event was Youth in Policing. Teenagers and adults were told about many different situations and how to handle them. For example, the opening presentation was a speech given by three graduated students. These students told their audience the struggles they went through and inspired the audience to take charge and be an up stander. The Tamil Cultural and Academic Society of Durham (TCASD) were invited to the event

to give the students and adults henna tattoos. The members of TCASD were excited and driven to help out with this opportunity. Youth and Policing was a very successful event and opened the eyes of many.

Here are some pictures from Youth in Policing Leadership event. Seven of TCASD's youth participated. They also had Henna printing booth. In total 450 youth participated. The Toronto Argonauts are the Major Leadership partners with Youth in Policing. At the picture, you may see TCASD's Youth taken a picture with Toronto Argonauts MVP - Chuck Winters.





CANADA DAY EVENTS BY TCASD

Once again, the Tamil Cultural and Academic Society of Durham (TCASD) ran two very successful booths at the Canada day celebrations at Kinsmen Park, Pickering and Rotary Park, Ajax on July 1, 2014.

As in prior years, both booths were very busy from morning till dusk, both well-placed in strategic locations, and received hundreds of visitors at both locations. A variety of activities were offered at both location including face painting, henna painting by the many TCASD talented youth members, arts and craft sessions in a multi-cultural setting and other

activities which drew the crowds to the booths.

Happy Birthday, to a great nation from TCASD. THANK YOU CANADA FOR WELCOMING EVERYONE!! CANADA DIVERSITY, MULTICULTURALISM PEACE, HARMONY LOVE, RESPECT, UNITY AND GREAT PEOPLE.

Here are some pictures from Canada Day event in Pickering. TCASD also had Henna printing booth. At the pictures, you may see TCASD' Youth are working with the public at the Canada Day.



TCASD participated at 'Together in Diversity' Events

Tamil Cultural Academic Society of Durham was invited by Durham Diversity Society to take part of their "Together in Diversity" events that was held at Pickering Town Center on June 28th. In celebration of Canada's multicultural day celebration, the Durham Diversity Society

had this event involving many cultural performances, fashions and various cultural activities.

In Photo: Bharathanatyam by Divya Jeyendran and Danyaa Jeyendran





Final shift for policing pioneer

Brent Davis, Record staff

WATERLOO REGION — When Raj Sharma went to the Ontario Police College in 1982, the biggest hurdle he faced had nothing to do with discrimination.

To be sure, the young man from India stood out in a sea of white faces. Policing in Ontario wasn't exactly a model of diversity at the time.

But that didn't faze Sharma, keen on continuing on a tradition of military and police service in his family back home.

What fazed him was the pool.

"My biggest challenge at the police college was being able to swim," he said. "I was never a swimmer. I was a rock, basically."

But he passed that test, and all the others, to become a Waterloo Regional Police officer — one of the first visible minorities hired by the service, if not the first.

On Thursday, a distinguished career spanning three decades came to an end with the 53-year-old staff sergeant's retirement.

"He's absolutely a pioneer in our service," said interim police Chief Steve Beckett, who served as a cadet with Sharma. "He led the way to us increasing our diversity across the board."

One of Sharma's three children, son Harsh, has followed in his footsteps as a regional officer. On Wednesday night, father and son teamed up to patrol North Division.



Waterloo Regional Police Staff Sgt. Raj Sharma at headquarters on Thursday, his last day on the job before retiring. Sharma was one of the first visible minorities hired by the service

"We answered a few calls together," the elder Sharma said, pride etched on his face.

In September, he'll begin a new chapter as a law instructor at Conestoga College.

"I'll continue to develop people, help people in shaping their chosen careers, and that's very rewarding," said the Waterloo resident.

He's active in local cricket and field hockey circles, and served as president of the Kitchener-Waterloo Multicultural Centre. He also put his name forward to become the Liberal candidate in Kitchener-Waterloo during the 2012

provincial byelection; Eric Davis was ultimately selected.

Even before he hit the pool at the police college, Sharma was working as a cadet for Waterloo Regional Police, taking calls in the communications room and delivering summonses.

Until he announced he'd been hired, his parents thought he was studying chemical engineering at Toronto's Centennial College.

"My heart was never in it," Sharma said. "In the back of my mind, I never lost sight of wanting to become a police officer."

Between sessions at the police college, he did his initial police training at the Waterloo division, a place he still thinks of as home.

That's where he started out as a full-fledged constable, working patrol before transferring to the community relations branch.

There, he began a high school liaison program, visiting three schools essentially on his own time. Until then, police were only visiting schools to speak to children from kindergarten through Grade 6.

"We were missing out on connecting with the youth," he said.

Subsequent posts saw him serving with the interpreters' program, in the detective branch and as a patrol sergeant and staff sergeant in Waterloo, Cambridge and Kitchener. A calm, unflappable demeanour made Sharma an ideal crisis negotiator when the need arose.

For the past four years, he's been a career development officer in human resources.

"Our goal is always to try to reflect the community we serve," Beckett said. "We're working very hard to do that, and Raj has been a huge asset in moving that forward."

"He's been a great ambassador for us."

It wasn't always easy, Sharma admitted.

"I had my challenges," he said. "When you appeared at a door, they weren't expecting to see you as a police officer."

"I was probably the guinea pig," he added with a laugh.

But over the years, the face of Waterloo Regional Police has changed, thanks in part to Sharma's efforts.

The region's diverse ethnic communities are now better represented in the ranks. Also, women now comprise 21 per cent of uniformed members and 78 per cent of civilian employees.

"It's changing. It's now becoming more and more reflective of the demographics," Sharma said. "However, there is still a long way to go."

As he packed up his office and prepared to turn in his uniform, Sharma said he was proud to have been part of a team of "true professionals."

"Sure, I've had, like in any journey, the bumps along the road," he said. "But overall, it's been a very successful and enjoyable journey for me."

bdavis@therecord.com

The many cultures of Africa celebrated in Waterloo Park

By Anam Latif

WATERLOO — Waterloo Park was transformed into Africa for just one day.

On Saturday, women were draped in brightly coloured swathes of cotton, the rhythmic beating of drums echoed in the park and the sweltering afternoon sun finally appeared after a cloudy morning.

The celebration of culture and heritage was the 13th annual Afro Festival, held by The African Women's Alliance of Waterloo.

"When a lot of people think of Africa, they think of it as just one place, but there is so much diversity on the continent," said event co-ordinator Jenny Flagler George.

Asha Ahmed said the same thing. She came to Canada from Somalia over 26 years ago.

"People need to know our culture," Ahmed added. She said that most African festivals she has been to rarely focus on East African culture and cuisine — and that is where her expertise comes in.

She owns a little restaurant in Toronto called Wiff and was asked to cater the food for this year's festival.

East African comfort food was the theme and, despite Ramadan and Ahmed's observance of fasting, she was cooking up a storm in the kitchen at Waterloo Park.

Crisp and tangy samosas, multicoloured rice and beef stew were on the menu.

"Somali food is like fusion," she said, adding that there is a lot of culinary influence from Italy, the Middle East and India.

"Food is a way to communicate, a way to solve problems," she said.

Not only was the food a celebration of African diversity but so was the music — from Tanzanian drumming to Juno Award-winner Donné Roberts and his eclectic fusion styles.

People were crowded around the stage as drumming groups took over and mesmerized.

The Afro festival began as a small family picnic that grew larger every year.



Afrofest: (From left) Nashti Kamassah, Rnyonam Matsahawo and Rachel Sefa Mawutor, members of the Southern Volta Associated of Canada, dance to represent Ewe culture of Ghana with Julie Healey (right) at the Afro Festival in Waterloo Park on Saturday. By: Hannah Yoon, Record staff

"It's really designed to encourage diversity and inclusion in the region," Flagler George said.

Ahmed said that it is very easy for some ethnic communities to become isolated. "That is why we have to open up; we have to show the reality of who we are," she added.

As the late-afternoon sun beat down, passersby and cyclists stopped to watch the performances and take a

peek at the several booths selling African crafts.

Njeri Nganga heard about the festival on the radio and decided to pop in.

The beating drums and traditional music brought on waves of nostalgia for the woman who moved to Canada from Kenya over 10 years ago.

"The music is familiar and the food is very good," she said.



Indian startups forge links with region's tech sector

By Terry Pender

KITCHENER — Closer links between small Canadian tech firms and one of the world's fastest growing markets are being forged this week in the Communitech Hub.

Representatives of seven Indian startups spent three days here touring Thalmic Labs and Desire2Learn, and meeting Canadian mentors. They also went to workshops on breaking into the North American market, mobile strategies and pitch coaching.

The Indian startups are in a Delhi-based technology accelerator called GSF, which also has offices in Mumbai, Bangalore and Chennai. They are touring technology centres in San Francisco, New York City, Singapore, Toronto and Kitchener.

"We think it is a fantastic hub of startup activity, and that's why we wanted to bring the group here (to Waterloo Region)," Rajnee Singh, a Toronto-based entrepreneur-in-residence for GSF, said.

The tour is all about getting the Indian startups to think globally right off the bat.

"It is about bringing that Indian talent out to the world and exposing them to other opportunities for mentorship, for partnership, for capital," Singh said.

The visit to the Communitech Hub in downtown Kitchener is the result of a trade mission to India that included Gov. Gen. David Johnston and Desire2Learn chief executive officer John Baker, who also chairs Communitech's

board. Iain Klugman, Communitech's chief executive officer, was part of the trade mission as well.

An agreement between Communitech and GSF to co-operate and collaborate was signed at that time. This week's visit by the Indian startups is the first since the agreement, but it will not be the last.

"I think it is really great for this group to realize the benefits of being based in Canada," Singh said. "We chose this region because it showcased that best."

South Asia is among the world's fastest growing economies. There are one billion people in India and the middle class is expanding rapidly.

The country is an important part of the turnaround strategy at BlackBerry. It is among several markets selected by BlackBerry for a new, low-priced smartphone called the Jakarta.

Klugman said the contacts, links and friendships started during this week's visit by the Indian startups will help young tech firms from Waterloo Region. "The more we can get our companies thinking about global markets — the sooner, the better, the faster," Klugman said.

"A lot of stuff when we talk about companies going global, it is at a very high level," he said. "At the end of the day, it is about people having friends on the ground in another country and a safe place to land."

The agreement will see Communitech help Indian tech firms establish themselves in North America and GSF



BlackBerry executive Peter Ng talks about entering the North American market to technology entrepreneurs at a workshop at Communitech on Wednesday. By: Mathew McCarthy, Record staff

help Canadian tech companies expand into India.

Klugman said he was struck by the high regard Indians have for Canadians. "They absolutely love us," he said. "They really do want to be our friends. They want to help us, they want to partner with us, they want to work with us."

Singh said this region's growing

reputation among techies around the world played a big part in having the Indian delegation come here this week.

"I am really proud to say the University of Waterloo is on par with MIT and Stanford," Singh said. "The Communitech Hub hopefully will be uttered in the same breath as Silicon Valley in coming years."

tpender@therecord.com

Manufacturing recovery is exceeding expectations

WATERLOO, Ont. — Several years of widespread layoffs at BlackBerry (TSX:BB) are finally over, according to an internal memo from the company's chief executive officer.

John Chen told employees Friday that the Waterloo, Ont.-based smartphone company has reached the end of cuts that began three years ago — part of an attempt to turn its business around. "We have completed the restructuring notification process, and the work force reduction that began three years ago is now behind us," he wrote in the memo, which was obtained by The Canadian Press.

"I am confident that we have the right organization in place to execute our business strategy," Chen said. BlackBerry is now ready to make strategic acquisitions, like the purchase of Germany's anti-eavesdropping firm Secusmart that it announced last week.

The CEO was brought in last year and began to make dramatic changes to the company which included stripping out parts of the business, selling real

estate and laying off employees to cut costs. BlackBerry plans to begin "modest" hiring in certain areas of the business, such as product development and sales, Chen added. Many employees were let go, many others left by their own choice, while those who stayed often were uncertain about the company, its future and their future," Chen wrote.

"I know it can be very difficult to maintain a high level of focus and commitment during a time of turmoil and uncertainty." The letter outlined some of BlackBerry's upcoming plans, which include the launch of several new devices and services. Chen closed the letter reminding staff that while the company has made progress, it's still not clear of its challenges. "I ask for your help more than ever to focus on execution at every level," he said. "There is no margin for error to complete BlackBerry's turnaround to success."

BlackBerry shares were ahead 22 cents to \$10.37 in morning trading on the Toronto Stock Exchange.

therecord.com

Tamil Cultural Nite

14th annual Waterloo Region's Tamil Arts festival

We're looking for Artists

(Group performances Only)

to participate in this year's Cultural Nite. Indian Dances, Music and Tamil drama.

Send us your profile to
mail@tamilculturewaterloo.org
Deadline: August 15, 2014

Saturday, October 25th

5.30 - 10.00pm

Humanities Theater, University of Waterloo
FREE ADMISSION





TANTALIZE YOUR TASTE BUDS AT TASTE AJAX ON AUGUST 9



PICKERING

AJAX

WHITBY

MATH

Grade 01 to 12 (Westney & Rossland)

Does MATH make you nervous? Help is here!
I can help you for a better learning and understanding. I have been helping students over 15 years.

- Small classes. One on One help provided for students.
- Up to Date help, accommodating with the new curriculum requirements.
- Classes are arranged without causing any conflict to the student's regular school.
- Homework help is provided.

- Grade 01- 08 Mon., Tues., & Wed. (5.00 pm- 6.00 pm)
 - Grade 09 & 10 Mon., Tues., & Wed. (6.00 pm-7.30 pm)
 - Grade 11 & 12 Mon., Tues., & Wed. (7.00 pm-8.30 pm)
- Classes Start on AUGUST 04/ 2014 (Monday) at 5.00 pm.



Mr. JEY at 416-268 7943

Leave message with your name and a phone number

The Town and Rotary Club of Ajax serve up Taste Ajax on Saturday, August 9, 2014 from 12 to 8 p.m. at Rotary Park – 177 Lake Driveway W.

The culinary celebration features local restaurants, over a dozen gourmet foods trucks, craft beer, live entertainment and an artisans market.

QUOTE

"We're thrilled to hold this culinary showcase of international fare and unique craft beers at the Ajax Waterfront. The delicious selection of diverse dishes is complemented by live music and entertainment. Our special guest this year is celebrity chef, and host of The Food Network's Restaurant Takeover, Andrea Nicholson who will be doing live cooking demos."

- Stacy Toole, Festivals & Events Coordinator

QUICK FACTS

- Restaurants include OLG Gateway Restaurant, Sushi & Rolls Japanese Restaurant, Port Restaurant, Buffalo Wild Wing, Nova Era Bakery and

Pastry and Spicy Affairs Indian Cuisine.

- Food Trucks include Heritage House, Texas Tornado, Sharr-Key's, Tiny Tom Donuts, Big Squeeze Lemonade, Bacon Nation, CURBalicious, Buster's Seacove, Hogtown Smoke, Stuttering John's, Nutri-Chicks Smoothies, Frankie Fettuccine, Hollywood Cone, Gourmet Gringos and Vintage Pizza Pie.

- Live entertainment includes karaoke, dynamic musical duo The Mac's, acoustic styling's of Double the Pleasure and country recording artist Tianna Woods.

- Limited street parking is available. Walk or bike to the event, or take the free shuttle from the Ajax Go Station, leaving every 15 minutes.

- Admission is free and ATM machines are available onsite.

- Taste Ajax is sponsored by Veridian, OLG, Ontario Power Generation, Ajax Mazda, Rob Mac Media and the UPS Store.

For more information and entertainment schedule, visit www.tasteajax.com.

STATEMENT FROM MAYOR PARISH REGARDING ANDREI ANGHEL AND MALAYSIA AIRLINES TRAGEDY

Released on July 18, 2014 IS

"Today, we learned that Ajax resident – Andrei Anghel sadly lost his life yesterday in the Malaysia Airlines tragedy. Andrei grew up in Ajax and was studying abroad in Romania to become a doctor. On behalf of Ajax Council, we extend our heartfelt condolences and sympathies to the Anghel family who still live in Ajax, and all those affected by this senseless act."

- Mayor Steve Parish, Town of Ajax



BRING ON THE VOTE

Oct. 20 to 27, 2014



online



phone



polls

ajaxvotes2014.ca



BRAMPTON
Flower City



Regional News

CASSIAN JOSEPH CONTESTS FOR BRAMPTON CITY COUNCILLOR

From humble beginnings as a pizza boy at Pizza Hut, to managing one of the top Williams Fresh Café franchises in the GTA, Cassian Joseph is now the first Sri Lankan to run for Brampton City Councillor. Mr. Joseph hopes to be a stronger voice for the minorities and less fortunate communities. He is a familiar face in community



My City. My Future. My Vote.
Exercise your right

service, knowledgeable in business relations and has positive plans for the city if he's elected.

Mr. Joseph came to Canada in 1988 from Colombo Sri Lanka. His passion for business began

at a young age with his first job at Pizza Hut. His business skills were quickly realized and in grade ten, he was promoted to shift supervisor. He attended and graduated Regina Pacis Catholic Secondary school and continued his post-secondary education at Humber College; majoring

in Business Administration with a minor in Human Resources. He also attended York University for Business Management.

Mr. Joseph's personal life attests to his commitment, generosity and passion for his community. He has been married for thirteen years to his wife Antonella, and has a son, Jordan, and a daughter, Selina. Being a Brampton resident since 1996 he longs to see the city that he is so fond will grow in the right direction. Always wanting to help his own people, and as a general manager at Williams Fresh Café, he has made it his priority to assist in the employment and personal development of minorities and the youth. Cassian aims to celebrate diversity, employing all nationalities and life situations. Outside of the café, Cassian is a Knights of Columbus member and for the past thirteen years has been helping the Knights table. A community organization which helps the hungry and the homeless in Brampton. He has worked with the Region of Peel, John Howard Society, and Sheridan Services to help the community.

If elected, Cassian Joseph will insist on transparency and accountability. His goals are to protect green spaces, alleviate traffic congestion, stabilize municipal property taxes and lobby more support for community groups. He also wants a university in Brampton in hopes that his children and their friends can attend the school one day. Cassian Joseph is grateful for the votes and support he receives from the communities he cares so deeply for and hopes that, as a City Councillor, he can be of service to the city in an even more impactful way.



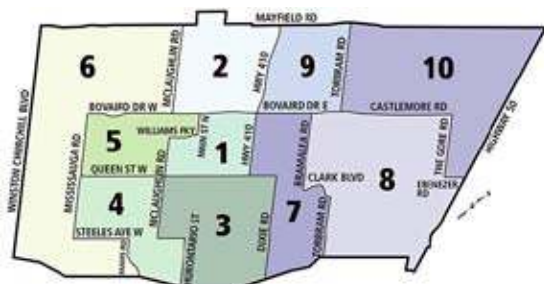
Cassian Joseph
for Brampton City Councillor
Wards 2 & 6

416 726 2896
cassianforbcca@gmail.com
@CassianJoseph
facebook.com/cassianforbcca
cass1973

#cassianforbcca

For more information

please visit his web site
www.cassianjoseph.com and his face book page
www.facebook.com/cjosephforbcca



Brampton New Ward Boundaries for 2014 Election

Hon. Bal Gosal invites you and your family to the Community BBQ

Hosted By: Brampton Centre Conservative Association

On Sunday, August 10th, 2014 - From 12:00 pm to 3:00 pm

at Chinguacousy Park Picnic Shelter# 1

9050 Bramalea Road, Brampton, ON L6S 6G7

Complimentary Food • Drinks • Entertainment

Halal + Vegetarian Options Available

bramptoncentreed@gmail.com

HON. BAL GOSAL, P.C., MP





WHITBY
ONTARIO • CANADA



Regional News

Interested in working in the Municipal Election?

Whitby's 2014 Municipal Election will be held on Monday, October 27, 2014. Election workers are being recruited to work Advance Polls and Election Day. Individuals interested in working the election can apply in person or electronically.

Please Note: Candidates and/or spouses, partners, children or parents of candidates running in the Municipal Election for the Town of Whitby are excluded from applying.



Town of Whitby approves Recreation and Leisure Strategy for Seniors

2014-2018 Recreation and Leisure Services
Seniors Strategy



WHITBY
ONTARIO • CANADA

www.whitby.ca/seniors

Whitby Council has approved a Strategy that will guide the recreation and leisure services for Whitby seniors for the next five years. The 2014-2018 Seniors Recreation and Leisure Services Seniors Strategy was developed through feedback received from extensive community engagement, consultation with the Seniors Committee of Council, seniors living in the community, key community partners and stakeholders and a review of the World Health Organization's Age Friendly Community Criteria. The Strategy also aligns with priorities outlined in Ontario's Action Plan for Seniors prepared by the Ontario Seniors' Secretariat.

Seniors' services offered by the Town of Whitby must anticipate and respond to the demographic shift to an older population, changing diversity, and social inclusion, among other matters. The development and adoption of this Strategy reinforces Council's commitment to a proactive approach to ensure Whitby remains the Community of Choice for seniors.

To view a copy of the 2014-2018 Recreation and Leisure Services Seniors Strategy, please visit www.whitby.ca/seniors.

Positions Available

Please be advised that due to the use of the live electronic Voters' List strike off and registration process, some potential candidates will be required to complete a computer skill test following the application process.

Technical Positions	Rate Of Pay	Additional Computer Testing Required
Ballot Tabulator Officer	\$250	Yes
Revision Clerk	\$200	Yes
Poll Clerk	\$200	Yes
Non-Technical Positions	Rate Of Pay	Additional Computer Testing Required
Deputy Returning Officer	\$200	No
Greeter	\$170	No

For more information regarding how to apply, please visit www.whitby.ca/vote2014, call 905.430.4315 or emailelections@whitby.ca.

August Events

www.whitby.ca/calendar

Event Name	Date	Time
Free Movie in the Park - Cloudy with a Chance of Meatballs 2 (Rated G)	Aug 1	8:30-10:00 p.m.
Culture in the Square	Aug 5	7:00-8:00 p.m.
Whitby Music in the Park	Aug 6	7:00-8:30 p.m.
Newcomers Welcome Program for Seniors	Aug 7	1:00-3:30 p.m.
Brooklin Music in the Park		
1-Year Countdown to the TORONTO 2015 Parapan Am Games Celebration	Aug 7	7:00-8:30 p.m.
Culture in the Square - Driftwood Theatre Group presents The Tempest	Aug 9	9:30-11:30 a.m.
Whitby Music in the Park	Aug 12	7:00-8:00 p.m.
Whitby Music in the Park	Aug 13	7:00-8:30 p.m.
Newcomers Welcome Program for Seniors	Aug 14	1:00-3:30 p.m.
Brooklin Music in the Park	Aug 14	7:00-8:30 p.m.
Free Movie in the Park - Rio 2 (Rated G)	Aug 15	8:30-10:00 p.m.
Free Swim at IPSC sponsored by Wendy's Restaurants	Aug 16	1:30-3:30 p.m.
Culture in the Square	Aug 19	7:00-8:00 p.m.
Whitby Music in the Park	Aug 20	7:00-8:30 p.m.
Newcomers Welcome Program for Seniors	Aug 21	1:00-3:30 p.m.
Brooklin Music in the Park	Aug 21	7:00-8:30 p.m.
Culture in the Square	Aug 26	7:00-8:00 p.m.
Whitby Music in the Park	Aug 27	7:00-8:30 p.m.
Newcomers Welcome Program for Seniors	Aug 28	1:00-3:30 p.m.
Brooklin Music in the Park	Aug 28	7:00-8:30 p.m.

WHITBY The countdown to the TORONTO2015 Pan Am/Parapan Am Games is on!

Celebrate the 1-Year Countdown with the Town of Whitby and Abilities Centre!

Saturday, August 9, 2014
9:30-11:30 a.m.

Abilities Centre, 55 Gordon Street, Whitby

Enjoy the following free events:

- Boccia Demonstrations
- Children's Colouring Activity
- Public Art Display
- Provincial Boccia Championships
- Tours of Abilities Centre

Performances by:

- Cultural Performers
- Whitby Brass Band
- Whitby Idols

Free Movie at Abilities Centre! Rio 2 (G)

- August 15, 2014, at 8:30 p.m.
- Sponsored by Oshawa Centre

OSHAWA CENTRE

For the full schedule of free events check out TORONTO2015.org
www.whitby.ca/panamgames

**VIVA PAN AM
VIVA PARAPAN AM
WHITBY!**

MARKHAM



Regional News

Markham Continues Proactive Approach to Emerald Ash Borer Infestation

Takes Action to Ensure Public Safety and Rebuild Its Urban Forest

Municipalities throughout the Greater Toronto Area and York Region are finding Emerald Ash Borer (EAB) devastation is progressing very rapidly. This has been compounded by the December 2013 ice storm, further accelerating ash tree losses.

Markham is committed to further development and implementation of its EAB Management Plan, which responds to the environmental challenges of EAB's destruction of ash trees while including new research and management strategies, and continuing to demonstrate financial responsibility.

"Public safety and due diligence are of the highest priority," said Mayor Frank Scarpitti. "Markham staff will ensure the 6,000 dead and hazardous City-owned ash trees on boulevards and in manicured parks are removed by the end of this year. At the same time, City-owned boulevard ash trees of a treatable size and condition will be injected annually to extend their life."

Residents are urged to submit a tree removal application to the City to remove any dead and

dying ash trees over 20 cm Diameter at Breast Height (DBH) on their private property right away. These trees may pose a safety risk and can be more expensive to remove if action is delayed.

Markham will also complete the removal of 4,000 tree stumps in 2014 and continue its City-wide tree inventory to determine the current composition of Markham's urban forest. These actions will support a strong and diverse Replanting Program, which will begin in 2015. It is extremely important to diversify the types of trees and plant them where they will have the best chance to thrive. Taking these steps will help limit the impact of future invasive pests like

the emerald ash borer.

"Now more than ever we must continue to invest in our urban tree canopy," said Mayor Scarpitti. "Trees provide important environmental and health benefits. Residents are encouraged to do their part by planting other types of trees on their private property."

To learn more about the emerald ash borer and Markham's EAB management plan, and for resources on how to hire a reputable certified arborist, apply for a tree removal permit or take advantage of resources provided by community environmental organizations, visit Learn about Emerald Ash Borer at markham.ca.



MarkhamVotes

Voice your choice - online or in line

October 27, 2014

Markham's 2013 Annual Report Celebrates Outstanding Successes

Strong financials, low taxes, economic prosperity and community engagement among 2013 highlights

The City of Markham released its 2013 Annual Report, Markham in Motion, today highlighting its many achievements in the areas of its award winning financial performance, economic prosperity, quality of life and public service excellence.

The City was identified as number one in Canada by the Frontier Centre for Public Policy for its fiscal management and transparency following a six-year cumulative record of tax rate increases below 6%; the lowest average among 25 Greater Toronto Area (GTA) municipalities.

"Our competitive tax rate and approach to fiscal management is an important element in building Markham today without mortgaging future generations. With a strong focus on the taxpayer, over the past 6 years, Markham's continuous improvement program has achieved \$15 million in expenditure reductions and revenue enhancements, avoiding a 15 per cent increase in taxes for residents. And, our Capital Reserve Program will ensure that Markham's future is sustainable and financially ready for infrastructure refurbishment for the next 25 years," says Mayor Frank Scarpitti.

Markham is home to 9,000 businesses and 164,000 jobs in the technology, life sciences, financial services and communications industries with a number of corporations opting for Markham to locate their head offices. This economic prosperity makes way for a high standard of living and

quality of life for residents. Markham is also proud to be named Canada's most diverse city with over 50 per cent of the population with a first language other than French or English.

These statistics are among many reported in the Annual Report in keeping with Markham's commitment to sustainability reporting. Now in its third year of Corporate Social Responsibility Reporting, Markham remains the only municipality in Ontario to report using the Global Reporting Initiative framework and the associated key performance indicators related to sustainability.

"At Markham, we're proving that sustainable technology solutions are good for the environment and our bottom line," says City of Markham Chief Administrator Andy Taylor. "Our installation of 12,300 LED street lights on municipal streets has led to improved safety through road visibility, while reducing greenhouse gas emissions and electricity costs by 50 per cent. We have the largest municipal solar photovoltaic system generating revenue for the municipality while greening the electricity grid, and a curbside waste diversion rate of 81 per cent; the highest of any large municipality in Canada."

"In combination with the commitment of Council and staff Markham's early adoption of the Excellence Canada Framework for Municipalities provided a valuable continuous improvement tool for us to

help guide our efforts for efficient, cost effective services", said Mayor Scarpitti. "We continue to set the bar high for service excellence and outstanding value to our taxpayers".

While maintaining low tax rate increases Markham continued its strong focus on enhanced municipal services. In particular, City staff rose to the challenge of the December 2013 ice storm with an immediate response, and a strong commitment to the community during the holiday season and beyond to support the restoration efforts.

The City also made significant progress in preparing as a host city for the TO2015 Pan Am Parapan Am Games. The beautiful Markham Pan Am Centre will open later this year, and in 2015, Markham will host water polo in its 50-meter Olympic-sized pool, and badminton, table tennis and Parapan table tennis in the field house designed to international height standards. As well, for the first time, golf will be a Pan Am Games event and Markham is proud to play host.

"2013 was an outstanding year of great accomplishments, prosperity, and new opportunities," continued CAO Taylor. "Thanks to the commitment of staff and leadership of the Mayor and council members, we lead the country in our sustainability planning and have established ourselves as leaders in municipal management and fiscal responsibility."

A digital version of the 2013 annual report is available at: Markham 2013 Corporate Annual Report



Markham Mayor Frank Scarpitti (left) welcomes Village Grocer owner Evan MacDonald, accompanied by the Village Grocer mascot, to the family of Flato Markham Theatre sponsors.

"We are pleased to collaborate with a company with such a long-standing reputation for quality products, excellent customer service and involvement in our community," said Mayor Frank Scarpitti. "The Flato Markham Theatre continues to enhance its reputation for excellence, so this partnership is a great fit."

"We are proud to be counted among the Flato Markham Theatre's supporters, and, beginning this season, we are embarking on a new level of co-operation with our city's premier entertainment venue," said Evan MacDonald, owner of Village Grocer. "The success of the Flato Markham Theatre has come from putting on great and varied performances over the years, and similarly, we feel that our success has come from putting on great and varied food performances."

VIVA PAN AM MARKHAM!

SATURDAY, AUGUST 23

10 AM - 6 PM
RAIN OR SHINE!





Classifieds

BOOKKEEPING/ ACCOUNTING for Small Businesses

Over 20 years experience

Accounts Payable, Accounts Receivable, Bank Reconciliation,
Credit Card Reconciliation, HST, WSIB, EHT Filing,
Payroll Services, Preparation of Financial Statements,
Monthly, Quarterly or Annual Bookkeeping Services and other services
provided in English/Tamil customized to meet your needs

Please contact: Saro Raj

Email: acc5262@ gmail.com

Home Tel: 416-756-2469 / Cell: 647-709-2469

Classes upto Grade 6

Tuition Classes given upto Grade 6 level, help to improve
English and Maths. Homework help is given too.

McCowan & Steeles

Call: 416-893-5267 or 905-947-8504

TRAVELS/TOURS



Shobha Velauthapillai
Cruise & Vacation Consultant

145 Kingston Rd E, Unit 12, Ajax, ON L1S 7J4

Office: (905) 619 0323 Ext. 42

Toll Free: (800) 472 4768

svelautha@cruiseshipcenters.com

www.cruiseshipcenters.com/ShobhaVelauthapillai

aeroplan

1KCO 9000754

HOUSE FOR RENT

Brimley & Lawrence

3 Bedroom, 1 Washroom, Living Room
Kitchen, Car parking
Close to TTC, school, mall and park

Tel: 416-756-2469

Cell: 647-709-2469

TUTION CLASSES



Grades: K-6

includes all subjects except French

**Taught by
a certified
teacher**

English

Math

Science

Social Studies

Students improve through tutoring
See your children excel in school
Please call for more information:

647-822-7293

STAN TAX

For all your Income Tax services

Income Tax with E-File

Over 16 Years of Experience

Professional Services

Reliable and Faster

Satisfaction Guaranteed

80 Nashdene Road, Unit A6, Scarborough, ON. M1E 5E4

Tel: 416-560-4375

416-757-7585

CONDO UNITS FOR SALE / LEASE



FOR SALE: 15 Bruyeres Mews
Lakeshore/Bathurst
1 b/r +den \$319,000



Condo needed for Buyer
2460 or 2466 Eglinton Ave East
2 b/r or 3 b/r, 2 w/r



For SALE: Luxury Condo @
Kennedy & 401
2 b/r, 2 w/r plus parking

Velumailum Loganathan
Broker of Record
Direct: 416-500-7965



இறுக்கமான சூழலில் இலகுவான தீர்வு

\$1மில்லியன்
டொலருக்கான
ஆயுட்காப்புறுதி-
மாதாந்தக் கட்டணம்

ஆண் பெண்
\$4140* **\$2790***

*based on current rates for 10 year term insurance to elite non smoker age 30

உங்களுக்கு

உகந்த காப்புறுதித்

திட்டங்களை பல்வேறு நிறுவனங்களுடன் ஒப்பிட்டு

குறைந்த கட்டணத்தில் பெற்றுக்கொள்ள அழையுங்கள்.

FREE CLASSES

To Become RESP & INSURANCE ADVISORS

LaCapitale Desjardins
Manulife Financial

MDRT
Member of Million Dollar Round Table

Direct: **416.918.9771**
Business: **416.321.2500**



- digi Media -

Sritharan Thurairajah

Chartered Life Underwriter, Certified Health Insurance Specialist

10 Milner Business Court, Suite 208, Scarborough, ON M1B 3C6

Web: www.life100.ca, E-mail: info@life100.ca

action
BUSINESS DEVELOPMENT

BUSINESS

DEVELOPMENT

Business Coaching Brings...

- ❖ Better Business Performance
- ❖ Growth to your Business
- ❖ Effective marketing and sales
- ❖ Makes you a better Leader
- ❖ Increased Value to your Business
- ❖ High value Exit / Succession Plans
- ❖ Increased cash flow

Call Today for a free consultation!

Kula Sellathurai

Certified Business Coach

416 902 9462

Kula@kulasellathurai.com



Over 25 yrs
of Business
Leadership
Experience

LOOKING FOR AN UNFORGETTABLE TRAVEL EXPERIENCE ?

We have competitive fares to Colombo/India/Europe and will match the Competition



சகமான பயணங்களை பாதுகாப்பில் சென்றடைந்திட... இலங்கை, இந்தியா, ஓரவ்லாக்கார் குறைக...
 இலங்கை, இந்தியா, ஓரவ்லாக்கார் குறைக...

Millennium Leisure Travels Inc.

CALL US AND SAVE BIG - Airline Tickets | Cruises | Vacation Packages | Tours

DELTA TORONTO EAST (INSIDE DELTA HOTEL) 2035 Kennedy Road, Toronto, On M1T 3G2

Tel: 4164319100 Toll Free: 1-866-FLY4MLT Email: info@flymlt.com Web: www.flymlt.com



**August 15
2014**

Monsoon Journal wishes
all Indians a very
HAPPY INDEPENDENCE DAY



**5 YEARS
IN A ROW**



GLOBAL100

For the eighth time, one of the Global 100 Most Sustainable Corporations in the World!

TRUSTED.
Sustainable.

Canada's Most Trusted
Life Insurance Brand

Trusted to empower Canadians' financial futures for nearly 150 years.

As a Sun Life Financial advisor, I'm proud to be a part of one of Canada's leading financial services companies. Sun Life Financial has been a part of the Canadian landscape for nearly 150 years. We have earned the trust of millions of Canadians who look to us to help them achieve lifetime financial security.

We stake our reputation on this trust. It defines everything we do in our business, both locally and globally. This trust has been recognized locally by the Reader's Digest 2014 Trusted Brand Award for the fifth year in a row. It has also been recognized internationally as we are one of the Global 100 Most Sustainable Corporations in the World.

I also stake my own reputation as a Sun Life Financial advisor on this trust. I'll listen to your specific needs to tailor a personalized solution that is appropriate to your dreams, goals and financial situation. My goal is to earn your trust and empower you to take action for your financial future.



Ajith Sabaratnam*, CHS

**Ajith Sabaratnam Insurance
and Investment Services**

Tel: 416-439-2800

Cell: 647-401-5800

ajith.sabaratnam@sunlife.com

www.sunlife.ca/ajith.sabaratnam

I can help you with:

- Life and health insurance
- Long term care insurance
- Employee benefits
- Mutual funds*
- Critical illness insurance
- Disability insurance

Sun Life Financial

Life's brighter under the sun

*TRUSTED BRAND is a trademark of Reader's Digest Association Canada ULC.

*Mutual funds offered by Sun Life Financial Investment Services (Canada) Inc.

Sun Life Assurance Company of Canada is a member of the Sun Life Financial group of companies.

© Sun Life Assurance Company of Canada, 2014.