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Kathleen Wynne, Leader of Ontario Liberal Party:

Kathleen Wynne was chosen on January 26, 2013 by the Ontario Liberal Party as their new leader, succeeding Premier Dalton McGuinty and becoming premier designate.



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Canada summons Sri Lankan High Commissioner to discuss LLRC implementation and Chief Justice impeachment

The Canadian Foreign Ministry had summoned Sri Lanka's High Commissioner in Ottawa, Chitrangane Wagiswara recently to discuss issues connected with the implementation of the Lessons Learnt and Reconciliation Commission (LLRC) and the recent impeachment and removal of the Chief Justice of Sri Lanka.

The High Commissioner had the discussion with the Assistant Deputy Foreign Minister, Peter McGovern.

The Foreign Ministry raised questions with regard to the implementation of the Lessons Learnt and Reconciliation Commission (LLRC) recommendations & the recent impeachment of the Chief Justice and her removal from the post.

The High Commissioner had explained that a Task Force had been established to implement the LLRC's suggestions and the process was continuing at a steady pace. She had also outlined the ongoing resettlement of persons who had been displaced as a result of a near three-decade war with the LTTE. She had also explained the progress with regard to the rehabilitation and release of ex-LTTE cadres and de-mining of large areas in the North of Sri Lanka.

The High Commissioner had conveyed to the Canadian Foreign Ministry that the impeachment of Chief Justice Dr. Shirani Bandaranayake had been



Chitrangane Wagiswara

done in terms of Article 107(3) of the Constitution and existing Parliamentary Standing Orders.

The High Commissioner had also called upon Canada to attend the forthcoming Commonwealth Heads of Government Meeting to be held in Colombo. However, Canada had indicated that it may not be participating in the Commonwealth Conference due to the prevailing conditions in Sri Lanka with regard to human rights violations and matters affecting the independence of the Judiciary and the recent removal of the Chief Justice.

Human smuggling charges dismissed against four men in British Columbia Court

Human smuggling charges against four men accused of bringing Tamil migrants into Canada illegally aboard the MV Ocean Lady were dismissed by a British Columbia Judge recently.

Lawyers for the Crown and the defence agreed the B.C. Supreme Court judge should quash the charges after an earlier ruling that the law against human smuggling was unconstitutional.

Prosecutor Peter LaPrairie told the court that the cases against 95 people across the country were affected by the B.C. ruling. The Crown said the decision could affect not only human smuggling cases, but immigration and extradition

cases, as well.

Hamalraj Handasamy, Francis Appulonappa, Jeyachandran Kanagarajah and Thevarajah were charged with human smuggling after they arrived with 72 others aboard the MV Ocean Lady off the B.C. coast in October 2009.

Another ship carrying 492 Sri Lankan migrants, the MV Sun Sea, arrived in August 2010.

Six men face human smuggling charges in the Sun Sea case, and those prosecutions are in limbo pending the outcome of the Ocean Lady appeal.

Kathleen Wynne: First female premier of Ontario

By Raymond Rajabalan

On January 26, 2013, Wynne was chosen by the Ontario Liberal Party as their new leader, succeeding Premier Dalton McGuinty and becoming premier-designate

Kathleen O. Wynne, currently the premier-designate and a member of the Legislative Assembly of Ontario, representing the riding of Don Valley West for the Liberal Party, is expected to be appointed premier by Lieutenant Governor David Onley upon the formal resignation of Dalton McGuinty, after which she will be the first female premier of Ontario. She was Minister of Municipal Affairs and Housing and Aboriginal Affairs until resigning to run as a candidate for the leadership of the Ontario Liberal Party.

Background

Wynne grew up in Richmond Hill, Ontario. She earned a Bachelor of Arts degree at Queen's University and a Master of Arts degree in linguistics from the University of Toronto. She achieved a Master of Education degree in adult education from the Ontario Institute for Studies in Education. She was a member of the discipline committee of the Ontario Society of Psychotherapists from 1997 to 2000. Wynne served as president of the Toronto Institute of Human Relations. In 1996, she helped found Citizens for Local Democracy, which opposed the efforts of Ontario's Progressive Conservative government to amalgamate the City of Toronto. She also founded the Metro Parent Network (now the Toronto Parent Network) which supports improvements in the province's public education system, and has participated in numerous other community endeavours.

School trustee

Wynne first ran for trustee in 1994 in ward 12 but was defeated by Ann Vanstone. In 2000, she ran again and was elected as a public school trustee in Toronto's ward 8.

Provincial politics

Wynne was elected to the Ontario legislature in the 2003 provincial election, defeating Progressive Conservative cabinet minister David Turnbull by over



Kathleen Wynne

5,000 votes. The Liberals won the election, and Wynne was appointed parliamentary assistant to Minister of Training, Colleges and Universities Mary Anne Chambers in October 2003.

On September 18, 2006, she was promoted to Ontario Minister of Education in a cabinet shuffle occasioned by the resignation of Joe Cordiano from the Legislature. She was the province's first openly lesbian cabinet minister. On January 18, 2010, she was moved to Ontario Minister of Transportation and in 2011 she was appointed Minister of Municipal Affairs and Housing and Aboriginal Affairs.

In the 2007 provincial election, Wynne was challenged by the PC leader John Tory. Tory, who was elected to Dufferin—Peel—Wellington—Grey (former PC leader Ernie Eves' riding) in a by-election, was seeking a seat in a Toronto-area riding. Though projected to be a close race, Wynne was re-elected with 50.4 percent of the popular vote, defeating Tory by 4924 votes.

Wynne was also instrumental in establishing the first Minister's Student Advisory Council, a group of sixty students from all parts of the education system and regions of the province to share their ideas and advice with the Minister of Education on how to ensure Ontario's schools remain competitive.

MP, Rathika Sitsabaiesan introduces Tamil Heritage Month bill in Canadian Parliament

Rathika Sitsabaiesan Canadian MP for the Scarborough Rouge River riding has tabled a Private Member's Bill designating January as Tamil Heritage Month in the Canadian parliament. Rathika is the first Tamil Member of Parliament in Canada.

The bill which will take the form of an Act of Parliament will designate the month of January as Tamil Heritage Month.

This Bill is being tabled since Tamil

Canadians have established deep roots and flourished in communities across the country, thereby enriching Canada's social, cultural, economic and political fabric.

Also, the month of January is an opportunity to celebrate the contributions of Canadians of Tamil heritage to communities as well and raise awareness of Tamil history and culture, and for the people of Canada to honour the contributions of Tamil Canadians to Canada.

from the publisher's desk

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Love and Family - Two Reasons to Celebrate this February

By: Tashvir Narine,
B. Sc (Hons.)

During the current month, many individuals will expend large amounts of dollars towards making sure that the love of their life knows of their feelings on February 14th. Yes, Valentine's Day is around the corner and retail stores will promote their love products to shoppers in an attempt to boost sales. Those who eventually spend most are usually males however this does not stop females from spending extra for this special day.

Valentine's Day will fall on Thursday the 14th this year, which will remain a working day for most individuals. Many will not realize however, but going back to early Christianity the celebration was actually named Saint Valentine's Day. In today's Valentine though, the commercial aspect has outlasted the true meaning.

But Canadians now have another event to celebrate the

"When you look at your life, the greatest happinesses are family happinesses"
- Joyce Brothers

theme of love in February. Residents of Alberta, Manitoba, Ontario and Saskatchewan will also have the chance to celebrate Family Day on February 18th. Created first in 1990 for the province of Alberta, the holiday has spread across the nation to encompass the other three eastern provinces. This time off gives families the chance to spend time together between New Year's Day & Good Friday.

There are many events now associated with Family Day in various cities. Here in Toronto, family friendly locations such as the Royal Ontario Museum and the Ontario Science Centre will hold family sleepovers during the month of February. Many restaurants will also add family focused menu items around this

time to accommodate the wider age difference of guests at this time. This year has also seen an increased amount of colder wintery days, so common Family Day activities could include outdoor events such as skating or skiing.

As a result, the Monsoon staff would like to ask readers to ensure the essence of love is celebrated equally this month between Valentine's and Family Day. Because while it is important that your spouse knows of your feelings on February 14th, your families should also know the same on February 18th. For love and family is the engine and transmission of our life vehicles, which we will require to achieve happiness.

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Quarterly Meeting

Members are invited for the quarterly meeting scheduled to be held on Wednesday, February 13, 2013. The details of the meeting are as follows:

Date:

February 13, 2013

Time:

6.30 PM to 9.30 PM

Address:

**J&J Swagat Banquet Hall
415 Hood Road - Unit 22
Markham ON L3R 3W2**

We encourage all of you to attend this quarterly meeting, network with other members and benefit from the event.

Please RSVP by replying to this email at info@ctcc.ca

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Benjamin Disraeli
(1804-1881)
Prime Minister of the United Kingdom

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Climate Change May Have Confused, Trapped Killer Whales in Canada's Hudson Bay

By Kate Woodsome

(Jan 11, 2013): A pod of killer whales trapped in the ice of Canada's Hudson Bay successfully has left the small opening where they were gasping for breath, but marine specialists say global warming could cause more incidents like this.

Lyne Morissette, a marine researcher with the St. Lawrence Global Observatory in Quebec, said the 12 orcas may simply have gotten lost while hunting for seals and other food, but it's more likely they got stuck in the ice because of climate change.

"They tend to base their migration on temperature, but based on the fact that temperature is changing in the Arctic, and the water is warmer, maybe they didn't get the signal," she said.

The mammals' plight captivated the world after video taken by Inuit residents of the the Inukjuak community circulated on television and social media, showing the killer whales taking turns bobbing above the Bay's icy waters.

Thousands of supporters offered money and equipment to free the whales, and news of their escape Thursday - two days after they were spotted - spurred celebrations online. But unlike in the movies about whale rescues, this story doesn't have a soaring soundtrack or happy ending.

"They are probably close to 1,000 kilometers south of where they should be. So they still have ice to struggle with to really be at the safe place," Morissette said. "It's not the end of the story, because they have to get out of the Hudson Bay."

The Arctic is warming about twice as fast as the rest of the planet, with temperatures rising about two degrees centigrade since 1950, according to the National Snow and Ice Data Center at the University of Colorado.

"The warming temperatures are making highly unpredictable the pattern of ice formation," said Peter Ewins of the World Wildlife Fund Canada. "What used to be much more predictable and routine is now unpredictable, and that's what leads to these great uncertainties and risks."

Ewins pointed to both the whales getting stuck, and a separate incident this week in which a rescue helicopter broke through the ice in another area of the Hudson Bay.

"The lessons you've learned, whether you're wildlife or human, don't apply. You've got a radically different, changing system. Those tools and experiences are actually not relevant anymore," he said.

Ted Scambos, a lead scientist with the National Snow and Ice Data Center, agreed the Arctic is changing and said greenhouse gases in the atmosphere are a major cause of this warming.

But he said he doubts this week's events are directly linked to global warm-



A pod of killer whales in Canada's Hudson Bay captivated the world's attention after a video featuring above scene circulated on social media

ing or changes in the sea ice, which has declined in extent by three percent per decade for the last few decades in winter. In summer, that rate is more like 13 percent.

"I think winds and ice conspired to corral and then constrict this pod of killer whales and then the winds shifted before people had to take action and allowed the killer whales to get out," Scambos said.

"That sort of stuff must have happened over and over again in history," he said. "And some whales were lucky and some whales weren't."

Whether it was global warming or shifting winds and tides that trapped the orcas, both Scambos and Ewins agreed the mammals are facing a basic test of the survival of the fittest.

While the pod that got trapped may be a weaker link, it is showing signs of remarkable intelligence, Morissette said.

"It's amazing to see how they managed to find a strategy to share that little space and organize who's going to breathe and when, because they all needed to breathe every five minutes and they found the strategy for the survival of the group and not the survival of the strongest."

Morissette said the orcas may try to figure out a way to spend the winter in the Bay if they can find enough breaks in the ice to keep breathing. The greatest threat they're facing, she noted, is exhaustion or drowning.

Ewins said man could help by pumping bubbles into the water, creating an open area. But, using a medical analogy, he said that would be like putting a Band-Aid on the bigger problem of climate change.

"The best, most effective longterm thing to do is to stop the person from having the accident or getting into the hospital in the first place," he said. "That's analogous to weaning ourselves off fossil fuels while we still have a chance, so our kids don't have to deal with these things in an expensive or tragic way."

[VOA News]

PM celebrates the start of the 59th Quebec Winter Carnival



Prime Minister Stephen Harper, Régis Labeaume, Mayor of Quebec City, and Bonhomme Carnaval celebrate the start of the 59th Winter Carnival at Bonhomme's Ice Palace.

Prime Minister Stephen Harper on Feb 1, 2013 visited Bonhomme Carnaval, the official mascot of the 59th Quebec Winter Carnival, at his iconic Ice Palace. He was accompanied by Steven Blaney, Minister of Veterans Affairs, and Régis Labeaume, Mayor of Quebec City.

"The Quebec Winter Carnival has been a landmark celebration for many years, showcasing the rich heritage and beauty of Quebec City in the winter time," said the Prime Minister. "I am pleased to be here on the opening day of this spectacular event. On behalf of the Government of Canada, I want to thank the organizers for putting on such a wonderful celebration, and I wish everyone a great Carnival."

The Quebec Winter Carnival - which officially began in 1955 - attracts visitors

from all over Canada and abroad, and is a first rate social and tourism event that showcases the character and splendor of Quebec City in the winter time. The Carnival is best known for its parades - led by Bonhomme Carnaval - the Ice Palace, the snow sculptures, and activities based on the traditional winter activities in Quebec, such as canoe and dogsled races.

The Government of Canada is committed to supporting marquee events across the country promoting our culture. Support for this year's Carnival was provided through the Department of Canadian Heritage's Building Communities Through Arts and Heritage Program and through Canada Economic Development for Quebec Regions.

[pm.gc.ca]

Message from His Excellency the Right Honourable David Johnston, Governor General of Canada, on the Occasion of Black History Month

OTTAWA—Since 1995, Black History Month has provided Canadians with a wonderful opportunity to reflect on and learn more about the invaluable contributions that Canada's Black community has made in every field of endeavour.

This year, the Government of Canada has chosen to spotlight the contribution of Black soldiers in the fight for Canada. Indeed, militias of African origin were instrumental in defending our vast and majestic territory. During the War of 1812, for example, the 200th anniversary of which we have just commemorated, they fought valiantly alongside British forces during pivotal battles for our country. Nonetheless,



their achievements, which were essential to building the great nation that we know today, often continue to be overlooked.

Throughout February, a wide range of activities will be taking place across the country to recognize and highlight our rich collective heritage. I encourage all Canadians to take part in the celebrations and wish you a memorable month.



Sri Lanka: Judges around the world condemn impeachment of Chief Justice Dr Shirani Bandaranayake

On January 23, 2013 - senior judges and eminent jurists from around the world joined together, calling on the Government of Sri Lanka to reinstate the legal Chief Justice Dr Shirani Bandaranayake.

An open letter issued by the Centre for the Independence of Judges and Lawyers of the International Commission of Jurists (ICJ) was sent to the Honorable Speaker of Parliament Chamal Rajapakse and H.E. President Mahinda Rajapakse, condemning the removal of Chief Justice Dr Shirani Bandaranayake as unconstitutional and in contravention of international standards on judicial independence.

The letter emphasized that an independent and impartial judiciary is essential for the protection of human rights, the rule of law, good governance and democracy.

It says: "The irremovability of judges is a main pillar of judicial independence. Judges may be removed only in the most exceptional cases involving serious mis-

conduct or incapacity. And in such exceptional circumstances, any removal process must comport with international standards of due process and fair trial, including the right to an independent review of the decision."

The impeachment process, and subsequent removal of the legal Chief Justice disregarded international standards of judicial independence and minimum guarantees of due process and fair trial.

"The Rajapakse Government has brought Sri Lanka on the path toward authoritarian rule, dismantling the system of checks and balances and eviscerating judicial independence," said Wilder Tayler, ICJ Secretary General.

The Government's conduct is a flagrant violation of the core values of the Commonwealth of Nations, notably the Latimer House Principles on the Three Branches of Government 2003.

The Latimer House Principles require the State to uphold the rule of law by protecting judicial independence and maintaining mutual respect and



cooperation between Parliament and the Judiciary.

The Commonwealth Magistrates' and Judges' Association endorsed the letter.

In recent days, lawyers and advo-

cates, opposing the impeachment have allegedly been sent threatening letters from a group identified as the Patriotic Taskforce.

The group has targeted the lawyers as traitors. Civil society groups have also been targeted in smear campaigns in the media. The Chief Justice has voiced concern for her and her family's safety, calling on the international media to "...look after the three of us."

"Sri Lanka must act immediately to guarantee the security of persons who have been the subject of threats or intimidation and must initiate prompt, thorough and impartial investigations into such allegations," Tayler added.

The ICJ's Centre for the Independence of Judges and Lawyers and the undersigned jurists urge H.E. President Mahinda Rajapakse and Speaker of Parliament Chamal Rajapakse to act immediately to restore the independence of the judiciary by reinstating the legal Chief Justice Dr. Shirani Bandaranayake. [icj.org]

US Tamil Group expresses deep condolences to the family of Rizana Nafeek

United States Tamil Political Action Council (USTPAC) is shocked and saddened to learn of the execution of Sri Lankan migrant worker Rizana Nafeek on January 9th in Saudi Arabia. USTPAC had made a plea earlier, to his Majesty, the King of Saudi Arabia to show compassion to Ms. Nafeek, for a crime which she allegedly had committed when she was still a minor at age 17. Rizana Nafeek was beheaded after having spent 5 years in prison, in spite of protests and condemnations from international rights groups. The execution has violated international conventions and shocked the civilized world.

"We deplore the barbaric beheading of young Rizana by the Saudi authorities," commented Dr. Elias Jeyarajah, speaking for USTPAC. "The conviction of a child without access to legal assistance coupled with coerced confession under duress, and carrying out the beheading despite numerous appeals for clemency casts an indelible blot on the Saudi Arabian monarchy," said the spokesman.

USTPAC also condemns the government of Sri Lanka for failing to provide adequate counseling and legal representation for Ms. Nafeek. Instead of making

high level contact with the Saudi government to stay the execution, the Sri Lankan government was misleading the public by claiming that Ms. Nafeek's release was imminent. "The Rajapaksa government embroiled in its own illegal impeachment of Sri Lanka's Chief Justice left the young Rizana undefended," charged the spokesman.

USTPAC calls upon the International community, the UN, International Labor Organization and human rights organizations to work together to strengthen the rights of migrant women workers, especially those working in the Middle East and to help alleviate the plight of many who are abused in these countries. USTPAC also calls on the international community to pressure Sri Lanka to ensure that its migrant workers are protected from abusive employers, and the government provides quality consular services when needed irrespective of the ethnicity of its citizens.

USTPAC sends its deep condolences to the family of Rizana Nafeek and stands with them at this moment of great tragedy and injustice.

[Media Release-USTPAC]

Sri Lanka may lose the right to hold Commonwealth Meeting in November this year

There are disturbing reports emerging on the international scene that Sri Lanka may lose the right to host the Commonwealth meeting scheduled for November this year.

This is mainly due to the fact that Canada is pushing the Commonwealth Ministerial Action Group (CMAG) to discuss Sri Lanka in their next Group meeting to be held in London in April, specially after the recent Sri Lankan Chief Justice Impeachment and dismissal issue.

Canada has already reported Sri Lanka to the CMAG following the impeachment of Chief Justice Shirani Bandaranayake and it is reliably understood that there is a possibility of calling an emergency meeting of CMAG to discuss Sri Lanka rather than waiting for their normal meeting in April.

Meanwhile Monitoring MP for Sri Lanka's External Affairs Ministry Sajin Vass Gunawardane has gone to London on a "damage control" mission to explain matters and hold discussions with the Commonwealth Secretariat hierarchy

However, if CMAG decides to take action against Sri Lanka,



Commonwealth Secretary General - Kamalesh Sharma
(Photograph: Akira Suemori/AP)

the Secretary-General of CMAG would not be in a position to bail out the country, observers say. Australia, Bangladesh, Canada, Jamaica, Sierra Leone, Tanzania, Trinidad and Tobago, Vanuatu and Maldives are in the CMAG.

Gunawardane has also met with the British Parliamentary Under Secretary of State at the Foreign and Commonwealth Office and some British MPs to seek their support.

The Commonwealth Secretariat had already criticized the Sri Lankan Government over the impeachment process and dismissal of the Chief Justice and stated that it was against the Rule of Law and a blow to the independence of the Judiciary.



U.S. decides to move special Resolution against Sri Lanka in March at the Geneva U.N. Conference...

The United States has decided to move a special Resolution against Sri Lanka at the U.N. Human Rights Council (UNHRC) in March for failing to pursue those responsible for abuses in the war in 2009.

This announcement was revealed by James Moore, Deputy Assistant Secretary of State, at a specially convened Press Conference in Colombo.

A three-member U.S. delegation is in Colombo on a five-day (January 26 - 30, 2013) visit to discuss issues including progress in implementing the recommendations of Sri Lanka's own official investigation into the war, which called for the prosecution of soldiers suspected of killing civilians.

"The U.S. has decided to sponsor a procedural resolution (against Sri Lanka) at the March 2013 sessions of the UNHRC," Deputy Assistant Secretary of State James Moore told reporters in Colombo.

Washington appeared dissatisfied enough to announce that it would repeat its action of last March, when it sponsored a resolution at the UNHRC urging Colombo to implement those recommendations.

"The U.S. and the other 23 members of the UNHRC who voted for that resolution in 2012 believe that the government of Sri Lanka needs to fulfill its commitments made to its own people."

Rights groups allege that the Sri Lankan military was responsible for the killing of thousands of ethnic minority Tamil civilians in the shrinking territory in the last month before the end of the war. Washington has also raised concerns about the removal of Sri Lanka's Chief Justice and restrictions on freedom of expression.

President Mahinda Rajapaksa's government rejects the allegation and says it never targeted civilians and has been saying that it has been implementing LLRC's recommendations. But rights groups and Western nations say the implementation is far from satisfactory.

It is also alleged that the government ignored established procedures to subject Chief Justice Shirani Bandaranayake to



parliamentary impeachment after which she was removed by the President. Leading jurists from around the world said the action violated international law.

"It is safe to say that the impeach-

ment of the chief justice also contributed to the decision to ensure that the record (against Sri Lanka) stays fresh in Geneva," U.S. Deputy Assistant Secretary of Defense Vikram Singh told reporters.

Sri Lanka's Defence Secretary Gotabaya Rajapaksa says no civilians went missing during the war...

- Opposition Leaders criticize his statement

Defence Secretary Gotabaya Rajapaksa rejected claims that civilians had gone missing in the North during the last stages of the war, insisting that all records maintained by the Army and the ICRC tallied with no discrepancies.

Responding to a question posed by a journalist at a recent Press conference the Defence Secretary said that the people who came to the Army by sea, during the final stages of the war were registered with the ICRC and with the "Indian hospitals manned by the Indian Army, and not a single person is missing from that list", when tallied.

"There was a procedure followed

when registering these people. Not a single person is missing from that list," he said. Mr. Rajapaksa further remarked that many of those considered to be 'missing' might have died during the war as a result of their fighting.

Meanwhile Opposition leaders have criticized the Defence Secretary's statement and said that they were surprised that a responsible officer like him should make such a statement. TNA Leader Sampanthan remarked that "if what the Defence Secretary says is

true, the women who are walking the roads searching for their family members must be of unsound mind".

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Sri Lanka's Muslim IDPs 25 years on

COLOMBO, 21 January 2013 (IRIN) - Almost three years after the Sri Lankan government looked into resettling up to 100,000 Muslims displaced from the country's north during the 1983-2009 civil war, thousands of Muslim families still find themselves in limbo, without the means to return to their former homes.

Despite a time lapse of almost 25 years, Abdul Malik still remembers the announcement Liberation Tigers of Tamil Eelam (LTTE - separatist rebels fighting for an independent ethnic Tamil state in the north) made on 29 October 1990: All Muslims in Jaffna Peninsula, which included the capital of the war-hit Northern Province (Jaffna), had 24 hours to leave or face forced expulsion and death.

"It was horrible, there were only three [Muslim] families living in the area where we lived. We just left the place we knew as home overnight," said Malik who is now a religious 'Moulavi' leader at a small mosque in the northwestern district of Puttalam, where most Muslim families relocated.

Why were they expelled?

While the country's Muslims from the Tamil-dominated north speak Tamil, they are not generally considered ethnically Tamil by Sri Lankans - of all ethnicities - on account of their religion (most Sri Lankan Tamils are Hindus or Christians). The expulsion of Muslims, who made up 5 percent of Northern Province's population before 1990, followed the emergence of a new national Muslim political party, the Sri Lanka Muslim Congress. LTTE leaders feared the new party undermined LTTE's goal of a mono-ethnic Tamil state. The few Sinhalese who used to live in Jaffna city were forced out years before Muslims.

LTTE, which at the time controlled most of Jaffna Peninsula, made sure fleeing Muslims did not take with them any household items, furniture, or even land deeds in some cases. Each person could not carry more than US\$2.25.

The 30 October 1990 mass flight was the largest forced eviction of Muslims during Sri Lanka's civil war. Researchers estimate close to 75,000 Muslims were forced from their homes during the late 1980s and early 1990s.

Where are they now?

Most resettled in northwestern Puttalam District, which already had a sizeable Muslim population. Their number has now swelled to 250,000, according to Colombo-based NGO Law and Society Trust, as well as the Citizens Commission on the Expulsion of Muslims from Northern Province by LTTE in October 1990.

Formed in 2008 the Commission is a collective of Muslim civic groups campaigning for the rights of displaced Muslims.

Almost a quarter of a century after their flight and 44 months since the end of the conflict in May 2009, most are still living in what was intended to be temporary relocation sites.

"They really don't want to go back if there is no guarantee of jobs and housing. So far there is no such guarantee," said Abdul Matheen, a community leader working with displaced Muslims in Puttalam.

Researchers and experts told IRIN that resettling people displaced for years was more complicated than resettling those displaced for a short time.

"They tend to take longer to return and will attempt to rebuild their houses and livelihoods before shifting their entire family [back to their original villages]," said Mirak Raheem, a researcher with local NGO Centre for Policy Alternatives (CPA).

Raheem, who specializes in displacement, told IRIN that most displaced Muslims were wary of leaving their current residence because they lacked the means to resettle. "They have lived for so long in displacement and tried to build a life there, they may opt to settle there. This is especially true for the generation borne and brought up in displacement."

What support are they getting?

There are no current government or NGO-supported programmes to facilitate resettlement of displaced Muslims.

The November 2011 report by the government-appointed Lessons Learnt and Reconciliation Commission (LLRC), which looked into the conduct of the war, noted "the treatment given to the Muslim community of the Northern Province has led them to believe that they are at the bottom of the list of priorities of the government, INGOs [international NGOs] and NGOs and the donor community".

Assistance targeting displaced Muslims has been scant; one rare case is the US\$34 million World Bank funded Puttalam Housing Project, completed in 2011, which provided 4,460 houses to internally displaced persons (IDPs).

Have Muslims registered to return?

In mid-2010 almost all displaced Muslims registered to return in order to qualify for six months of government-supported rations for returnees, according to Farzana Haniffa, editor of *The Quest for Redemption: The Story of the Northern Muslims*.

But few actually made the return journey.

Haniffa, who teaches at Colombo University, told IRIN it was up to the government to support the return of Muslim IDPs, most of whom have a closer linguistic affinity to the north. "They speak Tamil, while in Puttalam the working language is Sinhalese."

Are there any local tensions?

In Puttalam, most displaced Muslims continue living off odd-jobs. Decent jobs,



Even after a quarter of a century, Muslims still feel "alien" in displacement - pic by: Amantha Perera/IRIN

especially for youths, are scarce. Malik told IRIN that even after almost 25 years in Puttalam, he still felt alien. "I know that we are still looked upon as second class citizens here."

Matheen, the Puttalam community worker, said dwindling water and land resources, as well as scant jobs, have heightened tensions between Puttalam's native population and Muslim arrivals.

CPA's Raheem told IRIN that if there were enough jobs, schooling, housing and health care in the north, many of the displaced would return. But jobs and housing reconstruction have lagged far behind needs in the former northern war zone.

What about reintegration and reconciliation?

The LLRC report acknowledged Muslims IDPs have been living in "dire conditions" for more than two decades

and have had trouble integrating. Muslim IDPs interviewed by the Commission reported not being recognized as IDPs. In addition, they said they were "short-changed" in peace negotiations: their request to participate as an independent delegation was not honored.

The Commission concluded that Muslims IDPs remain one of the "key post-conflict challenges" with a "significant impact" on reconciliation prospects.

"The Commission is of the view that durable solutions should be found to address this long-standing IDP issue concerning the Muslims evicted from the North, which contains the seeds of disharmony and dissension if it remains unaddressed."

[IRIN: a service of the UN Office for the Coordination of Humanitarian Affairs]

Top Ranking US Officials Visit Sri Lanka North



US Officials visiting Sri Lanka, Vikram Singh, Deputy Assistant Secretary of Defense for South and Southeast Asia, Deputy Assistant Secretary James R. Moore, Jane Zimmerman, Deputy Assistant Secretary for Democracy, Human Rights and Labor and Ambassador Michele J. Sison met the Bishop of Jaffna, Rt. Rev. Thomas Savundaranayagam, at

Bishop's House, Jaffna on Sunday, January 27, 2013. The Bishop has pointed out to the visiting high-level US delegation that recent escalation of Sri Lanka military practices bring back the milieu of war times. The visiting US team also met the public and representatives from Jaffna University at the American Corner in Jaffna.



Sri Lanka's Cabinet Reshuffled

Sri Lanka's President Mahinda Rajapakse has re-shuffled his Cabinet of Ministers increasing the total number from 52 to 57

The portfolios of five Cabinet ministers were changed and so were those of six Deputy Ministers. Two project Ministers were also appointed. There was no change in the Prime Ministerial post although it was widely expected that a change would take place due to the health condition of the present incumbent-D.M. Jayaratne.

The Ministers and Deputy Ministers were sworn-in before President Rajapakse at Temple Trees last Monday morning.

According to the President's Media Division, deputy Ministers Lakshman Yapa Abeywardena, Jayaratne Herath, Duminda Dissanayake, Vijithamuni Zoysa and Basheer Segudawood were sworn in as ministers of Investment Promotion, Botanical Gardens and Public Entertainment, Educational Services, Wildlife Conservation and Productivity Promotion respectively.

Susil Premajayantha was sworn in as Minister of Environment and Renewable Energy while Anura Priyadarshana Yapa was appointed the Minister of Petroleum Industries.

Former Minister of Power and Energy

Patali Champika Ranawaka was sworn in as Minister of Technology and Research while Pavithra Wanniarachchi was given the Power and Energy portfolio.

Former Minister of Productivity Promotion Lakshman Seneviratne was sworn in as the Minister of Sugar Industries Development while Rohitha Abeygunawardena and Nirmala Kotalawala were appointed as the Project Ministers of Ports and Highways.

Presidential Media Coordinating Secretary Wijayananda Herath said that S. M. Chandrasena, Susantha Punchinilame and M. L. A. M. Hisbullah were sworn in as Deputy Ministers of Economic Development while Faizer

Musthapha, A. R. M. Abdul Cader and Sarath Kumara Gunaratne were sworn in as deputy ministers of Investment Promotion, Environment and Renewable Energy and Fisheries and Aquatic Resources respectively.

President Mahinda Rajapakse and Prime Minister D.M. Jayaratne hold five important ministerial portfolios in the Cabinet.

Former Indian Chief Justice JS Verma cancels visit to Sri Lanka Was Visa Denied?



India's former Chief Justice JS Verma who was designated by the International Bar Association (IBA) to assess the legal issues connected with the recent impeachment & removal of Sri Lanka's Chief Justice, has cancelled his visit to Colombo at the last minute.

Verma was to arrive in Colombo on Friday night as head of an international fact-finding mission. He was to have been accompanied by House of Lords member Baroness Usha Prashar, among others.

"I have decided to cancel" (the trip to Sri Lanka), he told The Hindu newspaper. There was wide spread speculation among diplomatic circles that the visit was cancelled because the Sri Lankan Government had denied the issue of a visa for his visit.

The Verma-led delegation was constituted by the International Bar

Association. It was mandated to investigate and report on the Sri Lankan Parliament's actions on the impeachment issue, and if there were any anomalies and transgressions.

Acting on a resolution passed by Parliament on January 11 with a two-thirds majority, President Mahinda Rajapaksa dismissed Chief Justice Bandaranayake on January 13. Before the impeachment debate could take place, the courts had declared null and void a Parliamentary Select Committee report on which the impeachment motion was based.

Mohan Peiris, PC, has since been sworn in as the new Chief Justice.

Dr Bandaranayake's last public statement was that she remains Chief Justice of Sri Lanka.

Five men accused in India fatal gang rape plead not guilty of charges

The Five men who had been arrested in the Delhi gang rape pleaded not-guilty of the charges against them at the specially constituted fast-track court.

The men were indicted on 13 counts, including rape, murder, destroying evidence and kidnapping.

The court will begin hearing the evidence of witnesses on Tuesday. If convicted, the five men, who are in their 20s and 30s, could face the death penalty.

A sixth suspect, who is 17, will be tried in a juvenile court and could face a maximum sentence of three years in a reform facility if convicted.

Police say the victim and a male friend were attacked after boarding a bus Dec. 16 as they tried to return home after

watching a movie. The six men, the only occupants of the private bus, beat the man with a metal bar, raped the woman and used the bar to inflict massive internal injuries to her. The victims were dumped naked on the roadside, and the woman died from her injuries two weeks later in a Singapore hospital.

The brutal attack set off nationwide protests, sparking a debate about the treatment of women in India and highlighting the inability of law enforcement agencies to protect them.

The Cabinet has now approved stricter penalties for crimes against women, including death penalty for extreme cases of rape.

Jaffna town land prices up 10 times over last 5 years: KPMG report



A 10 perch parcel of land, called a "Parappu", in the heart of Jaffna town, is estimated to cost between Rs. 7 million and Rs. 8 million, according to a real estate report titled "Emerging Jaffna" published jointly by KPMG and the Research Intelligence Unit. The Report also states that this is up to 10 times higher than just five years ago.

However, the report also reveals that there are beach front properties in areas such as Cashuna and Karainagar where a "parappu" can still be acquired for between Rs. 200,000 and Rs. 300,000. On the other hand, the report also cautions that land prices in these areas will "witness a significant increase in the near

future".

Meanwhile, this publication also predicts that the "residential property market is expected to grow by approximately ten percent per annum over the next five years. Where the beach front lands that are ideal for the leisure sector are concerned, the growth rates are likely to be in the higher double digit range.

The timing of this anticipated price increase is likely to hinge on the completion of the A9 Highway that is currently under construction, the development of the Jaffna airport for greater commercial use and the overall aspirations of the people being met".



BOOK REVIEW

Heart Health for Canadians

February is Heart Health Month

Author: Dr. Beth Abramson
Publishers: Harper Collins Canada
Reviewed By Siva Sivapragasam

Every seven minutes in Canada, someone dies from heart disease or stroke.

Against this disturbing health background comes the book "Heart Health for Canadians" authored by Dr. Beth Abramson and published by HarperCollins Canada. The book has been released very timely this month as February is regarded the Heart month. It has also been established that heart diseases are more prevalent among the South Asian community due to their life-style and dietary habits.

Heart disease is a leading cause of death in Canada and Dr. Beth Abramson, a respected cardiologist with 20 years of experience as a physician and a spokesperson for the Heart & Stroke Foundation has written this book as a definitive guide to help protect persons and their families against Canada's leading health threat. The book takes a full spectrum approach to heart disease, covering prevention, symptoms, diagnosis, treatments, recovery, new research and alternative therapies. The book has also laid emphasis on women's heart health and offers complete information on this aspect. It is estimated that heart disease kills more Canadian women each year than all forms of cancer

combined. Dr. Abramson observes that in the last decade women have caught up with men in the rate being equal for death due to heart disease.

The Author has suggested the following measures to take control of one's heart health:

Cut through the hype to understand the most effective preventive methods

Understand the truth about common risk factors
 Recognize the symptoms so you can get early, effective help

Become familiar with the most frequent methods of diagnosis

Know which treatment questions to ask

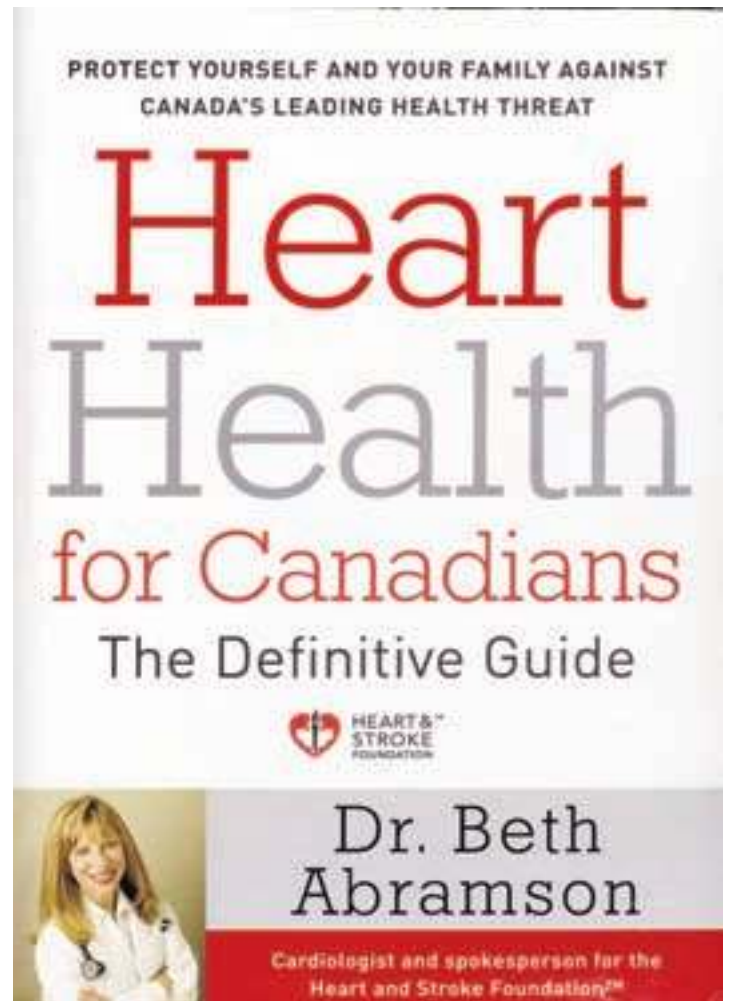
Put yourself on the fastest road to recovery

Learn about new research and cutting-edge therapies

"Heart Health for Canadians" is certainly a valuable health guide that should occupy a place in the bookshelf of every home not only if a member of the family has a heart problem but also to those who would like to protect themselves from heart diseases.

A word of advice to men from Dr. Abramson: "If you are lying in bed at night and your wife has chest pains you shouldn't say, 'It must be indigestion' and turn away. You should say, 'Honey, It could be your heart' and call 911."

(The book was released for sale last month and now available at leading bookshops)



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Bid at our fabulous silent auction, featuring fine wines, Coach purses, hot new cell phones, jewelry....and more!

EVENT DETAILS:

When: Friday, February 8, 2013

Time: 7:00—11:00 p.m.

Where: Graydon Hall Manor, 185 Graydon Hall Drive, Toronto

Tickets: \$60 (includes all food and drinks)

Dress: Cocktail attire
RSVP: Kim Diamond at (416) 285-3666, Ext 4032 or email kdiamond@providence.on.ca for tickets or for more information.

All proceeds from this event will support the urgent needs of Providence Healthcare.

About Providence Healthcare...

Providence Healthcare is a leader within the health-care system, helping people access and receive the care they need in the most effective way possible. Our services include rehabilitation, palliative care, long-term care, clinics and

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- Enjoy dinner with exciting gourmet food stations and open bar
- Share the night celebrating with friends and dancing the night away
- Get your photo taken at the Valentine-themed photo studio to create a fun memento
- Silent auction featuring wine, Coach purse, hot new cell phone, jewelry...and more!

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Health & Care

Love, love, love! It's February, and St. Valentine has arrived with his love arrow. It's the time of year we show our loved ones a little extra love by showering them with fancy chocolate and candies, bouquets of red roses, and expensive perfume and jewellery. So in the spirit of love, why not give your body some much needed love by eating a well-balanced diet, reducing your stress levels, staying positive and happy, taking some "me" time, and most importantly enjoying physical activities and staying active. To help, I've designed three fun, fabulous, February workouts you can do on your own, with your BFF, a family member, or that special someone that makes your heart flutter!

Cardio: Standing climbers to mountain climbers - Hop as you bring your right knee then left knee up near your chest while alternating your right and left arm quickly as if you were punching the ceiling. Pretend as if you were climbing a mountain! After 30 seconds, quickly drop to the ground in push up position and bring your right knee to your chest and then left knee, alternating very quickly (1 minute).

Plyometrics:

45 seconds each exercise.

Airborne heisman - Hop forward while wrapping your right hand over your right shin, just below your knee. Keep your legs wide and jump and hop forward, grabbing your knees, as if you

and feet hip distance apart. Touch the ground and then quickly jump up high and extend arms to reach for the ceiling.

Deep Jacks - Squat down low keeping feet hip distance apart. Spread legs laterally keeping a low squat position throughout the exercise. The idea is to maintain depth not speed. Step your legs out to the side, as wide as you can and then return to squatting position.

Swing kicks - Raise your right leg and draw a circle in the air. Pretend as if you were swinging your leg over a bar stool or a chair. Swing the right leg and then repeat on the left leg.

return to standing position by stepping up on your right foot and then your left foot. Return to bent knee position on floor and repeat the sequence right knee, left knee, right full foot and left full foot.

Toe touch - Lie on your back and raise your legs straight into the air with toes facing the wall behind you. Hold a 5lb dumbbell with both hands and reach for your ankles as you lift your upper body off the ground and squeeze your abdominals. Return to flat back position. Do 20 reps.

Eagle spread - Lie on your back and place your hands under the arch of your

By Ayktah Grover
Founder, Aura Wellness
Certified Nutrition, Fitness, Pre and Post Natal Specialist

Love your body!

For each workout: Perform the necessary repetitions (the number of times you repeat a certain exercise) as indicated and do 2 sets (number of times you perform repetitions) of each exercise with minimal rest (30-60 seconds). Always remember to listen to your body. If it hurts, don't do it! Make sure to warm up before your workout and cool down and stretch after your workout.

The "I hate Valentine's day" workout:

Warm up: 5-10 minutes

Jog on the spot

Squat to steam engine and reverse lunge - Keeping feet hip distance apart, bend your knees and lower down into a squat. Return to standing position. Immediately, bring your left elbow to your right knee and then lower. Then bring your right elbow to your left knee. Finally, place your hands on your hips and step your right leg back behind you, bending your left knee and lowering your right knee so it's two inches above the ground into a reverse lunge. Return to standing position and repeat sequence alternating legs when lunging. Do 10 reps.

Walkout - Stand with feet hip distance apart and walk your hands forward in front of you till you reach a push up position with hands and toes on the floor. Do a push up and then walk your hands back, keeping your legs straight to standing position. Do 10 reps.

Prayer twist - Sit on your bum with knees bent and back at 45 degrees. Hold a 5lb dumbbell with both hands and then twist from right to left, tapping the ground and keeping your gaze on the dumbbells. Keep your chest lifted and your back at 45 degrees. For a challenge, raise your bent knees in the air so you're in a V position. Do 20 reps, alternating side to side.



were jumping through big tires!

Diamond hops - Hop forward with both feet then to the right side, to the back, and then forward to the left side and to the front again - in a diamond shape.

Side to side laterals - Step into a side lunge position with right knee bent, left leg straight and toes pointing forward. Hop and switch to the left side, keeping left leg bent and right leg straight. Keep hopping and switching quickly from right to left.

Jump squats - Lower into squat position, keeping toes pointing forward

Kickboxing: 1 minute each exercise.

Rolling punches - Bring with fists above your head to the right and roll your right fist over the left for 10 counts. Return to the center and roll again, right fist over left for another 10 counts. Finally, turn to the left and repeat for 10 more counts.

Front kick hops - Kick your left leg forward, pointing your toes toward the ceiling and then right switching and hopping with each kick.

Cardio: Surrenders - With arms above your head, bring your right knee to the ground then the left knee. Slowly

back and raise your legs off the ground, keeping them straight, and four inches above the ground. Spread legs to the side and then back to center for 15 reps.

Cool down: 5-10 minutes. Perform the stretches listed below.

The "I'm in love" workout:

Plank to V - Slowly walk your hands forward to a plank position with hands and toes on the ground. Hold for 2 counts and then walk your hands back so you're in a V position. Hold for 2 counts. Walk your hands forward again till you're in a



plank position and this time hold for 3 counts. Repeat this sequence till you reach 10 counts.

Prone bent over row on stability ball - Roll yourself forward on the ball so you face the ground. Spread your legs behind you into a V and hold 8lb dumbbells in both hands so your palms face the ground. Bring your elbows behind you, squeeze your shoulder blades together and relax your shoulders. Keep your back tall at 45 degrees. Return to starting position bringing dumbbells forward to chest level. Do 15 reps.

Cardio: Ski jumps - Jump and scissor your legs and feet, bringing your right leg forward with right arm and then alternating left leg forward and right arm forward adding a hop (1 minute).

Push up with eagle spread - Do a push up and then spread your right leg to the side. Bring leg back to center and do another push up. Spread your left leg to the side and back to center. Alternate sides for 20 reps.

Lunge to squat thrust - Do a forward lunge, stepping forward and bending your left leg while keeping your right leg straight behind you. Bring both hands to the ground and knees to your chest and push or kick your legs behind you until they are straightened. Bring your legs back to your chest with your knees bent and return to standing position. Step forward and do another lunge with the opposite leg and repeat sequence. Do 20 reps.

Cardio: Shuffle to flurry - Shuffle to the side and do a 4 count flurry then shuffle back to the opposite side and do another flurry. Shuffle side to side for 1 minute.

Concentration curls with resistance band - Place the band on the floor and step on with left leg close to the center of the band into a low lunge position with your left knee bent and right leg straight behind you. Place your left elbow on your left bent knee and take your right hand so your palms face the ceiling. Place your right elbow over your left wrist and grab onto the handle and curl your palms toward you. Make sure there is enough resistance so the last three repetitions are difficult. Step close to the handle to add more resistance. Do 12 reps on each side.

Tricep extension with a squat - Step onto a resistance band with feet and knees together and bring the right handle behind your head with palms facing the ceiling. Place your left hand under your right and raise the band up toward the ceiling. Simultaneously, lower the band toward the middle, bending your elbows and keeping your arms close to your ears, and sit into a squat/chair position. Return to standing position. Do 15 reps.

Cardio: Switch squats - Stand in a low squat position with feet slightly wider than hip width and toes pointing forward. Switch in a squat position from



side to side quickly! (1 minute).

The "I'm zen and February is just the second month of the year" workout:

Breathing - Sit on the floor in a comfortable position with your legs crossed and back tall. Close your eyes and take 5 deep breaths – inhale and exhale.

Forward seated bend - Extend your legs forward keeping a slight bend in your knees and toes pointing toward the ceiling. Reach forward and wrap your hands around the side of your feet keeping your feet together. Bring your chin towards your knees and hold for 5 counts.

Pilates bicycle - Sit on your bum and keep your back at 45 degrees. Raise both legs off the ground. Keeping your left leg straight, bring your right knee to your chest. Wrap your hands around your knee and "hug" your knee for 2 counts. Slowly, straighten your right leg. Repeat and bring left knee to your chest, cycling legs right and left. Repeat for 30 seconds.

Straight leg hamstring stretch - Extend your left leg forward with toes pointing toward the ceiling. Bring the sole of your right foot to your left inner thigh. Keep your left leg straight and bend forward and grab your ankles or toes. Hold for 10 seconds and repeat on other side.

Cobbler stretch - Sit on your bum and bring the soles of your feet together, spreading your knees to the side. Grab on to your toes and slowly lean forward, keeping your back tall until you feel the stretch. Hold for 10 seconds.

Thread the needle - Lie on your back and bring both bent knees in the air. Cross your right ankle over your left

knee and wrap your hands around your left thigh. Pull your thigh towards your chest and hold for 10 seconds. Repeat on other side.

Hip bridge - Lie on your back and bend your knees so your feet are six inches apart and heels are close to your bum. Interlace your fingers underneath you and roll your shoulders under your back. Lift your hips up off the ground and round your back. Hold for 10 seconds and slowly release your hands and lower yourself back to the ground.

Prayer twist - Sit on your bum and keep your back at 45 degrees and knees bent. Interlace your fingers in front of you and twist from side to side tapping the ground on either side and keeping your gaze on your hands. Do 20 reps side to side.

Tree pose - In a standing position, with feet hip distance apart, bring the sole of your right foot either below your left knee or above the knee. Avoid placing your foot ON your knee. Bring your hands together so palms meet to chest level. Hold posture for 10 seconds and repeat with other leg.

Dancer's pose - In a standing position, place your right hand and wrap it around the side of your right foot, keeping your knees together and left leg slightly bent. Extend your left arm above your head. Begin to lean forward as you kick your right foot into your hand. Hold for 10 seconds and repeat on other side.

Stretches
Hold each stretch for 10 seconds. Remember to breathe!

Leg extension hamstring stretch - Sitting upright, extend your left leg forward with toes pointing up. Bring the sole of your right foot towards your left inner thigh. Bend slightly at your waist

and reach for your left shin, ankles or toes with both hands, reaching only as far without bending your knee or feeling any pain. Hold and repeat on right leg.

Quadricep stretch - Sitting upright, bring your right ankle behind you towards your glutes and extend your left leg straight in front of you with toes pointing up. Lean back slightly until you feel a stretch on the top of your right thigh. Hold and repeat on other side.

Seated Back stretch - Sitting upright with your chest expanded, extend both legs in front of you with knees and ankles together and toes pointing up. Bend forward at your waist, gently reaching for your ankles or your toes, wrapping your fingers around the outside of your feet while keeping your knees slightly bent. Lower your head into your upper arms and relax your shoulders.

Chest stretch - Sitting upright with legs extended forward, bring your hands behind your back with fingers pointing away from you. Gently drop your neck back, expand your chest, lift your chin and roll your shoulders back so you feel the stretch across your chest. Bring your hands closer together if you do not feel the stretch.

Shoulder stretch - While sitting or standing, bring your left arm across your chest and your right hand to your left wrist. Gently press your wrist towards your chest until you feel the stretch. Release and repeat on right arm.

Abdominal stretch - Raise your arms above your head, interlace your fingers and keep palms together. Keeping your ears close to your upper arms, and knees and feet together, gently bend at your waist to the right. Hold for 10-15 seconds then return to center and repeat on left side.



Dental health and lifestyle:



**Dr. Shanmugam Sivanesan,
President, Toronto East Dental
Society (TEDS)**

STRESS

People may overlook the effect stress has on our oral health. However, our mouths can be just as affected by stress as the rest of our bodies are. Stress can have real consequences for our oral health as well as overall well-being.

Stress can make people neglect their oral-health routines. They may not brush or floss as often as they should or miss dental appointments. People under stress sometimes make poor lifestyle choices – smoking, consuming too much alcohol and eating more sugary foods – which can lead to serious issues including oral cancer, gum disease or tooth decay.

Stress is a contributing factor to other serious oral-health conditions, including:

Bruxism, or teeth grinding while sleeping. People under stress may clench or grind their teeth, especially during sleep. Over a long period of time, bruxism can wear down tooth surfaces. Teeth can also become painful or loose from severe grinding or prone to fractures.

Temporomandibular Disorder (TMD) affects the jaws joints and groups of muscles that let us chew, swallow, speak and yawn. Symptoms include tender or sore jaw muscles, headaches and problems opening or closing your mouth. Bruxism is a major cause of TMD – clenching your jaw muscles can cause them to ache.

Periodontal (gum) disease. Research has shown that stress affects our immune systems, increasing our suscep-

tibility to infections, including the bacteria that cause gum disease.

Xerostomia, or dry mouth, can also be caused by medications to treat stress. Saliva is vital to keep your mouth moist, wash away food and neutralize the acids that are produced by plaque. Left untreated, dry mouth can damage your teeth.

It may be impossible to eliminate all stress from your life, but you can take simple steps to reduce its impact on your health.

Find relaxation techniques or exercises to help you cope with stress.

Brush at least twice a day and floss daily.

Schedule and keep regular appointments with your dentist.

Talk to your dentist about getting a custom-fitted night guard to protect your teeth while you sleep.

Eat a balanced diet, with plenty of fruits and vegetables.

Stay active. If you don't have time to exercise, a 30-minute walk every day is a good start.

Get plenty of sleep.

SMOKING

It's important to know that all types of tobacco including cigarettes, cigars and chewing tobacco are harmful for your oral health. In addition to containing nicotine – which is addictive – they have been all been known to cause:

gum disease

tooth loss

oral cancer (cancer of the lip, tongue)

cancer of the oesophagus and voice box

pancreatic, colon and bladder cancer

Almost 75% of gum disease in adults is caused by smoking. Also, your gums may recede as a result of smoking. This may lead to tooth decay and an increased sensitivity to hot and cold food and drinks.

ORAL PIERCINGS

If you are considering an oral piercing, it's important to know the potential side-effects.

Here are some of the complications that may occur:

Your mouth contains a lot of bacteria. Oral piercing may lead to infection

Your piercing may result in pain, swelling or gum tissue damage

Your piercing may cause chipped or cracked teeth

A pierced blood vessel may cause uncontrollable bleeding

In some cases, your swollen tongue can actually block your airway and inhibit your breathing

RECREATIONAL DRUGS

Did you know that there are consequences for your oral health when you decide to use recreational drugs? It's true! Here are some examples:

Tooth loss: Using tobacco, ecstasy, amphetamines and meth-amphetamines can lead to the constriction of the capillaries in your gums. This affects the attachment of the bone to the tissue of your teeth and may lead to tooth loss.

Dry mouth: Marijuana, ecstasy, amphetamines, meth-amphetamines heroin and replacement therapies may decrease the saliva production that

occurs in your mouth. This will in turn, increase your risk for gum disease and tooth decay.

Erosion and tooth decay: Ecstasy raises your body temperature and you will want to consume sugary liquids. Marijuana and heroin also cause sugar cravings. Frequent consumption of sugary drinks and sweets will weaken your tooth enamel. Vomiting after alcohol consumption may also erode your teeth.

PRESCRIPTION DRUGS

It's important to be aware of how prescriptions and over-the counter-drugs may affect your oral health. For example:

Asthma inhalers that are high in acid can dissolve tooth enamel when used frequently

Cough syrups that have a high sugar content may result in tooth decay

Antihistamines may cause dry mouth
Aspirins, blood thinners and some herbal remedies may affect the ability of the blood to clot normally

The following medications may cause damage to your gums:

oral contraceptives

immunosuppressive drugs

chemotherapy drugs

Blood pressure medications

antihistamines

Talk to your dentist about how the prescription drugs you are taking might affect your Dental health.

Dr. Sivanesan has been practicing Dentistry in Canada for 19 years. He is currently the President of the Toronto East Dental Society, also served as the councillor for the Ontario Dental Association for 6 years.

புதிய, வாழித்த HONDA வாகனங்களுக்கு நாடுங்கள்!



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diggi

How's your heart?



Get a heart check up this February at our community clinic event.

To celebrate Heart Month this February, Rouge Valley Health System is holding its annual **Heart to Heart Community Cardiac Clinic**. Meet with experts from our regional cardiac care program, who will be performing basic tests for heart disease risk factors. We will speak with you about what your numbers say and how you can become more heart healthy. **Learn more at www.rougevalley.ca/heart-to-heart.**

Saturday, February 9, 2013
9:30 a.m. to 6 p.m.

Sunday, February 10, 2013
12 to 5 p.m.

Malvern Town Centre
22 Lebovic Avenue, Scarborough

Saturday, February 23, 2013
9:30 a.m. to 6 p.m.

Sunday, February 24, 2013
11 a.m. to 6 p.m.

Pickering Town Centre
1355 Kingston Road, Pickering

Come have a heart to heart with our cardiac team. All community members welcomed!





VALENTINE'S DAY

Millions of people around the globe send Valentine's Day cards to express their affection for someone special. But how did this holiday originate?

When we think of Valentine's Day, we call to mind hearts, chocolates, flowers and expressions of love. Yet before joining in the fun, wouldn't it be interesting to know where this tradition comes from.

Origins of Valentine's Day

Saint Valentine's Day or Valentine's Day falls on February 14. It is the traditional day on which lovers express their love for each other; sending Valentine's cards, candy, or donations to charities. It is very common to present flowers on Valentine's Day. The holiday is named after three men, all Christian martyrs named

Valentine. The day became associated with romantic love in the High Middle Ages, when the tradition of courtly love flourished.

Roman Roots

The history of Valentine's Day is obscure, and further clouded by various fanciful legends.

Valentine's Day began when the early Roman Catholic Church tried to Christianize an ancient pagan Roman holiday called Lupercalia, celebrated by shepherds on February 15. The word Lipercalia comes from lupus or wolf. That celebration was a licentious festival that honored Lupercus, the hero-hunter of wolves. This festival was so immensely popular among the Roman people that Pope Gelasius 1(492-496) recast this pagan festival as a Christian feast day (circa 496), abolishing Lupercalia and replacing it by St.Valentine's day to be celebrated on February 14.

Valentines Galore

Which St. Valentine this early pope intended to honour remains a mystery: according to the Catholic Encyclopedia, there were at least three early Christian saints by that name. One was a priest in Rome, another a bishop in Terni, and of a third St. Valentine almost nothing is known except that he met his end in Africa. Rather astonishingly, all three Valentines were said to have been martyred on Feb. 14.

Most scholars believe that the St. Valentine of the holiday was a priest who attracted the disfavour of Roman

emperor Claudius II around 270.

At this stage, the factual ends and the mythic begins. According to one legend, Claudius II had prohibited marriage for young men, claiming that bachelors made better soldiers. Valentine continued to secretly perform marriage ceremonies but was eventually apprehended by the Romans and put to death. Another legend has it that Valentine, imprisoned by Claudius, fell in love with the daughter of his jailer. Before he was executed, he allegedly sent her a letter signed "from your Valentine."

“ Although all historical sources contain some of the same notions about how Valentine's Day developed, each one highlights another facet of the story.

Although all historical sources contain some of the same notions about how Valentine's Day developed, each one highlights another facet of the story.

According to one of the sources, part of the ancient ceremony entailed putting girls' names in a box and letting the boys draw them out. Couples would thus be paired off until the following year. The Church substituted s names for girls' name in the hope that the participant would model his life after the saint

whose name he drew. But by the 16th century, it was once again girls' names that ended up in the box. Eventually the custom of sending anonymous cards or messages to those one admired became the accepted way of celebrating St. Valentine's Day.

Over the centuries, the holiday evolved, and by the 18th century, gift-giving and exchanging hand-made cards on Valentine's Day had become common in England. Hand-made valentine cards made of lace, ribbons, and featuring cupids and hearts eventually spread to the American colonies. The tradition of Valentine's cards did not become widespread in the United States, however, until the 1850s, when Esther A. Howland, a Mount Holyoke graduate and native of Worcester, Mass., began mass-producing them. Today, of course, the holiday has become a booming commercial success.

Raymond Rajabalan





LONG-TIME SCARBOROUGH RESIDENT AND HOSPITAL PATIENT WINS GRAND PRIZE IN CAR RAFFLE



Seelal Binda, the winner of this year's Win A Car Charity Raffle at centre with Guy Bonnell, Vice President, Community Development, TSH on left and Rob Gardiner, Sales Manager, Scarborough Toyota on right.

Benafsha Saleh, Product Advisor at Scarborough Toyota, presented the keys to a brand new 2013 Toyota Corolla to Seelal Binda, the winner of this year's Win A Car Charity Raffle. Proceeds from the annual event supported the Cancer Care Program at The Scarborough Hospital.

Seelal Binda's plans to buy a new car were pleasantly intercepted when he received a call from The Scarborough Hospital Foundation informing him that he just won a 2013 Toyota Corolla. The brand new car, donated by Scarborough Toyota, was the grand prize in this year's Win A Car Charity Raffle hosted by the Foundation to raise funds for The Scarborough Hospital.

"We've used the hospital since we came to Scarborough and we've always been treated well," said Mr. Binda, who immigrated to Canada from Trinidad with his family in 1970. "Whatever I can afford to give back, I give."

Mr. Binda has been receiving ongoing treatment at the hospital's Birchmount campus for about two years now, but has a long history with both sites including the births of his two children at the General campus.

He also has a history with Corollas, and after owning one for 15 years with great service, was thrilled to get another – especially for \$50, the cost of three raffle tickets. The 2013 Toyota Corolla was presented to Mr. Binda on January 18.

In total, more than 3,200 tickets were sold in the 2012 raffle. Proceeds benefitted the hospital's Cancer Care program which provides excellent care to a high volume of patients and maintains a low wait time for treatment. The program's vision is to create an integrated Cancer Care program to streamline services, increase efficiency and improve access for Scarborough residents.

There were 13 prizes in this year's raffle, including Mr. Binda's new car. Other prizes included two cash prizes of \$2,500 and 10 Apple iPads.

"We want to congratulate all the winners in this year's raffle," said Michael Mazza, President of The Scarborough Hospital Foundation. "We also wish to thank each and every person who purchased a raffle



Benafsha Saleh, Product Advisor at Scarborough Toyota, presented the keys to a brand new 2013 Toyota Corolla to Seelal Binda, the winner of this year's Win A Car Charity Raffle. Proceeds from the annual event supported the Cancer Care Program at The Scarborough Hospital.

ticket or donated their time to support this event. It is through their remarkable kindness that we are able to raise funds for the hospital's programs and services, and enhance healthcare in our community."

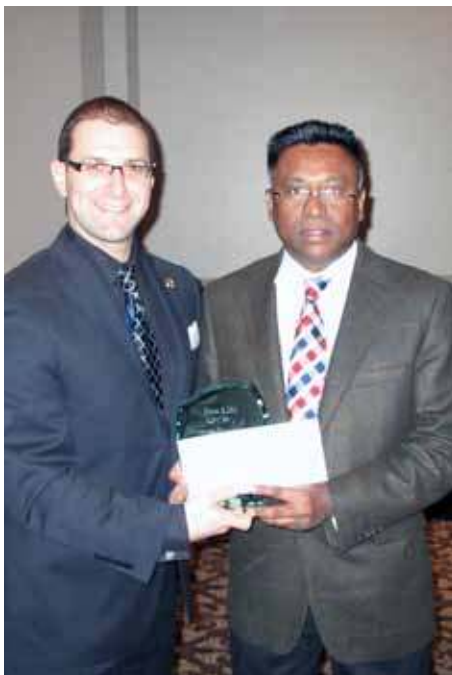
AJITH SABARATNAM

Ranked No: 1 by Sun Life in Ontario Region

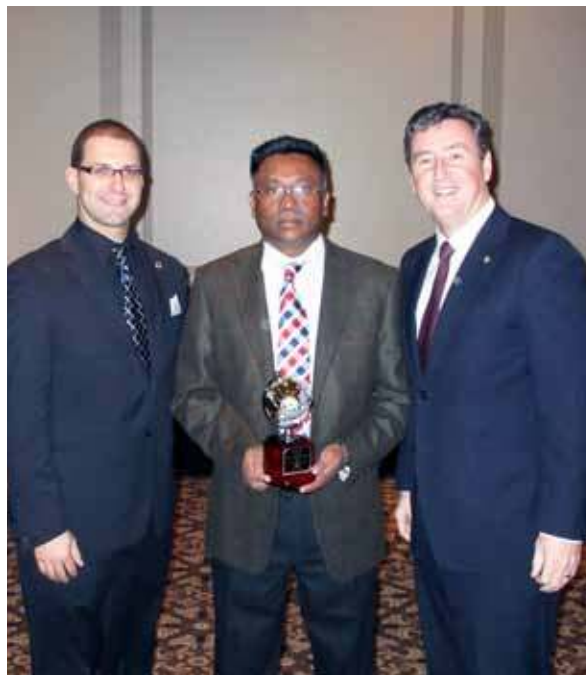
Ajith was awarded recently, ranked No 1 position in sales by Sun Life Financial in Ontario Region. Ajith received the awards in the presence of Sun Life President Mr Kevin Doughty, Regional Vice President Mr Matt Fishman and Mississauga Branch Manager Mr Bhupendra Kuntawala. Its also a remarkable achievement by Ajith for being 10 times in the last 11

years as No 1 in Ontario Region. Ajith Sabaratnam has been in the financial services industry since 1987, and a financial advisor with Sun Life Financial since 2001, where he has helped clients successfully prepare financially for their future. Since joining the company, he was ranked in the top two producers nationally in 2004, has been the number one producer in the region

and recognized amongst the top 10 advisors in Canada for the last 11 years. His contribution as an Elite advisor to his community has been very impactful and earned him reputable respect amongst his people. He has been a member of the Canadian Tamils' Chamber of commerce for the last 10 years and currently serving the board as Vice President – Community Relations.



Ajith Sabaratnam with Sun Life Regional Vice President Mr Matt Fishman



Ajith Sabaratnam with Sun Life President Mr Kevin Doughty on right and Regional Vice President Mr Matt Fishman on left



Ajith Sabaratnam with Sun Life Mississauga Branch Manager Mr Bhupendra Kuntawala on left and Regional Vice President Mr Matt Fishman on right



Scarborough World Cup of Cricket set for June



The Scarborough
World Cup of Cricket
2012

The sport of cricket will be front and centre this spring as The Scarborough Hospital Foundation hosts the Scarborough World Cup of Cricket June 23-23, 2013 at L'Amoreaux Park.

This inaugural event celebrates and embraces Scarborough's richly diverse communities. The goal is to raise \$50,000 with proceeds going towards The Scarborough Hospital's Cancer Care Program.

The Scarborough World Cup of Cricket is a two-day 10-team round robin tournament that will foster a fun competitive

spirit around the game of cricket with a reduced format of 10 overs per match. It will feature a "learn to play" Cricket Clinic for kids and adults. Patrons of the Scarborough World Cup of Cricket will enjoy a family BBQ picnic with international foods from local vendors. There will also be a "Mash Teddy Bear" clinic for families and their kids. Teams will include a total of 15 players, which include four substitutions.

"Cricket is the fastest-growing sport in Canada," says John Melvin, Tournament Director. "A large majority of New Canadians are from countries where cricket

is big, and they feel at home with a familiar activity."

The event will be broadcast on Asian Television Network (ATN), the official media sponsor of the tournament, along with sponsor interviews.

Other team sponsors include Scotiabank, PowerPlay Bat/Spice Shack and Arthur Fire Protection. There are still several excellent sponsorship opportunities. For more information, contact Guy Bonnell, Vice President, Community Development, The Scarborough Hospital Foundation, at gbonnell@tsh.to or call 416-438-2911 ext. 6664.

Strategic Plan Refresh enters next phase of community engagement



The Scarborough Hospital's community engagement strategy – a key component in updating our Strategic Plan – has entered the next phase in one of the most extensive consultation processes ever undertaken by any healthcare facility in the Greater Toronto Area (GTA).

The purpose of the Strategic Plan Refresh is to redefine the scope, size and location of hospital services and programs over the next few years, resulting in a stronger integrated organization that can better serve the needs of the Scarborough community.

"The healthcare system in Ontario is undergoing a significant transformation that will change the way patients receive care," explains Dr. John Wright, outgoing President and CEO of The Scarborough Hospital. "Some services that are currently offered in hospitals will move into community clinics, providing they can be offered at the same high quality and at less cost. Hospitals will begin to specialize, focusing on services that can only be done in acute care hospital settings. For patients, it will mean receiving the right care, at the right time, in the right place.

"We know there will be tough decisions to make, but we are confident we can work together with our stakeholders to find solutions that allow us to continue our growing reputation as a leader in quality care."

Some of the hospital's longest-serving physicians support the ideals around the Strategic Plan Refresh.

After 20 years working out of the Birchmount campus, Dr. Sandy

Finkelstein recently accepted the position of Corporate Chief of Medicine/Medical Director because he sees an opportunity for the hospital as changes unfold over the coming months and years.

"The hospital is now at a great time of change and revision, and while that might make others apprehensive, it's a time of opportunity and a chance for the two sites to really come together as one hospital," Dr. Finkelstein says. "The Strategic Plan Refresh allows us a chance to harmonize some of the services we provide. And I personally didn't think I could be happy with myself if I sat on the sidelines right now."

Nephrologist Dr. Robert Ting, who has been with the hospital for 20 years, believes The Scarborough Hospital must be fiscally responsible and plan for our future.

"Strategic Plan Refresh helps us set our priorities and offers us an opportunity to create some of the best programs in the province and become leaders in quality care," Dr. Ting says. "This process will also allow us to improve integrated care delivery between both hospital campuses."

"Our physicians need to be engaged in the entire process since we are in a unique position of being strong advocates for our patients, and can help improve quality and efficiencies within the system."

The Scarborough Hospital has embarked on an ambitious two-phase community engagement process to inform, educate and elicit input from as many individuals and community

groups as possible.

Beginning in the summer of 2012 and completed in mid-January, 2013, Phase 1 focused on informing and educating the community on the changes to Ontario's healthcare funding formula as part of a province-wide health system transformation, and the impact those changes will have on The Scarborough Hospital.

The hospital brought together more than 800 people – representing staff and physicians, residents, community partners and other stakeholders – in 38 separate meetings around Scarborough to hear about our successes in meeting our healthcare delivery obligations, and to discuss our current and future challenges in maintaining and improving quality healthcare services within a whole new financial environment.

Feedback from evaluation forms distributed at these meetings showed that 82 per cent of the 215 who completed the forms agreed or strongly agreed that The Scarborough Hospital has done a good job in sharing information about coming changes to healthcare. Eighty six per cent agreed or strongly agreed that the presentations were clear and understandable.

Parallel to the community engagement process was the dedicated work of the hospital's Program Improvement Committee, which includes physician and administrative leaders from all major clinical programs who examined data and developed options for the size and scope of program and service delivery. The work of the Committee was presented to the Board

of Directors on January 15th. No decisions around siting or configuration were made. The Board is committed to receiving input from physicians, staff and our external stakeholder groups before they make a final decision.

A concurrent Maternal Newborn and Child Care Review, which involved a collaboration of physicians, staff and community members developing a strategy to improve patient care and experience, staff morale and overall program efficiency, rolled its recommendations into the options presented to the Board.

The second phase of the Strategic Plan Refresh Community Engagement Process, throughout the month of February, focuses on obtaining input and feedback on the proposed options for delivering a suite of integrated programs and services at TSH's two campuses. There will be a chance for staff, physicians, volunteers, the community and other stakeholders to share their thoughts and ask questions before any decision is made by the TSH Board of Directors.

A number of input opportunities are designed to provide varied options for participation. This includes public information sessions, focus groups, online survey, mall engagement and executive interviews.

For more information on The Scarborough Hospital's Strategic Plan Refresh and community engagement activities in your area, click on

<http://www.tsh.to/pages/Refreshing-our-Strategic-Plan>



RETIRED STAFFER GIVES BACK TO THE SCARBOROUGH HOSPITAL WITH DONATION TO THE BREAST CLINIC

Anne Slover-Cheesman, who retired from The Scarborough Hospital in 2007, recently returned to make a \$20,000 donation that she would like to see go towards a new digital mammography program at the hospital's General campus.

Anne Slover-Cheesman always knew she'd make a donation to The Scarborough Hospital Foundation when she had the means and that day has finally come. The Charge Technologist retired from TSH in 2007 and has kept busy as a consultant and speaker on breast

health. She regularly returns to visit the Breast Clinic at the General campus. During her most recent holiday visit she decided to make a \$20,000 donation to the new digital mammography program at the Breast Clinic.

"When I left, I thought that this would be a good place to help," she says. "When I was here, the hospital didn't receive a lot of financial support from the community. I am glad to hear that is changing and I hope my gift will inspire others."

Anne was tasked with getting the Breast Clinic up and running when she started at TSH in 1999. She put a lot of hard work into the clinic and saw her colleagues do the same. In that regard, her gift is not only a way to give back to the community, but also to recognize the Breast Clinic's dedicated Medical Radiation Technologists "who administer to the women of this city with meticulous empathetic care and proficiency."

"I know how dedicated they are and how skilled they are and I'd like to help to keep that going," Anne says.

From the beginning of her career as a nurse and a medical radiation technologist in the 60's until today, Anne has seen a lot of changes around breast health, from diagnosis and treatment for breast cancer to improved survival rates. Screening rates have improved

in the past 20 years since the implementation of the Ontario Breast Screening Programs, but Anne would like to see them improve even more.

"High quality mammography is a life saver. It saves the lives of women," she says. "It keeps them with their families; it keeps them in their communities contributing. There is no doubt screenings save lives."

Anne wants to see her gift go towards a new digital mammography program at the General campus.

"It says a lot about Anne, about how committed she is to the improvement of patient care," says Tom Jackson, Patient Care Director of Diagnostic Imaging. "It's really nice that Anne has taken the time to come back and make a contribution to something she is so passionate about. We are very grateful to Anne for her gift."

Michael Mazza, president of The Scarborough Hospital Foundation, believes it says something about TSH that Anne decided to make a generous donation.

"The staff support and are invested in the success of the hospital – even after they say goodbye," he says. "Anne's gift shows her continued commitment to improving patient care even though she is no longer on the front lines."

GAIN Clinic marks two years of offering specialized care to seniors



Since opening in 2010, The Scarborough Hospital's Geriatric Assessment and Intervention Network (GAIN) Clinic has watched their patient numbers steadily increase, which means more seniors are able to stay at home safely and avoid trips to the emergency department (ED).

As the clinic celebrated its two-year anniversary on January 18 it also celebrates an excellent track record of providing quality of care. For example

from April to June 2012, 88 per cent of seniors who were seen in the GAIN Clinic avoided repeat trips to the ED within one month of their visit.

"We want to help seniors stay at home and healthy," says Debbie Daly, Nurse Practitioner and GAIN Clinic Lead. "The reality is that seniors, once admitted to hospital, have longer stays, and that means a longer recovery."

She adds that the clinic is thrilled to

see their patient volumes increase as that means potentially reduced emergency room visits and admissions to the hospital.

Currently there are 160 physicians and nurse practitioners referring to the clinic and clinic staff continue to build strong relationships with other healthcare practitioners to provide patients with integrated and specialized care form an interprofessional team.

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1. Who owns the policy?	1. The bank owns the insurance policy.	1. Client owns their own Policy.
2. Who controls the policy?	2. The bank controls all the options.	2. Insured has control of all the options.
3. Can I guarantee I will always be covered?	3. Your policy will lapse if your mortgage goes into arrears.	3. Policy will not lapse if you miss a Mortgage payment.
4. Who is my beneficiary?	4. Your Beneficiary is the Bank.	4. You can name any Beneficiary you want.
5. What kind of coverage do I have?	5. Your coverage is decreasing term with level cost.	5. Level term coverage with fixed premiums.
6. Can I be covered if I change mortgage holders?	6. Moving the mortgage means reapplying for insurance.	6. Your covered regardless of which institution you choose.
7. How much insurance do I have?	7. Face amount of the policy cannot exceed the value of the outstanding mortgage.	7. Your coverage is determined by your needs and wants.
8. What options do I have if I or my spouse dies?	8. No option but to pay off the mortgage.	8. Survivor can invest the money and use returns to pay the mortgage and still keep the capital.
9. Can I convert my insurance to a permanent plan at any time?	9. Not extendible.	9. Your policy is renewable and convertible.
10. Am I penalized for casual deposits?	10. Penalizes casual deposits.	10. Rewards casual deposits.
11. Who guarantees that I am covered if I die?	11. Underwriting is done at time of death and research can date back to birth.	11. Underwriting is done at time of application and before a second premium is paid.
12. Who is more expensive?	12. Can be very expensive.	12. We are very competitive.



Video games ease kids' hospital visits

Once again, the National Post's Financial Post Tech Desk editor, Matt Hartley, collected new and used video games for children's hospitals and paediatric centres across Canada, in his annual Hartley's Video Game drive for Kids before Christmas.

The Rouge Valley Health System hospitals were among the lucky recipients of games for kids. Games of all ages and for each game system console were donated and staff in the paediatric departments of Rouge Valley Ajax and Pickering and Rouge Valley Centenary hospitals were pleased to accept the games, which are put to good use by young patients.

From the Foundation, thank you to Mr. Hartley for including Rouge Valley again, for the second year now, among nine hospital systems across Canada the game drive supports.

Top: Noah, a young patient at RVC shows off one of the games donated this year, along with staff from the paediatrics department, Kirsty, seated, and Alex, back right, and Ros from the Foundation.

Bottom: At RVAP, staff members Erika and Carly at back, show off some of the games donated, with the help of young Rhys, left, and his brother Alex.



Buy a Bed campaign rolling across the finish line

February 6 event will see new beds arrive, donors and volunteers celebrated

January 28, 2013 — Excitement is building for the dedicated donors, volunteers and hospital staff who made the Buy a Bed campaign a huge success, as they get ready to roll out the first beds next week to complete the drive to restore comfort and health for patients at Rouge Valley Centenary hospital (RVC).

"This is going to be so much fun for everyone who helped make this day possible," says Buy a Bed campaign Co-Chair Janet Ainslie. "There have been so many people, businesses, service clubs and community leaders that have contributed to this campaign and we are ready to celebrate their hard work as we cheer on the arrival of the first new beds."

The campaign was launched live on Breakfast TV just over two years ago and since then there has been many fun events to raise awareness for the campaign and raise the needed funds. Bed races, an overnight bed-a-thon, McHappy Days and school McDonald's fundraiser nights, as well as many community

groups holding their own events to help make the campaign a success.

All of this has shown fellow campaign Co-Chair Paul Ainslie that the community Centenary serves really cares about its hospital and the comfort of patients here.

"Donors have come from all sectors, from corporations to children donating money from their lemonade stand," Mr. Ainslie explained. "Firefighters, EMS staff, police, TTC employees and a great number of the hospital's own staff and administrators have thrown their support and personal donations behind this campaign and we are truly inspired by their dedication."

Everyone involved in the campaign is invited to come to RVC on Wednesday, Feb. 6, at 8:30 a.m. to be a part of the event. The arrival of the first beds is the star attraction and there will be cake and refreshments along with spot prizes for staff and guests who wear Buy a Bed T-shirts or dress in a 'bedtime' theme.

The media is invited to attend this photo opportunity:

New program improves patient recovery

Pre-hab program allows hip and knee replacement patients to leave hospital sooner

A new program introduced in Rouge Valley Health System's (RVHS) surgical program is helping hip and knee replacement patients to return home sooner, and in better physical condition.

The pre-habilitation – or pre-hab – program, based at Rouge Valley Ajax and Pickering hospital campus, was introduced in November. By helping to bring patients to optimal physical condition before their surgeries, patients leave hospital sooner, and in better condition, after their surgeries. More patients are now able to return home in two to three days.

How it works

While other health care facilities offer pre-hab programs, Rouge Valley offers a much more comprehensive program in which patients guide their progress by first setting their own goals. Patients enrolled in the program participate in one education session and six weeks of self-conditioning sessions, three times a week for six weeks.

Classes are led by a registered practical nurse and an occupational/physiotherapy assistant, and cover a variety of topics, including, strength/endurance training, self-conditioning, functional goal setting and activities of daily living. The group format provides patients with the opportunity to share their goals with other patients, discuss their progress, and provide much-needed support to one another. With some patients coming as far as Peterborough, an online modified self-conditioning component is also being added for those unable to travel.

"Patients become partners in the program, determining their own functional

goals. They help to set up specific measurable goals and work to achieve them with the support of a health care professional. Combined, this helps to bring the patient into better physical shape before a scheduled surgery, helping the patient to better recover after the surgery," explains Amber Curry, manager, ambulatory care unit.

It's not just about getting into better physical shape before their surgery. Patients also learn new techniques that they will have to use, post-surgery, including safe transfers, ambulation and other activities of daily living. More than 40 patients have completed the pre-hab program, now being evaluated for expansion to Rouge Valley's Centenary hospital campus in east Toronto. A physician referral is required to enter the program.

Better outcomes for patients

For Ajax resident and pre-hab patient Frances Dunn, the benefits of the program are numerous. It helped to bring her into better physical shape, and prepare her for her hip replacement surgery in January.

"My quality of health going into this surgery is much better. The quality of my experience is also better. I have better access to the resources I need. The personalized care the staff has given me has also given me more knowledge," she explains. "Before my last surgery, I tried to do my own pre-hab. But I didn't have the knowledge that I needed to do it successfully. The staff for this program motivated me so that I could get the most out of the experience," she adds.

Date: Wednesday, February 6, 2013

Time: 8:30 to 9:30 a.m.

Location: The Court at Rouge Valley Centenary, North Entrance, 2867 Ellesmere Rd., Scarborough

Rouge Valley Health System Foundation — Enhancing care in the community

The Rouge Valley Health System Foundation's mission is to partner with the community to invest in superior health care at Rouge Valley Health System. The Foundation raises funds to



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Special Feature

Yoga - The Ultimate Expression

Question: Sadhguru, I have heard you say that yoga is the Ultimate Expression... what is that?

When we say "yoga", probably for many of you it means some physical postures: twisting yourself into some impossible postures. That is not what we are referring to as yoga. Yoga means to be in perfect tune. Your body, mind and spirit and the existence are in absolute harmony. When you fine-tune yourself to such a point where everything functions so beautifully within you, naturally the best of your abilities will just flow out of you. When you're happy, your energies always function better. Do you see that when you're happy you have endless energy? Even if you don't eat, if you don't sleep, it doesn't matter; you can go on and on. Have you noticed this? So, just a little happiness is liberating you from your normal limitations of energy and capability. Now, yoga is the science of activating your

different way. As you are sitting here right now, you consider yourself to be a person. You are identified with many things, but what you call as "myself" is just a certain amount of energy. Do you know, modern science is telling you that the whole existence is just energy manifesting itself in different ways? If this is so, then you're also just a little bit of energy functioning in a particular way. As far as science is concerned, this same energy which you call as "myself" can be here as a rock, lie there as mud, stand up as a tree, bark as a dog, or sit here as you. Everything is the same energy, but functioning at different levels of capability.

Similarly, among human beings, though we're all made of the same energy, we still don't function at the same level of capability. What you call capability or talent, what you call your ability to do things in the world, your creativity, is just a certain way your energy functions. This en-



Sadhguru Vasudev is a realized master, yogi and mystic, who has founded Isha Foundation, an international public service organization that strives for ultimate human well-being. For world-wide program information, visit www.ishafoundation.org
 Toronto local contact 1-866-424-ISHA (4742) or email Toronto@ishafoundation.org



inner energies in such a way that your body, mind and emotions function at their highest peak. When your body and mind function in a completely different state of relaxation and a certain level of blissfulness, you can be released from so many things that most people are suffering from.

Right now, you come and sit in your office, and you have a nagging headache. Your headache isn't a major disease, but it takes away your whole capability for that day. Just that throbbing takes away everything. With the practice of yoga, your body and mind will be kept at their highest possible peak. There are also other dimensions to yoga. When you activate your energies, you can function in a

different way. As you are sitting here right now, you consider yourself to be a person. You are identified with many things, but what you call as "myself" is just a certain amount of energy. Do you know, modern science is telling you that the whole existence is just energy manifesting itself in different ways? If this is so, then you're also just a little bit of energy functioning in a particular way. As far as science is concerned, this same energy which you call as "myself" can be here as a rock, lie there as mud, stand up as a tree, bark as a dog, or sit here as you. Everything is the same energy, but functioning at different levels of capability.

Similarly, among human beings, though we're all made of the same energy, we still don't function at the same level of capability. What you call capability or talent, what you call your ability to do things in the world, your creativity, is just a certain way your energy functions. This energy, in one plant it functions to create rose flowers, in another plant it functions to create jasmine, but it's all the same energy manifesting itself.

If you gain a little bit of mastery over your own energies, you will see, things that you never imagined possible you will do simply and naturally. This is the experience of any number of people who have started doing these practices. It is the inner technology of creating situations the way you want them. With the same mud that we build such huge buildings, initially people were building little huts. They thought that's all they could do with it. With the same earth, haven't we built computers? What you call a computer is dug out of the earth. We thought we could

only dig mud and make pots or bricks out of it. Now we dig the earth and make computers, cars and even spacecraft out of it. It is the same energy; we have just started using it for higher and higher possibilities.

Similarly, our inner energies are like that. There is a whole technology as to how to use this energy for higher possibilities. Every human being must explore and know this. Otherwise, life becomes very limited and accidental; you get to do only what you're exposed to. Once you start activating your inner energies, your capabilities happen in a different sphere altogether.

Yoga is a tool to find ultimate expression to life.

Sadhguru is a Realized Master, Yogi

and Profound Mystic of our times. A visionary, Sadhguru asserts that peace and happiness are not the ultimate goals of life, but the most basic needs in every human being. He developed Isha yoga as a powerful method for individual transformation leading to human emancipation. A glimpse of his life and work can be found in the books *Encounter the Enlightened and Mystic's Musings*. For more details visit www.ishafoundation.org

Editor's note: Isha Kriya is a free online guided meditation that helps bring clarity and well-being into one's life. For more information, please visit: <http://ishafoundation.org/ishakriya>



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TWO SHORT STORIES

Sinniah (inset photo) lost an eye and a leg to the war. He has five children to feed while his wife works as a housemaid in Saudi Arabia. He repairs bicycles in his yard (background photo). His first loan enabled him to dig a well and plant vegetables. Diligent with his payments, he will soon be eligible for a larger loan to expand his business. He plans to stock his "shop" with wholesale bicycle parts and reduce his overhead. Passing on some of the savings to his customers will generate more work. A win/win situation!

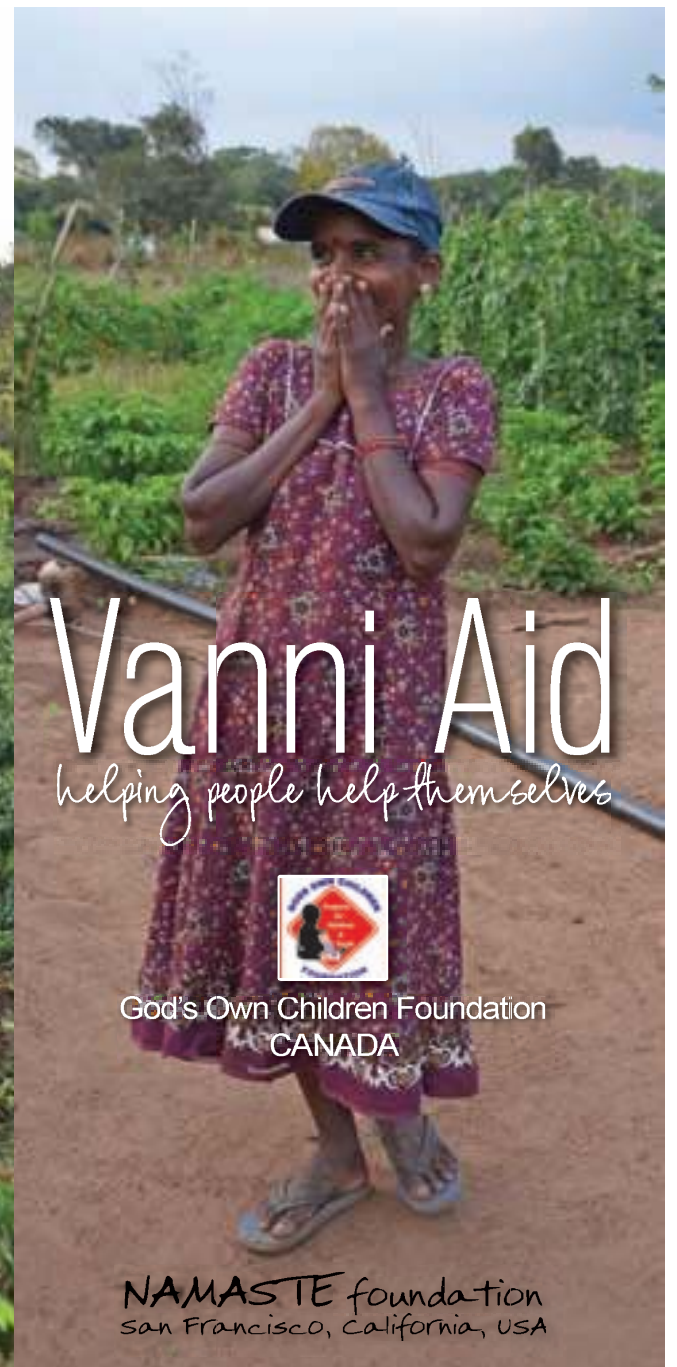
The plucky little lady on the front cover has five children. They all live in a tin sheet hut (back cover). Yoharani scratched a living from the land she watered painstakingly with a bucket before our loan enabled her to buy a pump. Now, her land is bursting with produce and her oldest child is headed to college. From hardship to hope!

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Countless numbers of Sri Lankan lives in the northern Vanni Area were destroyed by the 30 yr Civil War.

Civilians were driven from their homes in droves by the violence. Thousands died, thousands more subsisted in camps for years. Children were lost, limbs were blown off, homes destroyed and livestock dispersed. The countryside was littered with lethal landmines. Clearing continues to this day.



Recently, IDPs (internally displaced people) have returned to restart their lives. Most have come back to a wasteland. Many are amputees and disabled. They need help.

Vanni Aid brings a unique kind of assistance. These are hardworking people emerging from years of loss and hardship. Vanni Aid seeks to honor their dignity and support their independence.

Vanni Aid provides small, *interest-free* loans with an extended grace period. Payments are plowed directly back into the program to make loans available to other willing participants and larger, secondary loans for those who have been conscientious.

Funding depends entirely on donations. Monies are distributed through the Bank of Ceylon and managed by the Rotary Club of Colombo.

God's Own Children Foundation in Canada have also contributed, installing solar-lit shelters for children to do their homework in Mankandi, Vavuniya.

Volunteers from the USA and Canada visit borrowers every four months to gauge progress, report to donors and consider the next steps.

Borrowers also benefit from being introduced to the banking system and can expect to be able to establish their own credit over time.

A foothold in the future!





WORDS OF PEACE

Haunted

Even if most people don't really believe in ghosts, the popularity of ghost stories—in books, in movies, around a campfire—shows there's something about the idea of them that's compelling.

In fact, in a sense, everyone is haunted, says Prem Rawat, who is widely known as Maharaji. The apparitions that torment us are called the past and the future. Maharaji's mission is to help people lay these ghosts to rest and find peace within themselves.

"In our unconsciousness," he says, "we live in the world of apparitions—the past and the future, which are nothing but ghosts. How much of your past taxes you, drains you? Your child grows up to be as wild as you were, and your past comes back to haunt you.

"The future taxes you, too. 'How am I going to become better—make more

money, get a promotion, improve my health, retire? These are very important things in life!' So why do they haunt you?"

There's only one place of refuge from these hauntings, Maharaji says—and that's the present, the moment called now.

"This is your reality," he says, "not your past, not your future, but the moment called now."

The present is elusive, though. In the time it takes to snap your fingers, it's gone. Maharaji says he has a way to capture it. "There is a trick not to miss it," he says. "It's called awareness.

"Today needs to be celebrated. The fact that I am alive – it needs to be celebrated. It needs to be understood. When you are aware of your existence, you no longer will be haunted by your ghosts, your apparitions. You will be free, and all

in this life will be well."

At presentations around the world, Maharaji talks to people about finding peace and fulfillment in the moment called now. He often answers questions from the audience about his work.

Q: Maharaji, this idea of living in the present is a beautiful idea, but is it practical? Is it even possible?

Maharaji: Yes, of course it is possible. This is what I talk about. It is not an idea. It is not a dream. It's real. Real—and far from being spooky, far from being dangerous, it's actually the most beautiful, the most magnificent experience. It brings you consciousness, it brings you awareness. It brings you joy. It brings you life.

Q: I often feel haunted by misery, and I fear I might never be able to be happy.

Maharaji: When we become miserable, we feel disoriented. We feel fear. It's as if everything is just out to get you. It's the same with peace. When you get peace, you also get happiness. You get clarity; you get understanding.

It's like hanging out in a bad neighborhood or a good neighborhood. In life, we



have a choice to travel through a bad neighborhood or a good neighborhood. If you are going in big circles, arriving at the same intersection again and again, I am willing to bet you don't have a map.

A map tells you, "You are here, and you want to go here." I mean, my goodness, if I have a map, and I know where I am, nobody needs to tell me where I need to go! I know that. I know I want happiness.

Are you in a bad neighborhood? Get a map. You know what the name of the map is? "Know thyself."

Q: Saints and religious teachers in many cultures talk about self-knowledge. Are you associated with a particular religion or philosophy?

Maharaji: You have learned about the different religions. Good! Now, you need to know about yourself. Enough theories; enough beliefs. Now, you need to know. Now, you need to understand. Now, you need to be conscious. In this is your freedom, your elation.

To learn more about Maharaji, visit:

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Baltimore Ravens claim Super Bowl 47

By: Tashvir Narine

Fans of the National Football League were treated with an exciting finale to the football season when the Baltimore Ravens beat the San Francisco 49ers in Super Bowl XLVII on February 3rd 2013. Played in New Orleans at the Mercedes-Benz Superdome the matchup proved to be worth all of the hype, going down to the final seconds before the Ravens could be crowned champions.

The game featured many side notes, which made the matchup more exciting to behold. Both teams were unbeaten in Super Bowl games and for the first time in NFL history, the opposing head coaches were brothers. Nicknamed the Harbaugh Bowl, Baltimore's John Harbaugh and San Francisco's Jim Harbaugh met each other for the second time, but first in a championship game. In addition, Baltimore linebacker Ray Lewis announced that this season will be his last, bringing an end to his illustrious career.

Jumping out to an early lead, the Ravens looked to be cruising to an easy victory. Quarterback Joe Flacco was in fine form passing to Anquan Boldin for an early lead. On the other end San Francisco quarterback Colin Kaepernick and the offence stumbled out of the block. Turning over the ball twice in the first half the 49ers fell behind to the

Ravens, whose offence looked flawless early. Able to secure two field goals only, San Francisco fell behind 21-6 by half time.

During the intermission, fans were treated to an extra special treat when superstar Beyonce took the stage in front of screaming fans. Performing an array of her most famous songs, the artist even took the time to surprise fans when her previous Destiny's Child members joined her on stage for a few pieces. The night proved to contain more surprises as play resumed to a Baltimore kick return touch down to start the third quarter. Following the return however, the power in the Superdome was lost three minutes into the second half. The power outage was caused by an electrical surge, which delayed the game by 35 minutes proving to be a point of reform for the 49ers.

In fact, when play resumed San Francisco seemed to have gained a second wind in the game. Scoring two touchdowns and a field goal in the third quarter alone, they clawed back to enter the final quarter down by five points only. Baltimore scored first in the fourth quarter with a field goal to put the lead back up to eight points. Kaepernick and the niners stormed back on the field however to strike right back. A fifteen-yard run by the San Francisco quarterback put his squad within two

points. Baltimore's defence however was up to the challenge, blitzing the quarterback into an incomplete pass out of bounds.

Another Baltimore field goal put the Ravens back up by five points with a little over four minutes to play. But the night was not over and Kaepernick lead his squad right back down the field and into scoring range. At the goal line however, Baltimore's defence came up to the challenge once again. Down to his last down, Kaepernick was forced once again to throw out of bounds due to the Baltimore blitz. This proved to be the knockout punch to the 49ers with only

one timeout left to stop the clock.

With only a kick return left, the Ravens brought down the 49ers returner at the midfield line to give the Super Bowl back to the city of Baltimore. One cannot help but feel for the Ravens, who were underdogs in the Super Bowl, but won the game with togetherness and passion. Joe Flacco was named Most Valuable Player and Ray Lewis' last game would be remembered as a Super Bowl win. Super Bowl XLVII would be remembered as another great one and both teams have to be rewarded for making it this far and providing a great fight.



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'MANI RATNAM WANTS TO MEET YOU'



Gautham Karthik

'It's still sinking in' - Gautham Karthik

Cinema would have been a natural choice of profession given that Gautham's grandfather Muthu Raman and father Karthik were successful actors. But the lanky and curly haired actor making his debut in Mani Ratnam's Kadal says the chance to act came when he least expected it. Gautham spent his growing years at a boarding school in Udthagamandalam and was pursuing his graduation in Psychology, English and Media Studies at Christ University, Bangalore, when his father called to say that Mani Ratnam wanted to meet him. "I was aware of openings for assistant directors, and thought he was calling me for that post. I met Mani sir a few times, and each time he told me a little bit of the story. One day he said he wanted me to audition. I asked him, 'For which role sir?' and he said 'the lead role'. I was like 'wow, let me give it a try'. He liked my work, and I was on board," says Gautham.

Gautham says he's led a regular life, away from the industry and the media glare. In college, he and

With those words, an unexpected journey for the lead pair in the director's much-awaited Kadal began. They had carefully remained just names till now. In their first interviews, Gautham Karthik and Thulasi Nair talks to Sangeetha Devi Dundoo of The Hindu - about how the opportunity came about, the experience, future plans, and how they've led normal lives, despite having actors in the family:

his friends formed a band, composed and jammed together. "Recently, we had to disband the group. I was the lead guitarist and back-up vocalist. It gets tough to jam even if one member is missing," he says.

Life changed after he became part of the Kadal team. There was a strict embargo on making public appearances, and he had to remove his photographs from social networking forums. After making his first public appearance in Hyderabad recently, the youngster is excited. "It's still sinking in. I can't describe how it feels to be in front of the camera, living someone else's life each moment," he smiles.

Kadal was hardly a picnic, he says. "I wanted to give it my best. Mani sir would be on the sets at 3 a.m. I would be there by 4 a.m. and he would push us to do the best," says Gautham. Prior to shooting, he went through a workshop conducted by Kalairani. "She didn't actually teach us but made us express different emotions and understand what the director wanted." Kadal involved shooting in water for a long time. "Dad used to tell me that I've been a water baby all my life. That came in handy," laughs Gautham.

There are more offers, but Gautham wants to wait till Kadal's release. In school, he has been part of stage plays, but never thought he'd become a professional actor one day. "I haven't thought of taking up an acting course. I feel it's best to learn on the job," he says.

'It came out of the blue' - Thulasi Nair

Thulasi Nair is all of 15, studying in Class X and preparing for her board exams. Like any youngster of her age, she chucks out her time between studies and hanging out with her friends once a week. When she is not buried in her curriculum, she plays basketball and reads fiction. What sets this girl apart is she will soon make her debut in Kadal. "I am very studious, and it came out of the blue when mom told me that Mani sir wanted to meet me," says Thulasi. "Since my mom (actor Radha) and sister (Karthika)

are into movies, I thought maybe I should also try it out." She went through a series of pre-production workshops conducted by Kalairani before the schedule. Though born and brought up in Mumbai, Thulasi is fluent in Tamil and can speak a smattering of Telugu. "My parents are strict; they made me promise that I will find time to study. So after shooting, I would go and take tuitions over Skype," she says.

Thulasi has watched her mom's movies as a child but re-watched some of them after she started acting. "I watched her first film Alaigal Oyvathillai at least 10 times and was in awe of the chemistry she shared with Karthik,"



Thulasi Nair

says Thulasi. She says both her mom and sister stepped back since she was in the able care of Mani Ratnam. "They only told me to be brave in front of the camera." Thulasi is already working on her second film Yaan, directed by cinematographer Ravi K. Chandran, but insists education is her priority. "I am good at studies, and know that education is indispensable. I want to become an entrepreneur like my dad. I think I have it in me to become a

businesswoman," she says.

Talk to her about cinema, and she grins widely, "I am a huge fan of Vijay and Suriya." [thehindu.com]

Actors Rajesh Khanna, Sharmilla Tagore, Playback Singer S. Janaki & Sridevi get Padma Awards.....



Rajesh Khanna

Sharmilla Tagore

Sridevi



S. Janaki

This year's list of the prestigious Padma Bhushan & Padma Shri Awards have been announced and

features actors Rajesh Khanna, Sharmilla Tagore and South Indian Tamil Playback singer S. Janaki who will receive the Padma Bhushan Awards this year. Rajesh Khanna & Sharmilla Tagore were a hit Bollywood couple in the '70s. Mr. Khanna and Ms Tagore, who starred together in movies like Aradhana and Amar Prem, will receive the Padma Bhushan, India's third highest civilian award. Rajesh Khanna died on July 18, 2012 and will receive the award posthumously. However,

It is reported that South Indian Playback singer Janaki has stated that she will not accept the Award since it has come so late in her life.

Actress Sridevi, who made a searing movie comeback in English Vinglish last year, will receive the Padma Shri Award, the fourth highest civilian award.

Sridevi said, "I am honored and humbled by this recognition. Would like to thank my fans for the love and faith they have always given me."

"Vishwaroopam" Film controversy settled with Kamal Haasan agreeing to edit 7 scenes in the film...

Producer, Actor & Director Kamal Haasan has agreed to cut seven scenes from his controversial movie Vishwaroopam that Muslim groups have found objectionable. This follows a five-hour meeting held between Mr. Haasan, government officials, and members of Muslim groups opposed to some sections of his movie in Chennai. Emerging from the meeting, Mr. Kamal Haasan told the Press "I will let you know the date of the release soon," and thanked the state's home secretary for "being patient". Representatives of the Muslim groups and the actor-director reached an agreement after the five hour meeting.

All through last Friday, the actor-director's brother Chandra Hasan met with the government and leaders of Muslim groups whose objections to the film had provoked a ban on the movie's screening in Tamil Nadu. But, talks were postponed as the protesters demanded Kamal Haasan's presence during the meeting. Mr. Haasan, who was in Mumbai for the Hindi premiere

of the movie, returned to Chennai and later took part in the negotiations.

The mediation session was offered on Thursday by Chief Minister J Jayalalithaa who stridently defended the ban, arguing that it was necessary to maintain law and order and to give both sides time to "cool down and come to an agreement."

Mr. Chandra Hasan, who has co-produced Vishwaroopam, said that after a first round of consultations, he was asked by protesting groups to make cuts adding up to nine minutes.

The blockbuster movie which has been cleared by the censor board, first ran into trouble in Tamil Nadu after some groups alleged that it portrayed Muslims in poor light. The state government put its release on hold on January 23 citing law and



Kamal Haasan

order concerns. Soon protests against the movie spread to neighbouring Karnataka, Andhra Pradesh, and Kerala and screenings of the movie were affected.

Meanwhile, the movie's Hindi version has been well-received in north India, barring some minor protests in Lucknow. The movie is also currently running well in Canada.

RAJINI KANTH'S APPEAL NOT TO BOYCOTT KAMAL HAASAN'S "VISHWAROOPAM" FILM...

South Indian film star Rajini Kanth has made a special appeal to his fans & the public not to boycott Kamal Haasan's "Vishwaroopam" film which has created a furore among a section of the Muslims. It is alleged by these Muslims that the film degrades the Muslim people and should therefore be banned.



Rajinikanth

In his message to the Tamil Nadu public, Rajini has stated that Kamal Haasan is an actor of international stature and has contributed a lot to the Tamil cinema world. He has pointed out that a colossal sum of Hundred million rupees have been spent in the production of this film and that the actor should not be made to suffer if the film is banned.

Meanwhile Kamal Haasan visited U.S. to participate in the premiere of the release of the film and stated there that he respects all religions and never produced this film to hurt the feelings of any religion.



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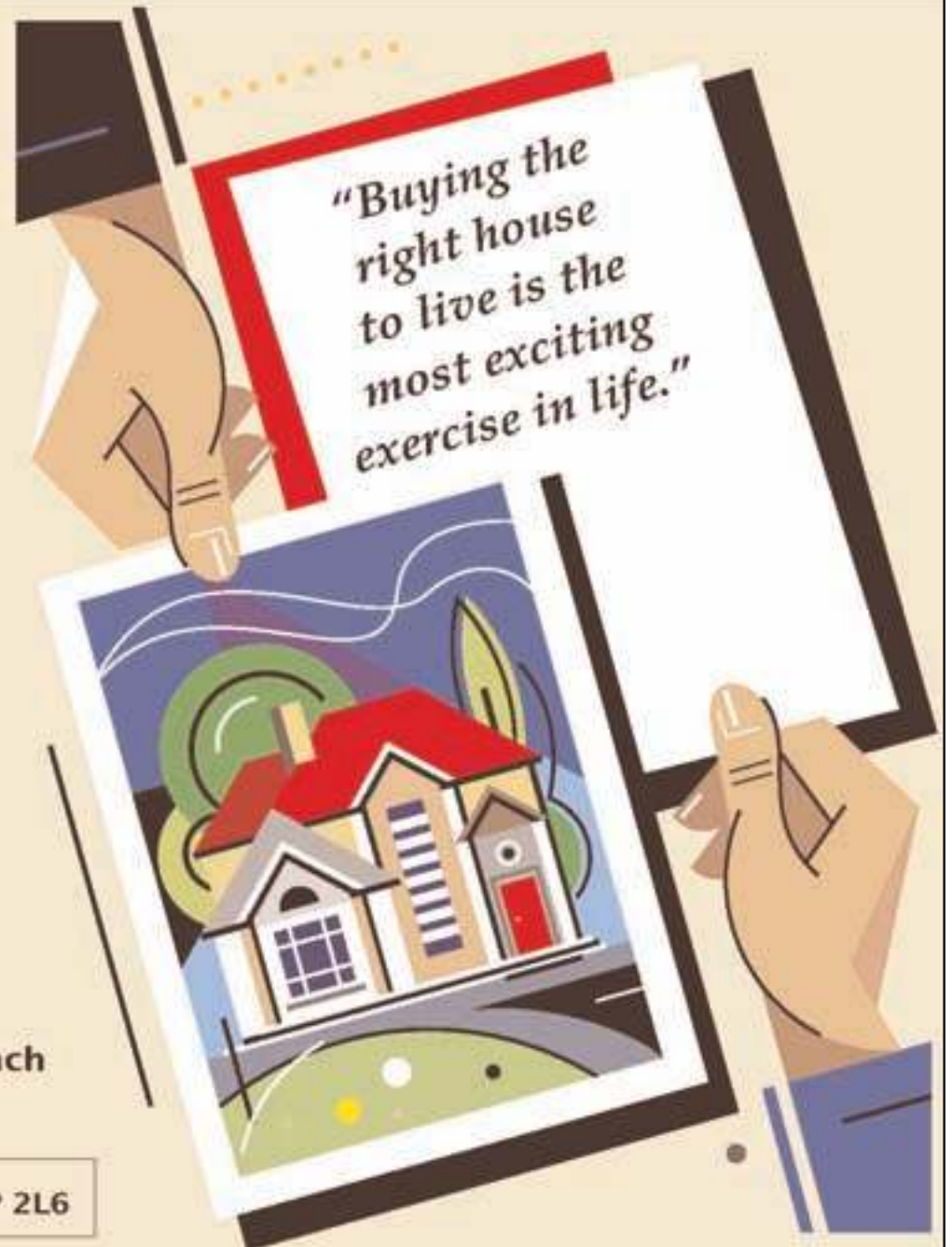
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Tunes of Passion Audio Release

A few pictures taken at the launch of "Tunes of Passion" Volume 1, on Sunday February 3rd, 2013 at the Metropolitan Centre, Scarborough.

Photos by: Gnan Gnanendran



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Special Feature

I was heading towards downtown Toronto from Scarborough in my Highlander on highway 401 in very cold weather conditions with poor visibility. Usually while I am behind the wheel, I pay attention to my driving and hardly get distracted by poking into the noses of fellow drivers or their passengers. It so happened that on that day the vehicles were crawling rather than racing each other in order to show off. I happened to turn my face and looked at the vehicle beside me and noticed that a high ranking judge was a passenger and this did not bother me at all. A few minutes later a police vehicle with its insignia on all four sides was beside me and spontaneously my subconscious mind passed an alarming message and I was asking myself if something was wrong. My speed was under the maximum limit and if there was such a thing as a minimum limit I would have made some allowance

their invaluable reputation and this mentality has often been carried on by many from these cultures even when they immigrate to Canada. But it has also been brought to my attention that this mentality exists within the mainstream population as well. For example, one woman who is a twelfth generation Canadian told me that one day when she came home from running errands, she saw a police car parked in front of her apartment building and immediately thought something was wrong. When she walked beside the vehicle and took a sideways glance, she noticed that the police officer was simply filling out a report. She explained that maybe the reason for alarm at seeing the police was because it was such a rare occurrence in her neighbourhood.

We hardly look into what it is that police officers do and value the integrity of their work. Their motto is to serve and

mainly to enforce law and order and this is their primary concern.

The communities in the GTA have a wide range of ethnicities speaking over one hundred and sixty languages, and have migrated from over two hundred countries around the world. The composition of the demography is complex and encourages these people to preserve their heritage values while getting integrated with the mainstream Canadian culture. This is not an easy task and it needs dedicated and committed workers to plan and execute their agenda for achieving their goals effectively and efficiently.

We should also shed some light on the issues around community affairs and on hammering out the differences that sometimes give birth to conflicts, confrontations and bitter feelings that might have been buried within. The second phase is to bridge the gap between the new immigrant communities and the

groups together to participate in various community building exercises to optimize their contributions to this great nation while also up lifting up themselves. We all have gone up to certain extent on the highway, but the distance that we have to go is longer and it requires support from the concerned communities. The expectation of the participants range from the adolescents to seniors, and the contribution also has many dimensions as such reaching the target through seminars, workshops, games, get-togethers, town hall meetings, social media and Community events in order to raise awareness and there is room for innovation, improvements, and Interaction and we must use whatever means are at our disposal in order make these ideas into a practical reality.

As we thank Canada for its multi ethnic groups in the maintaining of their heritage values, in return we also have to

Nobel Ticket or Tax Ticket



for it. I had all of my papers, including my current ownership, drivers license, and stickers to show that all was in order and under my possession. I did not pass into the lane inappropriately and I was not impaired or driving dangerously. It was a strange feeling but I realize that I am not the only one who has felt this way.

Why should I have had such a reaction within myself? The police mainly stop our vehicles when they suspect some kind of involvement in unlawful activities such as dangerous driving, possession of drugs, arms or violations of traffic rules and they either arrest or give tickets for the offences. I guess it is some sort of a negative correlation that is rooted in the minds of many of us. I have noticed that in the South American, African and Asian cultures it has long been considered shameful to have uniformed police visit their homes for such a visit destroys

protect us regardless of our immigration status in this city. Their mission statement says that "We are dedicated to delivering police services in partnership with our communities to keep Toronto the best and safest place to be".

The Toronto police services have an excellent reputation amongst police services around the world particularly among the English speaking countries; it is one of the oldest for it was established in 1834 that is 33 years before the independence of Canada.

The community is the back bone of not only the government that is elected by the people for the people but also for the police as well. The government under the parliamentary system has combined the legislative and executive bodies and left the judiciary independent. According to our existing system of constitutional monarchy, no one is above the law including the law makers. The police are

by **Samy Appadurai**

mainstream community along with the police sooner rather than later.

By working in partnership it is much more than ceremonial meetings or sharing points of view for a sense of satisfaction, rather it involves working as equal partners. Though the members of the police are paid government employees and the community workers are mostly volunteers the nature of their backgrounds should not be a hindrance to having an equal working relationship. I have been a member of the Toronto Police (Head Office) consultation committee for the South and West Asian community for over a decade. All of the members including the co-chairman have been doing a wonderful job in carrying out many constructive assignments for the best interests of Torontonians in specific and Canadians in general.

I would like to identify some areas where the various communities and police should work together:

1. The level of expectations that the communities have for law enforcement.
2. The reconciliation of views regarding the police that are held by various immigrant communities with the views held by mainstream Canadians.
3. Reduction or removing the suffering in silence by not reporting certain crimes to the police e.g. domestic violence, youth crime and elder abuse.
4. Educating the public on the evolving changes in law enforcement.
5. Rights and freedoms that are protected under the Charter of Rights.
6. Discrimination at various levels.
7. Religious freedom.

The consultation committees of the Toronto Police have been doing their best in bringing certain Ethnic and regional

intermingle with the other ethnicities and portray that we are part and parcel of one National identity and share Canadian values as well.

I would like to point out one of the more innovative ideas that the Toronto Police are implementing in terms of community improvement. The example I am thinking of is positive ticketing which was developed by 42 Divisions. The system of positive ticketing as opposed to regular ticketing is different in that positive ticketing involves rewarding those who engage in positive community activities such as assisting seniors who may be in need, helping those who may be in distress while driving or reporting potentially destructive activities to the police. The ultimate goal of positive ticketing is develop healthier relationships between community members and the police by fostering a stronger relationship. Another important element of this program is that it does not require additional time and resources from the government and can be done by the officers as they perform their regular duties; in turn the communities are willing to donate the various rewards that will be given out as part of this program.

The city of Toronto has earned an excellent reputation when it comes to its low levels of crime. It is due to the hard work of the Toronto Police and its many community volunteers. However there is still more work to be done and I believe that we will be able to meet the new challenges in the way that we always have; with courage, dignity, grace and great ideas.

Samy Appadurai is a renowned broadcast journalist, author, educator and public speaker who makes his name in Toronto.



Dangers on the Road

**Essay by: Keerthana Vasudeva
(Grade 6 RG Student)**

How do you feel when you hear about careless drivers who kill innocent people on the road? Do you feel bad or are you relieved that it's not you? Accidents can happen any where and to anyone. 15% of all accidents are fatal and 85% are caused by careless drivers. How do you react when you hear this? Whether we are pedestrians or drivers, we should be more aware of the things that pose as a risk to our lives.

Many drivers today have a lot of unsafe driving habits. Bad habits can happen in neighbourhoods, highways, malls, school parking lots, and many more. Many bad habits should be stopped while driving. These include talking and texting, drinking, listening to music really loudly, and the most common of all – running a red light.

Many things can happen from running a red light. A person can be serious-

ly injured or even die from running a red light. Many drivers of all ages still do this. Some teenagers get influenced by their parents because they're practicing these bad habits. Imagine if there's a car that's about to run a red light, yet there are still cars that are driving through the intersection when their light is green. If the car crashes, there would be a big accident depending on how many cars were behind or in front of it.

There was an incident a few years ago on January 24th, 2006. Alexander and Wang, both 18 years old, were speeding to North Pleasant, Toronto, Ontario. While driving in their parents' expensive Mercedes-Benz, they were hitting a speed of 80 to 140km/h in a 60km/h zone. Meanwhile, a taxi driver was turning and when Alexander and Wang came towards the taxi, they both crashed and the taxi driver died. If they were a little



Essay competition winner Keerthana Vasudeva, Grade 6 RG Student receiving the award from Mr. Thambiah Siripathy, Barrister & Solicitor and architect in founding and development of Thamil Isai Kalaamanram (TIKM), a Registered Canadian Charitable organization dedicated to promoting classical Carnatic music and Bharathanatyam dance in Canada, headquartered in Toronto.

slower, this accident definitely could have been avoided. Due to their careless driving, they ended the taxi driver's life, and ruined his families' lives.

Talking on the phone while driving can also cause many accidents. While a driver is on the phone, he or she must be sure to use a hands-free phone. Otherwise, one of the driver's hands will be occupied during a call. If anything happens suddenly around the driver, he or she may not be able to steer the vehicle to safety as quickly as he or she could have if he or she had both hands on the wheel. Moreover, when a driver is on the phone, his or her focus on the road is immediately reduced. If anything happens, the driver would not be able to think and react quickly enough, which will lead to an accident. This issue is very serious. Even the government recognized it and created a law against it.

Drinking and driving is another serious offence on the road. Drivers who are under the influence of alcohol cannot think properly. Their vision may be impaired and their ability to drive straight may also be hindered. Because of this, anyone who is drunk is encouraged to take a taxi home, or find a friend who can be a designated driver. Driving under the influence of alcohol is a very serious offence. Many accidents have

been caused by drunk drivers. The organization MADD (Mothers Against Drunk Drivers) is a group of people who work together to stop this insensitive behavior.

Finally, a bad driving habit which most people don't realize is listening to music loudly while driving. When the music is blasting in someone's car, not only is it disturbing the people and drivers nearby, but it can potentially cause car accidents. Drivers often honk at others to try and avoid accidents or to make other drivers become aware of something. If a person has his or her music turned up really high, how can he or she hear anyone who's honking at him or her? Imagine if a man had the music blasting and there's a car whose brakes are not working and is about to crash into him. The person is honking continuously to tell him to move away, but because his music is so loud, he is oblivious. Finally, the car crashes into him. Did he die? He would be lucky if he even got out of the accident alive.

In conclusion, there are many dangers on the road and people should become more aware of them. It is good to know what things pose as a risk and what bad habits should be fixed. People can work together to make the road a safer place.



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Short Story

Contd. from January issue

After several weeks, that night, the husband and wife sat together at the dinner table. Selveratnam noticed his wife being happy and it was somewhat comforting to see her paying attention to the food once again. He knew it would be short-lived but he was willing to take it; after all, he thought, life itself was short-lived in the grand scheme of the universe. His wife though didn't fail to notice a philosophical underpinning in everything they discussed that night. It felt a little strange at the outset and had bothered her when he kept talking about afterlife. His harping on how painful the

want to bother Selveratnam who had been sleeping in the adjoining room. Ever since Mala's apprehension, they were using separate bedrooms to deal with their insomnia in private. She was unusually bouncy that day, thinking about Mala's release, if not that day but soon. At last she noticed the milk that had been turning rancid day after day. She was used to wander in to the garden, looking for the blossoms, basking in the early morning sun, until the milk boiler would make the whistling sound. She hadn't done it for a long time. She felt like doing it that day. She pulled the dressing gown over the nightie and dragged herself in to the garden. They hadn't repaired the damage done to the

the wet ground underneath confirming her suspicions. She walked through them, being careful not to let her cloths get entangled by their thrones. As she did, it brought her to the front facing the gate. As she looked at the gate, something caught her eyes above her head. She didn't have to raise her head too much; it was just there, a horrible sight. She saw the lifeless body of her beloved husband dangling at the end of a rope, hanging from the balcony. Her scream must have woken the entire neighborhood. People came running and the awful sight made them stop in their tracts. They all wondered how much more they had to endure.

ones hunkered down near the scene not allowing others to have their chance. The curiosity was killing everyone, including the cat i suppose. While being immobile, people mouthed the same questions over and over again. For sometime no clear answers would emerge from the center. And when it did, it came like pieces of a jigsaw puzzle: the first clue was the gender, it was told a male body; then they said it was a young man; people at the periphery got riled receiving such obvious conjectures as real information; there was an uproar demanding more access so they could do a better job identifying. After another hullabaloo, specifics started seeping out. The man was said to be from Nallur, mostly found loitering around the Temple; some identified him as a gofer for the shopkeepers near the Temple. For the people who knew him well, he was known as the crippled man, for his signature limping gait; but no one knew his name. It was a shocking surprise for everyone, because no one could think of anything he could have done that would deserve his punishment. But

THE TRAIL OF TEARS FROM THE LAND OF PALMYRAH

By: SIVAGAMI



current existence was, compared to the blissful life awaiting everyone on the other side, would have sounded so outlandish to her under normal circumstances. But after having gone through what they both went through together, it didn't feel like a strange notion anymore. The central tenet of his message was how one should sever the worldly possessions and affections and transcend the here and now to experience the true happiness that would be only possible with one's Creator. He insisted that she should not worry about people leaving this planet, because this existence was transitory and full of suffering, and be happy for those who had escaped the clutches of sorrow. When he got up from the dinner table he casually said that he couldn't wait to break the shackles to be with his Creator.

Mala's mother couldn't wait to hear the 6 o'clock bell, while she was tossing and turning in her bed. When the bell tolled, she got up and praised Lord Murugan. She yawned and stretched her limbs to dispel the weariness. She didn't

garden during the raid yet, but the nature was already busy repairing itself. The jasmine vine was up again and the flowers wafted the scent; the hibiscus was in full bloom; the bougainvillea flowers looked artificial as if placed there by the school children from their handicraft class, the eponymous paper flowers. After looking around the garden near the kitchen she came to the front where the roses were. She knew how much the roses needed her care but she couldn't provide any for weeks on end and was curious how they were faring. To her pleasant surprise they looked fairly vibrant. She suspected someone was nurturing them, she knew it couldn't be her sister-in-law or her husband. The only other person who came to their house regularly other than the delivery people and also had more access was the crippled man. She couldn't believe how unobservant she had become, because things were in working order because someone was slowly putting them in place little by little. She smelled the roses and noticed

The year 1620 was the turning point in the history of Tamils of Sri Lanka: the year the sun set on the long-cherished Tamil kingdom, culminating in the decapitation of the last Tamil king Sankili by the Portuguese Commander Phillip De Olivera. The last battle purportedly took place near Veeramakali Amman Temple, a stone's throw away from the Nallur Temple. In recent years this erstwhile battle ground had become notorious for upstaging LTTE related activities. From time to time, pictures with pseudonyms of the deceased insurgents and their gallantry would crop up for public perusal. At times individuals after corporal punishment would be found tied up for public humiliation as warning against commission of acts deemed subversive by the LTTE. Rarely, under worst case scenario, death punishment was meted out for presumed traitors.

A few days after the death of Mr. Selveratnam, among the attendees of the 6 o'clock Puja at Nallur Temple, another devastating news spread. They were told that a dead body was found lying near Veeramakali Amman Temple. The curiosity had gotten the better of them, one by one they slipped out, without finishing their solemn religious duty, ignoring the wrath of God. Point Pedro Road was jammed with cyclists and pedestrians. The few cars and buses at that early hour were moving so slow, rubbernecking at the scene. Men were converging from all directions, curious to find out whose body it was and what kind of perfidy the dead person was accused of. They pushed each other to advance, but the scene was already crowded out and many were kept at bay by the lack of mobility, while burning for a glimpse or at least some information. Curses were exchanged for the

everyone knew it was a sacrilege, second-guessing the LTTE. In the eyes of the Jaffna people, the LTTE was always right. They believed he had done something really perfidious, but they didn't know what exactly it was; and they all knew sometimes it may never come to light. Once the body was identified, people quickly lost interest and started dispersing. By the 10 o'clock bell, there were hardly any even to chase the stray dogs away from the decomposing body. It was lying there because no one came forward to claim and as it was the case on many instances lately, on one's own sweet time, the people from the morgue would show up to award the corpse the pauper's funeral.

1984, Madras, India

If the train journey from Jaffna to Colombo was backbreaking, the one from Rameswaram to Madras was a lesson on human skeletal system. You would be extremely lucky not to feel each and every known bone, and more, that you never even knew existed in your body at the end of the journey on a third class ticket. Apart from being arduous, it could be amusing as well: as swarthy as coffee ground at the tip of the subcontinent, the journey up north would be an incremental addition of milk and by the time you reached Madras you would be among all shades lighter, if not the pure milky whites of Kashmiri region.

The train carrying Kumar chugged along for two days through varied topography, bringing up kaleidoscopic array of sceneries. Some were repetitious while others had their subtle uniqueness impressive enough to last in one's short memory. Out of all novelties, the one that stood out was the human cargo hauled on the train all the way.

Continued in March 2013 issue...



Myself and my son came to Australia with the help of my older brother. But my sister in law was against it. I came to know this from my brother when we went to the school to admit my son. She wanted her brother to be sponsored instead of us. But my brother did not like him because of his bad behavior and his connections with the movement. My brother or his wife never knew that my husband was taken for questioning because of him by the army and later never heard about my husband. I have a hunch that my husband was murdered by the army after a few days of his capture. My brother and his wife never knew that her brother was very helpful to me and my son after my husband went missing. He escorted us to Colombo to the

cake. Sambar and coconut sambol is prepared as side dishes to go with it. After moving to our apartment I did not have a chance to buy a grinder. I have been postponing this for some months. I asked him "why you are asking for dosai all of a sudden".

He replied "Amma, I am tired of eating bread, pittu and noodles. Further more my classmate Sugath also like dosai."

I thought for while and asked him whether Sinhalese students are studying at the school. He said "Yes Amma. Sugath is a good friend of mine and he is interested in cricket like me."

I bought a grinder when I received money from Centrelink, the community support agency. When I showed it to my

replied.

"Why are you always crying, thinking of my father, who is no more? Why don't you get married again and give me a dad?"

I got a shock. I slapped him on his cheek.

He started crying and ran to his room slamming the door. He never spoke like that and I was wondering about the change in him. After a few minutes I went to his room and peeped. He was sleeping on his bed. I sat on the bed and gently stroked his hairs. He threw my hand away by his hand in anger. He said "You can't beat children like this here. I can call the police." My shock increased with these words and told him to call the police and left the room. Sat on the sofa and cried and went to sleep there.

After some time he came and sat by

planned everything before - hand. I think son is having the same genes like his father. This thought brought tears in my eyes.

As told, my son returned home with his friend Sugath. I met him for the first time. He may be my son's age. Fair and good looking. I presumed his mother may be an attractive lady. As soon as he entered the house he gave a hug saying "Amme" (mother in Sinhalese). I felt that he is also following the Australian culture by hugging people.

Son took him around the house. He showed my husband's picture in the shrine room and told him "This is my dad". He told him about the Sri Lankan war and the circumstances in which my husband went missing.

I gave both orange juice and they came to the front sitting room and start-

**Original in Tamil By Murugapoopathy
English version by Thuraiyuran**

my side and said "Amma I am very sorry. I should not have spoken to you like that. Some of my white friends at school have told me that their father and mother are separated and that they have girl friends and boy friends. Some have married again".

"Because they are living like that doesn't mean we have to follow them. We have our traditions and culture to follow my son" I replied..

"Amma shall I tell you a joke?" he asked.

"Ok. what is it?"

"A father told his wife, my children and your children are playing with our children". He started laughing aloud and I too joined him and we both had a hearty laugh after a long time.

I felt that I have to learn a lot from my son about this land.

That was a Friday. My son was getting ready to go to school. I told him to bring Sugath and his family for dinner and that I am preparing dosai for all. He was very happy and he gave me a kiss and said "Amma, Sugath only will be coming since his mother is working night shift in a factory"

"What about his other siblings and his father? I asked him.

"He also doesn't have a father"

I got a shock.

"Why. what happened?"

"Amma it is not nice to ask about these personal details.?" having said he left to school.

I am still in that Sri Lankan mind set. I have lot to learn from my son.

Evening around five my son went out to play cricket with his bat. I told him to bring Sugath along when returning home.

"Yes Amma. Sugath has told his mom that he will be having dinner with us after doing our home work and will take dosai parcel for his mother too. We have already planned it".

I was reminded of my husband when my son told me this. He is also like him

ed working on their home work. I was worried about living far from my brother but after seeing Sugath my worries disappeared. My son has found a good friend to study and play. I don't have to worry about him anymore. I felt that I have found another son in Sugath as soon as hugged me on entering the house. This feeling brought tears in my eyes.

I was busy preparing food for them in the kitchen. Prepared chutney and sambar. Boiled potatoes, cut onions and carrot and prepared special masala curry. Both of them came to the kitchen on getting the smell of masala, to see what I am preparing.

"Anti I will bring my mom one day please show her how to prepare dosai" said Sugath.

"Call me Ammo son" I told him by gently stroking his head.

He said "Thanks".

I arranged the dishes on the dining table and invited both for dinner.

They went to the bathroom and washed their face and hands. My son gave him a clean towel to wipe. My son went into the shrine room worshipped the Gods and his father and came back. There was holy ash on his forehead. Sugath looked at it in wonder. Both sat on the chairs around the table. When I was serving dosai Sugath said "Good smell".

"Now both of you start eating. Son look after Sugath I am going to wash my face" having said so, I was about to leave when I saw Sugath closing his eyes and praying.

After a few seconds he opened his eyes and said "Let us eat". This was something new to my son.

"Good practice Sugath praying to God before a meal" I said.

"mme this not for the God. This for my father who was a Brigadier in the army. He was killed by a suicide bomber and his body was in pieces so said my mom. I was two years old then. I have seen my dad in pictures only" said Sugath.

I was frozen. When my husband went missing I was in the same state then.

POLES



Vavuniya, Sri Lanka: Selvern, 70, far right, and her daughters have been members of Oxfam's local dairy cooperative for four years. Her youngest daughter Sukitha, second from right, works at the cooperative and is also trained as a vet. Selvern gets up at 5:30 every morning to help her daughters milk their cows; she sends most of the milk to the co-op with Sukitha and uses the remainder to make cream and ghee for the family. Photo: Abir Abdullah/Oxfam, January 29, 2013

Australian embassy and helped us to travel too. I only said to my brother that you could have sponsored him too.

I stayed with my bother for nearly six months. During that time I looked after their household duties. Cooked, cleaned the house and kept everything spick and span. This made my sister in law to change her behavior towards me. She began to like me. I was a house keeper without any payment. I told my brother to arrange an apartment for us and he did find one with two rooms near my son's school. So we started a new chapter in our life.

Lots of different children with varied communal backgrounds are studying in my son's school. They come from various countries of the globe. They are able to study a language of their choice as a second language. Back in Sri Lanka we have different schools for different communities.

One day my son asked me to prepare dosai, a favorite food of many of our people. I prepared at least twice week at my brother's house. It is prepared by soaking rice and black gram in water for a day and then grinds both to make a paste, mix it with water and prepare like a pan

son when he returned from school, he jumped out of joy and kissed me.

I wiped my eyes stealthily before he noticed it. I was reminded of my husband, who was not able to enjoy life with us. Don't know what happened to him and what those sinners have done to him? He joined the list of missing people many years ago. It is cruel to live without knowing what happened to him. The day he disappeared is his remembrance day for me.

When we went inquiring about him my son was five years old. For many months and years we have been searching for him with tears in my eyes. After seeing me crying without any control, he stopped asking me about his father. I felt his pain and started controlling my feelings and helplessness.

After arriving in Australia, he was busy with his studies and cricket. On the day of his disappearance I fasted, prepared special foods waited for my son to arrive from school, then both of us placed all those food items in front of his picture, recited devotional hymns and then ate. This became an annual event.

On a remembrance day, my son asked "Amma, did you cry today also?"

"How to refrain from crying my son" I



Short Story

The rattling sound was the timepiece for most of us, early in the morning when Kumar started his Wolseley water pump. He was always punctual, leaving home for the farm, on hearing the pealing of the Vairavar temple bell. After he took up farming from his aged father, who could not work at a stretch, Kumar abandoned his studies after completing his A/L and shouldered the family burden as the sole breadwinner. The land he cultivated was taken on lease and so besides paying the rent for it, he had to pay the labourers who helped him in ploughing, tilling, watering, planting and harvesting. The major crop he cultivated was tobacco and

his farm. Quite aware that the villagers were conservative in outlook having orthodox beliefs, their relationship remained static, with only exchanging of glances as they were far apart. And so Kumar was yearning for an opportunity to meet and open his heart to her.

One Friday morning after selling his farm produce at the nearby market, he walked up to the Vairavar temple to drop a few coins from the sales into the offering box. What an electrifying surprise awaited him! His dream girl was there. She too was electrified on seeing his unexpected presence there. Making use of the opportunity and without wasting time he hesitantly asked, "do you come

letter from me?" said he as he drew a letter from his shirt pocket. She thought for a moment and after surveying around, nodded her approval, snatched the letter and left the place in hurry. Kumar's joy was boundless.

As all lovers do, he too glorified her beauty, graceful appearance and revealed his love to her, with a request for an early reply. Adding a footnote, "if your response is positive, let me know in advance on Monday, when you pass my farm by symbolically displaying red ribbons tied to both your plaits, instead of the usual black ones".

The weekend seemed to crawl and after a 'long' wait Kumar was in the farm

love." "Well, who is the girl?" "The tallest one with red ribbons fastened to her plaits." "Kumar are you mad!" "Why Balan?" "You know who she is, the only daughter of an affluent businessman, Rasiah who manages his own cigar rolling factory, with about hundred labourers. I'm sure he will fix an educationally qualified man, holding a lucrative position for his daughter." "But she wrote to me that she is in love with me." "Dai machan! she is a novice in these matters and has responded positively, unaware of the consequences and you trust her! What is your family when compared to theirs, you are seeped in debts and you have not gone beyond the A/L.

THE WINDELL



by C. Kamalaharan

Look here, don't fish in trouble waters, if the father comes to know he'll smash you." Kumar remained stung. "What am I to do, Balan?" "Don't ask for the moon, forget her." "But I love her sincerely." "You and your love, don't be silly, remember you have a great responsibility, looking after your aged parents besides settling your only sister in marriage" Kumar was crestfallen and began to sob into his hands. It was devastating for him.

For the next couple of days he stayed away from his farm. He remained home brooding over the matter and realized the futility of continuing the affair. On the following day when he went to the farm he found that Leela was missing among the girls who passed his farm. "Has someone notified the father about the matter! that's why he has stopped her from attending school. Am I to bear the brunt of his anger!" All these apprehensions were churning in his mind. "Oh, Vairava! Help me." He turned towards Balan to rescue him from the predicament he was in. Balan agreed and set off to find out what was going on in Leela's house, through a friend of his who happened to be her neighbour. The same evening Balan conveyed the shattering news, "daily there is altercation in Leela's house over her marriage. Leela has rejected all the proposals brought forth, probably bearing you in mind. If her father comes to know that you are the culprit for all these happenings in his home, you are finished." "Oh! Vairava what am I to do!" "Don't do anything, remain quite, nothing will happen."

One bright Sunday morning an A40 car halted at the border of Kumar's farm and a burly figure alighted and walked along the drain that supplies water to the crops. Noticing this Balan rushed

the subsidiary ones were onions, chillies and vegetables. With patience and perseverance he toiled hard and provided all the family needs. His sense of responsibility, exemplary behaviour, positive attitude, maintaining punctuality, being religious and teetotal earned him the respect of the villagers.

In the prime of his youth Kumar too like other lads was stirred by passions, feelings, and delights that attracted him towards the opposite sex. While toiling in the farm he habitually glanced at the girls who went on foot to school along the footpath that bordered his farm. His eyes were riveted on a tall, fair girl who too reciprocated stealthily as she went past

here often?" "Not so, but today being my A/L exam I came to pray and how about you?" "I come here whenever I bring my farm produce for sale". As she was about to leave he asked, "your name please?" "I am Leela and yours?" "I am Kumar." Least expected her to respond positively Kumar returned home in a state of ecstasy.

The following Friday knowing that she had to answer a paper, Kumar was there at the temple and as expected she too was there. "So far how did you fare in your exam?" "I've fared well". As there was hardly enough time he straightaway opened the matter. "I want to talk to you but as time is limited will you accept this

on Monday morning restless and not in a mood to work. Now and then he peered through the mist at the corner of the lane for her arrival. When the batch of girls appeared at the corner, his heart began to pound fast, in anticipation of her symbolic response. The moment she passed his farm, Kumar jumped in jubilation, "oh! she has confirmed" said he enthusiastically.

"You seemed to be in a jolly mood, what's the matter?" his friend Balan who was busy in the adjoining plot inquired. "Machan I just received confirmation." "What are you talking about?" "You see among those girls going over there, one of them has responded positively to my

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towards Kumar shouting, "Leela's father is coming, probably to see you," saying so he hurriedly slipped into the dense tobacco crops and vanished. Kumar was in a tensed situation, "Oh he is going to thrash me under the gaze of the public, Vairava!" As Rasiah came closer Kumar stood up with much trepidation and stammered "come Sir." "Thamby, how goes your farming?" "Not bad Sir." "You seem to be relaxing." "No Sir, the water level in the well has gone down to the bottom and I'm waiting for it to rise up to the required level, to complete the irrigation for the day." Rasiah straightaway came to the point, "Look here thamby any idea of getting married or do you have any attachment?" "No Sir, not at all." "I know you are a good boy and I'm here to find out whether you are prepared to marry." Kumar remained silent. Continuing further Rasiah said, "thamby I can fix a marriage for you. A friend of mine, Sinnathurai is looking for a suitable boy for his daughter. Having heard about your sterling qualities he has an eye on you. He is prepared to purchase this land for you, transfer his newly built home to his daughter besides depositing a heavy amount in her account, what do you say?" "I shall consult my parents and let you know Sir." "That's good of you thamby, children should consult their parents for matters confronting them. If your parents are agreeable bring them to my house next Sunday, oh! better not there, You come to my farm house, a little

distant away, come around 10.00 A.M, but don't forget to give me prior information and let this be within us." "Yes Sir".:

Kumar's parents agreed and all three arrived at the farm house, where Sinnathurai received them warmly, took them inside and bade them sit on the sofa. They sat on the edge of the sofa waiting for the next move. "Oh you have come on time, lean back and sit comfortably", said Rasiah as he appeared from behind. All of them were served with cool nourishing butter milk to quench their thirst on a hot sultry day. While they waited with bated breath Rasiah requested Sinnathurai to bring the bride. An elderly lady appeared from behind the screen followed by the bride. Kumar's face brightened on seeing her, but he had to maintain a low profile in front of Rasiah. So too was the girl. Rasiah and Sinnathurai have enacted a drama to present a pleasant surprise to both of them. Only a few days back, unable to convince her father over the marriage, Leela meekly surrendered to him. And so she thought that her father had brought a stranger as her bridegroom. As both Kumar and Leela were delighted over this unexpected move Rasiah openly said, "I do not wish to go against my only child's wish, thereby creating an eternal worry for her.

After careful consideration I took this decision. See what happened to Maniam's daughter who was given in marriage to a smart youth with a fat

dowry. Only after the marriage it was found that he was a liquor addict who indulged in extramarital relationship, thereby ruining her life. Take the case of Iyah's daughter who fell in love with a foreign returned civil engineer who actually was a technical assistant. He was a lazy brute who never went to work, instead took control by threat his wife's legacy left by her father. Then how about Suppiah's daughter who got married to Nathan, a clerical servant who seemed to be kind and humble but his true colours emerged only after marriage. He was a hot tempered fellow who picked quarrels with his wife even for trivial matters and had even beaten her several times, as a result she suffered chronic depression. So in fixing marriages the main criteria must be the boy's outlook, not his beauty or his job; whether he is capable of running the family smoothly, whether he is dedicated to his job and above all

whether he has an unblemished reputation. Considering all these I felt that Leela's choice is good. Kumar is a well behaved responsible lad, dedicated to his job and leads a life of dignified simplicity. I too was a farmer before taking up this industry. As I am aging I hope to handover it to Kumar who I'm sure has the ability to run the show well." Looking at Kumar he said, "your land on lease is your own, I have transferred all my property including my house in Leela's name besides depositing a heavy sum in her name in the bank." All three of them remained speechless. Addressing Kumar's father he said, "are you satisfied?" "Yes, Sir." "Hereafter no Sir, you are my 'Sampanthi'." Having finally agreed all of them were served with sumptuous lunch. They took leave and left the place in an upbeat mood. It was a turning point in Kumar's life, a windfall he never dreamt.

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MANAGING YOUR MONEY

Strategies for RRSP Season

David Joseph M.A.,CFP

The RRSP contributions deadline is coming up fast. And while you may have every good intention of matching or increasing your contribution from last year-it can be difficult and stressful to come up with a significant amount of cash in short order. I can show you a number of strategies to consider that can help accelerate your plan using assets you have readily available and key tax planning benefits.

It may be to your benefit to move money you currently have in savings accounts or other investments into your RRSP sooner than later. Moving these dollars into your RRSP will not only result in a reduction of your annual tax bill-but it also allows you to maximize growth inside your RRSP.

You can also withdraw from a Tax-Free Savings Account (TFSA) to make your RRSP contribution. Any withdrawals from your TFSA are Tax-free and are added to the available TFSA contribution room the following year. The tax refund can be used as TFSA contribution the following year.

A Pre-Authorized Contribution (PAC) program is a great strategy for getting the maximum amount of money into your RRSP eligible investments. When you PAC, you are simply setting up a regular payment plan-usually an automatic withdrawal from your bank account-in an amount you can afford. A regular PAC becomes part of your budget as a monthly cash outflow that you probably won't miss and removes the temptation to



spend those available dollars for personal consumption.

In many cases, borrowing to take full advantage of RRSP contribution room makes sense. Maximizing your RRSP contribution now offers immediate tax savings this year and tax-deferred potential growth for many years to come. This strategy works best when the interest rate is low enough and you repay the loan as quickly as possible, preferably in one year or two at the most.

Preparing for retirement should start early with a savings strategy that will make it possible for you to accumulate the most wealth for use (and enjoyment!) through all your retirement years. The best retirement savings strategy for most Canadians is a Registered Retirement Savings Plan (RRSP) because your contributions and all the income that accumulates in your plan are tax deferred until you start using that money in

retirement. Add in the fact that your contributions can be used to reduce taxes and the magic of compounding that enhances RRSP growth over time, and it's easy to see why a registered plan makes such good financial sense. When retirement time rolls around, your RRSP may be a significant source of your retirement income. For example, contributing \$ 5000 yearly into an RRSP earning a

compound annual return of 7 %, you will have \$ 316,245 over the span of just 25 years.

Year after year, many Canadians leave a key financial opportunity on the table by not contributing the maximum allowable amount into their RRSP. People come up with many excuses for not contributing an RRSP. Often we hear comment that "What is the point of putting money into RRSP if when you take the money out you have to pay tax on it?" When you contribute to RRSP, you get a tax deduction and for many of you, you receive a tax refund. If you did something constructive with the tax refund like paying down debts, then the fact that you have to pay tax on your RRSP withdrawals becomes irrelevant. By having the benefit of deferring that tax, you end up with significant more money in your retirement savings.

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Farm Loss Ruling

The Supreme Court of Canada's recent ruling in allowing a part-time farmer to deduct his farm losses without restriction has excited several professions including legal, accounting and farming communities.

The Supreme Court's decision establishes new jurisprudence in the interpretation of the restricted farm loss provisions of the Income Tax Act

This is the decision in Canada v. Craig [2012] S.C.J. No. 43 where the court reversed a previous key Supreme Court ruling — Moldowan v. The Queen [1977] S.C.J. No. 55. This case is important as it has given greater leeway to taxpayers involved in farming activities in combination with other professional or business income, to fully deduct the farm losses they incur.

Section 31(1) of the Income Tax Act restricts annual farm losses to a maximum of \$8,750 in situations where the taxpayer engages in farming operations,

TAX POINTS

but those activities are not deemed to represent a significant business activity.

Section 31 also lists two exceptions. It says to avoid being subject to restricted farm losses, the taxpayer must be engaged in farming as their sole livelihood; or they must be engaged in farming as a major source of livelihood, in which case they are attempting to earn income from farming in combination with some other commercial endeavour.

John Craig's prime source of income was derived from his law practice. He also earned income from buying, selling, training and maintaining racehorses (considered a farm-related activity). The CRA initially reassessed Craig to disallow deductions of more than \$8,750 from his horse racing business in 2000 and 2001, under s. 31. Craig won an appeal to the Tax Court of Canada, which was upheld by the Federal Court of Appeal; the latter decision was subsequently appealed by the government to the

Supreme Court.

In its Craig ruling, the Supreme Court said "there is no basis for this court to disturb the findings that farming, in combination with [Craig's] law practice, was a chief source of income, and that the loss deduction limitation in s. 31(1) did not apply to the facts. The Crown conceded that the horse-racing operation was a business, not a personal endeavour, and the relevant factors, other than demonstrated profitability, clearly pointed to it being more than a sideline business."

The court said the relevant factors to



consider were the capital invested in each of Craig's farming and law practice endeavours; the income earned from each; the time spent on each; the taxpayer's ordinary mode of living; his farming history; and future intentions and expectations.

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BlackBerry Unveils Two New Smartphones

By Mil Arcega

Canadian smartphone maker Research In Motion (RIM), which makes the BlackBerry, says it's back. The company is trying to reclaim a market it once dominated by introducing two new devices. The last few years have been a painful time for the company as customers deserted its platform in favor of newer, more popular devices. This may be the company's last chance to remain a vital player in an increasingly crowded marketplace.

Two brand new devices and perhaps a fresh start for a company that has seen its global market share plummet from 20 percent three years ago to just over three percent today.

For BlackBerry CEO Thorsten Heins, it's another chance to remake a faded brand.

"We have definitely been on a journey of transformation, a journey - to not only transform our business and our brand but one which I truly believe will transform mobile communications into true mobile computing," he said.

The company promises the same high level of network security the BlackBerry is known for - along with a fast new browser, a more intuitive operating system, and a revamped library featuring more than 70,000 apps. The Z10 looks much like the touchscreen phones popularized by its rivals, but the Q10 maintains the "qwerty" keyboard that has become BlackBerry's trademark.

Besides the technical and cosmetic updates, Heins says the company will no longer be called RIM or Research in



Blackberry Z 10

Motion.

"Our customers use a BlackBerry, our employees work for BlackBerry and our shareholders are owners of BlackBerry. From today on, we are BlackBerry everywhere in the world," he said.

Shareholders will be watching if customers adopt the new devices. The company's stock has dropped as much as 90 percent in the last four years as it lost ground to competitors. But company shares have doubled in the last four months as anticipation grew for the new models.

Analysts say the new devices could make or break a company that many credit for starting the technological revolution in smartphones.

[VOA News]

Scientist Discover Way to Lose Weight Without Dieting

British scientists have found you can lose weight without dieting - by replacing high-fat foods with their low-fat counterparts.

Writing in the British Medical Journal, researchers from the University of East Anglia found that people who switched out high-fat foods with low-fat substitutes lost about 1.6 kg over six months without any additional dieting.

They also found lowering fat in your diet provides additional health advantages, such as lowering blood pressure and bad cholesterol levels.

The researchers believe their findings could play a role in dietary recommendations to help in the worldwide battle against obesity. The WHO and other public health organizations say obesity is a major risk factor for high blood pressure, cardiovascular disease, diabetes, some cancers and musculoskeletal disorders, such as the highly disabling degenerative disease of the joints, osteoarthritis.

Looking to update its guidelines on total fat intake, the WHO recently commissioned a study to evaluate the relationship between the amount of fat and fatty products consumed in daily diets and various indicators of body fatness such as total weight, waist size and/or body mass index (BMI).

For their study, the researchers evaluated 33 trials in North America, Europe and New Zealand, involving 73,589 participants of various ages and states of health.

Researchers compared the waistline measurements and weight of participants who ate a reduced-fat diet with those whose diet included the usual amounts of fat for at least six months.



Along with the loss of 1.6 kg of body-weight, they also found that the participants reduced their total BMI by 0.56kg/m² - kg per square meter -and cut their waist circumference by 0.5cm.

Wondering if the weight reduction by those in the group that consumed few fats was due in part to the additional time, attention and support they received, compared to those in the normal fat intake group, researchers looked to studies where both groups were given equal time and attention and found that the weight reduction did not disappear suggesting that the weight loss was really due to lower fat intake.

"The effect isn't dramatic, like going on a diet. The research specifically looked at people who were cutting down on fat, but didn't aim to lose weight, so they were continuing to consume a normal amount of food," said Dr. Lee Hooper, who led the research. "What surprised us was that they did lose weight, their BMI decreased and their waists became slimmer. On top of this, they kept their weight down over at least seven years. There isn't a specific goal, the more fat you cut down, the more your weight falls." [VOA News]

Study Finds Energy Use in Cities Causes Winter Warming

Everyday energy consumption in urban areas could be significant enough to cause winter temperatures to rise.

According to a new study funded by the US National Oceanic and Atmospheric Administration (NOAA), waste heat released in major cities in the Northern Hemisphere in the northernmost parts of North America and Eurasia.

"The world's most populated metropolitan areas, which also have the highest rates of energy consumption, are along the east and west coasts of the North American and Eurasian continents, underneath the most prominent atmospheric circulation troughs and ridges," said Ming Cai, from Florida State University and an author of the study. "The concentrated and intensive release of waste energy in these areas causes a noticeable interruption to normal atmospheric circulation systems, leading to remote surface temperature

changes far away from the regions where the waste heat is generated."

According to the study published Nature Climate Change, the total amount of energy consumed throughout the world in 2006 was 16 terawatts, 16 trillion watts with 6.7 terawatts of that amount consumed within the 86 metropolitan areas considered in the study.

"The burning of fossil fuel not only emits greenhouse gases but also directly effects temperatures because of heat that escapes from sources like buildings and cars," said Aixue Hu of the National Center for Atmospheric Research in Boulder, Colorado, another of the study's authors.

The excess energy and resulting warmer winter temperatures could also help explain the discrepancies between actual observed warming over the last half-century, compared to the amount of warming that computer models have been able to account for.

Waste heat from urban areas is different from energy found naturally in atmosphere, such as what's produced by our Sun-warmed planet. That atmospheric energy is normally distributed from one region to another by various circulation systems, like the Jet Stream.

Humans consume energy produced by fossil fuel sources, oil and coal, that have stayed hidden and unused for millions of years. Although the amount of energy produced and used by humans represents only a small portion of what's actually transported throughout the atmosphere by nature, the researchers say that it is highly concentrated in urban areas.

"What we found is that energy use from multiple urban areas collectively can warm the atmosphere remotely, thousands of miles away from the energy consumption regions," said study co-author Guang Zhang, from Scripps Institution of Oceanography. "This is accomplished through atmospheric circu-

lation change."

The influence of heat generated in urban areas can widen the jet stream and strengthen atmospheric flows in regions located at mid-latitudes, areas which lie between the tropics and the polar regions of the world.

Researchers point out this warming effect generated by urban heat is not necessarily even and uniform throughout the world. They say changes in major atmospheric systems, that can cool parts of Europe by up to 1 degree C mostly during the fall, can offset this heating effect. That's why the impact of the urban winter heat on global temperatures is slight, raising the temperature by an average of about .1 degree C worldwide.

The study does not address whether the effects of urban heating can actually disrupt atmospheric weather patterns or if it plays any role in hastening global warming. [VOA News]



Tribute

By Ajith Samaranayka

(This Article written by the Late Ajith Samaranayake in the "Sunday Observer" of August 30th 2004 on the occasion of Fr. Tissa Balasuriya's 80th Birthday is reproduced here as tribute to the memory of Fr. Tissa Balasuriya who passed away on 16th January 2013.)

Fr. Tissa Balasuriya is 80 years old today and if that suggests the image of an elder statesman, that is not quite in keeping with the central motif which has dominated most of his life.

For Fr. Balasuriya's life has never been placid or comfortable or conducted within the grooves of clerical respectability or aspired for the applause of the eminent and the great. He has led most of his adult life in a state of quiet rebellion against the shibboleths of his inheritance, both as a Catholic priest as well as a socially-conscious citizen, and it is a measure of his success that the ideas he has sought to convey about the nature of Jesus Christ and his teachings and how they can be best embodied in our quite different milieu should have percolated deep and spread wide even if some of those ideas should have brought the wrath of the Establishment down on his head at times.

It is in the nature of the media and the ersatz public opinion it manufactures that it is the more sensational public activities of a person (which more often than not touch only the surface of life) that capture the public spotlight while his or her more worthwhile work which cannot be dramatised or sensationalised is neglected or forgotten. And so it was that Fr. Balasuriya's book 'Mary and Human Liberation' received considerable notoriety and brought the full ire of the Vatican on him while his much larger corpus of work where he had sought to relate the historical Christ to the lives and concerns of the Third World poor and Asians in particular is known largely by the cognoscenti only.

If the first two paragraphs seem to contradict each other, there is good reason. Fr. Balasuriya's thinking might have touched people elsewhere without penetrating very much into the country of his birth. It is not merely that a prophet is not honoured in his own land, but that in recent decades, we in Sri Lanka have been taken in by the bogus and the counterfeit, the flashy and the evanescent at the expense of those who have been solid and have possessed depth and substance in our national life.

By a strange paradox, the future Catholic priest was born on August 29, 1924 at Kahatagasdigiliya in the outskirts of the sacred city of Anuradhapura, the seat of the ancient Sinhala kings and the focus of post-Independence Sinhala nationalism.

His parents William and Victoria, however, were from Andiambalama in the Negombo district so that Fr. Tissa was first educated at Maris Stella College, Negombo before, like many academic aspirants from the North Central Province, making his way to Jaffna where he studied at St. Patrick's College.

He completed his secondary education at St. Joseph's College, Colombo from where he entered the University of Ceylon

at the age of 17. Graduating in Economics in 1945 and winning the prestigious Khan Gold Medal, he entered the Novitiate of the Oblate Congregation the same year and was ordained a priest in Rome in 1949.

Future world outlook

These were the years which served to lay the foundation for Fr. Tissa Balasuriya's future world outlook. From the Gregorian University in Rome he obtained the licentiate in philosophy and theology and did post-graduate studies in agricultural economics at Oxford University.

At Oxford he was so dissatisfied at the way in which capitalism was extolled by the academic Establishment, says a biographical sketch, that he dropped out and went to Paris to study at the Institut Catholique and the Faculty of Sociology of the University of Paris. He looks back to the 1960s as the time when he finally said

premises as today at Dean's Road, Maradana and brought together, perhaps for the first time, politicians, academics and students of all persuasions but with a pronounced radical bent, to discuss the problems of the day.

As a young reporter during the 1975-77 period, I remember covering seminars regularly at the Centre where all the political and academic heavyweights of the day joined by such aspiring intellectuals of the time as the young Dayan Jayatillaka did regular combat with one another. A whole series of seminars during the waning days of the second Sirimavo Bandaranaike Government was devoted for example to the multinational corporations, then an emerging hobgoblin on the economic front.

Realities of life

Society and Religion or Religion in Society have therefore been Fr. Tissa's abiding concerns. Here he exemplified a growing movement among the Catholic

formist, domesticated and apolitical' manner in which He had been interpreted by the established Church.

This led logically to a concern with the surrounding political, economic and social realities which impinge on any religion in our times. Here Fr. Tissa had to take account of two sets of factors. To begin with, the western approaches to theology which were then practised by the dominant Church were no longer compatible with the rising Buddhist nationalism of the times.

This was a sensitive area, for while the Buddhist nationalist critique of the Church was not always valid, the Church itself had done little to change with the realities of the time and therefore fed this very critique. There was a need then to diffuse this isolation of the Church from the mainstream of national life and attune it to the political and cultural realities of the day.

Hence the lone battle Fr. Tissa had to wage in which he was misunderstood, misinterpreted and lampooned both by sections of the Church as well as the political Establishment. Once, when he had roused the holy ire of the Emperor no less, President Jayewardene, I remember the respected Daily News so departing from tradition that it thundered in an unusual page one editorial 'Go unfrock yourself'.

The reprimand, of course, was directed at the Director of the Centre for Society and Religion who had made it a habit to go about in ordinary dress travelling by bus and trudging along the roads and generally eschewing the mystique of priesthood.

Mariology

Most recently as many will remember, the Catholic Church itself collided head on with Fr. Tissa over his interpretation of the mother of Jesus where he offered a dynamic Mariology quite different from the traditional interpretation.

As he sees it, traditional Marian spirituality downplays the humanity and the maturity of a woman who participated actively in the life and ministry of Jesus and who 'offered the life of Jesus as a sacrifice' and he concludes that 'it is this type of woman that needs to be central to Christian spirituality.'

At 80 therefore, Fr. Tissa Balasuriya offers the profile of a quiet rebel who has not feared to challenge the long-held shibboleths of both the Church and the political Establishment, who has not feared to speak out his mind on the issues of the day without self-dramatisation or the extravagant narcissistic gestures of a showman or an impresario.

He is very much a product of his times, being born into the pre-Independence milieu and arriving at maturity in our own turbulent times but questioning and challenging some of the most sacred tenets and articles of faith embedded both in religion and politics in the present post-capitalist age.

A sharp critic of the iniquities of the global capitalist system, he has sought to reconcile the liberative teachings of Christ with the quest for social justice the world over. His has been a struggle well worth it even as we are still caught up in that same struggle and quest in a new century.

Fr. Tissa Balasuriya: An Inspiring Confluence of Society and Religion



Rev. Fr. Tissa Balasuriya OMI ~ (b: Aug 29, 1924 – January 17, 2013)

goodbye to Aristotelian philosophy and Thomist theology.

The two pillars of Fr. Tissa's life have, of course, been the Aquinas University College and the Centre for Society and Religion. At the age of 29, he was appointed Registrar to Fr. Peter Pillai at this former institution and became Rector on his death in 1964. As Rector, he broadened the scope of the curriculum and introduced courses in technology, business, law and agriculture. Many future politicians and journalists such as Gamini Dissanayake, Vasudeva Nanayakkara and Lucien Rajakarunanayake studied at Aquinas during this period.

In 1971, the year of the JVP-led Insurrection, Fr. Tissa left Aquinas to found the Centre for Society and Religion, a unique experiment in studying the proliferating social, economic and political problems of Sri Lanka. Although a sprawling complex today, the Centre at its inception was modestly housed at the same

churches of the Third World to relate the teachings of Christ to the realities of life in the poorer parts of the world, which were in marked contrast to life in the affluent western countries from where Christianity had originally come to Asia, Africa and Latin America.

Not only were these western powers colonialist and had exploited the Third World economically and culturally, but the image of Christ that they had projected and propagated in these countries was that of a westernised cultured gentleman.

Catholics brought to Asia a Christ as understood by the Europeans while the Protestants brought with them an Anglo-Saxon version of Christ. What is more, both were part of the western colonialist project and western expansion was treated as divine intercession for propagating the gospels among the native heathens.

The need therefore was to return to the gospels and interpret Christ in terms found within them rather than in the 'con-



In Memoriam: Rajadurai Blanchard

'In Quietness and Confidence was his strength'

Rajadurai Blanchard, a veteran teacher passed away recently at the ripe old age of ninety two. He was a man of quiet and noble ways. Blanch as he was fondly called by his colleagues and friends led a peaceful and contented life. He hailed from Sankanai where people have the reputation for living longer lives. They are also noted for their boisterousness (chandian). However Blanch did not have such tendencies; he showered avalanches of goodness on all those who knew him. He is reputed for his generosity where he had been lavish in supporting good causes. Recently one of his friends lost his son-in-law at a very early age and the family needed help. He rushed to his aid to comfort him and help him. He was also known to help charities off and on.

Blanch migrated from Malayasia and started to live in Sankanai. He finished schooling at Jaffna College, Vaddukoddai and took to teaching as a career at Hartley College Point-Pedro. He taught there for nearly two decades as Woodwork and Geometrical Drawing teacher. He was a quiet and serious minded teacher who made a success of his profession. He was good at organizing exhibitions where he kept on display the products he made along with his students. He was a trusted and loyal mem-

ber of the staff and the principal appointed him as the master in charge of school examinations. He collected, got the question papers typed and renewed for every school exams promptly to the satisfaction of the school authorities. In 1972, the school curriculum was changed and Pre-vocational subjects were introduced on the recommendations of the Dudley Seers Report. Blanch being a senior teacher was appointed as a school inspector by the department of education.

He moved with his family to Jaffna town and settled there. After retiring, he went to Canada to be near his youngest son. He continued his loyalty to Hartley by being an active member of the Past Students Association in Canada. He was prompt in attending the functions organized by the Hartley PPA to encourage the

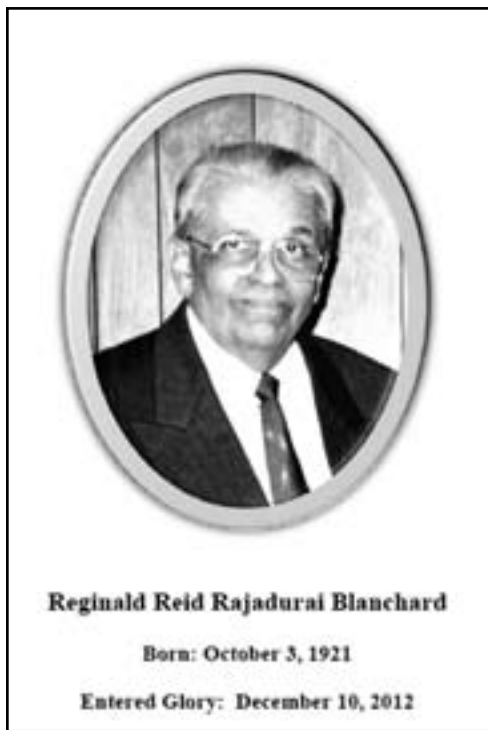
students.

Blanch was also a regular church goer. In Jaffna, he served the Methodist Church as a loyalist. Every Sunday he will be seen counting the collections in the company of his friend Dan Beadle. In Toronto he attended the Margaret's- on the- Pine Anglican Church where he worshipped until his demise. His funeral service too was also held there.

It was his family life that was at the background of Blanch's success and happiness. He was lucky in his wife, Malar who was an asset to him in every way. At Point-Pedro where they started their married life, they taught at adjoining schools. They had four sons, Suganthan, Jeyan, Rohan and Ravi (Atchi) who are doing well in every walk of life. They have chosen to live in different parts of the world which

has given a global dimension to their family. They were not tired of visiting their sons in the far-flung places on the globe like Australia, U.K and Canada. They all came together to attend the 50th anniversary of their parents in 2003. The couple has travelled to various parts of the world and also on trips organized by the Tamils Seniors Center in Toronto. He was always seen in with a happy disposition.. He spent the latter years of his life with his wife at Cedabrae Manor House. He was seen walking along with his wife in the surroundings either for shopping or just for constitutional walks. Naladiyar, an anthology of ancient Tamil poems, asserts that a man's longevity depends on the love and support he gathers from his wife and children. It is indeed true in the case of Blanch. He led an active social life so much so that he never failed to attend his social obligations like showing up at funerals and family gatherings. Rajadurai Reid Reginald Blanchard had readiness, resourcefulness, and resilience as his character-traits. It was these traits that fashioned his personality and helped him to lead a happy and contented life. He died a month ago after a brief illness. May his soul rest in peace.

By J J. Atputharajah



US Postage Stamp Honors Rosa Parks on 100th Birthday

By Kate Woodsome

The U.S. Postal Service has issued a special Rosa Parks stamp to commemorate the 100th birthday of the late civil rights icon who helped end racial segregation in the United States.

The stamp shows an artist's depiction of a 1950s-era photo of Parks, who was arrested in 1955 for refusing to give up her seat to a white man on a Montgomery, Alabama, bus.

At the time, blacks were treated as second-class citizens and regularly faced racism, discrimination and violence simply because of the color of their skin.

Parks' arrest sparked a 381-day boycott of the Montgomery bus system, nearly crippling the service because a majority of its riders were black.

The protest had more wide-ranging effects, too. It helped bring prominence to Reverend Martin Luther King Junior, who went on to become one of the country's most outspoken advocates of racial equality and civil rights.

The boycott ended when the

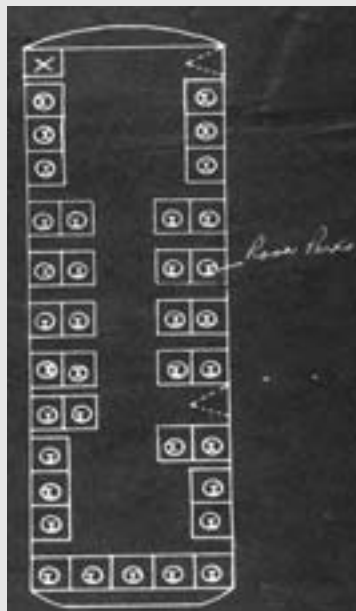


Rosa Parks (February 4, 1913 – October 24, 2005)- In this November 28, 1999 file photo, Rosa Parks smiles during a ceremony where she received the Congressional Medal of Freedom in Detroit-via

Supreme Court banned segregation on public transportation in 1956 and ordered the southern city to integrate its buses.

Of her historic decision to refuse to move to the back of the bus, where other black riders sat, Parks later said, "All I was doing was trying to get home from work."

The soft-spoken but feisty activist died in 2005 at the age of 92, becoming the first woman to lie in honor in the U.S. Capitol Rotunda. [VOA News]



This diagram shows where Rosa Parks was seated on a Montgomery, Alabama, bus on December 1, 1955. At that time, the front 10 seats of the Montgomery city buses were permanently reserved for white passengers. Parks was seated in the first row behind those 10 seats. When the bus became crowded, the bus driver instructed Parks and the other three passengers seated in that row, all African Americans, to vacate their seats for the white passengers boarding. Eventually, three of the passengers moved, while Parks

TAX POINTS

Contd. from page 42...

It found Craig had devoted "a material amount of capital and a very significant part of his daily work routine to the farming business, and he was an active member of and contributor to the community of standard bred racing." The Supreme Court ruling reinforces the notion there is a two-part test to determine whether farmers should be restricted in their losses.

Section 31(1) says that neither farming nor a combination of farming and some other source constitutes the taxpayer's chief source of income for a particular taxation year in order to qualify for restricted losses. The two-part test factored into the Craig case, because it is very clear that farming alone was not the taxpayers' chief source of income.

When farming in combination with another activity, taking into account other factors such as the time and capital invested in both businesses,

and their goal of profiting from farming, did allow to fully write off their losses.

The Supreme Court decision puts all of us in the position of having to decide, on a case-by-case basis, where a particular situation fit within an interpretation of farming being a significant endeavour. A decision based on many factors to be made, but no longer do have to weigh the implications of which of two sources of income is the predominant one if both are significant endeavours.

We know that if Canada Revenue Agency favours a more strict interpretation of restricted farm losses, one option is to advise the Department of Finance they want to see a statutory amendment, and recommend that Finance introduce legislation to amend section 31 for a subsequent vote in the House of Commons and the Senate.



RBC OPENS INTEGRATED WEALTH MANAGEMENT CENTRE Newly Renovated Office Serves Business Owners and Families in Scarborough

RBC's second floor offices at Progress and Grangeway have been renovated to make it easier for business owners and families to access industry-leading wealth management and business banking services. Local Councillor Glenn De Baeremaeker cut the ribbon at the newly renovated office's opening on Thursday, January

24th. The new office layout combines the services of RBC Dominion Securities and RBC Commercial Banking to better serve Scarborough's growing number of business owners and meet the wealth planning needs of the area's families, retirees and young professionals. The new office will host seminars on wealth management topics, including retirement planning,

business succession planning and estate planning. "This is a true home for Canada's leading wealth management firm in Scarborough," says Branch Manager Marian Dragota.



Marian Dragota, Branch Manager, RBC Dominion Securities, Gary MacDonald, Regional Director, Metro Toronto and Northern Ontario, RBC Dominion Securities, & Gregory Seater, Vice President, Investment Advisor, RBC Dominion Securities



Gregory Seater, Vice President, Investment Advisor, RBC Dominion Securities



Gregory Seater, Vice President, Investment Advisor, RBC Dominion Securities & Marian Dragota, Branch Manager, RBC Dominion Securities with guests



Gary MacDonald, Regional Director, Metro Toronto and Northern Ontario, RBC Dominion Securities, Meena Krishnan, Branch Manager, Markham & Steeles, RBC, Mohan Sundaramohan, Branch Manager, Morningside & Milner, RBC & Gregory Seater, Vice President, Investment Advisor, RBC Dominion Securities



Mohan Sundaramohan, Branch Manager, Morningside & Milner, RBC & Gregory Seater, Vice President, Investment Advisor, RBC Dominion Securities



Terrence Chan, Branch Manager, Lawrence & McCowan, RBC & Kathleen Ann Roberts, Senior Account Manager, Lawrence & McCowan, RBC



Meena Krishnan, Branch Manager, Markham & Steeles, RBC at centre with guests



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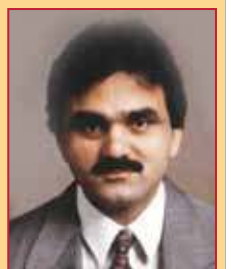


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DR. SIVASRI PANCHADCHARA Vijayakumara Kurukkal awarded with Diamond Jubilee Medal

Queen Elizabeth II Diamond Jubilee Medal was presented to Dr. Panchadchara Vijayakumara Kurukkal on January 28, 2013 at Queen's Park Legislative Assembly to honour significant contributions and achievements by him to the Canadian community. Dr. Panchadchara Vijayakumara Kurukkal is a Sri Lankan and is a respectable charity worker in Canada.

Dr. Sivasri Panchadchara Vijayakumara Kurukkal immigrated to Canada in 1987. Since then he formed the Sri Gowri Mangala Service to assist the Hindu Diaspora in Ontario to perform their ritual needs.

When the Toronto Hindu Community needed a place of worship Kurukkal established the Sri Varasiththi Vinayagar Temple in 1999. Today it is one of most recognized Hindu Temple in Toronto and has over 15000 devotees take part in various annual festivals. Through this temple beside worship he also encourages and recognizes many young talented cultural and classical artists education and awarding them.

In 2005 he Established Sri Varasiththi Vinayagar Hindu College to educate and empower our young Canadians through the values of Hindu Religion, culture and Tamil Language. Today there are over 230 students and 10 teachers are part of this school studying free of charges and Kurukkal taking care of those expenses.

Kurukkal frequently visits to Scarborough Hospital Grace Campus, Yee Hong Centre, Providence Healthcare and Craiglee nursing home

to perform prayers and to console those patients and residents and their families.

Kurukkal also involves himself and the devotees to give back to the society in most needed areas. He raised funds to help Tsunami affected people in Sri Lanka in 2005. Jointly he organized with Rouge Valley Health System a Walk-A-Thon for the Centenary New Birthing Centre and also took the leadership role in raising funds for the MRI Equipment for The Scarborough Hospital Grace Campus. He has been recognized and awarded many times by many organizations throughout the world for his contribution and hard work for mankind including Canada, Australia, Sri Lanka, India and Hawaii are few countries to be mentioned.

Some of other award winners and Kurukkal's family and friends present at the ceremony can be seen here.





Community Watch



Pongal Display



President of CTC, Suntharamoorthy Umasuthan



Emcee for the Event, Manjula Selvarajah



Board of Director, Kumar Ratnam

CANADIAN TAMIL CONGRESS HONOURS TORONTO POLICE CHIEF



Garry Anandasangaree and Ken Kandeepan who presented the honours to Toronto Police Chief Bill Blair



Umesh Vallipuram presenting the launching of the Center for Leadership and Innovation (CFLI) program and introduced some of the future leaders



This year the "Service Excellence Award" went to UK based "Sri Lanka Campaign for Peace and Justice" for their exceptional work towards highlighting the wrong doing of events taking place in Sri Lanka in the international arena. Though snow shut down the UK airport, the campaign director Fred Carver was on hand to receive the award. In his speech he thanked CTC for honouring them and indicated that their work will go on until justice is served in Sri Lanka. Dr. Vadivelu Santhakumar, Executive Officer of CTC & former President of CMDDA presenting the award to Fred Carver

Four years ago, Toronto Police exercised skill, judgment and discretion under very trying circumstances when a large group of Tamil protestors – women and children included – shut down the busy Gardiner Expressway for nearly five hours.

This was one of several protests that year by members of the Tamil community, demanding the Canadian government do more to help end the civil war in their native Sri Lanka. Policing those demonstrations required a very delicate balancing of competing rights while protecting public safety.

On Jan. 19, Chief Bill Blair was recognized for his ongoing community

leadership. He was presented with the inaugural "Leaders for Change Award" at the Canadian Tamil Congress annual Thai Pongal Festival dinner that attracted nearly 1,000 guests.

The new Award honours the unique contribution of an individual who, through their exceptional vision, perseverance and commitment, has redefined and strengthened the need for societal change.

"We wanted the Chief to know that we appreciated the leadership he displayed in allowing the peaceful protests to proceed while maintaining law and order," said CTC national spokesperson David Poopalapillai.

"These were troubling times and we know he was under pressure and in a tough situation. We certainly respect his actions and those of his officers in some difficult circumstances. He's one of the finest leaders in this city and definitely deserving of this honour."

Blair accepted the award on behalf of the Service.

"This is recognition for the work done by members of our organization," said Blair.

"We work very closely with a substantial Tamil population with whom we have developed a very respectful relationship."

[Media Release-torontopolice.on.ca]



On behalf of the "The Doctor", Dr. Meera Selvakone receiving the award from Vani Selvarajah



Every year CTC's Tamil Canadian Walk-a-thon raises funds for an organization that has worked tirelessly for the betterment of Canadians. This year, CTC presented a \$47,000 cheque to Centre for Addiction and Mental Health (CAMH). President and CEO of CAMH, Dr. Catherine Zahn was present to accept the cheque and thanked CTC during her acceptance speech. Organizers of Walkathon-2012 Sivan Ilango and Dr. Priya Jeganathan presenting the cheque to President and CEO of CAMH, Dr. Catherine Zahn.

The Living Hero Award

As part of our commitment to recognize the work of heroic individuals for their selfless work, the Canadian Tamil Congress has introduced the Living Hero Award. The award will be given annually to a person of Tamil origin who has demonstrated exemplary leadership, courage, empathy and services in challenging circumstances.

The recipient of CTC's first Living Hero award is "The Doctor".

The Doctor, is a chapter in the book entitled "Still Counting the Dead" by former BBC correspondent and author, Frances Harrison. In this heart wrenching chapter, she tells the story of a brave doctor who was instrumental in saving the lives of thousands of war wounded people.

We are unable to release the Doctor's name due to continued fear of persecution and reprisal against his family members still living in Sri Lanka

While we may not know his name...how he looks or which country he has sought exile in... We know that his humanitarian work has not only saved thousands of lives, but has now reached hundreds of readers worldwide.

Why the Doctor?

The Doctor was one of the last health care workers to come out alive from the war zone in May 2009. During the final stages of the war, the Doctor witnessed the sheer inhumanity that devastated the island. From treating patients in hospital beds, to setting up makeshift hospitals after, the Doctor soon found himself operating on patients under trees. In the midst of shelling and indiscriminate killings, the Doctor put his own life in harm's way by staying behind to help



Dance Performances by the students of Guru Nirothini Pararajasingam

see page>>49



CANADIAN TAMIL WRITER A. MUTTULINGAM RECEIVES ANANDA VIKATAN AWARD FOR SHORT-STORY COLLECTION

Well known Tamil short-story writer A. Muttulingam from Canada has received a prestigious Award from the Ananda Vikatan Magazine for his collection of short-stories titled Kuthiraikkaran. Ananda Vikatan is a prestigious South Indian weekly magazine and is

one of the largest circulated publication in Tamil Nadu. The founder of Ananda Vikatan was the well-known cinema mogul S.S. Vasan who also owned the famous Gemini Studios which produced block-buster movies like Avvayar and Chandralekha.

The Magazine distributes 50 Awards annually under different categories and this is the first time that a person outside India has received an Award. Mr. Muttulingam received the Award under the category of short-story collection.

YEAR END BLAST 2012 ON DEC 30, 2012

Photos taken during the event "Year End Blast 2012" on Dec 30, 2012 organized by Kanchana at J & J Banquet Hall can be seen here.



Photos by: Gnane Gnanendran

The Living Hero Award

Continue from page 48...

the sick, the wounded and the helpless. He calculates that his team of doctors, nurses and medics saved at least 20,000 people, but he remained tormented by the 150 patients he abandoned under a tree on the very last day of the war. Fortunately, he was not captured nor identified as a doctor by the Sri Lankan authorities and somehow managed to escape Sri Lanka.

The Doctor, suffering from physical and severe emotional trauma, is currently living in exile with his wife and children. He and his family are now safe from the brutal war that claimed the lives of thousands but no matter how many miles he may flee, there is no escape from the horrific memories that he continues to relive on a daily basis. Horrific memories of tragedy, death and unparalleled horror. Memories that have become a part of his very being.

The last makeshift hospital he worked at in Sri Lanka ceased to function on May 15th, 2009. According to Frances' book, when he surrendered on the last day, he was forced to leave behind one woman he met on the last morning. A woman he can't seem to forget. Kneeling by the side of her husband, whose legs had been blown off, the woman begged the Doctor to rescue him; Regardless of the thousands

of people he saved, he is tormented by the people he left behind and states "I did my job...but if I meet that lady again, what will she think of me?"

Well, if we ever have the pleasure of meeting you Sir, this is what we want to say to you:

"We honour you, we salute you and we remain inspired by your courage, compassion and commitment to your fellow people in challenging and dangerous circumstances."

Today, the Canadian Tamil Congress honours the Doctor for tending to the victims in the middle of unspeakable horror. Recognized for championing the quality of life for the people he served and the way he embraced his conviction to uphold his duties not only as a doctor, but also as a fellow human being, the Doctor has become a living hero in the eyes of many Tamil people worldwide.

Full Text presented by Vani Selvarajah, introducing the profile of the recipient of "Living Hero Award", at the Annual Thai Pongal Dinner, held by Canadian Tamil Congress, in Markham, Ontario on January 19, 2013. Vani Selvarajah, Attorney At Law and Human Rights Activist is currently with The Law Office of Gary Anandasangaree Professional Corporation.

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CTCC Conducts Strategic Planning Session.....

By Siva Sivapragasam

The Canadian Tamils' Chamber of Commerce (CTCC) conducted its Strategic Planning Session on January 12, 2013 at Leparc Convention Centre, Thornhill. The session was well received by its members who came together to brainstorm ideas for the growth of the organization.

The Canadian Tamils' Chamber of Commerce is a 22 year old organization and is the nexus of the Tamil business community in Canada. The mission of the organization is to develop and foster entrepreneurship and community engagement by: Providing members with a forum to network, share ideas and experiences in order to promote mutual business success;

Supporting emerging enterprises and entrepreneurs through seminars, workshops and conferences;

Recognizing and promoting the success

and contributions of Tamil Canadians; Promoting charitableness and volunteerism in the community; and Facilitating and strengthening opportunities for members in the field of trade and commerce, locally, nationally and globally.

The strategic planning was conducted based on clearly defined goals which included;

Become as an influential business community in Canada Increase youth entrepreneurship through engagement and supporting business education

Increase women entrepreneurship in the community Giving back to the community by promoting charitableness and volunteerism Facilitating and strengthening opportunities for members in the field of trade and commerce, locally, nationally and globally

Increase membership - attract, pursue, and retain a membership that reflects our vision Engage emerging businesses

in the activities of the Chamber and provide needed assistance for them to establish and grow

Diversify our source of finance and build a sustainable funding to sufficiently meet the needs of the Chamber and to further strengthen the financial position.

Provide members with a forum to network, share ideas and experiences to promote mutual business success while recognizing and promoting the success and contributions of Tamil Canadians

As part of the session, the members also re drafted the vision statement for the organization.

At the end of the Session each Team Leader went up to the stage and outlined their ideas and suggestions that the Board should implement to achieve the goal envisaged.

The key-note Speaker for the day was Mr. Hari Panday, former President of the Indo-Canada Chamber and an experienced Banker who was

instrumental in establishing ICICI Bank in Canada. At present Hari Panday is the owner of PanVest Capital Corporation and an independent corporate director. Mr. Panday highlighted the importance of numbers towards membership and how it would be related to the value of the Chamber.

There was another key-note speech by Rajee Muthuraman, partner of a leading printing company RJ Multi Litho who won an award from CTCC for Best Entrepreneur award 10 years ago. He spoke about his experiences and key ideas to become successful in business.

Yaso Sinnadurai, an active member of CTCC and served in the board in many positions including as Advisory Council, Vice President & Secretary delivered the closing remarks and congratulated the Board of Directors for taking initiative to conduct the strategic planning session.

Seen here are some pictures taken at the Session.



President, CTCC & President, Life 100 Insurance & Investments Inc., Sritharan Thurairajah



Vice President – Internal Affairs, CTCC & CA at Ernst & Young, Sivan Ilango



Imtiaz Seyid, Vice President, South Asian Market, RBC Royal Bank



Yaso Sinnadurai, Barrister & Solicitor, Law Office of Yaso Sinnadurai



Gnana K. Gnanachandran, former President of CTCC & President, Majestic Wealth Management



Key-note speaker Rajee Muthuraman, partner of RJ Multi Litho and former Best Entrepreneur Award winner of CTCC



Key-note Speaker Hari Panday, former President of the Indo-Canada Chamber and owner of PanVest Capital Corporation



Kula Sellathurai, Former President of CTCC & President Inter-Citi



Some of the members attended the Strategic Planning Session

Photo Courtesy: Gnane Gnanendran



Recent Events

Thai Pongal Celebration with MP Rathika Sitsabaiesan

On Sunday, January 22, 2013, NDP MP Rathika Sitsabaiesan hosted a Thai Pongal celebration for the constituents of Scarborough-Rouge River. Around a hundred community members attended and celebrated the new year and thanksgiving together, with music, dances and pongal making. NDP MP Olivia Chow (Trinity-Spadina) was also among the attendees.

Some photos taken at the event can be seen here.



Tamil Heritage Month 2013 Opening Ceremony - Toronto City Hall

Photo Courtesy: Suren Vision Photography



Hon Michael Chan, MPP (Markham--Unionville) & Minister of Citizenship and Immigration & Minister of Tourism, Culture and Sport



Chris Alexander, MP, Ajax-Pickering with Tamil Community Members



Corneliu Chisu, MP, Pickering-Scarborough East with Neethan Shan, ONDP President and other Tamil Community Members



Toronto City Councillors presenting memento to organizer of Tamil Heritage Month, Neethan Shan, ONDP President



Cultural Performance in progress



Canada Warns Sri Lankan Government

Canada has issued a warning to the Sri Lankan Government that if it does not address issues raised on human rights and accountability there could be a revival of radicalization by the Tamil Diaspora

The Canadian Minister of Citizenship, Immigration and Multiculturalism Jason Kenney, who visited Sri Lanka early last month, told a group of Tamil journalists in Ontario recently that he had conveyed this message to the Sri Lankan government during his visit.

Kenney said at the Roundtable Media discussion that during his discussions in Sri Lanka he found that the political situation was deteriorating rather than improving during the post-war environment.

He remarked that he had reported his views to Canadian Prime Minister Stephen Harper as well as to Foreign Minister John Baird and the Canadian Premier will now make a decision on the level of Canada's engagement at the Commonwealth Heads of Government Meeting (CHOGM) in Sri Lanka in November.

The Canadian Prime Minister had earlier said he will not attend the Colombo summit unless there is progress on the human rights issue in Sri Lanka.

The Canadian Minister however noted that the Sri Lankan government has made progress on some issues and some of the moderate Sinhalese political parties he met during his Colombo visit had hope for a meaningful political reconciliation.

He also said that the impeachment of former Chief Justice Shirani Bandaranayake was a "very bad sign" and that it showed even the rights of Sinhalese people were being violated. The Minister also said the current developments in Sri Lanka show the Commonwealth that the government is not taking seriously the reasonable expectations of the international community that it respects the Rule of Law.

Some of the photos taken during the Roundtable conference with media in Toronto can be seen here.

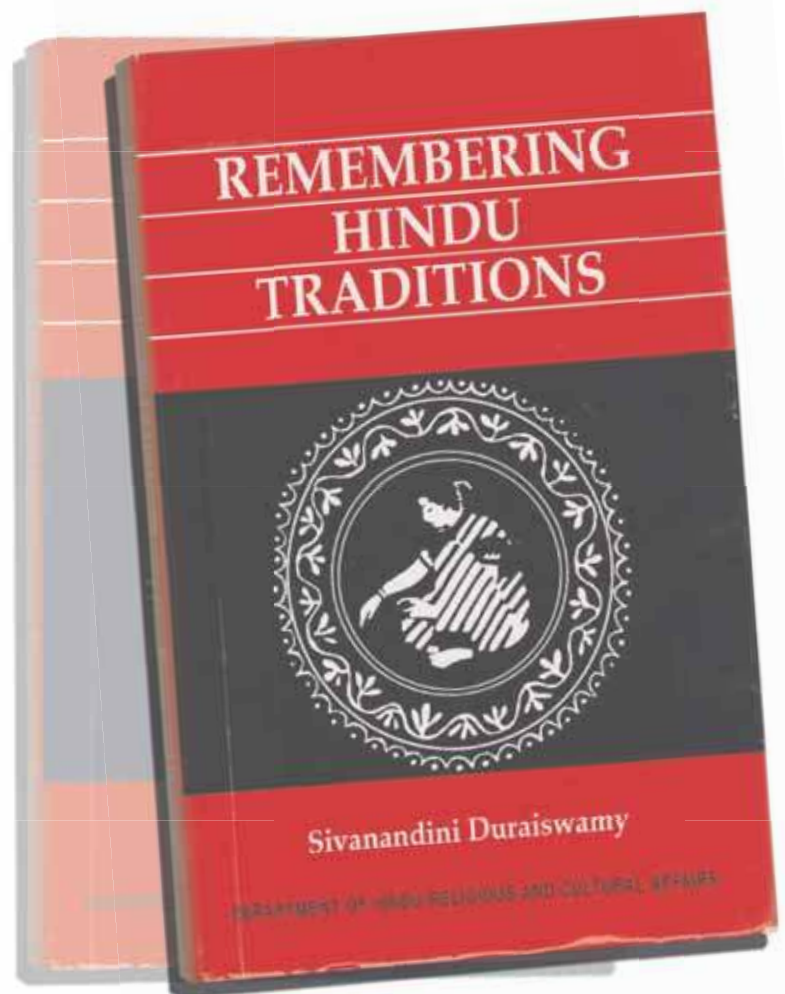


Hon Minister Jason Kenney addressing the media



Hon Minister Jason Kenney at press conference

Know Your Hindu Traditions & Customs...



- * Why have a Shrine Room in your home
- * Why break a coconut
- * Why ring the Temple Bell
- * Why the bridegroom places the feet of the Bride on the "Ammi" (grindstone)
- Why light a lamp in the home
- Significance of Fasting
- Deepavali
- Thaipongal
- Aadi Amaavaasai
- Kanthsashti etc.

REMEMBERING HINDU TRADITIONS

By Sivanandini Duraiswamy

(Vice-President of the Hindu Council of Sri Lanka & President of the Saiva Mangayar Kalagam)

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Tamil Cultural & Academic Society of Durham Tamil Heritage Month Celebration

Tamil Heritage Month serves as a month for Tamils to celebrate their culture, traditions, history, literature and festivities, providing Tamil mainstream community an opportunity to obtain about and preserve the rich heritage of Tamils.

Tamil Heritage Month declaration has been endorsed by over 20 prominent organizations in the Canadian Tamil Community. In addition, municipal governments in Ajax, Brampton, Markham, Oshawa, Pickering, Toronto, Whitby and York Region have also joined in through proclamations at their respective councils. During January 2013, a number of events, seminars, displays and competitions will be held across Canada to mark Tamil Heritage Month.

We, Tamil Cultural and Academic So-

ciety of Durham has celebrated our 5th Annual Thai Pongal Day, as the major Heritage month celebration and appreciated City of Pickering, Town of Ajax, Town of Whitby, City of Oshawa townships for proclaiming the Tamil Heritage Month as January.

Pongal is the day when the pot of milk and rice must boil over. Early in the morning, before sunrise, the women of the house draw intricate kolam outside their doors. Within the perimeters of kolam, firewood is used to cook the rice. This is the Surya Pongal, the Pongal for the Sun God following day's Mattu Pongal or Pongal for the cattle are celebrated. The Pongal is set up in direct view of the Sun (East).

Our guests and dignitaries from all levels of government, Durham District

School Board officials and community partners were glad to participate in our rice pouring ceremony on 26th of Jan 2013. Tamil Cultural and Academic Society of Durham events were collaborated with cultural dances, cultural music and drama. Delicious and home-made snacks with Pongal were served at the event. Young children and youth were participating in all cultural events and it was a full house event at St. Andrew's Community centre, at Ajax. TCASD would like to thank the Town of Ajax for the venue and for the support in celebrating Tamil Heritage Month.

In addition we took part and organized many activities that promoted Tamil Heritage Month in Region of Durham and other municipalities.

- Proclamation from the city and town in the Region of Durham
- Town and City delegation presentation about Tamil Heritage Month and Thai Pongal
- Display set up at Mcleans community centre in Ajax
- Display set up at the Pickering Main Library
- Participated in Tamil Heritage Month opening ceremony at Toronto City Hall
- Thai Pongal celebration in partnership with Ajax library
- TCASD Thai Pongal Celebration in Ajax
- Participated in Tamil Heritage Month closing ceremony
- Tamil Heritage Month competition



Ajax- Pickering MP Chris Alexander and his daughter Salma pouring rice



Mrs. Rajasingham senior at rice pouring ceremony



Mr. Selvadurai TCASD senior pouring Rice



TCASD Youth performing at the THM opening ceremony



TCASD Thai Pongal Performers



TCASD Youth



Rice field dancers for Thai Pongal



Some of the Tamil Competition winners



Young Carnatic singers at Thai Pongal

Colouring contest

3 years

- 1st place Makilan Thavam
- 1st place Jaswini Thayakaran

4 years

- 1st place Akisha Sivakumar
- 2nd Place Rishi Ramesh

5 years

- 1st place Abiseka Thavam
- 2nd place Minoja Ramanasingam
- 3rd place Agil Vijayathan
- 3rd place Arjunna Santhakumar

Word Search (Tamil)

6, 7 years

- 1st place Thanusan Ramanasingam
- 2nd place Janusan Sooriyakumaran
- 3rd place Oviya Thillainathan

8, 9 years

- 1st place Sivanujan Sivakumar
- 2nd place Suruthy Vasanth
- 3rd place Rhenujan Ramanasingam

10, 11 years

- 1st place Prithuvi Santhakumar
- 2nd place Manusha Vijayakumar
- 3rd Place Raksana Vijayathan

12, 13 years

- 1st place Rishika Varatharajah
- 2nd Place Vithushan Vijayakumar



TCASD Youth performing at the THM opening ceremony



Guests at the Library Thai Pongal Celebration



Guests at the Library Thai Pongal Celebration



Tamil Cultural and Academic Society of Durham Participated Part in World Religion Day

Seventh consecutive World Religion Day was held on Sunday January 20th at Scugog Community and Recreation Centre presented by The Durham Multi Faith World Religion Day Committee. This years' theme was Water & Sustainability from faith perspective. It was a wonderful experience for Tamil Cultural and Academic Society of Durham (TCASD) youth and children and parents to have been invited and take part in such an important interfaith celebration. Tamil Cultural and Academic Society of Durham were proud to have their young members, youth and adult members participate in this event. Hindu prayer was sung by Shajahi Rajasingham, youth speaker Saijith Loganathan on significance of water in Hinduism, cultural dance was performed by Branavi Kumar, Sarangi Kumar and Nisha Sriraj.

The keynote speaker Councillor Kelly LaRocca from the Mississaugas of Scugog

Fist Nation gave an encouraging and spiritual message to the attendees. Other participating faith groups were, Baha'i Faith, Buddhism, Christianity, Islam, Jainism, Judaism, Native Spirituality, Sikhism, Taoism, Zoroastrianism.

Importantly it was a celebration of understanding and appreciating each other faiths' views on their use of water. Interesting enough, similarities and resemblances to the way water was sustained within the religions and helping the global community was evident. It was great to meet new people from various faiths and backgrounds, and truly blessed to have participated in this year's event. Our sincere thanks to the organizers for inviting TCASD and we look forward to next year in Township of Brock.

Saijith Loganathan
TCASD Senior Youth



Left to Right, Donald Igbokwe Chair, Saijith Loganathan, Branavi Kumar, Mayor of Scugog Chuck Mercier, Shajahi Rajasingham



Saijith presenting about water and Hindusiam



Shajahi Rajasingham Singing Hindu Prayer



Performance by TCASD kids



Uplifting presentation by Metis Nation

TCASD Young Member Recipient of Royal Canadian Legion Remembrance Day Poster Competition

The recipient of the Royal Canadian Legions Pickering Branch # 606 Remembrance Day poster competition is, Shajahi Rajasingham, a grade 1 student at William Dunbar Public school in Pickering. Shajahi, an active member of the children and youth wing of the Tamil Academic and Cultural Society of Durham TCASD, received a certificate and a cash prize for her poster from the Royal Canadian Legion official at a recent award ceremony.

The Royal Canadian Legion, have organized the poster competition for many years as part of its ongoing educational work to foster a "Tradition of Remembrance" and a critical understanding with children and youth, as to the sacrifices made by the men and women of the armed forces throughout the commonwealth, and by their own great grandparents, grandparents and parents, so that they can experience and enjoy the free-



Shajahi Rajasingham, Sargent of Arms Marlene Wilson and Reshali Rajasingham.

dom and democracy that thy enjoy today.
Article by Roland Rutland



Pongalo Pongal by Durham Tamil Association

Thai Pongal is celebrated January 13-16 each year. "Thai" (January) and "Pongal" mean the boiling over of milk and rice. This four day celebration marks a period of plenty, peace and happiness. Thai Pongal is the Harvest Festival for the Tamils, similar to Thanksgiving. The Tamil saying "Thai Pirandhal Vazhi Pirakkum" meaning "the commencement of Thai paves the way for new opportunities" marks the dawn of the month of Thai, followed by peace, happiness, prosperity, brightness and harmony in the life of everyone.

Durham Tamil Association celebrated Thai Pongal with enthusiasm on January 20th, 2013 at the East Shore Community Centre bringing together 200 members on this great occasion. The hall was gracefully decorated depicting how a traditional Pongal area would look with the Pongal symbols like Plough, Cart wheel, Clay pots, Thoranam, Maavilai, Clay Stove, Kuthu Vilakku, Sugarcanes and Plantain trees ,by our Vice President Kanga Sivanathan, Senthil Krishnamoorthy ,Youths Kabithan Ravichandran , Rishi Suresh, Jessihan Ravichandran & Prashan Rajaratnam. A team of ladies, embellished the floor with decorative patterns called Kolam was drawn using flour and colors.

All dignitaries were welcomed in the most conventional way by giving candles set in a decorated clay pot marking Pongal. The valiant youth dressed in vibrant colors of Tamil attire greeted all the mem-

bers in a traditional way of sprinkling panner & sandhanam. Even all the beautiful ladies were given the jasmine flowers as a way of sharing the auspicious moments in the Tamil ritual custom.

The program flagged off with O Canada by Ms. Melany Kandiah followed by Ms. Salini Sivalingam, who sang Thamizh Thaa Vaazhthu. Master of Ceremony for the evening was Ms. Delany Kandiah. A contemporary speech in English was given by Ms. Neraja Thillairaja followed by Ms. Swetha Sathiyalingam in Tamil reiterating the importance, meaning and the reason for this propitious occasion. DTA's proud icon Ms. Sarika Navanathan indulged the guests in a melodious Tamil song.

Durham Tamil Association's President Josh Suresh gave a spectacular speech on Thai Pongal saying, "it is the most popular festival of thanksgiving celebrated by the Tamils, by which we express gratitude for a successful harvest and the beginning of new opportunities, peace and prosperity".

The event would not have been complete without the charismatic performances brought out by the amazing talents of the budding dancers of DTA. Dance performances attributed Tamil dance forms like Bharathanatyam (Choreographed by Mrs. Kalaimathy Vakeesan), Kurathi Dancejn(Choreographed by Mrs. Atputharani Kirubaraj), Kolaattam (Choreographed by Mrs. Deepa Sivasanagar), Karagattam (Choreographed by Ms.

Maenusha Raguvarnan), Therukoothu & Puliyaattam (both choreographed by Mrs. Uma Suresh).

During the special occasion MPP Tracy MacCharles and MPP Joe Dickson honored all the teachers who trained the 186 children and youth who had performed at the DTA's 12th Youth Festival that took place on October 2012. At the DTA Youth festival we had raised over \$ 3415.00 for the ANBU ILLAM in Mullaitivu, and it was handed over by DTA children and TEAM DTA to Mr. Parameswaran.

Some of the dignitaries who spent the evening with our families and children are:

Chris Alexander - MP Ajax-Pickering, Joe Dickson - MPP Ajax Pickering, Tracy MacCharles - MPP Pickering Scarborough East, Message from Ontario PC Deputy Leader Christine Elliott presented by Pickering Scarborough East Ontario PC candidate, Kevin Gaudet, Message from Corneliu Chisu - MP Pickering-Scarborough East presented by Constituency Assistant, AyeshaKhan, Kim Dowds - community advocate in Durham Region, Dave Ryan - Mayor Pickering, Doug Dickerson - Deputy Mayor Pickering, Councillor Renrick Ashby - Town of Ajax, Pickering Councillor - Jennifer O'Connell, Don Terry Manager of Public Affairs at Ontario Power Generation, Keith Falconer - President East shore Community Association, Esther Enyolu - Director of WMRCC, Shashi

Bhatia - Chair Indo Canadian Cultural Association of Durham, Cecil Ramnauth - Secretary, Devi Mandir, Neethan Shan - Chair Tamil Heritage Month & Trustee, York Region District School Board , Roland Rutland - Director Baha'i Community of Durham & Farah Doukh from Baha'i Community, Charles Deva - Editor Tamil Mirror, DRPS Officers: Jamie Broadstock and Paul Troccoli from Durham Regional Police .

Last but not the least everyone had a mouthwatering lip smacking Sakkara Pongal, Vadai, Kadalai, Aval and fruits were served to all the guests. Appreciation to the parent volunteers Senthil Krishnamoorthy, Lakshmi Senthil, Radha Ravi and Uma Suresh who made these delicious traditional treats for the evening.

Durham Tamil Association's President Josh Suresh & Secretary Mahen Sivadurai recognized all volunteers, committed members and individuals in the community who lend a helping hand. A Traditional Thamboolam was given to all ladies who attended this festival to thank them for making this auspicious event an enormous success in the Indian ritual way. Sincere thanks to the medias SNAP, CMR, TVI, News Advertiser, Tamil Mirror and Monsoon Journal who have always encouraged our children and youth.



Ayesha Khan presenting the greetings from MP Corneliu Chisu to Uma Suresh @ DTA's Thai Pongal Vizha - 20 Jan 2013



Bharathanatyam @ DTA's Thai Pongal Vizha - 20 Jan 2013



Councillor Renrick Ashby @ DTA's Thai Pongal Vizha - 20 Jan 2013



Kevin Gaudet brought greetings from Christine Elliott to DTA's Thai Pongal Vizha - 20 Jan 2013



Dignitaries @ DTA's Thai Pongal Vizha - 20 Jan 2013



DTA Donated \$ 3415.00 to ANBU ILLAM in Mullaitivu @ Thai Pongal - 20 Jan 2013



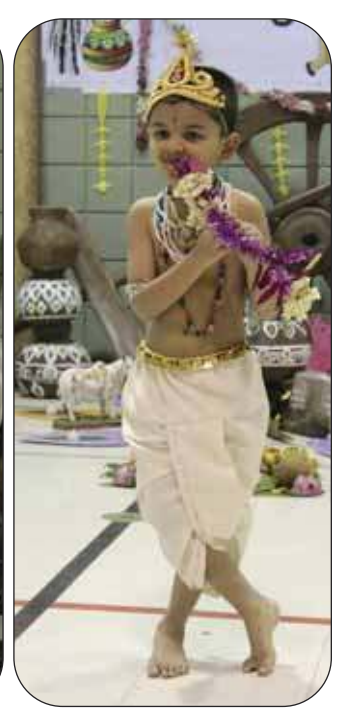
Karagaattam Group @ DTA's Thai Pongal Vizha - 20 Jan 2013



Kurathi Dance @ DTA's Thai Pongal Vizha - 20 Jan 2013



Neethan Shan @ DTA's Thai Pongal Vizha - 20 Jan 2013



Lord Krishna @ DTA's Thai Pongal Vizha - 20 Jan 2013



Manusha Aswin & Kavya posed as Ancient Tamil Poets @ DTA's Thai Pongal Vizha - 20 Jan 2013



Mark Holland @ DTA's Thai Pongal Vizha - 20 Jan 2013



Melany Kandiah singing O Canada @ DTA's Thai Pongal Vizha - 20 Jan 2013



Roland Rutland @ DTA's Thai Pongal Vizha - 20 Jan 2013



MP Chris Alexander with the Traditional Welcome Team @ DTA's Thai Pongal Vizha - 20 Jan 2013



MP Chris Alexander with his daughter Selma @ DTA's Thai Pongal Vizha - 20 Jan 2013



MPP Tracy MacCharles, MPP Joe Dickson with Uma Suresh & Josh Suresh @ DTA's Thai Pongal Vizha - 20 Jan 2013



Sarika Navanathan singing @ DTA's Thai Pongal Vizha - 20 Jan 2013



Salini Sivalingam reciting Thamizh Thai Vazhthu @ DTA's Thai Pongal Vizha - 20 Jan 2013



Teachers being awarded by MPP Tracy MacCharles & MPP Joe Dickson @ DTA's Thai Pongal Vizha - 20 Jan 2013



Theerukkoothu @ DTA's Thai Pongal Vizha - 20 Jan 2013



Puliyaattam @ DTA's Thai Pongal Vizha - 20 Jan 2013

Durham District School Board Declares January as Tamil Heritage Month

Message from DDSB:

At its January 21st Board Meeting, the Durham District School Board (DDSB) declared January as Tamil Heritage Month. Members of the Durham Tamil Association attended the meeting to share information and to present culturally significant artifacts to the DDSB. The DDSB extends its thanks to the Durham Tamil Association for this generous offering which is now displayed proudly in the Education Centre atrium. The artifacts will be on display in future months of January as well. "The declaration and presentation is a continuation of a very valuable partnership formed between the Durham Tamil Association and the DDSB," said Vice Chair of the DDSB Chris Braney. "The partnership enables Tamil youth to continue to see themselves represented in the board and the community."

The Durham District School Board's commitment to Equity, Diversity and Race Relations includes supporting all cultures and families to create inclusive school communities by supporting our diverse students, staff and parents. The DDSB thanks the many members of the Durham Tamil Association for attending the Board meeting to mark this special occasion. Chair of the Board Joe Allin, Vice Chair Chris Braney, Director of Education Martyn Beckett and DDSB Education Officer Barry Bedford, accept artifacts from members of the Durham

Tamil Association. The Durham District School Board declared January as Tamil Heritage Month. To mark Tamil Heritage Month at the Durham District School Board, a poster was created by Amutheesan Selvartnam.

Durham Tamil Association receives DDSB proclamation of Tamil Heritage Month

Durham Tamil Association is proud to announce Durham District School Board Trustees unanimously proclaimed January as Tamil Heritage Month on Monday January 20th, 2013. DDSB also released an official poster with both DDSB and DTA logos to commemorate this event. This official poster will be on display in all Durham District Schools and updated every January going forward & this recognition will be on their school calendar, website and newsletter. Our sincere Thanks to Mr. Martyn Beckett - Director of Education, Mr. Chris Braney - Vice Chair & Mr. Barry Bedford - Staff Development Officer of DDSB who made this possible. DTA will be celebrating Pongal Activities for our children & youth at their Schools in Durham Region. DTA's goal is to enhance and instill our Tamil culture & traditional value system to our children, while we share and spread our cultural values and activities with other communities and children in DDSB schools, creating unity and harmony among the diverse and wonderful cultures in Durham.



Mr. MARTYN BECKETT, Mr. JOE ALLIN, Mr. CHRIS BRANEY & Mr. BARRY BEDFORD of DDSB presenting the official poster proclaiming January as TAMIL HERITAGE MONTH to the Executive Committee Members of DURHAM TAMIL ASSOCIATION - 21 JAN 2013



Proud TEAM DTA, CHRIS BRANEY & BARRY BEDFORD of DDSB with TAMIL HERITAGE MONTH POSTER - 21 JAN 2013



JOSH SURESH, President of DTA giving a presentation about THAI PONGAL & TAMIL HERITAGE MONTH in DDSB - 21 JAN 2013



MAYOR BEVILACQUA HIGHLIGHTS CITY BUILDING IN ANNUAL CHAMBER OF COMMERCE ADDRESS



Mayor Maurizio Bevilacqua delivering his speech at the annual Vaughan Chamber of Commerce Mayor's Luncheon.



Mayor Maurizio Bevilacqua and new Vaughan Chamber of Commerce President & CEO Paula Curtis, and Chair of the Board Ross Marin.

VAUGHAN, ON – In his third annual address at the Mayor's Luncheon hosted by the Vaughan Chamber of Commerce, Mayor Maurizio Bevilacqua focused on city building and creating a community that is embracing its growth and change in preparation for an exciting future. Mayor Bevilacqua told the record-setting business audience at La Primavera Hospitality and Convention Centre that "Vaughan is well positioned, and possesses the winning conditions to become a world-class City. We have many advantages, making our City an attractive place for investment, job creation and economic growth."

"Vaughan has always fostered innovation, industry and investment. We have now taken our place as a leading-edge City by creating jobs and attracting new and innovative companies," said Mayor Bevilacqua. "We have more than 9,900 businesses in Vaughan, but growth isn't always measured in numbers. It can also be measured in change, and we have seen tremendous change in this City in the past few years. What lies before us now is an opportunity to build upon this change and leverage our successes in order to create a world-class City."

In his speech entitled 'It's Our Time,' Mayor Bevilacqua discussed the City's 2013 budget and Council's commitment to sound financial planning, as well as Vaughan's employment numbers, continued strength in job creation, transit and the hospital. The Mayor praised the province for their support and cooperation and assured the business audience that a hospital will be built in Vaughan within a few years. He also stressed the importance of transit, subway extensions and how the City is seeking effective solutions



Mayor Maurizio Bevilacqua and Members of Council at the annual Vaughan Chamber of Commerce Mayor's Luncheon.

through partnerships with York Region, Metrolinx and the provincial government. The Mayor also highlighted the City's international business outreach in 2012 that included successful trade missions to Israel, Italy and China.

"These missions are an important part of City building and show our commitment to putting Vaughan on the world stage," said Mayor Bevilacqua. "Our international business development strategy outlines the need to access new markets in order to achieve growth at home. By aiming higher and reaching agreements with cities with much larger economies than Vaughan, we will be able to pursue opportunities for further economic growth."

About Vaughan

The City of Vaughan is one of Canada's fastest growing cities with a population of 300,000. Members of Council for the 2010-2014 term of office include: Hon. Maurizio Bevilacqua, Mayor; Regional Councillor Gino Rosati; Regional Councillor Michael Di Biase; Regional Councillor Deb Schulte; Ward 1 Councillor Marilyn Iafate, Maple/Kleinburg; Ward 2 Councillor Tony Carella, Woodbridge West; Ward 3 Councillor Rosanna DeFrancesca, Woodbridge East; Ward 4 Councillor Sandra Yeung Racco, Concord/Thornhill North and Ward 5 Councillor Alan Shefman, Thornhill.

Visit the City of Vaughan's website at www.vaughan.ca.

VAUGHAN ANNOUNCES NEW COMMISSIONER OF LEGAL & ADMINISTRATIVE SERVICES



MaryLee Farrugia

VAUGHAN, ON – The City of Vaughan welcomes MaryLee Farrugia as its new City Solicitor and Commissioner of Legal & Administrative Services. Starting February 7, 2013, she will serve as senior legal advisor to City Council and the Corporation, and oversee the Legal Services, Real Estate, Clerk's, and Enforcement Services Departments.

"On behalf of the residents of Vaughan, I am very pleased to welcome MaryLee Farrugia to the City," said Mayor Maurizio Bevilacqua. "I look forward to her contributions to the City."

Ms. Farrugia has more than 20 years of private and public sector experience with recognized expertise in corporate governance, risk management, real estate, construction and procurement law. Her prior experience includes 12 years with the Ontario Realty

Corporation as Executive Vice-President, General Counsel and Corporate Secretary.

A graduate of Osgoode Hall Law School, Ms. Farrugia was called to the Ontario Bar in 1991. She is also a graduate of the Institute of Corporate Directors at the University of Toronto's Rotman School of Management. She currently serves on the Board of Trustees for the Toronto Grace Health Centre.

"As a key member of the Senior Management Team, Ms. Farrugia will provide the City with advice and guidance from a legal and business perspective," said City Manager Clayton Harris. "Her experience and expertise is ideally suited to a proactive, strategic approach to the issues of urban growth and city building."

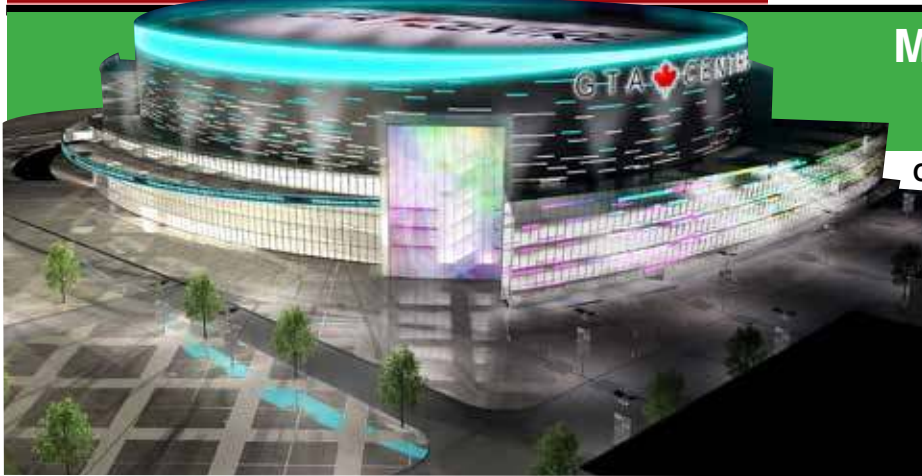
MARKHAM



Regional News

MARKHAM COUNCIL APPROVES MOVING FORWARD WITH ARENA PROPOSAL

Council endorses Site Plan of Control and continuing due diligence for arena



After extensive debate, Markham Council voted at 3:30 a.m. on Wednesday, January 30 to endorse the Site Plan of Control for the proposed Markham Sports, Entertainment and Cultural Centre. The nine-hour Council meeting, which began the night before, was attended by almost 600 people and received 68 deputations from residents, community groups, business representatives, sports organizations and special interest groups. Deputations were also made by Paul Kelly, former Director of the NHL Players Association and Brenda Andress, Commissioner of the Canadian Women's Hockey League,

who encouraged Markham Council to continue its deliberations on the proposed Centre. Markham Council's endorsement of the Site Plan of Control represents a significant step forward for the proposed Centre. Markham staff are to continue their due diligence and negotiations with the Private Sector Group and bring a report back to Council. "Council's decision to endorse the Site Plan of Control and to continue our due diligence on the arena is a very positive step forward for the City of Markham," said Markham Mayor Frank Scarpitti. "We will continue

to pursue this important and unique opportunity for Markham. Our residents can be confident that Markham Council will lead our vision for the arena with prudence and fiscal responsibility."

Located in Markham's new Downtown - Markham Centre, the proposed 20,000 seat, 700,000 square foot centre would include a NHL-size arena. The current financial framework provides for the Private Sector Group to design construct and operate the \$325M arena, and they will pay 50% of the cost of the arena (\$162.5M).

The City of Markham's share is capped at \$162.5M and will be funded through Centre revenues and future development. Based on the proposed financial framework, there will be no impact on property taxes.

The endorsement of the Site Plan of Control requires that the Plan be brought back to Development Services Committee. It is conditional on Council approval of the financial model, implementing agreements for the funding and operation of the arena, and

delivery of the external infrastructure works to support the site plan of application.

Media inquiries / interview requests: Dennis Flaherty, Director, Corporate Communications & Community Engagement, 905-415-7520, media@markham.ca

About Markham:

Markham, a municipality with more than 310,000 residents centrally located in the Greater Toronto Area, is home to 400 corporate head offices and 900 high tech and life science companies. Founded in the 1790s, today Markham is Canada's most diverse community, enjoys a rich heritage, outstanding community planning and services, and a vibrant local economy. Canada's newest urban city as of July 1, 2012, Markham has received the Excellence Canada PEP III Integrated and Accessibility Awards, and multiple heritage and environmental awards.

MARKHAM JOINS CHENNAI, INDIA IN CELEBRATING TAMIL HERITAGE DAYS

Canada's High-Tech Capital Fosters New Ties with Emerging ICT Centre

As the first city in North America to proclaim Tamil Heritage Days, Markham's multi-sector business delegation arrived in Chennai, India to join the world's largest Tamil-populated city in large-scale festivals on January 13, 14 and 15.

Markham Mayor Frank Scarpitti and the City's delegation arrived in Chennai on Sunday as part of its two-week trade mission to India. With a population of over nine million, Chennai is India's fifth-largest city and widely considered a popular destination for Tamils worldwide.

Markham's delegation, including Regional Councillor Joe Li and Ward 7 Councillor Logan Kanapathi, marks the first official visit from the Greater Toronto Area to Chennai.

The delegation met with the Mayor of Chennai Saidai Samiyappan Duraisamy and Member of Parliament of Chennai North, Honourable Shri T.K.S. Elangovan, two well-known figures in the Tamil diaspora. In two separate ceremonies in which the cities exchanged gifts, Mayor Scarpitti presented Mayor Duraisamy and Hon. MP Elangovan with Markham's proclamation of Tamil Heritage Days.

Delegates from Markham and Chennai held meetings focused on building investment attraction initiatives and promoting Markham as a prime investment opportunity for India-based investors and business leaders. Mayor Scarpitti also discussed ideas on building relationships with local Chambers of



Markham's delegation led by Mayor Frank Scarpitti meets with officials at the world-renowned Apollo Hospital in Chennai, Tamil Nadu on January 14th 2013. This exploratory visit, coordinated with the hospital's senior staff, raised awareness of medical innovation in life science.

Dr. George Arnold was also present to tour this world-renowned institute.

In collaboration with the Indo-Canada Chamber of Commerce (ICCC), the City of Markham embarked for its six-city India Mission 2013 on January 2. The 2013 trade mission is the largest ever organized by the ICCC and comprises over 120 members including several prominent dignitaries, such as Hon. Jason Kenney, Canada's Minister for Citizenship, Immigration and Multiculturalism.

Earlier in the week the delegation took part in the Pravasi Bharatiya Divas (PBD-India) in Kochi and the Vibrant Gujarat 2013 Summit in Gandhinagar.

Media inquiries / interview requests: Dennis Flaherty 905-415-7520, media@markham.ca

Commerce, politicians and high-tech industries. "The City of Markham is thrilled to be ringing in Thai Pongal and this important occasion with the City of Chennai," remarked Mayor Scarpitti. "This is a great time to reflect on the tremendous benefits both Markham and India have gained as a result of our past and current trade missions. The strong partnerships and alliances we have built with Chennai and other cities during our visit reinforce the significant mutual value these joint initiatives provide to our cities."

As part of the visit the delegation toured Apollo Hospital today. Markham Stouffville Hospital's official representative and Chief of Obstetrics and Gynecology,

About Thai Pongal:

Thai Pongal is a thanksgiving harvest festival celebrated by Tamils worldwide. Originating from South India, the festival is timed to welcome the winter solstice and marks the beginning of the Tamil calendar. Pongal is traditionally dedicated to the Sun God Surya, and marks the beginning of the northward journey of the Sun from its southern-most limit. Many people mark this special occasion by decorating their homes with banana and mango leaves and embellish the floor with decorative patterns drawn using rice flour.



Mayor Frank Scarpitti with Councillor Logan Kanapathi present Markham's Tamil Heritage Proclamation to Chennai, North MP Honourable TKS Elangovan and political aide Manu Sundaram.



Mayor Frank Scarpitti and Councillor Logan Kanapathi address members of Chennai's media after a meeting with the Mayor of Chennai (January 13, 2013).



Regional News

BUDGET 2013

Invitation to Participate

The Council of the Town of Whitby will hold a Public Meeting to consider the 2013 Current and Capital Budget and hear public submissions on:

Wednesday, February 6, 2013 at 7:00 p.m.
Whitby Municipal Building, Council Chambers
575 Rossland Road East, Whitby

The 2013 Current and Capital Budget will be formally adopted at the Council meeting to be held on:

Thursday, February 21, 2013 at 7:00 p.m.
Whitby Municipal Building, Council Chambers
575 Rossland Road East, Whitby

The proposed 2013 Current and Capital Budgets will be available on January 30, 2013, on the Town's website at www.whitby.ca. Copies are also available at no cost upon request by contacting the Treasury Department, Town of Whitby at treasury@whitby.ca or 905.430.4300 x2233.

Residents who wish to appear at the February 6, 2013, meeting as a delegation are encouraged to register with the Town Clerk by 12 Noon on February 1, 2013, at clerks@whitby.ca or 905.430.4315.

Residents who wish to appear at the February 21, 2013, meeting as a delegation are encouraged to register with the Town Clerk by 12 Noon on February 15, 2013, at clerks@whitby.ca or 905.430.4315.

Written comments for Council's attention and requests for further information regarding these meetings should be directed to the Town Clerk at wilcoxd@whitby.ca or 905.430.4302.

Whitby is the Community of Choice...for Business



It is my great pleasure to welcome you to the Town of Whitby. Located just 30 minutes east of Toronto, Whitby is one of Canada's fastest growing municipalities.

Whitby has a very diverse economy, a well-educated and skilled workforce as a result of outstanding post-secondary institutions in the community, excellent

transportation options to connect business and a competitive cost environment to support industry. Combine those attributes with being a well planned community with plenty of recreational, cultural and residential alternatives and that adds up to a Community of Choice.

I am proud that Whitby has an 'Open for Business' attitude and is dedicated to supporting the growth of our business community.

Experience what Whitby can do for you, just like it has for companies such as BMW, McGraw-Hill Ryerson, Makita, Sony, Gerdau, Patheon and many others.

If you would like to see what Whitby has to offer your business, please accept my personal invitation to visit our Town and let us introduce you to our business community.

Please visit the Town of Whitby's Economic Development website at www.choosewhitby.ca for publications, maps, success stories and more, or contact us at ecdev@whitby.ca for further information.

Sincerely,

Pat Perkins
Mayor

Whitby Idol



Do you have what it takes to be the next Whitby Idol? The Town of Whitby, in partnership with the Whitby Youth Council and the Music Scene, invites youth aged 12-18 to audition for the 2013 edition of Whitby Idol.

The call for auditions is scheduled for March 4-8, 2013. After the auditions, 15 finalists will be selected to be a part of Whitby Idol 2013. Finalists will debut at the Whitby Idol Finale on March 21, 2013.

Finalists will receive exclusive studio time to record a track for the 2013 Whitby Idol CD. Finalists will also perform at various Town of Whitby events throughout the year.

For full criteria, please visit www.whitby.ca/youthevents.

Family Day

In celebration of Family Day on Monday, February 18, the Town of Whitby is pleased to offer information on the following activities taking place at Town facilities. The community is invited to spend some active, healthy and fun family time together!

Free Programs

Public Swim 12:00-2:00 p.m. at Anne Ottenbrite Pool, Iroquois Park Sports Centre, 500 Victoria Street West, Whitby. Sponsored by the Mayor's Community Development Fund.



Public Skate 3:00-4:00 p.m. at Luther Vipond Memorial Arena, 67 Winchester Road, Whitby. Sponsored by the Optimist Club of Brooklin.

Scotiabank Family Skate 10:00 a.m.-12:00 p.m. at Iroquois Park Sports Centre, 500 Victoria Street West, Whitby. Sponsored by Scotiabank.

Scotiabank Backyard Rink 12:00-2:00 p.m. at Luther Vipond Memorial Arena, 67 Winchester Road, Whitby. Sponsored by Scotiabank.

Scotiabank Parent and Tot Skate 12:00-1:30 p.m. at Iroquois Park Sports Centre, 500 Victoria Street West, Whitby. Sponsored by Scotiabank.

Scotiabank Backyard Rink 1:30 - 3:30 p.m. at Iroquois Park Sports Centre, 500 Victoria Street West, Whitby. Sponsored by Scotiabank.

Scotiabank Family Skate 2:00 - 3:45 p.m. at Iroquois Park Sports Centre, 500 Victoria Street West, Whitby. Sponsored by Scotiabank.

Other Programs (regular fees apply)

Public Skate 1:00-3:00 p.m. at McKinney Centre, 222 McKinney Drive, Whitby.



Town of Whitby: February Events and Meetings

<http://www.whitby.ca/en/Calendar>

Operations Committee Meeting
February 4, 2013, 7:00-11:00 p.m.

Special Meeting of Council (Budget)
February 6, 2013, 7:00-11:00 p.m.

Regular Meeting of Council
February 11, 2013, 7:00-11:00 p.m.

Management Committee Meeting
February 19, 2013, 2:00-4:00 p.m.

Planning and Development Committee Meeting
February 19, 2013, 7:00-11:00 p.m.

Special Meeting of Council (Budget)
February 21, 2013, 7:00-11:00 p.m.

MARKHAM



Regional News



Mayor Frank Scarpitti and Councillor Logan Kanapathi (second from right) present Markham's proclamation of Tamil Heritage Days to the Mayor of Chennai, Mr. Saidu Samiyappan Duraisamy, at his office in Chennai, Tamil Nadu, during Markham's 2013 India Mission.



Mayor Frank Scarpitti and the Executive Vice Mayor of Foshan, China are accompanied by Markham Councillors Alan Ho (far left) and Alex Chiu (third from left) at the signing of an Memorandum of Understanding agreement with Foshan.



Mayor Scarpitti, joined by (in front row from left) Councillor Alan Ho; CAO Andy Taylor; Commissioner of Development Services Jim Baird; Regional Councillor Gordon Landon; Councillor Logan Kanapathi (second from right) and City staff at the ribbon-cutting ceremony for the Rodick Road extension and bridge on December 14.



Dennis Flaherty, Chair of Markham's 2012 United Way Committee (left), and Markham CAO Andy Taylor (third from right) are joined by the City's volunteer team to celebrate a record-breaking \$110,000 in donations raised by the City's employee campaign.



Markham Fire & Emergency Services' four newest recruits, joined by their partners, celebrated their graduation at Station 99 in Cornell on December 13. Congratulations!

FAMILY DAY ACTIVITIES IN MARKHAM

Monday, February 18, 2013



Markham Civic Centre Outdoor Ice Rink
Free public skating • 10 a.m. - 10 p.m. (Skate rental • 12 noon - 8 p.m.)
101 Town Centre Boulevard



Winterfest at the Markham Museum
\$3/person (Children under 2 are free) • 10 a.m. - 4 p.m.
9350 Markham Road



Family on Film at Varley Art Gallery
\$2/family • 12 noon - 4 p.m.
216 Main Street Unionville



RBC & the City of Markham | Disco Themed Family Skate
Free admission • 1 - 4 p.m. (Includes Music and Arts & Crafts)
Milliken Mills Community Centre • 7600 Kennedy Road

Visit 'Events Calendar' at www.markham.ca for a full list of activities

Cornell Community Centre & Library GRAND OPENING CELEBRATION



Sat., Feb. 9, 2013 • Noon - 5:30 p.m. • 3201 Bur Oak Ave.

Join Mayor Frank Scarpitti and Members of Council for:

- Live entertainment
- Refreshments
- Drop-in exercise classes
- Face painting
- Children & Youth activities
- Children's Play Centre
- Complimentary 10-min. massages
- Plus much more!



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Winston Churchill & Erin Centre**



\$459,900

Freehold Townhome by Greenpark in an Excellent Location in Mississauga, attach by Garage only on one side - Feels Like Semi, Entry to Home Thru Garage, Entry to backyard thru Garage, Solid Oak Staircase, Laminate Thru Out, Close to all amenities School, Shopping, Transport, Hways & Hospital, Freshly Painted, New Finished Basement with 1 Room + 4Pc Wash-room.



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**Detached Home for Sale
Morningside & Sheppard**



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**Detached Home for Sale
9th Line & Bur Oak**



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A talented junior lawyer with one to two years work experience since being called to the Ontario Bar. Selected candidate shall be interested to gain or enhance their expertise in residential and commercial real estate law, and business and corporate law. Candidates with a particular interest in other specific areas will be encouraged to gain more experience in the chosen area where it compliments our existing practice areas.

LEGAL SECRETARY - REAL ESTATE

Experienced Real Estate Law Clerk/Secretary: You will have the skills and ability to carry real estate files to completion with minimum supervision.

The successful candidates shall be reliable, efficient and committed individuals, with a pleasant demeanor. Both positions require fluency in spoken Tamil. Interested candidates are encouraged to provide skills set related resume together with formal cover letter for our consideration. Salary will commensurate with education and experience.



Please forward your correspondence to: positions@yasolaw.com

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In 1940, during World War II, the Bank of England began using a vault three floors beneath the Sun Life building in Montreal to safeguard \$5 billion dollars in foreign securities.



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