

A *parfait media publication*

Monsoon Journal

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Monsoon Journal wishes all readers, advertisers, friends and well-wishers a “Merry Christmas”

Nativity scene at historic Franklin, New Jersey, USA.

(picture by K. Thirukumaran)

This Nativity scene is kept by The Middlebush Reformed Church, in Franklin, New Jersey, USA during this year’s Christmas season. The church was organized in 1834 and is listed in the US National Register of Historic Places. The church is located in the path of The American Revolutionary War (1775–1783) and the township is named

after one of the American Founding Fathers, Benjamin Franklin (1706 - 1790).

The church entrance is along Route 27, earlier it was known as the King’s Highway. It was traveled by raiding British generals to lure the Continental Army headed by George Washington (1731 - 1799). George Washington was stationed just North of Middlebush and as he moved away the British Generals retreated from here but destroyed a large swathe of farming land.



Parthi Kandavel becomes first Trustee of Tamil Canadian heritage to be elected to Canada’s largest School Board

Toronto District School Board (TDSB) saw 11 new trustees including Mike Ford, nephew of Rob Ford being elected for its 22 member body recently. The election made history while also creating high expectations for the embattled public school board to make a turnaround towards betterment in the future. TDSB chose a new chair on December 1st — Scarborough Trustee Shaun Chen and among the new faces in the Board is Parthi Kandavel, a school teacher. He becomes the first trustee of Tamil Canadian heritage to be elected to the public schools governing body in the City of Toronto. The TDSB is Canada’s largest school board and the fourth largest school board in North America.



The results “are telling of the desire for change at the TDSB . . . we are in a new era,” Parthi Kandavel, who beat incumbent Elizabeth Moyer (Ward 18 Scarborough Southwest) said to a Toronto Star report on the unprecedented verdict. ... (Contd on Pg 46)

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Minister Bernier Holds “Go Global” Workshop for SMEs to Boost Canadian Exports and Jobs

Supporting and partnering with small and medium-sized businesses to seize opportunities abroad is a key part of our pro-export, pro-jobs plan, says Minister Bernier

The Honourable Maxime Bernier, Minister of State (Small Business and Tourism, and Agriculture), on Nov 27th hosted an export workshop to provide small and medium-sized enterprises (SMEs) with the tools and practical information they need to take advantage of international business opportunities to export. This workshop took place in Montréal, on the margins of the Stratégies PME 2015 [SME strategies 2015] conference, and is part of a cross-country series launched last week by International Trade Minister Ed Fast.

Minister Bernier invited Quebec SMEs to position themselves to take advantage of the opportunities created by the Canada-EU and Canada-South Korea trade agreements. He highlighted the many tools available to help SMEs export, including the recently launched Canadian Technology Accelerators (CTAs) in London, U.K.,

and Paris, France, and the Enterprise Canada Network (ECN). ECN is an online service that provides Canadian small and medium-sized businesses with access to 30,000 business opportunity profiles in the European market.

Minister Bernier announced that a trade commissioner would be embedded at the Fédération des chambres de commerce du Québec [Quebec federation of chambers of commerce]. Trade commissioners are currently embedded at Manufacturiers et exportateurs du Québec [manufacturers and exporters of Quebec] and the Board of Trade of Metropolitan Montreal to gain a better insight into evolving export needs and provide support to Quebec businesses.

Minister Bernier also invited SMEs to join Minister Fast on his upcoming trade mission to South Korea, which will take place from February 8 to 13, 2015.

Last year, Minister Fast released the Global Markets Action Plan with the goal of doubling to 21,000 the number of Canadian SMEs exporting to emerging markets. In support of this



The Honourable Maxime Bernier

goal, Minister Fast instructed Canada's export agencies to enhance their coordination, closely align their activities and facilitate referrals in order to better serve and be responsive to the needs of SMEs.

By bringing together the Canadian Trade Commissioner Service, Export

Development Canada, the Business Development Bank of Canada and the Canadian Commercial Corporation, Go Global export workshops, delivered in partnership with Canadian Manufacturers & Exporters, provide a one-stop shop providing information and tools to SMEs that are exploring opportunities abroad.

Quick Facts:

-One in five Canadian jobs is dependent on exports, representing 60 percent of our economy.

-There are more than one million SMEs across Canada, with 41,000 currently exporting.

-Since 2006, the Harper government has concluded trade agreements with 38 countries, bringing the total to 43 countries.

-With the Paris and London programs, there are now a total of 12 CTAs located in Europe, the United States and India. Since 2009, more than 300 companies have participated in CTAs, resulting in increased sales, new strategic partners and new investment.

(international.gc.ca)

Minister Paradis and Global Health and Diplomacy Magazine Convene Private Sector Leaders to Save the Lives of Women and Children

On the 19th of November, the Honourable Christian Paradis, Minister of International Development and La Francophonie, delivered a keynote address at a high-level round table discussion on The Role of the Private Sector in the Future Health Architecture.

“We know the power of the private sector to create jobs, build economic growth, innovate, and provide goods and services that improve lives. Today, we are talking about the power of the private sector for development and to improve global health,” said Minister Paradis. “In the coming years, I look forward to exploring how we can work with the private sector, building on our successes and creating effective partnerships to improve global health. Together we are forging a new path to harness the power of the private sector to save lives.”

The round table was organized by the Government of Canada and the Center for Global Health and Diplomacy (GHD). It is one in a series of GHD-hosted high-level stakeholder round tables that explore innovative technology and private sector models, and focus on how public-private part-



The Honourable Christian Paradis

nerships can contribute to saving the lives of women and children. The findings of the series will be published in a special edition of Global Health and Diplomacy magazine and distributed at a World Economic Forum meeting in Davos, Switzerland, in January 2015.

Improving the health of women and children around the world is Canada's top development priority. Canada will continue to mobilize global attention on the issue and ensure that maternal, newborn and child health remains cen-

Canadian Second World War Veterans wrap up commemorative trip to Italy

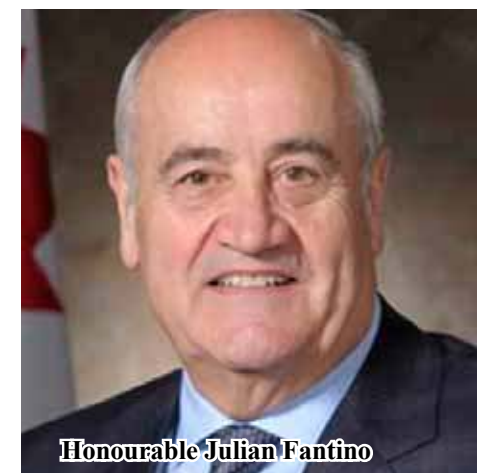
Canada's official delegation led by the Honourable Julian Fantino, Minister of Veterans Affairs, on Nov 28th wrapped up a week of commemorative ceremonies in Italy. Canadian Veterans participated in a number of commemorative activities, including a visit to the war cemetery in Cassino where 855 Canadians are buried.

In Ortona, a wreath-laying ceremony was held at the Price of Peace monument dedicated to Canadians who helped liberate Ortona, and a candlelight ceremony of remembrance was also held at the Moro River Canadian War Cemetery, where 1,375 Canadians are buried. During this ceremony, Veterans remembered the sacrifices of fellow Canadians who gave their lives during the battle for this seaside town—one of the most bitter conflicts of the war. They were joined by students from Canadian College Italy in nearby Lanciano.

A commemorative ceremony was also held to remember 206 Canadians buried at the Villanova Canadian War Cemetery, site of one of several difficult

but successful battles leading to the breaching of the “Gothic line”—the last major line of defence against the Allied offense and a key milestone in the eventual liberation of Italy. A wreath-laying ceremony to recognize this victory was held at the Breaching of the Gothic Line plaque in Rimini.

While in Italy, Minister Fantino also honoured Canadian Veterans with a commemorative lapel pin and certificate of recognition marking the 75th anniversary of Canada's engagement in the Second World War.



Honourable Julian Fantino

tral as Canada and the global community work to define and implement the post-2015 development agenda.

To achieve these ambitious goals, the Government is committed to building new partnerships and expanding

existing partnerships—particularly with the private sector—to leverage their expertise, innovation and resources to save the lives of women and children around the world.

(international.gc.ca)

from the publisher's desk

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2015: Celebrate the work of the 10th century scientist Ibn Al-Haytham and International Year of Light and Light-based Technologies

Monsoon Journal is delighted to bring Season's Greetings and Best Wishes for a Happy New Year to all.

The dawn of 2015 is nearing. Monsoon Journal is looking forward to usher in with a limelight now on the UNESCO initiative towards the importance of raising global awareness about "how light-based technologies promote sustainable development and provide solutions to global challenges in energy, education, agriculture and health"—along with our readers, advertisers, friends and well-wishers.

A wealth of information is available on www.light2015.org about The International Year of Light and Light-based Technologies. The following is statement by UNESCO (United Nations Educational, Scientific and Cultural Organization) about their luminous focus come next year:

The International Year of Light and Light-based technologies 2015 (IYL2015) is a global initiative designed to highlight the key role light and optical technologies play in our daily lives and their importance for our future and for the sustainable development of the society we live in.

The Year was endorsed by UNESCO's Executive Board in 2012 before being proclaimed by the United Nations General Assembly in December 2013.

Light technology has revolutionized society through its applications in medicine, communications, entertainment and culture. Industries based on light are major economic drivers. Without light-based technologies, there would be no solar panels, no LED lighting, no computer monitors or telephone screens, no cameras or projectors, no magnetic resonance imaging, nor x-ray machines.

New products and processes are coming on the market all the time, giving us better access to information, more reliable health care, better ways of saving energy and new forms of entertainment.

The International Year of Light and Light-based technologies will provide a tremendous opportunity to raise global awareness of the ways in which light-based technologies promote sustainable development and offer solutions to global challenges in the fields of energy, education, agriculture and health. UNESCO and its partners will be using the Year to foster education and training worldwide with an emphasis on Africa, in order to ensure more universal access to these technologies.

The International Year will be marked by the commemoration of a series of important milestones in the history of the science of light dating back 1,000, 200, 150, 100 and 50 years:

-In 2015, it will be 1000 years since Ibn al-Haytham published his seminal work on optics, during a period of heightened creativity and innovation known as the Islamic Golden Age. (Read the article



10th century scientist Ibn Al-Haytham

on The Miracle of Light);

-Leaping forward to 1815, the next milestone is Augustin-Jean Fresnel's theory of light as a wave;

- Then comes James Clerk Maxwell's description of the electromagnetic theory of light, in 1865;

- Albert Einstein joins the Hall of Fame for his general theory of relativity in 1916, which confirmed the centrality of light in both space and time;

- Last but not least, we shall pay tribute to Arno Penzias and Robert Woodrow Wilson for their 1965 discovery of Cosmic Microwave Background Radiation, an echo of the origin of the Universe which enables us to 'map' the Universe as it would have appeared shortly after the Big Bang 13.7 billion years ago, using sophisticated technologies.

The International Year of Light is being co-ordinated by UNESCO and the African, European and American Physical Societies, with the backing of a large consortium.

Activities:

- Opening Ceremony for the International Year of Light and Light-based Technologies, UNESCO, Paris, 19-20 January 2015

- A year-long celebration of Ibn Al-Haytham throughout 2015.



United Nations
Educational, Scientific and
Cultural Organization



International
Year of Light
2015

“Kindness is the golden chain by which society is bound together.” - Johann Wolfgang von Goethe (August 28, 1749 - March 22, 1832), German writer and statesman

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

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Mississauga CPA student captures Canadian Gold Medal

TORONTO, Nov. 28, 2014 - The Chartered Professional Accountants of Ontario (CPA Ontario) congratulates Akash Kapoor of Mississauga who recently captured the Canadian and Ontario Gold Medals as the top writer of the Uniform Evaluation (UFE) in the country. This is the fifth year in a row that the top Canadian UFE writer has come from Ontario.

A total of 16 Ontario CPA students placed on the prestigious 50-member National Honour Roll and Ontario had a record 1,389 of the country's 3,576 successful UFE writers. CPA Ontario also admitted 1,976 additional new Chartered Professional Accountants (CPAs) into membership during two convocation ceremonies that took place on October 25 and November 8, 2014. This marks a milestone for these CPAs, acknowledging years of hard work, dedicated study, steadfast work-life balance and a true commitment to the accounting profession and their careers.

The UFE, written in September, is a national three-day evaluation that assesses competencies including essential knowledge, professional judgment, ethics and the ability to communicate. The UFE has been an important component of the CPA qualification program, which includes prescribed education, practical experience and examination requirements. As a result of unification of the accounting profession, the traditional Uniform Evaluation will be replaced by a new, equally challenging, Common Final Evaluation (CFE) which will be offered nation-wide starting in 2015.

Only those who complete this entire CPA program successfully are entitled to use the internationally recognized designation of Chartered Professional Accountant, a profession known for financial expertise, strategic thinking, business insight and leadership.

Akash has a Master of Accounting from the University of Waterloo and articles at EY in Toronto.

On why he chose a career in the accounting profession, Akash said: "The CPA designation is a passport to stepping into challenging roles and allows



us to have the opportunity to perpetually learn. I believe that the designation adds tangible credibility and opens doors to countless experiences."

The following 15 other Ontario UFE writers have also achieved recognition on the 2014 National Honour Roll:

-Amanda Acchione of KPMG LLP in Toronto

-Daniella Bernal of Deloitte LLP in Toronto

-Zach Booth of PwC in Toronto

-Steven Dou of EY in London

-Michael Goldband of Grant Thornton LLP in Toronto

-Laura Hodgson of EY in Kitchener

-Leanne Kamstra Bosscher of KPMG LLP in Hamilton

-Alex Krivocheiko of PwC in Toronto

-Jessica Kwok of Deloitte LLP in Toronto

-Julian Lo of Deloitte LLP in Toronto

-Kevin McLeod of PwC in Toronto

-Matthew Morsanutto of Deloitte LLP in Mississauga

-Kevin Sanderson of KPMG LLP in Sudbury

-Balpreet Singh of KPMG LLP in Toronto

-Mark Vanderlinden of PwC in Toronto

"Congratulations to all of the successful Ontario candidates," said Carol Wilding, FCPA, FCA, President and CEO of the Chartered Professional Accountants of Ontario. "Qualifying to become a CPA is a very challenging process and the resulting career is rich in rewards and opportunities. CPAs play important leadership roles in organizations of all types and sizes, from Bay Street to Main Street. The skills and knowledge that CPAs bring to Ontario's workplaces are crucial to our province's future success."

(go CPA Ontario.ca)

Canadian entrepreneurs help ensure Canada remains one of the most prosperous countries in the world

- Prime Minister Stephen Harper



Prime Minister Stephen Harper issued the following statement marking Global Entrepreneurship Week, November 17 to 23, 2014:

"Entrepreneurs are remarkably ambitious, dedicated and hard working individuals who, through their unique vision and drive, transform innovative ideas into market-ready products and services, generating economic growth and prosperity.

"Global Entrepreneurship Week celebrates their commitment and immense contributions to our well-being, wealth and long-term prosperity. It is also an opportunity for young and aspiring entrepreneurs to connect with the tools and resources they need to bring their fresh ideas to market.

"This year's celebrations, which are being hosted by Futurpreneur Canada, include an array of creative events across the country designed to engage all audiences in entrepreneurial activities, including networking events, panel discussions and interactive workshops. Futurpreneur Canada is a Canadian non-profit organization that provides mentoring and support to aspiring business owners between 18 and 39 years of age.

"Our Government recognizes the importance of entrepreneurs to Canada's prosperity and has taken significant steps to help them grow their businesses and remain globally prosperous and competitive. For example, we have reduced taxes, eliminated unnecessary regulatory burdens and red tape, and advanced the Venture Capital Action

Plan by providing \$60 million over five years to expand the services of business incubators and accelerators.

"We have also established new Entrepreneur Awards to recognize excellence in this area of business, invested \$18 million over two years through the Canadian Youth Business Foundation (now known as Futurpreneur Canada) to build on their success in helping young entrepreneurs succeed, and launched a new Start-Up Visa Program to attract innovative and ambitious international entrepreneurs to Canada.

"Economic Action Plan 2014 further strengthens our efforts by providing additional support for entrepreneurs. This includes supporting internships in small businesses, increasing mentorship among women entrepreneurs, and attracting immigrants who can provide capital for at-risk investments in Canadian companies. We are also increasing Canadian businesses' access to international markets, including through the Canada-European Union Trade Agreement and the Canada-Korea Free Trade Agreement.

"To those organizing Global Entrepreneurship Week in Canada events this year, I wish you every success and thank you for shining a light on the opportunities and challenges that our entrepreneurs face on a daily basis.

"Finally, I would also like to thank all Canadian entrepreneurs for using their imagination, drive and know-how to help ensure Canada remains one of the most prosperous countries in the world." - Via pm.gc.ca/



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Sri Lankan politics at cross-roads with cross-overs



Mahinda Rajapaksa



Maithripala Sirisena

By Siva Sivapragasam

There are neither permanent friends nor permanent interests when it comes to politics in Sri Lanka. Cross-overs have brought politics at cross-roads in this country once termed as the Island of paradise.

Cracks in the Government appeared when Maithripala Sirisena, a senior minister of Sri Lanka's government announced that he is quitting the ruling party to stand as the opposition's common candidate against President Mahinda Rajapakse in the upcoming Presidential elections scheduled for coming January 8th. He is joined by certain other members of the Government who had also crossed -over to the Opposition. There are predictions but not certain that more would quit the Government party in the coming days.

"One family has captured the country's economy, wealth, administration and the management of the political party," Sirisena said after quitting the Government, referring to senior public positions held by the three Rajapaksa brothers.

President Mahinda Rajapaksa's senior minister and some others quitting the government had surprised the incumbent President with a united and robust challenge to his bid for an un-

precedented third term. Government party members allege that the plot to generate cross-overs was hatched by former president Chandrika Kumaratunge and UNP leader Ranil Wickremesinghe.

President Rajapakse is banking on the Sinhala-Buddhist population, to re-elect him. Rajapakse is still the best bet for the rural voters for vanquishing the Tiger rebels and winning the war. Even Opposition's common candidate Sirisena says that he would not allow any member of the Rajapaksa family to be hauled up before an international war crimes tribunal. But his voter base could be split by a prominent Buddhist monk who also opposes the executive presidency.

Maduluwawe Sobitha Thero who heads the National Movement for Social Justice has brought together most of the opposition parties to agree on a common candidate and demand the abolition of the executive presidency within six months after the polls. Political observers feel that the presidential election due in a month and a half will be a tightly fought one.

"This has all the potential of being a real electoral contest now," says Pakiasothy Saravanamuttu, Executive Director of the Center for Policy Alternatives in Colombo.

Bollywood icon appointed as first-ever male UN Women Goodwill Ambassador



UN Women Executive Director Phumzile Mlambo-Ngcuka meets with Bollywood icon Farhan Akhtar, the first-ever male appointed as UN Women Goodwill Ambassador.

Photo: UN Women/Gaganjit Singh

The United Nations body focused on gender equality and women's empowerment on 13th November announced that it has appointed its first male Goodwill Ambassador ever – Bollywood superstar, Farhan Akhtar – who will focus his efforts on South Asia.

"We are pleased and honoured to have Farhan as our Goodwill Ambassador for South Asia, for we believe his work and values represent the core values of UN Women," UN Women Executive Director, Phumzile Mlambo-Ngcuka, announced today during her visit to Mumbai, India.

"Farhan started his own campaign, MARD – Men Against Rape and Discrimination – that aims to sensitize men and create awareness about the safety of women. That kind of engagement is essential," Ms. Mlambo-Ngcuka continued.

"We need creative and committed men like Farhan to push the gender equality and women's empowerment agenda."

Mr. Akhtar, renowned for his work as an actor, filmmaker and singer, will devote his efforts to promoting the empowerment of women and girls across South Asia. In addition, he will also serve as an advocate for UN Women's newly launched HeForShe campaign – an initiative aimed at placing men at the centre of activism and dialogue to end persistent inequalities faced by women and girls around the world.

India and other countries in the South Asia region have witnessed a

recent spate of high-profile instances of violence against women, including a series of brutal and fatal gang rapes.

Celebrating his new role, Mr. Akhtar said he would call on all men and boys to be "a catalyst for change" and help create "a value system to end gender disparity."

"I am honoured to serve UN Women as the Goodwill Ambassador for South Asia," said Mr. Akhtar.

"This gives me and our MARD initiative an added impetus to work together towards a more gender equal India and world. I am a supporter of UN Women's HeForShe campaign and the role men and boys can play in stopping crime against women and girls, and working towards gender equality."

Mr. Akhtar's appointment coincides with the visit of UN Women's top official to India.

During her time in the country, Ms. Mlambo-Ngcuka met with the President of India and other senior ministers while also pushing the gender justice initiative with a number of organizations located in New Delhi.

The Executive Director applauded the appointment, adding that Mr. Akhtar would be an ideal representative for communicating the need for gender equality to his male peers.

"I am convinced that Farhan's passion and conviction for the cause will galvanize a multiplier effect and reach the hearts and minds of men and boys in South Asia and beyond," Ms. Mlambo-Ngcuka concluded. – (UN.org)

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Goldman Sachs top employer on Day 1 of IIT Madras placement



CHENNAI: Investment banking giant Goldman Sachs was the top employer recruiting 13 candidates on the first day of placement season that began at the Indian Institute of Technology, Madras on December 1st.

Samsung Research and Development Institute, Bangalore, employed eight, while Visa Inc, Microsoft employed seven each. Shell India Markets gave offer letters to six, while ITC Ltd recruited five, an IIT-M release said.

The top salary offered was USD 1.29 lakh per year, made by a foreign company. The second highest pay offered was Rs 30 lakh per year, by a domestic firm, the release said without disclosing the details of candidates.

Four persons were selected by the

Boston Consulting Group, while McKinsey and Company, Xerox Research Centre, IBM recruited three candidates each. Auctus Advisors and Hindustan Unilever Ltd offered placements to two candidates each, while, Japan head-quartered Works Applications selected 1 candidate.

During the grave yard placement session that happens between 12 am and 6 am, Epic selected five candidates, while internet major Google selected four.

Oracle India recruited two candidates, while Cisco, Visa Inc, Service Now Software Development India selected one candidate each. Microsoft selected three candidates, the release said. - PTI

Lower oil prices will boost global economy: IMF chief

The recent decline in oil prices will help boost global economy, IMF chief Christine Lagarde has said, as global oil prices have tumbled to a multi-year low.

"It is good news for the global economy," Lagarde said at The Wall Street Journal CEO Council annual meeting held in Washington DC on December 1.

For the United States, low energy prices would help accelerate the economic growth to a 3.5 per cent next year from the October forecast of 3.1 per cent, she said, adding that Europe is also expected to benefit from lower oil prices.

Lagarde, however, noted that the euro zone also faces a risk of the "new mediocre", and described it as an economy marked by slow growth, low inflation and high unemployment.

But at the same time, she asserted that reluctant political leaders need to adopt more job-friendly labour market reforms, aggressive and innovative monetary policy and other structural reforms.

"Where they are at the moment they need to use all available tools. They



have to get on with it and do it," Lagarde said.

During the meeting, the International Monetary Fund Managing Director was highly critical of Japan for being slow on implementation of fiscal and labour market reforms.

On Russia, Lagarde said lower prices are adding to their fragility and their vulnerability.

Oil prices tumbled to multi-year lows last week after the Organisation of the Petroleum Exporting Countries decided to maintain its production quotas, rather than lowering its output target.

Crude oil has fallen about 40 per cent since mid June and the prices had yesterday touched its lowest level since mid-2009 before US oil prices posted their biggest one-day gain in two years overnight. - PTI

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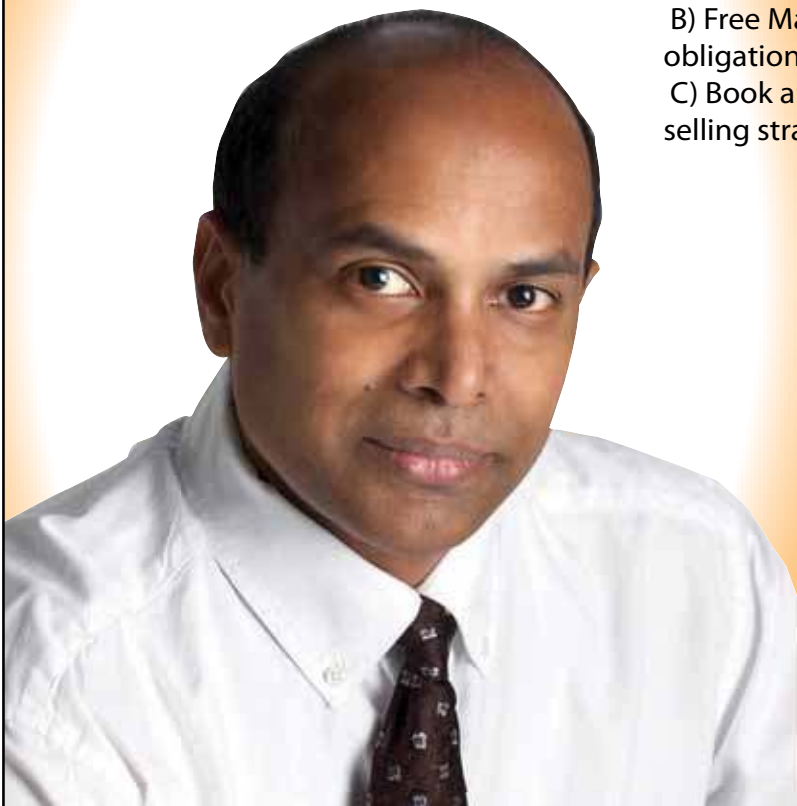
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Around the World

The World in 2015, the 29th edition of The Economist's annual compilation of predictions for the year



The World in 2015, the 29th edition of The Economist's annual compilation of predictions for the year ahead, is now available on newsstands and on The World in 2015 app:

LONDON - The World in 2015, the 29th edition of The Economist's annual compilation of predictions for the year ahead, is available on newsstands beginning today. It looks at the key events, issues and trends that will shape the coming year. In addition to Economist journalists, former US secretary of state Hillary Clinton, Microsoft's founder Bill Gates and magician David Blaine are among the contributors who offer their views on what 2015 will bring.


This year's edition expects a bumpy year ahead. Federal Reserve rate rises, the troubles of the euro zone's laggards and worries about Chinese growth all have the potential to cause periods of panic. International co-operation on many issues will suffer from the strength of nationalism. Political divisions in America will be even more glaring than before as a Republican-controlled Congress confronts President Barack Obama.

Yet progress is likely in all sorts of areas in 2015. The world economy

should grow a bit faster than it did in 2014, led by America. The West's belated response to the outbreak of Ebola and the rise of Islamic State should begin to have an impact. A trans-Pacific free-trade deal is within reach. So is a peace agreement between Colombia's government and the FARC guerrillas; with luck, that will end more than half a century of fighting.

At times the progress in technology will be almost spooky, as smartphones seem to read their owners' minds, cheap sequencing reads genomes and cars accelerate towards intelligent communication. In Silicon Valley, wearable technology will be all the rage. Plucky teams will prepare to break world records on land, on water and in the air. And, after travelling for nine years and across 3 billion miles, NASA's New Horizons spacecraft will reach Pluto in July. "For all its divisions," says Daniel Franklin, editor of The World in 2015, "the world will have a chance to join together in wonder."

The World in 2015 features forecasts for 81 countries and 14 industries, a report card on what The Economist got right and wrong in 2014 and a calendar of events around the world in 2015. (PRNewswire)



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Dhanapala to Receive IPS Award for Nuclear Disarmament



By Thalif Deen
- U.N. Bureau
Chief, Inter Press
Service

J a y a n t h a Dhanapala, a former U.N. under-secretary-general for disarmament affairs (1998-2003) and a relentless advocate for a world free of nuclear weapons, has received the 2014 International Achievement Award for Nuclear Disarmament sponsored by Inter Press Service (IPS) news agency.

Current president of the Nobel Prize-winning Pugwash Conferences on Science and World Affairs (since 2007) and a former Sri Lankan ambassador to the United States, Dhanapala played a crucial role in the 1995 Conference of States Parties to the Treaty on the Non-Proliferation of Nuclear

Weapons (NPT).

The award is co-sponsored by the Tokyo-based Soka Gakkai International (SGI), a 12-million-strong, lay Buddhist non-governmental organisation (NGO) which is leading a global campaign for the abolition of nuclear weapons.

Douglas Roche, a former senator, an ex-Canadian ambassador for disarmament, and visiting professor at the University of Alberta, told IPS, "When the Non-Proliferation Treaty was indefinitely extended in 1995, the person most responsible for making nuclear disarmament a permanent legal obligation was Ambassador Jayantha Dhanapala."

He said Dhanapala's "masterful diplomacy" – threading a course between the powerful nuclear weapons states and the non-nuclear world – was responsible for delineating three specific

promises.

Dhanapala was also instrumental in reviving U.N. interest in the subject of "disarmament and development" at a time when military spending was once again starting to rise in the post-Cold War era, as social and economic needs went unmet in vast sectors of the world.

Dhanapala served as director of the U.N.'s Institute for Disarmament Research (1987-1992), where he successfully expanded its financial base while also broadening its areas of research to include non-military challenges to security. He has also been a member of two of the most influential international commissions established to advance nuclear disarmament: the Canberra Commission (1996) and the International Weapons of Mass Destruction Commission (Blix Commission, 2006).

He was later awarded a MacArthur

Foundation grant, which enabled the publication of his book, 'Multilateral Diplomacy and the NPT: An Insider's Account.'

Dhanapala has served or is continuing to serve on several advisory boards of institutions known for their work in supporting nuclear disarmament and non-proliferation, including the Stockholm International Peace Research Institute, the Stanford Institute of International Studies, the Geneva Centre for Democratic Control of Armed Conflict, the International Committee of the Red Cross, and the James Martin Center for Nonproliferation Studies, among others.

He has served as honorary president of the International Peace Bureau.

The past recipients of the IPS International Achievement Award for their contributions to peace and development include: Brazilian President Lula da Silva (2008), U.N. Secretary-General Kofi Annan (2006), Global Call to Action Against Poverty (2005), Group of 77 developing countries (2000), U.N. Secretary-General Boutros Boutros-Ghali (1995), and Finnish President Martti Ahtisaari (1991)

- (Edited version)

"Great Heroes Day"

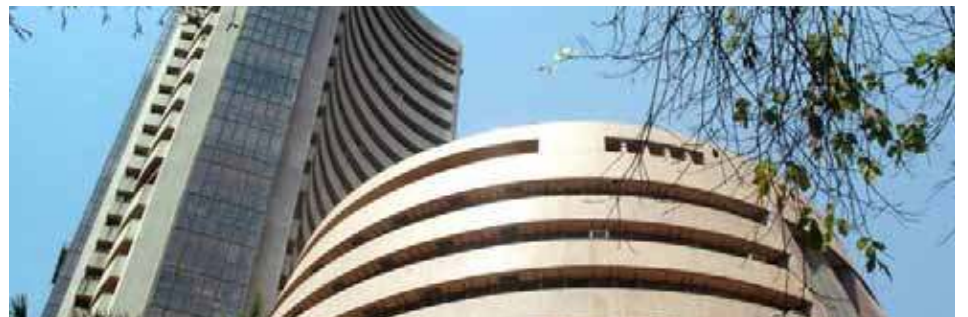
"Great Heroes Day" was observed by many Tamils around the world on November 27, featuring tree planting and paying of tribute events. Remembrance was made of the fallen by guest speakers and attendees. In the picture is event held in London at ExCel Hall

and Siobhain McDonagh, member of parliament for Mitcham and Morden speaking at the event.

Tree planting events were held in Kilinochchi and various other parts of Northern Sri Lanka.



Morgan Stanley sets December 2015 BSE Sensex target at 32,500



The bullishness in the Indian stock market is likely to continue and the benchmark Sensex will reach 32,500 by December 2015, Global brokerage firm Morgan Stanley said.

According to the global financial services major, Indian equities are benefiting from the start of a new growth cycle, a benign global environment resulting in a positive shift in terms of trade and reforms, which can lift India's potential growth rate.

"Our December 2015 BSE Sensex target is 32,500," Morgan Stanley said in a research note and added it is overweight on sectors like energy, consumer discretionary, financials and technology.

Stock markets have seen significant gains in 2014 and the Sensex has gained 7,268.23 points, or 34.33 per cent, so far this year.

"Sentiment is strong with support from flows and momentum – our market timing indicator suggests that market mood is buoyant though yet to hit exuberant territory," it said.

The 30-share Sensex was trading 0.41 per cent down at 28,441.16 in the

afternoon of December 2, 2014 after the Reserve Bank kept the key interest rates unchanged.

"Our view is the government's reforms are on track and if these reforms progress well, we see upside risk to earnings estimates," Morgan Stanley said.

Some key initiatives that have been taken by the Centre include: efforts to make India a better place to do business, tax reforms to kick start growth, fiscal consolidation to stem inflation, realignment of subsidies to make the economy more productive and boost to infra spend to lift growth.

While foreign flows have been strong in the past 12 months, in the coming 12-24 months Indian markets could see sharp rise in domestic flows into equities as explained earlier, the report said.

The report further said equities for now look less appealing against long bonds but the likely rate cuts in future could change that and could feed into equity valuations.

- PTI

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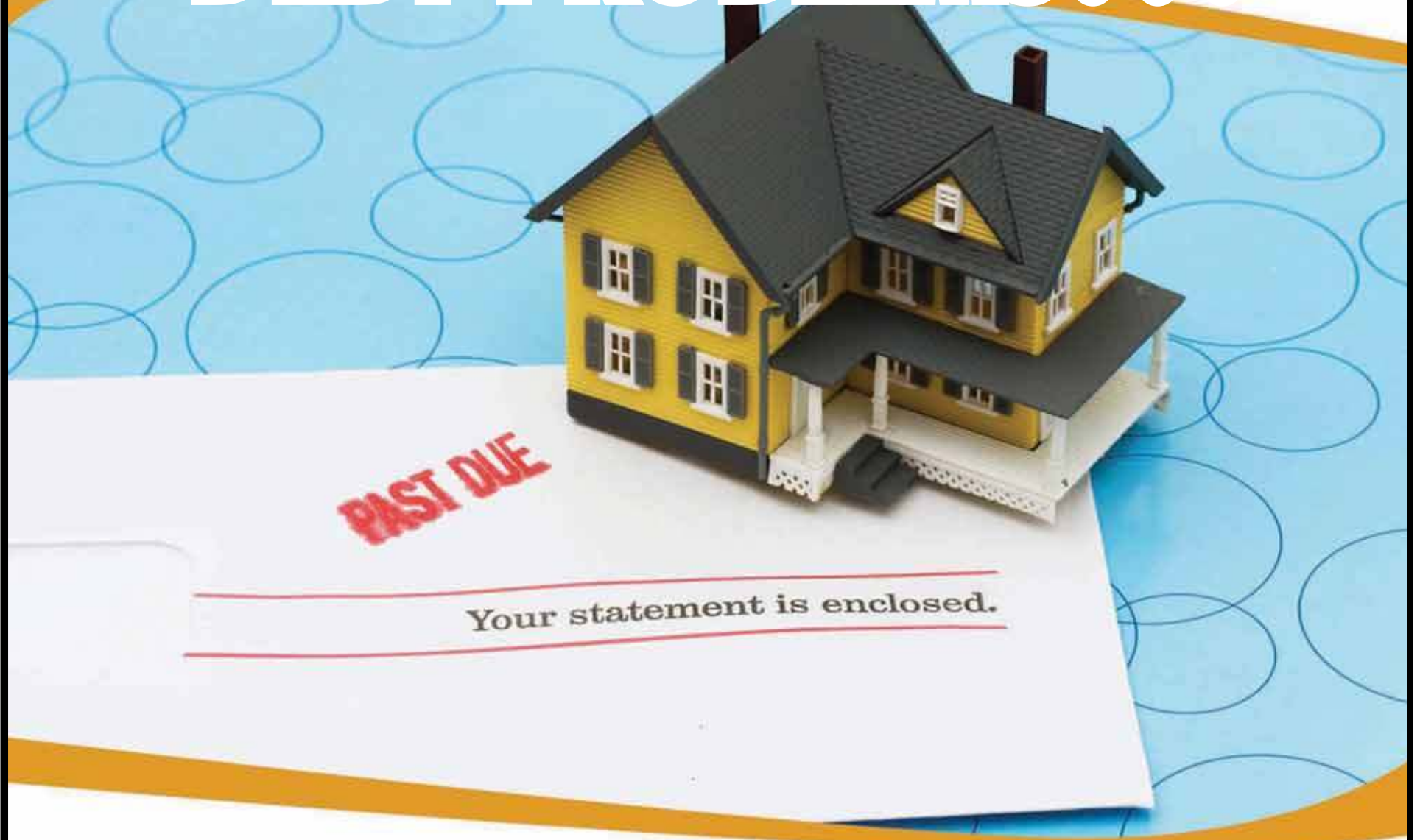
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Preparing for the Long Winter Season



By: Jeavana Sritharan,
BHSc, MHSc,
PhD Student

Most of you are probably dreading going outdoors this winter season as the season started much earlier than anticipated. Hopefully, after last year, many have realized that preparing for the cold winter months can go a long way. Especially when thinking about the home, vehicles, and our health.

Preparing the Pipes

One big problem that occurred last year in many of the homes was the bursting of pipes. The important thing to remember is to take care of these pipes beforehand. Exposed pipes outdoors or those in unheated areas of the home need to be wrapped up. Garden hoses should also be removed from the outside faucets of your home. If there is water left in the hose it will freeze over time and expand, possibly causing damage to your home. These pipes can expand, crack, and/or burst causing extreme damage to your home. Make sure to check your basements and areas where the pipes are most susceptible to the cold. Also, make sure to check your home throughout the season, to identify any leaks, cracks, or air coming in.

Winterize Your Car

With long periods of driving in our city, there are multiple things to keep in your car for any weather. Some things to keep in an emergency kit are:

- Flashlights/extra lights
- Batteries
- Antifreeze
- Windshield washer fluid
- Blankets/insulation
- Plastic bags
- Small tools
- Extra clothing
- Extra snacks

- Most importantly, change your car tires to adequate winter tires!

Keeping these supplies in the home is also important for those frequent snow days. If you remember last year, many homes lost power for weeks at a time so keeping these supplies will help your own home and others that may end up staying with you.

The Common Cold & Flu

The common cold is a viral infection of the upper respiratory tract and there are many different viruses that can



cause a cold. The flu, on the other hand, can be more dangerous than a cold as it can have more severe symptoms.

Every year individuals can get vaccinated to prevent the flu and this is highly advised for those at high risk such as seniors and young children. The flu spreads easily in the winter months because the cold temperatures cause the droplets from coughs and sneezes to remain longer in the air. This allows for droplets to become easily transferred between individuals.

Keep the Kids Healthy

There is no easy way to prevent the flu and children are more vulnerable to contracting these illnesses than healthy adults. There are methods to help prevent common illnesses in the winter especially in children. Regular hand washing is the most important and effective method to prevent getting sick. With children, their hands should be washed consistently before and after using the toilet, before and after meals/snacks, and when they leave areas with significant person and surface contact such as playgrounds, other homes, and child centres. It is also imperative that

adults wash their hands when they are in contact with children because they can pass on germs easily to these children.

Children tend to touch their faces constantly and the germs they contract can be quickly passed to their mucous membranes and absorbed into the bloodstream. If your child does attend a daycare centre then ensure that there is an appropriate policy to keep any sick children at home if they experience symptoms of the flu. Try to boost your child's immunity naturally by providing healthy snacks, and making sure they are getting plenty of sleep and enough physical activity even during the winter months.

Back Pain in the Winter Months

Does your joint pain get worse in the winter months? Many individuals experience more pain during the winter months and can find it quite debilitating. To put it simply, the cold temperature can actually shrink tissues causing them to pull on nerve endings resulting in joint pain. The cold temperatures cause the nerve endings to be really sensitive and the muscles

tense up.

It is difficult to actually prevent the joint pain during winter months but there are methods to consider. Keep yourself bundled as much as you can so your muscles stay warm and females can also use retail body shape wear to help minimize muscle contraction. Doing body stretches in the morning and/or evenings or doing regular exercise will help relieve tensed up muscles. Keeping your muscles active is important because without much activity, the muscles become stiff and with movement comes the joint pain. You could also take more nutrient supplements that will help your joints. Also, using a heated pool for exercises or using a warm Jacuzzi can help reduce joint pain.

If you struggle to find a routine you can also seek physical therapy to maintain regular activity and a good fitness level.

Back Injuries from Shoveling Snow

Back injuries are very common in the winter months resulting mainly from shoveling snow. But back injuries can be prevented if done in the proper way.

Make sure your shovel is adequate – with a curved handle or adjustable handle to decrease painful bending and make sure to bend your knees only slightly and arch your back slightly. Using lightweight plastic blades will also reduce the strain especially with heavy snow. Another way to help reduce strain is to warm up your body before shoveling snow. You can perform stretches to keep your back flexible before shoveling. Remember that shoveling snow is a strenuous activity and can be great exercise for the body but this activity can also be detrimental to the body. Those who have heart conditions or are not able to withstand strenuous exercise should avoid shoveling snow.

Enjoy the winter months with family and friends and through preparation and awareness, you can ensure a safe, healthy, and fun winter season!

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



THE SCARBOROUGH HOSPITAL WELCOMES PHYSICIAN ASSISTANTS

To recognize this year's National Physician Assistant Day, The Scarborough Hospital (TSH) is pleased to share the exciting news that this clinical role is now a part of our interprofessional team. Physician Assistants (PAs) will complement the work of our interprofessional teams to further enhance efficiency, patient safety and quality of care for the Scarborough community.

Five of the eight PAs arrived in November, and will be supporting the hospital's Emergency Department and General Internal Medicine (GIM) program. The other three PAs will arrive in January, and support the hospital's Nephrology program.

"This is an exciting time for TSH," says Dr. Tom Chan, Chief of Medical Staff at TSH. "We are continuing to expand our teams so that we can further enhance care and truly ensure patients are receiving the right care by the right person at the right time."

PAs work under the direct supervision of a physician and will support TSH's physicians in their scope of practice. They are expected to provide additional

benefits for our patients and families; for instance, in the reduction of wait times in the Emergency Department (ED).

The PAs are delighted with the opportunity to work in such a diverse and dynamic health care environment and hope their contribution to the team will add to the outstanding care already provided at TSH.

"What's really interesting about working at The Scarborough Hospital is the exceptional care that is provided to a diverse population's unique needs with respect, collaboration and accountability, as well as the commitment to patient and family-centred care," says Danielle Lucky, Physician Assistant, ED. "We enjoy



educating people about our role and look forward to supporting this community. We welcome any and all questions."

Jacob Eappen, Physician Assistant, GIM, adds, "And that includes patients. We want everyone to know what we do and how we're best able to support our colleagues, our patients and our community."

Their responsibilities include, but are not limited to:

- taking medical histories;
- conducting physical exams;
- ordering and interpreting tests;
- diagnosing and treating illnesses;
- counselling on preventative care;
- participating in education, research and

administration; and, they may also participate in surgeries, depending on their level of training.

PAs have been in Canada for decades – mainly in the Canadian Armed Forces. In 2002, they were integrated into the Manitoba health care system and since then, they have become progressively more popular in acute care hospitals where evidence shows they help to improve access to services and enhance overall quality of care. There are more than 400 PAs currently practicing in Canada including in Manitoba, Alberta and New Brunswick. In Ontario, some of our peer hospitals such as Markham-Stouffville, Toronto East General and Southlake have also integrated PAs to expand their interprofessional teams.

We would also like to thank HealthForceOntario, an agency of the Ministry of Health and Long-Term Care, for providing a portion of the overall compensation, which made it possible for TSH to begin integrating PAs into our teams.

"We are fortunate to receive this opportunity to expand our interprofessional teams," says Rhonda Seidman-Carlson, Vice President, Interprofessional Practice and Chief Nursing Executive, TSH. "Just like Nurse Practitioners, Anaesthetist Assistants, Midwives, Doulas and other roles have added value to our teams over the years, we are confident PAs will continue to boost the quality of care we provide to our patients."

"THE SCARBOROUGH HOSPITAL HAS ALWAYS BEEN THERE FOR ME," SAYS PATIENT

From the first moment you meet Gina Dilag, you feel her radiating warmth.

She'll enthusiastically welcome you into her home with a large smile. She'll offer you a warm tea and you'll feel like you've been friends for years. Gina's also a baker and her eyes light up when she tells you about her latest confectionary creation.

On the exterior, Gina seems like she doesn't have a care in the world, but this is far from the truth.

Gina struggles each day with rheumatoid arthritis, heart-related issues and diabetes – all of which are linked to an underlying disorder Gina has called lupus. Lupus is an autoimmune disease where the body's immune system becomes hyperactive and attacks normal, healthy tissue.

It all started when Gina was 12-years-old and living in her native country of the Philippines.

She remembers fainting and waking up in her local hospital's Emergency Department (ED). Bright lights illuminating her young face as she watches medical staff scramble around her. She recalls fainting again and waking up to her brother

pumping her sternum with his locked fists, trying to revive her heart. She wakes up again and her mother says "drink this." She does and then she drifts off to sleep again.

"It was absolutely terrifying and surreal," says Gina. "Apparently, a priest came by and read my last rights and even the doctors were praying for me – they were sure I was going to die."

Gina fortunately survived and was diagnosed with systemic lupus, a condition that would impact her health throughout her life.

Fast forward many years later. It's 1987 and Gina has just delivered her son Kevin at The Scarborough Hospital (TSH), after a long and anxious pregnancy.

"He was my miracle baby," she says. "We were very lucky he made it."

The delivery of her son was the first of many of Gina's visits to TSH.

She returned to TSH when she had complications with her kidney. During this visit, while she was being monitored by the hospital, her son was also admitted to TSH to be treated for Kawasaki Disease. Staff at the hospital put them on the same floor, so

they could be close to one another.

"It was really difficult for us, since I was a single mother at the time and I wanted to be with my son but I also had to recover," she says.

She recalls that the nurses wanted to cheer her up and they brought her a fruit basket, since it was also her birthday. One of the nurses was also from the Philippines and made her rice to make her feel more at home.

She also notes a time when her TSH physician went above and beyond. She mentions that on a particular occasion, she had to go to Port Perry's ED because her kidney was no longer responding to dialysis and was failing. Medical staff at the Port Perry Hospital called Gina's Nephrologist at TSH, Dr. Robert Ting, who asked them to bring her to TSH, to be assessed by him personally. Prior to this visit, Dr. Ting also set Gina up with a social worker to work on getting her a place in government housing. The social worker found her a place in Oshawa.

"I lived in that building for 15 years and I loved it," says Gina. "It was really difficult for me to find affordable housing at

the time because I was a single mother and living on a modest income from the Canadian Pension Plan (CPP). Dr. Ting and Candace Roker, my social worker, helped put a roof over our heads."

Gina has since received a kidney transplant, done at St. Michael's Hospital in Toronto, but she continues to trust TSH to take care of her.

"I think the nurses and doctors at The Scarborough Hospital are amazing. They really want to help; not only medically, but mentally as well," she says. "They have done so much for me and they are always there for me."

Gina is so thankful to TSH that she donates to the hospital each month.

"As little money I receive from CPP, as little as I have, I still want to give my gratitude and thanks," she says. "Because every morning, when I wake up, I'm thankful that I'm alive."

SHOP TO SUPPORT HEALTH CARE IN SCARBOROUGH

On Wednesday, December 3, gather up your girlfriends for some pre-holiday shopping while also supporting health care in your community!

Sip, Shop and Celebrate Women, is an exciting new event hosted by the Scarborough Women of Philanthropy Council with proceeds benefiting the Maternal Newborn and Child Care program at The Scarborough Hospital.

Please join us for some festive fun, shopping, wine and cheese, raffle draws, a silent auction and more!

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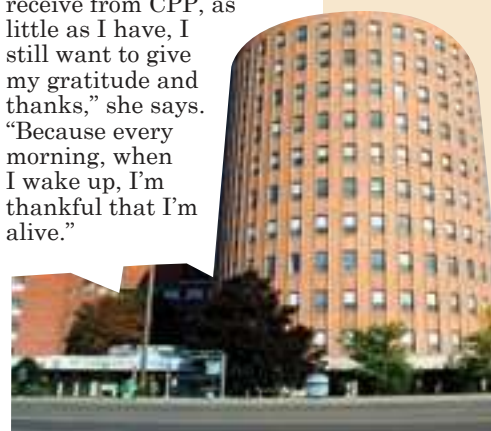
Tickets are **\$30** each or two for

\$50. To order tickets,

and for more information,

please call

416-431-8130.



Hi, I'm Isabella Downer, And This Is My Patient Experience.

When Isabella Downer arrived at The Scarborough Hospital's (TSH) Emergency Department (ED) at the Birchmount campus back in September, she wasn't looking forward to her visit there.

"A lot of people I know who are elderly, like myself, always talk about how they're treated in an off-handed manner or are neglected when they go to the hospital," she says. "I thought it was going to be



Isabella Downer

the same for me when I arrived at The Scarborough Hospital's ED."

Before Isabella arrived at TSH's ED, she remembers first suffering from sudden chest pain and then consequently fainting from the pain, resulting in multiple injuries including a broken nose, a concussion and whiplash. She was transported via ambulance to TSH's Birchmount campus for treatment. Her fears of how she would be treated while in hospital were quickly quashed upon arrival at the ED.

In her words, every staff member in the ED and later, the Acute Care Unit, were "incredibly patient and kind".

"What a revelation it was to see the honest concern and kindness demonstrated by staff at such a worrying time in my life. It was a grand relief!" Isabella says. "They are all so very busy and rushed, but yet, they were able to provide such compassionate and high standards of service. I am indeed blessed."

One TSH staff member in particular that really stood out to Isabella was Dr. Michael Ling.

"Dr. Ling followed up the next two days after my visit to check to see if I had a temperature and to make sure I was okay; it was very impressive," she says.

As it turns out, aside from a broken nose and whiplash, Isabella's chest pain turned out to be nothing of great concern. After multiple tests, her pain was a result of extreme indigestion.

"Turns out I had some stomach issues and it caused immense pain; so much so, it caused me to faint," Isabella says. "It was quite a relief to find out it wasn't anything too serious."

Although she's still nursing some injuries, Isabella is incredibly pleased overall by the care she received at TSH.

"I want to send my kindest regards to all the brilliant people that took care of me. If I could, I would give each of them a huge hug," she says with a smile.

TSH receives Gold Quality Healthcare Workplace Award for Second Consecutive Year

For the second consecutive year, The Scarborough Hospital (TSH) has been awarded a Gold Quality Healthcare Workplace Award from the Ontario Hospital Association (OHA) and the Ministry of Health and Long-Term Care for the hospital's efforts to improve the quality of work-life for staff and the care and services delivered to patients.

Health care organizations from across the province participate in the Quality Healthcare Workplace Awards, which are meant to raise the bar of excellence for quality health care workplaces. The award has four levels – Bronze, Silver, Gold and Platinum.

"This is a significant achievement in which everyone at The Scarborough Hospital can take

pride," said Robert Biron, President and CEO of TSH.

"It acknowledges our sustained focus on delivering the highest quality of care to our patients and families, as well as our deep commitment to providing a healthy workplace for our valued staff."

The OHA Quality Healthcare Workplace Awards rank among many recent exceptional awards and achievements for TSH. Other notable examples include:

- Achieving Exemplary Status by Accreditation Canada with a 98.8 compliance rate in the spring of 2013;
- A 95 per cent average across both campuses in standards set out by the Ontario Laboratory Accreditation for the hospital's Laboratory Services

in the fall of 2013;

- The lowest overall Emergency Department (ED) wait times among full service EDs in the Greater Toronto Area (GTA) for 2013-2014;

- Outstanding results in the Ontario's pregnancy, birth and childhood registry – known as the Better Outcomes Registry and Network (BORN) – which not only exceeds TSH's peer hospitals, but in many cases also rates ahead of the entire province.



I AM THE PATIENT EXPERIENCE!

Michael Stern is a fighter. For two years he had been fighting prostate cancer until he underwent a radical prostatectomy – a surgery to remove the prostate gland – in August at The Scarborough Hospital (TSH).

But during his recovery, Michael could simply surrender, relax and focus on getting well. The exceptional care he received created an experience between him – the patient – and his health care team that was built on trust, communication and collaboration to achieve optimal results.

"Uziel (Hernandez, RN) was the first person to take care of me when I was in recovery," says Michael. "She was kind, personable and talkative. Her sunny personality made me feel a lot better and I truly believe it helped speed up my recovery. She went above and beyond what was needed and provided exceptional care."

Michael adds that he asked for her name because he figured she would be the exception, but admits he was wrong.

"It turns out that every nurse, doctor and staff member who attended to me during my time in the hospital went well beyond what was needed," says Michael. "One nurse went as far as getting me earplugs because I was having difficulty sleeping."

Michael's positive experience throughout the entire care process is becoming more common at TSH as the hospital has launched a grassroots effort to provide a patient-focused approach to care.

"I Am the Patient Experience" is more than a tagline at TSH, but the beginning of an entire culture shift that recognizes the inherent value of working with our patients and their families," says Rhonda Seidman-Carlson, Vice-President, Interprofessional Practice and Chief Nursing Executive. "We ARE the



I Am the Patient Experience is a grassroots effort at The Scarborough Hospital that aims to shift the culture of care to become truly patient-focused.

patient experience, and when we provide care from that aspect of connection, we create a positive and meaningful experience for everyone."

But what does patient-focused really mean, and how do we truly know we are providing our patients and their families with a positive and meaningful experience?

Several staff members who have become passionate champions for the effort have begun looking for ways to find out – and what better place to start than with the patients and families themselves.

"I Am the Patient Experience" champions recognize the inherent value that patients and family members bring to the health care team, and are proactively inviting them to visit the units on which they received care to share their stories in person. Staff will be able to learn directly from their patients what

was meaningful and where there were opportunities for improvement and conversely, patients have the opportunity to participate and collaborate in their care.

"It may make us all a little uncomfortable at first," says Rhonda. "But opening our ears, our minds and our hearts to really understand our patients' feedback is a huge step in providing true patient-focused care. Only they can define their experience, and it's our job to learn, grow and make it happen."

TSH is also planning to introduce shared care plans on many of its units and is actively recruiting for Patient and Family Advisors to further advance its commitment to patient-focused care. The Patient and Family Advisors will partner with health care providers and administrators to enhance programs, participate in corporate and department-level improvement initiatives and provide fresh eyes for identifying efficiencies in many areas including: service delivery, policies and procedures, interprofessional care planning, patient education, hospital navigation and the general environment, and follow-up processes.

"By working together and learning from each other, we can ensure better outcomes for our patients and their families," says Rhonda. "And at the end of the day, that's why we are all here."

Within three days of his surgery and recovery, Michael was well enough to get up and walk around. He left the hospital that same day, and insists his speedy recovery was a result of the excellent care he received during and after his surgery and his participation in his care.

"I can't stress how much of a difference a pleasant personality makes in helping the recovery process. I can't imagine any other hospital providing a better experience," says Michael.



\$1 Million Raised for Providence Healthcare at Silver Ball

On November 8, more than 800 community leaders, celebrities, philanthropists and corporate supporters came together at the Fairmont Royal York in support of Providence Healthcare and its 21st annual Silver Ball. It was a dazzling evening that celebrated heroes, hope and unforgettable moments. The black-tie gala raised much-needed funds for those who rely on Providence for rehabilitation, palliative care and long-term care, as well as community-based programs including an Adult Day Program for people with dementia.

Emceed by City News anchor Gord Martineau and meteorologist Natasha Ramsahai, attendees included cast members from the television shows "The Strain", "Saving Hope" and "Orphan Black", along with a Bollywood-style performance by Shireen Ali and her dance troupe in loving memory of her grandfather, Alfaruk Baksh, who received end-of-life care at Providence.

The 'big announcement' that revealed the funds raised that night came shortly after Silver Ball Co-Chairs, Kanish Thevarasa and Kulwant Mann,

joined by Bobby Sachdeva and Ajit Someshwar, collectively showed their support with a \$200,000 donation so Providence could reach its \$1 million goal.

Live performances by renowned Canadian opera singer Chris Dallo with Brian Roman, and Providence's own Shawn Brady and his band, Elevation, had guests on their feet dancing.

One lucky grand prize raffle winner, P.J. Lewis, took home a luxury Lexus IS 250 Sport, donated by Lexus on the Park. "This is amazing, I've never won

anything in my entire life," said Lewis. "I came to the gala to support Providence and the good work that they do, and I came away with a wonderful surprise!"

The Silver Ball is Toronto's longest running gala and has raised more than \$14 million for Providence to date.

To learn more, please contact: Providence Healthcare Foundation, E: foundation@providence.on.ca, 416-285-3630



Silver Ball emcees Natasha Ramsahai and Gord Martineau from City News



Bollywood style dance troupe with Shireen Ali (centre)



(L-R) Kanish Thevarasa, Ajit Someshwar, Bobby Sachdeva and Kulwant Mann

Ask a Pharmacist – Travel Tips

by Sean Chai-Chong

During the winter, many of us travel south to escape the cold. Here are some tips to keep in mind when travelling.

Do I need to be vaccinated?

It depends where you travel. For many destinations, it's a good idea to make sure you're vaccinated for hepatitis A and B. For other places, it's a good idea to get the typhoid vaccine. For advice on what vaccines you'll need for your destination, visit a travel medicine clinic.

Is there a vaccine that can prevent traveller's diarrhea?

There is a product called 'Dukoral' that may help prevent traveller's diarrhea. It's covered by some drug insurance plans with a prescription. It's also available for purchase without a prescription. Check with your doctor or pharmacist to see if it's appropriate for you.

How else can I prevent traveller's diarrhea?

Some good practices to follow include peeling fruit before eating it, using boiled or bottled water for drinking instead of tap water, foregoing ice in your drinks, avoiding eating raw or under cooked meat or seafood as well as street vendor food where unsanitary conditions are present.

I'm travelling to the Caribbean. How do I protect against 'chikungunya'?

Chikungunya is a mosquito-borne

disease currently affecting the Caribbean. The most common symptoms include fever and joint pain. Unfortunately there is no vaccine for the virus, so the only thing travellers can do is try to minimize mosquito bites. This can be done by using insect repellants containing DEET, staying and sleeping in air conditioned or screened rooms, using mosquito nets if you're sleeping in room without a screen and wearing long sleeves, pants and hats to minimize skin exposure. When using both sunscreen and insect repellant, make sure to apply sunscreen first and the insect repellant second.



Sean Chai-Chong is the Pharmacist for Providence Healthcare's retail Pharmacy. The Pharmacy is located on the 2nd floor of Providence Hospital and is open Monday to Friday, 9 a.m. to 5 p.m.

Want to get involved and make a difference?

Please contact Providence Healthcare Foundation at 416.285.3630 or go online at www.providence.on.ca and make a donation today.





Families proudly share stories of having their babies at Rouge Valley

Patient experience videos featured at MyRougeValleyBaby.ca

Having a baby is one of the most precious and memorable occasions in the lives of all growing families. Now in a series of short videos posted at MyRougeValleyBaby.ca, four families are telling their treasured stories of when they had their babies at Rouge Valley Health System.

The community hospital has excellent birthing services at both of its campuses: Rouge Valley Centenary (RVC) in Scarborough; and Rouge Valley Ajax and Pickering (RVAP) in west Durham. Two of the families tell their stories of having babies at the birthing and newborn centre at RVC, which opened in 2009 with its level 2c neonatal intensive care unit (NICU) for newborns as premature as 30 weeks gestation, who require special medical attention. The other two families gave birth at the maternal newborn services department at RVAP, which has a level 2b NICU and was renovated this year as part of a newly-consolidated women's and children's unit.

"These four stories are very compelling. They reflect the experiences of the more than 3,600 families a year who choose to have their babies at Rouge Valley," says Michele James, vice-president, women's and children's program and clinical support services.

"Our doctors, midwives and nurses feel privileged to be a part of these special moments in the lives of families in our communities. That's why we focus on providing advanced, safe and the most caring experience for moms, babies and families."

Shelly and Rob's story

"We were really happy that we decided to go to Rouge Valley, because we knew if anything should happen that they had a really good support system there with the NICU and paediatrics," says Shelly Fernandes, who had her first child Dylan at RVC.

In the video, she and her husband Rob talk about how Dylan was underweight when he was born and needed special care in the NICU. "There was a lot of concern about him being that small. He couldn't breathe properly — so it was a very scary moment for us," says Rob. "Dr. Rutherford helped reassure us that him going in there (the NICU) wasn't such a bad thing, and that he was in the best care available."

"Today Dylan is four and he's healthy and great," says Shelly. She and Rob went on to have their second child Ava at Rouge Valley as well.

Zuhall's and Wahid's story

"I was very happy, and at the same time I couldn't control myself. If I cried,

it was a happiness cry," says Wahid Ahmadi about seeing his wife Zuhall Rassy and their newborn son Wahil.

Zuhall and Wahid were living in Ajax at that time, and had their first baby at RVAP. Although the family later moved to Richmond Hill to be closer to his new job, when Zuhall became pregnant again, they chose to travel almost 40 minutes and 50 kilometres to return to RVAP to have their second baby.

"The experience with Wahil was so great at Rouge Valley hospital in Ajax-Pickering, so I decided to come back," says Zuhall in the video. The experience this time around turned out to be extraordinarily unique when Zuhall went into labour on Jan. 1. "Just in two hours I had Hasenat, and that was New Year's Day!" Their daughter became the first baby born in Durham Region in 2014.

More stories from Rouge Valley moms

Two more videos at MyRougeValleyBaby.ca feature the stories of Pickering mom Trish Lee-Smith, who had her babies at RVC; and Ajax mom Michelle Feeley, who had her baby at RVAP.

Learn more — MyRougeValleyBaby.ca



All of the videos featuring these families' stories can be found at www.MyRougeValleyBaby.ca.

On the website, expecting families can also learn more about having their own Rouge Valley baby — including finding information on Rouge Valley's birthing centres and NICUs; looking up profiles and contact details for accessing obstetricians and midwives; registering for prenatal classes; and more.

To speak with a member of the healthcare team about having your baby at Rouge Valley, please call:

- 416-284-8131 ext. 7332 or 4403 for the birthing and newborn centre at Rouge Valley Centenary; or

- 905-683-2320 ext. 1202 for the women's and children's unit at Rouge Valley Ajax and Pickering.

Rouge Valley teams up with U of T

New affiliation agreement means training opportunities for health professions students, the hospital and the community

Rouge Valley Health System and The University of Toronto have signed a formal community affiliation agreement that will benefit health professions students, patients and the community.

The agreement between the Rouge Valley Health System and the Governing Council of the University of Toronto formalizes the role the hospital will play in the education of students in health care and related programs.

"The university and the hospital have a mutual interest in enhancing the education of students in research and evidence-based practices, which will benefit patients in the long term. This agreement is an opportunity to in-

tegrate the resources of the University of Toronto and Rouge Valley to provide students with an excellent hospital environment, mentor expertise and facilities to enhance their education," says Joan Wideman, Chair, Board of Directors, Rouge Valley Health System.

"We are so pleased to welcome Rouge Valley as our newest community affiliate hospital," said Catharine Whiteside, Vice Provost Relations with Health Care Institutions at the University of Toronto Faculty of Medicine (FOM). "Our students will have an opportunity to work in a truly outstanding community care setting alongside skilled and experienced mentors."

"I was delighted to present our



value proposition to the hospital board and excited by their enthusiasm for this partnership," said Sarita Verma, Associate Vice Provost Health Professions Education and Deputy Dean FOM. "Rouge Valley has so much potential across our health sciences training and with University of Toronto Scarborough Campus in emerging innovative disciplines."

About the University of Toronto Health Faculties

The University of Toronto is at the heart of one of the great biomedical research, education and clinical care net-



works in the world. With nine fully affiliated hospitals and research institutes and 20 community-affiliated hospitals and clinical care sites, the University of Toronto is a research powerhouse that offers unparalleled opportunities for its 6,800 faculty and 7,000-plus students at all levels. Nearly half of Ontario's medical doctors and 25 per cent of all health and biomedical PhDs in Canada were trained at the University of Toronto, which consistently ranks among the top universities worldwide.

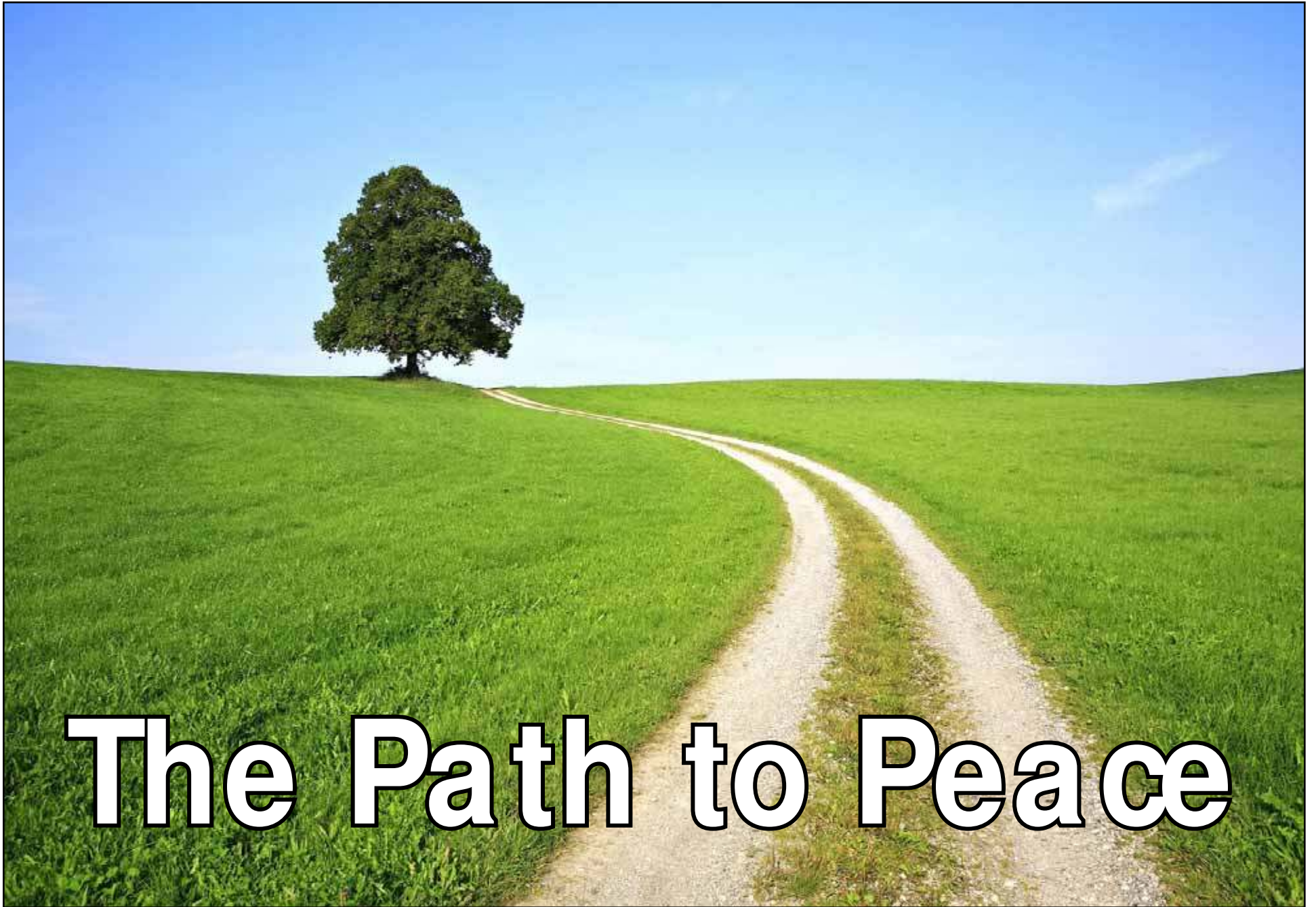


Rouge Valley Health System (RVHS) - The best at what we do.

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.



WORDS OF PEACE



The Path to Peace

Prem Rawat travels the world talking about the possibility of finding peace and joy in life—not sometime later or somewhere else, but here and now, every day.

“We like peace,” he says. “What if I told you that the peace you are looking for is inside of you? Not outside—inside.”

Instead of looking for peace within, Mr. Rawat says, most people search for it somewhere else—perhaps on top of a mountain. We ignore the obvious. He tells an old fable to illustrate his point.

“Once there was a king,” he says, “who received a very important message that in a village a day’s journey away, a scientist had figured out a way

to live forever.

“When the king heard this, he was very happy. He called his ambassador and said, ‘Go to this village and get the secret of living forever from him. Then come back and tell me, because I want to live forever.’

“The ambassador said, ‘Okay, I’ll get my things together and go.’

“The king said, ‘Don’t delay!’

“The ambassador set out. The king was waiting very impatiently for his return. He could hardly sleep. ‘Oh, when is he going to get back?’

“Finally, two days later, the ambassador returned. He said, ‘Sorry. When I got there, the scientist had died, so I can’t tell you anything.’

“The king was furious. He said, ‘I told you to leave right away! Had you left a few minutes earlier, you would have made it there and found out the way to live forever. But because you delayed, the scientist died before he could tell you how to live forever.’

“The king declared that the ambassador must be punished. The next day, the court was held. Everybody was there. There was a big debate. Some people were saying, ‘He should be executed now.’ Some people were saying, ‘No, it’s not his fault.’

“A wise man happened to be walking by. He wondered what the quarreling was all about, so he came in, and the people told him all about the king, the ambassador and the scientist.

“The wise man said, ‘You’re quarreling about the punishment, but nobody seems to realize that the scientist didn’t really know how to live forever. If he had figured out how to live forever, why did he die?’”

Similarly, says Mr. Rawat, people who think they must search for peace are ignoring something obvious.

“You are complete,” he says, “but you don’t know it. You are alive, but you have forgotten you are alive. Where is the peace that we are looking for? Inside of us.”

The reason people have trouble discovering peace within themselves, Mr. Rawat says, is simple.

“With your eyes, you can see everybody else,” he says, “but there is one person you cannot see with these eyes. Do you know who it is? It’s you. You need a mirror to see yourself.”

In the same way, he says, we need a way to see the peace within our own hearts. He offers a way to do just that—“a mirror that shows the self. You need to see the reflection of you. Why? Because when you see that reflection with the purest eyes, you will see, you will feel, you will understand. When you understand what I am saying, you will understand what peace is. And when you understand what peace is, you will understand it is not far from you.

“You are on the face of this Earth to experience the truest joy, the truest beauty. You are blessed beyond belief, but you don’t see your blessing. Open your eyes, and see perfection. Open your heart, and feel heaven here on Earth. Look from your heart, and see what you have been given. Then, you will be on the right path to peace.”

To learn more about Prem Rawat, visit:

www.wopg.org

www.tprf.org

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AYURVEDA, SIDDHA OR ALLOPATHY – WHAT TO CHOOSE WHEN

Medical systems such as Ayurveda and Siddha are considered alternative therapies in today's world. Some are quick to dismiss such therapies while others swear by them. Choosing the right kind of treatment – Allopathy, Ayurveda or Siddha – can be a confusing affair. In this article, Sadhguru looks at the merits of each type and stresses on the importance of a holistic approach, rather than supporting any particular treatment as the best.

Allopathic Medicine

Sadhguru: When we say health, disease, or ailment, there are two fundamental kinds. One kind of ailment comes to us from outside, an invasion of external organisms. It has to be dealt with in one way. We still find that the Allopathic system of medicine is the most effective way of handling infections, there's no question about it. However, a majority of human ailments are self-generated. They come from within the system. For such chronic ailments, the Allopathic system of medicine has not proven to be too good. Allopathy can only manage the disease. It can never really uproot the disease because essentially, it is about symptomatic treatment.

For most of the ailments that are chronic in nature, symptoms are like the proverbial tip of the iceberg. We are only treating the tip all the time. In fact, today it is an established form of treatment – if you get diabetes, hypertension, or asthma, doctors are talking to you about how to manage the ailment. They are never talking to you about how to get rid of it. But the manifestation of the disease in the form of a symptom is very minor. What is happening is at a much deeper level, which cannot be treated with external medicine.

If you are really in a state of emergency, going to an Ayurvedic doctor is not the best thing to do. You go to him only when you have time to recover. In an emergency, Allopathy has better systems than any other. But when your problems are mild and you know they are evolving, Ayurveda and other systems are very effective means of treatment.

Ayurveda

So what is so different about the medicines of an indigenous kind, which largely get labeled as Ayurveda? Ayurveda comes from a different dimension and understanding of life. A fundamental part of the Ayurvedic system is about an understanding that our bodies are an accumulation of what we gathered from the planet. The nature of the planet and of the Pancha Bhutas or the five elements that make the planet are very much manifest in this physical body. If you want to handle this body in the most effective and productive way, it is very important that everything you do about this body has a relationship with the planet.

Ayurveda is more disease-oriented, whereas Siddha is more health-oriented.

Ayurveda says that every root, every leaf, every tree bark found on this planet has medicinal value. We have learnt how to use only a few. The rest of them, we are yet to learn how to use. What this statement is trying to convey is, health is not something that falls upon you from the sky. Health is something that has to grow from within you,



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

because the body is something that grows from within you. The input comes from the earth but it grows from within you. So, if you have a repair job to do, the best place to go is to the manufacturer, not to the local mechanic. This is the essence of Ayurveda.

In Ayurveda, we understand that if we go deep enough into the body, this body is not an integrated thing, it is a continuous process which involves the earth upon which you walk. If this relationship does not come through, these subtle systems of medicine which work from within, will fail to work. Without taking care of the whole system, just trying to do one aspect of it may not be very fruitful.

A holistic system does not mean just treating the body as a whole. A holistic system means treating life as a whole, which includes the planet, what we eat, what we breathe, what we drink – all of that. Without attending to all those things, the true benefit of Ayurveda will not be seen. If Ayurveda becomes a living reality in our lives and our societies, people can live like gods.

Siddha

Siddha or Siddhavaidya is unique to Southern India, fundamentally Tamil Nadu. This dimension of medicine was opened up by Agastya Muni. They say Adiyogi himself practiced it and Agastya brought it to the south. He created a very potent combination, some fantastic usage of material. It is unbelievable how Siddha works. In the Siddha system of medicine, the sages, realized beings and the Siddha doctors were not different. Always, the sages practiced a certain amount of medicine because human health is an essential part of going ahead.

Siddha vaidya cannot happen without sadhana.

Siddha is very different from Ayurveda and I would say it is much closer to the body's energy system than Ayurveda is. Ayurveda is more disease-oriented, whereas Siddha is more health-oriented and simply about rejuvenation. So the variety of what is available in Siddha may not be as wide a range as in Ayurveda, because Ayurveda enters every disease. Siddha doesn't enter the treatment of every disease. It is mainly about strengthening the inner sources of the body and activating the body in a certain way.

Siddha is very different in the sense,



though there are herbs, it is essentially elemental in nature. It comes more from the yogic science because the fundamental of yogic science is in Bhuta Shuddhi or in the cleansing of one's elements. This is an evolution from the yogic science. Since it is elemental, you are dealing with the fundamental material which makes the body. You are not trying to infuse some other medicine into it. So it is not really a medicine as such.

Because of this, it needs less study but more internal mastery for the person who practices it, which is again a problem today. Siddha vaidya cannot happen without sadhana. Today they have set up colleges for siddha vaidya, but it will not work like that. "Siddha" means an established one or one who is firmly established within himself. At Isha, we have access to certain Siddha systems that are not normally available with other doctors who practice Siddha.

Isha Rejuvenation, located at the Isha Yoga Center, and Isha Arogya clinics, located in various cities in South India, are holistic health centers established by Sadhguru. Find out more about these centers from Sadhguru himself...

Isha Rejuvenation

Sadhguru: The uniqueness of Isha Rejuvenation is that it is a treatment based on Siddha and yoga. So, aren't the yoga programs alone sufficient? When someone has been ill for a long period of time, just a program may not be sufficient. They may need some more medical support. So we are offering traditional Siddha.

But this is not a hospital where we treat all kinds of ailments. This is more about rejuvenation. The rejuvenation system is more about activating the energy system to a certain level where the body corrects itself. The general attitude, intention and ambience of Isha Rejuvenation are not that of a spa. It is a more dedicated atmosphere. People may go to a spa just for pleasure. It's not that you can't enjoy this, it has a good ambience, but here it is not just about pleasure. We are always seeing how to make a person fit enough to receive the spiritual possibility.

Isha Arogya

At Isha Arogya, Siddhavaidya, Ayurveda, Naturopathy, Yogic systems, Homeopathy and Allopathy – all six – are practiced together at one place. The clinic is generally conducted by Allopathic doctors because they are better trained for diagnosis in to-

day's world.

People have been asking me, "Sadhguru, how can all these systems happen in one place?" I am not committed to any system. My commitment is to human health. You may be committed to Siddha, you may be committed to Allopathy, you may be committed to Ayurveda, but when a man is sick, he wants health, he doesn't care how. Do you care how you should become healthy? When you are not healthy you want health, you don't care how it happens. This combination of things has been working wonderfully.

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

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THE GREAT OCEAN DRIVE IN MELBOURNE AUSTRALIA

One of the world's most scenic coastal drives



By: C. Kamalaharan

The fantastic drive along the Victorian coast in Australia is a lifetime memorable experience. The wonderful rock formations along the lengthy coast present breathtaking views. I was completely dazed on seeing the superb panoramic views as I took snaps from vantage points standing on hilltops. The spectacular scenery that came into view each time we negotiated a bend as we sped along the winding coastline was mind-blowing. Favoured with a bright clear sky throughout our drive it was a real visual treat for us to watch the dazzling seascapes.

The long stretch of road along the South-Eastern coast between the cities of Torquay and Allansford built by the returning troops between 1919 and 1932 in memory of the slain soldiers during World War 1 formed The Great Ocean Drive. The road considered as one of the longest war memorials traverses through rainforests beaches and cliffs which are susceptible to sea erosion.



One of the most memorial experiences we felt during our drive was at Philip Island a popular tourist attraction 140 km South-South East of Melbourne. When we arrived there nearing sunset the place was already bustling with tourists seated on elevated platforms to get a conspicuous view of the little penguins returning to their burrows. Though they are birds they are flightless as their wings are modified into flippers which are adapted suitably for swimming. The penguins leave their burrows early in the morning before daybreak and slide into the ocean where they catch prey for their young ones. It was a delightful sight watching them returning from the ocean at sunset and parading in single file across the beach

to reach their burrows where they feed the young ones and rest for the night.



Another tourist attraction we came across during our drive was the famous Twelve Apostles which are magnificent rock stacks off the coast of Port Campbell in Victoria's dramatic coastline. The Twelve Apostles were formed by the constant erosion of the limestone cliffs of the mainland millions of years ago. The stormy southern ocean and the blasting of the winds gradually eroded the softer limestones forming caves in the cliffs. These caves due to further erosion eroded to become arches which later collapsed resulting in the formation of rock stacks up to about 45 meters high left isolated from the shore. Due to continuous erosion only 8 stacks remain there. The Apostles present beautiful sights at sunrise and sunset as they change colour under bright sunlight.



Another natural geological formation we saw was the Grotto a tourist attraction in Bruce Peninsula National Park. A grotto is a naturally formed small rock pool. To reach the Grotto wooden steps wind down the cliff to the bottom where a spectacular view of the

sea beyond the pool at low tide could be seen. The water in the pool is fed by the ocean spray. It was pretty cool there and one can see the stillness and clear water in contrast to the ocean.



The London Arch near port Campbell is another natural formation by the process of gradual erosion. Originally it was a complete double-span attached to the mainland. Due to its resemblance to the London bridge it was known as London Bridge. Unfortunately as the arch closer to the mainland

drive. Only three minutes drive from the Twelve Apostles it was named after the ship Loch Ard that ran aground at Mutton Bird Island near port Campbell



after a 3 month journey from England to Australia. Due to constant erosion gorges were formed with rocky walls rising several meters high. There is a narrow opening from the sea to the interior of the gorge where a lovely beach could be seen. Stairs from the cliff take tourists down to the beach where they frolic swim and relax. The formation of gorges inside resulted in the formation of coves outside along the coast.

The Great Ocean Drive helicopters take tourists on a scenic flight for a bird's eye view of the coastline from above. Stunning views of the London Arch the Twelve Apostles the Loch Ard Gorge and other structures can be viewed from the helicopters. The Loch Ard Gorge is a suitable location for film producers. The 1982 movie 'Pirate Movie' and many T.V serials were filmed here. The popular Tamil movie 'Kadhalar Dhinam's (Valentine Day) love song sequences were shot here for the song 'Enna Vilai Azhagai' with Kunal Singh and Sonali Bendre in the lead romantic roles. The sequences were shot precisely from a revolving

unexpectedly collapsed in 1990 the structure's name had been changed to London Arch.



The Loch Ard Gorge is the most spectacular sight we saw during our



helicopter. I was able to photograph the beautiful exhibits of nature from a helicopter. The fabulous scenery spread far and wide along the coast was an unforgettable lifetime experience.

Besides these wonders of nature there are other tourist attractions, recreational activities like surfing cycling horse riding hiking and camping in addition to the presence of an abundance of wild life. It's really worthwhile going on a trip along this memorable drive and enjoy the entrancing beauty of nature.



REACHING HOME OF THE 'PEOPLE'S PRINCESS'

By Thulasi Muttulingam

To many people the world over, the 'people's princess' might be an accolade reserved for Diana; for the people of Jaffna however, it is the Yarl Devi. They have waited a long time now for her home-coming – a long anticipated reunion realized only recently with the opening of the Jaffna station by President Mahinda Rajapaksa.

Depending on whom you ask, her arrival heralds different memories for different people; for some, it's memories of being excited children taking family trips to Colombo with their parents; for others, memories of the convenient and efficient transport system they utilized as civil servants returning home on week-ends; for yet others, the joy of serving her and her passengers faithfully as station masters...



Two days before the official opening, I went up to see the station I had last worked in, up to 1990," says S. Alfred (70), one of the last station masters working in Jaffna until it closed. "It was a hive of activity with people working all over the place to get the station ready, before the president's visit.

I just wandered about, a lonely soul, lost in my own memories. I had waited so long for this day.



"Two days before the official opening, I went up to see the station I had last worked in, up to 1990," says S. Alfred (70), one of the last station masters working in Jaffna until it closed. "It was a hive of activity with people working all over the place to get the station ready, before the president's visit. I just wandered about, a lonely soul, lost in my own memories. I had waited so long for this day."

A coronary bypass surgery a few years ago had made him aware of his own mortality; having seen his children settled in life however, he had only one last remaining wish he said. To travel up to Kankesanthurai on his beloved Yarl Devi once more.

"My association with her goes back a long time; from the time I was a school-boy plunking myself by a window-seat to save it for my uncle, a civil-servant who traveled it regularly - to the time I became an employee of the Railway Department in 1964 - until my retirement in 1990, when the line closed down. I had worked in different stations during my tenure as a station master but to me, Jaffna was the most beautiful station in the whole of Sri Lanka. It broke my heart to see it as a cold shell of itself during the war years."

That broken heart has now received some measure of remediation. Like a phoenix rising from its ashes, the once beautiful station that saw so much devastation, shelling and bombing, has now been rejuvenated. For many years a haunting spectre of war, it has been restored to its former glory, and is again a hub of industry and commerce.

The transport industry has just taken a mighty leap in Jaffna. Night-buses plying the barren A-9 road bereft of scenic beauty is no longer the only option for travelers. So popular has been the demand since its opening, that trains running to and from Jaffna have been booked 45 days ahead.

Apparently the collection within 14 days of the Jaffna station being opened passed Rs. 14 million. While with buses, people prefer to book an overnight journey - many are opting to travel the Yarl Devi by day so as not to miss out on the scenery.

"I prefer the train to the bus for several reasons, but one of the most important is the scenic route that the train takes," says Chandran (62), a retired teacher in Jaffna.

The 398 km route constantly passes through lush greenery - though the landscape changes significantly over the Western, North-central



and Northern provinces that the train passes through. Moving out of Colombo, one sees mostly coconut or banana groves, interspersed with the bright green of the paddy fields and dark green of jungle foliage. The only palm to be seen for miles would be the Coconut. When Anuradhapura is reached though, for the first time a palm of a different kind would occasionally crop up; the Palmyrah. From hereon in, the Palmyrah would become increasingly more ubiquitous. One realizes one has reached the Northern Province proper, when the Palmyrahs start rivaling the coconuts and then outnumbering them.

"Our hearts used to sing once we passed Navatkuli station and saw the bright green paddy fields on either side," says Alfred, the retired station master. "That was when we got the feeling we were almost home - that Jaffna was only a few kilometers away."

No wonder that the iron maiden which carried them home, earned their everlasting gratitude. The Yarl Devi (princess of Jaffna) had a sister-train called the Uttara Devi. While one plied from Colombo to Jaffna, the other plied from Jaffna to Colombo. Why therefore was it only the Yarl Devi which was so nostalgically yearned for? A few questions to the Jaffna populace turned up some interesting answers.

"Because the Yarl Devi was 'our' princess" was one response. "Because while the Yarl Devi brought us to Jaffna, the Uttara Devi took us away from it" was another.

There is no doubt though that it was the name of the Yarl Devi, that captured popular imagination and thus secured her a place in the hearts and minds of the people. How it transpired that certain trains came to be named such endearing names in the 1950s is rather a mystery, but it was certainly a stroke of genius - usually credited to B.D Rampala, the legendary General Manager of the then Ceylon Government Railway. Whether they be the Yarl Devi, the Udarata Menike, Ruhunu Kumari or the Samudra Devi, these trains acquired a personality of their own, which has endeared them to the people they serve.

Indeed even if the Uttara Devi was an eclipsed younger sister, she too is missed. There were rumblings in the Tamil Media recently over the Uttara Devi's being forgotten and how she was a valued train too.

For reasons best known to themselves, Sri Lankan Railways have two Yarl Devis operational now instead of the old System of a Yarl Devi and an Uttara Devi. So currently, while one Yarl Devi plies Colombo to Jaffna, the other traverses the reverse parallel route - the one traveled by Uttara Devi before. Since Uttara Devi was not a name as massively popular, the Department seems to have dropped her.

Another change is that it is the 'inter-city' which is the fastest train on this route now. The Yarl Devi was introduced in 1956 as an express train, which cut the traveling time by more than half. Where previous journeys had taken 13 hours, 1956 marked a change in transport history by shortening that journey to just six hours. Currently however, the Yarl Devis are much slower trains that take about nine hours to travel as they stop at a number of stations en route. It is the inter-city which is the express six hour train currently.

That's something to be noted although Shakespeare might ask, "What's in a name?"

Another retired station-master of Jaffna, S. Sivananthan concurs; "Many people think it was only the Yarl Devi that traveled to Jaffna. There were other trains, un-named and un-sung, which traveled to Jaffna. It's not about the name of the train - it should be about what it offered - the vistas it opened to us beyond our own peninsula. As young men, our generation traveled the whole of Sri Lanka using the railway. We got to know and understand people and our country better. The cutting off of the train service to Jaffna has affected our youths the most. Many of them have never had a chance to travel by train or see their country in all its beauty. With this opening, may we once again prosper?"

Having well-traveled, well-informed youth he says, is crucial for this. His vision is coming true even as he speaks. "Most of our passengers are young people who are excitedly using the opportunity to go sight-seeing" smiles T. Surendran, the Chief Station Master of Jaffna. "Currently, we are getting far more 'tourists' to the station than regular commuters."

Small wonder! Most of these youths grew up hearing their parents' nostalgic tales about the Yarl Devi. A people and their princess have been reunited at last. Emotions are still running high. It will take time for them to reach equilibrium.

HF Connecting Health
Nurse Practitioner-Led Clinic



Nurse Practitioner Health Clinic Announces a Name Change to Suka Valvu Maruthuva Nilayam



HF Connecting Health Nurse Practitioner-Led Clinic is a Government of Ontario initiative funded by the Ministry of Health and Long-Term Care. A nurse practitioner (NP) is a registered nurse with advanced university education who provides personalized, quality health care to patients. Patients who register with a Nurse Practitioner-Led Clinic will have access to comprehensive primary health care. Our clinic provides care when patients are ill as well as a range of health services that help individuals and families maintain or improve their

HF Connecting Health Nurse Practitioner-Led Clinic in Scarborough has extended its services to the Tamil community. People of all ages and have or are waiting for health cards are welcome.

overall health status.

A naming contest was conducted in collaboration with the Tamil speaking population of Scarborough in order to allow this population to identify with the clinic. Several community members attended the contest to vote on a name that is reflective of the clinic's vision and values. The end result is: "Suka Valvu Maruthuva Nilayam." We would like to thank our partners and community members for investing their time and effort which contributed to the success of the event.

We look forward to continuing our relationships with our partners and community members. We invite all those interested to take part in future events, workshops and educational sessions hosted by the clinic. For more information, please contact (416) 479-7600.







PANTENE PRO-V

#SHINESTRONG WITH PANTENE HAIR CARE & STYLING TIPS


Are you ready to #ShineStrong this winter by flaunting beautiful locks? Healthy hair can enhance your everyday look says South Asian hair expert Japheth Bhana.

Bhana, who himself belongs to an immigrant family says, in a busy Canadian life immigrant women sometimes are not able to prioritize on their hair care routine. In which case, he says a right shampoo and conditioner can help them get the desired results. He shares some daily hair care tips below.

Daily hair Care regimen tips for healthy hair:

-  Pat hair dry with a towel instead of rubbing and tugging
-  When combing hair, start by detangling the ends and working your way up to avoid breakage.
-  The Pantene hair coaches recommend washing hair three times a week is more than enough, unless you have really oily hair. For extra care between washes rinse your scalp with water and condition the ends with Pantene conditioner.
-  Blow dry hair straight with a round brush first to minimize the time hair is in contact with a flat iron.
-  Work conditioner through your hair starting from your mid shaft in a downward motion.
-  If your hair reacts differently to weather conditions then you may want choose the Pantene shampoo and conditioner that

works for you during winter months.

 Use hair products that are targeting your specific hair concern. This ensures you are effectively treating problem areas and not overwhelming or underwhelming your hair.



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Ultimate 10 BB Crème and Collection

The Pantene Pro-V Ultimate 10 BB Crème is part of the Ultimate 10 Collection which includes a shampoo and conditioner, in addition to the BB Crème. These products are designed to streamline your daily beauty routine. Each product in the Ultimate 10 collection employs multi-tasking conditioners that repairs rough hair, smooths, strengthens against damage and helps protect your hair against damage, frizz, and heat. The multi-benefit formula tames fly-aways and adds brilliant shine for the ultimate flawless, healthy finish.





HOW THE BRAIN CAN SURPRISE US

Brian's Inner GPS System wins Nobel Prize in Medicine

Groundbreaking research could shed new light on Alzheimer's disease



Nobel prize winners

GPS stands for global positioning system which was created by US department of defense for the navigation of military in any part of world. GPS system has proved to be a revolutionary technology in today's world, is now being used for many other purposes. GPS can help you navigate from point A to point B with amazing accuracy. Today, GPS devices mounted in cars, boats or can even be handheld devices to map your entire trip. It will begin by presenting to you various options. It will adjust the distance and time taken in each option, giving you clear landmarks to guide you. As you travel, the screen will track exactly where you are going. Some vehicles come with a voice-activated GPS, so you will have a companion who will assure you that you are on the right track and caution you when you make mistake. You will know exactly how and when you will get to your destination.

There are several advantages of GPS at present and in contrast to that there are some disadvantages. Except GPS fail due to certain reasons, you do not need to carry a map around with you when exploring a town by car or hiking in an area that you are unfamiliar with. GPS is extremely easy to navigate as it tells you to the direction for each turn you take or you have to take to reach to your destination. It also helps you to search the nearby restaurants, hotels, landmark areas and gas stations. If you are using GPS on a battery operated device, there may be a battery failure and you need an external power supply. Sometimes the GPS signals are not accurate due to some obstacles to the signals such as buildings, and trees. GPS has 100% coverage on the planet and works in all-weather so you need not to worry of the climate except extreme atmospheric conditions such as geomagnetic storms. The system is updated regularly by the US government and hence is very advance. 24 satellites orbit the earth twice a day at an altitude of 17,500 kilometers, at least 6 satellites above the horizon.

Does our inner GPS have any satellite? How does the brain map our surroundings and how does it help us navigate our complex environment without satellite? An inner GPS makes it possible to know where we are and find our way. The Nobel Assembly in Sweden has awarded the 2014 Nobel Prize for Physiology or Medicine to trio scientists for discovering the brain's "inner GPS" - the system of cells that help it work out where it is, how to get from A to B, and store the information for future reference.

John O'Keefe - who holds British and American citizenships and is currently director of University College London - receives one half of the prize, while the other half is shared by Edvard I. Moser and May-Britt Moser - both Norwegian citizens currently based in neuroscience institutes in Trondheim and who also happen to be husband and wife. Between them, this year's Nobel Laureates have solved a problem that has puzzled philosophers and scientists for centuries. Their discovery of the brain's "inner GPS" shows that higher cognitive function has a cellular basis.

O'Keefe made his breakthrough discovery in 1971, when he observed so-called "place cells" in rat brains. Certain nerve cells were always activated when the rats were in one part of the room, and others were activated when they moved to different areas. This led him to the conclusion that these place cells, located in the hippocampus part of the brain, constitute a map of the space that is stored in the rats' memory. A place cell is a neuron that is active only at one particular spot in the environment. For all other spots in the

environment, it's quiet. So it's sending a signal for that particular place in the environment — hence the name, "place cells." If you look around your office, you have one cell that represents where you are sitting at your desk, another cell representing the area near the door, another representing the chair in the corner, that sort of thing.

The Mosers expanded on O'Keefe's work in 2005, when they discovered "grid cells" - nerve cells that form a coordinate system in rat brains, allowing for precise spatial navigation. These cells are located in the entorhinal cortex, near the hippocampus, and were activated when the rats moved through paths. The hexagonal grid cells work together with place cells to form a "comprehensive positioning system" that allow for recognition and navigation of environments. This is a huge step forward in our understanding of how groups of specialized cells work together to execute higher cognitive functions. Their work has helped to open new avenues for understanding other cognitive processes, such as memory, thinking and planning.

Grid cells fire periodically as you move about your



Grid cells diagram

environment, and when we record that brain activity, a triangular pattern forms. In relation to place cells, grid cells kind of act like the coordinates. In the same way you can specify where you are in the entire world based on latitude and longitude. This triangular grid makes a different kind of coordinate system that signals your location to your brain. It seems the brain uses some kind of special encoding method to make sense of the grid connections. The Grid cells fires in a high rate in bright areas. It's possible that there are worldwide coordinate systems in the brain, somewhere, but we don't really have any real evidence of that yet.

Do you know why you never miss the road that leads to your girlfriend's house? Give credit to your inner GPS. These cells are also important for memory. Specifically, place cells are involved in representing memory for spatial locations. Now, this is all a newer line of research, but there's reason to think that when you remember a location, that those particular place cells activate. Let's take the example of, where did I leave my car in the parking lot? It may be that the place cells that represent the location of the car in my environment that those are the cells that "turn on" when I'm trying to think of where I left my car. Some kind of brain recording system that seeks out which cell tells you the particular spot where I left my car, and to stimulate that cell so you can remember where you parked. We're not at that point yet.

This has not only revolutionized our understanding of this amazing puzzle of the brain. It has also opened the door into problems of place memory and how we learn and remember routes of navigation, and what sleep and dreams may be doing for memory and performance. This also help understanding of what causes loss of spatial awareness in stroke patients or those with devastating brain diseases like dementia, of which Alzheimer's is the most common form and which affects 44 million people worldwide. If you disrupt



Brain

people's grid and place cells, it does screw up their navigation. The hippocampus and entorhinal cortex are often affected during the early stages of Alzheimer disease. The place cell firing fields is accurately controlled by the position of visual cues. Therefore, bright light therapy will alleviate Alzheimer type dementia (ATD). Understanding the brain's inner GPS help the scientist better investigate the mechanisms behind the devastating loss of spatial memory which affects people with Alzheimer's, leaving many patients disoriented and incapable of recognizing their surroundings.

This is a paradigm shift in our understanding of how bands of specialized cells work together to execute higher cognitive functions. This award really recognizes the whole enterprise of looking at cognition in terms of brain function. This beautiful work is signalling a new age of exploration of brain and mind. Indeed, place cells help us map our way around the world, but in humans at least they form part of the spatiotemporal framework in our brains that supports our autobiographical memory.



GPS Satellite

Uthayan Thurairajah is a Senior Professional Engineer and Lighting Designer at MMM Group, and teaches Human Factors in Lighting in the Department of Communication and Design at Ryerson University. He is member of several Canadian and international professional association including American Holistic Medical Association and Alternative Medicine. He has worked on numerous multi-disciplinary lighting and traffic signal projects for the Ministry of Transportation and various Towns, Municipalities, Regions and others. He also has extensive research experience on the value of lighting design in the mental, emotional, and social well-being of a person. He is a frequent presenter and author on lighting design & health.



KULANTHAI SHANMUGALINGAM

A LIFE SPENT IN DRAMA

By: Thulasi Muttulingam

Don't let the dramatic title mislead you; Kulanthai Shanmugalingam is indeed a stalwart of the Sri Lankan Tamil theater world. Yet he is a personification of paradoxes. For one, Kulanthai (baby) as he is popularly known is currently a veteran of 83 years. For another, he is one of the most unassuming, undramatic people one can hope to come across.

His gentle demeanor however belies many years of experience in Sri Lankan Tamil theater; indeed his name is almost synonymous with it. One cannot talk about Tamil theater over the past several decades without mentioning Kulanthai Shanmugalingam.

Though shunning publicity and accolades generally, he agreed to be interviewed for this publication:

Tell us how you come to be known by your distinctive nickname?

I was the youngest of five children; also the youngest of several cousins in my extended family. Thus I came to be known as kulanthai to my family – and the name stuck. I was a very shy, retiring child, forever tailing behind my mother hanging on to her sari.

How did you enter the drama world?

Purely by accident. Actually purely by force. As I said, I was a mama's boy who wouldn't go out and interact with others. When I turned 18, my mother decided enough was enough and forced me to join our village's youth club – the Thirunelvely YMHA (Young Men's Hindu Association). She wanted me to become more out-going.

At the YMHA too, I hung around diffidently until the secretary there 'invited' me to act in one of their plays. You couldn't say 'No' to your elders back then, so I was most unwillingly conscripted to act.

What got me into this was my unfortunate tendency to mimic an elderly man who came to milk the cows in our neighbourhood. I used to lampoon his quavering voice asking for a vessel to collect the milk in – and the secretary heard it. From that alone he decided I could act, even though I had no such inclination or ambition myself.

So in a way, you could say that it was my boyish mimicry of our poor milkman Suppiah-amman, which roped me into a lifetime of theater.

But once you got in, you got more involved and interested?

Not really. I just went where life took me, and it took me through a lifetime of theater. I have never been ambitious. I went along with the flow of life's twists and turns. All that happened in my life, just happened to happen. I never planned for any of it.

“What got me into this was my unfortunate tendency to mimic an elderly man who came to milk the cows in our neighbourhood. I used to lampoon his quavering voice asking for a vessel to collect the milk in – and the secretary heard it. From that alone he decided I could act, even though I had no such inclination or ambition myself.”

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Weren't there any specific efforts you ever made of an ambitious nature?

There is only one that I can recall. I didn't do my A'ls adequately, and after a few years at the YMHA, my mother packed me off to do my B.A in India – again, against my will. While there, the Indian theater cum movie actor Cho Ramaswamy was my batch-mate. He was one of the live-wires at Madras University in organizing and directing plays, but I was still uninterested and did not get involved there.

On getting back to Sri Lanka in 1957 I became a teacher at Senkundha Hindu College. I also rejoined the YMHA. Soon after, a famous baratha-natyam danseuse of that time staged a dance show at the YMHA and some of us were roped in to set up the stage for her. The 'stage' was made up of library desks tied together. Those desks were not evenly sized; some were sloped, some were lower than others, some hobbled; she was a hefty lady to boot. We, the stage-makers had our hearts palpitating throughout her performance in case

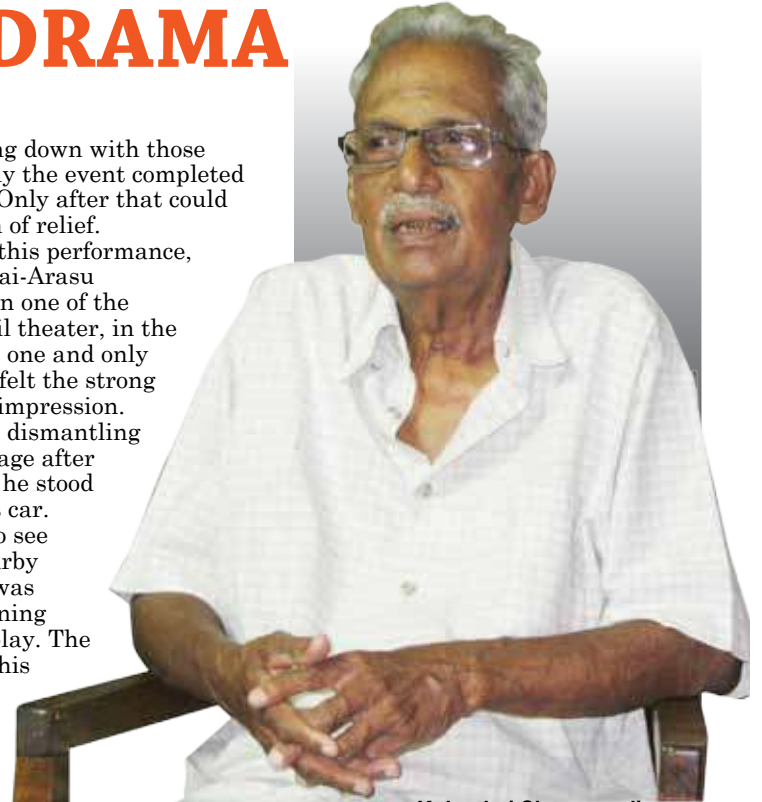
she came tumbling down with those desks. Fortunately the event completed without mishap. Only after that could we breathe a sigh of relief.

Meanwhile, at this performance, I had noticed Kalai-Arasu Sornalingam, then one of the stalwarts of Tamil theater, in the audience. For the one and only time in my life, I felt the strong need to make an impression.

When we were dismantling the make-shift stage after the performance, he stood by waiting for his car. I pretended not to see him standing nearby and acted as if I was engrossed in learning some lines for a play. The lines I chose for this impromptu demo were some rather dramatic ones from Raja Raja Cholan, a popular Indian play depicting olden day royalty.

He however paid absolutely no attention to me and went off. I was left feeling foolish.

Six months later, in 1958, someone came to Thirunelvely looking for me. "Who is Shanmugalingam? Kalai-Arasu Sornalingam would like to meet you." That was when I realized, "Ah, it paid off, after all."



Kulanthai Shanmugalingam

Arjuna in a play he was directing called Theroti Mahan (the charioteer's son) in which Karna was the hero. That play became so hugely popular that we had to reproduce it nearly 10 times over the next few years.

Sornalingam was a brilliant dramatist whose chief brilliance lay in portraying negative characters empathetically. From Shakespeare's Shylock to the Mahabharatha's Shakuni – his portrayal of the characters were peerless. I learned a lot from him.



A scene from one of his children's plays

“Tell us how you come to be known by your distinctive nickname?”

I was the youngest of five children; also the youngest of several cousins in my extended family. Thus I came to be known as kulanthai to my family – and the name stuck. I was a very shy, retiring child, forever tailing behind my mother hanging on to her sari.”

So you got a chance to become a professional theater actor with that break?

We all were and still are amateurs. None of us could be called professionals. Theater for a long time (at it still is) was a passion and a hobby, not a profession. We all had day jobs to support ourselves and carried out performances for which we only put in money; not earned from it.

But yes, getting to work with him was a big break. He wanted me to play

You are more famous in the theater world as a playwright than an actor; how did you break into writing scripts?

Through necessity. We tried several times to get a famous writer of that time, 'Sitpi' Saravanapavan to write for us – but he was always busy. After some time, he saw a children's play I had written, being staged. He thereafter encouraged me to write on my own as he said I had what it took. You could therefore say I became a playwright by 'accident' too; it was due to forced necessity.

Yet you must have realized at some point that these 'accidents' had made you tap into a heretofore unidentified passion or talent within yourself? Your plays are some of the most acclaimed in Jaffna today.

Again, no! I started writing because I had to and kept doing it because that was what life was leading me to do. People tell me they enjoyed my plays and that is good enough – but I don't think I am a genius who wrote classics. Yes, my plays made it into school textbooks but most of my plays are topical. They were inspired by current events of the time and so are not going to live on in history, as timeless. That's not what I aimed for anyway.



A scene from one of his children's plays



scene from one of his children's plays

Which of your plays are you most known for?

Children's plays mostly. As a teacher, my main work was with children until retirement, so many of my plays were also scripted for their sake. As such I am credited with innovating a modern form of theater to appeal to children.

Many of your plays have also been staged in Colombo as well as abroad. Have you had to travel much for this?

I rarely travel; I prefer to let the different directors who want to stage my plays manage it themselves. Attentions and felicitations irritate me and I avoid them wherever possible. I detest the Tamil habit of lauding people by conferring the glittery shawl (pon-adai) with pomp and ceremony. It's an absurd waste of money.

The reason I have been able to write these plays which resonate with the people is because I am heavily introverted – and thus a quiet observer

of people and society, which I then bring out in my plays. Given a choice, I would prefer to sit at a corner in a back row observing people than in the front row, being the center of attention myself.

Among your plays staged abroad, which was the most popular?

Hmm, that might be 'Enthayum Thayum' - a play about parents who sent their children abroad and then were left alone in their last years, back here.

I wrote it in 1991, at the request of my son, who lives in Canada. He wanted something topical that applied to the Canadian Tamils; I don't know if this play was what he had in mind but it was what he got. It was staged in several countries with Tamil diaspora presence, as well as in Batticaloa and Colombo.

What was the feedback of the diaspora on it?

It definitely struck a chord with them, even if not necessarily a pleasant one. My friend Tarcisius, a veteran thespian

himself was the director of the play in the UK. He called to tell me that people watched the play immobile, with tears in their eyes. There was an instance of a joke in the middle of one emotional scene – and only one audience member had laughed at it, for which he immediately drew dagger looks from the others apparently. I would say it was a success.

Final question:

As someone who has seen much and recorded much in the form of your plays, what advice have you for Tamil youths? Many of us are caught between a fast globalizing modern world and a

traditional culture of our own. We face the uncomfortable challenge of having to adapt to the fast-changing world as well as retain our distinctive culture. Where does one draw the line?

Culture is what is practiced by the people organically, not what the 'traditionalists' tell us we should be like, based on what they imagine our ancestors were once like.

If there is one thing I have realized as a thespian over several decades, it is that reformative writers, playwrights, poets et al spring up only when there is something terribly wrong with society. As such, some terrible societies produce brilliant literature edifying ethics and values to be upheld. In a later time, clueless descendants of those people would look back and say, "Oh our ancestors were such wonderful people with advanced morals."

For an example within our culture, people look on the admittedly brilliant rhyming couplets of our ancient poet Thiruvalluvar or poetess Auviar, and say that Tamils once had a glorious culture. Most of the advice he or Auviar gave however were basic common-sense ethics. If they felt the need to tell people not to steal and not to harm, I imagine they lived in terribly lawless times.

I don't recommend letting go of who you are to ape someone else's culture – but I don't recommend hanging on to the coat-tails of a 'glorious past' either.

Culture is like a clock; it keeps moving with the times – inexorably. What the rigid traditionalists are doing, is trying frantically to stop the clock-hand marking seconds from moving – because that is what they can see. In the meantime, the clock-hand marking hours, which they can't see and are not trying to control, is moving too. Change is inevitable. Just go with the flow.



With his wife

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Special Feature

Madhu shrine awaits its blessed Day

By: Raymond Rajabalan

Located some 300 km from Sri Lanka's capital Colombo, the holy shrine of our lady of Madhu is the most venerated shrine in the whole country. This shrine is the home for 500-year-old statue of the Virgin Mary that millions of faithful believe to be miraculous.

Rising out of a dense forest 17 km from the nearest main road, Madhu church is a symbol of spiritual harmony and tranquility. Except whenever there are festivals held at the shrine, on the other days when the wind blows in the vicinity one can listen to rustle of leaves a complete silence prevails in the area.

With the arrival of Pope Francis scheduled for Mid January 2015, the peaceful atmosphere of the area surrounding the shrine has begun to be disturbed with heavy construction work proceeding at a rapid rate. The papal visit is will be the crowning moment for the Madhu church and the relic enshrined within that survived some of the most turbulent and violent years of Sri Lanka's modern history. Francis is the first ever Pope scheduled to visit the shrine and in fact he is the first ever pontiff about to set foot in north of the island.

Located within the north western Mannar district, the church was within the war zone for better part of the three decade long ethnic conflict. When heavy fighting engulfed the church compound in April 2008 it had been under the control of Liberation Tigers of Tamil Eelam (LTTE) freedom fighters for over a decade. The war ended in May 2009 with the complete annihilation of LTTE by the government forces.

While the war was in full force nearly 7 years ago a decision was taken by the administrator of the shrine Rev. Fr. Emilianuspilla to move the miraculous statute to a safer place. It was a journey fraught with great danger. Just a mile into the trip a shell fell in front of the vehicle but absolutely nothing happened to the church administrator or the statute.

Devotees who gather in thousands



at the shrine for the festive days revere the statue as a symbol of unity and peace that brings together Tamils and Sinhalese as well as Muslims, Hindus and Buddhists who mingle during the annual festivals.

Tamils living in the Northern province feel that the papal visit will shed some light on the burning post-war issues that have remained unresolved. The region has been hard hit by effect of the recent severe drought that has resulted in severe losses to the agricultural sector. In addition to the problems faced by the nearly 40,000 female-headed families in the province struggling to make ends meet, there is also very high rate of unemployment in the region.

The Government had begun developing the infrastructure by constructing new high ways. A new rail line linking Jaffna to the rest of the country. Yet the thousands of homes remain in a dilapidated state with thousands unable to find proper accommodation. Furthermore the people of the area worried about the fate of the thousands who went missing during the war or where the next meal will come from. Many such questions remain without answers. Yet the people of all communities in the country pray that papal visit will hasten the healing process.

Meanwhile Madhu church will continue to provide hope for the hundreds of thousands living with the wounds of war who pray for lasting peace in the island of Sri Lanka, once known as the pearl of Indian ocean.

Full schedule of the Pope's Trip to Sri Lanka

January 12, 2015

7:00 p.m. Depart for Colombo by plane from Rome's Fiumicino airport

Tuesday, January 13, 2015

9:00 a.m. Arrive to the international airport of Colombo

Welcoming ceremony

1:15 p.m. Encounter with the bishops of Sri Lanka in the Archdiocese of Colombo

5:00 p.m. Courtesy visit to the President of the Republic of Sri Lanka in the presidential residence

6:15 p.m. Interreligious encounter in the Bandaranaike Memorial International Conference Hall

Wednesday, January 14, 2015

8:30 a.m. Holy Mass and canonization of Blessed Giuseppe Vaz in the Galle Face Green in Colombo

2:00 p.m. Transfer by helicopter to Madhu shrine

3:30 p.m. Marian prayer at the shrine of Our Lady of the Rosary in Madhu

4:45 p.m. Transfer by helicopter to Colombo

Thursday, January 15, 2015

8:15 a.m. Visit to the "Our Lady of Lanka" chapel in Bolawalana

8:45 a.m. Farewell ceremony at the international airport of Colombo





MANAGING YOUR MONEY

Year-end tax reminders and tips



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

To be sure you keep your tax bill as low as possible, tax and financial planning should be a year-round activity. Starting early and being diligent about your tax life is important but it's only one aspect of your total financial life. When you have a complete financial plan in place, it's easier to keep everything on track and on target. That's why consulting with your professional advisor will make sure all your tax-reduction strategies and overall financial objectives are in place and working for you.

Capital gains and losses

Tax loss selling is a crucial year-end activity for investors, where we realize capital losses on security positions as a means to partially or fully offset realized capital gains in the current tax year, previous years or simply to carry the losses forward. For those of you who do not make a significant number of changes to the portfolio, the degree of realized gains in any given year may be small; however, gains can creep in unexpectedly, such as through mutual fund distributions. Sell money-losing investments by the December 31 settlement date to offset capital gains. If you plan to repurchase the assets you sold at a loss, don't fall afoul of the superficial loss rules which will remove any tax advantage if you repurchase an identical capital property within 30 days after having disposed of it.

RRSP contributions

The contribution deadline for 2014 is March 2, 2015. RRSP contribution room can be carried forward indefinitely and you may want to consider deferring a deduction to a future year when you'll be in a higher tax bracket. Always make your maximum contribution each year – you'll get the most in immediate tax savings and in long-term growth. How much you can personally contribute can be found on your most recent notice of assessment from the Canada Revenue Agency (CRA). Each year, the Canada Revenue Agency identifies your unused contribution room for the upcoming tax year on your Notice of Assessment. If however, you are unable to locate your Notice of Assessment, a quick call to the Canada Revenue Agency at 1-800-959-8281 or a visit to www.cra.gc.ca can provide the information you need.

RRSP withdrawals

If you intend to withdraw cash from your investments held within an RRSP and expect your income to increase significantly next year, consider making the withdrawal before year end. If you turn 71 this year and are required to wind up your RRSPs before December 31, it's tax-advantageous to transfer the funds to investments held within a Registered Retirement Income Fund (RRIF) or annuity. You can also continue to make contributions for your spouse until he or she turns 71.

David Joseph, M.A., CFP, CLU. Financial Consultant
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Income-splitting

Save on taxes by contributing to investments held within a spousal RRSP, through a pension-income split with a spouse, or by paying a salary to other (eligible) family members.

Home Buyers' Plan (HPB)

By delaying a withdrawal from your investments held within an RRSP under HBP until after December 31, you'll extend the time period for purchasing a new home and for the first repayment by an additional year.

Registered Education Savings Plan (RESP)

If your child is turning 15 this year and you want to ensure he or she will be eligible for the Canadian Education Savings Grant (CESG) in the years the child turns 16 and 17, by the end of the year you must be able to show that you contributed at least \$2,000 to their investments held within an RESP (with zero withdrawals) or you contributed at least \$100 for your child in any four year period (again, with zero withdrawals).

Tax-Free Savings Account (TFSA)

Make a \$5,500 contribution to your investments held with a TFSA. The contribution isn't tax deductible but the money and interest earned inside your TFSA are tax-free and so are withdrawals, which can be made at any time for any purpose.

Tax Deductions and Tax Credit

Take full advantage of all that are available to you and make sure the items you claim were paid in the year they are claimed.

These are just a few opportunities for year-end tax savings. Talk to your professional advisor to make sure you're not missing out on others.

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 advice. For more information on this topic, please contact me.



SRILANKAN AIRLINES LAUNCHES NEW A330-300 WITH A NON-STOP SERVICE TO LONDON

National carrier, SriLankan Airlines began commercial operations on its newly acquired Airbus 330-300 with a direct non-stop service to London on Sunday November 09th.

SriLankan Airlines flight UL505 departed from Katunayake at 0225 am local time on Sunday en-route to London Heathrow airport, returning to Colombo at 0440 am on Monday 10th November.

The brand new A330-300, the first of seven such aircraft on order from Airbus was inducted to SriLankan's fleet last month, launching its wide body fleet renewal and replacement programme with the aim of reducing costs, improving operational efficiencies and providing an enhanced product offering to customers.

Chief Operations Officer, SriLankan Airlines Captain Druvi Perera said, "We have begun commercial flights with our new Airbus 330-300 aircraft, with a view to deploying it on a number of medium and long-haul routes as part of a performance evaluation process that is implemented by the airline for induction of new aircraft to its fleet. The first of such flights was operated by the new A330-300 with a non-stop service to London on Sunday, one of our oldest traditional markets. The performance evaluation programme will continue for a period of three months during which the deployment of the aircraft on a particular route will be decided after an evaluation of passenger volumes, route yields, demand for Business Class, frequency and consistency of the product and the number of aircraft required to support the frequencies to a particular destination.

"We will deploy the new A330-300s primarily on Far-Eastern routes

including Bangkok, Tokyo and Chinese cities of Canton and Beijing."

Capt. Druvi Perera further stated: "We will see a ramp up in our delivery programme with the arrival of our second A330-300 this December and the balance new A330-300s to be inducted in 2015, with these aircraft to be assigned for mainstream long-haul operations, replacing the older A340s in the interim. The new generation A350-900s due to join our fleet from mid-2016 will eventually takeover our long haul routes and the A330-300s will consequently be deployed on the medium haul operations.

"Our new fleet of versatile A330-300s with its superior Inflight features and comfort and enhanced fuel efficiency will serve to meet our capacity requirements in the medium and long haul routes prior to the delivery of the new generation wide body A350-900s on order.

These new Airbus aircraft share an operational commonality with our existing fleet and therefore provide us with a strong platform for our continued growth."

The salient cockpit and operational commonality of Airbus aircraft permits



The New A330-300 soon after take-off from London Heathrow

airlines to use the same pool of pilots, maintenance engineers and cabin crews, bringing operational flexibility, accruing significant cost savings.

Affording optimum levels of comfort in the aircraft cabin, the A330-300 has configured its layout seating 297 passengers in two classes accommodating 28 in Business Class and 269 in Economy.

The new aircraft also boasts of state-of-the-art cabin features that redefine the flying experience for passengers in both Business class and Economy class on SriLankan Airlines, introducing out-standing innovations in Inflight entertainment (IFE) systems with Thales Avant Audio-Video on Demand (AVOD) and Ambient lighting across

both cabins, Wi-Fi Connectivity features and Ultra comfort in seating.

SriLankan will commence thrice weekly frequencies to Kunming in China from December 01st with possible operations to Melbourne and Africa in 2015 under review.

SriLankan Airlines aims to achieve commercial viability through improved revenues and yields with its fleet renewal programme playing a pivotal role and the gradual phase-out of its older fleet of wide body A340s and A330-200s over the next two years, to be replaced by the new A330-300s and A350-900s, and positioning itself to being a catalyst for Sri Lanka's growth as an Aviation hub in the region.

SRILANKAN AIRLINES STARTS OPERATIONS TO KUNMING NATIONAL CARRIER ADDS FIFTH CHINESE DESTINATION TO ITS GLOBAL ROUTE MAP

Colombo, November 20, 2014: SriLankan Airlines, the national carrier of Sri Lanka and a member of the oneworld alliance, in a move to meet the increasing demands for air services between China and Sri Lanka will be initiating operations to Kunming on December 1, 2014.

The national carrier currently operates a total of 15 weekly flights to

demand as well as to motivate more travellers from both countries to explore the beauty of the two destinations. Moreover, SriLankan has been constantly enhancing its product and services to meet the demands of the modern day traveller. As a result, the first all new A330-300 aircraft which was added to our fleet recently as part of our wide-

services to the Seychelles with its sister carrier, Mihin Lanka also provides a greater convenience for the leisure travellers.

Having welcomed the one millionth Chinese tourist to the island in September this year, Sri Lanka sees a clear increase in numbers of Chinese travellers arriving in the country compared to last year. According to Tourist Board statistics, from January to October this year, Sri Lanka has received 106,888 tourists from China, which is a 139% increase compared to the number (44,742) recorded during the same period last year.

Elaborating further on the Airlines' expansion plans, Mr. Chandrasena added, "SriLankan had operated Charter flights to Kunming in the past, and this initiative comes into being after various evaluations and many tourism promotional activities conducted in the region by the Sri Lanka Tourism Promotion Bureau."

With 54,000 Chinese travellers choosing the national carrier to travel to the island in 2013, the airline, due to the high demand from the sector, expects a total of 120,000-140,000 Chinese travellers to visit and experience the country by

the end of this year. For the first four months ending 30 April, the number of travellers from China to Sri Lanka on SriLankan Airlines was 36,000.

Accordingly, SriLankan will be operating three weekly flights, departing Colombo on Monday, Wednesday and Friday at 1835 hrs, and arriving in Kunming at 0150 hrs. The flight will depart Kunming at 0255 hrs to arrive in Colombo at 0545 hrs. Passengers will also get the opportunity to enjoy the relaxing ambience and easy reclining seating on board SriLankan Airlines' A320 aircraft that will be operated on the route.

In April this year, SriLankan Airlines started operating eight direct flights a week to Beijing and Shanghai and out of which four flights operate via the Mattala Rajapaksa International Airport.



SriLankan Airlines' A320 aircraft, operated on the new route

Beijing, Shanghai, Canton and Hong Kong and with this initiative, will be marking its presence in the South-western China as well. Known as "the City of Eternal Spring," Kunming is the capital and the largest city in Yunnan Province of South West China.

The city is home to several universities, museums, galleries and other important economic, cultural, and educational institutions, making it a popular destination among both leisure and business travellers.

SriLankan Airlines, Chief Executive Officer, Mr. Kapila Chandrasena said, "SriLankan Airlines has always viewed the Far East as one of its priority markets where a gradual increase in the number of tourists seeking Sri Lanka for holidaying has driven the airline to look into more expansion opportunities to cater to the growing

body fleet renewal programme, will be assigned primarily on the Far Eastern Routes such as Bangkok, Tokyo, Canton and Beijing."

"China is very much part of the long term strategy of SriLankan to evolve its network. In addition to our scheduled operations to China, SriLankan currently operates a weekly charter flight to Chongqing which will continue till mid-December until we resume operations in January next year."

This addition of a new destination will benefit the passengers who are seeking onward connections to Middle East, India and the Maldives. With 40 flights a week to 8 Middle Eastern cities, 88 weekly flights to seven Indian destinations and 36 weekly frequencies to Male, SriLankan passengers can now enjoy seamless connectivity from Colombo. SriLankan's codeshare



The Green Lake, also known as the Jade of Kunming



Swami's 89th Birthday Celebrations held on Sunday, November 23, 2014 at Sri Sathya Sai Baba Centre Of Scarborough





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CENTRAL NITE 2014 - DINNER & DANCE

Jaffna Central College Old Boys' Association in Canada (JCCOBA Canada) celebrated its annual 22nd "Central Nite "2014 dinner & Dance on November 8th at J&J Swagat Convention Center, Markham. The emcee of the event, Esa Paramadanda a distinguished old boy of Jaffna Central opened the event with a solemn tribute to the late Dr. T. Sooriabalan , a distinguished old boy , past President of JCCOBA and a popular consultant

Psychiatrist in Toronto who passed away on the evening of November 8th.

The President of the association, S. Tharmasangary welcomed the guests, followed by the address of the chief guest Thampiah Siripathy, a well-known Barrister and Notary& Public and a distinguished old boy. The other guest of honour for the night was another dedicated old boy and a flourishing dentist in Toronto, Dr Gopal Gopalakrisnan. At the dinner

two prominent supporters of JCCOBA Canada namely Ms. Val Chowbay, accident benefit lawyer and Yaso Sinnadurai , distinguished old girl of Vembadi Girls' High School and a successful lawyer in Toronto were awarded with appreciation awards.

It was another well attended event. Everyone enjoyed and had a gala celebration. The Secretary of the association Dr.K.Theivendirarajah in his vote of thanks, thanked everyone

present for their immense support. He also thanked all the advertisers in the Central Nite 2014 Souvenir, most of whom are old boys of Central College for their continued support. He further stated that all proceeds from the dinner will be spent on the needy under privileged students studying at our school.

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



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

LAWYER MELENI DAVID - KEYNOTE SPEAKER AT YORK UNIVERSITY GRADUATION

Meleni David, the lawyer heading the legal team of Law Office of Meleni David addressed the graduation of York University's Bridging Program as a keynote speaker, on Nov 13, 2014. The Law Office of Meleni David has been representing clients in matters relating to personal injuries over the past nine years. Meleni was invited as keynote speaker by the Program Manager of the Bridging Program for new Canadians (IEPs) at York University. The program supports professional immigrants to better transition into careers that are commiserate with their education and work experience. Through funding from the Ministry of Citizenship and Immigration and York University, the program has been in place since 2010 - providing university courses, professional mentorship, language support, career coaching and professional development to holistically approach the challenges IEPs face.



Meleni David delivered her keynote address at the York University annual event "Celebrate Success". It acknowledges those who have completed one of the three York University certificates, accepted to a relevant job or accomplished both. This event is held in one of the auditoriums on campus where the recipients are awarded with certificates. A testimonial from successful students followed by a reception along with alumni, current students and invited guests are also held at the event in addition to the keynote address.

Among the previous keynote speakers are Hon. Jean Augustine, Harinder Takhar (then Minister of Gov. Services) and Hon. Reza Moridi (Minister of Research and Innovation).

Meleni David, Lawyer, mother, and entrepreneur extraordinaire is an astonishing woman. Coming to Canada from Sri Lanka in 1995, Meleni overcame a set of challenges as a mature student at Osgoode Hall Law School,



simultaneously managing family duties and law school. Meleni is a recipient of the Top 25 Canadian Immigrants of 2012 Award. Recently she received The National Ethnic Press and Media Council of Canada Award from the Lieutenant Governor.

Amidst her busy schedule, Meleni found the time to speak about her life as a newcomer, a businesswoman, and a mother and inspire others. She was also the recipient of an award from Canadian Tamils' Chamber of Commerce during 2010 for her innovative marketing strategies and Community Service Award from Canada Sri Lanka Business Council in 2012. She was also recognized by many organizations for her philanthropic sponsorships.

Some of the photos from the event can be seen here.

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Dr. Thuraisamy Sooriabalan:

Remarkable and most outstanding individual

Dr. Thuraisamy Sooriabalan, eminent Psychiatrist who was a distinguished old boy of Jaffna Central College, Sri Lanka passed away peacefully on Nov. 7th at home in Toronto.

The renowned community member known for his dedication to humanity will be sorely missed.

Dr. Thuraisamy Sooriabalan leaves behind an outstanding legacy of community service in many spheres and was bestowed with the "Most Outstanding Person Award" in the year 2004 by the Canadian Tamils' Chamber of Commerce (CTCC). His profile published a decade ago in the CTCC souvenir is reproduced here in paying tribute in the memory of Dr. Thuraisamy Sooriabalan:

Most Outstanding Person Award 2004 - Dr. T. Sooriabalan

Dr. Thuraisamy Sooriabalan, the recipient of the most prestigious of CTCC awards, the Most Outstanding person Award (2004) is a distinguished member of the Tamil community. Dr. Soori as he is affectionately known is an eminent physician. A leading expert in his profession, he is a much sought

after Consultant Psychiatrist, both revered and loved by his patients.

Dr. Sooriabalan is presently Consultant psychiatrist at Rouge Valley Centenary Health System. He started his medical career in Sri Lanka in 1972 and completed his residency Psychiatry before going to the UK for specialization. He was elected member of the royal college of psychiatry- MRCPsych (UK) – in 1983. After practicing in several psychiatry hospitals in the UK including undertaking teaching assignments he immigrated to Canada in 1986.

He became a fellow – FRCP © - in 1989 and after a short stint in Saskatchewan he moved to Toronto and served at the Scarborough General Hospital as consultant Psychiatrist for 13 years before moving to Rouge Valley Centenary Last Year.

Dr. Sooriabalan is dedicated to his profession. Despite his busy schedule as a Psychiatrist he has contributed immensely to community health education and resource development in mental health. He has initiated and conducted several workshops and fo-

rums across Toronto to educate people in the areas of mental health. He has involved himself at all levels to eradicate some of the myths and the stigma associated with mental illness.

Dr. Sooriabalan has shares his specific expertise and knowledge of the Tamil community with other "health care professionals" through "meet your community partners" sessions paving the way for research project undertaken by CAMH to study mental health need in the Tamil community including PTSD, depression and suicidal tendencies. The results of this comprehensive study are being used in identifying settlement and service needs that would help in the development of such services.

Dr. Sooriabalan has published many articles on health and mental health matters in Tamil newspapers and magazines for the benefit of the community. His booklet on "depression" continues to be used by the Tamil community as a reference. His series of informative broadcast on mental health issues over radio Asia over a two year period was well received by the Tamil community who had very limited access to information in their mother tongue.

Dr. Sooriabalan has been the recipient of numerous awards and citations namely from the society for the aid of Sri Lankan minorities (SACEM), the Tamil information centre, and many other community service organizing which helps victims who have fled from war-ravaged countries.


Dr. Sooriabalan believes in the holistic approach to medicine and mental



Dr. Thuraisamy Sooriabalan

health. He believes that spirituality has a role in the mental health treatment of psychiatric illness. His spiritual beliefs have no borders as evidence by the fact that though a devout Hindu, he is often seen in Christian churches playing piano, harmonica or accordion, or singing in the choir.


Dr. Sooriabalan is well respected in the community. He has a passion for "healing" those who need it the most. He has gone beyond his call of duty to contribute his might for the benefit of humanity. In spite of his immense stature, illustrious record and exemplary achievements he has endeared himself with all the people who come into contact with him by his simple, quiet and unassuming disposition. The community salutes this remarkable and most outstanding individual.



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Obituaries

THURAIRAJAH - SINNATHAMBIAPILLAI (SATTANATHAR)

Retired staff Bank of Ceylon, beloved husband of late Sripathy, loving father of Sakthi, Sughanthi, Yathushan, Shirani, Sri Rangan and Priya, darling grandfather of Shieventhan, Nivethika, Arani, Piruthuvi and Mithuna, loving brother of late Thuraisingham, Selvaratnam, late Thangaratnam and dear brother-in-law of Parampathan.

ARUNASALAM - THAVARANEE (Australia)

Thavarane, wife of Kandiah Arunasalam - (Former Principal of Paddiruppu Vidyalaya, Vaddu Hindu, Victoria College Chulipuram, Kingston Metro, former Registrar of Jaffna Private Medical College, Bellver International School), mother of Sithamparanathan, Devika, Bhavani, Meena, Ambika and Gananathan, mother-in-law of Sathaselvy, Singagireson, Kirubaharan, Elankumaran and Sitsabesan. Information : Husband Mr K Arunasalam 61397924296. 209946

SURIYAKUMARAN - MRS. VALLI

(Retired Acting Principal of Vada Hindu Ladies College)

Precious wife of the late Professor C. Suriyakumaran, beloved mother of Ravishankar (U.K), Mangala (Sri Lanka), Dharshini (Canada) and Balu (USA), mother-in-law of Gowri (UK), Kimberly (USA), Indran (Canada) and loving grandmother of Satish, Aravind and Shivani

JAYASINGAM - N (JASI)

- Son of the late Nadaraser and Kanjanamalai, dearly beloved husband of Lukshmie (Doreen), loving father of Shanthi and Sulo Mulholland, loving grandfather of Shanon and Jason, brother of Jeyarane, the late Pararajasingham, Indranee, Yogarane and Sugitharane.

AMARASINGHAM - ANTON CHITTANANTHAM

Loving son of the late Mr & Mrs Chittanpalam & Sarojini Amarasingham & son-in-law of the late Mr & Mrs Samuel & Mercy Gunaratnam, dear husband of Janaky, precious father of Dotty (Anoja) & Shawny (Ashley), father-in-law of Terence & Patricia, adorable grandfather "Popsy" of Jessica, loving brother of Rane, Mano, Gnanar, Evelyn, Vasantha (Edna) & Vincent, brother-in-law of the late Mr Selvarajah, Mohini, Priya, the late Mr Mathanarajah, Trevor & Shanthi.

ARULPRAGASAM - LILY ARULJOTHY

Daughter of the late Dr A.R. Arulpragasam and Bertha Arulpragasam, mother of Preethi Bartlett and Arunthi Bartlett, mother-in-law of Norma Bartlett and Radhan Cumaraswamy, loving grandmother of Pavitra, sister of the late Dr Raju Arulpragasam, Chandra Arulpragasam and the late Jega Arulpragasam, sister-in-law of Bali, the late Lohini and the late Emily.

MAHENDRAN - RAJIV

(Former Executive / Ceylon Tobacco Company)

Beloved son of the late Mr G. Mahendran and Mrs. Paba Madurawe Mahendran (Australia / Formerly of 146/3, Uduwawela, Katugastota), loving father of Sajeev (Australia) and Sakuni (Australia), precious brother of Indu (Malaysia), Deepika (Australia), Shantha (Australia), Priyanthi (Australia) and Shiranee (USA), brother-in-law of Louen (Malaysia), Nihal (Australia), Krishanthi (Australia), Sri (Australia) and Tusitha (USA), expired on 15th November, 2014 in Sydney, Australia. (shantham2007@yahoo.com; +61401787581).

RAJARATNAM - MR. RAJENDRA

(Retd. Sri Lanka Army)

At rest with Jesus. Son of the late Mr & Mrs S.K. Rajaratnam, loving husband of the late Rose Jeyamalar Rajaratnam, brother of Kamala Thevathason, the late Leela Solomons and Kulendra Rajaratnam, beloved father of Roy, Ronnie and Doris (Fitch), father-in-law of Dharshi, Subashini and Jeddie, loving grandfather of Rukshi, Rodney, Renoj, Evangeline and Evana.

VILLAVARAYAR DR. MEERA

(former Chief Project Officer, Music National Institute of Education, visiting Lecturer - Carnatic Music University of Kelaniya)

daughter of Mr & Mrs. Villavarayar, beloved mother of Vanathy, mother-in-law of Gowreesan, grandmother of Ashwin, Sister of late Sri Ram, Ananda Ram (Canada) & Renuka (Canada), sister-in-law of Preethi, Suganthi & Balachandran.

SANMUGARATNAM - BALAMBIKAI (Baby)

Beloved wife of the late Eliathamby Sanmugaratnam, loving mother of Kamaladevi (Australia), Pushpadevi, Saravanabhava (Australia), Suhirthalakshmi (Sugi - Director Interpharm (Pvt.) Ltd & Gamma Pharmaceuticals (Pvt) Ltd) & Ganendra (Australia), daughter of late Mr. & Mrs. V. Sundram, sister of Jeganathan, Pathmanathan, Kirubambikai Sittampalam, Gnanambikai Mahesa, Vairawanathan and Maheswari Thilagaratnam, (all deceased) and of Atputhanathan, mother-in-law of late Manan Rajasingham, Malathi, Sivayogaranjan & Mala, grandmother of Rajitha, Ramanan, Prasanthi, Prasanth and Vaishnavie..

VELLUPPILLAI - RAJESWARI

Beloved wife of Ponnambalam Velluppillai, loving mother of Danachanrika (Ex. Indian Bank), mother-in-law of Udhayanayaham (Ex. Indian Bank), grandmother of Mayuri (HNB), Maduri (SBI) and Naveen (HBSC), daughter of the late Mr & late Mrs. Renganathan Mudaliyar, sister of the late Nagendra, the late Jayaratnam, the late Shanmugasadas, the late Maheswary, Mrs. Swagamasundari and Mrs. Puvaneshwary.

Tharmaratnam (Tom) Perseus Hunt

- Dynamic Immigrant and Philanthropist

November 15, 1933 - November 6, 2014

Tharmaratnam Hunt alias Tom Hunt who recently passed away at the age of 81 was a 'dynamic immigrant and a philanthropist' of remarkable dimension. His funeral service was held at Highland Funeral Home, Scarborough on the day of his birthday. The service was presided over by Rev. Dr. Vinson Samuel, pastor in charge of the Tamil Christian Church of Canada.

Tom migrated to Canada in 1967 and helped many of his kith and kin to migrate to Canada, especially after the ethnic crisis in the island nation in 1983. He has tremendous zeal to help others sacrificing his own time and interests. He helped many of them to find employment and settle down in the country of refuge. He was also a founder member of the Tamil Christian Church of Canada and he was its first Director of Administration.

The church on its 28th year of witness to the love of God and His abundant grace and the Tamil community to worship God in its indigenous settings. Moreover, Tom was also associated with the establishment of the Tamil cooperative housing building (SACEM) at Landsdowne, which helped Tamil immigrants to find affordable residence. Tom also lived a life of service when he became a proof to his nature of being a 'chip of the old block', like his great grandfather, the late T.P.

Hunt was one of the founders of Jaffna College and Drieberg college.

Pastor Vinson who gave the message at the funeral service spoke of the need for Christians to do their utmost

to others with attention to priorities. He used a modern parable to illustrate how we should face adversities to better ourselves. He illustrated his idea with the reaction of Carrots, Eggs and Coffee Beans to the boiling process and that we should serve our fellowmen like the coffee beans with flavour and odour.

Glorious tributes to the life and work of Tom Hunt by Junesh Chinniah, Chairman of the Tamil Christian Church of Canada, his daughter Dr. Anita Jeyasingam and his brother Gunam Hunt. His committal rights were performed by Pastor Vinson at the Pine Memorial Gardens Ajax, where there were large number of relatives and friends present for the burial. "Blessed is the man who remains steadfast under trial. For when he has stood the test he will receive the crown of life, which God has promised to those who love him".



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Prof. Chelva Kanaganayagam:

Demise of an Exemplary Mentor, Teacher and Guide

By Anupama Mohan

I have known Professor Chelva Kanaganaykam since August 2004 when I joined the PhD programme in English at the University of Toronto and he became my Departmental mentor. In the five years that followed, Chelva, as he urged all his students to call him, was exemplary as a mentor, teacher, and guide, and he shaped the trajectory of my dissertation as well as the directions in which my interests within Postcolonial Studies grew.

I realized very early in my association with Chelva that he has been for many students like me a role model: not only has he been a successful academic (his long list of publications at very reputed presses makes this manifest), but he has also been an influential public intellectual representing the very best in cross-cultural exchange. At U of Toronto, Chelva taught courses in Sri Lankan literatures and South Asian Studies (I have myself taken and audited many) that provided multiple perspectives on the histories and cultural traditions of a region that has far too often made headlines in the Western world over reports of conflict and violence.

In the course of completing my dissertation, Chelva also encouraged me to make a research trip to Sri Lanka (whose literatures formed a substantial part of my dissertation), wrote letters of support for me that helped me garner the requisite funding for such a trip, and over the years, he shaped my thought and perspectives as I wrote my dissertation.

The PhD I completed at University of Toronto was a Collaborative Programme between the Department of English and the Centre for South Asian Studies whose director Chelva was from 2002 – 2006 (and in other periods as well). The Centre is somewhat special in Canada where its presence within the Munk School of Global Affairs goes a long way in making up the internationalist character of the University of Toronto.

The Directorship of CSAS is, however, a tremendously challenging job, and consistently through the five years I saw Chelva in this office, I saw him rise to the challenges of such a public position. In this office, Chelva liaised with consuls, diplomats, and bureaucrats of South Asian countries, preserving at all times, his firm commitment to the politics of rapprochement, academic and cross-cultural dialogue, and transparency and openness towards the stu-



Professor Chelva Kanaganayagam
(1952 - 2014)

dent community for whose creative endeavours and freedom of expression he always provided institutional support and personal guidance.

How rare such support has been is demonstrated by the fact that Chelva's home country, Sri Lanka, governed by successive Sinhala-Buddhist governments, has for the past several decades been embroiled in a civil conflict with the Tamil minority, whose diasporic presence in Toronto makes the work of the Director of CSAS at the U of Toronto an arduous and profoundly politicized job. Chelva was an exceptional leader of CSAS, balancing the sometimes belligerent politics of the Tamil diaspora in Toronto with an insistence on the need for a sustained programme of inter-ethnic dialogue, and for concerted efforts by the University to construct a "third space," as it were, outside of the binaries of violence and retribution on the one hand, and silence and inaction on the other.

Chelva's role in balancing the competing demands of Sinhala and Tamil nationalisms made CSAS an organization unclenched by binary visions, and helped sustain the Centre as a space wherein political and cultural identifications could be combined with intellect, academic rigour, tolerance, and collegiality.

How ably and with great personal integrity Chelva fulfilled the often contrapuntal responsibilities of his intensely public office as Director of CSAS at the University of Toronto and the comparatively specialized scholarly work of an English professor was shown by his unwavering commitment to academic and extra-academic work over the past many years. Through his critical writings, editorial work, and conferences, Chelva crafted his own version of political activism, one that often eschewed the uncomplicated



Prof. Chelva Kanaganayagam, right, was inducted into the prestigious Royal Society of Canada on the day he died, in recognition of his extraordinary contribution to Canadian literary studies and culture.

stances of resistance vs. support for the more involved, and certainly the more onerous, work of making and showing cultural connections between linguistic and ethnic communities.

In doing so, he combined his academic responsibilities with a rare political courage: through his writings on and translations of Sri Lankan Tamil literature into English, he has made accessible the rich, vital, and powerful narratives of a people whom many today might know only as an embattled minority in a remote corner of the world.

In Toronto, Chelva was also involved with the Tamil Literary Garden, a wonderful annual event in which people from all walks of life interested in Tamil literature come to hear poets and intellectuals share their work. The Annual Tamil Conference held by the CSAS at the University of Toronto has also largely been the initiative of Chelva (and Dr. Cheran, among others), and has lent to the University of Toronto that truly international character that is the hallmark of the best academic institutions in the world.

Along with his academic work where he brought to notice various works in Tamil literature, Chelva was a staunch supporter of inter-ethnic dialogue and the recognition of intellectuals and activists sans ethnic boundaries: in 2005, when the University of Toronto awarded the Acharya Sushil Kumar International Peace Prize to Dr. A. T. Ariyaratne, the Sinhalese founder and president of the Sarvodaya Shramadana Movement in Sri Lanka, the CSAS and Munk Centre organized a reception and lecture wherein Chelva

introduced Dr. Ariyaratne in a talk that crystallized for many of us in the audience the "third space" I spoke of earlier – of activism, sustained belief in dialogue, and of an unflinching faith in the need to speak over and above the cacophony of narrow nationalisms, ideals that Chelva, in the best tradition of a parrhesiastes, has consistently espoused through his work within and outside of academia.

It came as no surprise to all of us, then, that in 2009, the Canadian Tamils' Chamber of Commerce awarded Chelva the Outstanding Professional Award in recognition of his multi-splendoured contribution to academia and the world beyond.

Chelva's being made a Fellow of the Royal Society of Canada this year was the just apotheosis, in many ways, of a wonderful career in the humanities, and a timely honouring of an inspirational scholar and academic. With characteristic self-deprecation, I believe, Chelva, who was elated at the news of this latest honour, is said to have chuckled at the irony of being awarded the fellowship despite being a postcolonialist!

Chelva's untimely demise is a deep personal sorrow for me, and it will stay with me all my life, I'm afraid. At the same time, his life is an inspiration, and he will forever be a shining light and a reservoir of strength for me and for those of us who learned from him and who will remember him, always, for his integrity and unfailing love and support.

Anupama Mohan,
Presidency University, Kolkata



Highlights of the Career Guidance workshop for High School students

held on November 1, 2014 at Middlefield Collegiate Institute, Markham

The community has witnessed another well organized and executed workshop presented jointly by the Association of Sri Lankan Graduates of Canada (ASGC) and the York Region District School Board (YRDSB) for the benefit of both the parents and students. Nearly 300 persons in all attended the event. The event started with a welcome address by the President of ASGC, Pon Balendran, followed by greetings from the Director of YRDSB,

Philip Parappally and other officials of the Board. The key-note speaker of the event was Dr.S. Mahesan, Cardiologist at South Lake RHC who made an eloquent and inspirational speech.

The students were grouped into four groups namely Health & Life sciences, Engineering & Physical Science, Creative Industries & Humanities and Business & Social studies. While the students actively engaged in the workshops, their parents enthusias-

tically attended a specially designed workshop. One of the highlights of this workshop was that the students had the privilege to meet and discuss one-on-one with a number of Presenters, 35 in total. ASGC was fortunate to bring in a wonderful set of presenters and moderators for the workshop. They are recent university graduates with highly skilled professional careers and happily volunteered their time for us. Dr. V. Mannivannan & Suganya

Sinnathamby of ASGC and Initha Subramaniam & Janani Pathy of YRDSB helped in organizing this workshop, especially in finding appropriate Presenters for the different career fields. The workshop ended with a vote of thanks from the Secretary of ASGC, C. Ramathan.

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





ELECTED MEMBERS OF COUNCIL FOR CITY OF MARKHAM

2014-2018 TERM OF OFFICE

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Frank Scarpitti



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Jack Heath
Jim Jones
Joe Li
Nirmala Armstrong

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Ward 1 – Valerie Burke
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Ward 4 – Karen Rea
Ward 5 – Colin Campbell
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Ward 7 – Logan Kanapathi
Ward 8 – Alex Chiu

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. Markham has received the Excellence Canada PEP III Integrated and Accessibility Awards, and multiple heritage and environmental awards. Markham is proud to be an official Host City for the 2015 Pan American and Parapan American Games.

Water Polo Canada's NCL brings first-ever major water polo competition to Markham

New Markham Pan Am Centre serves as host venue

Water Polo Canada will be adding to the exciting lineup of events set to take place at the brand-new Markham Pan Am Centre by bringing in a full weekend of competition in its new National Championship League, on December 6, 7 and 8, 2014.

Local athletes from the Mavericks WC (Toronto), the Toronto Golden Jets and the two Golden Horseshoe teams (16U and 19U) will play host to the Dollard WC and St-Lambert WC from Montreal. The 12-game weekend event will be one of the very first aquatic competitions held in the new, world-class, \$78.5-million multi-purpose centre which officially opened its doors with a celebratory event on November 23.

"We are very excited to be part of the beginning of a lasting legacy for sport in Markham," said Water Polo Canada's Executive Director, Martin Goulet. "The young athletes that participate in the NCL will have the privilege to try out this great new facility and will play in the very same venue where our senior national teams will compete in a few months," he said.

"The Markham Pan Am Centre has already gained a strong reputation amongst elite athletes for its excellent facilities, and it has earned three design excellence awards for its outstanding features", said Markham Mayor Frank Scarpitti. "We're very excited about showcasing this new sports centre and its unique 50 metre pool in Markham for Canada's top water polo players and the Pan Am/Parapan Am Games this coming July".

The NCL's 16U and 19U age groups will alternately be in action throughout the event. Games start on Friday, December 6 at 7:20 p.m., with the York Mavericks, facing the Montreal-based Dollard. The program continues through the weekend, wrapping up on Sunday at 1 p.m. with a 19U game between Dollard and the Golden Horseshoe team.

"The NCL only recently launched across

Canada on the week of November 3rd and we want to thank our partners in the City of Markham for allowing participating clubs to experience the new Markham Pan Am Centre so early in our inaugural season," said Water Polo

Canada's Director of Domestic Development, Jeffrey Lindell. "We are confident that this community will continue to embrace our sport and our young athletes and are excited to display some fun, competitive games during our first visit to Markham," he said.

Full event schedule is available on Water Polo Canada's Web site at <http://www.waterpolo.ca/NLScheduleResult.aspx>



About Water Polo Canada
www.waterpolo.ca

Water Polo Canada (WPC) is the National Sport Organization for Water Polo in Canada. It is a not-for-profit, charitable organization operating under a Board of Directors elected by provincial/territorial members. Its purpose is to nationally lead the growth and the pursuit of excellence for the sport of water polo while respecting the following set of values: Accountability, Commitment, Equity, Innovation, Integrity and Teamwork. Water Polo Canada acknowledges the support of the Government of Canada and of other partners such as Own the Podium, the Canadian Olympic Committee, the Canadian Sport Institutes network and the Coaching Association of Canada.

Grammy® Award-Winning Superstars The Klezmatics

The Klezmatics, known for revitalizing klezmer music for a new century, appear at the Flato Markham Theatre on Thursday, December 11 at 8 p.m. The Klezmatics erupted out of New York City's East Village 25 years ago. With their lively and innovative interpretations of Jewish klezmer music, The Klezmatics made a name for themselves throughout the world.

A Grammy® Award-winning group for Best Contemporary World Music Album, The Klezmatics create music that is steeped in Eastern European Jewish tradition and spirituality, while incorporating contemporary themes such as human rights and anti-fundamentalism, and are influenced by a variety of musical styles such as Arab, African, Latin and Balkan rhythms, jazz and punk. Over their decades-long career they have released nine albums of wild, spiritual, provocative, reflective and ecstatically danceable music, forever redefining and transcending traditional labels.

A highly praised and lauded band, The Klezmatics are a recipient of the New York Jewish Music Award for Best Klezmer Band, a GLAMA (Gay and Lesbian American Music Award), have twice been honoured with the German Critics Award, and have topped the Billboard world music charts on many occasions.

Their work has extended to numerous theater, film, dance and television projects, including Pulitzer Prize winning playwright Tony Kushner's A Dybbuk and It's An Undoing World and Pilobolus Dance Theatre's Davenen. The Klezmatics have reached millions through performances and features on CBS's Late Night with David Letterman, BBC's Rhythms of the World, and various NPR programs.

The group have also had the privilege of collaborating with numerous stars including folk hero Arlo Guthrie, classical legend Itzhak

Perlman, Israeli pop icons Chava Alberstein and Ehud Banai, beat poet Allen Ginsberg, the Master Musicians of Jajouka, the Ben Folds Five and Kosher Gospel singer Joshua Nelson.

They have travelled the world over and played in over 20 countries at some of the most storied venues and renowned festivals worldwide, including Central Park Summerstage, Carnegie Hall and Pirineos Sur in Spain.

The Klezmatics is presented in association with the Ashkenaz Foundation.

The Klezmatics: Thursday, December 11, 2014, 8 p.m.

Tickets: \$54-\$59, Save 15% with promo code "klezmatics" *valid on new ticket purchases only. Not to be combined with any other offers or discounts.

Visit www.markhamtheatre.ca or call **905-305-SHOW (7469)**



(L-R): Frank London, Lisa Gutkin, Boo Reiners, Lorin Sklamberg, Matt Darriau, Susan McKeown, Paul Morrisett



DURHAM TAMIL ASSOCIATION'S 13TH ANNUAL YOUTH FESTIVAL

Durham Tamil Association celebrated its 13th Annual Youth Festival on Saturday November 15th in Pickering High School. The Masters of the Ceremony were Vaishnavee Muralaetharan, Ashley Kugaraj, Divijj Kumar. This year's festival was dedicated to raise money funds for Sivananda Thapovanam in Thirukudalur, Trincomalee, Sri Lanka. This edition of our Youth Festival featured over 160 performers. The show was all about expression and our focus was to help these children to express themselves regardless of their talent level.

The event commenced with the Canadian National Anthem, followed by the Tamil Anthem. The chief guest of the evening was the Hon. Chris Alexander, P.C. Canada's Citizenship and Immigration Minister. The program commenced with the Lighting of the Lamp by Hon. Minister Chris Alexander, Deputy Mayor of Whitby Don Mitchell, Councillor of Pickering David Pickles and Councillor of Ajax Joanne Dies.

10 Outstanding Youth Volunteers Anittha Srisuresh, Arabi Sriranjani, Archana Thuraiarajah, Jesihan Ravichandran, Luxsiya Kanthavanam, Melani Vijayakumar, Nithiyasri Pirithiviraja, Peeraveena Sivakumaran, Sanoch Sasiharan and Thusyanthi Balasubramaniam along with 3 Adult Volunteers Mrs. Deepa Sivasangar, Jailani Basha and Karun Joshua were recognized by Hon. Chris Alexander, for their contribution to the community.

MP Corneliu Chisu recognized 19 selfless teachers Mrs. Thulasi Ragunathan, Mrs. Varnapriya Murugiah, Ms. Anna-Maria Theofilopoulos, Mrs. Sujee Nissankan, Mrs. Manorani Thusitharan, Mrs. Banu Kandiah, Mrs. Kalaimathy Vageesan, Jailani Basha, Mrs. Shiyama Thayaalan, Karun Joshua, Mrs. Deepa Sivasangar, Jeremy Francis, Abishna Jayasundararajah, Tharmela Ganendralingam, Mrs. Uma Suresh, Mr. Thayalan Gobalakrishnan, Mrs. Ajantha Satkunam, Ms. Vaishnave Muralaetharan and Mrs. Yokenthera Kalaichelvan with scrolls for their hard work in making this Youth Festival a successful event. These scrolls were presented by Mrs. Shashi Bhatia, Chairperson of ICCAD.

MPP Joe Dickson recognized 10 outstanding parent volunteers Mrs. Karthyka Jokarasa, Mr. Thayalan Gobalakrishnan, Mrs. Yokenthera Kalaichelvan, Mrs. Norin Francis, Mr. Manorathan Pancharatnam, Mr. Jayabalasingham Sellathurai, Mr. Manickavasagar Thanahanthan, Mrs. Kalaivany Pirithiviraja, Mrs. Sithira Vijayakumar and Mr. Saravanane Parasouramane for their contribution to DTA Programs and Initiatives.

High School Graduates Abbinash Jeeva Shanmugam, Abishek Ravi, Aresh Srisuresh, Kabithan Ravichandran, Maenusha Raguvannan and Peeraveena Sivakumaran were honored with gift cards, which was sponsored by President Josh Suresh. This was presented by Chris Braney, Vice Chairperson Trustee Pickering for DDSB.

Josh Suresh, President of Durham Tamil Association recognized Whitby Councillor Lorne Coe, Kathy Williams-Director of Public Services for the Pickering Library, Donna Bright-Chief Librarian for the Ajax Public Library, Superintendents Luigia Ayotte and Camille Taylor of DDSB, Esther Enyolu-Executive Director of WWMRCC of Durham, Evelyn Poliarco-President of Filipino Canadian Heritage & Resource of Durham, Vaqar Raees-President of Friends Indeed, Cordelia McIntosh - President of Congress of Black Women of Canada, Kiruba Thuraiappa from Brampton Tamil Association, Shawn Binda-Chairperson of Devi Mandir and Shireen Whitmore from JAM Fest who were in attendance to grace the occasion.

A slide show was presented by Saranya Suresh which showcased the experiences of our Youth Volunteers who participated in over 35 community events this year. This enabled the guest to understand DTA's strength, passion and depth of our commitment towards Durham Community. Vote of thanks was given by the Secretary of DTA, Mano Pancharathnam. The four hour, fun filled entertainment by our children and youth came to an end with the Trophy Presentation by our strong sponsors.

Heartfelt thanks to Suresh Thuraiaraja of Century 21, Suren Navaratnarajah of Allstate Insurance, CTBC Radio, Kumar Subramaniam of Century 21, Nitin Thorve of Allstate Insurance, Thayalan Gobalakrishnan of Mortgage Alliance, Dr. Paul Joseph, Archanas & co., The Spice King Takeout & Catering and Archanas Photography & Video for their strong support and contribution.

We truly appreciate the various media including Snapd, CMR Radio, TVI, CTBC, EKuruvi, Nallayan.com, Monsoon Journal, Tamil Biztha and Artlink Multimedia for their continued support.

We will continue accepting donations for Sivananda Thapovanam until our Thai Pongal Festival in January 2015. CD version of the Youth Festival is available for a donation of \$5. All proceeds will be donated to Sivananda Thapovanam. For more information, please contact Kanga at 905-428-7007/647-993-4937.



MASTER OF CEREMONY VAISHNAVE MURALEETHARAN



TAMIL ANTHEM BY DTA'S PROUD ICON SARIKA NAVANATHAN



WELCOME ADDRESS BY DTA'S PRESIDENT JOSH SURESH



DTA'S NATIONAL ANTHEM TEAM ON STAGE



HON. CHRIS ALEXANDER, CANADA'S MINISTER OF CITIZENSHIP & IMMIGRATION, LIGHTING THE LAMP



DEPUTY MAYOR OF WHITBY DON MITCHELL, LIGHTING THE LAMP



COUNCILLOR OF PICKERING DAVID PICKLES, LIGHTING THE LAMP



COUNCILLOR OF AJAX JOANNE DIES, LIGHTING THE LAMP



HON. CHRIS ALEXANDER, CANADA'S CITIZENSHIP & IMMIGRATION MINISTER APPRECIATING THE YOUTH OF DURHAM TAMIL ASSOCIATION WITH HIS SCROLLS, FOR THEIR OUTSTANDING VOLUNTEERISM



TEACHERS BEING RECOGNIZED WITH MP CORNELIU CHISU'S SCROLLS



Tamil Cultural and Academic Society of Durham - Believe in You 2014

The Tamil Cultural and Academic Society of Durham (TCASD) celebrated their 6th Annual kids and youth talent show "Believe in You-2014" on Sunday October 26th, 2014 at J. Clarke Richardson Auditorium in Ajax.

Once again, this incredibly talented group of Durham Tamil children and youth have created a unique event that kept their audience in total rapture throughout. This year's presentation was based on a TCASD "Television channel"

theme. Each dance and music performances was choreographed as a program within this TCASD TV channel. Coupled with very entertaining emcees and added special effect backgrounds, this was truly a remarkable treat.

The evening started with traditional opening ceremonies followed by Welcome Speech by Tobias Pushparajah, President's speech by Tom Thiru and a very inspiring speech by Special guest Dr. Thanashan Rajakulendran. This was fol-

lowed by a variety of programs such as Disney show, musical entertainment, hip hop, a variety of cultural dances, the 'Nanba crew' and TCASD Idol performances. The revolving group of multiple emcees expertly guided the audience through the entire program. The evening ended with awards given to all participants by TCASD with special awards of recognition to the youth responsible for putting this event together.

The show was a resounding success

and an inspiring milestone of achievements made possible teamwork, unity, vision and commitment. TCASD Executives would like to thank all those who attended the event which included the Tamil and local community well wishers, sponsors, municipal, provincial and federal dignitaries, and other media partners.

Some of the photos from the event can be seen here.





Parthi Kandavel becomes first Trustee of Tamil Canadian heritage to be elected to Canada's largest School Board

Contd. from Pg 1

Going into the election and campaign trail, Parthi Kandavel set out the following - his vision a better School Board:

I share your concerns about public education in Ward 18, and I will fight as your representative at the Toronto District School Board to change things for the better.

The most important issues for our public schools are:

Making sure that every child has the best possible opportunity to succeed, and treating each child fairly and equally.

Improving student performance and achievement by setting high standards, encouraging and helping each child to be the best he or she can be, and making sure our teachers have the resources, training and support to do the job we expect.

Getting results and accountability from everyone involved in education – trustees, school board staff, principals, teachers and education workers.

My personal commitment to you:

I come from a family of teachers – my grandfather and father were teachers, and I am proud to continue our family's tradition as a teacher at an independent school in our Ward.

By serving as your public school trustee, I want to use my front-line classroom experience and understanding of education to work for you and your children.

A fair and equal opportunity for every child

The challenge:

Ward 18 is home to people from around the world, from all walks of life, of all income levels, with a wide range of family and home situations. No matter the background, every child in Ward 18 must have a fair and equal opportunity to attend school and get an education that prepares him or her for the best possible life.

What I will do:

Every school and every teacher in Ward 18 must provide the same opportunity to all students. No child can be treated unfairly, made to feel less than equal, or neglected. As your trustee, I will visit all our public schools regularly, and work hard to ensure the school board makes fair and equal opportunity its top priority.

Improving student performance and achievement

The challenge:

Our schools are performing below par and this is not acceptable. In Ward

18, 16 of the 22 elementary schools are below the provincial average in Reading, Writing and Math. Our children are not getting the encouragement and help they need to succeed in school and in life. We must do better.

What I will do:

As a teacher, I have found that meaningful professional development and training have made me better. As your public school trustee, I will make sure our teachers get the training and development they need to teach Reading, Writing, and Math more effectively. Better-trained and motivated teachers are the key to helping our children reach higher and succeed.

Accountability and results

The challenge:

Everyone in education must be held accountable for how they behave and perform – trustees, school board staff, principals, teachers and education workers. Staff must not feel intimidated by their employers. Spending must get under control – for example, we can't keep wasting \$143 to install a pencil sharpener. And trustee expenses are a serious issue.

What I will do:

I will not tolerate abuse of board staff and will ensure that offenders are called out and dealt with promptly and effectively. I will lead an effort to restore integrity and accountability to spending at the school board. As a trustee, I will be vigilant and publish my expenses every month to account for every penny. I will work to have an independent auditor monitor board expenditures to ensure that your tax dollars for education are spent where they are needed – in the classroom.

An end to bullying

The challenge:

Bullying is still a problem in our schools, and now it is becoming harder to detect with cyber-bullying. Schools are not taking this issue seriously, or don't know what to do.

What I will do:

I will stand up for children and parents of children who are experiencing bullying. I will ensure that every school in Ward 18 implements Safe School Teams. I will reach out to parents including new Canadians to make them feel welcome and part of our school community, and help them be partners in detecting and ending bullying.

Active, healthy students

The challenge:

Schools are struggling to provide



Parthi Kanadavel and other TDSB trustees congratulate Shaun Chen after being elected the board's new chair Monday, Dec 1st evening (CTV Toronto's Naomi Parness/Twitter)

physical activity, and student health and academic performance suffer. Then at the end of the school day, students race home to their video games, phones and TVs and continue their inactive lifestyle.

What I will do:

As a teacher, I've seen first-hand how daily physical activity makes a huge difference in the attention and focus of students. Schools and parents both have a role to play in improving student activ-

ity and health. I will work with school staff to implement 60 minutes of daily physical activity, and introduce more after-school programs. Growing up in the ward, after-school clubs and sports teams kept me and my friends outside and active. With no new cost, I will encourage not-for-profit youth agencies and counseling services to serve the school system better and reach more students.



Jaffna Hindu College Association Canada Annual General Meeting

Date:

Sunday, December 07th, 2014 at 10:00 AM

Venue:

Council Chamber, Scarborough Civic Center,
150 Borough Dr. , Scarborough , ON , M1P 4N7

We cordially invite the JHC old boys/staff to attend the Annual General Meeting to express your views and elect the new executive committee for the year 2014/2015.

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

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

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

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

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

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

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

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

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

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

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Amigos Portugueses Gala raises over \$277,000 for Peel Memorial

Annual event draws more than 1,200 guests for evening of food, music and dancing

More than 1,200 guests strapped on their dancing shoes recently in support of the Amigos Portugueses do Peel Memorial's pledge to raise \$1 million for the new Peel Memorial Centre for Integrated Health and Wellness.

Taking place on November 1 at the Laborers' International Union of North America (LiUNA) Union Hall in North York, the group's fourth annual dinner-dance gala raised an incredible \$277,145 towards the Amigos' \$1 million pledge to William Osler Health System's (Osler) newest hospital. The event was generously sponsored by 56 corporate sponsors, including LiUNA Local 183, which sponsored the meal and promised to be part of next year's gala.

"I am so proud of the Portuguese community and LiUNA for their remarkable support of our pledge to Peel Memorial," said Manuel Alexandre, Chair, Amigos Portugueses do Peel Memorial. "Our gala has grown every year thanks to the generosity of our sponsors, partners and guests. They share our passion for health care and support our goal of building a second state-of-the-art hospital for Brampton and the surrounding communities."

Guests dined on a delicious meal of antipasto, soup, chicken, steak and fruit while enjoying entertainment from Duo Som Luso and Marlene Rodrigues, who flew in from Portugal for the event. In between dining and dancing, guests had the opportunity to place bids in live

and silent auctions, and purchase the beautiful centrepieces.

"On behalf of the future physicians, staff and patients of Peel Memorial, thank you to the Amigos Portugueses do Peel Memorial and LiUNA for hosting such a popular, exciting event for our new hospital," said Ken Mayhew, President and CEO, William Osler Health System Foundation. "We are grateful to Manuel Alexandre of the Amigos; to Jack Oliviera, Business Manager of LiUNA Local 183; and to Nelson Melo, President of LiUNA Local 183. Their tireless hard work has made this a 'can't miss' event that grows each and every year, and their dedication to Peel Memorial has inspired other groups to make similar pledges. For that, we are truly thankful."

ABOUT WILLIAM OSLER HEALTH SYSTEM AND OSLER FOUNDATION:

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 Canada. 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.

Brampton's new Mayor
Linda Jeffrey



(From left) Dr. Ali Najarali and Manuel Alexandre from the Amigos Portugueses do Peel Memorial join LiUNA Local 183 President Nelson Melo in presenting a \$277,145 cheque to Jacqueline Ritchie and Ken Mayhew of William Osler Health System Foundation.

ORLANDO CORPORATION PLEDGES \$15 MILLION TO OSLER HOSPITALS IN BIGGEST-OF-ITS-KIND DONATION

Transformational pledge is single largest gift to a community hospital in Canada

On Saturday, Nov 22nd evening, in front of hundreds of dignitaries and hospital donors and supporters, Phil King, President of Orlando Corporation announced his organization's pledge to donate up to \$15 million to William Osler Health System's three hospital sites as part of a unique matching challenge gift.

The announcement was met with thunderous applause and took place just prior to the start of Osler Foundation's One Night Two Stars Three Hospitals Benefit Concert, presented by Metrus Development Inc., and headlined by Canadian superstars Tom Cochrane with Red Rider and Chantal Kreviazuk.

The transformational pledge is the single largest challenge match gift made to a community hospital in

Canada - but it comes with a catch. "This Canadian-first donation is a true game changer. It raises sights,

transforms and inspires philanthropy within and outside of our hospitals. It challenges each and every one of us to do what we can to improve patient care in our community," said Ken Mayhew, Osler Foundation President and CEO. "To announce a challenge of this magnitude, in front of the donors, physicians and staff who are so devoted to our three hospitals is an incredible opportunity."

Fully realized, this challenge gift has the potential to generate \$30 million and will kick-start Osler's \$100 million multi-year capital campaign. Orlando Corporation will donate up to \$5 million to support each of Osler's three sites: Brampton Civic Hospital; Etobicoke General Hospital; and the new Peel Memorial Centre for Integrated Health and Wellness.

"Orlando Corporation has a long history of community support in both

Etobicoke and Brampton and we're fully aware of the critical importance of the work done by Osler and the tremendous need to ensure these fine hospitals, physicians and staff have the resources needed to continue to provide excellent health care to all those who live and work in our communities," said Phil King, President, Orlando Corporation. "Funding health care is our shared responsibility and I believe everyone has a role to play. Health care cannot be supported through good intentions alone. This is why we are matching every dollar donated to the campaign."

Six hundred people were on hand at the Rose Theatre in Brampton to take in the Orlando Corporation announcement at Osler Foundation's Gala, where proceeds from the event will fund redevelopment projects and the latest generation of medical technology and diagnostic equipment needs across all three sites. "We are privileged to be part of a community that is rich with kindness, generosity and passion for exceptional health care, so wonderfully demonstrated here this evening with this truly inspiring pledge by the Orlando Corporation," said Matthew Anderson, Osler President and CEO. "The impact of this partnership with Orlando will be permanent and profound from both a charitable and clinical perspective, and will go a long way in helping our hospitals provide even greater access to the services this growing community needs most, now and into the future."

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ABOUT OSLER FOUNDATION'S BENEFIT CONCERT:

Last year, more 800 donors, staff, supporters and friends of Osler filled the Rose Theatre in Brampton for an evening of entertainment headlined by Canadian legends Jann Arden and Burton Cummings, and contribute to redevelopment projects across Osler's three sites - including the new Peel Memorial, the revitalization and renewal of Etobicoke General and ongoing equipment needs at Brampton Civic. The benefit concert raised more than \$650,000, including proceeds from the live auction of a painting created on stage by Arden and a flute used by Cummings while performing his hit 'Undun.' Details and photos are online at www.oslerfoundation.org.



Phil King's announcement was met with thunderous applause by a packed house at the Rose Theatre in Brampton. Orlando Corporation's stunning matching gift challenge is the single largest gift to a community hospital in Canada and has the potential to generate \$30 million for Osler's three hospitals.

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