

A *parfait media publication*

Monsoon Journal

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Stephen Harper calls upon Canadians to protect Democracy and the Rule of Law



PM arrives in Cambridge Bay during his ninth annual Northern Tour - Aug 23, 2014 - pic: pmwebphotos

Prime Minister Stephen Harper calls upon Canadians to join Government's efforts to promote and protect the values of freedom, democracy, human rights and the rule of law around the world

Prime Minister Stephen Harper on 23 August 2014 issued the following statement to mark Black Ribbon Day, the National Day of Remembrance for the Victims of Communism and Nazism in Europe:

"Black Ribbon Day is a time to mourn the victims of communism and National Socialism in Europe and to honour those who lost their lives under these evil regimes. Today we also pay tribute to the courageous men and women who fought back against oppression and tyranny.

Contd. on page 4...

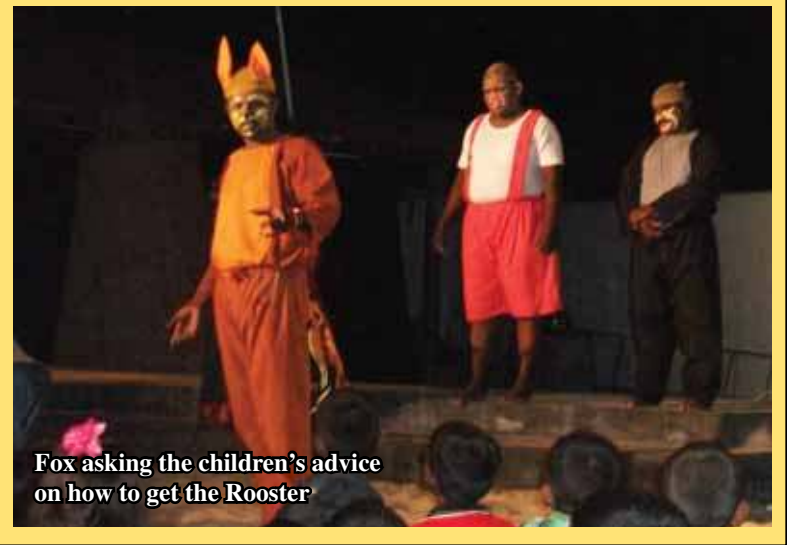


Satire on corruption - adults' play

Reigniting Theatrical interest in Younger Generations of Sri Lanka North

By Thulasi Muttulingam

An eight day festival of drama and theater, specifically targeting children (but also catering to adults), just recently came to an end in Jaffna. (contd.. page 35)



Fox asking the children's advice on how to get the Rooster

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)

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Québec and Ontario Partner to Strengthen Central Canada's Economy

Québec Premier Philippe Couillard and Ontario Premier Kathleen Wynne met on August 21st and announced their commitment to reinvigorate and strengthen the relationship between the two provinces in order to reinforce regional partnership in central Canada.

"Ontario and Québec share a long-lasting history of collaboration, which has led to great achievements in the past. Both provinces are committed to work more closely together and to revitalize the strategic relationship we have had for many years, since we share many common interests and priorities," said Québec Premier, Philippe Couillard.

The two provinces form the largest economic region of Canada, with 20 million Canadians. Together, Québec and Ontario are responsible for approximately 56 per cent of Canada's total GDP and 53 per cent of inter-provincial exports.

"By strengthening our partnership, Ontario and Québec will be better positioned to face the challenges of the new economy. By working more closely together, we will help to grow the economy, attract businesses and investments, and create jobs. I believe our collaboration will benefit not only this region, but Canada as a whole," said Ontario Premier Kathleen Wynne.

The meeting focused on Ontario-Québec shared priorities, such as economic and trade activity issues, climate change, infrastructure and energy supply.

Joint Cabinet Meetings

Building on the foundations of the co-operation established in the past between the Ontario and Québec governments, the premiers have agreed to pursue joint meetings of their cabinets. They are pleased to announce the fourth joint meeting, which will be held before the end of the year. This meeting will have a substantive agenda, which will allow both governments to make progress on common priorities. This will also deepen the relationships that have been developed between their respective ministers in many areas.

Trade and Cooperation

Premiers Wynne and Couillard reiterated their commitment to enhancing internal trade between the two provinces. "We intend to reinvigorate the Ontario-Québec Trade and Cooperation Agreement signed in 2009. This agreement has already delivered concrete results, including making it easier for our workforce to move freely between our two provinces, creating a Life Sciences Innovation Corridor and supporting enhanced electricity trade," said Ontario's Premier Wynne.

"We have made progress, but want to go further and increase trade between Québec and Ontario. Initially, we will expand access to our respective

public procurement for our suppliers in a manner that is as ambitious as we have demonstrated during negotiations with the European Union," emphasized Québec's Premier Couillard.

Premiers Couillard and Wynne have also agreed to explore the viability of expanding electricity trade between Ontario and Québec. In addition, they indicated that they will both participate in the Council of the Federation's mission to China in October 2014 to advance their international trade and investment interests.

Climate Change

Premiers Couillard and Wynne also discussed climate change in light of extreme weather events, as well as the importance of reducing global greenhouse gas emissions. They agreed it is more important than ever to address this common issue, which is a top priority for both of their governments. All discussions on energy should take an appropriately balanced approach by considering climate change and energy innovation opportunities. Québec and Ontario are Canada's leaders in combatting climate change and have made enormous progress to help reduce greenhouse gas emissions.

Québec and California have officially linked their respective cap-and-trade systems on January 1, 2014, thereby making the Western Climate Initiative's (WCI) regional carbon market the largest of its kind in North America, and the first to have been designed and operated by subnational governments of two different countries. Québec and California will hold a first formal joint auction in November 2014.

"As stated by the UN, any successful strategy aimed at reducing emissions of greenhouse gases should include determining a price for carbon. Québec strongly believes that a cap-and-trade system is an efficient and economically viable response to this global challenge. We are looking forward to recruiting new partners among our neighbours, thus joining forces in the necessary transition to a low carbon economy," said Premier Couillard.

Ontario became the first jurisdiction in North America to have completely eliminated coal as a source of electricity generation. The closure of Ontario's coal-burning power plants is equivalent to taking up to seven million cars off the road.

"Climate change is one of the most urgent environmental challenges of our time. Ontario will continue to be a leader in combatting climate change. We look forward to working with our partners to safeguard and build upon the progress we have made," said Premier Wynne.

As an initial step in bilateral co-operation, Premiers Couillard and Wynne agreed to create a group to support their ministers responsible for



Premier Philippe Couillard with the Premier of Ontario, Kathleen Wynne, as part of a first working visit to strengthen relations between Quebec and Ontario. (pic via premier-ministre.gouv.qc.ca)

the environment and climate change. This group would be chaired by the appropriate deputy ministers and have a mandate to update and strengthen bilateral environmental co-operation agreements, with a priority on climate change issues.

Infrastructure

The Premiers also acknowledged the importance of infrastructure and the economic benefits associated with infrastructure investments, notably regarding job creation and economic growth.

Both provinces have significant infrastructure plans and recognize that

the Building Canada Plan is an important element of the federal government's approach to funding infrastructure.

Ontario and Québec consider that federal infrastructure funding should be increased in order to respond to the slower rate of economic recovery and job creation in Eastern Canada. Ontario and Québec are looking for enhanced, stable and predictable funding through a transfer of federal funds that lets provinces determine their own infrastructure investment priorities instead of a project-by-project approach.

(news.ontario.ca)

"Passionate, Driven and Dedicated to Protecting Our Fragile Ecosystem"

"Preserving Ontario's Greenbelt is among my highlighted priorities as I believe preserving our slowly receding greenspace stands only a chance should our children join with us in fighting for ongoing sustainability", says Raj Subramaniam, candidate for Councillor at Ward 5 of The City Of Markham. The election is to be held on October 27th.

On August 8th Raj's Team held a Nature Walk in Markham. Commenting on the Walk, Raj Subramaniam said -

"Today's walk covering nearly 2.7km provided us the opportunity to learn what our local ecosystems have to offer while hiking along Little Rough Creek and the valley. We viewed wildlife in its natural habitat and found the remnants of an old cottage area, flooded by Hurricane Hazel in 1954.

I have strived thus far to create an inclusive and community-oriented campaign, and it is imperative to give students the opportunity to explore our backyard, and foster a lifelong sense of responsibility for our neighbourhood. Together let's fight to protect our greenspaces!

I was sincerely delighted to see my youth activists pulling themselves away from the bright screens of elec-



tronic devices to accompany us on the important excursion to discover new areas around Markham. The election for Ward 5 still looms in the near future, yet it's sensational to have won the support of many youth - I am truly blessed to have generated an impact in their lives. The work we have achieved already can be considered a tremendous victory. The outside-the-box leadership style I have adopted will continue to lead me down great paths on journey forward".

Stating further on his efforts, Raj said that those interested in joining his team are most welcome and added "please do not hesitate to inbox on Facebook (facebook.com/raj2014) should you have any questions, comments or concerns or via e-mail at raj@raj2014.ca.

from the publisher's desk

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Toronto Mayoral Election 2014: Electorally attracting Toronto's broad political centre



Since Karen Stintz's decision to drop out of the Toronto mayoral race, the election has arguably signaled a new direction when considering the political divisiveness among the four major candidates. With October 27th observably approaching, the high profile race for Toronto's top municipal position has entered its concluding phase, necessitating solid campaigning tactics by the candidates to seal their electoral fate at the polls. At the moment, Olivia Chow, John Tory, David Soknacki, and incumbent Rob Ford are presented as the most realistic choices to potentially fill this important job.

According to the campaign polls, John Tory and Olivia Chow are seemingly neck and neck in approval ratings among the Toronto electorate, despite Ford's perceived incumbency advantages. A recent Forum Research poll conducted in early August pegged Chow at 25%, 35% for Tory, Ford 27%, and Soknacki 4% of the more than 1,000 sampled. Basically, the ongoing polls exemplify the current case that Chow and Tory are recognized as viable frontrunners as opposed to Ford, while Soknacki trails behind dismally.

As for this election's new distinct direction, both the Chow and Tory campaigns have proactively set their sights on capturing the Liberal or centrist demographic within Toronto. In retrospect, the race has been highlighted by its considerable share of partisanship based on certain candidate actions such as the debates or other campaign events. Positioning themselves as either centre-left or right, these prominent candidates have subsequently distinguished their policy stances in comparison to one another. In terms of Toronto's political landscape itself, the city is regularly designated as a clear Liberal stronghold. The recent Liberal victories in both the Ontario election and the federal Toronto by-elections certainly showcase the party further solidifying their presence in the area.

Frontrunners Olivia Chow and John Tory have extensively identified this political leaning, and seek to thoroughly expand their voter bases by aggressively appealing towards Liberal-centrist

residents. Normally, the polarization within party politics is meant to be largely absent from the conduct and decision-making processes of municipal politics. Yet, the proposed policies of both Chow and Tory have been said to contain elements that heavily relate to the New Democrats and Conservatives, respectively. This may obviously be due to the fact that both candidates were former reputable members of those political parties.

Aside from that observation, some perspectives claim that an effectual way to gain the approval of Liberal voters relies on touting policies and positions that firmly tie with centrist values. As such, in order to maintain distance from party affiliations, Chow and Tory have utilized campaign opportunities to describe the compatibility of their specific policies with the particular values and principles upheld by Liberal voters.

Municipal concerns such as service privatization, property taxation, or public transit funding have required partisan elaboration from both campaigns that effectively connect with Liberal supporters. In addition, public endorsements from various Liberal politicians have been sought after to convince centrist voters of the quality and substance of Chow's or Tory's platform.

Overall, regardless of the stigma derived from party politics, these Liberal outreach efforts can essentially assist in determining which candidate is the keenest in performing beyond party ideologies. This is insight that should positively shape the voter mindset of Torontonians in their desire for a mayor that can lead Toronto on the right course.

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

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Stephen Harper calls upon Canadians...

Contd. from pg 1

"Black Ribbon Day marks the anniversary of the infamous 1939 Molotov-Ribbentrop Pact between the Soviet Union and Nazi Germany, which directly led to the occupation of most of Central and Eastern Europe and the senseless slaughter and oppression of millions.

"As we mark Black Ribbon Day, we should remember that men, women and children in many parts of the world continue to face violence and repression from totalitarian regimes and dehumanizing ideologies. Canada strongly denounces such actions as they deny the intrinsic dignity and worth of every person, which is the foundation of a free and just society. "Our Government is committed to honouring and remembering the victims

of communism and Nazism. That is why we are helping to create a monument in our Nation's Capital that will honour the hundreds of millions of men, women and children who struggled against the tyranny of communism. It is also why we are building a National Holocaust Monument in the National Capital Region that will preserve the memory of the Holocaust and its victims.

"On this important day, I encourage all Canadians to join our Government's efforts to promote and protect the values of freedom, democracy, human rights and the rule of law around the world, and to do what we can to ensure that the wrongs committed during the darkest chapters of human history are not repeated."

"We are called upon not to be successful, but to be faithful" - Mother Teresa - (August 26, 1910 - September 5, 1997)

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

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Canada providing additional funding to help fight the Ebola outbreak

On August 8th, the Honourable Christian Paradis, Minister of International Development and La Francophonie, announced additional support to help fight the growing Ebola outbreak in the West Africa region; and the Honourable Rona Ambrose, Minister of Health, provided an update on the situation and Canada's efforts to date.

"Canada is gravely concerned by the rapidly expanding Ebola outbreak in West Africa and the impact it is having on the families in the region as well as the health care workers on the ground assisting them," said Minister Paradis. "Our thoughts remain with all of those affected. Through both funding and personnel, Canada will continue to help get aid to those who need it as quickly as possible."

Canada is committing additional funding to the World Health Organization and Médecins Sans Frontières/Doctors Without Borders to address the increasing need for resources to reduce and contain the spread of the disease, as well as provide care to the affected population.

"Our government is committed to aiding in the global response to this devastating outbreak in West Africa," said Minister Ambrose. "While we continue to make investments to aid in this outbreak, I want to reassure Canadians that there are no confirmed cases of Ebola in Canada and we have strong measures in place to protect and care for Canadians."

The Public Health Agency of Canada (PHAC) has a team of experts with a



mobile lab in Sierra Leone who are assisting in the response on the ground. PHAC continues to work closely with international, provincial and territorial partners in health to ensure we are ready to detect and respond quickly in the unlikely event that a case arrives in Canada.

There are no confirmed cases of Ebola in Canada and the risk to Canadians remains very low. The Ebola virus itself does not spread easily from person to person. It is not like the flu. It is spread through direct contact with infected bodily fluids, not through casual contact. Canada will continue to monitor the situation in the West Africa region to ensure humanitarian needs are met and will continue to provide further assistance, as appropriate.

Quick Facts

-The current Ebola outbreak in the West Africa region is the largest ever recorded to date—more than 930 people have died as a result of this outbreak.

-To date, Canada has contributed \$5,010,000 in support of humanitarian and security interventions to address the spread of the Ebola virus in the West Africa region.

(international.gc.ca)

Canada Supports Skills Training in Bangladesh

Deepak Obhrai, Parliamentary Secretary to the Minister of Foreign Affairs and for International Human Rights, on behalf of the Honourable Christian Paradis, Minister of International Development and La Francophonie, on August 19th announced Canada's support to create a better-trained, and qualified workforce in Bangladesh.

"Canada believes in the importance of investing in skills training to improve employment opportunities in Bangladesh," said Mr. Obhrai. "The Skills Training and Enhancement Project will provide men, women, and youth in Bangladesh with the opportunity to earn a better living by obtaining essential skills and knowledge from quality, market-oriented skills training and education programs."

This project, implemented by the World Bank, promotes the development of technical and vocational education and training programs that meet the needs of businesses. It aims to increase the number of students and trainees enrolled in education and training programs, including those from impoverished backgrounds, and the employability of graduates from these programs.

"Sustainable economic growth can help low-income populations transition out of poverty," said Minister Paradis. "We need to provide people in disadvantaged situations with the necessary tools and skills to take advantage of employment opportunities, which will in turn help stimulate long-term economic growth."

Bangladesh was confirmed as a country of focus for the Government of

Canada's international development efforts, and it is also one of Canada's 10 maternal, newborn and child health (MNCH) countries of focus. The objective of Canada's international development program in Bangladesh is to create opportunities for children and youth and to stimulate sustainable economic growth.

Quick Facts

Bangladesh is one of the world's most densely populated countries. With about 154.7 million people (in 2012) living in a country about twice the size of New Brunswick, the resulting population pressures are significant.

Bangladesh continues to make important development gains. Both population growth and the incidence of poverty have steadily declined, while the gross domestic product growth rate has averaged 6 percent per year.

-Canada supports efforts in Bangladesh to strengthen employment-intensive industries and to promote international trade. This support includes:

- increasing access to employment skills, particularly for youth;
- streamlining legal, fiscal and regulatory frameworks for business development;
- improving public sector financial management; and
- improving working conditions in the garment sector, including support to the project led by the International Labour Organization to strengthen inspection and regulation and enhance occupational health and safety in factories.

(international.gc.ca)

Canada's Immunovaccine Inc. Says Test of Ebola Vaccine Promising

Four monkeys survived the Ebola virus after being injected with Immunovaccine Inc's experimental vaccine, the tiny Canadian company said on Monday, August 25th - an announcement that sent its stock soaring.

The Halifax, Nova Scotia-based company said four monkeys received its vaccine and later survived a dose of Ebola virus that normally would have been lethal. Two other animals that did not receive the vaccine died within a week.

The tests were performed by the

U.S. Health Department's National Institutes of Health, based in Maryland.

Immunovaccine, which had a market capitalization of about C\$77 million as of Friday, August 22, 2014 - is one of a handful of companies testing potential vaccines for the Ebola virus, which has killed nearly 1,500 people in West Africa.

Other companies testing Ebola vaccines include U.S.-based NewLink Genetics Corp, which holds the license for a vaccine developed by the Cana-

dian government, and privately held Profectus BioSciences.

Immunovaccine said it is exploring options to develop the vaccine with various organizations. The company is also developing therapies for cancer and a vaccine for anthrax.

Its stock on the TSX Venture Exchange jumped as much as 44 percent, and was up 26.8 percent at C\$1.23 around midday, after a trading halt.

- VOA News



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BRICS Bank Viewed as IMF Competitor

By Shannon Van Sant

In July, nations known as the “BRICS,” Brazil, Russia, India, China and South Africa, announced the creation of a new, \$100 billion development bank (NDB). The project is aimed at lending money to developing nations for investments, much like how the American and European-backed International Monetary Fund (IMF) and World Bank operate.

Liu Haifang, a professor at Peking University’s Center for African Studies, said the bank will provide developing countries with more options for

of multi-lateral cooperation and despite China’s growing economic power, it wants to be seen as an egalitarian player in the bank’s establishment and financing decisions.

“China has this rhetoric in terms of its foreign policy and especially as it relates to China’s engagement with other developing countries, that China won’t interfere in other countries’ domestic politics, that China respects the domestic, economic and political systems of other countries, in a way that they want to be seen as different from the World Bank, the IMF, or countries like



Sixth BRICS Summit, 14 Jul 2014 - Russian President Vladimir Putin, Prime Minister of India Narendra Modi, President of Brazil Dilma Rousseff, President of China Xi Jinping and President Jacob Zuma take a family photograph at the 6th BRICS Summit held at Centro de Eventos do Ceara’ in Fortaleza, Brazil. (Photo: GCIS)

nancing. “Finally they got some alternative sources to get funding for infrastructure and they do not come with these conditionalities. So it for me is very symbolic in terms of political meaning, it means the whole world order is not unipolar. It is not a west centered world. It is a multipolar world. African countries trying to get funding do not have to only follow the rules of the developed world,” said Liu Haifang.

The “rules of the developed world” Liu referred to are the conditions that the IMF sets forth in exchange for access to loans. Instead of putting up collateral, governments must follow economic policies prescribed by the IMF.

BRICS nations have 40 percent of the world’s population and 20 percent of global economic output. However, they have been blocked from gaining greater voting rights at the IMF, largely because of opposition in the U.S. Congress.

Some observers see the new bank as a competitor to the IMF and World Bank that will provide funds to developing countries to build infrastructure and shore up their economies to better handle crises.

The BRICS nations also plan to establish a reserve fund to which China will make the biggest contribution -- \$41 billion. Matt Ferchen of the Carnegie Tsinghua Center for Global Policy said the fund is a concrete form

the United States,” noted Ferchen. The New Development Bank is expected to be based in Shanghai and have an Indian citizen as its first chief executive. Skeptics say the bank faces challenges over whether the creditor nations will use the institution to promote their own national interests.

But with China’s growing economic might, many expect it could become a powerful international force. It could also help promote other currencies, such as China’s yuan, as an alternative to the present global finance system, dominated by the U.S. dollar.

Akshay Mathur, Head of Research and Geoeconomics Fellow at Gateway House, said the new bank could help developing powers get around sanctions imposed by the West.

“When more and more geopolitical events take place, such as, Iran, or Ukraine, and you know, the more dollars in use, the more control the U.S. has over the financial architecture. But in a multi-currency architecture the U.S. will lose that grip and other countries will remain in control of their currency so that can continue to conduct trade without being sanctioned,” Mathur explained.

Parts of the new bank still must be approved by local legislatures. Officials say they hope to make the first loan in 2016.

- VOA News

Decline of French Language Could Cost Half a Million Jobs in France

A decline in the number of people worldwide who speak French could cost France 120,000 jobs by 2020 and half a million by 2050, due to missed economic opportunities, a report commissioned by President Francois Hollande said on Tuesday, August 26.

“Unless there is a major effort, we could witness a retreat [for French speaking],” the report’s author, veteran economist Jacques Attali, said in a foreword.

“This decline could lead to a loss of market share for French companies, a collapse in the use of continental law to the benefit of the Anglo-Saxon business law, and a decline in attractiveness for universities, culture and products from France and in French,” he said.

Once the international language of royal courts and diplomacy, French has lost ground to English in recent decades, but the report said the right policies - in education and industry - could increase the number of French speakers from an estimated 230 million today to as many as 770 million by 2050.

The number could decline to fewer than 200 million by 2050 if unchecked,

it said. Hollande had asked Attali, a former adviser to President Francois Mitterrand, to find ways to harness the French language’s global reach in ways that might drive economic growth, which was zero in the first half of 2014.

Economic stagnation and record unemployment are behind Hollande’s decision this week to appoint his third government team in two years.

Attali’s report cited research that found countries with linguistic connections do 65 percent more business with each other than those that do not.

There are 37 “francophone” countries where French is either an official language or is spoken by at least one in five of the population - making it an “enormous and insufficiently exploited” economic resource, the report said.

Adding data from a further 41 nations with big French-speaking minorities, such as Israel, or with neighborly links to francophone countries, such as Nigeria, the report put the number of French speakers worldwide at about 230 million, including 130 million for whom it is their main language.

- Reuters/via VOA News

All stakeholders should work constructively in Sri Lanka: PM Narendra Modi



TNA leaders in New Delhi with PM Narendra Modi

Pitching for a political solution that meets aspirations of ethnic Tamils, Prime Minister Narendra Modi on August 23rd said all stakeholders in Sri Lanka should engage “constructively” in a spirit of partnership and mutual accommodation within the framework of a “united Sri Lanka”.

He stated this when a delegation of Sri Lankan Tamil MPs met him here and briefed him on the situation, including the alleged moves by the Sri Lankan government to change the cultural and linguistics identity of the northeastern areas and militarisation in the Tamil-majority localities.

Modi assured the Tamil National Alliance (TNA) delegation of India’s continuing support for relief, rehabilitation and reconstruction works in Northern and Eastern Sri Lanka particularly in projects relating to housing, livelihood generation, capacity

building, education, hospitals and infrastructure.

A PMO statement said the TNA delegation briefed the Prime Minister on the situation in Sri Lanka and their “assessment and expectations” regarding devolution and national reconciliation.

“The Prime Minister stressed the need for a political solution that addresses the aspirations of the Tamil community for equality, dignity, justice and self respect within the framework of a united Sri Lanka.

“In this context, the Prime Minister urged all stakeholders in Sri Lanka to engage constructively, in a spirit of partnership and mutual accommodation, towards finding a political solution that builds upon the 13th Amendment of the Sri Lankan Constitution,” it said.

- PTI



Kamal Haasan condoles Robin Williams death

Actor Kamal Haasan on August 12 condoled the death of Oscar winning actor-comedian Robin Williams, saying the actor "brought dignity to male crying".

"Comedians are invariably critics of society who have masked their anger with humour. Constantly maintaining a funny facade leads to depression. Robin Williams true nature is being quick to tears. You can see it in his films," Kamal Haasan said in a statement.

"Williams could have never become a star in the 1960s, for American film heroes were too scared to cry on screen," said Kamal Haasan, whose "AvvaiShanmughi" in Tamil and "Chachi 420" in Hindi is believed to be inspired by Williams' popular movie "MrsDoubt fire".

"The Vietnam war changed the American psyche. Rambo was the first popular action hero to show panic cry and scream in fear. Robin Williams brought dignity to male crying. I like him for his talent," he said.

On the suspected suicide of Williams, he said, "if the alleged story about his suicide is true then I dislike him for ending his life before his due date of expiry. That's a cop out that I don't expect of an artist of his calibre. Same applies to my Indian Idol Guru Dutt". - PTI



Robin McLaurin Williams
(July 21, 1951 – August 11, 2014)
as Mrs. Doubtfire

US to Consider Domestic Abuse in Asylum Cases

A Women seeing spousal abuse in their home countries could be eligible for asylum in the United States for the first time, following a recent ruling.

The Justice Department's Board of Immigration Appeals ruled Tuesday, August 26th that a Guatemalan woman who escaped "repugnant abuse" by her husband can qualify for asylum, after police in Guatemala did not respond to her reports of weekly beatings, attacks and rape.

To seek asylum in the U.S., applicants must prove that the government in their home country was involved in

their persecution, or was unable or unwilling to stop it.

They also must show they were persecuted because of their race, religion, nationality, political opinion or membership in a particular social group -- in this case, the group of "married women in Guatemala who are unable to leave their relationship."

The ruling does not make asylum automatic in these cases. But it could open the door for spousal abuse victims from Guatemala and other countries to seek it.

- VOA News

Indian Economy Showing Signs of Recovery

India's economy is showing signs of recovery with the rate of growth at its fastest pace in over two years. The government says it expects the trend to continue.

It was promises of reviving the sluggish economy that brought the right-wing government led by Prime Minister Narendra Modi to office three months ago. And latest economic numbers suggest those expectations are being met.

The 5.7 percent growth reported in the April to June quarter is the highest

since 2012.

Economists said the coming months were likely to see even more robust growth.

The new government has disappointed some economists who say it has yet to put in place bolder reforms in areas such as labor and tax laws, which are politically sensitive. Without these, they say, India may not be able to return to the levels of growth that made it one of the world's fastest economies during the last decade. - VOA News

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Nallur Kandaswamy Temple Festival - Jaffna, Sri Lanka



The annual grand Ther (Chariot) festival of one of Sri Lanka's most revered Hindu temple, the Nallur Kandaswamy Temple, was held amidst thousands of devotees thronging the temple on August 24. The 25-day annual festival took place this year from Friday, August 1 to Wednesday, August 27.

Chennai turns 375



Chennai is the home of Tamil cinema industry

A name that kindles the old world charm, 'Madras,' in its latest avatar Chennai, turned 375 today as festivities marked the birthday of this historic coastal city in South India.

In the run up to Madras Day, a long list of programmes devised by a set of volunteers, including historians, were undertaken since August 17.

The city was believed to have been founded on August 22, 1639. A British-era name that brought with it a lot of old world charm and memories associated with it, Madras was rechristened Chennai by the DMK Government in 1996.

What was once believed to be a sleepy hamlet, Chennai has now transformed into a bustling metropolis dotted with skyscrapers, malls and IT offices stretching beyond the city limits, even as the young and old hobnob with their choice of filter coffee and cappuccinos.

While a group of heritage lovers came together to celebrate August 22 as Madras Day lining up a series of events including heritage walks, exhibition of old photographs, film screenings and culinary sessions, TV and radio channels aired programmes related to the city's birthday.

The topics on which the walks, talks and shows are based include the city's origin, Armenians in Madras, forest conservation, temples and churches besides cartoons to attract children and many more.

Madras, or Chennai, is not only known for its sumptuous spicy menu, but also boasts of the sandy Marina, billed as the world's second longest beach, the multi-million rupee Tamil cinema industry whose icons include M G Ramachandran, Sivaji Ganesan, Kamal Haasan and Rajnikanth.

The city has the rather unenviable record of being bombed by a German ship, Emden, in 1917 during the first World War, that tested the then British rulers' resolve though it did not cause much damage to the city.

Since then, Emden has found a place in the Tamil lexicon, meaning someone who is determined and bound to create trouble.

It is a different story that the German ship was later neutralised by the then fledgling Australian Navy, celebrating which its Consulate General here held a photography exhibition as part of the Madras Day menu.

- PTI

Jaffna Railway Station gets new look



The Jaffna Railway Station which was destroyed during the war is being developed into one of the most modern railway facilities in the country.

Construction work is to be completed soon and the Yal Devi express train is scheduled to resume services by then.

This railway station is being reconstructed at a cost of Rs. 143 million without changing its original design.

The reconstruction of the platforms and of official quarters has also been completed.

A food city, Bank of Ceylon Branch and air conditioned passenger waiting area will be some of the conveniences available to passengers.

According to project official Pavithra Muthukumar Raja, 75 percent of the

work on the station has been completed. She said the renovation of the ground floor is nearing completion.

"The second floor consisting of 11 rooms with attached bathrooms is also being constructed and we expect to complete the work by mid-September, she said.

The official said that the walls of the second floor were fully reconstructed and the work on 11 rooms on the upper floor of the station is nearing completion.

We have constructed a new ticketing counter at the station, she said.

The construction of the station is handled by the Central Engineering Consultancy Bureau.

Yal Devi train service from Colombo to Jaffna is expected to resume by end of this month, September 2014.

'Little India' welcomes 250,000 visitors at TD Festival of South Asia



Opening Ceremony



Dandy Parade

(Toronto, August 23, 2014) The 12th annual Festival of South Asia officially kicked off today at Gerrard India Bazaar BIA with the Dandy Parade – a group of talented musicians leading sponsors, city councillors, BIA board members through Little India on Gerrard Street East.

Presented by TD Bank Group, this is one of the most anticipated street festivals in Toronto. By the time this two-day event finishes at 11PM on Sunday, an estimated crowd of 250,000 would have passed through Gerrard Street East, between Coxwell and Greenwood.

The street is lined with food booths, featuring Indian, Pakistani, Bangladeshi, Hakka Chinese and Canadian cuisines. The TD main stage provides 16 hours of cultural performances, Bollywood dances and a fashion show.

For the sporty types, they can test their hand-eye coordination at the Canada Dry Cricket Challenge. Toronto Raptors Mobile Fan Zone was opened Saturday afternoon for hoops fans. Former Raptor captain, Alvin Williams, also made a special appearance to sign autograph.

There is also a 20-foot visual art display on Rhodes Avenue ideal for photo opportunity. Highlights from Bollywood Blvd., one of OMNI TV's highest rated shows, will be shown on the street after dark.

Mr. Chand Kapoor, Chair of Gerrard India Bazaar BIA, is especially proud

of the level of participation from his members in this signature event. "All the shops have been working tirelessly over the past few weeks to ensure there is something for every festival visitor. I believe they have met their objective."

In addition to the generous support by TD Bank Group, the festival is also sponsored by Celebrate Ontario, City of Toronto, Canada Dry, OMNI Television, CUPE Local 79, Kijiji, Toronto Hydro and Toronto Arts Council. Prime Advertising is the event producer.

Festivities of the TD Festival of South Asia take place from noon to 11PM on both August 23 (Saturday) and August 24 (Sunday). Admission is FREE. For updates and information, please visit

www.festivalofsouthasia.com

About Gerrard India Bazaar BIA

Gerrard India Bazaar is the largest marketing place of South Asian goods and services in North America. With over 100 shops and restaurants which represent regional diversities of South Asian culture, food, music and products, this slice of the Indian sub-continent offers a wide selection of services and products. The array of merchandise available here helps South Asians maintain ancient cultural and religious traditions while maintaining the contemporary lifestyle of the Sub-continent. For information, please visit <http://www.gerrardindiabazaar.com>.



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Study suggests hatha yoga boosts brain function in older adults

By Diana Yates

CHAMPAIGN, Ill. — Practicing hatha yoga three times a week for eight weeks improved sedentary older adults' performance on cognitive tasks that are relevant to everyday life, researchers report.

The findings involved 108 adults between the ages of 55 and 79 years of age, 61 of whom attended hatha yoga classes. The others met for the same number and length of sessions and engaged in stretching and toning exercises instead of yoga.

At the end of the eight weeks, the yoga group was speedier and more accurate on tests of information recall, mental flexibility and task-switching than it had been before the intervention. The stretching-and-toning group saw no significant change in cognitive performance over time. The differences seen between the groups were not the result of differences in age, gender, social status or other demographic factors, the research team reported.

Hatha yoga is an ancient spiritual practice that involves meditation and focused breathing while an individual

moves through a series of stylized postures, said Neha Gothe, who led the study with University of Illinois kinesiology and community health professor Edward McAuley. Beckman Institute director Arthur Kramer also contributed to the study. Gothe is now a professor at Wayne State University.

"Hatha yoga requires focused effort in moving through the poses, controlling the body and breathing at a steady rate," Gothe said. "It is possible that this focus on one's body, mind and breath during yoga practice may have generalized to situations outside of the yoga classes, resulting in an improved ability to sustain attention."

"Participants in the yoga intervention group showed significant improvements in working memory capacity, which involves continually updating and manipulating information," McAuley said. "They were also able to perform the task at hand quickly and accurately, without getting distracted. These mental functions are relevant to our everyday functioning, as we multitask and plan our day-to-day activities."



Previous studies have found that yoga can have immediate positive psychological effects by decreasing anxiety, depression and stress, Gothe said.

"These studies suggest that yoga has an immediate quieting effect on the sympathetic nervous system and on the body's response to stress," she said. "Since we know that stress and anxiety can affect cognitive performance, the eight-week yoga intervention may have boosted participants' performance by reducing their stress."

The results of the study are only

preliminary and involve a fairly short-term intervention, the researchers said. Further research is needed to confirm the results and reveal the underlying brain mechanisms at play.

The team reported its findings in *The Journals of Gerontology Series A: Biological Sciences and Medical Sciences*. The National Institute on Aging at the National Institutes of Health supported this research.

(news.illinois.edu)

Vitamin D May Help Avert Alzheimer's Disease, Dementia

by Jessica Berman

Simply taking a daily vitamin D supplement may be enough to ward off Alzheimer's disease and other forms of dementia, according to medical experts.

Researchers caution, however, that the results of a large, recently published study do not demonstrate that low levels of vitamin D necessarily cause dementia. Still, they are encouraged by the link between the affliction and vitamin D deficiency.

An estimated 50 percent of older individuals have low levels of the nutrient, according to the study, published in the journal *Neurology*.

If there is, in fact, a connection between depleted vitamin D levels and dementia, including Alzheimer's, it may be possible to prevent or even treat the brain disorders with a simple supplement.

"It's an open question whether you could reverse the impact on people's memory and other aspects of their ability to think clearly. What we're hoping is, obviously, that we can at least

slow down the accumulation of disease in the brain. Or if we could stabilize things, that would be great," said David Llewellyn, a clinical epidemiologist with Britain's University of Exeter Medical School.

He is co-author of a study involving just over 1,600 elderly American adults over the age of 65.

Participants in the six-year study were dementia-free when researchers measured their vitamin D levels. After a half dozen years, 171 of the adults developed dementia and 102 had clinical signs of Alzheimer's disease.

Investigators found that low levels of vitamin D increased the risk of dementia by 53 percent. Those with severe deficiency had a 125 percent increased risk of dementia compared to those with normal vitamin D levels.

In addition, people who were deficient in vitamin D were 70 percent more likely to develop Alzheimer's disease. Those who had severe deficiency were 120 percent more likely to develop Alzheimer's, compared with people whose vitamin D levels were adequate.



"We were surprised by this because the association was about twice as strong as we predicted from our previous research. So the risk of dementia was more than doubled in those who had the lowest levels of vitamin D," Llewellyn said.

Other studies have linked vitamin D deficiency to stroke, autoimmune disease and the health of nerve cells.

The best sources of vitamin D are exposure to sunlight and a diet rich in oily fish, like salmon. Llewellyn says

people in northern climates tend to be at higher risk of deficiency. But there's a fair amount of vitamin D deficiency in countries where people cover up to avoid over-exposure to the sun and skin cancer.

There may be a vicious cycle among people who develop dementia. Their vitamin D levels can become even more depleted as they tend to eat poorly and become less physically active, according to Llewellyn.

(VOA News)



The Ebola Crisis: Are We Ready?



By: Jeavana Sritharan,
BHSc, MHSc,
PhD Student

Over the past few months, you would have heard bits and pieces about the Ebola outbreak in West Africa. You may think that this is quite far from us but in fact, the greatest fear is that this could turn into another SARS outbreak. Ebola is highly fatal – up to 90% of patients who are infected can end up dying from it.

Remember SARS?

In 2003, the outbreak of SARS changed the way public health systems worked around the world. Within weeks of the SARS outbreak, it spread to 37 countries with hundreds of deaths around the world. The SARS virus began by affecting people in Hong Kong and was spread to other visitors who ended up traveling to Canada, Singapore, Vietnam, and Taiwan, spreading the disease to these nations. There were two phases of outbreaks in Toronto, resulting in the death of about 44 individuals with 400 ill individuals, and thousands of individuals in quarantine. Toronto was one of the major cities hit severely with SARS which was a first ever for Canada.

As SARS is a viral condition, antibiotics would not work and so supportive and precautionary methods have to be taken. Even now there is no known vaccination or cure for SARS that can be safely used in humans.

During this intense outbreak, Canada had no national standards to address such emergency situations and more importantly it lacked isolation facilities and infection control procedures. In Ontario, SARS was declared a provincial emergency as the majority affected was in Ontario. This led to increased research, new procedures, and new practices being put forth as a result of SARS – in other words, Public Health Ontario was created.

Back to Ebola

The Ebola outbreak originally began in December 2013 but was not identified until March of this year. This has been the most severe outbreak of Ebola ever known to mankind. Due to the increasing number of infected individuals and number of deaths, the World Health Organization (WHO) has declared this outbreak a public health emergency of international concern. This means that countries are expect-



ed to put forth and follow measures of control, prevention, surveillance, and response. The main concern is that the affected nations of West Africa do not have the capacity to deal with such outbreaks and aid would be needed from other nations to contain the outbreak. Thus far, Guinea, Liberia, and Sierra Leone have activated emergency procedures and practices as a result of this outbreak. Many other nations saw few cases or negative cases suspected to be Ebola. Surveillance, containment, and appropriate emergency procedures helped identify these potential cases and to isolate and test these individuals for Ebola.

There are many complications with



Ebola in West Africa amongst the restrictions and containment efforts put forth. There is not enough equipment for medical personnel to protect not only themselves, but the patients and the communities. As hand washing and disinfection practices are highly necessary, there is a need to increase these practices in West Africa. However, due to limited supplies of soap and water this has made methods difficult. There are also beliefs in West Africa



that mainstream medicine is not as effective as the rituals and customs in these communities making it difficult to maintain practices and contain the disease.

Canada decided to donate hundreds of doses of an untested vaccine to the WHO to help find a possible vaccine for Ebola. Canada is also providing millions to help with the humanitarian relief in affected nations while aiding with interventions for health and public safety.

Is Canada Ready?

The spread of diseases like Ebola and SARS can happen quickly and unknowingly so catching all potential cases and taking precautions is of primary con-

cern. Canada has much confidence that we are ready and that there is a very low chance of Ebola spreading to North America. The protocols in place following SARS have made Canada prepared for an emergency outbreak and the risk of Ebola reaching North America is quite low. With this in mind, Canada is still taking all necessary precautions like other nations. Canada does not currently have direct flights to affected countries but it still assesses individu-

als coming in at multiple entry points. Of course this cannot ensure that all infected individuals are actually identified – but Canada does have a system in place.

Even if one case of Ebola were to be found in Canada, this would be a serious national emergency and considered a severe threat due to the nature of Ebola. Anyone coming back from high risk areas would be monitored for Ebola symptoms and placed in isolation in a health care facility until the infection is confirmed. If an individual is diagnosed for symptoms related to the disease then the Quarantine Act allows the symptomatic individual to be detained with a full medical assessment. The health officials would then re-trace the individual's steps to identify others who were in contact with the infected person. Again, these contact individuals would be monitored and isolated and this process repeated through all those who were in contact. First responders, hospital workers, and family members of the infected individual are considered to be at high risk in comparison to the rest of the population. This is well known following the SARS outbreak but with an aggressive network in place, we can contain Ebola.

Over the past few months there have been situations proving how Canada has reacted to these possible cases. Each case was isolated and tested while notifying anyone who was in contact with the case person. However, the few incidences have proven to be negative cases meaning the individuals were not infected with Ebola. Canada is prepared from the airline to border services to public health services. This means that all points of entry into Canada are routinely monitored to track down potential cases as soon as they enter Canada. It is also important to note that Ebola does not work like the flu and cannot be spread through casual contact or by air as you can only become infected through bodily fluids.

Universal precautions are implemented during these types of outbreaks to encourage constant handwashing, disinfecting of touch surfaces, use of surgical masks, and avoiding contact with bodily fluids.

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

Rouge Valley doctor receives teaching honour

Award-winning paediatrician leads new residency program at RVHS

Dr. Yehuda Nofech-Mozes has earned the Marvin Gerstein Award for excellence in teaching at the Paediatric Awards Day at the Hospital for Sick Children in Toronto (SickKids).

The director of the paediatric medical education program at Rouge Valley Health System (RVHS), Dr. Nofech-Mozes recently completed eight years part-time at SickKids in addition to his work at RVHS. While at SickKids, he taught University of Toronto (U of T) paediatric residents who nominated him for this honour. The Marvin Gerstein Award, which goes to a part-time member of the department of paediatrics at SickKids, was presented to Dr. Nofech-Mozes on June 4.

Dr. Nofech-Mozes is no stranger to teaching. Together with the team of paediatricians at RVHS, he has been actively involved in the U of T undergraduate and post-graduate teaching programs in paediatrics for many years.

Having just been recognized for excellence in teaching residents, Dr. Nofech-Mozes will now be part of a new residency program at RVHS. Rouge Valley's paediatrician team is collabo-

rating with The Scarborough Hospital (TSH), a community-affiliated teaching hospital of the U of T, and taking part in the U of T/TSH family medicine residency program. As of just last month, Rouge Valley now has a second-year resident position year-round, with residents rotating for one month at a time. The residents receive general paediatric hospital and of-ice-based teaching at TSH and subspecialty clinic exposure for their second-year rotation at RVHS.

"At RVHS we have very strong subspecialties. These residents come to us for training in our many clinics" says Dr. Nofech-Mozes. "Rouge Valley Centenary provides a broad range of highly-skilled specialty paediatric services to east Toronto and west Durham. Because of this, we have responsibilities to train nurses, nurse practitioners, residents, and medical students," he adds. Dr. Nofech-Mozes sees many positives to having residents in family medicine come to RVHS for their training. "RVHS will benefit because we will have residents year-round who will get to know the quality of our services. TSH benefits because we are

creating a teaching partnership, and supporting their teaching load. It will benefit the residents, as they will acquire more diverse experience. When they leave RVHS, they will be familiar with the different subspecialty clinics and services that we have to offer the children of our community. And this will only benefit patients and families down the road. It is a win-win-win-win situation," he says.

The clinical rotation in paediatrics at RVHS was made possible by collaboration with Dr. Peter Azzopardi, chief of paediatrics at TSH; Dr. Larry Erlick, chief of the department of family and community medicine (DFCM) at TSH and academic site chief, DFCM, faculty of medicine, U of T; and Dr. Jennifer McDonald, co-director of the post-graduate family medicine residency teaching program, U of T, faculty of medicine at TSH.

Dr. Nofech-Mozes says, "We are excited to be collaborating with TSH. Both of our hospitals are growing with us working together."

The team of subspecialists involved, who are actively supporting and providing teaching and clinical guid-

ance in different subspecialty fields at RVHS, include:

- Dr. Latifa Yeung and Dr. Carol Durno (gastroenterology);
- Dr. Miah Hahn (orthopaedics);
- Dr. Hubert Wong (nephrology);
- Dr. Joyce Ching and Dr. Audrey Segal (immunology and allergy);
- Dr. Lani Lieberman (hematology and sickle cell clinic);
- Dr. Phakamile Madikiza (sickle cell clinic);
- Dr. Karoon Danayan (rheumatology); and
- Dr. Margaret Gan-Gaisano (endocrinology and diabetes).

RVHS general paediatricians also actively support the residents' teaching program by supervising and guiding their clinical work in Rouge Valley's paediatric consultation clinic.

Dr. Nofech-Mozes was also the winner of the Community Paediatrics Clerkship Award for Excellence in Teaching in 2010, and the Lionel Weinstein Clerkship Teaching Award in 2009, both given by the University of Toronto's department of paediatrics.

Pain pump for surgical program

Representatives from the Pickering Rotary Club visited Rouge Valley Ajax and Pickering hospital recently to see how the funds from their Run the Lake event have helped the medical team and patients.

They heard from an anaesthesiologist and the surgical program manager how a new pain pump is helping them to treat patients. The pump assists the doctors in administering medications in a continuous manner. This is used during the administration of anesthesia and during the case for pain relief.

The Foundation would like to ex-

press its appreciation to the members of the Rotary club for their ongoing support. Look for more details on this year's Run the Lake, sponsored by the Rotary Clubs of Ajax and Pickering, in a future edition of Community Giving.



IODE helps keep our babies warm

Rouge Valley Chapter IODE has a long history of supporting the Neo-natal Intensive Care Unit (NICU) at Rouge Valley Ajax and Pickering hospital.

Their most recent purchase of a blanket warmer assures our tiniest babies can always have a nice warm blanket. The staff of the unit and the Foundation wish to thank these dedicated women for their ongoing support.

The Chapter is actively looking for new members to join this women's only organization - visit www.iodeontario.ca.

Pictured: Janet Price, Heather Price, Donna Brownlee, Manager of Paediatrics at RVAP, Mary K. Anderson, and Margo MacKinnon.



Run for Rouge Valley! Sunday, October 19

Join Rouge Valley physicians, staff and friends at the 2014 Scotiabank Waterfront Run and help raise funds for the Surgical Program. With three distances to choose from - marathon, half-marathon and 5k - you'll have no problem running or walking across the finish line, but really it's our patients who will be the real winners.

If you would like to join the team, contact Jennifer Collins in the RVHS Foundation of-ice, jcollins@rougevalley.ca or call 416-281-7342 x4274, to receive the discount code you need to register for the run. Or, you can sponsor the team and help Rouge Valley runners reach their \$5,000 goal by visiting the website.

Mayors' Charity Golf Classic Thursday, Sept. 11, 2014

Cherry Downs Golf Club, Pickering

Tee off at 11 a.m.

Sponsorships available!

Contact Maureen at 905-683-2320 ext. 1212 or email mdowhaniuk@rougevalley.ca.



A true believer in Rouge Valley's Cardiac Care



Dr. Paul Galiwango, Manager of Diagnostic Imaging, welcomed Ms. Barker and showed her the monitors, which bear stickers showing they were made possible thanks to Ms. Barker's donation

Irena Barker recently accepted an invitation to visit Rouge Valley Ajax and Pickering hospital to see the results of her most recent donation.

A longtime supporter of Rouge Valley's Cardiac Care program, for the care she has received over the years, Ms. Barker recently donated to make it possible for new portable heart monitors to be purchased for RVAP. She explains that she has beaten the odds many times in her life, through difficult health problems, and she credits the medical team at Rouge Valley as one of the reasons she is alive today.

Classic cars the star of this show



Vintage cars roared in Scarborough on July 20 with the return of Quick Lane Tire & Auto Centre's 3rd Annual Show & Shine.

This year's event was held at a new location, the Town Centre Plaza, and a new sponsor, Princess Auto, joined the event to make it a great success.

Participants competed for Best in Show, Best in Class and a Low Rider Award. Proceeds from the Show & Shine go to the Rouge Valley Centenary hospital to support the purchase of leading-edge medical equipment.

RVAP Photo Exhibition (Aug, 14)

A new photograph exhibition adorns the walls at Rouge Valley Ajax and Pickering hospital thanks to the Ajax Photography Club.

This time, Michael Nelson and John McDonnell have lent their works to the hospital to be enjoyed by patients, staff, volunteers and visitors.

John has been a photographer for about 10 years. While he loves all the facets of picture taking, he enjoys most the patient you learn as well as the ability to enjoy nature at its best

and the challenge to get that perfect shot.

Michael, on the other hand, has been shooting photographs to record his thoughts for over 45 years! For the last four years, he has been able to shoot full time and enjoy the challenge of developing ideas from many sources.

If you would like to purchase any of the photographs, please contact the RVHS Foundation of care at 905-683-2320 x1501. The artist makes a donation for each work sold.



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.





Patients Learn a New Sport, Make Friends and Laugh with Golf Program

Over the summer, Providence Healthcare's Transitional Golf Program bussed down to Polson Pier Driving Range where patients had a chance to practice their chipping and driving under the summer sun.

Running since 2009 with support from the Canadian Amputee Golf Association, the program provides patients with two 1.5 hour in-house sessions where they talk about the benefits of golf and community resources for when they go home from hospital as well as practice their golf swing on Providence's greens before heading to the Driving Range.

"For a lot of people, this is their first outing since they've been in our Hospital," says Tracy Martin, a Therapeutic Recreationist in Providence Hospital. "It gives them an opportunity to connect with other patients, share stories and laugh while engaging in a new – or for some of them, old – sport."

Participants this year included Hospital patients as well as outpatients from Providence's Stroke, Mobility and Falls Prevention clinics.

To learn more about Providence's Golf Program, listen to the podcast available at www.providence.on.ca.

ABOUT PROVIDENCE HEALTHCARE



At Providence Healthcare, we provide leadership within the healthcare system by helping people access and receive the care they need in the most effective way possible. Our goal is to help people return home whenever possible with maximum potential and independence.

Through Providence Hospital, we help adults of all ages rehabilitate after strokes, orthopaedic surgery, lower limb amputations or other complex medical conditions. More than 5,000 people benefit from our innovative approach to rehabilitation treatment, resources and support each year. We also help people living with end stage symptoms of a terminal illness by providing state-of-the-art care in a supportive environment.

As an active community partner, we offer clinics to promote healthy living, recovery and well-being to people in

the Greater Toronto Area. Our community programs include our Adult Day Program for people with mild to severe dementia, caregiver support and the education resources of our Scotiabank Learning Centre.

Our long-term care home, the Cardinal Ambrozic Houses of Providence, is home for each of our 288 residents. With a focus on quality of life, the Houses ensure that we continue to provide the highest standards of comfort, care and safety for our residents.

With a Catholic legacy that dates back to 1857 when the Sisters of St. Joseph founded the original House of Providence in downtown Toronto as a refuge for the sick, poor, elderly and homeless, we work hard to ensure this tradition lives on at Providence and reflects the key attributes that have become our promise: Helping people. Healing lives.

Best golf tournament in the city celebrates 20 years

On August 25, the Ken & Nancy Shaw Providence Golf Classic, presented by Premier Mobility, celebrated its 20th anniversary in style at Coppinwood Golf Club, raising an impressive \$180,000(net) for Providence Healthcare.

"This was our most successful tournament in our history," says Jennifer Stewart, President and CEO, Providence Healthcare Foundation. "All that we do would not be possible without the support of our community, family and friends. Thanks to your generosity, Providence Healthcare is making an impactful and important difference to those we give hope, help and healing to each and every day."

This year's event itself was memorable in that it was dedicated to a shared purpose: to honour a tournament that has stood the test of time, and to provide the best golf experience ever. And we did just that!

"Premier Mobility was pleased to play an integral part, along with many generous sponsors, donors and supporters, and provide some of the resources necessary for Providence Healthcare to continue its legacy of exceptional care long into the future," says Jim Karagiannis, President, Premier Mobility. Premier Mobility was the Exclusive Tournament Sponsor of the event.

Highlights from the 2014 Providence Golf Classic

- Generous sponsors, donors and volunteers came together for Providence to make our tournament simply unforgettable.
- Honouring the tournament founders and long-time supporters at

the award ceremony.

- Special thanks to PGC Chair, George Macri, Vice-Chair, Tom Zoras, and the PGC Committee for their valued contributions and time spent preparing for this milestone event.

- Emcee Ken Shaw shared his personal message with guests; how he first became involved with the PGC tournament (over 15 years ago); and what inspires him to continue to support Providence.

- A heartfelt thanks to Coppinwood Golf Club for their guidance, advice and support of this year's event... not to mention their service that was second to none!

- Reptilia brought a collection of exotic reptiles, amphibians and even a few arachnids for golfers to observe and touch... if they dared!

- Two incredible Hole-In-One contest holes, each with a chance to win an Audi luxury vehicle, sponsored by PFAFF Audi.

- Special treats along the course that included Molson Coors and Jack Daniel's "Country Cocktail" tasting holes, a mojito station, fish tacos, beef sliders and ice cream sandwiches.

Join us next year for a round of Golf

The 21st annual Ken & Nancy Shaw Providence Golf Classic is scheduled for August 2015. To join the event as a sponsor or book your team(s) today, please contact the Foundation at 416-285-3666, ext. 4232.

Want to get involved with other events for providence?

Contact the Providence Healthcare Foundation at 416-285-3630 or email foundation@providence.on.ca.



L to R: Jennifer Stewart, Nancy Shaw & Ken Shaw



Premier Mobility Golf Team

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Special Feature

Gary Anandasangaree receives Liberal Party nomination for the new Federal riding of Scarborough - Rouge Park

By Siva Sivapragasam

Amidst loud cheers and rounds of applause, young lawyer and community activist Gary Anandasangaree who has devoted a good part of his adult life towards public service, received nomination from the Liberal Party membership to contest the riding of Scarborough - Rouge Park.

Gary is a Scarborough-based lawyer and social activist who ran for the Liberal nomination for the new federal riding of "Scarborough-Rouge Park." Mr. Anandasangaree is entering federal politics because he wants to make a difference in the lives of local residents. Throughout his career, Mr. Anandasangaree has been a passion-

ate champion of local businesses and communities in the Scarborough area. Gary was called to the bar in 2006 and holds a law degree from Osgoode Hall Law School. He has used his legal work to advocate for justice, education and human rights, and has appeared before the Human Rights Council in Geneva, Switzerland. He was also the President of the Canadian Tamils' Chamber of Commerce (CTCC). CTCC is the representative body of the Tamil Business community in Canada.

During the past, Gary has worked to bring issues that are of great importance to the Tamil community to the forefront and has worked to find a constructive solution forward. He has during the last twenty years, been a tireless advocate in the areas of youth issues, social justice and human rights.

Gary is also a Board member of the Youth Challenge Fund, Member of the Police Chief's Advisory Board, member of the United Way Newcomers Grants program and is also past chair of the Canadian Tamil Youth Development Centre.

Gary is now ready to take the next



step and represent area residents and organizations in federal politics where he feels he can get results for the community he is proud to call home. Gary is also a firm believer and supporter of youth initiatives to make them become leaders of tomorrow.

Gary is looking forward to receive support from all communities in the riding of Scarborough-Rouge Park to build

up a strong Liberal vision in the weeks to come.

Gary Anandasangaree's nomination by the Liberal Party has now confirmed the popular belief that he was ideally suited to represent the riding of Scarborough-Rouge Park. Scarborough-Rouge Park is a new riding that was created through a boundary redistribution in September 2013.

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It's a hole-in-One!

THE 6TH ANNUAL SCARBOROUGH WORLD CUP OF GOLF RAISES \$100,000 FOR CANCER CARE AT THE SCARBOROUGH HOSPITAL

The 6th annual Scarborough World Cup of Golf, held at the Angus Glen Golf and Country Club in Markham on August 26, raised \$100,000 for The Scarborough Hospital's Cancer Care program.

This year's event, emceed by Joe Tilley, Sports Anchor for CTV News, included a day of golf, dinner, raffle prizes and a silent auction. NHL alumni, Jim McKenny and Ron Ellis, also played in the event, each joining a lucky foursome on the world famous golf course.

"It's great to see so many people from our diverse Scarborough community come out to play a fun game, for a great cause," said Michael Mazza, President and CEO of The Scarborough Hospital Foundation. "Funds raised from this year's event will go to enhance the delivery of care, efficiency and accessibility of services for Scarborough

residents living with cancer. Like I've said in the past, I truly believe that strong communities build strong hospitals, and residents in the Scarborough community are dedicated to making their hospital a leader in Cancer Care."

According to Nancy Veloso, Patient Care Director of The Scarborough Hospital's Cancer Care program, TSH receives more than 24,000 visits annually to its oncology clinics, many of which are patients being screened through the Ontario Breast Screening Program. "Last year, The Scarborough Hospital screened over 6,000 patients through the program and provided more than 6,300 additional diagnostic mammographic procedures annually. This screening saved many people's lives – women and men – in our community. Thank you for making it your priority."



Ron Ellis, NHL Alumni played with a lucky foursome. Ron Ellis is second from the left



Jim McKenny, NHL Alumni played with a lucky foursome. Jim McKenny is far left



Putting on the green.



From left to right: President and CEO at The Scarborough Hospital (TSH), Robert Biron; Former Chair of TSH Board, Stephen Smith; Dr. Henry Krieger; Patient Care Manager for TSH's Oncology/Palliative Care unit (on secondment) and Central East Regional Cancer Program Leadership Committee Member Sari Greenwood



Members from CTCC, L-R: Mike Ahilan & Ken Kirupa, Past Presidents, Sinnadurai Jeyakumar, President & Santha Panchalingam, Executive Vice President



Fifty Northern undergrads' Jaffna -Colombo

'Cyclothon' raises funds for heart surgery in Jaffna

Flagged off after seeking blessings from the Nallur Kovil in Jaffna, around 50 undergrads of Jaffna University set off on their cycles for a worthy cause to raise funds for those needing heart surgery in northern Sri Lanka.

The Jaffna undergrads cycled to raise funds for the Oxonian Heart Foundation (OHF), a charity comprising professionals from all communities and headed by Cardiothoracic Surgeon Dr. Ravi Perumalpillai from Oxford. The OHF launched open-heart surgery for the needy at the private Northern Central Hospital in Jaffna on July 6.

The 'Cycle for Life' group set off from the Jaffna District Secretariat, after Northern Chief Minister C.V. Wigneswaran, Minister Douglas Devananda, Jaffna Mayor Yogeshwari Patkunaraja, Jaffna University Vice Chancellor Vasanthi Arasaratnam, Northern Provincial Council Opposition Leader S. Thavaraja, Senior DIG Northern Province Pujitha Jayasundara, Northern Central Hospital Chair-



man S.P. Samy and Dr Perumalpillai accompanied the cyclists from Nallur Kovil in a procession.

The Cyclothon route from Jaffna took them through Chavakachcheri, Meesalai, Kodikamam, Mirusuvil, Muhamalai, Pallai, Iyakachi, Elephant Pass, Paranthan, Kilinochchi,


Murikandy, Mankulam, Kanakarajanukulam, Puliyankulam, Omanthai and Thandikulam to Vavuniya.


From Vavuniya they cycled through Medawachchiya, Anuradhapura, Talawa, Tambuttegama, Galgamuwa, Ambanpola, Daladagama, Wariyapola and Kurunegala.

Setting off from Kurunegala, where they spent a night, they passed through Polgahawela, Alawwa, Ambepussa, Warakapola, Pasyala, Nittambuwa, Yakkala, Miriswatte, Kadawatha, Kiribathgoda, Kelaniya and Peliyagoda, reaching their final destination in Colombo.

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Health & Care

PATIENT IMPRESSED BY THE KINDNESS

DEMONSTRATED BY TSH STAFF

Darlene Chatten, a sufferer of osteoarthritis, recently underwent her second Oxford Knee Replacement surgery.

Her first surgery was on her right knee and was performed more than four years ago, by Dr. James Rathbun. Her recent surgery to replace her left knee, in late June, brought her back to The Scarborough Hospital (TSH).

What really stood out to Darlene this time around was how organized, thorough and thoughtful staff were at TSH.

“When I came in on the day of my surgery, I was informed of every detail that would take place that day and what to expect from my recovery. They also answered any questions I had,” says Darlene.

“They were transparent and open throughout the process – from consultation to recovery – and it made me more comfortable and confident with their skills, because I knew they were confident with what the outcome was going to be.”

The surgery went well for Darlene and she is now working with a physiotherapist regularly to bring her knee back to where it was before the arthritis limited its mobility. According to her physiotherapist,

Darlene’s range of motion is very good, which can be attested to the excellent care she received while at TSH.

“I have been to other hospitals and I haven’t seen this level of care before. The nurses and doctors would check in on me often to make sure I was doing alright. Every nurse from admission to discharge was respectful and pleasant, and made my stay more comfortable.” says Darlene.

And while Darlene says that everyone that she interacted with at TSH went above-and-beyond, there were two nurses that stood out in her mind that truly exhibited compassionate care; Registered Nurses, Robina Akhtar and Lynn Santiago-Reyes.

“Every nurse that took care of me was wonderful, especially Robina and Lynn. Robina had the patience of a saint and never stopped working and Lynn was very helpful and attentive,” she says. “While I was dealing with a great amount of pain, Lynn checked my chart several times to see when I could get the next dose of pain medication, so she could stay on top of my pain management. In between doses, she would suggest ways to lessen the pain and would bring me ice packs. The moment I was able to take my next



dose of pain medication, she was right at my bedside.”

Darlene is very happy with the “exemplary level of care” she received at TSH and thanks staff at the hospital for making her stay more enjoyable. She further notes that the most important thing that stood out to her during her stay was how staff looked out for her.

“I am an able adult; I can advocate for myself, so making sure I receive the care I need is not an issue for me. However, there are many people who can’t advocate for themselves. The nurses at The Scarborough Hospital took care of me and made sure I was comfortable and informed; I didn’t have to ask for help, they anticipated it. My experience just shows that the nurses at your hospital will stand up for the vulnerable.”

SPECIALTY CLINIC STAFF WORK TOGETHER TO IMPROVE PROCESSES AND CREATE BETTER PATIENT FLOW

Our journey of transformation at The Scarborough Hospital (TSH) continues to roll right along as more areas of the hospital are seizing the opportunity to promote quality and enhance the provision of health care for our community.

The Specialty Clinics recently held a Rapid Improvement Event (RIE) to address some barriers they faced in providing seamless care to their patients. Some of these issues included, overbooked clinics and sub-optimal work processes, which were placing stress on both staff and patients.

“These clinics receive a very high volume, which over time has limited the ease of patient flow,” says Nurallah Rahim, Patient Care Director, Surgical Program. “However, the team was excited to dive into the improvement process and, together, with input from their patients, began looking at ways to develop solutions.”

Analyzing each of the issues separately to identify where the gaps or inefficiencies were, the team began to generate potential resolutions that would lessen the burden on staff while improving quality and efficiency of care. Some of their goals included reducing patient wait times, decreasing the number of incoming phone calls, decreasing the amount of paperwork, and increasing patient satisfaction, all of which they hoped to achieve within three months – they did that and more!

Several other action items were also developed during the RIE, many of which were immediately implemented to further enhance the already excellent care provided at the Specialty Clinics.

“It was amazing to see the team come together and use their expertise to develop workflow practices that

would benefit both the patient and the staff,” says Jacqui Ho, Patient Care Manager, Endoscopy and Specialty Clinics. “Our staff are the experts in the day-to-day work in caring for our patients, and with support and encouragement from management and the performance improvement office, we were able to achieve excellent results.”

After completing their RIE, the team was able to reduce patient wait times for an X-ray by almost 10 minutes; they eliminated an extra step in X-ray orders, and trained 4C and CP3 to book clinic appointments at the time of discharge.

This is just the beginning of a complex process as the Specialty Clinic team continues to look at other sources of referrals such as the Emergency Departments and the specialists’ offices and to develop additional solutions that will further enhance the patient experience.

What are RIEs?

RIEs are short, intense problem-solving sessions that encourage staff to challenge the status quo and identify gaps in routine practices. They are one approach within the LEAN methodology, which our hospital is using to transform our processes and culture.

The RIE process aims at affecting positive change in a great way by adding value to the patient experience and increasing patient satisfaction. Several more RIEs will be hosted at TSH to assist in improving processes and, ultimately, improving quality of care for our patients.



(From left to right) Siobhan Lamana, Angela Bouzane, Donna Joncas, Jacqui Ho and Lisa Janev led the Specialty Clinic team in improving processes to enhance patient flow.

THE SCARBOROUGH HOSPITAL LAUNCHES CHINESE ENEWSLETTER

The Scarborough Hospital (TSH) is pleased to launch its eNewlster – My Scarborough Hospital – in a new Chinese format to better share information and engage with this population of the Scarborough community.

“Part of our commitment to providing the best health care for our global community is to ensure our communications are inclusive and accessible,” says Holly-Ann

Campbell, Director, Communications and Community Engagement. “We are pleased to now offer our eNewsletter in Chinese so we can better connect with our community.”

My Scarborough Hospital provides our community and stakeholders with valuable information about the hospital, and is distributed every two weeks to share news, events and initiatives happening at TSH. Every issue also includes a special feature

from one of our patients for a unique look at the excellent care provided by our staff and physicians.

We invite and encourage our Chinese stakeholders to visit www.tsh.to and subscribe to the English or new

Chinese version of My Scarborough Hospital for an opportunity to remain informed about the programs and services provided by TSH and to be engaged with the hospital’s planning and future development.



IMPROVEMENTS IN TSH EMERGENCY DEPARTMENTS IMPROVE PATIENT EXPERIENCE



Amazing service. Great professionalism. Compassionate staff.

These are just a few of the compliments The Scarborough Hospital (TSH) has heard in the last year from patients who have received care in the Emergency Departments (ED) at both the hospital's General and Birchmount campuses.

One such patient was Bradley Campbell who visited the ED following a significant bicycle accident.

"Knowing that your hospital has some of the best ED wait times in the GTA, I deliberately went to the Birchmount campus to see about my situation – I am so glad that I did," says Bradley in a letter to TSH. "The entire process - from triage to registration through to the examination, x-ray and discharge – was positive. I did not experience any delays in care, and everyone I interacted with was professional and caring. I cannot identify any aspect of the care process that could have been improved."

Six years ago, the Ministry of Health and Long-Term Care (MOHLTC) provided funding to TSH to support changes in the ED, and they have continued the Pay for Results (P4R) funding program that provides one time recurring annual incentive funding to EDs in provincial hospitals based on their successful reduction of ED wait times. The Central East Local Health Integration Network has supported TSH through this allocation, and their support has been instrumental in our success in reducing wait times, improving quality of care and strengthening employee and physician engagement.

Hospital staff immediately embraced the opportunity to bring their innovative ideas to life and enhance care for the Scarborough community. The hard work and commitment to excellence paid off, and recently TSH was recognized by the province for providing the lowest wait times in the province in the ED while maintaining high quality care in the Very High Volume Community-Hospital Group.

"The funding gave us what was needed to work collaboratively with our staff, physicians, Emergency Medical Services (EMS) and Toronto Police Services (TPS) to implement some truly remarkable and innovative ideas," says Susan Engels, Director, Emergency Services and Mental Health, TSH. "Everyone came together, and with effort and enthusiasm, the ED team consistently improved the emergency care provided at TSH."

Emergency staff and physicians participated in a series of Rapid Improvement Events (RIE), which are short, intense problem-solving sessions that challenge the status quo and identify gaps in routine practices. They are one approach within the LEAN methodology that TSH is using to transform its culture, affect positive change and develop processes that add value to the patient experience.

"The RIEs allowed the team to identify barriers and develop solutions for more efficient care," says Dr. Norman Chu, Medical Director and Chief of Emergency, TSH. "The front-line providers are the ones who know the system best, and together they designed and customized their own unique plans

and tools to support each other and ultimately improve patient care."

Throughout the RIEs, the team generated many strategies that have been implemented with outstanding success.

STREAMLINED PROCESSES

One major focus for improvement was to streamline the offloading process, which would reduce the time it took to transfer the care of a patient from EMS to the ED clinicians. Staff from both sides participated in an improvement event that allowed them to examine their daily work processes and create solutions to improve patient flow throughout the entire system.

The collaborative effort also provided an opportunity for EMS and hospital staff to gain a better perspective of the full scope of work behind each role, which led to enhanced understanding, appreciation and respect for each other's challenges.

"Events like these help us to establish better relationships," says Chris Olynyk, Commander of System Performance, Toronto EMS. "Having our paramedics see all that's involved in moving a patient from the ED to create room, and in turn, having hospital staff see how longer offloading times affect care for the rest of the community, really brought the team together and helped create a much more fluid system."

The trend in reduced offloading times continues at TSH, and both campuses are in the top 10 among GTA hospitals.

TECHNOLOGICAL INNOVATION

Often in the ED, it can be overwhelming, particularly in the Rapid Assessment Zone. Previously, if staff and physicians required assistance, they would have had to ask for support. In order to alleviate the pressure from these areas, the team put their heads together and developed a customized tracking application that acts like the dashboard of a car. It provides an instant status update on the ED – how many patients are waiting, how long they have been waiting, and the reason why they are there. If an area becomes overwhelmed, the tracker provides an alert and physicians will automatically adjust their priorities and go to the area in greatest need.

"A key part of our success was our partnership with our Information Services (IS) team," says Dr. Larry Nijmeh, a physician in the hospital ED who led the project. "Our clinical team took time to better understand the capabilities of our clinical information system and our IS team sought to better understand our workflow practices in the ED."

Dr. Nijmeh adds that it was this collaborative approach that enabled the team to achieve improvements in efficiency, safety and quality of care.

Other IS initiatives have included the use of an electronic forms database and the revision on the ED record to improve communication and decrease physician documentation time.

"The bottom line is that our front-line staff want to spend, and should be spending, less time in

front of computers and filling out paperwork, and more time in direct patient care."

COMMUNICATION AND TEAM-BUILDING

Communication is the cornerstone of any strategy, and a large part of the ED's success is due to the outstanding teamwork shown by staff and physicians.

"When we're able to come together as a team it boosts morale and we naturally provide better customer service," says Harj Purewall, a Unit Clerk who was involved in the RIEs. "We learned how to better help one another; and with less pressure on everyone, we saw improvements in turnaround time and an increase in patient satisfaction."

Physicians have also begun providing additional support by arriving for a shift early or staying late if the ED is over capacity.

"It's straight up physician engagement," says Susan. "They want to support their colleagues and the department. It's not one player or group, but a tightly connected team that wants to provide the best possible care to the residents of Scarborough."

QUALITY CONTROL

In the pursuit of shorter wait times, offloading times, and more efficient care in the ED, TSH wanted to ensure there were provisions in place to maintain quality of care. Therefore, an initiative to capture patient satisfaction in "real time" is underway for the hospital's ED.

"We're going to use iPads to measure the satisfaction or dissatisfaction and capture the 'in-the-moment' impact," says Dr. Chu. "This way, feedback can be immediately provided to the team members who provided care to that specific patient on that specific shift."

Hospital translators are actively involved to ensure that patient satisfaction information can be captured in a variety of different languages.

SHARING THE WEALTH

Building on the success realized in the ED, in 2013, TSH began sharing a portion of its performance funding with other departments in the hospital. The goal was to enable other programs to develop their own strategies for more efficient care, which would ultimately allow patients to be transferred from the ED more quickly once they are admitted.

"Providing incentive funding to our colleagues creates a more efficient patient flow throughout the continuum of care," says Susan. "We had great success with our first collaboration involving our Medicine and Geriatrics program, and we have begun working collaboratively with our Nephrology and Cardiac programs."

THE FUTURE

The emergency staff and physicians at TSH are motivated and enthusiastic about building on their success and with many exciting initiatives underway including an ED renovation at the Birchmount campus to improve patient flow through triage, the future for emergency health care in Scarborough certainly looks bright.



By: J J Atputharajah

Ethnicity refers to a group of people belonging to one language or culture with common patterns of behaviour. Canada is a country that have become a home for a number of ethnic groups from all over the world. They have come here for one reason or other but have made it a home of their own. Multiculturalism is one of the major policy declarations of Canada. It sustains and promotes multiculturalism. Though essentially Anglophone and Francophone, it has given equal opportunities for the variety of ethnic groups to practice their culture and communicate with each other in their own language. Even refugees landing at the airport are given the facilities to give

their commercial presence felt with the kind of eating places and textile establishments. The Tamils in Toronto have a large number of eating places where they sell all types of food they loved in their homelands. It is surprising that some members of the other ethnic communities have now started patronising their eats and sweet meats. They have their own banquet halls where most traditional ceremonial functions are held. They have various celebrations held there like age-attainment ceremonies, birthday functions, wedding receptions and school alumni association dinners. Many Tamils have alumni associations for the schools where they studied in Sri Lanka. They have annual get-togethers, inter-school matches and cultural programs. They also make

They can speak well in English when compared to their parents. There are Churches who call themselves as belonging to Tamils but the children are taught their religion in English. Sundays schools and Youth groups operate in English. Canadian policy of having their of cial language given their due place has borne fruits. It has ensured the unity of Canada and also helped to bring all the new generations of Canadians within the influence of Canadian norms and Canadian nationhood.

Multiculturalism has added innovation and creativity to Canada. At least 30% of the Canadian Research leaders are foreign born. Ethnic groups also win comparatively more prestigious literary and performing arts awards. Immigration has also attracted direct

bring new education and work experience and they have a good grasp of the global business context. Members of the ethnic groups help with local and international markets and expand the customer base with improved cultural awareness and network. They can enhance the image of Canadian companies among international customers. Canadian government and companies have saved on training costs by sourcing international skills and experience from local immigrant communities.

The Canadian culture is a mixture of all global cultures with Anglo and French cultures in the forefront. The culture could be designated as indigenous culture with a Canadian coating. It appears that Canada has found the magic formula to help all cultures to

Ethnicity, Anglophone and Francophone

information about them in their own language. Interpreters are provided for them to convey their problems in their own language. Besides there are every opportunity given to the ethnic minorities in Canada to practice their language in a variety of ways. There are a vast number of community newspapers published in Canada. There are magazines as well. There are cinemas that exhibit films in the ethnic medium. Many linguistic events, cultural festivals and forums are held without any inhibitions. Tamils are allowed to teach their kids Tamil and pursue higher studies in their language if they chose to.

A. Canada's Policy on Multiculturalism

The freedom enjoyed by immigrants in Canada to practice their culture and life-styles are something worthy of appreciation. That is why many people like to come to Canada and settle down here They are also allowed to practice their religion. Muslims have built their own mosques and also their type of schools which teach their religion in addition to educational skills. Some Muslim men and women even cling to their traditional way of dressing. Some ladies even cover their faces with a hood like upper garment. They also fast five times a day and keep up their fasting schedules even at their work places.

B. Activities of Ethnic Communities:

The ethnic communities have made



it a point to engage in fund-raising to help their schools in Sri Lanka in many ways. The Canadian multicultural programs have helped not only the ethnic communities living here but also the countries where they came from. Canadian multiculturalism is helping global advancement in many constructive ways.

C. Advantages of Multiculturalism

Support for ethnic development has not affected Canada in any way. It has enhanced the study of English and the new generation has accepted Canadian life styles in a great way. They have become anglophone and francophone.

foreign investments in Canada. The trade between immigrant's countries and Canada has also significantly increased. The vitality of the community has increased as a result of the avour and air ethnic presence in the form of ethnic restaurants, grocery stores, and clothing stores. New cultural celebrations add to the richness of Canadian life. Schools develop cross-cultural curriculum which broadens all children's understanding of the world and its neighbours.

The new global economy had attracted skilled immigrants. They become the key source of information to Canadian -born citizens. New immigrants

operate individually with the Canadian coating. There is no conflicts as all are given freedom to practice their own culture with full government patronage. The policy encourages every community to give of their best to the Canadian government and its progress. For example the Tamil community has raised funds for the development of hospitals through walkathons and other fundraising efforts. Members of ethnic communities have also started participating in government at all levels-federal, provincial and municipal. It augurs well for the evolution of a healthy democracy in Canada.

D. The need for change in the Canadian System :

The Canadian mosaic is composed of a mix up of cultures, races and ethnicities. The population has gradually become more diverse after the influx of people from different parts of the world. New problems have cropped up for Canada. Policies on immigration, multiculturalism, global market education, have to be tailored to cater to the new developments. The educational curriculum of the minorities in Canada should prepare them for the new life here. People should understand each other and live amicably. The old Canadian system itself has to be changed. It is a folly to put new vine in old bottles. The future of Canada depends on such adjustments and suitable changes.

ALL-STAR SOUTH ASIAN TEAM 'THE SPEEDY SINGHS' HEADS TO ROAD HOCKEY TO CONQUER CANCER

Over 100 teams and their supporters will gather at Ontario Place to take part in a dawn-to-dusk fundraising event, Road Hockey to Conquer Cancer (RHCC), in support of Princess Margaret Cancer Centre on September 27, 2014. One of these teams is 'The Speedy Singhs' inspired by the South Asian Canadian hockey-based movie 'Breakaway'.

The team not only consists of players and coaches, but also a host of Community Ambassadors that are on board to support the cause and help raise funds and awareness. They include Vinay Virmani, actor and the lead star of 'Breakaway' and the forthcoming 'Dr. Cabbie', Parminder Singh from Hockey Night in Canada Punjabi Edition, RupMagon from the group JoSH, Manj former lead singer from RDB who recently launched his solo career under the name MANJ Musik, Dr. Onkar Singh a spiritual speaker in Punjabi and English, Dr. Ravinder Singh a practicing surgeon, Destiwear CEO

Manny Brar, actor and YouTube sensation Rupan Bal, music group Dhol Circle among many others. Marketing and Advertising executive Bobby Sahni is the team captain while coaching and training for the big day will be provided by none other than wrestling superstars Tiger Jeet Singh and Tiger Jeet Singh Jr.

Bobby Sahni participated in last year's event and is now an Honorary Chair for 2014. "Our goal No. 1 is to spread awareness and raise funds for The Princess Margaret Cancer Foundation. Goal No. 2 is to raise awareness and the profile of our South Asian community as contributors to mainstream causes. I think it's no secret that ethnic communities are so giving by their very nature, but many times their generosity is felt only within the community. I think this is a great cause, and we can show our strength and solidarity, by giving to a cause that affects so many Canadians, not just South Asians... And our 3rd goal, we want to win the tournament and we want to raise more funds than anyone else!" Tournament ambassador Vinay Virmani added "I am honored that the Speedy Singhs team will be back in action and



Members from the all-star team 'The Speedy Singhs' were taken on a tour of Princess Margaret Cancer Center and were amazed by the wonderful work carried out by the tireless team there. It is this dedication that has inspired the team to donate their time and effort to this amazing cause. From left to right: Dr. Parminder Singh, Tiger Jeet Singh Jr., Vinay Virmani, Bobby Sahni, Tiger Jeet Singh, Rob Hans, Rupan Bal.

taking part in this great cause. The whole idea behind the team was that of unity. Cancer affects us all and as a team we hope to unify our efforts and encourage the South Asian community to generously support the fight in conquering cancer."

RHCC is in its 4th year and is the world's largest event of its kind. To date, it has raised a staggering \$7 million for Personalized Cancer Medicine at Princess Margaret Cancer Centre. It is also one of the several mega-fundraising events to support The Princess Margaret Cancer Foundation which raises funds for breakthrough research, exemplary teaching, and compassionate care at The Princess Margaret. Through donations or participation on a team, supporters will help revolutionize personalized cancer medicine at The Princess Margaret, one of the top 5 cancer research centers in the world and accelerate its work to conquer cancer.

"We cannot do the amazing things we do at The Princess Margaret Cancer Centre without the leadership and support of people like Bobby and teams like the Speedy Singhs", says Shawn Burt, Chief Hockey Officer at The Princess Margaret

Cancer Foundation. "Because Road Hockey to Conquer Cancer is for people of all skill levels, backgrounds and ethnicities, we are hoping others will follow their lead and join us in this uniquely Canadian event."

Bobby Sahni adds, "We have setup our page and we encourage the community to go to our donations page, in which they can make a pledge to our team. Every little bit counts, and we know there are a lot of generous people in our community. We hope they show their generosity by giving to team 'The Speedy Singhs', and we hope to win the tournament!" To support The Speedy Singhs or for more information about Road Hockey to Conquer Cancer, please visit teamtuptoconquercancer.ca, click donate, and search for The Speedy Singhs.

HOME OWNERSHIP IN CANADA MORE ATTAINABLE THAN EVER FOR NEWCOMERS

Buying your first home in Canada can be a challenging experience. As a newcomer who may not understand the mortgage process in Canada, it can be even more so. Many newcomers don't understand the nuances, and have certain preconceived notions that don't always hold true, like requiring a credit history to obtain a mortgage.

According to a recent poll from the Royal Bank of Canada, 56 per cent of newcomers to Canada believe a Canadian credit history is required in order to get a mortgage in Canada. This is a myth that many believe, but the reality is much brighter for newcomers, and easier than many people may think.

"Newcomers to Canada who have been in Canada less than five years no longer require a credit history for an RBC mortgage," said Christine Shisler, director of multicultural markets at RBC. "We listened to the needs of newcomers and made some enhancements to our policies at RBC this year to make it easier for newcomers to get settled in Canada. The change to our newcomer mortgage program gives people more time to qualify and more time to save for their down payment."

Shisler's three tips for potential homebuyers:



1. Get pre-approved

When you are pre-approved for a mortgage, you can shop for a home with confidence. Meet with a mortgage specialist before you tour open houses –

you'll have a clearer picture of what you can afford and that will take some of the stress out of the home buying process.

2. Know the hidden costs

Beyond the mortgage amount, legal fees and land-transfer taxes are common examples of costs that often aren't accounted for when purchasing a home. Speak to a mortgage specialist to make sure you know all the associated costs.

3. Keep your total budget in mind

Allow for a little wiggle room so that you'll have some funds in reserve for ongoing home ownership costs, your lifestyle needs and any unexpected expenses that may arise.

The poll also showed that many newcomers (44 per cent) don't know which products are right for them, which Shisler said is one of the main reasons that newcomers should come into an RBC branch and talk to a financial advisor or a mortgage specialist. A financial advisor will be able to provide the best advice and roadmap to get you where you'd like to be in purchasing your first home in Canada. For more information visit www.rbc.com/settlequick.



FROM CREATION TO CREATOR



Oscar award winning film maker Shekhar Kapur asks Sadhguru about the nature of creation and creator, and moving towards the Ultimate.

Shekhar Kapur: Sadhguru, what is the Ultimate?

Sadhguru: If you look around here, there is mud, stones, trees and plants – this is creation. From the same soil, one tree throws out wonderful, fragrant flowers, from the same soil, a mango tree will throw out mangoes, from the same soil, you have come and you make movies, I have come, and I am a Guru. So, there is something here which can make this mud into a tree, into a fruit, into a filmmaker, into a Guru, and into a billion other things. There is something within you which can transform a rice grain or a banana or a piece of bread into a human being. This is the ultimate source of creation. My work as a Guru is just to give you a taste of that Ultimate, so that your life goes into a tizzy, you go crazy, and you want to go for it. You had a taste; now you can't stop.

Shekhar Kapur: So your work is to drive people mad.

Sadhguru: Yes. Because if people sleep through their life in the name of comfort and security, they are wasting their life. They must go all the way. This is not my desire – it is their desire also. Today you have a desire to fulfill one thing. If that happens, you want the next one and the next one and the next one. There is something within you which doesn't like boundaries. There is something within you which is longing for the Ultimate – always. So, this is not my idea or philosophy that you should seek the Ultimate.



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

You are anyway seeking the Ultimate in unconscious ways. But if you seek in unconscious ways, you will always remain frustrated and the chances of finding it are remote. It is better to seek what you want in a conscious, focused way.

Shekhar Kapur: So, what is the Ultimate? I am looking for words.

Sadhguru: Whatever we look at, we can only look at it the way you understand it right now. If I say something which is not in your understanding, I'd be compelling you to believe me or disbelieve me. I'll never do that to anyone. So let us look at it this way: right now, what you call as "myself," you actually gathered over a period of time?

Shekhar Kapur: Yeah.

Sadhguru: In terms of your mind, it is a huge heap of impressions. In terms

of your body, it is a heap of food that you have eaten. So, you gathered this. What you gather can be yours; can it ever be you?

Shekhar Kapur: No. Then what is the "you" beyond "yours?"

Sadhguru: So you are existing here without even knowing "what is me." This "me" is not a simple me. This "me" is the Ultimate. This same "me" which can make a banana into a human being also created the whole cosmic scape. It is not a different "me." So, the choice is just this – either you can exist here just as a piece of creation or you can exist here as the very Creator himself.

Sadhguru J. Vasudev is a contemporary mystic rooted as strongly in worldly and pragmatic matters as he is in inner experience and wisdom. Named one of

India's 50 most influential people, he has addressed prominent global forums on issues as diverse as socio-economic development, leadership and spirituality. He has served as delegate to the United Nations Millennium Peace Summit and the World Peace Congress and has been a special invitee to the World Economic Forum (2006-2009), the Australian Leadership Retreat (2006) and TED (2009).

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

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

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



Sri Sathya Sai Baba Organization in Canada

Toronto (August 21, 2014): Three captivating talks in the GTA by Prof. Anil Kumar from India during the weekend to packed halls raised the conscious level of the audience who are looking for self transformation and seeking spiritual path in the modern world. Prof. Anil Kumar is an eminent educationist and he has served as Principal of the Sri Sathya Sai Institute of Higher Learning in Bangalore (Brindavan Campus) and Professor in Bio Sciences at the Prasanthi Nilayam Campus of the Institute. Prof. Anil Kumar had a unique opportunity of being the personal translator of Sri Sathya Sai Baba for over 23 years and ever since the physical departure of Sai Baba he has been traveling around the world giving lectures on practicing human values based on Sai Baba's teachings.

Addressing the students, teachers, parents and trustees of the Sathya Sai School of Canada at Scarborough, he emphasized that education is for the elevation of human personality and raising the character. The end of education is character. He spoke that the standard of life today has improved but the quality of life has not improved; the teacher's greatest happiness is from students when they become successful and come back to teachers and say: "I was your student". Prof. Anil Kumar complimented the Sathya Sai School for taking the initiative to construct their own school building and for consistently maintaining the high academic standards by holding the top rank among the Ontario Primary Schools. He congratulated for forming Canadian Institute of Sathya Sai Education to train teachers and teaching Human Values Education and Parenting Programs in Canada.

The Sai educational institutions have been established around the world not merely to enable students to earn a living but to make them acquire



good traits, lead ideal lives, and give them ethical, moral and spiritual strength.

During his talk on Saturday to the Sai Devotees at Sri Sathya Sai Baba Centre of Toronto-York Centre, Prof. Kumar stressed that individuals should also set a mission and vision of life and not waste their time in worldly pleasures; we just lead the life and not live the life. He urged that we must gain deep knowledge of life to uplift and evolve to higher levels; the value of man should go up by righteous conduct so that the value of material comes down; our mission should be to serve others and bring greater awareness within ourselves to transform.

Prof. Anil Kumar nicely explained that the vision of Sai as Sath (existence, I live), Chit (awareness, knowing) and Ananda (bliss). He added that we must move from the state of joy and happiness to the transcendental and permanent

state of bliss; we must deeply understand the nature of mind; filter our actions by listening to our 'conscience' and awaken our mind by being more 'conscious'. "Staying in a state of 'Sath Chit Ananda', we can take our mind from body and worldly materials towards Divinity and the state of 'consciousness'. Our ego is the biggest hurdle in this journey that has to be strongly curbed".

Prof. Anil Kumar narrated many interesting stories from the life of Sathya Sai Baba that had meaningful lessons for our life. He separately met the office bearers of the Sri Sathya Sai Baba Organization in Canada and urged them to be exemplary in the Canadian society to make a difference. Earlier, Dr. Thayaparan, Chair of Sri Sathya Sai Baba Organization in Canada welcomed Prof. and Mrs. Anil Kumar.

On the occasion of Sri Krishna Janamashtmi, Prof. Anil Kumar addressed a public meeting at Sri Sathya Sai Baba Centre of Scarborough. He took up many practical examples from the life of Lord Krishna. He stated, "The need of the hour is to know the meaning and significance of all our festivals and scriptures so that the next generation understands and emulates". Prof. Anil Kumar stressed the need to respect all religions as they all teach good things only; they all speak of truth and love; let us travel from ritual to spiritual; true spirituality is in the service of mankind and practicing good values in our daily lives.

The Q & A sessions were handled by him with lots of wit and humour; motivating the audience deeper into spirituality and the meaning of life.

Prof. Anil Kumar will be addressing public meetings at Ottawa, Edmonton and Vancouver Sai Centers. Around 300 Youths are gearing up for a Sai Youth Conference at Val-Morin, Quebec to be addressed by Prof. Anil Kumar.



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by Sri Sathya Sai Baba Organization in Canada, regarding Prof. Anil Kumar's recent visit to Canada.

AN ELDERLY GENTLEMAN'S DILEMMA



C. Kamalaharan

*The speeding cars on the street
Being steered by revelling youths
The fleeting motor bikes zigzagging
By pillion riders roving about*

*Attired in tattered denim pants
And sporting mod sunglasses
They stroll mirthfully along the pavements
As though the world is at their feet*

*Jogging smartly on the walkways
Walking briskly along the boardwalks
Parading speedily on racing bikes
And skating gracefully on the roads*

*Tasting ice cream to cool the heat
Gulping beverages to quench the thirst
Relishing Tim Hortons to warm up
And sipping beer to gear up*

*Only fleeting glances at these wayside sights
Which are now sour grapes to me
As I saunter along the sidewalks
In the twilight of my life*

*In our ancestral homes nature helps us
Needless to go to the gym or go jogging
Walking, cycling and sweating that's our routine
To keep our body fit as a fiddle*

*How nutritious is the 'kool' (stew)
With non-veggie and veggie ingredients
How nourishing is the sweet toddy
Nature's gift that needs no brewing*

*How jolly were we in the company of our peers
Playing volley ball, 'thaadchi' or 'thaayam'
How enthused were we roaming about carefree
Breathing fresh air throughout the year.*

*And lo! Those gratifying moments continue to haunt
As I lead a meaningless and melancholy life
Had I been here in the prime of my youth
I would have been part of this exhilarating life*

*But now everything seems detestable
In the declining phase of my life
The walking stick my only companion
Will soon be relieved and thrown aside.....*





WORDS OF PEACE



What Is Heaven? What Is Hell?

Most people are curious about what happens after we die. Prem Rawat, an internationally renowned ambassador of peace, suggests that living people would benefit more by focusing on what is happening right now. What does it mean, he asks, to be alive?

Mr. Rawat travels the world with a message that, because we are alive, we have the possibility of experiencing an enduring peace that resides within the heart of every human being, and that finding that peace should take precedence over everything else.

He tells a story about a king who, because he was about to lead his army into a war, started wondering about heaven and hell.

The king, says Mr. Rawat, “was go-

ing to go into battle the next day, and he realized that he could die. He wanted so very badly to go to heaven. All night long, he kept thinking, ‘What is heaven? What is hell?’

“The next day he suited up, got on his horse, and off he went, with a big army following him. In his mind, he kept asking himself, ‘What is heaven? What is hell?’

“Seeing a wise man coming from the other direction, the king said, ‘Ah! He must know.’ He rode over there, beckoned to the wise man, and said, ‘Hey, wait!’

“The wise man stopped. The king dismounted. He said, ‘I have a question for you, and I’m sure you can answer it. What is heaven, and what is hell?’

“‘Sorry, king,’ the wise man said, ‘I’m on my way somewhere; I don’t have the time.’

“Upon hearing this, the king was furious. ‘Don’t you know who I am? I’m the king! You don’t have time for the king? How dare you say to me that you don’t have the time?’

“The wise man smiled and said, ‘King, now you are in hell. Because of all this anger that you have, you’re in hell.’

“The king thought, ‘Wow! That is so profound!’ He immediately dropped to his knees. ‘Thank you! Thank you for opening my eyes. I was so arrogant. I had no idea! What you have just done for me, what you have told me, is amazing. I’m in your debt.’

“The wise man looked at him and said, ‘King, now you are in heaven.’”

It’s a simple story, Mr. Rawat says, but its implications are profound. If we make our own heaven and hell, he asks, how many times a day do we go to hell, when it is so easy for us to get angry or upset? How many times do we, instead, feel gratitude?

Gratitude for what? “Let’s take the simplest reason,” Mr. Rawat says. “Of all the things you could be thankful for, what one would be most obvious? You are alive!”

The simple fact of existence, he ex-

plains, is cause for celebration—but a lot of people don’t think like that. They want to be thankful for a winning lottery ticket. They want to be thankful for a good wife or a good husband. They want to be thankful for a good job. People are thankful for everything else, but nobody looks at the importance of being alive...until it is too late.”

To those who object that their problems make it difficult to feel thankful, Mr. Rawat responds that the circumstances we find ourselves in, the challenges we face, shouldn’t be confused with life itself.

“What if I told you that being alive is one thing, and having problems is another?” he asks. “In a life, many things will happen. Some days will be problematic. Some days will be great. These are variables, but you are here. If you’re not alive, do you have problems? No. If you’re not alive anymore, that’s the biggest problem you’ve got. People get the two mixed up. If you could understand the love of being alive, you would understand the meaning of it all.”

To learn more about Prem Rawat, visit:

www.wopg.org

www.tprf.org

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Special Feature

Back to School Shopping 101: Tips from Scarborough Town Centre

1. Head back to the mall after Labour Day for deals or missed items: Back to School shopping still occurs in the weeks following Labour Day as Scarborough Town Centre (STC) stores offer new sales and further markdowns, and people return for what they may have missed leading up to the first day of school.

2. Do online research: “We find that a lot of students and parents do online research to find their back to school items and compare prices but actually come to STC to purchase them.” – Jai Lee, Marketing Director, Scarborough Town Centre. It’s important to try on certain items for size and it’s often easier to return/exchange to a bricks and mortar store.

3. Make a shopping list before arriving to STC: This saves both time and money. Prioritize the list by what is NEEDED and what is desired.

4. Make a budget and stick to it: Depending on the child’s age, ask them to choose one or two items that they can purchase with their own money and parents can purchase the rest. This

helps teach the child to be responsible with money and gives them pride in buying the items on their own.

5. Choose quality items: Decide which items are worth investing in. A good quality backpack, jacket, or shoes/boots may cost a little extra but will last for more than one school season. Top-of-the line technology items like headphones, tablets or laptops will last a long time when taken care of properly (inquire about warranties) and can be passed down to younger siblings.

6. Building a wardrobe: Now more than ever, teenagers are interested in building a wardrobe with quality pieces but still want to have a lot of fun with the current season’s trends. Choose the higher-quality, basic pieces required to build the foundation of the wardrobe and then teenagers can add lower cost trendy items and seasonal accessories.

7. Have fun with it! The atmosphere at STC can get kids excited for their return to school. Take a break halfway through shopping to get a treat or lunch in the food court to re-energize and review the shopping list.



Local Charity Launches Initiative to Help South Asian Communities Understand Autism

New autism awareness initiative will focus on the issues of early screening, diagnosis, intervention and de-stigmatizing autism in South Asian communities

Toronto, ONTARIO – On August 27, 2014 the South Asian Autism Awareness Centre (SAAAC), in partnership with creative consulting agency Ninety9Thirty, launched Project InForm – a series of autism awareness campaigns focusing on the issues of early screening, diagnosis, intervention and de-stigmatizing autism among South Asian communities.

In December 2013, the Auditor General of Ontario released, in her annual report, a scathing critique of the current approach to identifying and treating autism in Ontario. The report points to late identification of autism as one of the key drawbacks to the current approach of the province. Citing research that early intervention provides better outcomes for children with autism than later intervention, the report highlights the need

for earlier screening, diagnosis and intervention.

“Autism is a very complicated disorder,” says Geetha Moorthy, Executive Director of SAAAC. “Language barriers and the stigma associated with special needs in the South Asian community makes autism an even more challenging problem to tackle.” Project InForm looks to make autism understandable to South Asians everywhere. It will target newcomers to Canada, helping them understand the complexities of autism and providing vital information on the disorder in simple and accessible formats. The awareness campaigns will be translated into a variety of South Asian languages as to be accessible to various communities.

One of the exciting aspects of Project InForm is that it is a completely crowd funded initiative. Ajayen Paramalingam, founder and creative director of Ninety9Thirty, was able to spearhead



unique fundraisers that got the community involved. The resources dedicated to the project came directly from community members and fundraisers such as Headshot Charity where individuals got professional head-shots taken for their online profiles and where all proceeds were donated to helping launch Project InForm. Nearly \$2,000 was raised through events like these.

“Once individuals and communities understand autism, they can start taking the necessary steps to finding treatment and creating a much more open,

inclusive environment. Knowledge isn’t only power, but it also the key to acceptance and change. We believe Project InForm will be a key driver of those things,” says Geetha.

About SAAAC

SAAAC was created in 2008 with the intention of inspiring families impacted by autism with a special focus on the cultural elements in the South Asian community that pose particular challenges. Our organization looks to create positive change in the lives of our clients through the following means:

- Encouraging the independence of youth we serve through diverse therapies and programs
- Empowering parents through education, training, and peer support networks
- Engaging the South Asian community through meaningful volunteer experiences and fostering greater understanding and acceptance of autism



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SACRIFICE IN SILENCE OF A GENERATION

A Tribute for my parents and their Generation



Gita Mural at Sri Venkateswara Temple, Bridgewater, NJ: "Thy right is to work only, but never with its fruits; let not the fruits of actions be thy motive, nor let thy attachment be to inaction" - Picture taken on April 13, 2014

by K. Thirukumaran

Ammah: Since god cannot be everywhere,

Everyone here has this most selfless person in her or his own lives.

Her passing is irreplaceable and all the more difficult to bear when



Pappa and Ammah

she had not thought of seeing this day so soon a mere few weeks ago.

She borne the 4 of us for 10 months times 4, for 40 months, but didn't even spare 4 weeks for us to care for her during this illness.

Ammah's time on earth would still be a fairy tale, although the destiny of ending the journey here with this illness is amongst the toughest.

Ammah is confident about the journey's end, and she inculcates the teachings of Gita in this regard.

Faith

While being ill, it gave her time to say good bye and even tell my sisters a few days ago what color to wear today (for cremation), and her faith emerged only stronger, as she wished for a quick close while being alert and dignified. That has been realized and she is one sweetly graced.

Ammah's colour choice for this final day is perhaps due to her father, whom she called Aiyah. Our grandfather instilled the Lord of Benevolence, Murugan as her cherished deity, who is dressed in green on the thear (chariot) festival day at Nallur Kanthaswmay Temple in Jaffna. Though our

grandfather, whom we called Appa, was a Lord Siva devotee and rarely went to any other temples, he made an exception in arranging for an Abhishekam ritual at the Nallur Kanthaswmay Temple annually on Sithirai – Parani, the birth star of Ammah.

So when I say of my Ammah is like this and all, everyone can relate to their own moms as well. Our heritage and adages tell that since god cannot be everywhere, therefore Ammah is created. It's also a tradition that places the entire womanhood in the realm of motherhood.

Pristine

Ammah's life has been a journey of joy. To benefit my sons, nieces, nephews and for those blossoms of future, friends and all others, I want to recall Ammah's pristine beginnings.

She is the only child of

“DUTY IS THE SECRET THAT GIVES LIFE TO THE SOUL”

(Translation of Excerpt) Ammah wrote this in jkpo; Tamil early this year, in the small booklet we published in remembrance of my Father

– K. Thirukumaran

In the body awash with pity and affection, therein lies tear drops, amidst the eyes. Tears are not a form of water. It is a miraculous compound. It is the birthplace of light. It tightly bonds affection and relationships. We can express our joyous sentiments surrounded by many. But must weep alone. The more the tears, the more are its benefits. This is why those who weep are fortunate and the triumph of the tear attains divine status.

An important duty of humanity is paying the ritualistic tributes. It is the ancestors' blessings that live long past through and towards well-being of future generations.

While it is important to worship our ancestors, it is the divine faith that needs to be adhered to on a daily basis. The elders guide us with divine power. They must be remembered with ritualistic duties annually. In accordance with today's circumstances from the roots, to branches and fruits of all ages and blooms must join together as a family to rejoice in their memory. This will enable to foster boundless love and affection.

When the duties are accomplished, the mind feels an emptiness, like a shrine without the presence of divinity in the Altar. This is the destiny life reaches when duties are fulfilled. Duty is the secret that gives life to the soul.

As said in Gita, Whatever happened, happened for the good; whatever is happening, is happening for the good; whatever will happen, will also happen for the good only.

As said in Gita, Do your duty to the best of your ability, with your mind attached, abandoning worry and selfish attachment to the results, and remaining calm in both success and failure.



Sangarapillai Kanapathypillai
(August 20, 1929 – December 13, 2013)



“Faith only emerges stronger”
– Sri Venkateswara Temple,
Pittsburgh, PA. Picture taken on
August 2, 2014.



Neelampikai Ammal Kanapathypillai
(April 15, 1934 - August 10, 2014)

my grandparents in Kalvayal, Chavakachcheri in Northern Sri Lanka.

The village Ammah grew up in is situated in the Southern part of the Jaffna peninsula, and can be said as being more remote and less in terms of famous schools than its northernmost counterpart, Vadamaradchi and Valikamam regions. There was no electricity in the village, even during the early years I visited.

Yet, the region known as Thenmaradchi is very prosperous due to the abundance of paddy fields that yield bountiful harvests even at times of seasonal rain faltering. The sowing paddy (vithai nellu) from there was sought after all across Sri Lanka those days in anticipation of a bumper crop everywhere. Ammah, Pappa and both their families are lifelong vegetarians, like many others in Thenmaradchi. Scholars say this is possibly due to influence of Jainism and related migration to the region.

Ammah's home in Kalvayal, hallmarking Jaffna peninsula homes – is situated in a grove of mango, jak fruit trees, lemon, pomegranate, coconut, palmyrah, margosa trees amongst others and a water well surrounded by areca nut trees.

The town centre is filled with rice mills, goldsmiths and a grand farmers market (Santhai) that met only on Tuesdays, Thursdays and Saturdays. In the days preceding and after the Tamil Thanksgiving Day, Thai Pongal, Pongal Santhai would grandiosely burst in prosperous sentiments.

The temples held regular festivals with fanfare. My grandfather was retired after being a teacher in nearby Meesalai, when I was old enough to know him. I remember his evenings and nights of listening to All India Radio, Carnatic, light music programs or religious topics, and his deliberations about them with his friends on the verandah.

My Ammamah - my first perception of how kind and generous a person can be was with my grandmother, also retired after teaching in a school nearby.

Ammah, though an only child, has numerous cousins. Many of them we knew also lived in nearby Sangaththanai, popularly known for being the location of Chavakachcheri Hindu College. From Kalvayal, Ammah's Aiyah sent her to this school and later to Jaffna - to Hindu Ladies College in Vannarpannai.

Boundless

When Ammah got married at the age of 21 to Pappa, she moved to Colombo.

Ammah's mission, like only

a mother can do, is to spread her selfless love to the family. Our Ammah is extremely caring, and in the meantime, open minded about our good-natured pursuits.

Ammah loves all arts, especially Tamil music, literature and dance. Ammah is an avid reader and follower of prolific writers such as Rajaji, Bharathiyar, Kalki Krishnamoorthy, Ki. Va. Jagannathan, Akilan and Kannadasan. She likes the music in the trinity of M.S. Subbulakshmi, D.K. Pattammal and M.L. Vasanthakumari. One of her favorite singers is the rustic voiced rarity named A.L. Raghavan.

Nowadays, when I translate Tamil poems and works, I would often call Ammah for help. If something needs further research, she would tell me “paatthu solluran” (I have to look it up), and get back to me with more than I needed to know, resembling her boundless affection.

During my school years at D. S. Senanayake College, I remember Ammah waking up very early in the mornings, and through the night she would make at least 4 meals for us.

Around mid-morning, almost during the entire week, she would go to the Bambalapitty Pillaiyar Temple and/or shopping at Wellawatte market for fresh produce. Ammah's meals are loved by all. When she shared them with her dear friends and neighbors like Mrs. Edith Pereira whom we called Nana, she would bring to us her own goody such as homemade strawberry and wood apple jam. Nana would hold both of Ammah's hands while exchanging pleasantries. Ammah will now have such good company in her place of peace.

Ammah would always make me snacks to take to school even at the point where I insisted it was not so cool to bring food from home. She would take me to this tailoring shop that was the hardest ever to get to because she knew I favored the way they stitched the trendiest garments. This was also the case when there was an M.G. Ramachandran (MGR) starring matinée, and when no one else in the household would want to see the movie.

Separation

And when the time came that I had to separate from her to come to the USA, I remember to this day, Ammah's eagerness for my betterment on that eve of parting for a long time to come. That was exactly 30 years ago in August 1984.

There was no way to send an SMS or pay phone near the US Embassy in Colpetty that I could use to inform her of the news about securing the US student visa. Upon returning

home, however, I remember Ammah sitting with her hands clasped near the wide opened front door and looking towards the gate, awaiting my arrival. She got up as soon as she saw me with her wet eyes once I told her the news. This would mark the real beginning of my departure from Ammah up until today.

This separation is symbolic of their generation. Although, I understand several of us are accustomed to our relatives, friends and others undergoing even more severe and darker forms of detachment from our homes and parents missing their children.

Sacrifice

Pappa on December 13, 2013 and Ammah during the early hours of August 10 left us. They departed from this world from the very same bed in the very same room at home in Markham, Ontario. I still don't exert the feeling that it's permanent. Is it that having been not living near them for many years giving me this false comfort, I think so.

They belong to a generation of parents who have made huge sacrifices, especially a sacrificial separation from their loved ones for the enhancement of their children's future. The generation I refer to are those noble souls, born anytime a decade after the turn of the last century through the 1940s.

In going back to say 100 to 700 years, which of our previous generations would have made a similar sacrifice? There could have been many, as human history is a history of migration and separation. Although migration from the Indian sub-continent has been prevalent during the last 200 years, my parents' generation endured a sacrificial journey in the later part of their lives. For those of us who are from the isle of serendipity, our parents' generation migrating in vast numbers, than the previous two, is truly phenomenal.

Without whom they are and what they were ready to put up with such as limited mobility - in starting a new life with their loved ones or being at distance at home or another diaspora country, their sacrifices are immense.

Light

Their sacrifice is in silence to re-establish in a new land or circumstances in their golden years. Nevertheless, they resourcefully adapted to the new environment.

I can't forget your sense of “duty” and how caring and kind you are Pappa and Ammah, and I am only hoping I can be like you two and do justice for all the time I am not able to be near you.

Now slowly but surely, we carry the flame. It is in the light of your blessings, Ammah and Pappa that the wellbeing of us all is assured.

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By Thulasi Muttulingam

An eight day festival of drama and theater, specially targeting children (but also catering to adults), just recently came to an end in Jaffna.

Timed to coincide with the Nallur Festival currently ongoing, when people are in a relaxed, entertainment seeking mood as they wend their way along the roads leading out of the temple after their evening prayers – the festival occurred in a by lane adjoining the temple precincts from August 12-20.

The Nallur area right now turns into a colourful display of temporary shops and snack vendors as evening sets in. The famous annual temple festival will be in effect till August 26th so the fairly quiet streets and roads leading to the temple transform into busy hives of laughing, colorfully decked out people, in an appropriately festive mood as they make their way to and fro

plays.

They plays chosen were quite entertaining and engaged even the adults' attention, but the children were especially enchanted. Being interactive sessions, where the actors asked the children for their advice and help, all the young ones in the audience were actively drawn in – and well inoculated with an active appreciation for live theatre.

“We once had an active theatre movement going here – but now it is almost an abandoned art form in the North” says T. Thevananth.

“There are various reasons for this, but the main limiting factor right now is the economic constraints faced by the people. They are either worried about money or too busy working to earn that money. Few people here have the time or inclination to buy tickets to attend theatre performances here.”

He founded the Active Theatre



Satire on corruption - adults' play



Children dancing with the actors at conclusion of the play

Reigniting Theatrical interest in Jaffna's Younger Generations

from their worship.

Thus these series of plays were strategically timed to get a captive audience seeking entertainment; with the magic word “Free!”

“We are seeking to revive theatre interest, especially in the younger generations, who know TV and its drama serials but not active live performances like these,” says T. Thevananth, founder of the Active Theatre Movement, the main organizer behind this venture.

And so the eight day theatre festival (from August 12 -20), while having colorful productions of traditional performances and contextual parodies, also placed a special emphasis on staging children's plays, scripted by Jaffna's famous veteran playwright Kulandhai Shanmugalingam.

Shanmugalingam's plays are known for their insight, depth and wittiness, but while a master of all genres, he is especially known for his children's

Movement 12 years ago, and has a dedicated team of volunteers who are keen to act and to take theatre to the masses, but it's a steady slog.

“We didn't have any sponsors for this. Jaffna does not have that system of funding the Arts – and if we were to approach an NGO, it would have required writing extensive project proposals for which we didn't have the time – so we didn't go that route either.

“We are just hoping that if we drum up enough interest in the local population, they will eventually pick up the habit of paying to see us perform. Part of that is ensuring that the next generation (the children) are roped in as well,” says Thevananth.

Well, the simple open air theater by Nallur Cross Road, which was their venue, was packed with all seats full for most of the festival. Perhaps hope is in sight yet for an active theatre revival in Jaffna.



Fox asking the children's advice on how to get the Rooster



Helping the farmer harvest his cassava yam



On a train to Colombo



The farmer, surrounded by wild pig, cat and monkey on his farm



Special Feature

Time and tide they say wait for no man. Now though, through the intervention of an infrastructure project funded by the European Union to help fishermen, tides have been taken out of the equation.

The Palk bay, running along the coast of Mannar, is known to many for various reasons, not the least of which is the controversial Sethusamudram project.

Sethusamudram is the shallow sea off the Gulf of Mannar. She has allowed contact between India and Sri Lanka for millennia via simple boats, but ships cannot navigate her. Plans to dredge a deep channel to overcome this handicap have been proposed from over 200 years ago, starting with the British (and recently India) – but there

Cooperative Society of Pallikuda-Vallarmathy village. “It drained us to just lift each knee in front of the other, through that bog. Add the equipment we had to carry on top of that, and on some days we’d just cave in and decide not to go.”

Rajkumar is a teetotaler but most fishermen here aren’t. They have only one panacea for all their ills - the locally brewed and very potent Palmyrah toddy. Elaborates Rajkumar, on how the sea’s vicissitudes played out in their daily life: “Many a fellow here would trace his steps to the shore, see how far the sea had receded and change his mind about going fishing for the day. He would then retrace his steps - not back home, but to the local tavern. In the evening, the wife



Pushing their boat out through shallow water

Accessing the Seas of Mannar

were always other issues to be considered; economic, ecological and environmental. There still are.

In the meantime however, while the ship farers muse as to what to do, the boat farers had their own worries. The sea is a difficult mistress, but to Mannar fishermen, she was often also an inaccessible tease. If they didn’t time it right to operate within a few hours of high tide, the sea receded kilometers away from shore, making them either drag their boats out and in, though slush, or give up fishing for the day.

As the sea’s ebb and flow changed from day to day, they could not always bank on planning in advance to catch the tide, in order to minimize the stress on their bodies and boats.

“There were fishermen who got up at 3.00 am in the morning to catch the tide – but then had to wait more than an hour at the shore because the tide was late coming in,” says J. Manoj (50), a fisherman from Pallikuda village. “Then there were those who reached the shore at 6.00 in the morning only to see an expanse of marshy land before them, as the sea had receded.”

It was no easy task dragging their boats through this marsh out to sea, though it often wasn’t more than a kilometer. The fishermen, who are highly superstitious about not disrespecting their means of livelihood, would never dream of plying out to sea with footwear on. And so they waded barefoot, often encountering sharp, jagged coral or even crabs, sea cucumbers and sea snakes in the slush.

Even without those hazards however, the marshy bog they had to wade through was no cakewalk.

“It felt like the soil sucked the energy from our feet” remembers S. Rajkumar (42), secretary of the Fisheries

By: Thulasi Muttulingam



Fishermen of Mannar who had missed the tide, walking out to sea

and children dependant on his daily income, waiting expectantly for father to come home with fish and money, would see him stagger home empty-handed instead, drunk and in debt.”

When the European Union Support to Socio Economic Measures (EU-SEM) project was launched in Sri Lanka however, many of these fishermen finally had a fighting chance of achieving a long held dream – excavations by their shores to prevent the sea from receding.

“Fishermen of this area have long known that channel excavations would help ease their burden,” says S.B. Miranda, the Assistant Director of Fisheries and Aquatic Resources, Mannar. “But they did not have the financial resources required. Many different village communities tried digging channels manually but it was never enough. They couldn’t dig deep enough and the shallow excavations thus dug would

keep the sea in for only a few months before shoring up again. The EU and ZOA (aid agency) have done us a valuable service. I regret that they could not do so for all our deserving fishing communities, and so I have asked our engineers to prepare proposals for the villages left behind, in the event of new Aid coming in.”

According to R. Oampragash, Technical Officer supervising the project for ZOA Sri Lanka, the EU’s implementing partner on the ground, the project was ground breaking in that it had never been attempted before. “We did feasibility studies with the aid of the Department of Coast Conservation’s engineers - but since noting on this scale had been attempted before - we were all clueless as to what the project would entail and how it would eventually turn out. Naysayers deterred us from starting the project for a long time, claiming that the dredged up

sand would shore in soon and so the project would be a failure. However the Department of Coast Conservation finally gave their assurance saying that as we were planning to excavate up to six feet, it would take five years to shore up – and that too could be prevented by yearly maintenance work to dredge up the shored sand. The villagers joyfully agreed to undertake this maintenance work themselves, and so we went ahead.”

As a testament to what kind of soil it was the fisherman encountered every day, Oampragash and his team nearly lost two back hoes in their excavation attempts. “They were huge machines but they simply started sinking into the soil,” he recalls. “Since we were unprepared for these soil conditions, we wasted time figuring out what to do, during which time they almost sank completely. Fortunately, we were able to dig them back up using Palmyra trunks.”

Today, walks along those shores which have had channels excavated (nine in all), tell their own story. A boat cleaves the water neatly at 11.00 am on a hot day at one of these villages as a group of fishermen come speeding right up to shore, bearing their day’s catch and happy grins.

“What difference have these channels made in your life?” I ask them.

“We would have to stagger back over 1km with our 50 kg of fish if not for this channel,” they respond. “And that journey would have taken us over an hour. We carried the fish on our heads, and the sun beating down on it that length of time, made it spoil fast. So people had to cook and eat it immediately. If they didn’t buy it, our entire days’ efforts would go to waste.

Even so, we would have to drag



ourselves back to sea again to clean our boats and bring them back – as they were too valuable to leave behind, along with our engines, nets and kerosene. Those who felt lazy to do this in the past have paid for it with the thefts of their engines and nets, and sometimes even their boats.”

Due to these exertions which resulted in severe bodily exhaustion, fishermen thus affected went fishing only three days a week at best, as they needed to rest and recuperate every alternate day. Now not only do they go out every day, but even two to three times a day – which has led to a marked increase in their income.

These being rural areas without access to even electricity in most places, they used to lose a lot due to wastage and damage, especially if they arrived too late to miss the morning market. “People here shop before 10.00 am, to prepare for their lunches” explains one. “If we missed that time bracket the fish would have to be either thrown away or sold at absurdly low prices.”

ZOA Sri Lanka under the EU SEM (2011-2014) project however, introduced not only the excavation channels but also auction centers to collectively

sell their fish as well as marketing reps from various areas, to break the hold of the exploitative middlemen they were selling to.

Before, as soon as a fisherman dragged his catch to shore, he would be glad to dispose of it to anyone who would buy, especially if he had gone out too late and thus had a lesser market as well as rapidly deteriorating fish. Now however, collective sales have improved their bargaining power. They can time their fishing to come in early without being dependant on the tide. And even if they choose to go out again for a second time’s catch, they can opt to keep the fish in cool boxes till the next day if the middlemen standing by with coolers of their own do not offer a good price.

It has had a marked difference in their lives. “For the first time, we are living a life free of debt. We did not even know that such a thing was a possibility within our trade,” says S. Jeyaranji (29) who has broken ground as a female manager of a Fisheries Co-operative Society in this heavily patriarchal area, where girls are often even kept off the beach. There are women living here in some coastal areas who



A fisherman turning back



A back hoe at work in one of the sites



Speeding up to shore



Fish being auctioned at one of the newly introduced auction centers

have thus never seen their beaches, much less gone out to sea.

“The semmatis (middlemen) cheated us on the scales used for weighing our fish, cheated us on the rates they offered, and cheated us on when they would pay the money – only at the end of every week,” says Jeyaranji. “Now, with these Auction Centers that ZOA built for us, our catches go for instant cash at double the prices the semmatis used to offer. Many of our men, motivated by the high prices and easy accessibility to the sea go out early in the morning and are done with their day’s work by 10.00 am (unless they choose to go out yet again), leaving them free to be more productive in other areas.”

Jeyaranji’s own husband is a disabled fisherman, who would not have been able to access the sea, if not for the excavated channel. “He had to have one leg amputated below his knee, due to shelling during the war,” she says. “But now, thanks to the channel, he can go out and come in early enough to help look after our daughter while I take care of work at my office.”

She adds smilingly, “He is the one who cooks lunch.” This intervention therefore can be said to have contributed not only to livelihood improvement

within their community but also aided in addressing issues of women’s empowerment. Not all men are currently as supportive of their wives working as Jeyaranji’s husband - but it has given at least some women like her, a head start.

For a young woman who cowered heavily pregnant in a bunker during shelling and despaired of life for herself or her child, Jeyaranji has come a long way. She and her fellow community members have been through a lot; war, displacement, poverty, exploitation – but they are yet resilient and resourceful.

Getting these literally shell-shocked people back on their feet has been an arduous task. But this one intervention has given them a buoyancy and hope that has an impetus of its own.

The fishermen of Mannar are now far ahead of the farmers, in their journey to sustainability.

(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.)



India Bans Indira Gandhi Assassination Film

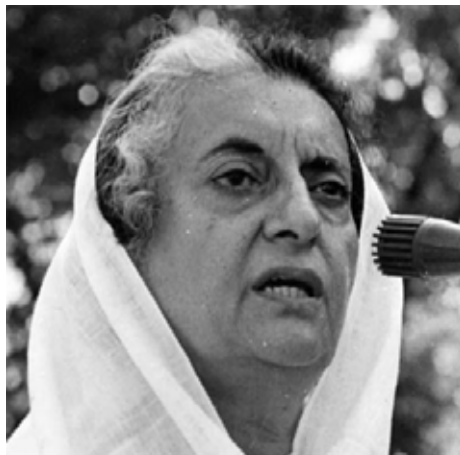
India has blocked the release of a film about the assassination of former Indian Prime Minister Indira Gandhi, saying it glorifies her killers and could trigger violent public protests.

India's certification board said the film lauds the Sikh bodyguards who killed the former PM.

Certification board chair Leela Samson said panel members decided the film could not be released because it posed a threat to public "law and order."

Kaum De Heere, or Diamonds of the Community was scheduled to open Friday. It tells the story of Gandhi's Sikh bodyguards who shot the prime minister dead in 1984 in an apparent retaliatory move for a military operation against Sikhs.

Earlier in 1984, Gandhi ordered army troops into the Golden Temple, the Sikh's holiest site, in Amritsar to look for militants holed up inside who



Indira Gandhi (File photo)

were fighting for a separate homeland for Sikhs. Hundreds of Sikhs died in the military's temple invasion.

A few months later, two of Gandhi's Sikh bodyguards shot her dead, sparking a violent backlash against the Sikh community that left about 3,000 people dead.

- VOA News

Women-centric roles not welcome in Bollywood: Priyanka Chopra



Priyanka said that in a male-dominated society, talent of women is not getting recognised in contrast to their male counterparts

Actress Priyanka Chopra, whose upcoming biopic on boxing champion Mary Kom has generated a lot of interest, said that women-oriented roles are still not welcome in Bollywood.

"Mary Kom is a film obviously about Mary Kom. First and the foremost, women-centric roles are not welcomed in Bollywood," Priyanka said while interacting with the students of Indian Institute of Management (IIM)-Ahmedabad here as part of the film's promotion.

"While I was coming here, everybody was telling me that you are doing a fabulous woman-oriented film. When you get to watch PK or Kick do you say that 'I am going to watch a male-oriented film'. Nobody says that," the actress said.

Mary Kom is biopic on the Manipur-based pugilist who has been a

world boxing champion and also an Olympic bronze medallist.

During her interaction with students, Priyanka stressed the need to weed out gender bias from Bollywood.

"Things will change for women in Hindi film industry the day when we go and watch a movie after seeing its trailer, without having any gender bias in our minds," she said.

Priyanka said that in a male-dominated society, talent of women is not getting recognised in contrast to their male counterparts.

Directed by Omung Kumar and produced by Sanjay Leela Bhansali, the film will have its world premiere at the Toronto International Film Festival which will be held from September 4 to September 11.

- PTI

Recreating Ramanujan with just two of his photos



Still from Ramanujan with director Gnana Rajasekaran

Armed with just two photographs of legendary mathematician Srinivasa Ramanujan, a Tamil biopic has recreated his life, right from his small town moorings in Kumbakonam in Tamil Nadu to Cambridge in England in a film released in July.

"We had just two of his photographs for reference. He had got a picture of him clicked for affixing in his passport and the other during another occasion," Sakunthala Rajasekaran, Costume Designer for the film 'Ramanujan' told PTI.

Directed by National award-winning director Gnana Rajasekaran, the film is about the life of maths wizard Ramanujan (1887-1920) from Kumbakonam in the late 19th century Tamil Nadu to Cambridge.

How did Sakunthala manage to

recreate Ramanujan? "I started from there. Photos were only two.. but thankfully there were useful references, including Ragami's book on Ramanujan to get the costume right."

Importantly, Ramanujan's physical appearance recounted by his neighbour in a letter that "the genius used to literally run to his office with his tuft flying" helped decide that the maths wizard had tuft during his job with Chennai Port Trust. "Later on, when he went to England he did not have a tuft. The photograph taken for his passport proves this. He was also clean shaven."

Similarly, Sakunthala says every other "costume aspect" in "getting back" the late 19th and early 20th centuries on screen has been done. "I was careful on the design, texture and colour... Used basic colours to recreate the 19th

century nine yard sarees used by Brahmin women." Did Gnana Rajasekaran have any trouble with the period film? "In the UK there was no problem at all..they have everything ready..neatly arranged age-wise," he said.

"When I pointed to a furniture and said I needed it for depiction for a particular year...they said it belonged to the 1930's and gave me the right one... they are so conscious." Srivatsan Nadathur, one of the producers of the film said the crew was very happy when authorities in UK gave them a real 20th century locomotive.

"The train engine was in perfect working condition. Though it consumed several tons of coal to start, we were happy it ran perfectly for two kilome-

ters and we could complete the shoot." Abhinay Vaddi, grandson of the legendary actor pair of yesteryear Gemini Ganesan and Savithri, dons the role of Ramanujan.

Renowned British actor Kevin McGowan has done the role of Prof G H Hardy in the movie.

The film is critically acclaimed by many reviewers. (PTI)

"Director Gnana Rajasekaran's Ramanujan is a well researched, well-written and brilliantly directed film dedicated to India's mathematical prodigy, Ramanujan, whose genius hung like an albatross around his neck, his entire life, said S. Saraswathi on Rediff.com

New Approaches for Future Lighting Design and Health

Sharing new findings for the future visions and applications

by Uthayan Thurairajah

Exposure to light affects the mental, emotional and social well-being of a person. The vision and atmospheric perception provides psychological processes, such as attention, aesthetic appraisal, and cognition which play a role in the human response to lighting and health. The designing of interior inhabitation stress the importance of an environment which invites peace, calmness, relaxation, health and safety. This can be achieved by putting together different elements and practices in the lighting design.

The proper application of lighting improves satisfaction and performance, draws attention, in uences social interaction, nurtures mood and atmosphere, beauti es space and architecture, facilitates communication, increases visual comfort, improves health, and promotes safety and security.

We need to establish new approaches to lighting design in order to promote health, well-being and quality of life in built environments. We can select accurate light sources and mounting arrangements, choose the correct modi er, and protect the users, or any combination of these. These solutions are recommended based on the application in order to promote human health and well-being as well as quality of life through healthy environmental design.

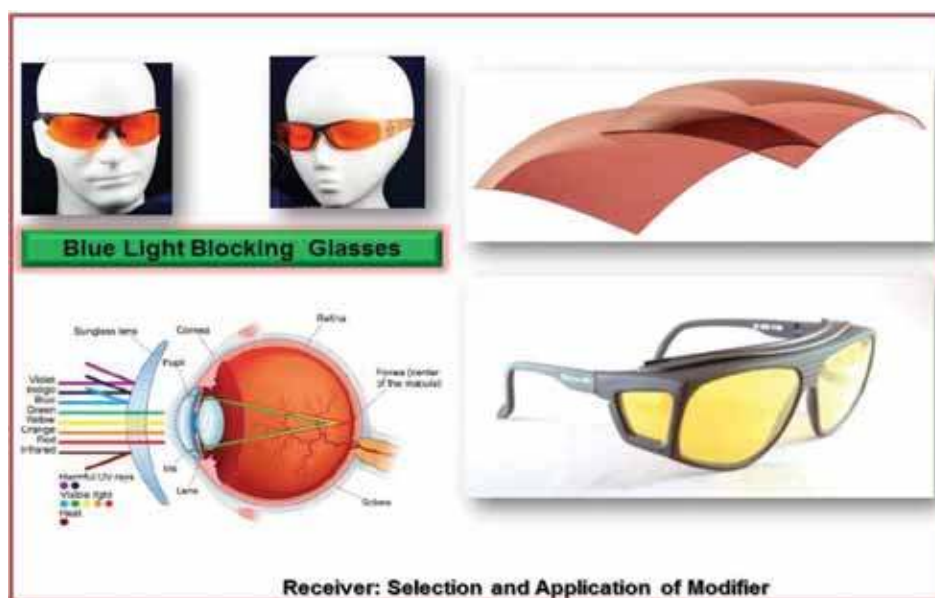
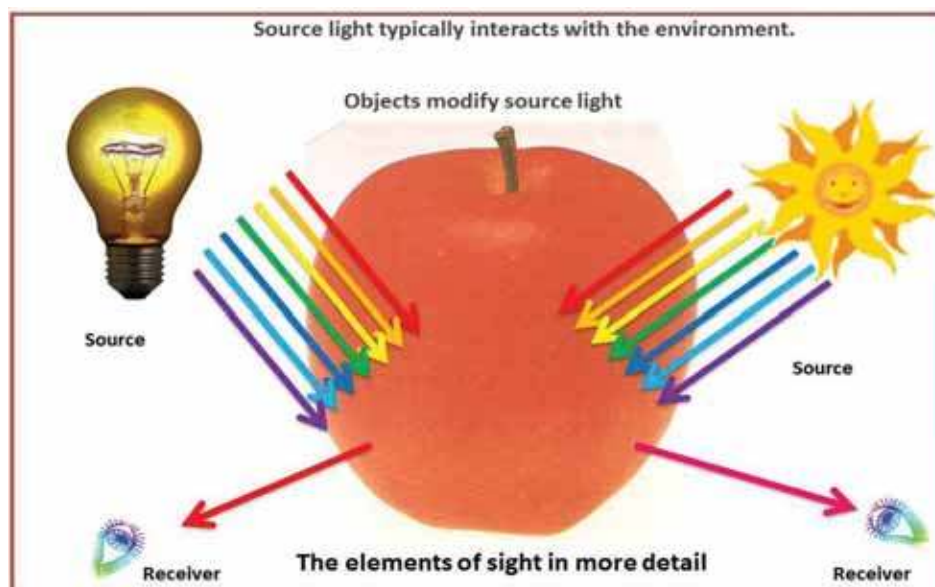
The non-image forming optical radiation affects human health and well-being as well as quality of life. This complicated issue will be solved by a new method using source, modi er and receiver level approaches – or any combination of these – for any indoor and outdoor built environment.

I. The following source-level method will be used to integrate the non-image forming optical radiation into the lighting design:

1. staging a new method to calculate the retinal Illuminance by optical radiation;
2. establishing the required threshold values based on human biological experiments;
3. creating a method of classifying luminaires based on the non-image forming optical radiation; and
4. integrating non-image forming optical radiation into the whole lighting design.

II. The following modi er-level method will be used to integrate the non-image forming optical radiation into the lighting design:

1. identifying the places where humans inhabit during the hours of darkness;
2. choosing the modi ers that block the non-image forming signal at night;



and

3. installing the luminaire in such a way as to receive indirect light exposure.

III. The following user-level method will be used to integrate the non-image forming optical radiation into the lighting design if any of the above is not used:

1. identifying the places where humans inhabit during the hours of darkness; and
2. choosing the filter/blocker/shield which blocks the non-image forming signal at night.

The human visual system is a complex system. We still do not have complete understanding of the processes in the retina and visual cortex. Human

eye sensitivity to light varies based on age, alertness, physical and mental conditions of a person as well as the light intensity, quantity, distribution, direction, color, time, duration, history, and numerous additional factors. These stimulating factors play major roles in the visual and circadian system. The research and experiments completed by various scholars and scientists throughout the world did not produce any single objective result. In this juncture, I propose the above noted new methods to light indoor and outdoor built environment which accommodate human health and well-being.

We need to select the accurate lighting sources and mounting arrangements with the careful attention to

the reflecting surfaces (modi ers). For indoor lighting application, we need to consider the modi ers such as ceiling, floor, wall, furniture, etc. Light pollution is the major concern for the outdoor lighting application. If source and modi er level approaches fails, a user-level protection can be used.

The non-image forming optical radiation affects human physiology and behaviour both directly and indirectly. The direct acute effects include melatonin suppression, elevated cortisol production, increased core body temperature, etc. The indirect effects mainly involve resetting humans' internal circadian clock. The Optical radiation impacts the visual, circadian, neuroendocrine and neurobehavioral responses. The various studies indicate that light at night may produce melatonin suppression, cancer, insomnia, depression, lower productivity, body temperature regulation, weak immune system, cardiovascular disease, obesity, pollution, trespass lighting, accidents, and numerous other problems.

The existing measurement based on the photopic luminous efficiency function method is not adequate to characterize non-image forming optical radiation. We know that there is no simple direct relation between vision and optical radiation. We can also focus on the recent discovery of non-image forming photoreceptor melanopsin and how it will play a major role in future lighting design. Most of the research for the non-image forming optical radiation has been completed in laboratory environments. There is insufficient documentation about the typical exposures to nocturnal optical radiation in field applications. Therefore, I propose a new method to calculate the non-image forming optical radiation as well as above noted new approaches for the future lighting design. In order to achieve this objective, some field case studies have been completed which provide a comprehensive understanding and a holistic approach to the future lighting design application.

UthayanThurairajah has over 18 years of experience in Human Factors in Lighting with a proven and solid track record in the field of electrical engineering and architectural lighting design, with extensive experience investigating the value of lighting design in the mental, emotional, and social well-being of a person. This includes but is not limited to the electrical design of temporary and permanent illumination, normal & emergency power and traf c control system. He is a Senior Project Engineer & Associate with MMM Group and also teaches at Ryerson University. He is a frequent presenter and author on lighting design & health.



Canadian Banks are Still Strong despite Negative Credit Rating

Arun Senathirajah
MBA (Banking Mgmt)

Credit rating outlook of Royal Bank of Canada, Toronto-Dominion Bank and, Bank of Nova Scotia, Bank of Montreal, Canadian Imperial Bank of Commerce and National Bank of Canada were cut to negative by Standard & Poor's. The agency which cited regulations that seek to limit government support in a crisis. Credit ratings of Royal Bank, Toronto-Dominion, Scotia-Bank and National Bank by one level each and two levels for Bank of Montreal and CIBC, S&P said.

Award Winning Financial Institutions

Canadian banks are seen by G20 and other nations as the unfailing and institutions built upon strong foothold in the Canadian economy during the 2008 financial crisis. These are based on higher fee charges levied from its customers compared to other developed nations and the capital market fundamentals are built upon conventional financial securities rather than speculative derivative products and the strong Canadian economy which stood behind it in case of collapse to commit taxpayers' money to rescue them.

The Proposal - Relieving Taxpayers from Covering Bank Bailouts

"In the highly unlikely event of a bank no longer being viable, the proposed Taxpayer Protection and Bank Recapitalization regime would help ensure bank shareholders and creditors bear losses, rather than taxpayers," the Department of Finance said in a statement issued in August 2014. According to Federal Finance Minister Joe Oliver's proposal to create a long-awaited bail-in regime for Canadian banks that will keep taxpayers off the hook in the event any of the banks fail.

Canadian government is proposing that senior unsecured debt be subject to conversion into common shares, and that policy makers will have the power to cancel pre-existing common shares. Canadian officials issued regulatory proposals August 01, 2014 aimed at relieving taxpayers from the burden of potential bailouts if key banks fail. The new rules mandate any new senior unsecured debt issued by a so-called systemically important bank must be convertible to equity if the firm faces insolvency. The proposals are open to public consultations until Sept. 12. The government also proposes that the country's largest banks – those deemed domestically systemically important – be subject to higher "loss absorbency" requirements based on risk-weighted assets. The rules, which apply to Canada's six largest banks, are part of an international push by Group of 20 nations to prevent government bailouts like the ones triggered in the U.S. and Europe by the 2008 financial crisis.

What Moody's outlook cut for Canada's Banking system means?

"We are not raising red flags," said David Beattie, a senior vice-president at Moody's, after the ratings agency changed its outlook on Canada's banking system from stable to negative. "The probability of default for an AA Canadian bank is still in the low single digits." Mr. Beattie said Moody's remains unsure how Canada's new bail-in regime will work and given that federal Finance Minister Joe Oliver is relatively new to the job, he predicts further details will be slow in coming. Even so, he doesn't expect the new rules to have much impact on the individual credit ratings of the banks, which remain unchanged despite the recent outlook revisions. "The Canadian banks are still among the highest-rated banks in the world and it's only a very remote

possibility that one of them will need to be resolved in the next several years," he said. Investors are taking Moody's actions on the safety of the Canadian banking system in stride. Spreads on bank credit have barely budged over the past month and bank stocks continued to hit new highs, despite falling slightly in line with S&P/TSX composite index. A high degree of confidence in the Canadian banking model, which boasts diversified income streams, prudent management and strong regulatory oversight. "Ever since the 2008 financial crisis, the federal government has been working on a plan to minimize the potential burden on taxpayers in the unlikely event of the failure of a major Canadian financial institution," he said. "The possibility of contingent

capital or 'debt bail-ins' were formally introduced in the 2013 federal budget document, so equity investors have had plenty of time to digest its significance."

Canadian Banks are still Strong

It has been more than a year since Canada pledged to match other jurisdictions in the G20, such as the United States and the United Kingdom, in creating a structure to stabilize failing banks with new debt instruments rather than taxpayer bailouts. However, others said there was no rush for Canada because the country's banks are highly rated compared to other jurisdictions. The new regulations would raise a bank's probability of default because of reduced likelihood of support from the government, according to the statement.

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Arun Senathirajah, ACIB, MBA (Banking Management)

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Start learning to save on education early

You know all those times you fumed at the nickel-and-dime that takes place this time of year as your children head off to elementary or high school? Well, it's nothing compared to the hundreds and sometimes thousands college kids have to spend before their school year is even past its first month.

And though you have to tell your 15-year-old that you can't get that locker organizer just yet because you don't get paid until next Friday, you can't very well tell your university freshman you can't afford that \$100 course book until next week because next week may be too late for him to have it read.

There are ways to lessen the impact of those necessary purchases, though, and as with most financial matters, the answer is budgeting.

The base expenses of a college education (tuition, room and board) are natural bank-account killers because

there's no way around them. They have to be paid. The \$1,500-\$2,000 you paid 15 years ago on tuition has more than quadrupled since, with the average cost in Canada pegged at about \$7,000 per semester. Multiply that by two for the full school year. Multiply by the number of years your child will be studying and factor in inflation and you can expect to pay anywhere from \$30,000 to over \$60,000—that's possible your annual salary, and then there's the cost of living away from home (which really is one of the important aspects of continuing education some parents have a hard time accepting), which can often eclipse the cost of tuition.

The ideal is for parents to start thinking about how to come up with that \$120,000 as early in a child's life as possible, and a Registered Education Savings Plan (RESP) is a great way to save while receiving some ben-

efits from the federal government. New plans have no annual contribution limit but have a lifetime limit of \$50,000 (plans opened prior to 2006 have a \$4,000 annual cap and \$42,000 lifetime cap). The government can contribute up to 20 percent on the first \$2,500 annual contribution. More information is available at http://www.canlearn.ca/eng/savings/know_your_resp.shtml and many financial institutions have online RESP calculators to help you maximize your contributions.

And of course, don't neglect the cost of transportation. Many institutions include transit passes as part of the school ID cost but some don't, so be prepared to pay for monthly passes if your student lives off campus or needs to commute to a part-time job to supplement his education costs. A car may be a cheaper alternative over the course of obtaining a degree, but there's the

initial outlay and gasoline and maintenance costs along the way.

The cost of course books is outlandish, but many courses use the same reading list year after year. As such, it may be beneficial to forego new books and buy used. Further cost savings can be realized by reselling them after they are no longer needed. Institutions have used book stores and as with much buying and selling, Kijiji and Craigslist offer a chance to buy and sell course books, but the big chains such as Amazon and Chapters also have used textbook categories at substantial discounts over new.

Getting an education may be expensive for both the child and the parents, but some financial planning can take the anxiety out of the experience.

Courtesy: GTA Credit
See page 16



MANAGING YOUR MONEY



A comprehensive Financial Plan

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

Your life is complex. Family, business, career - every day is a constant juggling act that leaves little or no time to make critical decisions about your financial future. Sure, you've likely given thought to your retirement. You may even have sought advice from your banker or broker for investments, your accountant for tax tips, or your lawyer for estate planning. But these are only a few of the many elements that must be incorporated into planning your life as it is now and as you wish it to be tomorrow.

A comprehensive financial plan includes all these elements; investment planning, cash flow planning, estate planning, insurance planning, retirement planning and income tax planning - and here's the key - to be successful, your plan must be tailored to you. A qualified advisor will review and analyze every aspect of your financial life to prepare an action plan designed specifically for you. Your action plan may contain all or most of these important elements.

The financial planning process will begin with an in-depth exploration of your goals and objectives, your current financial picture, your investment risk/reward comfort level, and your time frame for reaching your objectives. You will be asked the right questions to help you sort through the options and find the solutions that are best for you. Your advisor will meet with you regularly, to review your plan to ensure that it is still appropriate as your circumstances change.

The key to achieving your long-term

financial goal is creating a financial plan that starts today. The financial planning process includes gathering data and establishing your goals; identifying your present financial situation, potential issues and opportunities; developing and recommending strategies to meet your goals; implementing the recommended strategies and reviewing and revising the strategies on a periodic basis.

Setting goals and objectives is the first step of any financial planning process - if you do not know where you are going, how can you know when you get there, or decide which route to take?

Your financial plan should confirm that your goals are achievable, and appropriate recommendations will help define what you need to do to ensure that you reach your goals.

Retirement Forecast

Am I saving enough for my retirement? How much will I have to live on with my current savings level? Am I saving for retirement in the most tax effective manner? A qualified advisor will work with you to map out a realistic plan for a financially achievable retirement lifestyle.

Insurance Assessment

Do I have enough of the right kind of coverage for my life today? Am I paying too much for my insurance? A comprehensive financial plan can incorporate a complete risk management analysis aligned to your insurance needs as they are today and as they are expected to be tomorrow.

Tax Efficiency Review

Am I taking full advantage of tax ef-

cient investment and income streams?

Whether you're a business owner, employee or retired, you will receive recommendations about the most effective tax efficient investment strategies that are suitable for you - to help reduce your tax burden while seeking ways to increase your investment returns and net income.

Estate Road Map

Will my estate be hit by a whopping tax bite? Will my beneficiaries get everything I leave for them? What if I become mentally incapacitated?

Your action plan can illustrate the tax implications to your estate and provide solutions that help maximize its value to help ensure your beneficiaries will get everything you've planned for them.

Cash Management

How can I maximize my current cash flow situation? Are there times when it's better to borrow than to pay cash?

Cash management significantly impacts your long-term wealth and in today's fast-paced world, it's easy to get caught up in spending. Your action plan will help put the brakes on unproductive cash outflow and provide a foundation for maximizing personal wealth.

Strategic Investment Planning

Are my investments tailored to my needs? Are they subject to excessive tax liabilities?

We can create an investment plan that effectively balances risk, returns and tax implications according to your unique situation.

Your action plan can provide answers to all your questions in ways that match your life today and your dreams for tomorrow. It will be sophisticated yet practical - a solid foundation you can build on as your resources allow and your life evolves.

An action plan should identify where you are now, give you guidance for the future and help reduce your risks along the way. It must incorporate your short and long-term financial goals and the insurance coverage you need to help you achieve and maintain the lifestyle, retirement and estate you want.

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.

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Short Story

What, you are going to be a mother?

(Phone rings)

Mala: Hello, good morning

Geetha: Good morning Mala, How are you? I am Geetha from Colombo.

Mala: My God! Geetha How are you? After a very long time. Good, you thought of me.

Geetha: I am ok. I have been thinking of you but never had time to call you. I was busy with work and hospital.

Mala: Hospital why? Any thing wrong with you or your husband?

Geetha: We are ok by God's grace, but one good news.

Mala: What is the good news, you got a promotion?

Geetha: Are you mad? Who will give promotion during this financial crisis.

Mala: Then what? Come out with it, without further delay.

Geetha: You may be shocked to hear it.

Mala: Shocked, me? Don't worry tell me.

Geetha: I am going to be a mother.

Mala: What? You are going to be a mother? I can't believe it.

Geetha: That is why I told you, you will be shocked to hear it.

Mala: I am shocked and delighted to hear it. But -----

Geetha: I know your feelings now. You must be wondering how that is possible?

Mala: Yes. You are correct. Becoming a mother is a normal matter with many of us. But in your case it is a mystery.



by Thuraiyooran

Geetha: Yes. It is a mystery and wonder. Having married for five years and with no children and now getting one is a wonder.

Mala: I remember the time and money you spent on consulting many gynecologists and even planning to go to Chennai for treatment.

Geetha: Yes you are right.

Mala: But I still remember that you told me sometime back, that you will not conceive since your husband's sperm counts are very low.

Geetha: Yes you are correct.

Mala: But now, how is it possible for you to conceive a child.

Geetha: This is what is called God's grace.

Mala: What? Don't be stupid. Tell

me what happened?

Geetha: Someone helped me.

Mala: What, someone helped you to conceive a child?

Geetha: Yes. You are right.

Mala: Do you mean to say your husband was aware of this.

Geetha: Not only he is aware, he helped me, because he likes children and was longing for one.

Mala: I know he likes children but I never thought that he will stoop to this level.

Geetha: Why, what is wrong?

Mala: You may think that there is nothing wrong in your action but what about our culture and tradition.

Geetha: Hell with our culture and tradition. I thought you are a progres-

sive woman living in Toronto. But you are still clinging on to our archaic culture.

Mala: Geetha, you are trying to justify your action of getting an unknown male, to help you to conceive a child. Our society will not accept this. We are brought up with high moral values and unlike the western society, we have to stick to our husband only.

Geetha: What the hell are you talking about our culture, moral values and the nonsense. What have I done wrong. This is a practice done by many married ladies without children.

Mala: I can understand your frustration of trying for a child for more than five years. But resorting to such immoral act is unacceptable by our social standards.

Geetha: Mala you are sadly mistaken. You are talking off your hat. You have not got the point yet.

Mala: Don't think I am stupid. I got the point but going with another unknown person is unimaginable.

Geetha: (laughing loudly) Mala I never thought that you will be such a stupid person with wild imagination.

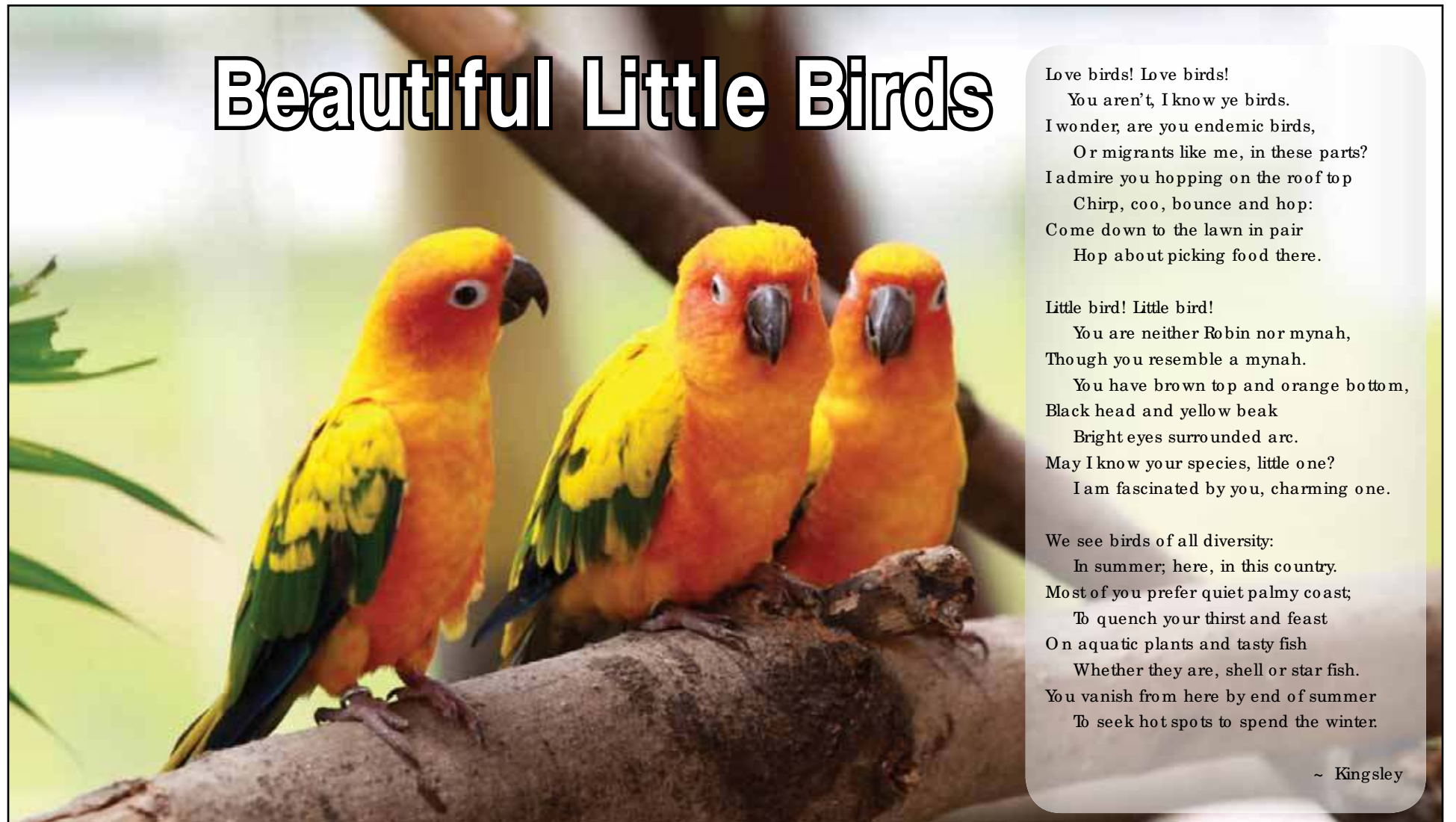
Mala: What, you are laughing at your immoral action?

Geetha: Sorry my friend you got the wrong point. Even though you are in an advanced country you are unaware of this procedure.

Mala: What procedure you are talking about?

Geetha: Ask your husband, he will tell you. will call you tomorrow. Bye.

Beautiful Little Birds



Love birds! Love birds!
You aren't, I know ye birds.
I wonder, are you endemic birds,
Or migrants like me, in these parts?
I admire you hopping on the roof top
Chirp, coo, bounce and hop:
Come down to the lawn in pair
Hop about picking food there.

Little bird! Little bird!
You are neither Robin nor mynah,
Though you resemble a mynah.
You have brown top and orange bottom,
Black head and yellow beak
Bright eyes surrounded arc.
May I know your species, little one?
I am fascinated by you, charming one.

We see birds of all diversity:
In summer; here, in this country.
Most of you prefer quiet palmy coast;
To quench your thirst and feast
On aquatic plants and tasty fish
Whether they are, shell or star fish.
You vanish from here by end of summer
To seek hot spots to spend the winter.

~ Kingsley



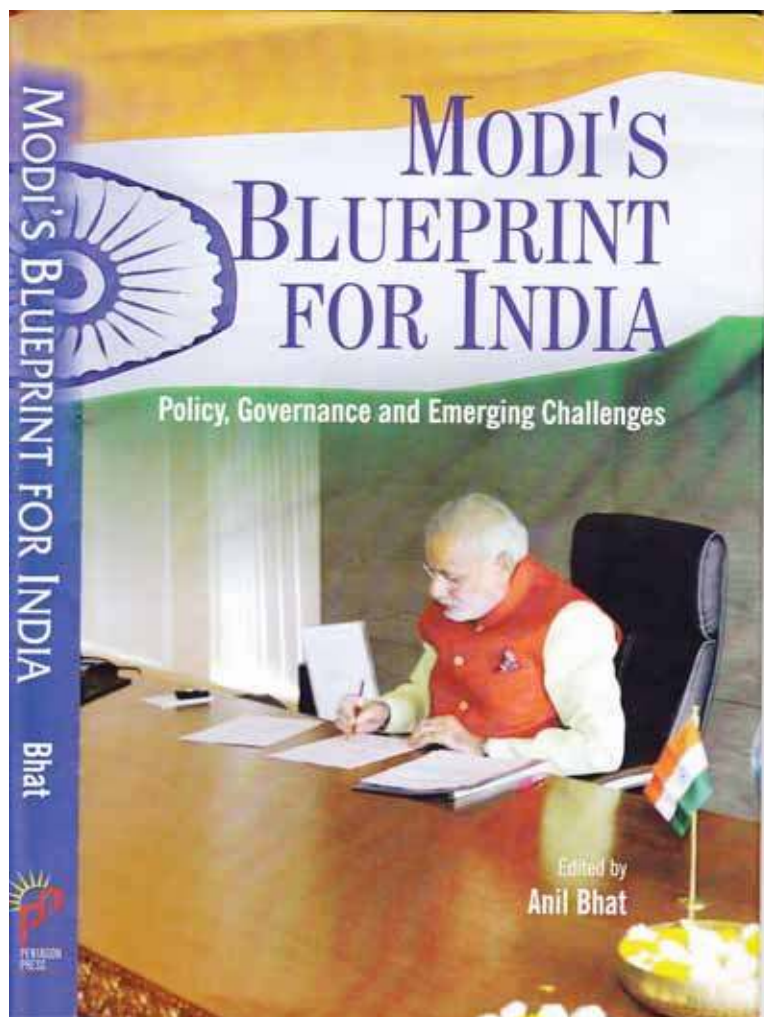
Book Review

Modi's Blueprint for India

A Pentagon Press Publication

Chapter 1 - "The Beginning of the Modi Era"

(By Siva Sivapragasam)



Reviewed By Raymond Rajabalan

The election of Gujarat's Chief Minister Narendra Modi as the Prime Minister of India has no doubt brought in a new chapter to the history of Indian politics. The 2014 mandate he received stands out as the first ever one giving him a clear majority to a non-Congress party.

After a decade of Congress party rule which was riddled with allegations of corruption and scandals, the arrival of Narendra Modi in national politics is being looked upon as a change in regime and leadership which the country needed desperately. Modi had proved himself as an able administrator as the Chief Minister of Gujarat and turned the once poor state into a powerhouse. The people of India naturally expect from him the same for the whole of India as the Prime Minister.

The release of the book "Modi's Blueprint for India" by one of Delhi's reputed publishing houses- Pentagon Press, is certainly a much needed guide for the future development for India. The articles in the book covers the policy, governance and the emerging challenges for the new Government.

Chapter 1 in the book which is suitable titled "The Beginning of the Modi Era" is by Canadian writer Siva Siv-

apragasam, a journalist whose regular contributions appear in "Monsoon Journal" - A South Asian English newspaper. He has analyzed the reasons for Modi's success in the elections and has contributed valuable suggestions for development and growth of the Indian economy. Among the topics discussed in the book by a team of competent authors are important issues of governance consisting of foreign policy, education, women's issues, defense and national security.

"Narendra Modi's Blueprint for India" is edited by Anil Bhat who is a syndicated columnist and author of several research papers, article and book reviews for many newspapers, magazines and journals. The contributors are a mix of writers including scholars, analysts, professionals and journalists. This makes the contributions to the book as independent view points.

The book "Narendra Modi's Blueprint for India" is an attempt by several leading writers as to what should be done for good governance and leadership by the Modi regime so as to restore India's glory and make the country a recognized and reputed global power.

The book "Narendra Modi's Blueprint for India" can be purchased online from www.amazon.com

U.N. Assistant Secretary-General Lakshmi Puri praises IPS news

U.N. Assistant Secretary-General Lakshmi Puri praises IPS news network for its intensive coverage of sustainable development and imagining a better world for women and girls

(Ms. Puri functioned as a Secretary at the Indian High Commission in Sri Lanka several years ago and was a very cordial link with the Media. Her husband Shri. Hardeep Puri was then the Political Secretary attached to the High Commission.)

By: Siva Sivapragasam

U.N. Assistant Secretary-General Lakshmi Puri, deputy executive director of U.N. Women, has praised IPS for its intensive coverage of sustainable development and gender empowerment.

She said IPS has been "a leader" in realizing a more democratic and equitable new information, knowledge and communication order in the service of sustainable development in all its dimensions: social, economic and environmental.

"Its enterprising role has also been evident in the way it championed the creation of U.N. Women: a new gender equality and women's empowerment and rights architecture within the U.N. system.

"We have partnered with IPS to advance this most important project for humanity in the 21st century," said Puri. "IPS joined our political mobilisation drive for a stand-alone gender equality and women's empowerment goal through sustained engagement and compelling content."

She said IPS has demonstrated "its unwavering commitment to development issues through supporting our efforts to mainstream gender perspectives in the G77, particularly via the Declaration of Santa Cruz 'For a New World Order for Living Well' of June 2014, and the historic pre-summit international meeting on Women's Pro-



posals for a New World Order."

She also said IPS has joined the public mobilisation campaign - "Empowering Women, Empowering Humanity: Picture It" - as a Media Compact partner, and is throwing its full support behind Beijing+20.

"I wish IPS 50 more years of dynamic evolution, courageous reporting of truth, built on the foundations of reportage from the front-lines of ground experiences, and of providing game changing third-eye wisdom and policy perspectives on all endeavours of humanity and of imagining a better world for women and girls," Puri declared.

(Source:IPS)





Special Feature



The Taste of Home: Garlic and other Great Ontario Crops

Millions of us in the Greater Toronto Area weren't born here, and we miss the foods from back home. The flavours, the colours, the aromas. And the ability to shop for them, the way we did in our home countries: fresh fruit and vegetables, bought that day at an open-air market. But what many of us don't know is that some of the favourite foods we grew up with are now grown just outside the GTA in Ontario's Greenbelt, and that we can buy fresh produce – straight from the fields – at our local farmers' markets. The most delicious fruits and vegetables are eaten in season and grown close to home.

Ontario has some of Canada's best farmland, with the Greenbelt wrapping around the Greater Toronto Area. The Greenbelt stretches from the Niagara Region all around the Golden Horseshoe, covering almost two million acres of protected land. Leafy greens, snap peas, broccoli, pumpkins, and countless other vegetables are harvested in sea-

son here, and fruit orchards send fresh apples, peaches and cherries directly to the densely-populated GTA.

So where can we find this delicious food? Farmers' markets!

At local farmers' markets you'll find a wealth of Ontario's freshest fruits and vegetables, as well as local meats, cheeses, and baked goods. Most farmers' markets open in May, and close in late October, following our growing season, but by using greenhouses and excellent storage techniques, farmers supply customers with local produce all year long, including cucumbers, mushrooms, carrots, potatoes, onions and lettuce. And nothing tastes better than seasonal fruits, like succulent strawberries in June, juicy apricots in July and crisp apples harvested in the fall.

Of course, these crops have been grown here for generations, but as our communities become more diverse, so do farmers' markets. To feed a world of taste preferences, local farmers

now grow international favourites, including Asian long eggplants, Indian red carrots, tomatillos and edamame. Imagine what we can find: local garlic for Filipino chicken adobo, bok choy and choy sum ready to stir-fry, Ontario calaloo for the best Caribbean soups, and fresh eggplant ready for a Punjabi baingan bharta. Delicious!

Because farmers' markets provide opportunities to meet the people who grow and make what they sell, they are a great place to ask questions, try samples, and learn about the foods that grow here. Even in a big city like Toronto, markets have a friendly feeling, as neighbours meet each other, trade recipes, and find out what's happening in their communities. Some people say that farmers' markets are too expensive, but eating fresh food, straight from the fields has an incomparable taste and quality, and 'shopping local' contributes directly to a strong local economy.

One local crop – garlic – is so popular that it has inspired an annual festival. The Toronto Garlic Festival takes place in September, and offers us a taste of just about everything you can do with garlic, as well as tips on how to grow it (for home gardeners), and a chance to buy dozens of hard-to-find varieties, all grown in Ontario.

So, next time you wonder: how can I make my cooking taste just like back home... pick up some local produce at the farmers' market. It will add that secret flavour you've been missing.

To find out more about the many farmers' markets throughout the Greenbelt region, visit: www.greenbeltfresh.ca.

Farmers' Markets within the City of Toronto are also listed on: www.tfmn.ca.

For details on the Toronto Garlic Festival go to www.torontogarlicfestival.ca

Fresh Garlic

Peter McClusky says garlic is not just a seasoning, but also a vegetable. The founder of the Toronto Garlic Festival wants consumers to experience the world of difference between local hardneck varieties of garlic and the soft, or really no, neck varieties imported year round to supermarkets. He explained to Good Food Revolution over the phone that, "The garlic from China is a softneck garlic that doesn't produce a scape, the big farms in China like that because growing it is less labour intensive, but it's less tasty." Like so many other commodity grown foods, imported garlic is bred and grown for ease of shipping rather than flavour. Even when fresh, McClusky said, the softneck garlic won't taste as good – the tell sign of this industrially grown garlic is the absence of a stem in the middle of the bulb.

Fresh Garlic Cloves

So what exactly is fresh garlic? McClusky, who farms garlic outside of Toronto near Acton, explains it's simply about timing. The bulbs of garlic picked in season between June and October have a soft skin, since they haven't been "cured" (i.e. dried out) for storage over the winter. Curing intensifies flavour,

as the water content diminishes and stabilizes the cloves for storage: think of braided bulbs hanging on the wall of a farmhouse kitchen. Fresh garlic is, in fact milder, and presents more complex and subtle flavours. In Ontario, we are in prime fresh garlic season right now.

Like so many drawn to a job in artisan food, garlic farming is McClusky's second career. He worked for over a decade as a high ranking digital marketing executive in New York City before coming back home to Ontario. He's kept his marketing and promotional instincts and founded the Toronto Garlic Festival as a way to apply the skills of his past life to the realities of his current one. He wants consumers eat better garlic, and is working hard to make it happen. One new project of McClusky's is a continually updated map of where to buy Ontario garlic, funded by Carrot Cache, a organic food community foundation associated with The Big Carrot grocery store. He hopes to add that many more places where people can find locally grown, hardneck bulbs.

Courtesy: Good Food Revolution, by Malcolm Jolley



Fresh Garlic



Fresh Garlic Cloves



Obituaries

SANTHIAPILLAI - ANTON

(Formerly of Cement Corporation)

Dearly loved husband of Inparanee, dear father of Anusha & Tanuja and father-in-law of Campbell Wenlock, son of the late Mr & Mrs B. Santhiapillai, brother of the late Olive Rajaratnam, the late Flo Eliathamby, Stella Manuelpillai, the late Fr. Kingsley, Joe, the late Angela and Bernard, passed away peacefully in Melbourne, Australia on 11th August, 2014.
177 Neerim Road, Carnegie, VIC 3163, Australia.

RAJALINGAM - N.K.

(Formerly of Ministry of Foreign Affairs)

Father of Varunika, Sakunthala and Amritha (Isha), father-in-law of Jerome, Naveen and Sunmith, grandfather of Mithesh, Yashodha, Varoon and Milie, son of the late N. Kanagarathnam and Thivanipillai, brother of the late Thangamuththu and the late Valliammai, the late Karthigesu, Balakrishnan, the late Nalayini and Thuraimani, brother-in-law of the late Nageswaran, the late Namasivayam, Janaki, Prema, the late Kanapathipillai and Vamadevi.

INDRAMATHY BAHEERATHAN

Passed away on the 25th August 2014. Beloved wife of Baheerathan, mother of Shanjeev and Danusha, brother of Sivakumar (Canada), the late Thirukumaran (Germany), Indrakumaran (Canada), sister of Mangayar Karasi (Canada), Jayasiri (Canada), Nandini (Colombo), Vasanthi (Canada), Mathivathani (Canada), Kamalini (Canada), sister-in-law of Ushayini.

RASALAH - SUNDERALINGAM

Dearly beloved husband of Balambigai Ammal, loving father of Subash (Back to the Bible, formerly Kent Group), father-in-law of Jothi, loving grandfather of Isaac, Christlyn and Samuel.

ALEXISNATHAN AROKIANATHAN

Beloved son of late Mr & Mrs Arokianathan, son-in-law of late Mr. & Mrs Mariathas Rasanayagam, beloved husband of Maria Dolorose Rani, loving father of Wijenathan, Theebanathan, Sobana and Jonathan, loving brother of late Thasan, Malar Fonseka (Colombo), Jeyanathan (UK), Arianathan (UK), Selvanathan (France) and late. Chandranathan, brother-in-law of Yogi, Nihal, Vimo, Shiranthi and Subathra, father-in-law of Anne-Laure, beloved grandfather of Sanjayanathan and Neelanathan.

Funeral took place in France on 2nd September 2014.

Contacts Sister Malar Fonseka (Colombo) - 0112863912, Wife - Rani (France) - 0033134775398. 160344

Dr. MUTTIAH - CLARENCE

Cherished husband of Lakshmi, precious father and father-in-law of Mano & Nirmala, Rohan & Taniya, Hiran & Sonalie, Ranjan & Juanne, Lakshman & Minoli and Rashmi & Kula, Adored grandfather of Dr. Christine, Michael, Shalini, Anique, Lara, Elisha, Shereuby, Seth & Noah, brother & brother-in-law of Rane & Savunda Savundranayagam, the late Dr. Sugi & the late Mervyn Canegaretne, the late Tyrrell & Sarojini Muttiah, Dr. Pearl & Dr. Sidney Hettiaratchy, and Sam & Charika Muttiah, brother-in-law of Mohan & Rane Rajasingham, Rajes & the late Dr. Paraman Hensman, the late Mano & Susheela Rajasingham, the late Mannan & Kamala Rajasingham, Mohini & the late Dr. Christie Karunakaran and Mano & Gopi Ratnabalasooriya. A service of Thanksgiving was held on 15th August at 11.00 a.m. at Holy Trinity Church - 1 Pakington Street, Kew, Melbourne, Australia, followed by a private cremation.

IN MEMORIAM



Neelampikai Ammal Kanapathypillai

(April 15, 1934 – August 10, 2014)

THANK YOU

We thank all of you for the heartfelt sympathies and messages of condolences on the passing of our beloved Mother. Your time in thinking about us during our great loss goes far in bringing solace. We thank and appreciate all the helping hands for assisting and providing comfort to us in numerous ways since the time of her passing.

- Children, Daughters & Sons-in-law, Grandchildren and Great-Granddaughter

Contact: Bala (647) 328-5204

Markham, Ontario

"There is no better divinity that stays right in front and talks to us than the Mother whom gave Birth to us" – Evergreen Poet Vaali

Gandhi filmmaker Richard Attenborough dies at 90

Oscar-winning British filmmaker Richard Attenborough, renowned for his critically-acclaimed biopic on Mahatma Gandhi, has died. He was 90.

The actor's son, Michael Attenborough told the BBC that his father died at lunchtime on August 24. He had been in poor health for some time.

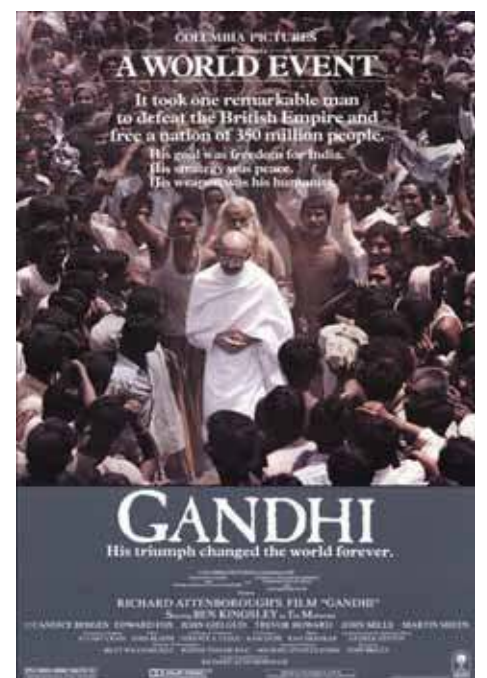
One of Britain's leading actors before becoming a highly successful director, he appeared in films like 'Brighton Rock', World War II prisoner of war thriller 'The Great Escape' and later in blockbuster 'Jurassic Park' as a theme park developer.

Attenborough's greatest achievements was making the cinematic tribute to Mahatma Gandhi in 1982 with the \$22 million epic "Gandhi", winning eight Academy Awards including a best director Oscar for Attenborough. Part of his share of the profits from "Gandhi" went to organizations like the Save the Children Fund and Gandhi's own ashrams, or alms houses, in India.

British Prime Minister David Cameron led tributes for actor and director Richard Attenborough who died after a career in the film industry spanning over six decades. "His acting in "Brighton Rock" was brilliant, his directing of "Gandhi" was stunning - Richard Attenborough was one of the greats of cinema", the British PM wrote on twitter.



Richard Attenborough
(August 29, 1923-August 24, 2014)



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Water Purifier Inauguration in Tharanikulam, former Warzone – Sri Lanka North

Vanni Aid Foundation and Vanni Aid Canada has jointly donated a Water Purifier at Tharanikulam Ganesha Maha Vidyalayam. It was ceremoniously inaugurated for public use by Mrs. Ariamalar Rajasingham, her son Mr. Yogi Rajasingham together with Mrs. Lydia Senthivel on the 19th of

August 2014.

The organization is in need of more funds for the very talented children from this school. If each sponsor contributes \$150.00 per year, that is \$12.50 per month, it will make a change in their life and towards the betterment of their future.

Mr. Sasitharan was at the inauguration ceremony and credit goes to him for the photos.

Vanni Aid Foundation says "Thank you" to all those supporting its initiatives towards alleviating the plight of the war affected people in the region.



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JAFFNA CENTRAL - VEMBADI, 15th ANNUAL

WALK-A-THON IN AID OF SICKKIDS FOUNDATION

On Saturday July 5th, 2014 the Jaffna Central College Old Boys Association, Canada and Vembadi Old Girls Association, Canada together held the 15th annual walk-a-thon at Morningside Park, Scarborough.

In this fundraising event the two Associations collected \$3072 for the Sick kids Foundation. The collec-

tion was handed over at the Sick-Kids Foundation on August 5th 2014. For the last 15 years we have raised \$47,000 for this amazing cause. After the walk-a-thon the families of both schools had a wonderful picnic lled with fun and games.

These associations also raise funds through various projects in Canada to

help their respective schools in Jaffna, Sri Lanka. JCCOBA will be having the annual dinner on November 8th 2014 at J & J Swagat Banquet Hall and we expect more Centralites to join in the dinner. The little money we raise at these events make a big difference to the needy students studying at the school.

Centralites all over the world are preparing for a gala celebration in 2016 commemorating the 200 years of the founding of Jaffna Central College in the heart of Jaffna. Central ag will never be lowered.

By Dr. K. Theivendirarajah, Secretary, JCCOBA, Canada





By Siva Sivapragasam

Jaffna Hindu College Association - Canada collects \$10,500 for Markham Stouffville Hospital through Walkathon

The Markham Stouffville Hospital has benefited by \$10,500 dollars for cancer treatment through a Walkathon funding organized by the Jaffna Hindu College Association, Canada.

The Walkathon took place on Aug 31st at the Col. Danforth Park on a bright and pleasant Sunday morning. There was a considerable gathering of old boys of Jaffna Hindu College, well-

wishers and Hospital representatives.

Allan Bell, from the Markham Stouffville Hospital Foundation who represented the Hospital at the Walkathon made a glowing tribute to the Association and specially the Chair-person of the committee Mohan Sundaramohan for the efforts in collecting this sum through the Walkathon.

Kathir Subramaniam, President of

the Jaffna Hindu College Association, Canada, thanked all those present who had gathered for the Walkathon and those who had contributed to make the funding a success.

Mohan Sundaramohan, Chairperson of the Committee expressed his appreciation on behalf of the Association for those who participated in the Walkathon and to those who made valuable contributions for the

Hospital fund. He also stated that the money collected would be utilized for the much needed cancer treatment and chemotherapy services at the Hospital.

At the end of the Walkathon, participants were entertained with refreshments.

Seen here are some pictures taken at the Walkathon event.



Madeline Cuadra, Manager, Corporate Sponsorship & Special Events, MSHF & Allan Bell, Director, Corporate Sponsorship & Special Events, MSHF with Kathir Subramaniam, President, JHCA-Canada



Sritharan Thurairajah, President Life100, Sri Kathirgamanathan, Past Director, JHCA-Canada, Sivan Ilango, Vice President, Internal Affairs, CTCC and Siva Sivapragasam, Editorial & Marketing Consultant, Monsoon Journal



Kathir Subramaniam, President, JHCA-Canada, behind - Mohan Sundaramohan, Chairperson, JHCA-Canada and Ganesh Shanmugam, Committee Member who did the Emcee



Mrs. Vasanthi Sritharan, Mrs. Jana Murali, Gajan Mahan, RE/MAX Community Realty, Murali Sivaguru, RE/MAX Community Realty and Children of Mr & Mrs. Murali.



Mohan Sundaramohan, Chairperson, JHCA-Canada & Kathir Subramaniam, President on right



Allan Bell, Director, Corporate Sponsorship & Special Events, MSHF with Kathir Subramaniam, President, JHCA-Canada



Handing over the cheque by JHCA-Canada to MSHF: Special guests, Dr. Sabalingam Jothilingam from UK at front row, 2nd from left and Rajah Sugantharajah from USA at 3rd from right



Cheque presentation with group



Kathir Subramaniam, President, JHCA-Canada, Joy Gonsalves, RBC staff, Allan Bell, Director, Corporate Sponsorship & Special Events, MSHF, Mohan Sundaramohan, Chairperson, JHCA-Canada, Madeline Cuadra, Manager, Corporate Sponsorship & Special Events, MSHF



Section of Walkathon Participants



Section of Walkathon Participants

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PARTHI KANDAVEL FOR SCHOOL TRUSTEE ON OCT 27TH

Parthi Kandavel, Teacher & TVI Cross Roads host, launched his campaign for school trustee at the Toronto District School Board for Scarborough Southwest last week.

Mr. Kandavel had actually ran previously in the 2010 municipal election and placed a strong and close 2nd place with 7416 votes in Scarborough Southwest. In which he was endorsed by now Premier Kathleen Wynne, describing him, "Parthi has a solid value system. He understands how to connect with people. He is honest and articulate. Parthi is the kind of person who can lead us through issues of equity in education." Parthi Kandavel was also supported by former Premier Bob Rae and endorsed by The Toronto Star, saying "He is the best choice in this ward". Since then, he has completed a Masters in Education and has taught grades 6 and 3.

In his launch speech, Mr. Kandavel spoke about the "critical need" to improve the area's performance on the annual tests for reading, writing, and mathematics, where majority of the schools in the ward perform below the average. This, he argued, can be achieved through meaningful professional development, that can also be utilized for the effective character development and education of our children. Mr. Kandavel also spoke of the need to bring transparency and accountability to the TDSB, which has suffered from financial mismanagement in the millions of dollars, which was revealed by the Toronto Star in an investigation last year.

Parthi Kandavel was supported by a wide variety of community members, a former student, and parent at his launch. Toronto City Councillor Glenn De Baeremaeker provided a video message conveying a strong endorsement. Notably, Dr. Brenda Beck who worked with Parthi Kandavel to spearhead the inclusion of the Tamil epic story, The Legend of Ponnivala, in public schools in the York Region spoke about Mr. Kandavel's capability and passion. Also, recently elected Liberal nominee for Scarborough-Rouge Park, Gary Anandasangaree, spoke about his support and desire to see Parthi Kandavel elected to the TDSB.

Mr. Kandavel concluded his speech with that he is hopeful for change at the TDSB, because he has seen the tremendous change and hardship our community has undergone since the 1990s to the success and position we currently enjoy.

Photo Courtesy: Ninaivukal & SPSYN



Parthi Kandavel



Gary Anandasangaree, Federal Liberal Candidate, Scarborough-Rouge Park



Dr Brenda Beck



Emcee Stuart Hastings



Parent of student - Kathleen Aguilar



Dr Brenda Beck and Parthi Kandavel



Former student Ajeyram Sricamalan



Pageerathan Ariyaputhiran - Uncle



Wife Anuppiya Sriskandarajah



Parthi Kandavel with his mother



Some of the Attendees



Section of the Attendees



Section of the Attendees



Durham Tamil Association's contribution to Whitby Harbour Day

About 22 TEAM DTA Youth volunteers helped organize 2014 Whitby Harbour Festival on Saturday 26th July, which was hosted by Town of Whitby. They started the day by helping vendor and community groups set up their booths. Then they were on their feet all day helping performers, visitors, children and the elderly. The Youth also tirelessly applied Henna and tattoos to all visitors to DTA booth. In addition, Kulakshana Paranivasagam of DTA performed a classical Bharathanatyam Dance and was appreciated by the audience. She is the student of Ms. Nivedha Ramalingam. Later, TEAM DTA Youth girls group, Bronze Steppers presented a remix version dance for a popular upbeat Tamil number which was also well received by the audience. All in all, it was a fun day for everyone who attended but a special day for TEAM DTA Youth as they received many complements for their courteous service. Both Mayor Pat Perkins and Deputy Mayor Lorne Coe were on hand to personally thank the volunteers for their tireless service and their commitment not only to the Town of Whitby, but Durham community at large.



Mayor of Whitby Pat Perkins & Shashi Bhatia with TEAM DTA Youth @ Whitby Harbour



Councillor Lorne Coe & Sue Estrela with TEAM DTA Youth



TEAM DTA Youth Girls performing



DTA's Tharmela applying Henna Tattoo



DTA's Suruthe Janakan applying Henna



DTA's Kulakshana Paranivasagam performing

DTA's Participation in Devi Mandir's 25th Anniversary Celebration



President Josh Suresh, Board Director Hanthan Manickavasagar & Uma Suresh

It was a proud moment for Durham Tamil Association to take part in the 25th Anniversary Celebration of Devi Mandir in Pickering, following their invite. Ontario Premier Hon.Kathleen Wynne was the esteemed chief guest for the event. Many dignitaries including Chief of Durham Region Roger Anderson, Minister Tracy MacCharles, MPP Joe Dickson, MPP Bal Balkissoon, Mayor Dave Ryan, Mayor Pat Perkins, Deputy Councillor Doug Dickerson, Councillor of Whitby Lorne Coe, Councillor Peter Rodrigues, Councillor David Pickles and Mary Nippak who represented MP Corneliu Chisu were in attendance. Durham Tamil Association was invited to present a



DTA's Mathumitha Baskaran

introduction as a pioneer community group of Durham and to present a classical Bharathanatyam. Ms.Mathumitha Baskaran who is the student of Mrs. Shiyama Thayaalan gave a stunning Bharathanatyam performance, which was appreciated by Ontario Premier Hon.Kathleen Wynne and many of hers.



DTA's participation in the Indian Independence Day Celebration



Dignitaries during Flag Hoisting



DTA's Kulakshana Paranasagam



Dignitaries & Community Leaders during Flag Hoisting



DTA's Sarika Navanathan

On Sunday, August 17th, members of Durham Tamil Association were on hand to support the Indian Independence Day celebration hosted by Indo Canadian Cultural Association of Durham. The event was held at Pickering Town Centre. TEAM DTA Youth volunteers helped set up the venue. The event actually commenced in Esplanade Park. Dignitaries and special guests participated in the flag hoisting ceremony. TEAM DTA Youth handed out Indian and Canadian flags along with Indian and Canadian National Anthem Cards. The program then moved to Pickering Town Centre to showcase various cultural and colorful performances. DTA's Kulakshana Paranasagam, who is the student of Ms. Nivedha Ramalingam presented a classical Bharatanatyam Dance followed by Sarika Navanathan, who gave a stunning vocal presentation in both Hindi and English. Durham Tamil Association provided the sound system for the event along with the DJ support.

Durham Tamil Association volunteered @ Taste of Ajax

Durham Tamil Association volunteered at Taste of Ajax which was hosted by the Town of Ajax. This delicious food fest was hosted in the Rotary Park in Ajax on Saturday August 9th. Many food vendors attracted the public with their innovative snacks and delicacies. There were many game stations and amusements which attracted the children. DTA has been contributing to the community by applying Henna in most of the community programs hosted in Durham since 2009. DTA has set an example for few other community organizations who is following the footsteps of Durham Tamil Association. TEAM DTA Youth volunteered the event by applying Henna Tattoos, pretty much the whole day. Long lines were tackled by 9 talented youth and 2 adults who were non-stop till 8 pm.



DTA Youth applying Henna Tattoo



Team DTA Youths at Taste of Ajax



Veteran Sri Lankan Trade Unionist Bala Tampoe passes away

Sri Lanka's veteran trade unionist and lawyer Bala Tampoe passed away at the age of 92 in a private hospital recently. He was the General Secretary of the Ceylon Mercantile, Industrial and General Workers Union and a member of the Lanka Sama Samaja Party (LSSP).

Born on May 23, 1922 to a prominent family in Jaffna, he was educated at the prestigious Royal College Colombo and gained a BSc degree from the newly established University of Ceylon in 1943 and the University of London in 1944.

Later he studied law at the Colombo Law College and became an advocate, practicing criminal law. Soon after, he joined the CMU.

In 1939, having passed the Senior School Certificate Examination, Bala entered the University of Ceylon and also won a Cambridge Studentship for having come third in the island at the

exam. Although he had studied chemistry, physics and double maths, Prof. Sunderalingam, a personal friend of the family and the man who had sponsored his education at Royal, had persuaded him to study botany because "Botany carried more weightage in marks for the civil service exam". He became a lecturer in Botany and Horticulture in the Department of Agriculture and came into the limelight after his dismissal from public service, for participating in the strike of public servants in 1947.

The CMU was originally built in 1928 as a white-collar union in the mercantile sector. Tampoe served as its general secretary from February 1948 (for 66 years) and participated actively in major negotiations with the government and employers. Tampoe was better known as a rebrand trade unionist and challenged many political decisions of Governments of the day.



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Major US Drug Store Chain Stops Selling Tobacco



The second biggest drug store chain in the United States has stopped selling tobacco products, giving up \$2 billion in annual sales to reposition it-self as a health-conscious retailer.

CVS Caremark, which has 7,700 drug stores throughout the country, said it would now call itself CVS Health and start a smoking-cessation campaign.

The chain announced earlier this year it would stop selling cigarettes and other tobacco products by October 1, but says it has cleared its shelves of the items ahead of time.

Tobacco products at CVS stores were stocked behind the counter, and the retailer will now will post signs in the same place urging customers to

quit their tobacco habit. Smoking is blamed for 480,000 deaths a year in the U.S. and is the country's leading cause of preventable deaths.

No other U.S. drug-store chain has joined CVS in dropping tobacco products. The biggest chain, Walgreens, notes that only about 4 percent of tobacco products in the U.S. are sold at pharmacies and that smokers who want tobacco products can buy them at many retail locations.

Despite years of government campaigns against smoking, surveys show that about 18 percent of Americans still smoke, a figure that is much lower than in many parts of the world, but higher than in some countries.

- VOA News

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Kishki World foods open its door

Kitchener: Kishki world foods specialty supermarket outlet opened its doors on August 26th in Kitchener. Grand Opening and Ribbon Cutting Ceremony with Acting Kitchener Mayor Berry Vrbancic and special attendance by Hon. Peter Braid, Kitchener MP. This event will be attended by multiple members from the various multicultural Associations, including members of Tamil Cultural Association of Waterloo Region, that currently rely on this grocery store, as well as Kitchener City Council members.



First-time university students shouldn't rush to pick a career, experts suggest

Waterloo Region Record
By Romina Maurino

TORONTO — Students who worry too much about picking the “perfect” major as they enter university aren’t necessarily setting themselves up for success, say experts who caution that school should be seen as time to learn, network and explore different career paths.

“Sometimes university is about more than getting it perfectly, it’s often about the journey,” said Eileen Chadnick, a career coach with Big Cheese Coaching in Toronto.

“You may start in a career and you may, through trial and error, change it, so don’t worry about having all the answers before the first semester of university. Go in with an open, curious mind.”

Students today have access to an unprecedented amount of information over the internet, so focusing on something they are passionate about and using their time at university to learn how to think and to meet people is as important as any particular content expertise they may gain, said Sharon Irwin-Foulon, executive director of Career Management and Corporate Recruiting at the Ivey Business School at Western University.

“Often you want to stay in your dorm room and study and get 90s, but

I’m not sure that that’s actually going to impact your career and the satisfaction you get out of your career,” said Irwin-Foulon.

“Being able to interact with different personalities, getting a network of like-minded people who have had this shared experience, I would argue is just as important as the degree content itself.”

The way the job market is evolving is another reason why getting set on one track too early can be a mistake.

“You’ve got jobs that are being created that didn’t exist five years ago,” Irwin-Foulon said. “Being too rigid is the tricky part, or doing a degree because you think it will get you a job.”

Abdallah Al-Hakim, 36, has a PhD in science but works for a California-based technology company, and says he would encourage students to look at their options early and often.

“Educationally, I was definitely in one track; I was following the path you would follow to become a professor at a university,” said Al-Hakim, from Hamilton, Ont., who earned a PhD in science and did a post-doctorate focusing on biochemistry before deciding a life in science wasn’t for him.

“The issue with science is that there are a lot of PhDs that are graduating every year and there just aren’t enough faculty positions.”

Al-Hakim set out to explore alternatives and spent a year of his post-doctoral talking to as many people as he could, including those who had left a career in science.

After meeting with several players in Toronto’s start-up scene, he realized he would enjoy working for a small, fast-paced company where he could immediately see the results of his work and, nine months later, landed a contract in a small Toronto company. He was eventually hired by a bigger start-up, and recently became a marketing automation consultant with Blue Jeans Network, a U.S. technology company focused on video communications.

“I wish that after high school or maybe before my master’s (degree) I’d stopped and looked at my options and maybe even worked,” Al-Hakim said.

“Working is really the best thing to figure out what you want to do.”

Nathan Laurie, president of online student job board Jobpostings.ca, says it’s never too early to start thinking about a career.

“I would talk to as many people as possible about what they’re considering doing,” said Laurie.

Speaking with parents’ friends, looking up industry organizations or following people who work in a field you’re interested in are all good ways to learn more about it.



“I also think you’re allowed to change your mind as many times as you want through your career, and many people do.”

Given the cost of education, “it’s a good idea, if you’re not feeling good about what you’re taking, to stop, re-evaluate and reconsider what you want to do, and then move forward when you have a new plan,” Laurie said.

Whatever you choose to do, Irwin-Foulon urges all first-time students to make sure they are choosing their career for the right reasons.

“Do it because it legitimately interests you and you are in the zone and you’re engaged with it,” she said.

“You don’t know what you don’t know, so go and be open to learning things about yourself, things about the world and don’t do it because your parents told you to, don’t do it because you’re supposed to, don’t do it because it’s going to get you a job.”

The Canadian Press



Kitchener Votes Ward 7: Fauzia Mazhar



By Heather Abrey,
Kitchener Post

Since moving to Canada in 14 years ago, Fauzia Mazhar has been an active member of the community, both through her employment and volunteer work.

“Part of that was encouraging civic engagement and community participation, for immigrants particularly, but

also for everyone,” she said.

Mazhar has worked with the Chandler Mowatt Neighbourhood Association and has worked in both the human services and health care sectors planning and implementing programs. She also manages a rental real estate business she owns with her husband. If elected, Mazhar promises constituents will get to know her like a neighbour,

and that she will proactively inform them while also seeking feedback and ideas. Her priorities as a councillor would be to create new community spaces — including building another community centre in the ward to supplement the one in Forest Heights — improve transportation, spend responsibly and keep tax increases under the rate of inflation.

Ward 7 continues to grow, and Mazhar says infrastructure hasn’t kept up with the demand. Kitchener must “invest in sustainable infrastructure now for a brighter, stronger and healthier future tomorrow,” she said.

Mazhar moved to Kitchener 14 years ago and has lived in Ward 7 for the last 12, and during that time the level of public transportation hasn’t changed much, she says.

“I suffered, my family suffered from not having good, reliable public transport options in the part of the ward where we lived,” she said, adding she would also prioritize complete streets shared by drivers, cyclists and pedestrians. She believes there are areas in the Ward, including Victoria Street near Ira Needles Boulevard, where traffic calming is required.

In her spare time, Mazhar volunteers in the community and lends her administrative skills to startups. She has a BA in Education and Economics, a BA in Psychology and is working on a Master’s in Social Work. Mazhar would also like to see Kitchener further diversify its economy so residents are less affected if there is a downturn in one industry.

Waterloo professor awarded Germany’s highest honour

Professor David John was awarded Germany’s top honour for his work in promoting German language and culture throughout his career as a professor at the University of Waterloo, including establishing the Waterloo Centre for German Studies.

The Order of Merit of the Federal Republic of Germany, called the Bundesverdienstkreuz, honours both Germans and foreigners in all areas of endeavour. Similar to the Order of Canada, this award represents the highest tribute Germany pays for services to the nation in political, economic, social or intellectual fields.

“The University of Waterloo has deep roots in this community, and the Waterloo Centre for German Studies perfectly illustrates our commitment to the people in this region,” said Feridun Hamdullahpur, president and vice-chancellor of Waterloo. “I congratulate Professor John on this honour recognizing his contributions to this area’s German identity.”

Walter Stechel, the consul general of Germany, presented Professor John with the Order of Merit at a ceremony in Kitchener recently.

“This prestigious award is an especially fitting one for David John whose career has been distinguished by his passion for and commitment to German language, literature and culture,” said Douglas Peers, dean of the Faculty of Arts at Waterloo. “We are very proud and grateful for his significant contributions to scholarship, teaching and inter-cultural understanding.”

At Waterloo’s convocation during the month of June 2014, Professor John was awarded the title of distin-



guished professor emeritus at the Faculty of Arts convocation ceremonies for his accomplishments in research, teaching, and service.

Professor John retired from Waterloo in 2012 after 38 years as a faculty member in the Department of Germanic and Slavic Studies. He received his doctorate in German from the University of Toronto. As a scholar of 18th-century German literature, his most profound contributions have been his research into Johann Wolfgang Goethe’s literary works and intercultural stage adaptations. He was named honorary founding director of the Waterloo Centre for German Studies in recognition of the fundraising efforts that led to the establishment of this endowed research centre at Waterloo.

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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
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Deadline: August 15, 2014

Saturday, October 25th
5.30 - 10.00pm
Humanities Theater, University of Waterloo
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AJAX RIDE 4 YOUTH SET FOR SEPT. 6

Event raises money for scholarship

AJAX -- Rev up your bike and help a student get a post-secondary education. The Ajax Ride 4 Youth is an annual event organized by Ajax Ward 2 Local Councillor Renrick Ashby and funds raised are for a scholarship for one student from J. Clarke Richardson Collegiate and one from Notre Dame Catholic Secondary School who plan to

attend Durham College or the University of Ontario Institute of Technology. This year, it's on Saturday, Sept. 6, with registration from 9 to 9:45 a.m. in the rear parking lot of Notre Dame school, on Harwood Avenue north of Rossland Road. Cost is \$20 and includes a barbecue lunch.



Following the ride, there will be a barbecue at Mackie Harley Davidson, 880 Champlain Ave., Oshawa, between 2 and 5 p.m.

The rain date is Saturday, Sept. 13.

For more information, call Mr. Ashby at 905-621-6062, Melody Ashby at 416-618-4749 or by e-mail at melody@ajaxride4youth.com



Tyrone Fernando

Campaign Launch for Regional Councillor, Wards 1&2, Town of Ajax



Tyrone Fernando with the Chief Guest Hedvig Alexander, wife of Chris Alexander, Hon Federal Minister of Immigration along with their two children

The campaign launch was held on 5th July at St. Nadela Macedonian Banquet Hall, Ajax. There were over 100 supporters attended this event.

Tyrone Fernando has lived in Ajax for the last 13 years and runs his own Business and is the President and CEO of Geesha Foods International Inc. When elected he will be the first Sri Lankan to be a representative in the Town of Ajax.

If anyone looking to volunteer or help, please contact him at 416 804 0762 or email him at contact@tyronefernando.ca. Check his website at www.tyronefernando.ca.

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MAYOR FENNELL REACHES \$1 MILLION FUNDRAISING GOAL FOR BRAMPTON CIVIC HOSPITAL

Hospital staff and health care supporters gathered at William Osler Health System's (Osler) Brampton Civic Hospital on Aug 20th, 2014 to celebrate a major milestone in Mayor Susan Fennell's 'Match the Mayor for \$1 Million' fundraising campaign for Osler Foundation.

This summer, Mayor Fennell reached her impressive \$1 million fundraising goal for Brampton Civic Hospital.

"We are on a quest to transform the future of health care and the funds raised through this pledge will have a tremendous impact on patient care at Brampton Civic," said Ann Ford, Joint Vice President, Facilities and Redevelopment, William Osler Health System. "Thanks to this support, we are able to upgrade and improve our hospital, and expand the services we provide in order to meet the ever-changing needs of our community."

The pledge, made through the Mayor's Annual Golf Classic, which was announced in 2005, inspired in part, others to step forward including: Borealis, Carillion and EllisDon Construction; Chinguacousy Health Services Board; CIBC; DeGasperis and Muzzo; Graham Munro Charitable Foundation; RBC Foundation; the Region of Peel; Mrs. Lois Rice, in memory of her husband, Maxwell; the Troost Family; William Osler Health

System Volunteer Association; and Ken Cheung.

"We are grateful to the Mayor and her pledge supporters for their dedication to our hospital and to health care in our community," said Ken Mayhew, President and CEO, William Osler Health System Foundation. "Their support has made a real difference in the lives of Bramptonians and will continue to make a difference long into the future. On behalf of every patient whose life you have touched, thank you for your generosity."

ABOUT WILLIAM OSLER HEALTH SYSTEM:

William Osler Health System is a hospital system 'Accredited with Exemplary Standing' that serves 1.3 million residents of Brampton, Etobicoke, and surrounding communities within the Central West Local Health Integration Network. Osler's emergency departments are among the busiest in Ontario and its labour and delivery program is one of the largest in the province. William Osler Health System Foundation builds and fosters relationships in order to raise funds to support William Osler Health System's capital, education and research priorities at Brampton Civic Hospital, Etobicoke General Hospital and the new Peel Memorial Centre for Integrated Health & Wellness.



From left to right: Ken Mayhew, President and CEO, Osler Foundation, joins Mrs. Lois Rice, Honourary Co-Chair of the Peel Memorial Campaign Cabinet, Mayor Susan Fennell and Doug Munro, President, Maritime-Ontario Freight Lines Limited & Graham Munro Charitable Foundation, as well as Member of Peel Memorial Campaign Cabinet to cut a celebratory cake recognizing the completion of Mayor Fennell's \$1 million fundraising goal for Brampton Civic Hospital.

ACHIEVING SHERIDAN UNIVERSITY

OP-ED by Mayor Susan Fennell
on Aug 28th, 2014

During the 2013 Strategic Plan consultations, Brampton residents shared with me the importance of establishing university education opportunities here at home.

The City of Brampton has a plan to get this done. At the heart of our plan is supporting Sheridan College's vision of becoming Sheridan University – Ontario's leader in professional undergraduate education.

Sheridan is home to a wealth of local, human capital. Some of Brampton's best and brightest will be starting or returning to Sheridan this September. I wish those students success. They made a smart choice in choosing Sheridan.

Our City has a long, strong, and proud relationship with Sheridan. During my first term as mayor, Brampton invested an unprecedented \$2.5 million in the Sheridan Centre for Advanced Manufacturing and Design Technology (CAMDT).

Today, CAMDT is educating Brampton's next generation job creators – men and women developing cutting-edge technologies that will give local manufacturers a leading competitive advantage.

CAMDT, located at our Brampton campus, stands as a testament to Brampton's dedication to Sheridan, and Sheridan's to Brampton.

Moving forward, the City of Brampton is working toward strengthening and expanding Sheridan's knowledge infrastructure, with the establishment of a Sheridan campus in Downtown Brampton.

This new campus will be able to accommodate rewarding academic programs, experienced faculty, and ambitious students.



To achieve Brampton's post-secondary university goal of Sheridan University, I look forward to working with the Ontario government.

I met directly with Premier Wynne to discuss our university vision. Soon after the new Universities Minister was appointed, I engaged him about the work we are undertaking with

Sheridan, and about our broader university plans.

Post-secondary investments will lead to new job creation, investment opportunities, a stronger local economy, and greater prosperity for all residents.

To get there, we need to achieve Sheridan University.



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Regional News

BROOKLIN HARVEST FESTIVAL

Date: September 13, 2014
Time: 10:00 a.m. to 4:00 p.m.
Location: Grass Park, Downtown Brooklin
41 Baldwin Street
(Cassels and Roebuck Streets)



announce that the Town of Whitby's Ethno-cultural and Diversity Committee is back again sponsoring the cultural performance of the Academic and Fine Arts of Durham. This very energetic & talented group performed at our Summer Artfest and were a huge hit!

This is an educational center established five years ago in Ajax with the intention of teaching Tamil language in the Durham region. Since

with the help of qualified teachers.

Dance performance is by Academic and Fine Arts of Durham Junior dance group choreographed by teacher Suriyakala Chandrika. Be sure to stop by and check out their performance - you will not be disappointed!

THE DURHAM TAMIL ASSOCIATION

The Durham Tamil Association is pleased to be participating for the first time at the Brooklin Harvest Festival. Be sure to drop by their table where you can learn about henna and have a unique and personalized demo.

DRPS PUBLIC SAFETY UNIT

We pleased to announce that the Public Safety Logistics Command Vehicle is back again this year. It is deployed throughout Durham Region (and neighbouring communities) at missing person searches, public disorder incidents and community events. The DRPS Public Safety Unit is comprised of 51 part time members that fulfill the unit



Enjoy the rich autumn colours and bountiful fall produce at Brooklin's Annual Harvest Festival. For over a decade, Grass Park, in Downtown Brooklin, has been the home of Group 74's Annual Harvest Festival, jointly coordinated with the Town of Whitby. This free event brings together community groups, businesses and residents, to showcase what our local community has to offer.

Browse the Harvest Marketplace overflowing with fruits, vegetables, flowers and plants. Children can participate in crafts, games, and interactive activities. Step back in time and enjoy a horse and wagon ride and entertainment throughout the day. Stroll through the Downtown shops for unique gifts and sidewalk sales.

Festivities begin in the morning prior to the event with the Harvest Run/Walk. Participate in the 2.5 km walk, 5 km run/walk or the 1 km kid's race. Then join us for the BAM Lions Club Pancake Breakfast.

The Brooklin Community Centre and Library hosts the Youth Fest which has a special roster of activities for teens, and the Senior Fest which includes workshops, outings, displays and entertainment.

Visit Group 74's Harvest Festival page for detailed information.

ACADEMIC AND FINE ARTS OF DURHAM

We are pleased to



then, it evolved into a hub which offers various Academic and fine arts programs. Currently the center has over 70 students from various parts of Durham region with programs and attendees expanding each year. The mission of the education center is to teach students the Tamil language along with bringing out their talents in the areas of fine arts such as vocal, numerous instrumentals and classical dance



WHITBY
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2014 Municipal Election

Make your vote count
www.whitby.ca/vote2014

Voting Day
October 27, 2014. Polls will be open from 10:00 a.m.–8:00 p.m.

Vote Anywhere
New for the 2014 Municipal Election, residents can vote anywhere, at any designated voting location within the Town of Whitby.

Registered Candidates
The current list of 2014 Municipal Candidates for all positions can be viewed at www.whitby.ca/candidates.

Advance Vote Dates
For those who are unable to vote on Voting Day, there will be advance voting opportunities from October 16–19, 2014, between 1:00–8:00 p.m. inclusive. Visit www.whitby.ca/vote2014 for a list of locations.

Question on the Ballot
The following referendum question will be on this year's Municipal Election Ballot:
Are you in favour of the Council of the Town of Whitby passing a resolution requesting that the Council of the Region of Durham take the necessary steps to reduce the size of Regional Council by distributing the seats based on the population of each municipality?
Yes No

Direct Election of Regional Chair
New for 2014, residents will have the opportunity to directly vote for the Office of the Regional Chair of the Regional Municipality of Durham.

Town of Whitby Office of the Town Clerk
Phone: 905.430.4315 Email: elections@whitby.ca
Web: www.whitby.ca/vote2014

MARKHAM KIDS LEARN ALL ABOUT PARAPAN SPORTS AT PARAPAN ONE YEAR COUNTDOWN CELEBRATION

Featuring sports demos, parapan athletes & PACHI



Children try out para-goal, which is played with a sound-emitting ball.



Para-volleyball is played at floor-level, presenting interesting challenges for all players.



Wheelchair table tennis athlete Muhammad Mudassar gives a few pointers to Tai Young.



Markham proudly celebrated the one year countdown to the Parapan Am Games today at the Cornell Community Centre and Library, showcasing several para-sports to children. Over a hundred children gathered to hear inspiring words from Elisabeth Walker-Young, Chef de Mission for the Canadian Parapan Team, Mari Ellery, local teacher and coach for para-canoe, and Tai Young, former Easter Seals Ontario 2013 Provincial Ambassador. The morning celebration was also highlighted with enthusiastic greetings from Hon. Bal Gosal, Federal Minister of State for Sport, and Paul Calandra, MP, Oak Ridges-Markham. Celebration greetings were provided by Ward Four Councillor Carolina Moretti on behalf of Mayor Frank Scarpitti and Markham Council.

Following the launch of the Parapan Am Games video *Are You Ready?*, presented by TO2015 CEO Saad Rafi, kids learned the value of passion and how sports can be inclusive to all, while also having the chance to try out some of the parapan sports that will be showcased at next year's Parapan Am Games. Sports such as para-volleyball, para-table tennis, and para-bowling were enjoyed by kids young and old of all abilities. After seeing an exciting demonstration of para-table tennis played by para-table tennis athletes Muhammad Mudassar and Mohsin Wattoo, some had the chance to play a bit with these internationally recognized athletes.

"It was cool to see the great athletes come and play for us. I really liked goalball and sitting volleyball. It was different and challenging." Said Gabrielle Uffren, 9 year old Markham resident.

"Sport is an important part of my life. I love to swim and mono-ski, and I am learning to play wheelchair tennis. I used to play sledge hockey and wheelchair



Bowling is a sport that everyone felt comfortable trying!

basketball but I am taking a break from them for now. I love to be busy and stay active." Said Tai Young, former Easter Seals Ontario 2013 Provincial Ambassador as he talked to kids about living his life just like they did, with sports, fun and school all mixed together.

PACHI thrilled everyone there, and was just as happy to hang with Dr. Bear from the Markham-Stouffville Hospital. Both helped the kids get into the spirit with a



PACHI took time out of his busy schedule to return to Markham, where he was created by four local teenage girls. Here, PACHI greets people from Participation House.

Markham will be hosting the para-table tennis event at the TO2015 Parapan Am Games next summer at its Pan Am Centre. The state-of-the-art training and competition facility is on track and will open well before the Games, hosting a number of local tournaments as they prepare for badminton, water polo and para-table tennis events. Markham's Angus Glen Golf Course will also host the Pan Am golf events.

The Parapan Am Games began in Markham on August 15, 2015.

About Markham:

Markham, a municipality with more than 330,000 residents centrally located in the Greater Toronto area, is home to 400 corporate head offices and 900

high tech and life science companies. Founded in the 1790s, today Markham is Canada's most diverse community, enjoys a rich heritage, outstanding community planning and services, and a vibrant local economy. Canada's newest urban city as of July 1, 2012, Markham has received the Excellence Canada PEP III Integrated and Accessibility Awards, and multiple heritage and environmental awards.

Markham Mayor Frank Scarpitti:
fscarpitti@markham.ca or 905-475-4872

Media inquiries / interview requests:
Dennis Flaherty, 905-415-7520,
dflaherty@markham.ca





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