

A parfait media publication **Monsoon** *Journal*

VOL 7 ISSUE 12 MAY 2013

Canadian Tamil community's valued contribution and devotion to Canada complimented by all levels of Government at the fifteenth CTCC Annual Awards Gala

By Siva Sivapragasam

The Canadian Tamil community and its business sector received a glowing tribute from distinguished guests representing all levels of government at the Canadian Tamils' Chamber of Commerce fifteenth Awards Gala held recently at the prestigious Westin Harbour Castle Hotel in downtown Toronto with an attendance of over 650 guests.

Ontario Premier Kathleen Wynne (Chief Guest), Federal Minister of Citizenship, Immigration & Multiculturalism Hon. Jason Kenney & Markham Mayor Frank Scarpitti were unanimous in their speeches in acknowledging the Tamil community's contribution to the Canadian economy, declaring the Canadian Tamil community as an integral

part of Canada's dynamic multicultural society and its unwavering devotion to a diverse and prosperous Canada.

They congratulated this year's Award winners and complimented their business achievements and community contributions. They also praised the CTCC for promoting and encouraging entrepreneurship among the Tamil community.

The President of the Chamber Sri-tharan Thurairajah remarked in his speech that the Chamber has become to be recognized as an important organization of high caliber within the Canadian business community and has played its part in the progressive aspects of the Canadian Tamil community.

(More coverage on Page 47)



Premier of Ontario Kathleen Wynne



Federal Minister of Citizenship, Immigration & Multiculturalism Hon. Jason Kenney



Chamber President Sri-tharan Thurairajah with Premier Kathleen Wynne, Women Entrepreneur Award Winner Sumathy Vigneshwaran and TD Bank's Small Business Advisor, Shamala Kumar



Ontario's PC Leader Tim Hudak



Markham Mayor Frank Scarpitti

INFORCE LIFE
Financial Services Inc.

INSURANCE SOLUTION FOR
| LIFE | HEALTH | GROUP |

10 Milner Business Court, Suite 707
Scarborough ON M1B 3C6

Bus: (416) 321-6000
Direct: (416) 909-0400

Chandran Rasalingam CHS
President & CEO
Grow Your Career With Us. Join Our Dynamic Team!
www.inforcelife.com | info@inforcelife.com



DENTAL CLINIC

Dr. Iru VIJAYANATHAN

BDS, MFDS, FAGD

DENTAL SURGEON

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

416-264-3232

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

416-609-2022

The Law offices of Yaso Sinnadurai

Professional Corporation

Barristers & Solicitors

FOR REAL ESTATE LAW, BUSINESS AND CORPORATE LAW

SCARBOROUGH

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

Tel: 416.265.3456

MISSISSAUGA

Tel: 905.306.1100 By Appointment Only

HELP ELECT KEN KIRUPA AS YOUR NEXT MPP FOR SCARBOROUGH-GUILDWOOD



KEN KIRUPA
for Scarborough-Guildwood

- ✧ Ken believes in rewarding hard work, job creation, and economic growth.
- ✧ Ken understands the importance of public service and strengthening our community.
- ✧ Please contact Ken to help elect him as the next MPP for Scarborough-Guildwood.

www.kenkirupa.ca
ken@kenkirupa.ca
416-294-9322



Authorized by the CFO for the Scarborough-Guildwood PC Riding Association.

Camry | 2013



STAR
SAFETY SYSTEM™

Direct Line

416-722-8443

dnadarajah@scarboroughtoyota.ca

TOYOTA
RED TAG
DAYS



Call for Appointments

Damien Nadarajah
Product Advisor

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

Justin Trudeau elected Liberal leader in a landslide

By: S. Raymond Rajabalan

Justin Trudeau is the new leader of the Liberal Party, winning with an overwhelming majority on the first ballot held on April 14th, and warning Liberals the infighting is over. It's time, he said, for Liberals to fight for Canadians.

He also spoke directly to Quebecers, urging them to take a look at his Liberal Party as he tries to earn back their trust. "Quebeckers, let's be builders again," he said in his nearly 30-minute-long acceptance speech. "I want to deserve your trust. You have always participated in building this country alongside other Canadians."

Very little was said about the economy. He mentioned his famous father, Pierre Trudeau, only once. "I don't care if you thought my father was great or arrogant," he said. "It doesn't matter to me whether you were a Chrétien Liberal or a Martin Liberal ... The era of hyphenated Liberals ends right here, right now, tonight."

Mr. Trudeau also spent much of his speech warning Liberals of expected Conservative attacks. He accused the Harper Tories of not being afraid of him. Rather, they are afraid of engaged Canadians.

"Our country is blessed with countless numbers of activist citizens and they have come out by the thousands over the course of this campaign," he said. "Canadians who thought they were sending community leaders to be their voice in Ottawa instead got back only Mr. Harper's voice in their community."

The Liberals are expecting the Tories to attack Mr. Trudeau as they did previous leaders, Stéphane Dion and Michael



"I don't care if you thought my father was great or arrogant". "It doesn't matter to me whether you were a Chrétien Liberal or a Martin Liberal ... The era of hyphenated Liberals ends right here, right now, tonight." - Justin Trudeau

Ignatieff. The Harper Conservatives issued a short statement just after Mr. Trudeau was elected. "Justin Trudeau may have a famous last name, but in a time of global economic uncertainty, he doesn't have the judgment or experience to be Prime Minister," said Fred DeLorey, the director of communications for the Conservative Party.

None of Mr. Trudeau's five leadership rivals were even close. He won with about 77.8 per cent of the vote, garnering 81,389 of the more than 100,000 votes cast.

He begins his tenure as the leader of the third party in the House of Commons with about \$1 million more in the Grit's

war chest that he was able to amass during the six-month campaign.

He also signed up thousands of new supporters to the party. More than 100,000 Liberal supporters cast their ballots by phone or online over a week of voting and voter turnout was 82 per cent.

"This is the largest number of people to elect a leader of any political party in the history of Canada," said Liberal chief electoral officer Steven MacKinnon.

Former Prime minister Jean Chretien, who spoke just before the results were announced, called this the "beginning of the end of the Conservative government." Mr. Chretien had served in Mr.

Trudeau's father's cabinet. In his speech, Mr. Chretien looked back at past Liberal glories, listing the fact that a Liberal government brought in a new Canadian flag, the Kyoto protocol, balanced budgets, the Clarity Act and said "no" to the war in Iraq.

Mr. Trudeau was accompanied on the stage that day by wife Sophie Grégoire and their two children, and he has received backroom help during the race from his other brother, Alexandre.

Mr. Trudeau has laid out little policy during the race, focusing on the values and the high-level priorities that he would embrace as prime minister, with a clear emphasis on education.

The decision to hold off on policies was heavily criticized by his leadership rivals, but Mr. Trudeau explained during the race that he wants the party's grassroots to play a role in developing the next election platform. In addition, his team felt it would be premature to unveil major initiatives with two years to go before the next election.

Mr. Trudeau has not relied on endorsements from Liberal veterans during the race, trying instead to create a younger and modern movement fuelled by volunteers and newcomers to the world of politics.

Mr. Trudeau's first major test as leader will come on May 13 when a by-election is held in the riding of Labrador. He is expected to travel to the riding before voting day, and his party is the favourite to take back the seat that was in Conservative hands until the recent resignation of MP and intergovernmental affairs minister Peter Penashue.

Justin Trudeau in Scarborough on April 9th just 5 days before he got elected as Leader

TORONTO - Justin Trudeau dropped in on 300 supporters at a get out the vote rally in Scarborough on Tuesday, April 9th.

Justin spoke passionately about how Canadians want to be part of something positive. He was introduced by a young teacher who chose to support him because of his positive message for Canada and its youth.

"People say that the negative ads planned by the Conservatives show that they are afraid of me. No, they are not afraid of me - they are afraid of all of you and what you represent!" said Trudeau to a room full of cheering supporters.

He spoke about how he has heard from Canadians about wanting to vote for a long term vision that embodies our values, our dreams, our aspirations.

"Stop forcing us to vote against the left, against the right," said Trudeau as

he stood with Scarborough youths on stage. "Allow us to vote for something. That's what this is about - voting for something."

Canada needs a positive alternative to the Conservatives. One that Canadians will choose freely because we will have earned their trust. Canadians don't just want a different government. They want a better government.



from the publisher's desk

PUBLISHING TEAM

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

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

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

Krishni Narine - krishni31@gmail.com

K. Thirukumaran

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

Graphic Support: Suren Rasadurai

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

Health & Care: Ayktah Grover - www.aurawellness.ca, Dr. Amal Siva Dr. S. Sivanesan,

Dr. Nuwan Fonseka, Dr. Shiyam Loganathan, Dr. Harshini Sriskanda

Special Feature: Raymond Rajabalan, J.J. Aputharajah, Sri Krishnan Subramaniam, Senthil Senthivel, C. Kamalaharan, Dr. A. Gobikrishna, Sivanesan Sinniah, Devadas Chelvam, Kumar Punithavel, Nate Velumailum, Jennifer Dilipkumar, Partipan Kugadason (PK)

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

David Joseph - David.joseph@investorsgroup.com

Jay Wigna - www.taxonecentre.com

Education: RG Education Centers - www.rgeducation.com

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

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

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

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

Waterloo News: www.tamilculturewaterloo.org

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

Rough Valley Health System - www.rougevalley.ca

Markham Stouffville Hospital - www.msh.on.ca

Providence Health Care Foundation -

www.providence.on.ca/foundation

Words of Peace: www.wordsofpeace.ca

Isha Yoga: www.innerengineering.com

Circulation Co-ordinator: Donald. J

Canadian Tulip Festival

By: Tashvir Narine, B. Sc.

Being environmentally conscious with a green thumb is no longer a rare trait among Canadians. The home improvement stores are always packed nowadays with shoppers attempting to add new plants and flower beds to their existing gardens.

Beautiful flowers however, can often have a greater purpose than simply being part of a decorative arrangement. See the glorified poppy for example, which recognizes heroes that lost their lives whilst serving for our country in the Second World War. Another famous flower too is actually the tulip. This spring blossom also has a significant role in our country's past, a fact that is most likely unfamiliar to most Canadians.

The Canadian Tulip Festi-

val is held annually during the month of May in our nation's capital, Ottawa. Like the poppy as well, the tulip's political history found its roots in the Second World War. Since then, this festival has become one of world's greatest of its kind.

In 1945, the Dutch royal family sent 100,000 tulip bulbs to the Canadian government for taking care of their Princess Juliana and her newborn daughter. When the Nazis occupied the Netherlands two years earlier, Princess Juliana was located in Canada, and gave birth to Margriet at the Ottawa Civic Hospital. This would have given the Dutch royal a Canadian citizenship. However in an act of friendship, the maternity ward was sanctioned off so that the child was born on international land, meaning she could

claim her mother's heritage.

Each year, the Netherlands continue to forward tens of thousands of tulip bulbs as a sign of continued collaboration. From May 3rd to the 20th, this year's Tulip Festival will be a spectacular sight like previous years. Throughout the city, tulips are planted with the most prized collection on the lakefront of Dow's Lake. In addition, the festival also provides musical performances and exhibitions showcasing local talent.

Visit our nation's capital this year for the Canadian Tulip Festival to see some of our national history. Some photos of this year's event can be seen on page 16, when members of the Monsoon Journal team visited Ottawa to view the tulip displays.



**In Tribute & Remembrance
of
Mullivaikkal ~ Tamil Lives Lost
Thru May 2009
Genocidal Onslaught by Sri Lanka Armed Forces
~ Four Years ~ May 2013 ~**



INDEX

Canada News	1
Ads	2
Canada News	3 & 5
Publisher's Info	4
World News	6 - 9
Health & Care	10 - 23
Special Feature	24 - 39
Short Story	40
Business & Finance	41 - 42
Tribute	43 - 45
Sports	46
Community Watch	
Tamils' Chamber Gala	32 & 33
Natha Vinotham 2013	47
Tamils' Chamber Gala	48
FeTNA	49
IMHO	50
Royal College O BA	51
Senior Tamils	53
T	
CASD	54 - 55
DTA	56 - 57
Sri Lankan Pensioners	62
Regional News	
Waterloo	58 & 59
Whitby	60
Markham	61
Book Review	62
Life100	63
Ads	64

“

“The past is a rich resource on which we can draw in order to make decisions for the future, but it does not dictate our choices”. - Nelson Mandela (b: July 18, 1918)

”

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

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

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

DISCLAIMER: Opinions and Interpretations appearing in the newspaper are those of the writers and need not be necessarily of Monsoon Journal

Canada says arrest of opposition Muslim political leader in Sri Lanka shows Government critics there can face imprisonment

Sri Lanka freed an opposition Muslim political leader Azath Salley from police custody without charge after detaining him earlier in the week under a tough anti-terrorism law, his lawyer said on May 11th.

The United States, Canada and several international human rights organizations had asked Sri Lanka government to ensure the opposition leader had access to lawyers and or released if no charges are filed.

Earlier Andrew Bennett, Canada's Ambassador for Religious Freedom, on May 3 issued the following statement calling for the immediate release of Mr. Azath Salley:

"Canada condemns the arrest of Azad Sally, leader of Sri Lanka's newly formed Muslim Tamil National Alliance. Mr. Sally was reportedly taken into custody by Sri Lankan authorities on May 2.

"We call for Mr. Sally's immediate release. We understand his arrest is likely motivated by his work on human rights, in particular his defence of religious freedom, including the right of religious communities to practise their faith in Sri Lanka without fear of reprisals.

"This latest action by the authorities suggests strongly that those who dare to criticize the Government of Sri Lanka can face consequences such as imprisonment.



Azath Salley



Andrew Bennett-Canada's Ambassador for Religious Freedom

"Canada will continue to stand by all those who courageously speak out against egregious violations of human rights and freedom of religion."

35th annual Spring Celebration Pow-wow

35th annual Spring Celebration Pow-wow of The First Nations University of Canada takes place at the Brandt Centre Evraz Place 1700 Elphinstone Street, Regina on May 11th and 12th.

The Pow-wow is a celebration of spring and a sharing of First Nations culture that adds to the diversity and cultural mosaic of Saskatchewan. It is one of the longest running celebrations in the province and has grown to be one of the largest as well. Last year there were 18 competing and non-competing drums and 706 registered dancers including 104 tiny tots. More than 6,300 visitors came to the Pow-wow over the course of the weekend. The event is alcohol free and is targeted at families and spectators (Aboriginal and Non-Aboriginal) visitors of all ages.

This come-and-go event has exciting



First Nations dancers celebrate Grand Entry opening 35th annual powwow of First Nations University of Canada, Regina – pic via: twitter.com/RalphGoodale

and colourful performances that run continuously throughout the afternoon and evening, beginning with our Grand Entry at 12:00 noon on Saturday May 11 and Sunday May 12 and closing with a "retiring of the flags" ceremony at about midnight each night.

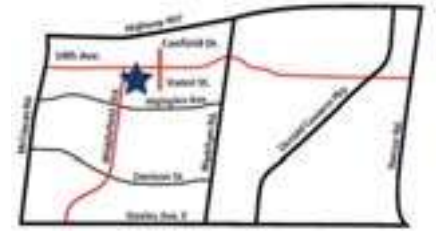
Unveiling of Vanni Street in the City of Markham

Official unveiling of the Sign for historic Vanni Street in the City of Markham, Ontario took place on Saturday, May 11, 2013 at 10:00 AM at the site located on 14th Ave, between Middlefield Rd and Markham Rd.

The Vanni is the name given to the mainland area of the Northern Province of Sri Lanka. It covers the entirety of Mannar, Mullaitivu and Vavuniya Districts, and most of Kilinochchi District, and has an area of approximately 7,650 square kilometres (2,950 sq mi).

Vanni is one of the most fertile regions in Sri Lanka, known for its biodiversity, water resources and extensive natural forests comprising the largest conservation area. There are also a number of lagoons around the Vanni.

The population and infrastructure of the Vanni were catastrophically devas-



★ South East Community Centre & Library, Markham (ON)



tated thru the May 2009 genocidal onslaught of the war in Sri Lanka North-East.

PM announces initiatives to strengthen cooperation with Trinidad and Tobago

Prime Minister Stephen Harper on April 23 met with Kamla Persad-Bissessar, Prime Minister of the Republic of Trinidad and Tobago, during her official visit to Canada, from April 23 to 27. The two leaders announced initiatives that will strengthen security cooperation, expand defence links and broaden people to people ties.

"Canada shares a strong, historic relationship with Trinidad and Tobago as members of the Commonwealth," said Prime Minister Harper. "The initiatives announced today will help strengthen the ties between our countries as we work together towards a more prosperous and secure hemisphere."

Following a bilateral meeting, the two leaders announced: the signing of a memorandum of understanding (MoU) between the Canadian Commercial Corporation and the Ministry of National Security of Trinidad and Tobago; the signing of a MoU reinforcing Trinidad and Tobago's longstanding membership in the Department of National Defence's Military Training and Cooperation Program; the cross-accreditation of a Canadian Defence Attaché to Trinidad and Tobago, which will serve to further expand the defence links between the two countries;



PM Harper hosts Kamla Persad-Bissessar, Prime Minister of the Republic of Trinidad and Tobago

and the signing of a MoU between Brock University and the University of Trinidad and Tobago that will create opportunities for increased cooperation between students and academics.

Canada and Trinidad and Tobago celebrated 50 years of diplomatic relations in 2012, a relationship further strengthened by those living in Canada with ties to Trinidad and Tobago. This is the first official visit by a Prime Minister of Trinidad to Canada in nearly half a century. (pm.gc.ca)

For Advertisements in Monsoon Journal

Call 416.358.3235



A round the World

India's Popular Bollywood Film Industry Turns 100

By Anjana Pasricha

NEW DELHI — India's hugely popular Hindi film industry known as Bollywood celebrated its 100th birthday Friday, May 3. With a loyal following not only in India, but several Asian countries, Bollywood is evolving from making extravagant, romantic films to more experimental cinema. But its primary mission remains entertainment for movie-mad Indians.

It is a special day for 33-year-old Ekta Kapoor as she gets ready to watch Bollywood's newest release - Bombay Talkies - a collection of four short films commemorating 100 years of Bollywood. Kapoor is like millions of Indians - passionate about Hindi movies.

"Excitement. I love anything to do with Bollywood right from childhood. Can't think of life without Bollywood," said Kapoor.

Since the day that a black and white story of a king from Hindu mythology, Raja Harishchandra, hit the silver screen in India in 1913, Bollywood has traveled a long way.

Known for films peppered with catchy song and dance numbers, Bollywood is the dominant film industry in India - a country that produces more than 1,000 movies and sells three billion movie tickets each year.

Experimenting

For decades Bollywood was defined by its staple fare: family entertainers and romantic sagas played out by glamorous film stars - almost always with happy endings and a heady dose of fantasy.

"It is the family values, the song and dance, the stars, the kind of un-ironical optimism, it is all very cheerful and it is very sort of sweetly optimistic and that is something that travels very well," explains Anupama Chopra, an author and film critic in Mumbai. "It is almost a catharsis where you are just letting it go because of the melodrama, the emotions and everything is heightened to the power of 10."

But Chopra said that is changing slowly. The escapist fantasies are giving way to fresher stories as Bollywood begins to tread new ground. And a new crop of experimental filmmakers is making an impact. The new artists are directors like Dibakar Banerjee, who tells one of the stories in Bombay Talkies.

Banerjee said there is potential and space for new ideas in the industry, but it is not going to be easy to build on this trend. He says today most stories are being driven by urban India.

"The new rich or affluent urban middle class has become the biggest contributor to a film's success and the subject and the stories and the conflicts in the films over the last 10-15 years have become more and more urban. There has been an increase in some kind of challenge to the old moral order, the old social order," she said.

Bollywood films are hits not just in India, but across Asian countries from the Middle East to Central Asian countries like Afghanistan, and East Asian nations like Indonesia and Malaysia.

They are even finding a small audi-



Bollywood actor Abhishek Bachchan and his wife actress Aishwarya Rai at an event in Vancouver, British Columbia, April 6, 2013-pic via: VOA News

ence in some European countries. Top Indian film stars have long been household names in these countries, giving Bollywood the title of India's cultural ambassador in Asia.

Appealing to other Asian audiences

Banerjee explains what gives Bollywood a strong connection with Asian audiences. "The concerns of the average Indian people were the concerns of these people, which was one of preservation of family, the preservation of tradition, a certain way of life, under the fierce assault of Western values," said Banerjee.

"These films told us, we are all right, we are all there. But over the last 20 years even that is changing. We are in flux now, and the only way we can maintain the cultural leadership is to redefine our content to make it a little more truer to the reality of India today."

As Bollywood steps into its second century, it is exuding optimism after shrugging off competition from the pro-

liferation of entertainment channels on television. The government gave film-making formal industry status just over a decade ago, making it easier to raise financing. It also opened the door for foreign film studios such as Warner Brothers to invest in India.

Films as a "religion"

But primarily it is India's love for cinema that ensures the industry's future, says film critic Chopra.

"My longstanding belief is that films are a religion in this country. This is the second golden age of Bollywood... we are in a space where you have growing markets, you have a plethora of new talent, you have audiences willing to accept things that are unusual. For me it is all uphill from here," said Chopra.

That is certainly what fans like Ekta Kapoor hope - they want Bollywood to explore newer dimensions, but never lose the vibrancy and glamour that gives it its unique identity.

- VOA News

Key State Victory Boosts India's Ruling Congress Party

By Anjana Pasricha

NEW DELHI — India's ruling Congress Party has won a key regional election, giving it a much needed boost as it prepares for national elections next year. An opposition onslaught on the ruling Congress-led government on corruption charges has led to parliament closing three days ahead of schedule.

The Congress Party's convincing victory on Sunday, May 5 in Karnataka came as no surprise - the five-year rule of the ousted Bharatiya Janata Party had been marred by corruption scandals and accusations of poor governance.

A political analyst with the Observer Research Foundation in New Delhi, Manoj Joshi, says the BJP fell victim to the very issue that put the Congress-led federal government on the mat.

"The BJP government - while nationally they were attacking the Congress for corruption - found that in Karnataka, the boot was on the other foot," said Joshi.

The image of the BJP, the main oppo-

sition party in New Delhi, was tarnished in Karnataka by a \$3-billion mining scam in which the state government was accused of allowing illegal iron mining.

Karnataka is home to India's information technology hub, Bangalore, and the only southern state where the BJP was in power. Its defeat is seen as a significant setback in its bid to wrest control of the federal government in national elections next year.

BJP leaders admitted people were angered by poor governance.

"If you stop governing, people will vote you out. The reality is what you are seeing on the ground," said Jaswant Singh, a top opposition leader.

The victory gave a brief reprieve to the Congress-led government in New Delhi, which has faced massive opposition protests for a series of corruption scams - from awarding coal-field licenses to mobile-phone spectrum.

But that boost is likely to be short lived. The election also showed that there

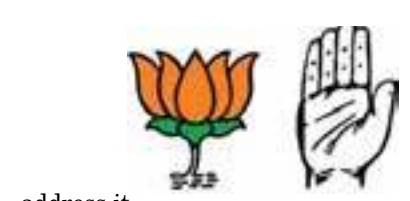
is deep public anger about graft and voters will demand accountability as India heads for national elections next year.

Corruption has been in the headlines for nearly four years now and the brunt of the charges have been borne by the ruling Congress party.

The latest corruption charges the government is battling involve two top ministers. A nephew of the railway minister, Pawan Kumar Bansal, has been accused of accepting a bribe from a railway official wanting a better post, while the law minister, Ashwani Kumar, is accused of interfering in a probe into the issue of coal licenses. The supreme court has censured the government for its interference.

Following the election result in Karnataka, Prime Minister Manmohan Singh said corruption is a big issue for the country and needs to be addressed.

Political analyst Joshi says the Congress party continues to be extremely vulnerable, not only on charges of corruption, but also their apparent inability to



address it.

"The Congress is stuck in a morass, generally. They are battling with this whole issue of two ministers... this seems to be the continuing story. They seem to lack decisiveness. It's a sense of apathy," said Joshi.

On May 8, parliament closed three days early, following chaotic scenes as opposition parties refused to let it function, demanding the resignation of two ministers.

That means two landmark bills that were to be passed this session will not become law. The government had proposed to provide heavily subsidized food to 75 percent of the people and to give fairer compensation to farmers for land acquired for industries.

- VOA News



Bangladesh Disaster Calls Attention to Worldwide Garment Industry



By Deborah Block

The death toll from the April 24 collapse of a building housing garment factories in Bangladesh now stands at more than 1,000 and is expected to go higher. The disaster brings attention to the overall problems in garment factories in developing countries.

The building collapse comes just five months after a massive fire killed more than 100 people at another clothing factory in Bangladesh. John Sifton, Asia Advocacy Director for Human Rights Watch, says factory owners and the government must ensure buildings are safe. He believes conditions would also improve if garment workers were unionized and could sue for injury.

"Bangladesh has very problematic labor conditions, and part of the reason the workers can be driven so hard to produce good quality product on time quickly is because they don't have any rights," Sifton said.

Pietra Rivoli, a business professor at Georgetown University in Washington, says legislation is needed to change the conditions in Bangladesh. So is pressure by U.S. retail companies.

"When it becomes clear that a factory will not get orders unless it's adhering to certain minimum standards, the factory will start to take notice," Rivoli said.

After China, Bangladesh is the world's second largest apparel exporter. Sifton says Bangladesh pays 3.5 million garment workers some of the world's lowest wages.

"They come from a low socio-economic level, and they're not going to argue too much when you offer them a wage that would never be accepted anywhere else in the world," Sifton said.

Those low wages and the ability to produce high-quality apparel are reasons garment factories move from one country to another.

"China was the dominant force, five or 10 years ago, but wages in China have tripled, and so garment producers find it much more expensive to produce in China. And so, if all of a sudden it becomes too expensive to pay your workers, then that will be the reason that the production will tend to start to move to lower-cost places. Vietnam and Bangladesh are examples, Pakistan, India," Rivoli said. Since labor is the single biggest cost, U.S. companies have found it cheaper to use overseas contractors to make garments. That's why, Rivoli says, American apparel companies don't own factories.

"Instead, they place orders through a very complex international supply chain. Even though we tend to look at the large price difference between the price tag in the store and the pay that the workers get, in fact, there are no parties throughout this whole process that are making a whole lot of money," Rivoli said.

Rivoli points out that garment factories often allow industrialization to take root and flourish. She says it happened in Britain in the 1700s, in the U.S. in the 1800s and in China 10 or so years ago.

— VOA News

Chinese Tofu Feud Lands on Obama's Plate

Internet users in China, a country with a long tradition of petitioning, are appealing to a new authority to resolve grievances and controversies such as the merits of salty or sweet tofu - the U.S. White House petitions website. <https://petitions.whitehouse.gov>

Created by U.S. President Barack Obama, the online petitioning system was designed as an "easy way for Americans to make their voices heard," according to the website. But he may have underestimated its global appeal in the Internet age.

"We request that the U.S. government make sweet the official flavor of jellied tofu, namely through the addition of syrup, granulated or brown sugar or other sweeteners," said one petition, written in Chinese, on the site.

The number of signatures for the appeal created on Tuesday was steadily climbing. As of Wednesday morning, it had received more than 1,000 digital endorsements.

That falls far short of the 100,000 signatures needed to merit a response from the Obama administration, a threshold the government has reserved the right to

adjust.

There is a regional divide in China on how jellied tofu should be consumed, with a slightly sweetened variety enjoyed in many parts of the south and a saltier style common in the north.

"Send troops to liberate the Chinese people," reads another petition, this one with more than 3,500 signatures.

Part protest, part entreaty, petitioning has deep roots in China, a country where courts are seen as beyond the reach of ordinary people or beholden to officials. Many seek redress for land seizures, factory layoffs, or medical and police disputes.

But doing so in China can be a risky affair, often leading to detention in secret facilities dubbed black jails.

The China-related requests appeared alongside pleas for Obama to reduce gun violence and increase the budget for NASA, the U.S. space agency, and not all were funny.

One called for the United States to extradite a suspect in the 1994 poisoning of Chinese graduate student Zhu Ling. It received 134,000 signatures in five days.

[Reuters via VOA News]

The Law Office of
T. Jegatheesan
 Barrister, Solicitor & Notary Public, ON.

Real Estate, Refinance & Mortgages

Business Law

Family Law

Power of Attorney &

Any other Legal Services

**2620 Eglinton Ave East, Suite 201
 Scarborough, ON. M1K 2S3**

Tel: 416.266.6154

Fax: 416.266.4677

India's Government in waiting BJP hints at a future Tamil Eelam

The failure of the Sri Lankan government to provide meaningful devolution to the North and East of the country, had resulted in India's government in waiting, Bharatha Janatha Party (BJP) hinting at a Tamil Eelam in Sri Lanka in the not too distant future.

One of BJP's senior leader Yaswant Singh had said that if the Rajapaksa regime continued to play games with the rights and lives of Sri Lankan Tamils, a Tamil Eelam for which the LTTE had fought a near three-decade-old war, is likely to take shape in the future.

Mr. Sinha also stated that if the BJP comes to power in the coming Indian elections the problems of the Tamils in Sri Lanka & that of the Tamil Nadu fishermen will be solved.

Meanwhile the UNP in Sri Lanka has stated that the BJP, unlike the ruling Congress Party, was an extremist Hindu organisation. Its threats should not be taken lightly, the UNP stated. According to the UNP this was the first time that any mainstream Indian political party, either in government or opposition, had publicly hinted at a future Eelam.



A round the World

Pakistan's Imran Khan Recovering After Fall



Imran Khan cheers his supporters after his visit to the mausoleum of Mohammad Ali Jinnah, Founder and First Governor-General of Pakistan, during an election campaign in Karachi, May 7, 2013- pic via: VOA News

Pakistani politician and former cricketer Imran Khan is recovering in the hospital after a fall that essentially ends his public campaigning in the run-up to elections on May 11.

Doctors treated the leader of the Pakistan Movement for Justice Party for injuries to his head and back after he fell more than four meters on May 7 from a raised platform at an election rally in Lahore.

Khan's injuries are not life-threatening, but doctors say they have advised the

60-year-old politician to stay in bed and rest for about 7 days.

A televised statement that Khan gave overnight from his hospital bed urged people to vote for his PTI party in the May 11 elections.

The vote will mark a democratic milestone in a country ruled for half of its history by the military. It will be the first time a civilian government has served a full term and handed power to another through the ballot box.

— VOA News

Malaysia's Anwar Vows to Challenge Election Results

Malaysian opposition leader Anwar Ibrahim is vowing to stay in his post and lead a campaign challenging the results of an election that delivered his coalition a controversial defeat.

Final results show the ex-deputy prime minister's three-party Pakatan Rakyat coalition won just 89 of 222 parliament seats, despite capturing the popular vote during polls on May 5.

Anwar Ibrahim told a news conference at his party's headquarters Tuesday that he continues to receive reports of fraud and manipulation by Prime Minister Najib Razak's ruling National Front coalition.

"As of today, we continue to receive information that hundreds of police reports have been lodged across the country for the failure. It is therefore a dictate of our conscience to reject the election result until it is rectified and a reasonable justification is provided by the [election commission]," he said.

Although the ruling bloc was able to win the most seats and extend its 56-year rule, it only received 48 percent of the popular vote, compared to 52 percent for the opposition. It is the coalition's poorest electoral performance since independence from Britain in 1957. Before the vote, the 56-year-old Ibrahim had promised to retire from politics if the opposition lost.

The opposition campaign centered on allegations of ruling party arrogance, abuse of public funds and racial discrimination by the government against the country's sizeable ethnic Chinese population.



Malaysia's opposition leader Anwar Ibrahim gestures during a news conference at his party's headquarters in Petaling Jaya, outside Kuala Lumpur, May 7, 2013-Via VOA News

Numerous rumors of cheating plagued the polls, including the use of ink to mark voters that critics say could be easily washed off. There also were complaints of foreigners being flown into the country to cast ballots.

Prime Minister Razak again firmly dismissed the charges on May 7.

"There were rumors and stories being created, like we brought in Bangladeshi workers to vote in the elections," he said. "First, there is no evidence that it is true. Until today we haven't received anything. Secondly, according to this logic, to fly in 40,000 Bangladeshi workers with a Jumbo 747, which is only enough for 400 people, we would need to use at least 100 aircraft."

Despite the objections, Prime Minister Razak was sworn in May 6.

The United States recognizes the election result, calling it the "most competitive" in the country's history. But the State Department says it is aware of concerns about voting irregularities and notes that opposition parties faced significant restrictions on access to the media.

— VOA News

Queen Elizabeth to Miss Commonwealth Meeting in Sri Lanka

Britain's Buckingham Palace says Queen Elizabeth will not attend the Commonwealth heads of government meeting this year.

The palace said Tuesday it will be the first time the 87-year-old monarch has missed the meeting since 1971.

The queen is sending her son, Prince Charles, to represent her at the gathering in Sri Lanka in November.

Observers say the move is seen as a reflection of the monarch's age and her efforts to reduce her long-distance travel.



The Queen arrives at the Palace of Westminster to open the Session of Parliament, 8 May 2013

US calls for dialogue on political devolution in Sri Lanka

"U.S. watching closely at what steps Sri Lankan Government chooses to take in response to UN resolution", US Ambassador in Sri Lanka

The United States says some of the most important steps in achieving real reconciliation in Sri Lanka have not yet moved ahead and this includes dialogue with the TNA on political devolution.

The US Ambassador in Sri Lanka said the US will continue to push for reconciliation and accountability in Sri Lanka.

US Ambassador Michele J. Sison, speaking to Foreign Correspondents in Colombo, said that as the US examines the next step, they will renew its consideration of all mechanisms available, both in the Human Rights Council and beyond.

She said it is important to emphasize that calls for reconciliation and accountability should not simply be seen as exhortations by the international community but should be viewed as essential to ensuring a peaceful and prosperous future for the country.

"History has shown that societies that do not adequately address reconciliation and accountability usually return to a conflict situation at some point down the road. Thus, however difficult this process is, it is ultimately vital to the stability of Sri Lanka," she said.

She noted that as Sri Lanka moves forward from the last Human Rights Council session, the US will look closely at what steps the government chooses to take in response to the resolution.

The Ambassador said that the United States remains concerned about threats



US Ambassador Michele J. Sison

against, and attacks on, media outlets in Sri Lanka.

She urged the Sri Lankan authorities to fully investigate the recent Uthayan attack and hold the perpetrators accountable.

The Ambassador noted that the National Action Plan of the Sri Lankan government did not cover all the recommendations of the LLRC, just as the LLRC recommendations did not address all the outstanding issues of reconciliation and accountability. Nevertheless, she said the National Action Plan included many steps that, if completed, would be helpful for the country. She said that when there are serious allegations of human rights violations – whether a government likes it or not – those allegations will persist until they are credibly addressed.

China's Meat Market Infested by Rats

Chinese consumers are reeling following the latest scandal to rock the country's food supply - a crime ring that passed off meat from rats as lamb.

Chinese police say they have arrested 63 people who allegedly ran the rat meat scam out of Shanghai and the coastal city of Wuxi. The arrests are part of a larger crackdown on fake or tainted meat that has resulted in the

arrests of more than 900 people since the end of January.

Authorities have also confiscated more than 20,000 tons of meat product made from rats and other small mammals, as well as meat tainted with additives and chemicals.

Many Chinese have been venting their anger on microblogging sites like Sina Weibo.

— VOA News



Dalai Lama Talks Peace at US University

By Sonam Yangzom

Tibetan spiritual leader the Dalai Lama came to the University of Maryland on May 7 to discuss peace as the guest speaker for the Anwar Sadat Lecture, named after the late Egyptian president.

While introducing the Dalai Lama, University President Wallace Loh said "he walks softly on the world stage yet leaves a deep impression".

Echoing Sadat's mission to find peace in the Middle East, the Noble laureate spoke about the need for individuals, communities and countries to build bridges that lead to greater peace and a better world.

The Dalai Lama remarked to the widow of Sadat, Jehan Sadat, that he is an admirer of the late Egyptian president's bold mission from a distance.

In his 50-minute speech followed by a question and answer session, he stressed the young generation's opportunity and challenges, saying "The 20th century was a period of bloodshed and violence. The young generation of today have an opportunity to create a better world on the basis of the oneness of humanity".

Marcus Afzali, a local official who listened to the speech, said "The Dalai Lama is a tremendously inspirational figure, so it's very exciting that he is in



The Dalai Lama spoke to a crowd of about 15,000 students at the University of Maryland and implored Buddhist monks in Myanmar and Sri Lanka to put an end to a series of recent attacks on Muslims in their countries, the Associated Press reported

our city. His message of peace is more important to the society more than ever".

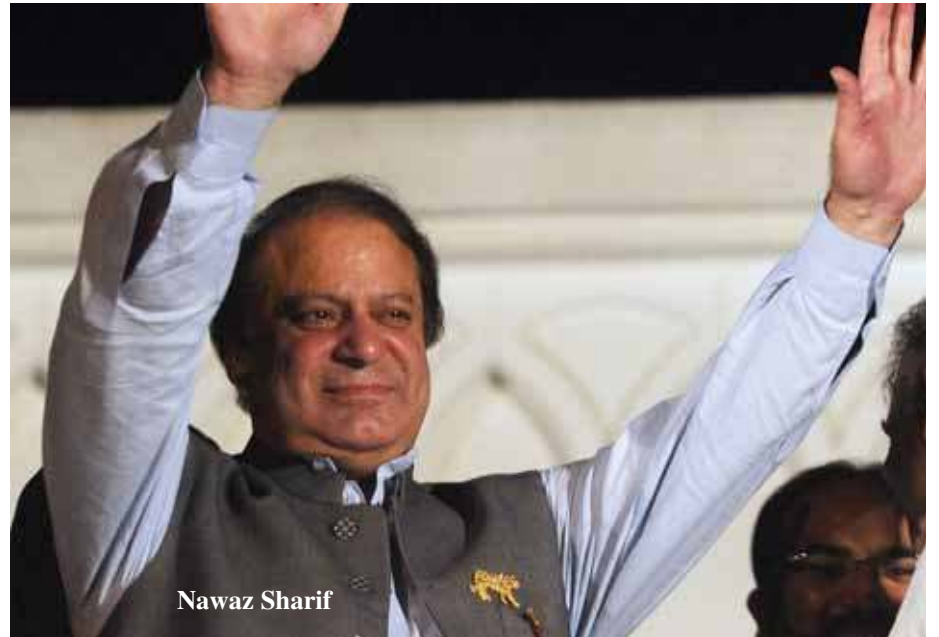
A local resident, who identified himself as Tenam, said "his words inspire him to be a better person and as a Tibetan, we consider him our root teacher".

During his appearance before 15,000 at the Comcast Center, the University of Maryland presented the Dalai Lama with Doctor of Humane Letters.

The Dalai Lama's U.S. tour continues with visits to Portland and Eugene and few more states during his 16-day visit to the United States.

– VOA News

Pakistan's Sharif Declares Victory



Nawaz Sharif

Former Pakistani prime minister Nawaz Sharif has declared victory for his conservative Pakistani Muslim League party in parliamentary elections held on May 11. Sharif cited unofficial poll results to make the claim while counting was still on.

Sharif returns to the job he held twice in the 1990s. But no party is expected to win a majority of seats in parliament, meaning Sharif would have to form a coalition government.

Speaking to supporters in Lahore, Sharif appealed to all Pakistani parties

to join him in ridding the country of its problems, which include inflation, unemployment, power cuts, and a Taliban insurgency.

His main rival, cricket star Imran Khan, won his seat in parliament while outgoing Prime Minister Raja Pervez Ashraf lost his.

Voter turnout was extremely high, according to election officials. Polling stations were kept open one to three hours later in some places to accommodate all those still waiting to cast ballots.

– VOA News

LONDON LIFE

With strong ratings for claims paying ability & financial strength.

YOUR MORTGAGE PROTECTION POLICY

Before you sign up for the Mortgage life policy you should shop around. The banks offer convenience, but individual insurance sold by life insurance companies offer portability, flexibility and a better deal.



Offers Insurance & Banking Solutions

To help our clients reach their goals and dreams.

Jeganathan Balasundaram (Bala) B. Eng., CHS
Certified Health Insurance Specialist

FINANCIAL SECURITY AND INVESTMENT REPRESENTATIVE
NATIONAL QUALITY AWARD WINNER
SERVING CANADIANS FOR THE PAST 15 YEARS

Tel: (416) 291-0451, ext. 227

Cell: (416) 518-9489

Fax: (416) 291-3779

Email: bala.balasundaram@freedom55financial.com

Toll Free: 1-877-566-5433

2075 Kennedy Road, Suite 300, Scarborough, ON M1T 3V3

Representing London Life, Manulife & Sun life

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



Questions to Ask Yourself

Bank Mortgage Insurance

London Life Insurance

- | | | |
|--|---|--|
| 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. <u>Your Beneficiary is the Bank.</u> | 4. <u>You can name any Beneficiary you want.</u> |
| 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. |



Trouble Breathing?

By Ahil Siva, Medical Student



Are you having difficulty breathing? Do you find yourself gasping for air? Feeling short of breath can be a frightening experience, especially if this has never happened to you before. Having trouble catching your breath can be related to problems with the lungs, heart, or a low blood count. But the specific cause can be difficult to pinpoint. Luckily, most causes of trouble breathing can be treated quickly once the cause is identified. But remember difficulty breathing is not a symptom to be ignored.

Shortness of breath can be divided into two general categories: Acute and Chronic. Acute shortness of breath comes on suddenly, over the course of minutes to hours. On the other hand, chronic shortness of breath develops over weeks to months.

Causes of Acute Shortness of Breath:

- The typical causes are respiratory tract infections, such as pneumonia. With these infections it is common to include other symptoms like fever, cough, or coughing up mucus.
- Asthma often causes wheezing with difficulty breathing.

- Accidentally inhaling a foreign object, like a peanut or partially chewed meat, can cause a blockage in the windpipe.

- Pregnancy changes a woman's blood and oxygen circulation. This type of shortness of breath is normal.

- Severe allergic reaction with itching, swelling and rash that escalates to involving your airways requires prompt medical attention.

- A blood clot in an artery of the lungs will lead to extreme distress and needs emergency attention.

- Alongside a heart attack. In this case difficulty breathing is with a pressurized pain in the chest.

Causes of Chronic Shortness of Breath:

- Chronic Asthma.
- Chronic bronchitis or emphysema. These are lung conditions that affect long time smokers.
- Interstitial lung disease, a collection of lung disorders that involve scarring of lung tissue.
- Anemia. Low blood cell count can lead to less oxygen delivered to your body and lead to breathing troubles.
- Chronic Heart Failure. A failing

heart will have trouble pumping blood to the body. This will result in fluid building up in the lungs and cause difficulty breathing.

- Obesity. The extra weight in the chest and abdomen can press on the lungs.

How does Shortness of Breath Present?

People describe their trouble breathing in several different ways. Some people say they feel "hungry for air", others say they feel as though they "cannot breathe deeply". They may also feel as if they are being smothered or suffocated. An uncomfortable feeling of chest tightness or constriction can also be noticed.

When should you seek help?

Having trouble breathing should not be taken lightly. Anyone who develops shortness of breath, especially if it occurs while at rest, should visit a healthcare provider. If you have severe trouble catching your breath, or have a chest pain or nausea with difficulty breathing, go to the closest emergency room.

How can your doctor help?

Your healthcare provider can learn a lot about your condition by getting a com-

plete picture of your shortness of breath. They can work out the cause by listening to your description of the problem and other related symptoms you may have. He or she can also learn a lot by listening to your heart and lungs with a stethoscope and by checking your legs for swelling. Your doctor can also order a blood test to check your blood counts, a chest x-ray to look for lung infection or scarring, or an EKG to test your heart muscle. A spirometry can also be done. This test measures the amount of air your lungs can hold and how effectively your lungs can empty and fill with air.

What is the treatment?

The treatment for your shortness of breath will depend on what is causing it. Once your doctor has been able to understand the cause, the treatment can be directed towards it. Shortness of breath caused by asthma, for example, will need one type of treatment, whereas shortness of breath caused by heart failure will need quite a different one.

Trouble breathing is a frightening thought. But staying educated about your body will help you keep calm and seek the appropriate help.



Ageing and dental health



Caregiving for a Disabled or Elderly Loved One

You may have a parent, spouse or friend who has difficulty maintaining a healthy mouth on their own. How can you help? Two things are critical:

Help them keep their mouth clean with reminders to brush and floss daily.

Make sure they get to a dentist regularly.

These steps can prevent many problems, but tasks that once seemed so simple can become very challenging. If your loved one is having difficulty with brushing and flossing, talk to a dentist or hygienist who can provide helpful tips or a different approach. For those who wear dentures, pay close attention to their eating habits. If they are having difficulty eating or are not eating as much as usual, denture problems could be the cause.

When you are caring for someone who is confined to bed, they may have so many health problems that it's easy to forget about oral health. However, it's still very important because bacteria from the mouth can be inhaled into the lungs and cause pneumonia.

Cavities

You may wonder why you are sudden-

ly getting cavities when you have not had them in years. As we get older, we enter a second round of cavity prone years. One common cause of cavities in older adults is dry mouth (Xerostomia). Dry mouth is not a normal part of aging. However, it is a common side effect for more than 500 medications, including those for allergies or asthma, high blood pressure, high cholesterol, pain, anxiety or depression, Parkinson's and Alzheimer's diseases. This is just one reason why it's so important to tell your dentist about any medications that you are taking. Your dentist can make recommendations to help relieve your dry mouth symptoms and prevent cavities.

Here are some common recommendations:

Use over-the-counter oral moisturizers, such as a spray or mouthwash.

Consult with your physician on whether to change the medication or dosage.

Drink more water. Carry a water bottle with you, and don't wait until you are thirsty to drink. Your mouth needs constant lubrication.

Use sugar-free gum or lozenges to stimulate saliva production.

Get a humidifier to help keep moisture in the air.

Avoid foods and beverages that irritate dry mouths, like coffee, alcohol, carbonated soft drinks, and acidic fruit juices.

Your dentist may apply a fluoride gel or varnish to protect your teeth from cavities.

Gum Disease

Many older adults have gum or periodontal disease, caused by the bacteria in plaque which irritate the gums, making them swollen, red and more likely to bleed. One reason gum disease is so widespread among adults is that it's often a painless condition until the advanced stage. If left untreated, gums can begin to pull away from the teeth and form deepened spaces called pockets where food particles and more plaque may collect. Advanced gum disease can eventually destroy the gums, bone and ligaments supporting the teeth leading to tooth loss. The good news is that with regular dental visits gum disease can be treated or prevented entirely.

Mouth Cancer

According to the American Cancer Society, there are about 35,000 cases of

Dr. Shanmugam Sivanesan,

President, Toronto East
Dental Society (TEDS)

mouth, throat and tongue cancer diagnosed each year. The average age of most people diagnosed with these cancers is 62. During dental visits, your dentist will check for any signs of oral cancer. Regular dental visits are important because in the early stages oral cancer typically does not cause pain and early detection saves lives. Some symptoms you may see include open sores, white or reddish patches, and changes in the lips, tongue and lining of the mouth that lasts for more than two weeks.

Antibiotics before a Dental Procedure?

If you have a heart condition or artificial joint, be sure to tell your dentist. You may think it's not relevant. After all, what do your heart and joints have to do with your teeth? But, there are conditions with a high risk of infection and an antibiotic is recommended prior to some dental procedures.



New education program tackles chronic diseases

April 22, 2013 - These days, 71-year-old Whitby resident Jim Wilde is breathing a lot easier.

For the past three years, the grandfather of eight has been living with chronic obstructive pulmonary disease (COPD), a chronic disease that limits airflow to and from the lungs, causing shortness of breath. Until recently, he struggled with the disease, and depended on three different medications to control his coughing spells and shortness of breath.

But thanks to a new COPD education clinic offered by Rouge Valley Health System (RVHS) that focuses on chronic disease prevention and management, Jim is learning how to successfully manage his COPD and prevent further deterioration of his condition.

"This program is just tremendous. At times I used to get depressed about having COPD. But now I'm learning how to live with it effectively," he explains. "I didn't expect it to be as helpful as it was in helping me to lead a better life. The confidence it's given me is terrific."

For four weeks, Jim attended education classes twice each week, where he learned more about COPD, and how stress and environment could be triggers that would lead to his symptoms. He also learned how to properly take his medication, advice he says was especially useful. He is now attending exercise classes at the Ability Centre in Whitby, which patients can be connected to through the COPD education clinic. This additional component has helped him to better manage the disease.

About the program

The COPD education clinic is part of a set of clinics that are offered through Rouge Valley's chronic disease education program. These clinics are delivered from the ambulatory care unit (ACU) at the Rouge Valley Ajax and Pickering (RVAP) hospital campus, and focus on both the prevention and management of chronic diseases. Currently, the program includes the following five clinics: COPD, osteoporosis, arthritis, chronic pain and smoking cessation. Those who haven't yet been diagnosed, but are at risk for developing a chronic disease, are also ideal candidates for these education clinics.

"These classes are truly the missing link in our community. Hospitals are not often able to offer such a comprehensive and proactive approach to chronic disease

prevention and management," explains Amber Curry, manager, ambulatory care unit, RVAP. "Before these classes, we would just treat the patient's symptoms. Now, we can look at preventing the risk of having the flare ups and symptoms associated with chronic diseases through not only education but also connecting patients to further supports which includes exercise programs, group therapy, medical intervention, and other opportunities or resources available to patients living with chronic diseases."

Each of the education clinics is led by a certified nurse educator, and has been created in consultation with specialists and expert physicians. All of the clinics have also been built around educational modules developed by national, provincial and regional chronic disease associations, including the Ontario Lung Association, Osteoporosis Canada, The Arthritis Society and the Central East Association for Smoking Elimination (CEASE).

Connecting to the community

Adding to the robustness of the education clinics, Rouge Valley has partnered with local community centres to introduce patients to exercise classes tailored to their condition. The Abilities Centre (55 Gordon Street) in Whitby hosts a COPD-tailored exercise program, while classes focused on osteoporosis take place at the Ajax Community Centre (75 Centennial Road). Through the clinics, patients are not only gaining a better understanding of their disease and the risk factors, they are also provided with opportunities to improve their physical health. All of this empowers them to better manage their chronic condition.

Friends and family are also considered key members of the education team, and are encouraged to join the class to support their loved ones. Since chronic diseases like arthritis and osteoporosis are hereditary, if someone in the family has the disease, it is beneficial for all members of the family to receive this important education.

"I hope more people take these classes. They really changed my life," says Jim.

How to register

Patients can be referred into the program by their health care provider, or enroll on their own by calling 905-683-2320 ext. 1182. Physicians can fax patient referrals to 905-428-5205.



Rouge Valley gets an 'A' in national CBC rating

By Rik Ganderton,
President and CEO, RVHS

The CBC's the fifth estate issued its splash on its hospital survey yesterday. While we have questions about the survey's analytical validity, the old adage of "there is no such thing as bad publicity" comes to mind and in this case the publicity we are receiving is great!

The CBC's the fifth estate crunched its numbers from the Canadian Hospital Reporting Project by the Canadian Institute for Health Information. The result — both of our Rouge Valley hospital campuses got an "A" ranking!

We have accepted, made use of and "taken it on the chin" from many reports and studies in the past. Many have been positive, some critical and even harsh on us during the past several years, particularly when we started our efforts of constant improvement and patient focus. So it is great to read and see stuff on TV that gives all of the staff, physicians and volunteers of Rouge Valley such well-earned accolades this week!

Our Board of Directors, Chief of Staff Dr. Naresh Mohan and I have thanked and recognized our doctors, staff and volunteers for this remarkable achievement. It is a reflection of their focused efforts to provide the best patient experience every day. Dr. Mohan was interviewed by the CBC Wednesday (April 10). We have received very positive news coverage. More of his interview may run on the fifth estate Friday at 9 p.m.

But we will not rest on our laurels. We are on a journey of continuous im-



provement to be the best — a journey that still has a way to go. We have much exciting and challenging work ahead of us to reach our goal of defect-free healthcare.

Constant improvement is our daily mantra here!

Here are some relevant links about this national news story.

CBC news article - <http://www.cbc.ca/news/health/ratemyhospital/story/2013/04/08/hospitals-rankings-story.html>

The fifth estate ratings of each Rouge Valley hospital campus --

RVAP - <http://www.cbc.ca/news/health/features/ratemyhospital/profiles/rouge-valley-ajax-and-pickering-rouge-valley-health-system/>

RVC - <http://www.cbc.ca/news/health/features/ratemyhospital/profiles/rouge-valley-centenary-rouge-valley-health-system/>

For Advertisements in Monsoon Journal

Call 416.358.3235

Canada Delivers Diplomatic Equivalent of a Slap in the Face to Sri Lanka - Ottawa Citizen

One of the biggest insults a government can deliver to another — the diplomatic equivalent of a slap in the face — is for the leader of one country to refuse to attend a high profile gathering hosted by another. Well, Canada has just slapped Sri Lanka.

During the week of April 26 in London, Foreign Minister John Baird denounced a decision by his Commonwealth counterparts to approve Sri Lanka hosting the organization's heads of government meeting in November. The Commonwealth, he said, was "accommodating evil" in agreeing to stage the meeting in the South Asian country despite strong criticism of its human rights record.

"Canada didn't get involved in the Commonwealth to accommodate evil; we came to combat it," Baird said. "We are deeply disappointed that Sri Lanka appears poised to take on this leadership role."

This is strong language in diplomatic circles. But it is the right language in this case. Canada's position is more than justified. Sri Lanka's treatment of its Tamil minority during and after the country's 2009 civil war has been appalling; there is considerable evidence that government troops have engaged in the indiscriminate killing of civilians.

Prime Minister Stephen Harper has repeatedly spoken out against Sri Lanka's actions, warning that Canada, one of the senior and most influential members of the Commonwealth, would boycott the November 15-17 heads of government meeting in the capital of Colombo unless Sri Lanka acts, among other items, to improve its human rights record and seeks reconciliation with the Tamil population.

Publicly, Canada has been alone in its position. This is most unfortunate. The Commonwealth, comprised of mainly former colonies of the British Empire,

represents two billion people worldwide, and while the 54-nation group is no longer as influential as it used to be, it remains a valuable institution in terms of linking diverse nations and peoples. The apparent unwillingness of its leaders to do the right thing, to show some moral backbone, jeopardizes the organization's future.

Baird alluded to this possibility. "We're tremendously concerned about the deteriorating and authoritative trend of the government in Sri Lanka," he said, suggesting Canada's isolation on the issue paints the Commonwealth as a whole in a bad light. (Although he was careful to say Canada will not quit the organization.)

To add insult to injury, as host of the heads of government gathering, Sri Lanka automatically becomes the leader of the Commonwealth for the two-year period between summits. Just last month Queen Elizabeth attached her name to a Commonwealth charter that obliges all members to subscribe to principles of human rights, democracy and the rule of law. Having a government that blatantly represses its minority population take charge of the organization makes a mockery of the charter and, moreover, erodes any claims to moral authority the body might still possess.

But then the whole situation reeks of hypocrisy. Even senior Commonwealth members — the United Kingdom, Australia, and India, for example — appear to think principles only apply when they don't intrude on purported national self-interest. The Australians don't want to offend the Sri Lankan government lest it decides to no longer clamp down on all those boat people trying to flee to Australia. India is concerned about Sri Lanka developing closer ties with its arch-enemy China. The United Kingdom is, no



Canadian Foreign Minister Baird greets Tamil protesters outside CMAG-pic courtesy of: twitter.com/SLCampaign

doubt, reluctant to offend a former colony and jeopardize allegiance to the Crown.

To be sure, even the Conservative government may not be completely pristine in its principles. Canada is home to the largest population of Tamils outside Sri Lanka, and, while the government insists its position is not politically motivated, there's no denying its attitude is popular in that community.

But any indulgence in self-interest on the part of the Conservative government, if that's what it is, pales in comparison to the short-sightedness of other Commonwealth members. In 2011, at the last Commonwealth Heads of Government meeting in Australia, a report urging radical reform of the body — the Eminent Persons' Report — was tabled. Among its recommendations was a call for greater respect for human rights, more recognition of minorities, and the promotion of democratic principles. Unfortunately,

these principles received short shrift from a majority of the Commonwealth members.

That see-no-evil attitude continues to play out on the Sri Lanka file, resulting in a crisis for the Commonwealth reminiscent of the suspension of Zimbabwe or the booting out of South Africa over the apartheid practices of its former white-minority rulers. The collective failure of its leaders to assert principles they've signed on to corrodes the moral structure of this venerable organization. And without the pillars of moral authority to hold it up, well, there's no worthy future for the Commonwealth.

In a world already desperate for institutions of stability and order, the effective loss of the Commonwealth would be tragic.

(Text of an Editorial Appearing in "Ottawa Citizen" of May 1st 2013 under the Heading "A Rebuke to Sri Lanka")



MONSOON JOURNAL
COMPLETING 7 YEARS
IN PRINT AND CIRCULATION
AND NOW MARCHING PROUDLY INTO THE
8TH YEAR

~
**WE THANK ALL OUR READERS,
ADVERTISERS AND WELL WISHERS**

Let's climb over Cancer

For info: 416-797-1517
Kumarpunithavel5@ gmail.com

Kilimanjaro Climb

Date: June 14, 2013

Hertz®

Car Rental

Insurance Replacement Rentals
are welcome

Billed directly to
Insurance Companies

Weekend
Special
from **\$84**



Attractive
Weekly/Monthly
Rates

Serving at 3 locations

Grand Opening in
SCARBOROUGH

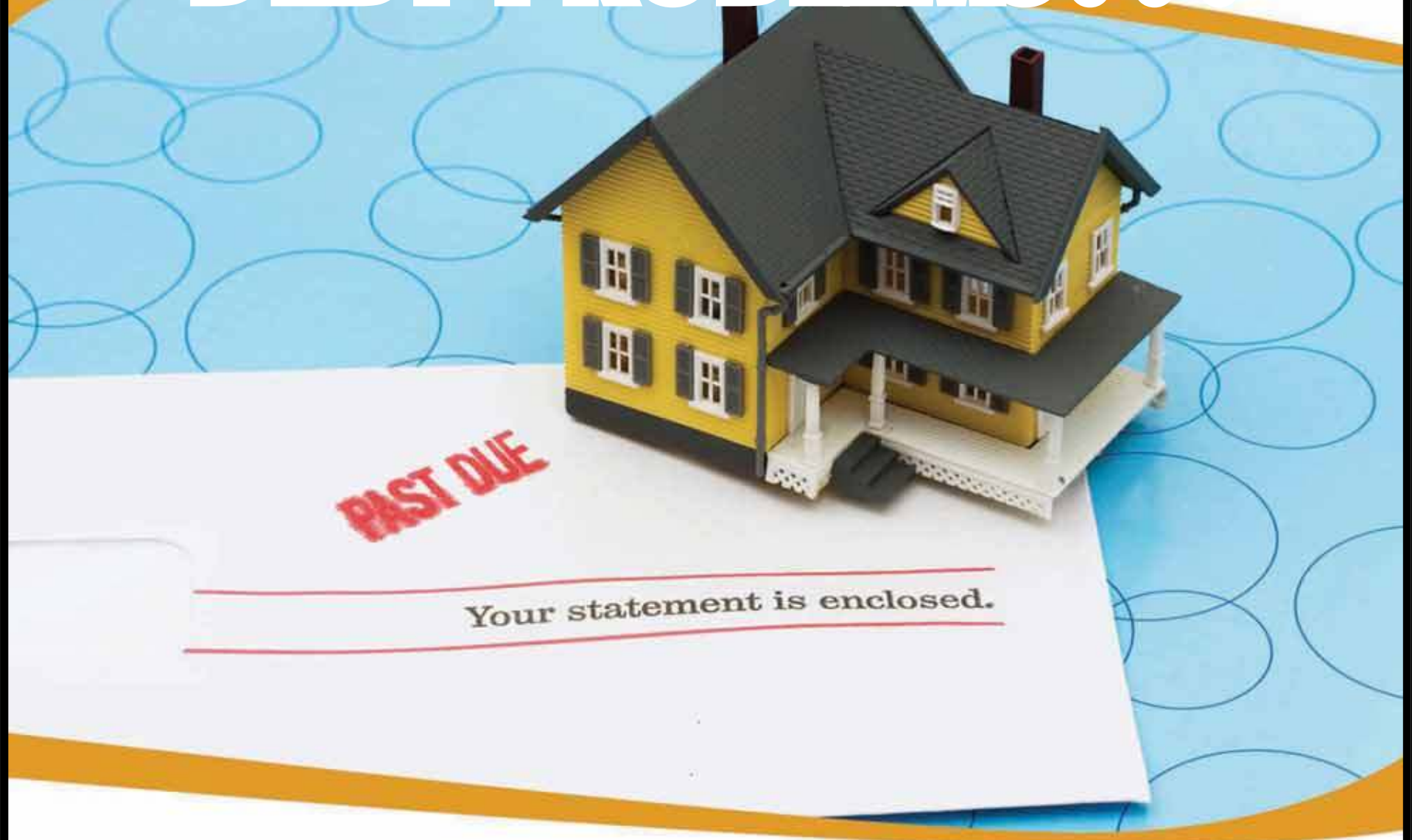
MARKHAM
4 Laidlaw Blvd
Markham, ON. L3P 1W5
905-294-7195

MISSISSAUGA
3670 Hurontario St
Mississauga, ON. L5B 1P3
905-279-7330

SCARBOROUGH
4032 Finch Ave East
Scarborough, ON. M1S 3T6
416-396-2835

www.hertz.ca

DEBT PROBLEMS???



JOINTLY SERVING ALL COMMUNITIES UNDER ONE ROOF

Unsettled Life due to Credit Problems!

Is Your Daily Life affected?

Worried that you will lose your House or Car!

Phone harassment from Collection Agencies !

Concern that your wages will be garnished by your creditors!

www.creditsolutioncanada.com

For All Your Problems, call for a free consultation

SRI

CREDIT SOLUTION CENTRE

Trustee in bankruptcy

Services of Trustee is available

80 Corporate Drive, Suite 309

Scarborough, ON M1H 3G5

Tel: **416.439.0224**

Fax: 416.439.0226

creditsolutioncentre@gmail.com



CANADIAN TULIP FESTIVAL – PHOTO JOURNAL



SKN FINANCIAL

**GOLD is like Real Estate;
DO NOT SELL IT...**

**YOU WILL GET LOANS
FOR YOUR GOLD**



**Fully Insured
Govt. Licensed
and Regulated**

- ▶ **LOW INTEREST RATES**
- ▶ **NO CREDIT CHECKS**
- ▶ **FULL INSURANCE COVERAGE FOR YOUR GOLD**
- ▶ **FAST APPROVAL, CASH IN YOUR HAND IN LESS THAN TEN MINUTES**
- ▶ **PAYMENTS CAN BE MADE AT YOUR BANK**
- ▶ **TERM LOANS AND LINE OF CREDIT FOR YOUR GOLD**
- ▶ **TAX RECEIPT ISSUED FOR INTEREST PAYMENT**

SKN
Bringing 40 Years
of Trust

BRAMPTON

85, Kennedy Road South, Unit - 33
(Next to TIM HORTONS)
Kennedy & Steeles
905-499-0800

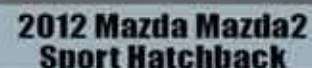
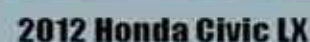
SCARBOROUGH

2677, Eglinton Avenue, Unit - 4
(Close to CIBC Bank)
Brimley & Eglinton
416-269-5393

NEW CARS *4000 INCENTIVE ON SELECTED MODELS



**HCUV STARTING FROM 1.99%
OVER 100 PRE OWNED STOCK TO
CHOOSE FROM!**

[illegible]

Where You're treated like family

**2240 Markham Road,
Scarborough, ON
M1B 2WA (Markham & Finch)
Office: 416 754 4555
www.formulahonda.com**

rajah@formulahonda.com

Do your loved ones need care?

We specialize in:

**Personal Care • Home Care • Respite Care
Companionship • Live-in Care • Child Care**

**Our Caregivers provide seniors' care from
4 hours to 24 hours.**

- We provide care in your home, at a Seniors' Home or Nursing Home, or in hospital.
- We visit as an elder-care helper, senior homemaker friendly visitor, companion, home care worker, or a certified PSW senior caregiver.

For a free consultation, please contact:

Sumi Praba

President, Magdala Home Care

MHC

MAGDALA HOME CARE

Tel: 647 985 7454

Email: info@magdalahomecare.com

Website: www.magdalahomecare.com



**Ontario approved Pawn Brokers
Pioneers and established leaders in the community**

KANAGAAMBIKAI PAWN BROKERS



**Two Branches to
serve you better:**

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

416-269-7197

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

416-269-7198



Canadian Tamils'
Chamber of Commerce®

in aid of
**The Scarborough
Hospital**



13th Annual
WALKATHON
— 2013



PROCEEDS WILL GO TOWARDS A NEW CANCER CARE SURGICAL MICROSCOPE!

SUNDAY

June 2, 2013 8am - 12pm

Kids Town Water Park
3159 Birchmount Road (at McNicoll) Scarborough



FOR MORE INFO

Mohan Sundramohan
416.871.8543

Gajan Mahan
416.838.7247

Ken Vivek
416.953.2793

"Donate and Save Lives"

Donate more than \$20 and get a tax receipt

DR. JOHN WRIGHT LOOKS BACK ON SUCCESSFUL TENURE

The very day Dr. John Wright walked through the doors of The Scarborough Hospital, a glaring headline on the front page of the Toronto Star declared TSH was 'the worst hospital' for HSMR in the city. It was a humbling experience for TSH and Dr. Wright, and one that he won't soon forget.

"I've told that story many times over the past five years, mainly because the entire hospital staff came together to turn things around. And we did, going from 'worst to first' in several quality indicators," Dr. Wright recalls.

As he prepares to hand over the reins of President and CEO to Robert Biron this month, Dr. Wright recounts his time at TSH, overseeing many successes that have brought the hospital full circle.

A clinical gastroenterologist for the first half of his professional life, Dr. Wright became a physician administrator after obtaining his MBA in 1994.

While serving as Chief of Staff and Vice President of Medical Affairs at University Health Network, Dr. Wright was asked by provincial-appointed Supervisor Rob Devitt to come to TSH to restructure the hospital. He subsequently became President and CEO.

"What impressed me, standing one day at a Town Hall meeting at the Birchmount campus, was remembering the struggles we went through at Toronto Western Hospital several years prior and realizing that I understood the way people at TSH felt," he adds. "I also knew what we had to do to help turn employee satisfaction, belief and vision around. I thought this is something I can do, and that I could help TSH in this quality journey."

The first step was a Code of Conduct to address some of the behaviours that were so troublesome six or seven years ago. From that, staff and physician satisfaction improved dramatically.

"The achievements that give me the most pride are our consistent increase in staff and physician satisfaction, and our extensive community engagement process," he adds.

Of course, major improvements in quality indicators are also a source of pride: from HSMR to hand hygiene to flu compliance, TSH has recorded numerous increases in quality indices.

As his time at TSH comes to a close, Dr. Wright is particularly proud that

Accreditation Canada has awarded TSH Exemplary Status.

And as he looks ahead, Dr. Wright offers TSH staff and physicians this sage advice:

"The challenge is, and always has been, managing two different cultures at each hospital site, both of them valid, both of them something to be proud of," he says. "But on many issues, opinions are divergent, and it's never easy to find a solution that satisfies everyone."

"We're going through a very dramatic and important time for hospitals in Scarborough. I think our staff and physicians need to come together and build a vision, to know what it is they want this hospital to be. If they can do that, then nothing can stand in their way."

"We have an excellent strategic plan and clinical action plan on which to build that vision, and if we can all agree on where we want to go with this hospital, we can get there."

Not satisfied to start retirement just yet, Dr. Wright expects his phone to ring.

"It always has, and I'm sure it will again."



Dr. John Wright

Down to Earth campaign aims to decrease our environmentally footprint

Over the past few years, The Scarborough Hospital has implemented several green initiatives to reduce its carbon footprint.

We started using more local ingredients in the kitchen, implemented some green changes in the OR to reduce waste, and we've begun a retrofit project to make our building systems more efficient.

In an effort to share what TSH has done and is doing, as well as to provide a forum to share tips and ask questions, we have launched an environmental awareness campaign called 'Down to Earth'.

The campaign kicked off with a green fair in the cafeteria at the General campus on March 20 where you could pick up tips on waste reduction and energy conservation from Toronto Hydro and the City of Toronto. You were even able to make your own smoothie using a blender bike. By using your own power to blend the smoothie, it showed participants how much energy it takes to run even a small appliance.

The fair also provided an opportunity to share what the hospital is doing. In the operating rooms, we are recycling anesthetic gas, using textile gowns instead of disposable when possible, and using the Complete Delivery Hybrid System for supplies, which means less packaging waste.

The Facilities Department is working to save the hospital money and energy through efficiencies in the General campus' infrastructure. Changes to waste management and lighting could also be coming soon.

Large projects are one way to have an impact, but there are also simple actions that each and every

staff member can take to do their part to ensure the hospital is being as efficient and green as possible.

"One of our challenges is staff not using their space efficiently by leaving computers or lights on," said Tyler Crocker, Director of Environment and Facilities.

We can also do more when it comes to waste diversion. An audit in 2011 showed our rate at 17.6 per cent, which has the potential to double. We are still throwing away fine paper, newspaper and cardboard – things that can easily be recycled. Just look for the bins located around the hospital, and think before you throw.

Down to Earth workplace tips:

- ◆ Use daylight and turn off office lights if not needed.
- ◆ Turn off your office lights when leaving.
- ◆ Avoid excessive lighting levels. Turn off lights in meeting and conference rooms, and washrooms when no one is in them.
- ◆ Recycle your discarded paper.
- ◆ Reduce printing and photocopying.
- ◆ Print double-sided copies.
- ◆ Use your computer's power saver options; shut it and your printer down when leaving the office.
- ◆ Only throw away items that are not recyclable - "think before you throw."
- ◆ Bring a litterless lunch from home in reusable containers.
- ◆ Recycle or reuse aluminum cans, glass and plastic containers and utensils.



It's harder than it looks. Staff took a turn using pedal power to blend their own smoothie at the Down to Earth green fair held at the General campus in March.

MAY IS SPEECH AND HEARING MONTH

The role of the Speech-Language Pathologist (S-LP) goes far beyond what the tongue-twister-of-a-title suggests. In fact, S-LPs assess and manage a wide array of communication and swallowing disorders that affect individuals across their lifespan, from infants to geriatrics.



TSH's Speech Language Pathologists offer holistic care.

S-LPs identify, evaluate, treat and manage difficulties relating to communication (speech and language) and swallowing disorders. Difficulty chewing and swallowing may result from a variety of underlying pathologies including: neurogenic, oncologic, structural, psychogenic, surgical, congenital, iatrogenic, and/or general deconditioning.

Dysphagia places patients at risk for negative nutritional and respiratory events, such as pneumonia. Besides being a physiological impairment, dysphagia can have for a significant impact on quality of life and overall health and well-being.

S-LPs are specially trained to use clinical judgment to assess the swallowing mechanism and provide strategies to minimize risk and optimize the eating and drinking experience.

TSH has two full time S-LPs at each campus available to provide services to in-patients as needed. We also have five S-LPs who focus on pediatric patients.

"At The Scarborough Hospital, we are integral members of multi-disciplinary teams on all adult inpatient units throughout both campuses," says Salma Syed, S-LP at the General campus. "As members of these teams, we aim to provide exemplary care

through our commitment to clinical excellence, inter-professional collaboration, and a patient-centered approach involving the patient and their care providers.

Much of their caseload is dedicated to managing patients with dysphagia.

"We work closely with and rely on the expertise of nurses, dietitians, physiotherapists, occupational therapists, respiratory therapists, social workers and pharmacists to provide holistic care," says Heather Taylor, S-LP at the Birchmount campus.

"We often recommend behavioural strategies or texture modifications in addition to reinforcing swallowing precautions."

At TSH, referrals to the S-LP service can be made by members of the healthcare team. Swallowing evaluations are carried out through clinical bedside and instrumental assessment through Modified Barium Swallow Studies.

May is Speech and Hearing Month. S-LPs are regulated by a professional college, the College of Audiologists and Speech-Language Pathologists of Ontario (CASLPO) and are required to hold a Master's Degree in Speech-Language Pathology.



100 YEARS OF VOLUNTEER SERVICE BY FARROW FAMILY

Volunteerism isn't just a good deed, but a way of life for the Farrow family who have altogether contributed 100 years to The Scarborough Hospital.

Sister and brother, Gwen and Stan Farrow, have spent 46 and 22 years respectively at the hospital, and their mother, Frances, volunteered for 33 years.

"Our mother was an original member of the hospital's volunteer group, where she began with the 'gift shop,' which at that time was a little cart stationed in the hallway," recalls Gwen.

Fran soon became more involved, helping to plan fundraising activities such as dances and fashion shows. But once the gift shop really got going, her main responsibilities were to work as treasurer, schedule weekend shifts and ensure everything ran smoothly.

"She had to train volunteers on many things, even how to use a cash register which wasn't like the ones today which tell you what change to give," explains Gwen. "She often drove some of the volunteers to do their shifts and was on call to trouble-shoot. It was hard to get volunteers to do the weekend shifts, which was more a time to be home with family back then, so that was why she recruited me in 1967."

Throughout the week, Gwen worked as a school teacher, and on Sundays, while the men watched football, she and her mother would volunteer their time, taking the opportunity to also enjoy a mother-daughter visit.

Gwen continued volunteering at the hospital's gift shop on Sundays, as well as helping in many areas including mentoring young volunteers, staffing lobby stands to sell raffle tickets and other sale items, helping with bazaars and directing patients and visitors on the weekends.

The long-time volunteer would like to reach her 50-year mark, and today, Gwen can still be found at the General campus, helping patients and visitors find their way and is also one of the founding members

of the hospital's Archives Committee, that meets biweekly to "slug boxes, create display cases, catalogue material, identify and label photographs and chase the dream of a hospital archives encompassing both sites and holding historical material of interest."

Stan, also a school teacher, began his volunteerism almost by accident. His brother-in-law was a patient in the hospital's former long-term care unit with brain damage, which affected his memory.

The two had often played music together, and so staff encouraged Stan to play the piano when he visited in hopes of triggering some kind of recollection or improvement, if his brother-in-law could still play the guitar.

Word of Stan's musical talent spread quickly throughout the hospital, and soon he was pushing a piano outside on nice days and playing for any and all patients, visitors or passersby. Gwen, also a musician, joined her brother on the accordion, which extended to a year-long commitment on a bi-weekly basis after they retired.

"It's a talent we've got, and our parents always encouraged us to use it," says Stan. "It was always rewarding to see patients and their families enjoying the music, and most everyone would thank us and ask when we were coming back."

Stan and Gwen remember one woman who had been musical director at their church but had suffered a number of strokes and was now in the hospital. Whenever the duo came to play, she would tap her feet and clap along.

"It brought us to tears," recalls Stan.

When the music aspect of the recreation program closed at the hospital, Stan and Gwen took a break from their singalongs. They returned a few years later when they were asked to share their music with

Brother and sister, Stan and Gwen Farrow, along with their mother, Fran, have altogether donated 100 years of volunteer service to The Scarborough Hospital.



patients in the Mental Health unit at the hospital's Birchmount campus. They now play there one Monday a month.

"Often the patients will join in and start dancing," says Gwen, who was invited with Stan to attend the Christmas party on the unit, which they both found very touching.

"It's amazing when you realize you're really doing something worthwhile," says Stan.

He adds that they have no plans to stop as long as "we can keep playing and they still want us."

Nurse Career Nurse Initiative

The passion and pride felt for nursing was evident among a group of experienced nurses who celebrated the closure of the annual Late Career Initiative on March 25.

"Every day seems to be a good day because we love our jobs," said Evelyn Bernard, Registered Nurse, Family Birth Place. "I would dance to work if I could."

While rewarding, a career in nursing is also physically demanding. With funding from the Ministry of Health and Long-Term Care, The Scarborough Hospital is able to participate in the late career initiative to support its experienced nurses in less physically demanding or alternative roles for three months.

"We were so pleased for the opportunity to once again participate in this program," said Ade Oyemade, Manager of Interprofessional Education and Professional Practice Leader. "It's a win-win situation as our experienced nurses can share the wealth of knowledge and skills they have gained throughout their careers as well as engage in new learning."

The late career nurses joined different departments in the hospital to work on special projects designed to improve efficiencies and quality of patient care. After completing their projects, the nurses presented their results and recommendations regarding issues such as:

- ☞ Optimizing the role of Registered Nurses
- ☞ Understanding the role of the Charge Nurse
- ☞ Ethical issues related to Substitute Decision-Makers
- ☞ Post-discharge Follow-up



Late Career Nurses Evelyn Bernard (far left) and Terry Elampro (middle right) participated in the Late Career Nurse Initiative and helped develop a plan to implement new learning strategies for nurses. Also pictured: Rhonda Seidman-Carlson, Vice-President, Interprofessional Practice and Chief Nursing Executive (middle left), and Ade Oyemade, Manager of Interprofessional Education and Professional Practice Leader (far right).

A few of the recommendations developed from this three-month project included, formal workshops to train nurses for the Charge Nurse role; introducing post-discharge follow-up calls on each unit to connect with patients and ensure they understood their after care instructions and received their prescriptions; workshops on communication and leadership; and a toolkit to help nurses understand and address ethical issues.

It was also recommended that nurses receive support

in order to move away from task-oriented work in order to focus their full scope of skills, including teaching, leadership and advocacy, on providing more holistic care.

"Success in nursing is often measured by the amount of tasks completed during a shift," said Evelyn. "However, we have to change our thinking to understand that nurses embody a wide range of skills that when utilized can truly enhance the quality of care we provide to our patients."

Rhonda Seidman-Carlson, Vice President, Interprofessional Practice and Chief Nursing Executive added that the group's feedback provided valuable information that will contribute to overall enhanced patient care, safety and satisfaction as well as a healthier work environment for our nurses.

The Late Career Nurse Initiative is part of a larger Ministry of Health and Long-Term Care strategy to address issues affecting nurse recruitment, retention and supply. It was developed in collaboration with nursing leaders and frontline nurses to create opportunities for new learning, gain a fresh perspective on healthcare, decrease physical and mental stress, transfer knowledge and acknowledge the value of experienced nurses.

"It widened my knowledge of the hospital overall and helped me to appreciate the different roles within our profession," said Terry Elampro, Registered Nurse, CP1. "I would recommend the program to anyone. It wakes you up to other opportunities that you might otherwise never know about, and I will definitely participate again if I have the chance."



Robert Biron

New President/CEO starts May 6

Robert Biron will start on Monday, May 6 as President and CEO of The Scarborough Hospital. He was the President and Chief Executive Officer of Northumberland Hills Hospital.

"As our hospital looks to partner with Rouge Valley Health System to develop an integrated plan to design and implement a Scarborough Cluster hospital services delivery model, as a result of a CELHIN Board Motion, his experience with similar

transformations will be invaluable," says TSH Board Chair Stephen Smith. "Dr. John Wright and Robert have been speaking regularly to support a smooth leadership transition process."

Robert joined Northumberland Hills Hospital as President and CEO in November 2008. He has worked in the hospital sector for more than 21 years in various capacities, primarily at the senior executive level.

His professional credentials include a

Master's of Health Science (MHSc), Health Administration degree from the University of Toronto and a Canadian Health Executive (CHE) designation. He is a Chartered Accountant (CA) with a designated specialty in information technology (CA·IT).

Robert has served on a number of working groups and committees for the Ontario Hospital Association, and he has also served as a hospital peer reviewer for the Ministry of Health and Long-Term Care. He currently serves as Chair of the Board of the Hospitals Diagnostic Imaging Repository Service (HDIRS).

Interprofessional support important in chronic disease management

When Craig Lindsay was diagnosed with chronic kidney disease, he was determined to take initiative in self-managing his illness, and credits the Nephrology team at The Scarborough Hospital for their support.

"I knew that if I wanted to be successful in managing my illness, I had to be informed," said Craig. "The team was very informative and made sure supports were in place to help me at every stage."

Scarborough has a high prevalence of residents with diabetes and blood pressure – two of the main causes of kidney disease. Helping patients to become partners in their healthcare is an important factor in, not only managing, but preventing the progression of illness to the point where they never need dialysis.

"In the past we tried to help patients receive dialysis for treatment, and today we work to prevent them from needing it," said Dr. Paul Tam, Medical Director of the hospital's Regional Nephrology Program. "We also now realize that this kind of illness can be a life changing experience, which is why we use a team approach including doctors, nurses, pharmacists, social workers and dietitians."

He added that it's the interprofessional care that really drives the success of the Nephrology program, which is one of the largest in North America serving more than 6,000 patients.

For those patients who do require dialysis, a major achievement is the patient choice of home dialysis as an option for therapy, which empowers patients to take charge of their care and allows for greater independence in their every day lives.

"In Ontario, we are seeing home peritoneal dialysis decrease, but in our program it is being maintained," said Ethel Doyle, Patient Care Director of the hospital's Regional Nephrology Program. "This means that we are starting new patients at an equal rate as patients are coming off. Most programs have a higher rate of patients coming off of peritoneal dialysis than those newly starting. This is true collaboration

The Scarborough Hospital, Lakeridge Health and Peterborough Regional Health Centre.

The CCDC program sites are staffed by a specialized team of case managers, nurses, nurse practitioners, doctors, social workers, pharmacists and registered dietitians to help patients manage their complex diabetes care needs through individualized support.

The program provides individuals living with complex diabetes a single point of access to specialized interprofessional teams. It serves as a model that provides holistic care to those individuals experience diabetes.

Garth Clarke has been receiving care for his diabetes at TSH since 2010. He was referred to the CCDC in September, and he has gone from managing his disease on "autopilot" to taking charge of his health.

"It's great because they fashion everything to your unique needs," he says. "I'm feeling much better and things are looking better."

And Garth isn't the only patient feeling

better as a result of the support and interprofessional care provided by TSH's Chronic Disease Management program.

At the World Kidney Event held at TSH, Craig shared how his quality of life has improved.

"My health is better, my mood is better," he said. "It's a better life for me and my family."



Craig Lindsay and his son attended a World Kidney Day event at The Scarborough Hospital where Craig spoke to the importance of patients partnering with their healthcare team to optimize disease management.

between care providers and patients, and highlights the importance of how we are educating and empowering our patients."

Another example of success within an interprofessional team approach is the new Centre for Complex Diabetes Care (CCDC) program provided in partnership with the CE LHIN's Community Care Access Centre (CCAC),

THE SCARBOROUGH HOSPITAL PERFORMS WELL IN NATIONAL STUDY

Once again The Scarborough Hospital has shown excellence in quality of care according to data released by the Canadian Institute for Health Information (CIHI).

CIHI's Canadian Hospital Reporting Project (CHRP) measures the performance of 600 acute care hospitals across Canada in 30 clinical and financial areas. TSH performed well overall among large community hospitals in Ontario and exceeded the national average on many clinical indicators.

Excellence in nursing

The outstanding patient care provided by the nurses at The Scarborough Hospital has once again helped us achieve one of the lowest rates of nursing sensitive adverse events for medical patients.

A nurse sensitive indicator identifies outcomes that are improved when a nurse (RPN/RN) is actively involved in the provision of care. Nurse sensitive adverse events include falls prevention, pressure ulcer prevention, pain management and assessment, and intervention of patient fatigue.

"For the second year in a row our nurses have succeeded in keeping us at the top of our game," says Rhonda Seidman-Carlson, Vice-President, Interprofessional Practice and Chief Nursing Executive. "The nurse-sensitive adverse event indicators are tracked in all medicine and surgical programs in Ontario, and our Medicine Program has led the province in this area two years in a row. Our rapid improvement events around pressure ulcers and falls have supported these results, as have our daily huddles and quality improvement activities. A call out to our wonderful TSH nurses."

The best VBAC rate in the GTA

The hospital has demonstrated continued excellence in this indicator and our rates for vaginal birth after caesarian section remain the best in the GTA.

As with any surgical procedure, there are risks associated with caesarean sections. The Obstetrics Department makes it a point to offer mothers the option of a vaginal birth if they have previously had a c-section.

"The Scarborough Hospital delivers more than 5,000 babies per year, and continues to be a regional leader in Women's Health services," says Dr. Nathan Roth, Obstetrician at TSH. "Our ongoing commitment is to provide the best and safest care. Our success reflects our effective collaborative care model combining patient choice with the expertise of our clinical professionals, and placing a high value on an interprofessional team approach."

The Scarborough Hospital is committed to evidenced-based, collaborative and quality care, which is reflected in our partnerships with our community family physicians, our patients and our teaching program that supports the next generation of healthcare providers including medical, midwifery and nursing students.

Low re-admission rates following knee surgery

CIHI reported that The Scarborough Hospital's 90-day readmission rates following knee surgery are among the lowest in the province.

"The surgical program at TSH continues to improve quality care without sacrificing patient safety," says Dr. Michael Chapman, Corporate Chief of Surgery at The Scarborough Hospital. "We continue to provide the best for our patients and continue to make their experience the best possible."

High quality care for our young patients

The exceptional work of our paediatric physicians and staff ensure that our young patients receive high quality care in an effort to keep our 30-day readmission rates one of the lowest in the province.

"We have an experienced and dedicated paediatric care team composed of paediatric nurses and child life specialists who spend a lot of time educating our families so they will be able to care for their child once they are discharged home," says Dr. Peter Azzopardi, Chief of Paediatrics at The Scarborough Hospital. "They discuss medical treatments, but more importantly review signs and symptoms that would signal a need for rapid re-evaluation. They also review the basics like diet, fever control and what to expect on your first days home. Secondly, many of our discharged children return to the hospital for re-evaluation within one or two days."

Dr. Azzopardi adds that many patients return for follow-up one or two days after discharge to the hospital's Paediatric Day Clinics that run every day of the year at both sites. The clinics are located right on the inpatient floors and the families often reconnect with a caregiver they met during hospitalization.

This level of continuity of care was pioneered at The Scarborough Hospital, and demonstrates its commitment to ensure that children leaving the hospital will continue to remain 'under our care' with a shared responsibility to ensure that their transition home is as smooth and as safe as possible.

"As a busy paediatric department, we are dedicated to keep children at home if at all possible," says Dr. Azzopardi. "When they must be admitted, we want to keep the separation from home short and set plans in place to ensure that they will remain home after discharge."





CONQUERING MOUNT BLANC FOR CHILDREN WITH AUTISM

Written by: Saran Siva

Last month I attended Radiant Night 2013, an annual fundraiser organized by South Asian Autism Awareness Centre (SAAAC), an organization that helps more than 100 kids with autism and their families. Autism is a mental condition characterized by greater difficulty in communicating and forming relationships; it persists throughout an individual's lifetime. However, there has not yet been a clearly identified cause or cure for this disorder, some treatments have shown to help those impacted make significant progress. I ran into an active and intelligent young boy with autism and learned about the challenges of his behaviour at the fundraiser. He is currently receiving therapy and music lessons, both provided by SAAAC, to help with his social skills, behaviour and sensory issues. As I was listening to his performance at the fundraiser, I was able to relate to the challenges his family faces daily, based on some of the challenges I faced quite recently.

It was early in February 2012 when I had learned that my father had multiple personality disorder. He was so kind and caring and jolly during the day. However, his behaviour was aggressive during the night. I struggled to come to terms with the fact that he was experiencing such a mental disorder. It was one of the most mentally challenging situations I had ever faced. Being the eldest child, I was usually in a position to support my family to the extent I can. This time was different. I fell into a state of depression and hopelessness, but kept a smiling mask

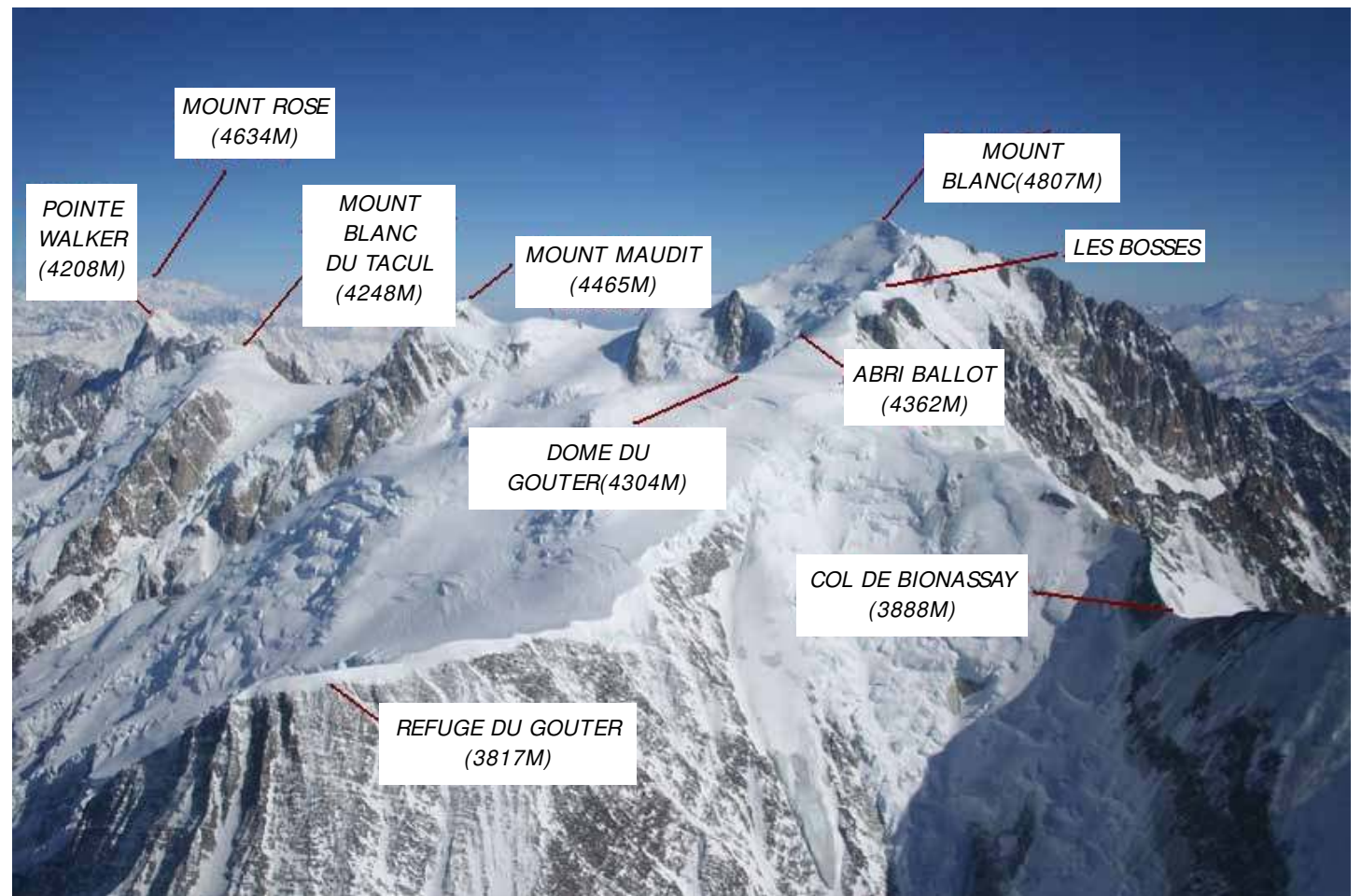


on at work, allowing very few people to know the pain I was feeling inside. I withdrew and isolated myself to be alone and in silence for a few days.

A week had gone by and it was getting really late, and I was feeling the worst I had ever felt. I was no longer in a position to help my father with his disorder, nor did I have the strength I had always managed to find in myself, to provide the moral support that my family needed of me during this time.

I remember feeling like the only way to make my life easier and simpler was to commit suicide, and this thought stayed with me the night things got really hard. Sitting at the end of my bed, my eyes became so tired from being spent on tears as I contemplated this idea as so many thoughts ran through my mind. Luckily, my friends came over to visit since they were concerned about my mental health at the time. After having a discussion with them about the situation, they convinced me that suicide is not the way forward. I realized that such a decision doesn't only impact the individual, but everyone around him or her, and I realized how selfish I was being at the time for thinking about taking the easy way out.

From that moment, I've had a change of heart and change in outlook on life. I learned that being part of a community



is about admitting you are vulnerable and asking for the support of others when you need it most, and ultimately leaning on them to be your source of strength when you encounter adversity. I also promised to myself that I'd strive to become a more positive thinker and do my part to move the community forward. I came to identify communities as groups of people, from all walks in life, who are able and willing to help individuals, particularly overcome adversity.

Though my story turned out well and my father's health is now manageable, it could have easily been something very different. If I didn't discuss my challenges with the community and seek their support, maybe I wouldn't be here.

Many people do not have the same luxury or luck that I had. Most of the kids with autism come from low-income families. By low income, I mean families that have to spend more on food, clothing and shelter than the average family of similar size. The measure varies by family size and by the size of the community. The median, where there are many income levels below as above, after-tax income for families of two or more people amount to \$65,500 in 2010 according to StatsCan. They look to us, the community, to elevate the lives of their children.

The essence of the human spirit touches on who we are and where we are going. When we stop exploring and pushing ourselves to new heights, we will begin to devolve. So here I am today, stoked and exhilarated about climbing Mont Blanc, the highest mountain in Europe. I am planning to make this adventure this June, all the while raising money to launch a music program for kids with autism. Our vision is to create an eight week musical training program during this summer, for kids with autism at SAAAC. This involves having one-on-one music sessions for these kids from July 8th – September 2nd. Thereafter, we will purchase tickets to a music concert (to

be announced) for the kids and their families so that they can enjoy music to the degree most of us can and have the hope of leading a normal life.

Music has something that is unexplainable. It can raise our spirits, but more importantly, it can be an effective and positive treatment for kids with autism. Music therapy, as it is more commonly known, is currently making strides in the world of autism. Engaging with music allows kids with autism to express themselves in ways they may not be able to linguistically. A human health professor from New Zealand commented that music is an area that kids with autism tend to excel in and acknowledged that most of the kids have perfect pitch. If they have a special strength in music, why not use such strengths to help them? Being

will receive an electronic tax receipt from the South Asian Autism Awareness Centre (SAAAC). 100% of the proceeds raised from this effort will be used to directly impact kids with autism and their families. The funds will be allocated equally in support of the music instruments and music concert tickets. I will work together with SAAAC this summer to oversee the program, investments, and share the success stories and challenges with all of you over the coming weeks.

So, how can you support kids with autism this summer?

1. Donate (any amount helps).
<http://www.everyonematters.me/>



exposed to 'calming' music tends to have a tranquillizing effect upon kids with autism. We want to create such an effective musical experience that will maintain a climate for creativity and positive change for the kids in the musical training program.

To make this happen, we need to raise \$2,500. All donations greater than \$10

2. Share this story with your peers via Facebook, Twitter, or e-mail.

Everyone matters in our community, including the kids with autism and their families. Thank you so much for reading my story and supporting the initiative to the extent you can.



Special Feature

Indian culture is incredibly complex and resembles a chaos of mind-boggling proportions. But beneath this seeming chaos is a scientific foundation that is thousands of years old. Often, the practices that we label today as blind superstition have very logical explanations behind them. The series "Why We Do What We Do" looks at the basis behind the various elements of Indian culture and explains how even the minutest detail was geared towards a human being's immediate and ultimate wellbeing.

In this episode of Why We Do What We Do, we explore the superstitions surrounding sleep, through Sadhguru's words.

Sadhguru:

In India, you were told that you should not place your head to the north while sleeping. Why? First, let's look at the way your body is engineered. Your heart is not located half-way down, it is placed three-fourths of the way up because pumping blood up against gravity is more difficult than pumping it down. The blood vessels which go upward are a finer arrangement compared to those going down. As they go up into the brain, they are almost hair-like, to such a point that they cannot even take one extra drop. If one extra drop is pumped in, something will burst and you will have a hemorrhage.

Most people have hemorrhages in their brain. This does not incapacitate you in any major way, but small damages happen. You may become duller, which people are becoming. Your level of intelligence after the age of 35 drops in many ways unless you take enormous care to keep it up. You are managing because of your memory, not because of your intelligence.

When you put your head to the north, what happens? If you have any kind of blood-related problem, let's say anemia, what would a doctor prescribe? Iron. It is an important ingredient in your blood. You have heard of the magnetic fields on the planet. In many ways, the earth is engineered because of its magnetism. That's how powerful the magnetic forces are on the planet.

When the body is positioned horizontally, you can immediately make out that your pulse rate drops. The body makes this adjustment because if blood is pumped at the same level, too much will go into your head, causing damage. Now, if you place your head to the north and stay that way for 5 to 6 hours, the magnetic pull will cause pressure on your brain. If you are beyond a certain age and your blood vessels are weak, you could have hemorrhages and paralytic strokes. Or, if your system is sturdy and these things don't happen to you, you could get up agitated because there is more circulation in the brain than there should be when you are sleeping.

This is true as long as you are in the

northern hemisphere – sleeping with your head towards any side except north is okay. In the southern hemisphere, don't put your head to the south.

The Right and Wrong Side of the Bed!

Your heart is an important aspect of your physiology. The station that pumps life across the body – if this one thing doesn't happen, nothing happens – starts from your left side. In India, the culture has always said that when you wake up, you must roll to your right side and then get out of bed. When your body is in a certain state of relaxation, its metabolic activity is low. When you get up, there is a certain surge of activity. So you need to roll over to your right side and get up because at a lower level of metabolic activity, if you suddenly roll to your left, you will put pressure upon your cardiac system.

The First Thing You See

In the tradition, they also told you that before you get up in the morning, you must rub your hands together and place your palms upon your eyes. They said that if you do this, you will see God. It is not about seeing God.

There is a heavy concentration of nerve endings in your hands. If you rub your palms together, all the nerve endings are activated and the system comes awake immediately. When you wake up in the morning and still feel sleepy and drowsy, just do this and see, everything comes awake. Instantly, a whole range of nerves connected with your eyes and other aspects of your senses come awake. Before you move your body, your body and brain should be active. You shouldn't get up dumb, that's the idea.

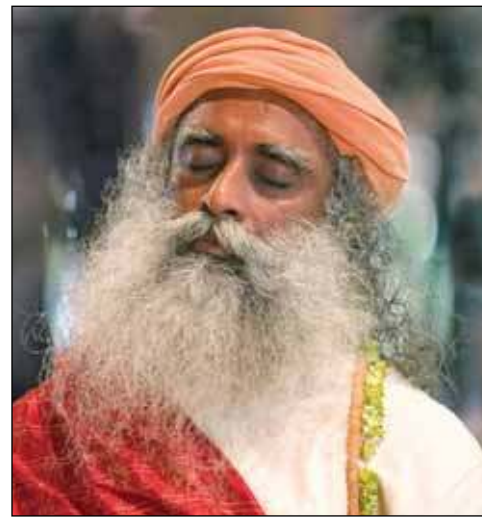
In this episode of Why We Do What We Do, we explore the Indian caste system through Sadhguru's words.

Sadhguru:

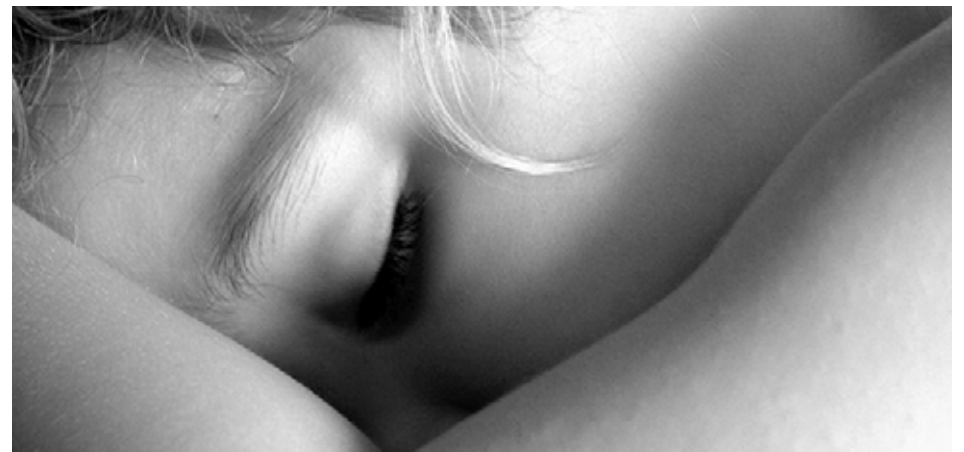
The Indian caste system came when there were no formal training centers for any particular profession. When there were no training centers, the family was the only way to train. So it was very important to maintain a blacksmith culture, a goldsmith culture or a cobbler culture; otherwise there would be no skills.

Suppose your father was a blacksmith, at the age of 6, the moment you were ready, you started playing around with the hammer and anvil. By the time you were 8, your father saw that you anyway wanted to hit it, so it was better to hit it with some purpose. By the time you were 12, you were on the job. By the time you were 18 or 20, you had some craft and expertise on your hand to make your own living.

So if your father was a blacksmith, you became a blacksmith; if your father was a goldsmith, you became a goldsmith. Each profession developed its own training centers within the family structure because that was the only training center; all the craft, professionalism and skills in the society could only evolve like this. If you are a blacksmith, you do not



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



try to go and do a goldsmith's job, you just do a blacksmith's job because we need a blacksmith in the society. When people multiplied and became a thousand blacksmiths, naturally they had their own way of eating, their own way of marriage and their own way of doing things, so they formed a caste. There is really nothing wrong with it if you look at it on one level. It was just a certain arrangement of convenience for the society. Between a blacksmith and a goldsmith, the kind of hammer they use, how they work, how they look, what and how they eat, everything was naturally distinctly different because the type of work was very different.

It is over a period of time that it became a means for exploitation. We started saying that a man who runs the temple is better than a man who runs the school. A man who runs the school is better than a man who runs the blacksmith shop. These are differences; everyone has to do something. But we established differences as discriminations over a period of time. Differences are fine. The world is bound to be different and it is nice that it is different, but we try to make every difference into a discrimination, whether it is race, religion or gender. If we had just maintained the difference, we would have been a nice, colorful culture. But when we lost our senses and started making everything discriminatory, the caste system became an ugly system. What was once a very relevant way to develop skills in a society has unfortunately become discriminatory and negative, not productive.

Human beings make every difference discriminatory simply because every human being is longing to be a little more than what he is right now. One unfortunate way he has found is to put down the person next to him. His longing is actually to have a larger slice of life, but he does not know how to enhance himself, so the best thing is to depreciate some-

one else. It is a very rudimentary mind, but we have worked like that for a long time and we are continuing to work like that. It is time to change, but things are not going to change just by stripping off the old caste system; it will just establish itself in a thousand other ways. For example, do you think there is no caste system in New York? There is a different kind of caste system based on education, or economic capabilities; all these things create their own kinds of discriminatory groups. So it is not going to change unless we revolutionize the human mind.

If there is no sense of inclusiveness in individual human beings, there is no way that the systems they create or actions they perform will lead to inclusiveness. If individuals do not experience this inclusiveness, they end up creating very exclusive processes. One basic aspect of a spiritual process is that it makes one into an all-inclusive human being. At the same time it will hugely equip the individual to be more efficient, more capable, more balanced and in turn more productive.

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>

Email: Toronto@ishafoundation.org
Local contact: 416 300 3010



SOME IDIOSYNCRASIES FOUND AMONG JAFFNA TAMILS

J.J. Atputharajah

Human groups vary in their mannerisms and characteristics according to their habitat, environment and practices. The Tamils have idiosyncrasies which are interesting to analyse. People's attitudes and behaviour are mostly influenced by their culture, circumstances and family background. Tamils are a minority in Sri Lanka, population-wise. They were subjected to lot of discriminations, fear and embarrassments due to the political developments in Sri Lanka after the independents. Tamil politicians tried to solve the problem in their own ways but they have not succeeded much. Even militant tactics did not bring much rewards. The fear and insecurity among the Tamils continue to exist and that is why many of them sought safer shores in foreign countries.

It is the fear and uncertainty inherent in their personalities that have influenced their behavioural patterns. The need for security have made them rather self-seeking in many of their endeavours. Even politics wish they have a large number of groups among them in relation to their numbers. They are not united and that is why they have so far failed to win their much sought rights.

One can identify a number of interesting characteristics in the Jaffna man. They are basically very hard working. The land they live in is not gifted with all the nature's bounties. In the earlier times they have to plough the soil strenuously in order to get the bountiful harvest they always aimed at. They use fertilisers especially fallen leaves collected from various people. They also use green leaves cut from a common trees called 'Poovarasau', 'vembu' and 'vaahai'. Cow dung is another special fertiliser. Besides it, there is the water problem. Luckily, the land is endowed with underground drainage and the people sink wells to bring out the water they needed for their plantations. The well-sweep is a common site in the garden lands of Jaffna, where the farmer spared no pains to get irrigation water for their

plantations. The red soil area Atchuveli, Chunnakam, Urumpirai and Kopay are famous for its richness and is the place famous for Tobacco and Yam. The Jaffna farmer later started cultivating fruit crops like the banana and grapes and did well in fruit cultivation too. The same spirit of tenacity of purpose was seen in their educational ventures. The Jaffna people were very fortunate in the schools established by missionaries. They enjoyed the privilege of an English education propelled by well-run English Schools like, Jaffna College, St. John's, St. Patrick's, Jaffna Central and Hartley. These schools inspired the planting of excellent parallel Hindu schools which helped the propagation of education amongst the Jaffna people. The Jaffna people were the first to man the government machinery in a great way. Getting a government job was one of the chief goals of the Jaffna homosapiens. They also excelled in higher education. Many of them were able to become civil servants and their leading schools coached them for admissions to much coveted faculties in the Sri Lankan universities. Hard-working is in the core of their blood stream. Even when it came to militancy, they tried their best however ill-focused or misdirected they may have been. The Tigers earned the reputation of being one of the most vicious terrorist groups in the world. The 'black Tigers' used their bodies as fighting bombs to achieve their goals.

The same spirit of tenacity of purpose was seen in the various immigration trips they undertook to find new pastures for living in alien countries. They were daring enough to undertake life-threatening long journeys to reach their desired destinations. The 'Sun-sea' ship which came to Vancouver in 2010 is the latest exhibition of their dare-devil ventures. They have undertaken more dangerous journeys to Australia and several other countries of the world. Even in Canada, the severe winter did not demoralise them. They got adjusted and strived hard to adjust to the environment and found a way of living here.

Culinary attachment is yet another traits of the Tamils. They are very much attached to the type of food that they ate in

their homelands in Sri Lanka. People in Canada say that they are able to identify Tamils by the smell that comes from their apartments or their clothes. The curry-powder smell is one of their identification indicators. In Toronto, one can see a number of restaurants and eateries that cater to the requirements of Tamils. They are run by entrepreneurial Tamils, who provide all the kinds of food that, the Tamils desire. The 'kool', the savoury soup is one the famous preparations common in Tamil gatherings. String-hoppers, 'thosai', 'Pittu' and 'rotti' are some of the very common preparations used for breakfast as well as dinner. Tamils are also very fond of 'Drum-stick' - a vegetable used to make tasty curries and suitable to boost the energy of newly married males. The Jaffna man is famous for carrying bundles of 'Murunkaik Kai' to Colombo when they return after spending their week-ends in Jaffna.

The Tamils especially men are noted for the ceremonial baths they take on Saturdays. They apply gingelly oil to seep into their body and then take a full bath. This is a practice they have been following from ancient times. Earlier, the men felt that such an oil bath is good for their physical welfare. Men who toil very hard in their farms need such a bath to get relieve from their aches and pains. Many Tamil men continue this custom even now.

Tamils follow traditional practices even in the matter of marriage though some of the ancient practices have been given up. Marriages are generally contracted with the help of marriage brokers. They are the ones who knew the eligible bachelors and spinsters in a particular village or community. Tamils paid high premium for family background, caste, wealth and employment status. A job in the government departments was greatly valued.

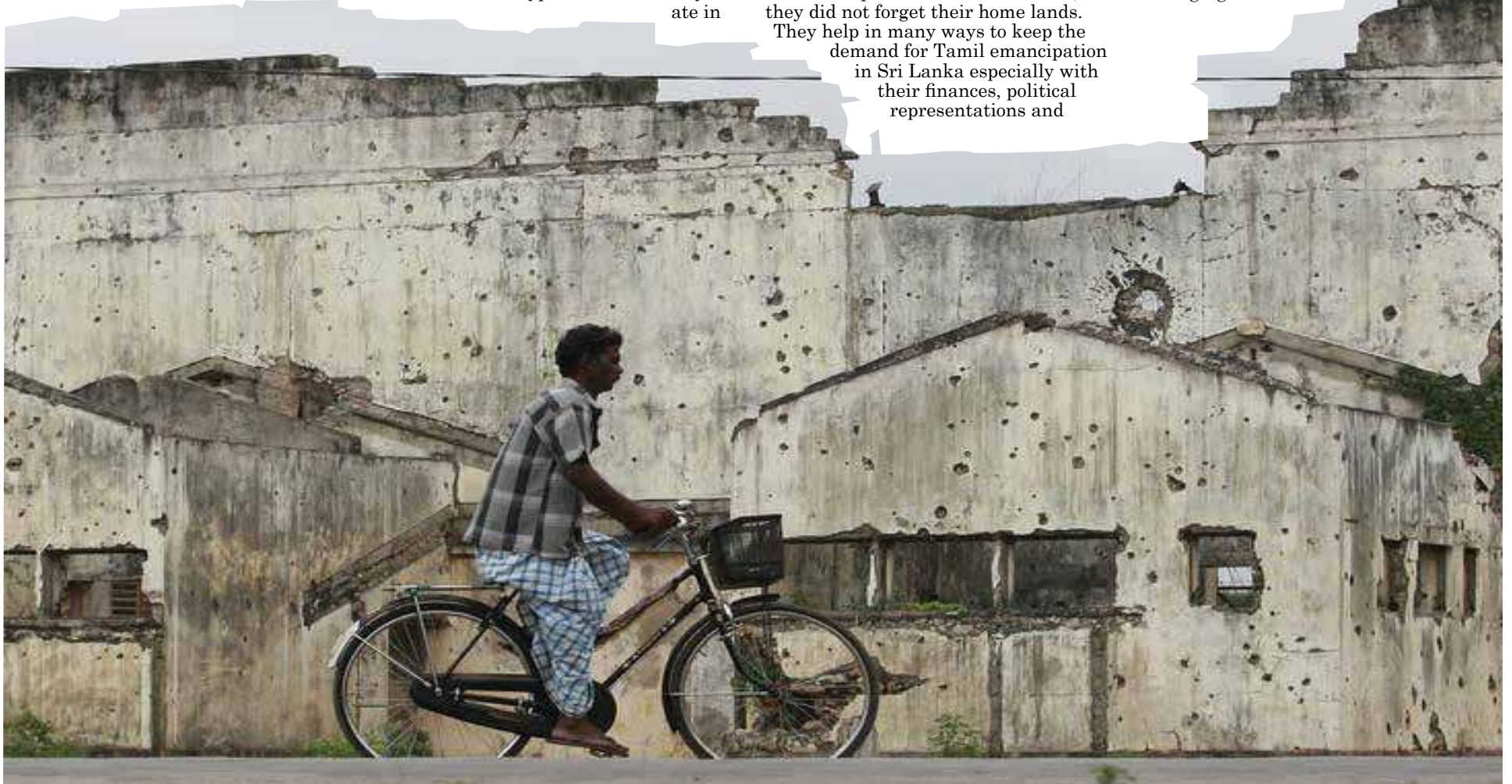
Tamils also have a great interest in political agitations. Since they happened to be a minority community in their home country, they organised themselves very well to fight for their rights. Their agitations took various forms but they could not succeed much. Many of them left to foreign climes to find a new place to live in. However, they did not forget their home lands.

They help in many ways to keep the demand for Tamil emancipation in Sri Lanka especially with their finances, political representations and

international canvassing. Even in Canada, Tamils are in the forefront of political demonstrations and agitations working for the welfare of their community as well as that of Canada as a whole.

Inquisitiveness is one of the notable habits of the Tamils found mainly among the women. When Tamil women get together, they have the habit of sharing information about others mainly about the misfortunes of their kith and kin. Though generally they are harmless in nature, the talks sometimes lead to quarrels and skirmishes of a serious nature. Some women appear to revel when talking about the misfortunes of others. Some of those who pass information add to the news that they have collected just to make it sound interesting. Though they have fun, they do it other people's expense. Most Tamil women always cling together whenever they meet in public places. Though the habit is disappearing in modern times through multicultural living, these traits die hard. Some observers described such teaming up as 'yarl-devi' - after the name of the express train that ran between KKS and Colombo. Ethnic familiarity is a welcome feature but it should not be a devise to propagate harmful habits of behaviour.

Life in foreign climes together with the forces of modernization are fast changing the behaviour of the Tamil homosapians. Their cultural peculiarities and rugged / clumsy behavioural patterns are fast changing. They are now relatively shaped by the environments they live in. Their eating habits are changing. Their dress patterns have become more practical / accommodative of foreign styles. Now one can see many Tamil women wearing pants and tops to make it easier for them in their work places. They have got into the habit of eating pizzas, hamburgers, hot-dogs and pasta. Easiness of living is the main determining factor. One can see a toddy-tapper with a mobile - phone taking orders for toddy while climbing a palmyrah tree in Jaffna. The world is changing and a more cosmopolitan society is fast emerging.





HUMBLE TRIBUTE TO EASWARAMMA – THE CHOSEN MOTHER

To mark Easwaramma day – May 6th



C. Kamalaharan

Easwaramma Day is celebrated annually on May 6th, to commemorate the anniversary of Easwaramma, the Chosen Mother of Bhagawan Sri Sathya Sai Baba. Her life is a shining example for all to emulate because her main concern was the welfare of others for whose happiness and safety she constantly sought. There is a saying that great and noble souls never die but continue to inspire others after death. This is true as regards Easwaramma, whose inspiring presence was felt even after so many years of her departure from her physical body, as revealed by Swamy during His discourses.

Easwaramma's life was not a bed of roses. She was born in a poor family, in the arid wilderness of Puttaparthi. She had no proper food to eat and the food she ate was Ragi Sankati (gruel prepared from coarse grain). She was not even provided with formal education. But though she was poor and illiterate, she behaved herself in an exemplary manner. Her simplicity and humility, love and compassion towards everyone were noble traits for others to follow.

At the time of her birth she was named Namagiramma by her parents. When she got married, Swamy's grandfather Kondama Raju, being a man of wisdom and blessed with a vision of the future called her Easwaramma, meaning mother of Easwara, as he knew that she was going to bore a Divine child.

Since young Easwaramma was highly religious and when she grew up she observed Sathyanarayana 'viratham' (fasting) on full moon days, in the presence of her neighbour, Karanam Subbamma who often told her, "you are performing Sathyanarayana 'viratham' and with His blessings you will bore a son. I want you to name Him Sathyanarayanan" In response to her request the child was named Sathya.

One morning when Easwaramma was at the well drawing water, a big blue ball came rolling towards her creating a feeling that it was gliding into her body. Immediately she lost consciousness, fainted and fell. It was a miraculous conception that resulted in the birth of the Divine child. It was not 'prasavam' but 'pravesam' and Easwaramma was entrusted with the onerous responsibility to mother God. It was a great honour for her as she was chosen by God Himself to be His mother.

At Easwaramma's house miraculous happenings took place, as an indication of the impending incarnation. Automatic twang of the 'tambura' and the rhythmic beating of the 'mattalam' (drum) during mid-night were heard. On 23rd Nov. 1926, the year of 'Akshaya', meaning never declining and during the auspicious Karthigai Somawaram, the Divine child was born. His birth too was heralded by miraculous happenings. A mattress covered by a thick bedspread was placed in a corner of the room and the baby was placed on it. To the amazement of all they found that the bedspread was rising up and falling down on either side of the baby. It

was found that a serpent was lying coiled underneath the bedspread.

Little Sathya was intelligent, charitable and exceptionally talented in drama, music, dance and writing and became the cynosure of the village. He was compassionate towards everyone and never asked anything for Him. Sathya's father or grandfather would call the boys in the family asking each one of them to choose for himself the clothes he brought from Hindupur or Ananthapur. After each one had taken the cloths Sathya would take only what was left. A few years later Sathya's behavior became mysterious and mother Easwaramma was very much upset and worried. She suffered most from His indifferent attitude towards the world. One day all of a sudden Sathya threw away His books and declared that hearth and kin could not hold Him in bondage anymore. On hearing this, His father Venkappa Raju and mother Easwaramma set off to Uravakonda to contact Sathya's elder brother, Shesham Raju. On hearing all what had happened Shesham Raju took his parents to Sathya and pointing towards his parents asked Sathya, "tell me who are these two?" Sathya's answer was devastating to them. "They are 'Maya', 'Maya'," replied Sathya. The reply that came as a thunderbolt was unbearable for Easwaramma who fell sick and suffered for five days. One day Swamy came into her room to inquire about her health. On hearing His voice she opened her eyes and was thunderstruck to see Him in Lord Rama's form with the crown and bow, standing in front of her. She tried to get up from bed, but within moments Rama regained Swamy's form. His revelation that He was God Himself convinced her that He was a divine incarnation.

Easwaramma's concern for the welfare of others

Mother Easwaramma had experienced all the grief and joy, hope and despair, anxiety and assurance of a mother. Her love and compassion had lit up the lives of countless numbers, through her unselfish wishes. She was deeply moved at the pathetic plight of the downtrodden and was very much concerned to ameliorate their sufferings and serve them. She had noble desires which were fulfilled by Swamy. One day she asked Swamy, "I am pained to see small children of our village walking all the way to Bukkapatnam to attend school, construct a small school here?" According to her wish a school was established which led to the establishment of other educational institutions where education is imparted to students from U.K.G till post graduate studies free of cost. A deemed university with three campuses, two for men at Prashanthi Nilayam and at Whitefield and one for women at Ananthapur was established.

Later Easwaramma requested Swamy to establish a small hospital there, as she could not bear to see the mothers taking the trouble of carrying their children to Bukkapatnam for medical treatment. Complying to

her request Swamy had established a small hospital at Prashanthi Nilayam and years later two world class Super Speciality hospitals were established; one at Prashanthi Nilayam and the other at Whitefield where the entire cost of the treatment is free.

Super Speciality Hospital

Easwaramma's last request was to provide drinking water to the water scarce village. She pointed out that Women had to undergo great pains to draw water from deep wells. This request too was fulfilled by Swamy. At present drinking water is being supplied to the entire district of Ananthapur and to Chennai through the Sai Ganga water project. Easwaramma's main concern to uplift the sufferings of the poor masses is an eye-opener for everyone to uphold and serve mankind.

Easwaramma leaving her physical body

On May 6th in 1972, after breakfast Easwaramma had coffee and remained seated in the verandah. All of a sudden she rushed towards the bathroom and cried out, "Swamy! Swamy!" Swamy immediately responded, "coming! Coming!" At that moment she breathed her last. Notwithstanding her daughter's presence there, her yearning at the final moment was only Swamy. This shows that the aim of every soul should be to remind oneself of the Divine at the time of death. Her manner of death was a clear indication that she had reached the highest goal in spirituality.

Parent's Samadhi

During His discourses on Easwaramma day Swamy had repeatedly referred to the duties of children towards their parents and particularly towards the mother. On Easwaramma day each year Swamy made it a point to visit the samadhi of His departed parents, to pay due respect to them, an example set by Him for us to follow. This is the practice which is faithfully observed by the Saivites, every year as 'thuvagam' by organizing special poojas at home, performing 'moksha' 'arichanai' in temples and providing alms to the poor.

Love your parents deeply. It's your parents who have given you life and nourished you. In fact, all that you have has been given to you by your parents while they took all their sufferings upon themselves. Therefore never cause any hardship to your parents at any time. When you conduct yourself in this noble manner, then God will bless with wealth and prosperity. When your parents become weak and debilitated you should support and help them. Children should see to it that they do not put their parents to any suffering. Never make them shed tears. If you make your parents happy, your children will make you happy.

Swamy's Divine Discourse-March 2009





WORDS OF PEACE

A Snap of the Fingers

A simple snap of the fingers can capture the attention of people anywhere in the world. It's a universal symbol of immediacy. Prem Rawat, widely known as Maharaji, says even that snap of the fingers is longer than the present moment, that elusive now that is the only place we really exist.

Maharaji travels the globe speaking to audiences large and small about the possibility of feeling peace and joy within themselves—a feeling, he says, that comes when we can truly live in the present moment.

“What is the value of now for you?” he asks. He snaps his fingers and says, “What does this mean to you? Anything?”

“You have this gift of breath coming into you, pulsing and pulsing—bringing forth, every day, every moment, the most gracious thing, making existence possible.”

Maharaji asks people to consider what it means to be here, to be alive—to exist. “Nobody can come up with a magic answer to this question,” he says. “There isn't one single thing you can put your finger on and say, ‘This is who I am,’ because it isn't going to be answered in words. It's actually a very profound reality that you are here, that you exist. If you can understand that, if you can accept it, it is the most complete understanding for you.”

He offers his listeners a simple way to experience the peace he talks about. “I'm not asking you to believe anything,” he says. “I want you to know—to know the beauty of being alive, know the beauty of existence, know the beauty of what it means to be here on this Earth.”

“Get on with the business of finding peace in your heart. Get on with the business of being a human being. Get on with

the business of enjoying the self. Get on with your life.”

Maharaji talks to people in a variety of settings and often answers questions from the audience to help clarify his remarks.

Q: I've heard many people talk about being in the moment, but are you saying that peace can be found as simply as snapping my fingers?

Maharaji: This message is about the most complete sentence in any language. Do you know what that is? “I am.” I am not the sum of somebody's imagination. I am not a sum of somebody's ideas. I am not a sum of theories. Just, very simply, “I am”—and there is a lot more to me than I realize, because that which is the most real is residing within me in this moment.

You, as a human being, should understand the value of that sentence. It is



not who I was or what I will be that is expressed, but simply, “I am.” Because if you need peace in your life, you're not going to get it from where you will end up, and you are not going to get it from where you were. You're going to get it from where you are. If you want peace, you will find it within you, nowhere else. Nowhere else.

Q: Can you talk more about what happens when we die?

Maharaji: When we die, this body stays here. Something else that is truly responsible for you being alive leaves. The body may have a healthy heart, healthy mind, healthy brain, healthy kidneys, healthy lungs, healthy liver, but if something is not there, the person is dead. Inevitably, one day, this body will not be. However magnificent, however incredible this is, one day it will stop. It has to.

It's not about that. The more appropriate question would be, “What is it that keeps me alive?” As long as you are breathing, you've got the ball in your court. That's the power of this breath—and here is the most beautiful part of it all. The answer, the one that you are looking for, is inside of you.

To learn more about Maharaji, visit:

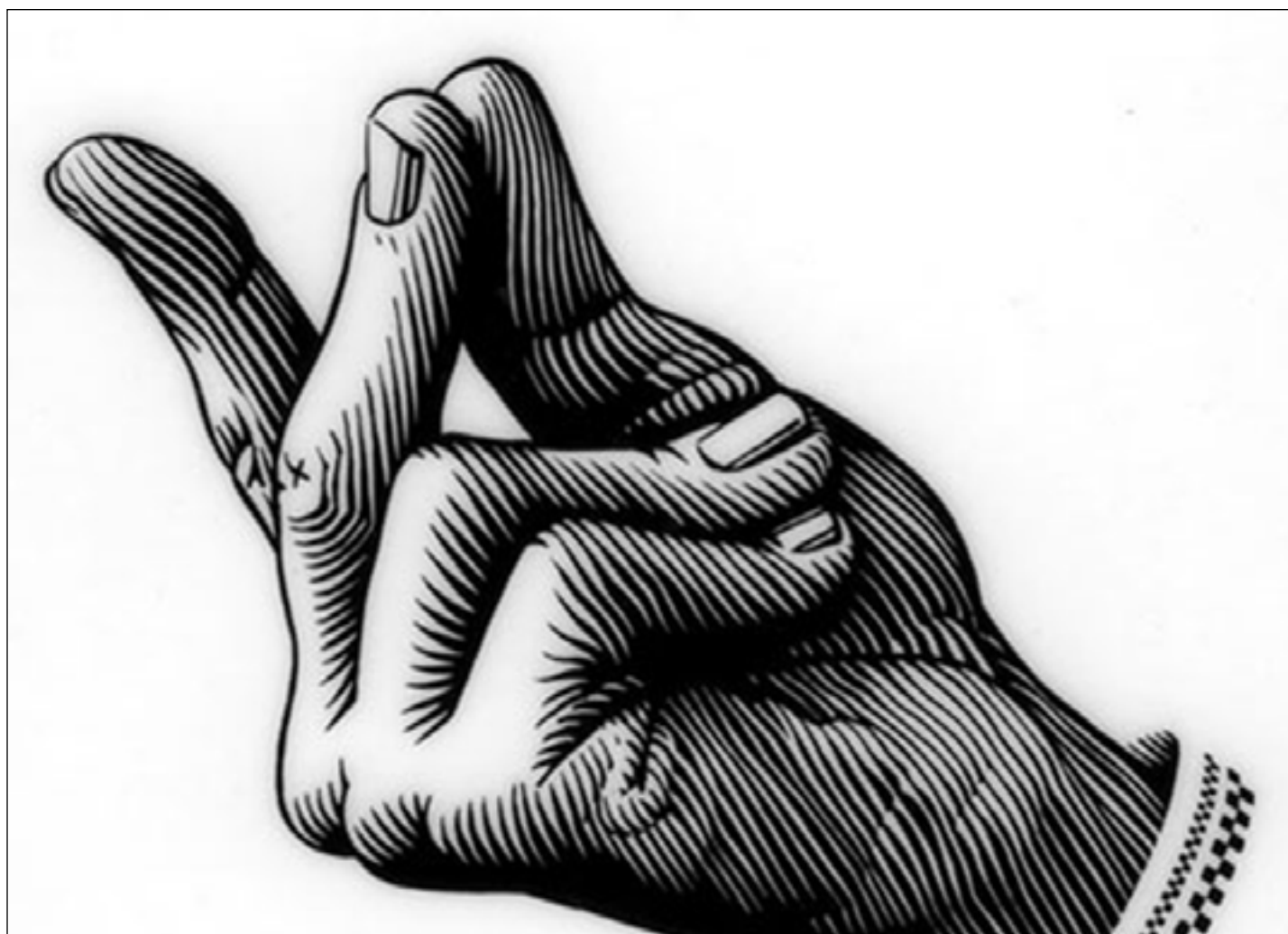
1 877 707 3221 Toll Free

416 431 5000 Tamil

416 264 7700 Hindi

www.wopg.org

www.tprf.org



Award-winning TV series
tv.wordsofpeace.ca

words of Peace

Peace is possible.
It needs to
be felt.

Saturdays, 11:00am ET
on **CTV Two** Television

AVAILABLE ON **CTV Two** VIA:

Bell TV Channel 219 Throughout Canada by Satellite

Shaw TV Channel 346 Throughout Canada by Satellite

Most Cable & TV stations carrying CTV2 Toronto and CTV2 Barrie

FOR MORE INFORMATION:

www.wordsofpeace.ca (Canada)
www.wopg.org (global)

Toll free 1.877.707.3221



Special Feature

Vasudeven Raguraman tells his story about finding a job in Canada

On Wednesday April 17th, Ontario Association of Career colleges arranged meetings to demonstrate the services provided by the career colleges in Ontario to the members of provincial parliament at Queens Park. Over 50 MPP's and their staff attended the meetings.

Premier Kathleen Wynne attended the evening MPP reception, which featured remarks by Minister of Training,

Colleges and Universities Brad Duguid, PC Critic for Apprenticeship Reform Garfield Dunlop, and NDP MPP Teresa Armstrong. The three political speakers voiced their support of the career college sector and placed a strong emphasis on student success.

One of the graduates selected by the Ontario Association of Career colleges selected to tell their success story was

Vasudeven Raguraman. Mr. Raguraman told that he, his wife and their two children came to Canada in 2010.

Both IT professionals from India they could not find a job for 2 years. At this point they were planning to return to India. He heard about Citi College and joined the Network Engineering program. Upon successful completion, he found a job as Network Administrator

with IBM and shortly after his wife also joined Citi College and completed the Enterprise Network Engineering program. After successful completion she found a job as data analyst at Ministry of Education.

Citi College congratulates both Mr. Raguraman and his wife for their success.



DR. MENAKA THAKKAR

2013 Laureate for Dance of the Governor General's

Performing Arts Awards for Lifetime Artistic Achievement

On April 10, 2013, Dr. Menaka Thakkar was named a 2013 laureate of the prestigious Governor General's Performing Arts Awards (GGPAA) for Lifetime Artistic Achievement. Laureate individuals are honoured for their outstanding body of work and enduring contribution to the performing arts in Canada.

Created in 1992 under the distinguished patronage of the late Right Honourable Ramon John Hnatyshyn, these prestigious awards are presented annually to Canadians whose accomplishments have inspired and enriched the cultural life of our country.

The Awards are regarded as the ultimate recognition in Canada's performing arts. "The Governor General's Performing Arts Awards is a wonderful opportunity to celebrate not only the careers of notable artists, but also those who give of their time, talent and resources to the arts," said His Excellency the Right Honourable David Johnston, Governor General of Canada. "I look forward to welcoming all the laureates to Rideau Hall and to acknowledging their contributions as cultural ambassadors."

Menaka Thakkar is one of six artists who are being honoured for their work in

dance, theatre, music, or film. The Governor General's Performing Arts Award follows a previous major award for life achievement in dance, the Canada Council Walter Carsen Prize which was presented in fall 2012.

These two awards along with an Honorary Doctorate (D. Litt) from York University in 1993 mark the first time an artist from outside western dance has received these honours. The 2013 laureates will be honoured at various events in Ottawa from May 30 to June 1.

On May 30, the recipients will be introduced in the House of Commons, and will then attend a parliamentary reception. On May 31, His Excellency the Right Honourable David Johnston, Governor General of Canada, will present the Awards at a special ceremony and reception at Rideau Hall.

On June 1, the National Arts Centre will host a sparkling Gala to celebrate the 2013 recipients, a star-studded celebration featuring superb performances, evocative film portraits, and personal tributes by guest stars.

All Canadians can take part in the excitement by watching the red carpet portion of the evening, which will be live



streamed on the National Arts Centre's website at www.nac-cna.ca.

Tickets for the Governor General's Performing Arts Awards Gala on Saturday, June 1, 2012 are on sale to the general public on as of Wednesday April 10, 2013 at 10 a.m. Eastern Daylight Time at the NAC Box Office and through Tick-

etmaster, 1-888-991-2787 or www.ticketmaster.ca.

For more information visit the Governor General's Performing Arts Awards Foundation website: www.ggpaa.ca (English) or www.pggas.ca (French).

Media Contact: Karen Dempster, 905-763-6083, ext.22

Get Ready for

IT JOBS

In less than a year

citi COLLEGE



You may qualify for
SECOND CAREER

If you are laid off after January 2005
Working less than 20 hours / week

Call us now for details

416-623-8108

When it comes to IT training, especially the Networking sector of IT, we are proud to say that we are one of the pioneers in Toronto. We started our Network training with Novell system in Dec. 1992. Since then the program has under gone many phases of changes as per the industry demand. At present we have three popular diploma programs.

Diploma Programs

Network Engineering

Enterprise Network Engineering

Inter Network Specialist

Microsoft | IT Academy Program

Call Now: 416-623-8108

Financial Assistance may be available to those who qualify

www.CitiCollege.ca

Train for

Office / Accounting JOBS

Office Assistant

Computerized Accounting

Office Admin & Accounting Specialist

Business Administration

Accounting & Payroll Admin



You may qualify for
SECOND CAREER

If you are laid off after January 2005
Working less than 20 hours / week

Call us now for details

416-623-8108

www.CitiCollege.ca



Newcomers/ Second Career Clients Welcome

Call Now: 416-623-8108

Train to be a ...

Community Service Worker

with Co-op



You may qualify for
SECOND CAREER

If you are laid off after January 2005
Working less than 20 hours / week

Call us now for details

416-623-8108



416-623-8108

Financial Assistance may be available to those who qualify

EI, WSIB, ODSP Clients and New Immigrants welcome

Become a

Medical Office Assistant

Medical Office Assistant Diploma Program

- ◆ Medical Terminology - Anatomy & Physiology
- ◆ Medical Office Administrative procedures
- ◆ Medical Coding/Billing (MOH & Third Party)
- ◆ Medical Transcription
- ◆ Medical Office Accounting, using QuickBooks
- ◆ MS-Office: Word, Excel, Access, Outlook & PowerPoint



www.CitiCollege.ca

416-623-8108

Financial Assistance may be available to those who qualify



Customized Corporate Training available for:

MS-Office 2003, 2007, 2010, Upgrade MS-Office 2003 to 2007 or 2010

Microsoft server 2003 and 2008 Subjects, A+ Certification / Cisco CCNA



WSIB-approved provider

Not all programs are offered at both locations. Please call for details

TORONTO CAMPUS
(York Mills / Leslie)

www.CitiCollege.ca
647-476-4148

MISSISSAGUA CAMPUS
(Huronario / 403)

KALVI

CONNECTIONS



GALA DINNER 2013

JUNE · 07 · 2013 | 5:30 PM

Scarborough Convention Centre

20 Torham Place · Scarborough ON · M1X 0B3

Chief Guest

Dr.T.Sathiyamoorthy MBBS(SL), MSc(SL)

Medical Superintendent, General Hospital, Vavuniya

www.kalvi.ca | info@kalvi.ca | 416-358-8638 | 416-402-4545

Kalvi will promote, develop and foster an interest in furthering the educational aspirations of youth.

PLATINUM SPONSORS



Building a future together

416-754-3500



"We Drive the Trucks,
You Drive the Business"

GOLD SPONSORS



Vince Sinnadurai
Mortgage Advisor



HomeLife/Future Realty Inc.,
Brokerage



JOHN BODDY H O M E S

LOCATED JUST MINUTES EAST OF TORONTO

Eagle Woods

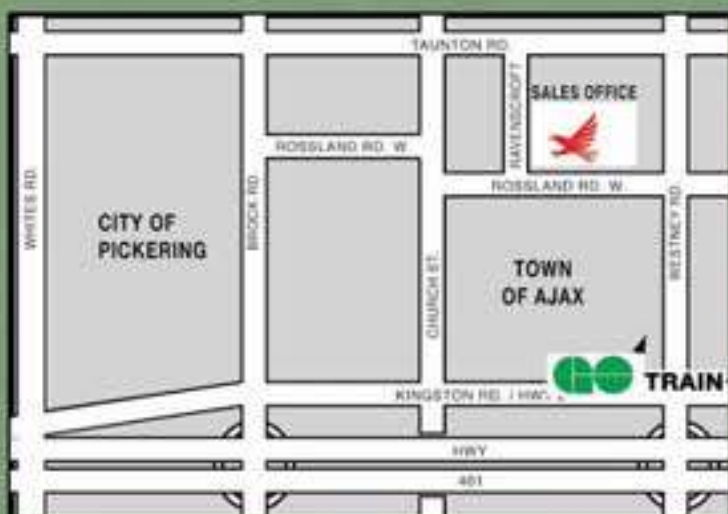
**WINNER
BEST BUILDER
16 YEARS IN A ROW**



The Steeple Gate End Unit
1800 SQ. FT.

The Steeple View Interior Unit
1,700 SQ. FT.

*We Invite you to visit our Sales Office
& Decor Centre, currently located at
10 Stevensgate Drive*



Developing and building master planned communities since 1972, John Boddy Homes proudly presents our newest development Eagle Woods, offering you and your family the perfect location to call home. Get back to nature as the shores of Lake Ontario are within a short walk with its scenic trails and parks or enjoy the neighbouring conservation lands. Currently offering Townhomes with a wide variety of Semi's and Singles to come.

OUR TOWNS GIVE YOU MORE!

- FULL DEPTH 110' LOTS
- ALL BRICK EXTERIOR
- GREAT ROOM FIREPLACE WITH MANTLE & HEARTH
- KITCHEN PANTRY AND BACKSPLASH
- DOUBLE DOOR ENTRY TO MASTER BEDROOM
- SEPARATE MASTER ENSUITE WITH TWIN BASIN VANITY AND CORNER SOAKER TUB
- OVERSIZED SEPARATE SHOWER
- 6 MONTH FREE ROGERS PACKAGE INCLUDING A HD PVR

PHONE: 905-619-1777

Sales office on Rossland Road,
1/2 km west of Westney Road

Office hours: Mon. to Thurs.: 1pm to 8pm
Friday closed

Sat., Sun. and Holidays: 11am to 6pm

www.johnboddyhomes.com

Rendering is artist concept only. Prices and specifications subject to change without notice. E & O.E.



ChamberNite 2013

Canadian Tamils' Chamber of Commerce celebrates the Fifteenth Annual Awards Gala 2013 at the prestigious Westin Harbour Castle Hotel in downtown Toronto

The Canadian Tamils' Chamber of Commerce which had its first Entrepreneurship Awards function at a banquet hall fifteen years ago, celebrated its fifteenth annual Awards Gala last weekend at the prestigious Westin Harbour Castle Hotel in downtown Toronto.

The attendance, which was well-over 650 guests, included Ontario Premier Kathleen Wynne (Chief Guest), Citizenship, Immigration & Multiculturalism Minister Jason Kenney, Scarborough Rouge River Federal M.P. Rathika Sitsabaiesan, Ontario PC party leader Tim Hudak, Ontario NDP President Neethan Shan, Markham Mayor Frank Scarpitti and several other dignitaries, representatives from banks, other financial institutions and corporate clients also graced the event.

CTCC's President Sritharan Thurai-rajah welcomed the guests and made an impressive speech tracing the history of the Chamber and its contribution to the Tamil business community. He paid a glowing tribute to the Award winners and thanked all the sponsors of this year's event, his colleagues in the Board, the Award Selection committee and the

advertisers, for making the event a success. He also thanked the guests for their presence and support in sharing the success of the CTCC.

Ontario Premier Kathleen Wynne's speech highlighted the contribution of the Tamil community in Ontario and expressed her gratitude for the business community's valued contributions. She offered her congratulations and sincere thanks to all the award winners. She also stated that Ontario's tremendous diversity made the province stronger and remarked that the Tamil community is an integral part of this dynamic multicultural society.

The Minister of Citizenship, Immigration and Multiculturalism Hon. Jason Kenney thanked the Tamil community for their unwavering devotion to a diverse and prosperous Canada. He congratulated the Award winners for their achievements in their business activities. He received a round of applause when he referred to Canada's role in the forefront to protect and preserve human rights and freedom in Sri Lanka.

The Mayor of Markham Frank Scarpitti commended the CTCC for its com-

mitment in supporting and developing business success among the Tamil community in Canada. He offered his congratulations to all the Award winners.

This year's Award winners were the following;

Best Entrepreneurs

Ravi Kanagasabay &
Ruban Ratnasingham

Award of Excellence

Kumar Muraleetharan

Best Young Entrepreneur

Ramesh Saravanamuthu

Most Outstanding Professional

Dr. Rudhramoorthy Cheran

Most Outstanding Community

Service Person

Arul S. Aruliah

Best Woman Entrepreneur

Sumathy Vigneshwaran

The M.C. for the evening was the vivacious and lively Krishni Narine who stole the show with her rendition and timing. A Bharatha Natya recital was performed by students of Niro Creations. The awards presenter was Umesh Valipuram and a vote of thanks was delivered at the end of the function by Sivan

Ilangko (Vice-President - Internal Affairs CTCC). A colorful Souvenir titled "Enterprise" Edited by Siva Sivapragasam and co-ordinated by Gnane Gnanendran (Director) & Dilani Gunarajah (Vice-President - Membership) was distributed to the guests.

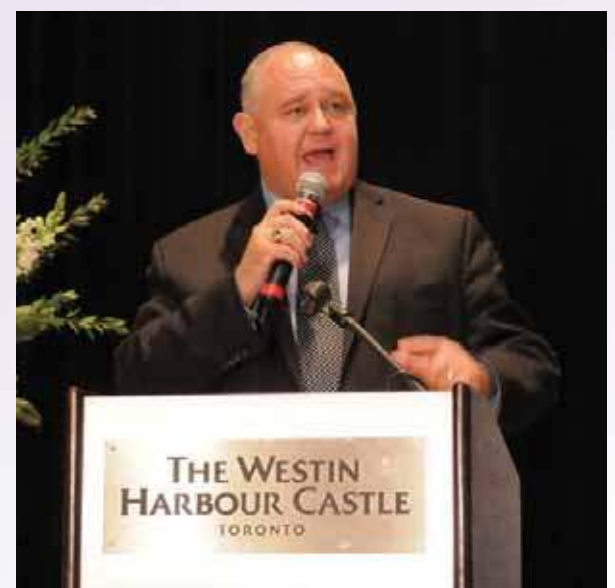
CTCC has certainly earned extra mileage as the nexus of the Tamil business community in Canada by showcasing a successful fifteenth annual Awards Gala in a prestigious downtown hotel in Toronto.



Chamber President Sritharan Thuraiarajah



Chief Guest Premier Kathleen Wynne



Markham Mayor Frank Scarpitti



Lawyer and Past President Gary Anandasangaree



MC Krishni Narine



ChamberNite 2013



Award Presenter Umesh Vallipuram



Ontario PC Leader Tim Hudak with PC Candidates Ken Kirupa and Shan Thayaparan



Homelife Future Realty Owner Selva Vettyvel and CTCC Director Siva Shanmuganathan



Best Entrepreneur Award - Ravi Kanagasabay & Ruban Ratnasingham, Arthur Fire Protection – RBC Regional Vice President Zanita DiSalle and Branch Manager Mohan Sundaramohan, Sponsor for the award



Award of Excellence - Kumar Muraleetharan, Pelican Catering & Event Management – Senior Vice President, Retail Lending and Wealth & Risk Management, CIBC, Raza Hasan and Senior Mortgage Specialist Vince Sinnadurai, Sponsor for the award



Best Young Entrepreneur - Ramesh Saravanamuthu, Active Green & Ross – Vice President Scotiabank for Toronto West, Fulvia Catarutti, Sponsor for the award



Most Outstanding Professional - Dr. Rudhramoorthy Cheran, University of Windsor – Industrial Alliance Regional Vice President, Robert Carter & Alex Lekas, Director of Sales in Ontario – Sponsor for the award



Most Outstanding Community Service Person - Arul S. Aruliah – CableShopper Co – Owners, Monty Muthulingam & Stan Muthulingam, Sponsor for the award



Best Woman Entrepreneur - Sumathy Vigneshwaran, Beeta Group Management – Senior Manager, Business Banking TD, Avi Maliah & Small Business Advisor, Shamala Kumar, Sponsor for the award – Premier Kathleen Wynne was also present for this award



Siva Sivapragasam, CTCC's "Enterprise 2013" Souvenir Editor & former Director CTCC, with Jason Kenney, Minister of Citizenship, Immigration & Multiculturalism

LOOKING FOR THE PERFECT HOME?

WHITCHURCH-STOUFFVILLE

\$499,000



- 9th Line & Stouffville Main St.
- 3 Bedrooms
- 3 Washrooms
- Many Upgrades

SCARBOROUGH

\$340,000



- Kennedy & 401
- 2+1 Bedrooms
- 2 Washrooms
- 2 Lockers

MARKHAM

\$699,900



- McCowan & Elson
- 5+2 Bedrooms
- 4 Washrooms
- Finished Basmt. & Sep Entr.



208 - 880 Ellesmere Rd.
Toronto, ON M1P 2W6

*Independently owned and operated.

Wigna Sivapathasundaram

Real Estate Sales Representative

416 317 8449

Bus: 416 284 5555
Fax: 416 284 5727

info@wigna.ca
www.wigna.ca



MORTGAGE SPECIALISTS

*We are always there to determine your
both current financial mortgage needs and
future personal needs*

MIKE AHILAN

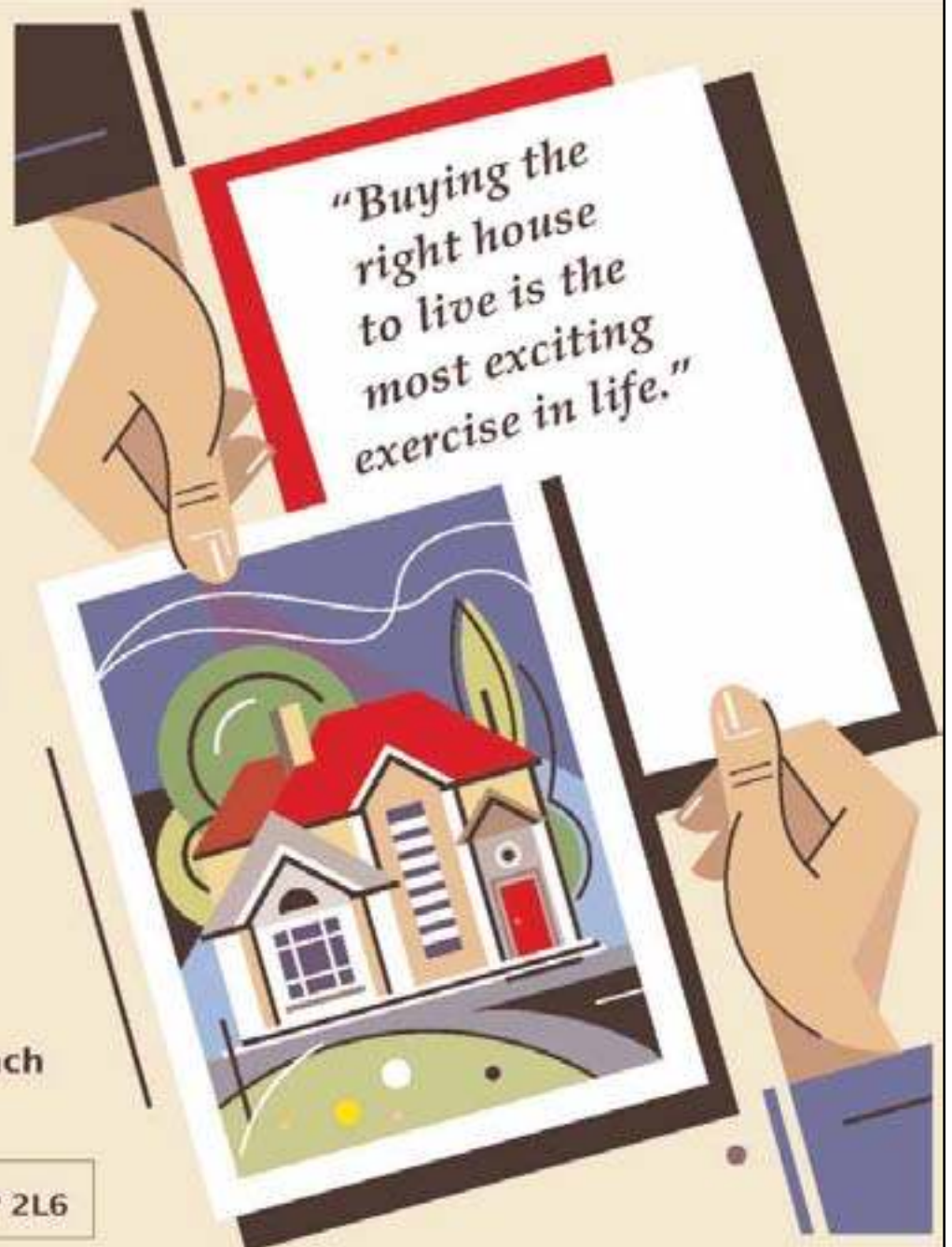
SENIOR ACCOUNTS MANAGER
RESIDENTIAL MORTGAGES

416-220-1184



Royal Bank of Canada
Kennedy & Ellesmere Branch

1421 Kennedy Road, Scarborough, ON M1P 2L6



**buying or selling ☎ me first
then decide for yourself:**



Scarborough



Markham



Pickering



Markham



Scarborough



Ajax



Stouffville



Oshawa

Real Estate Needs...



MATHAN MARKANDU

www.mmhomes.ca

416.888.5730



Future Realty Inc
905 201 9977



**LIFE
INSURANCE**

**PAY FOR
10 YEARS**

**GET COVERED
FOR LIFE**

KAJAN THEVARAJAH
INSURANCE ADVISOR

647.205.0873
kthevara@gmail.com



Special Feature

The Ganesha Program

THE NEXT CHAPTER

Your generosity has helped over 500 families over the past two and half years. During that time, we have learned to identify those who are most likely to benefit from our program.

We have seen many heartwarming examples of success; hardworking, responsible folk who have used the loans that you fund to resurrect their livelihoods with the simple purchase of a well, a pump, a cow, some chickens or a sewing machine. As they pay off their

loans, we extend more support and encourage them to establish independent credibility with the local banks. Their newfound stability means that their children can look forward to a better education and a more promising future.

The most and resourceful and entrepreneurial of these proven people are our front runners. Naturally capable, they have the vision, energy and perseverance to build and expand a business. They also have the po-

tential to impact the economy of their entire village in an exponentially positive way. We fully intend to follow these people closely and support them with business counsel and financing. We are currently thinking in terms of sustainable practices like organic farming and nutritiously superior produce aimed at more lucrative local markets and export. We are also researching trade connections.

We would like to share two stories with you...

The Bicycle Shop Farming Mother of Five



Sinniah is an ex-combatant. He came home from the war missing an eye and a leg. He has six young children and two elderly parents to support. They all live in a shack on a small plot of land. His wife is in Saudi Arabia, working as a domestic. He repairs bicycles.

His 'shop' is the shade of a large tree in his yard. He squats on the ground to work. The place is littered with dilapidated bicycles in various stages of disassembly. He averages about Rs 500 per day, a little less than \$4. On a good day, he might make twice that. With one leg and no vehicle, he relies on his customers to make the trek into town to buy the parts necessary for repairs. His only income is from the labor.

When we first visited him in July 2012, he had received the loan from your donations and was digging a well. The day we arrived, he had just struck water. A vegetable garden was flourishing when we came back in November and he was paying off his loan methodically. It wasn't just his fiscal responsibility that got our attention. There was no self-pity



in him, just a practical determination to overcome his circumstances. When we returned a third time in March 2013, he sped past us on the road...riding a bicycle!

We followed him back to his place and chatted a while. Clearly, it was time to help him build up his business. We financed a supply of parts so he could buy wholesale and charge retail. The next step will be to build a real repair shop to accommodate his special needs and protect his inventory.

Yoharani's home is a small, tin-roofed shack on a handful of acres in a village called Semamadhu. This tiny woman is the mother of five. She also supports her husband, who is gravely ill and has to live close to a medical facility miles away in Vavuniya. She used to water her fields laboriously with a bucket. The yield was desperately sparse. Your donations provided a loan to buy a pump for her well and long hoses to irrigate the land. Within months, it was lush and plentiful with well-tended vegetables, long bean vines, papaya and banana trees in tidy rows.

Enterprising and determined, Yoharani sent her oldest son to college and accelerated the payback of her first loan. Your funds provided a second, larger one. She bought a milking cow with a calf, a practical addition and a sensible way to diversify. She did all this within a year.

The last time we saw her, it was the end of a sweltering day in April, 2013. Night was falling and she was still in the field. She told us that her daughter was ready for university. She rarely talks about her husband and we've never heard her complain, she simply tackles the task at hand with a smile that lights up our world.

We believe Yoharani could represent a model for a small, profitable farm. We

would like to connect her to a more lucrative market and coach her to grow more valuable crops rather than whatever she can sell locally. We hope she will respond to the rising demand for organic products. We imagine she could be a wonderful host for eco-tourists. As her venture grows, we expect she will hire others and help Semamadhu to prosper. We plan to follow her closely and offer any support, counsel and encouragement she needs to expand her business and become an example for others.

There are a small number of recipients who have not yet done as well. Some get derailed by every flood and blight, perhaps because they fail to plant diverse crops, others may invest in livestock without learning the husbandry. Access to agricultural/veterinary guidance could be part of the solution. Marketable crafts made from local byproducts or unique articles sewn from vintage saris could be helpful, especially for young widows with small children.

Whatever their unique circumstance, we understand that they are all individuals emerging from a common plight. We are working to create opportunities so that every one of them can reach a little higher.





Remedial English classes in the Vanni

Vanni Aid is a charitable organization (501 (c) (3)), based in New York. It was created to aid the recovery of those affected by the prolonged Civil War and Tsunami in Sri Lanka. We work with Namaste, a California based not for profit. We have been working in the Vanni for more than two years. One of the casualties of these devastating events has been education. There were long periods in which schools were not functional. English was considered dispensable and it still is. Even today there are many schools which lack English teachers. Hence our focus on Education, particularly the teaching of English. We feel that education is the gateway to opportunity, and opportunity is the only way out of poverty, and knowledge of English is an invaluable skill anywhere in the world. We believe that proficiency in English would open doors for these children, and give them an edge in their careers.

Hence we started the program for holding Remedial English classes for as many children as possible. Classes are held twice a week, after regular school hours or on the weekends. Experience has taught us that the children should be enrolled by the 6th grade for this to be effective. The goal is to get them to pass the G.C.E.

(OL) exam. Considering that these children have little or no English education, this is a monumental task. We have been blessed with a panel of dedicated teachers who are very excited about the project. Many of them spend much more time with the children than they are expected to. So far we have 15 classes in 8 different locations. After an initial problem with absenteeism, they have been an unqualified success. Some children have been discontinued because of chronic absenteeism. The children are tested periodically and have shown remarkable progress. Principals of the schools involved ecstatic. In one of the schools the pass rate for English is 8%. The teachers and Principal are expecting 90% of the 68 children enrolled in the Remedial classes to pass. They also expect 9 of them to get an "A" grade. These are results beyond our wildest expectation. We are refining the program on a daily basis, but we do think we have a winning formula.

Most children are making headway in reading and writing, but have lagged behind in spoken English. To rectify this we have sought the assistance of AIESEC (aiesec.org). This is a worldwide student organization comprised of undergraduate students. Their volunteers

spent six weeks at a time, living in the villages, and teaching English. Five volunteers will be coming to the area in the near future.

In addition to paying the salaries of the teachers, we also provide dictionaries and material necessary to conduct the classes.

All this requires contributions from you. It costs about \$80 (Canadian) per class per month. The benefits derived are invaluable. So please give generously and for as long as you can. As you can see, this is a long term project. We would greatly appreciate it if you continue your efforts for a long time to come.

Info by: Josephine & Wiji Ratnathicam

Tel: Home: 914 737 1358 (USA) or Mobile: 914 424 6097 (USA), Email: wijirat@gmail.com

Canadian Contact: S. Senthivel: 905 201 6229 (Home) or 416 707 1236 (Mobile)

If you wish to contribute in Rupees:

W.S. Ratnathicam, Peoples Bank, Vavuniya Branch

Acct. No: 040-2-001-2-0050752

Swift Code: PSBKLKXXXXZ





ROYAL COLLEGE - Old Boys' Association
TORONTO CANADA

ROYAL - THOMIAN

CRICKET MATCH 2013

VENUE - KING CITY CRICKET GROUNDS
13811 DUFFERIN ROAD, KING CITY

DATE - JULY 1ST 2013

TIME - STALLION MATCH START@ 9.00 AM
MUSTANG MATCH START @ 1.00 PM

CALLING ALL OLD BOYS (YOUNG & OLD) TO COME FOR PRACTICES

PRACTICES

VENUE - DIXIE / 407 - CRICKET / SOCCER GROUNDS
(OUTDOOR CRICKET NETS)

DATE - (EVERY) SUNDAY (STARTING 12TH MAY 2013 FROM 8.30 AM SHARP)

FOR LOCATION OR ANY OTHER INQUIRIES:
SASANKA: (416) - 518 - 3768
 kevinmdra@hotmail.com
ASANTHA: (647) - 968 - 6927
 asantha.fonseka@gmail.com
CHARITHA: (647) - 532 - 4680
 Charitha_sirimanna@yahoo.co.uk



Special Feature

Test your electrical safety smarts

The lights are on but is anybody home? Take this short quiz to find out how savvy you are when it comes to your electrical safety IQ. The results may shock you!

1. If you come across a downed powerline, how far should you stay back?

- A) 10 feet / 3 metres
- b) 15 feet / 6 metres
- c) 25 feet / 8 metres
- d) 35 feet / 10 metres

2. When it comes to conducting electricity, fiberglass and wooden ladders are_____.

- a) Less safe than aluminum ladders.
- b) Safer than aluminum ladders.
- c) Just as safe as aluminum ladders.
- d) Outlawed in Ontario.

3. Tall trees including oak, elm and

beech trees should be planted ____ feet away from powerlines.

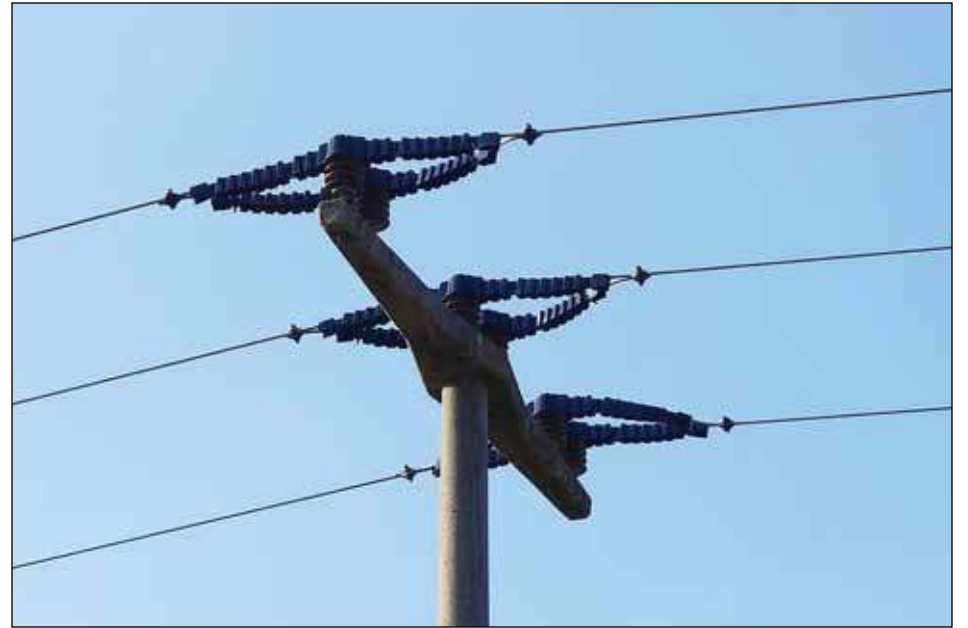
- a) 15 feet / 6 metres
- b) 30 feet / 9 metres
- c) 20 feet / 6 metres
- d) 25 feet / 8 metres

4. What's the safest way to carry a ladder to avoid contact with overhead powerlines?

- a) Horizontally
- b) Vertically
- c) Diagonally

5. Why do birds not get electrocuted when they land on a wire?

- a) Birds don't complete a circuit; they land on only one wire
- b) Birds do not land on wires, they hover.
- c) Birds have built up tolerance to



electricity.

d) Birds land only on wires that are not live.

6. The name of a popular dance at weddings is the _____

- a) Electric Flip
- b) Electric Jive
- c) Electric Slide
- d) Electric Waltz

Answers: 1(d); 2(b); 3(d); 4(a); 5(a); 6(c).

Number correct: 6=Master; 5=Skilled; 4=Apprentice; 3 or less=Newbie: Get learning.

The Electrical Safety Authority encourages all Ontarians to learn more about electrical safety. For more information visit: www.powerlinesafety.ca

SCARBOROUGH TOWN CENTRE PARTIED LIKE IT'S 1973 FOR 40th ANNIVERSARY CELEBRATION



On Saturday, May 4 from 11 a.m. to 7 p.m., Scarborough Town Centre (STC) celebrated its 40th Anniversary with a groovy 70s themed party. The Scarborough community and STC tenants and staff 'Boogied Down' for a day of prizes, disco dance lessons, performances, free photo booths and birthday cupcakes. Guests learned how to Do the Hustle with 70s Go Go Dancers, enjoyed a musical performance by the Scarborough EAST Arts Collective, met the Argos Cheerleaders and received a free photo with the Grey Cup.

STC General Manager Kathy Meyers and Scarborough City Councilor Glenn de Baeremaeker welcomed the large crowd

and led the singing of "Happy Birthday."

Other far out activities included: Free Forty and Funky commemorative green screen photo, Free photo with a 1973 vintage Ford Mustang and a chance to win a free 2-year lease on a 2013 Ford Mustang from Eastcourt Ford Lincoln; Prizes include 40 pairs of Argos tickets, 40 retail prizes on the hour every hour.

Scarborough Town Centre is located at Hwy 401, between Brimley Road and McCowan Road. The centre is managed by Oxford Properties Group and owned by AIMCo and Omers Realty. For more information, please visit www.scarboroughtowncentre.com.





6400 Acres of Private Lands Belonging to Tamil People in Valikamam North to be Acquired by Sri Lanka Govt for Military Cantonments

By M.A. Sumanthiran M.P

Last week of April saw a hugely dangerous move by the government. Section 2 notices under the Land Acquisition Act were pasted on trees in Valikamam North in the Jaffna Peninsula indicating that an extent of approximately 6,400 acres of private lands belonging to several thousand Tamil people would be acquired for Military cantonments.

Strangely, the notice says that the claimants are not traceable! The owners of these lands live just outside the so called illegal High Security Zone, in camps maintained by the government itself. They have lived there for over 25 years. And although their title to these lands were checked and cleared by a Committee appointed by the Supreme Court in 2006, they were not permitted to go and resettle on the false assertion that de-mining was not complete.

That it is false is demonstrated by the sight of soldiers cultivating these lands from which the owners were kept away. Now suddenly, the government has shown its true face: these lands will be taken and given to others to occupy, who will become voters in the North. Similar notices have been issued in the Kilinochchi District also. In the Eastern Province, instructions have gone out to acquire all the land that the military deems necessary for its purposes.

Issues relating to land have always been at the centre of the national question. In the past, misuse of land powers by the state resulted in violence and the worsening of ethnic relations between communities. Despite having 'won the war' however, the Sri Lankan government seems to be reluctant to learn lessons from this history in order to win the peace.

Alarming, the history of land grabs seems to be repeating itself. People of the North and East, who according to the government were rescued by the military in a 'humanitarian operation' find their lands and with it their livelihoods, way of life, and birthright snatched from them by the selfsame military.

The issue of land grabs by the military in the North and East is one that has been continuously raised by the Tamil National Alliance from as far back as 2009, soon after the end of the war. I myself have raised the issue repeatedly, including in status reports I tabled in Parliament in July 2011 and October 2011. However, no efforts have been made to address the issue, and such land grabs

have continued unabated to date.

In 2006, the Supreme Court of Sri Lanka decreed in an order that displaced people should be resettled. Further, President Mahinda Rajapaksa undertook to resettle all those displaced by the war by the end of 2009, in his joint communique with the UN Secretary General Ban Ki Moon on 26th May 2009. Subsequent to this, several other cases have also been filed in the Supreme Court challenging the military occupation of land in both the North and the East. All of this however, has done nothing to arrest such land grabs.

Recent weeks have seen a steep rise in the number of land grabs in the North and East. Last week the Tamil National Alliance announced its intention of launching continuous protests against the military's acquisition of lands in the North. Protests were staged last week organised by the TNPF against these land grabs. In addition to protests, the Tamil National Alliance has also announced its intention of taking legal action to challenge such 'acquisition' of private land by the military.

Such land grabs have taken place in various places in the North including Jaffna, Mullaitivu, Mannar, Vavuniya and Killinochchi. Military personnel in the North are now putting up notices on the lands that they intend to 'acquire'. Most of this land belongs to private individuals, who hold valid deeds granting them legal ownership of the lands in question. Other incidents of land acquisition by the military, Buddhist monks and Sinhala civil officials also took place in the East in recent weeks. The acquisition of such a vast amount of private properties is said to be for 'military purposes'. The need for the military to acquire such vast amounts of land is unknown.

One of the recommendations of the Lessons Learnt and Reconciliation Commission, which was appointed by President Mahinda Rajapaksa in 2010 was to release the private land being used for 'security purposes' at the time. Another recommendation was that the government disengage security Forces from all civil administration related activities as rapidly as possible. The Tamil National Alliance welcomed these, among several other recommendations, on the release of the Report. Instead of implementing the positive recommendations of the report such as this one however, the government is now permitting the military to take acquire even more private land belonging to



April 29 th protest in Jaffna against Sri Lanka regarding ongoing Government grab of private Tamil lands for militarization

people who, for several generations, have lived in these lands.

Such vast amounts of land being taken over for the military, for no known reasons, gives rise to serious concerns of colonization. The Tamil National Alliance has always made it very clear that peoples of all communities are most welcome in the North and East. The phenomenon of colonization, however, is the process by which deliberate attempts are made to alter the demography of a particular area. This has been raised as a serious concern by the Tamil National Alliance since the end of the war in 2009. Such concerns are confirmed by reports of various streets and villages in the North and East with Tamil names being renamed and given Sinhala names.

Another serious concern the Tamil National Alliance has consistently raised from 2009 is the destruction of numerous Hindu places of worship and the proliferation of new Buddhist shrines. The government and the military are relentlessly engaged in transforming the cultural, linguistic and religious makeup of the North and East and forcibly imposing the dominant culture on those areas. Land grabs and subsequent colonization are clearly attempts to alter the ethnic demography of the North and the East. Such attempts are clearly meant to undermine the political influence of the Tamil people. This concern is made even more serious with the Northern Provincial Council Elections scheduled for September this year. President Mahinda Rajapaksa's claim following the end of the war that 'there will be no minorities' takes on new meaning in this context.

The Tamil National Alliance has repeatedly raised the serious implications of such policies and actions on reconciliation. The government declares that it has ended the war and has now ushered in an era of peace and reconciliation. However, as I have repeatedly stated in both this column and elsewhere, reconciliation will not come when people are shut out of the homes and land that belong to them. For true reconciliation the trust and amity that has been lost between communities must be rebuilt.

Reconciliation will not come if the Tamil people in the North and East see those of other communities take over their land and their livelihoods while they languish with no roof over their heads. This can only push reconciliation further away.

These land grabs by the military, together with activities relating to colonization of the North and East are part of the attacks on the democratic rights of the Tamil People in the North and East. These attacks are clearly carried out with the active support, sanction and collusion of the Sri Lankan government. They are part of the many vain and counterproductive attempts to suppress and persecute Tamils for their political aspirations.

The Tamil National Alliance has called on the Sri Lankan government to immediately cease these acts of violence directed against the Tamil People. In order to prevent a non-recurrence of the past, Sri Lanka must expeditiously commence a meaningful and genuine process of reconciliation. Land grabs and colonization will only hinder such a process.



Continued from April issue ...

Milk and bakery- on- wheels rushed through the narrow lanes, jingling their signature bells and horns, competing for the early risers' business. Colombo was stretching its lazy limbs, trying to shake off the remnants of the pervious night's slumber. The rising sun, somewhere in the distance, was injecting light in incremental spurts, as if someone was from time to time cranking up the light dial to brighten the ambient. In Kumar's residence the servants were bright-eyed and bushy-tailed, but the masters and the

tus upgraded, was happily attuned to her new life in Colombo. She couldn't thank her stars enough because what she was having at Kumar's residence was ultra luxury compared to what she would have been left with in the upcountry: The bare minimum dwellings called "lines" with subhuman sanitary conditions; the back-breaking labour under extreme hardship on the slopes of the tea plantations; the subsistence with minimum wage that would keep one in perpetual destitution. She escaped all and more, not to mention the sexual violence destined for girls not necessarily well endowed but mere-

haggled at the doorstep and Saraswathi, to her delight, at last, was taken into the confidence of the household and was, for the first time, allowed to participate with the cook in their transaction. Life seemed so unpredictable: not too long ago, she was an outcast; and all of a sudden she had become an insider.

During the haggling, every now and then, Saraswathi would interject and evidently she managed to thwart the steadfast positions the hawkers would normally take to the amazement of the cook. It didn't take a genius to find out why, for more than once the cook, to her

tactile pleasure. The fabrication of stories followed soon to ward off their further advances and she wasn't sure how long she could keep all of them at bay.

Was it because of the extra food items she received or the clothes the men presented that always seemed one size small, Saraswathi all of a sudden looked more voluptuous. The well formed curvatures accentuated her more than ample bosoms. The erect posture with elegant carriage brought more confidence which

By: Sivagami

THE TRAIL OF TEARS FROM THE LAND OF PALMYRAH



mistress were trying to sneak in an extra hour or two without compunction. They always did, and they always got away with it. That's one of the many perks that came with the birth as a result of the proper alignment of stars or good Karma. The estate Tamils always lacked in this department or probably it's bad Karma in itself to be born among them. They were always the first to rise and the last to stretch out in sheer exhaustion. Their good deeds were never appreciated and the slip-ups were never tolerated; that's their plight and they accepted it resignedly.

Saraswathi, after having had her sta-

ly with passable traits, with a stroke of luck. A proper roof over the head; three square meals a day; servant's quarters with latrine, mostly for two, and above all, the ever-eluding electricity within one's grasp. It was beyond the ambit of her wild imagination.

It was a monday morning and Kumar's residence buzzed with slew of activities: aromatic and visual signs of cooking emanated from the kitchen; breakfast was already waiting at the table and the hot fuming tiffin carriers were ready to be dispatched; between cooking, commerce was in full swing; all necessary items for the upkeep of the household were being

chagrin, caught the men ogling at Saraswathi openly. As time went by, a few words evolved into long sentences and in no time Saraswathi elbowed aside the old cook when it came to household purchases. The realization that she had a sway on the men was intoxicating. And she couldn't believe how silly the men were and how easy it was to manipulate them to get personal favors. They were like puppets willing to forgo their profits to win her heart or may be, get her to undress. What she had to do in return was simple; she had to flirt with them, say something flattery, let them ogle brazenly and rarely allow fleeting moments of

in turn begot more elegance. This new-fangled elegance turned more heads than before and out of many pairs of eyes, three pairs roved around in her own household itself. The sons of the house started paying more attention to her metamorphosis. Having seen her fully naked once, their raging hormones knew no bounds imagining, resulting in bickering over their shared bathroom usage that was not at all an issue until not too long ago.

WILL CONTINUE.....

Continued in June 2013 issue.....



Is there Correlation between Gold's Value and Stock Market Volatility?

by Arun Senathirajah

ACIB, MBA (Banking Mgmt)

Gold suffered its biggest two-day fall in 30 years on April 12th and 15th 2013. Gold looked like a bargain after prices crashed more than \$200 to \$1,321, the steepest two-day plunge in more than 30 years. It was these buyers who pushed prices to a peak of \$1,920.30 an ounce in September 2011, more than double the level seen after Lehman Brothers collapsed in 2008. It was also largely their selling that precipitated last month's slide to two-year lows.

It is not right state that gold's value changes as a result of activity within the stock market. It is also not correct to state that the level of the stock market changes as a result of activity in the gold market. But the factors affecting the gold have different impact on gold and stock market. The events and conditions which tend to result in a rising gold price also tend to result in a falling stock market. Gold has traditionally been considered as a commodity to store value. But the stock market is a place to satisfy capital needs – an intermediary. It is important to point out that gold and stocks are not perfect alternative to each other. When high inflation, financial crises, bank failures, currency crises, commodity price shocks and international tensions tend to negatively impact the stock market, gold has historically held its value, or even risen, during such conditions. But, there are trading days in which both the price of gold and the stock market have gone up. As per the research done by the World Gold Council for decades which shows that there is indeed a negative long-term correlation between gold and stocks, as measured by all of the major stock indices, namely the Dow Jones Industrial Average, the Standard & Poor's 500, and the Wilshire 5000. Over the long-term, gold and stocks tend to move in opposite directions. So, the correlation to gold is still negative over the long-term. Gold is an excellent portfolio diversifier for a portfolio consisting of stocks, whether the portfolio contains just a few blue chips or a broad array of a cross section of the entire stock market.

In 1973-74, the Dow Jones Industrial Average fell by some 45%, the worst bear market in US stocks since the great depression. This bear market was caused partially by the onset of "stagflation." During this same period, the price of gold as measured by the London Fix rose from \$65 per ounce to \$195 per ounce, an increase of more than 200%. Again in

October of 1987, a bear market in stocks culminated in a crash and decrease of more than 30% in the US stock market. During that same month, the price of gold exceeded \$500 per ounce, at the time its highest level since 1983. During the financial turmoil consequent to subprime mortgage crisis in September 2008, the US stock market was wracked and thousands of points disappeared off of the DJI. At the same time, the price of gold exceeded \$1,000 per ounce for the first time ever in history.

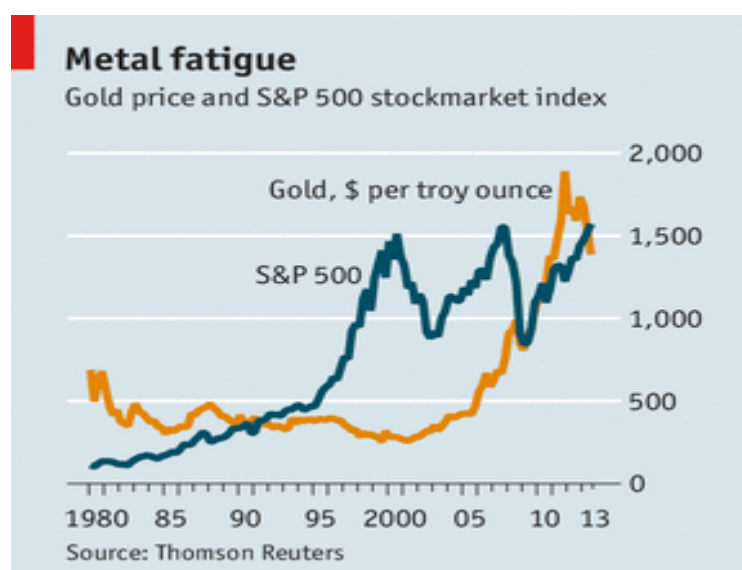
Opportunity for Traders

Since, these two markets are negatively correlated with one another over the long-term it makes sense to include gold in a properly diversified financial plan in order to be constantly vigilant against the possibility of a bear market in stocks. But real opportunity persists in gold stocks using their volatile price movements for short term specially Day Traders. These traders can directly buy and sell or short and buy strategy by directly engage in transactions of the stock. Using leverage provided by call options and put options, this would give much more opportunity for making money. Using options also require very much lesser investment capital to engage in trades.

How to make money in Day Trading please contact: 416 525-8213 /asenathi@hotmail.com



http://mindmillion.com/MONEY/gold_bars.htm



TRADING OF STOCKS & OPTIONS Banking & Investment Courses

- Learn to trade in Life Market
- Practice with more than \$25,000 Free Notional Capital
- Learn to make money, market price falling or rising

**CALL NOW (416) 525-8213 TO RESERVE YOUR SPOT FOR
DAY TRADING CLASSES**

Banking & Investment Courses: CSC, IFC, DFC, PFP, CFP, CFA etc.
(Pass at first attempt)

Some of Instructor's Track of Records:

- Experience as Trade Analyst, Securities Analyst and Pricing Analyst for Mutual Funds & Hedge Funds at all the three Major Global Fund Custodians in Canada.
- 15 years experience in multi-million dollar value trading for Institutional Investor Clients in North America.

**Learn from a Professionally Qualified Instructor
Please Contact (416) 525-8213**

Arun Senathirajah ACIB, MBA (Banking Mgmt – Derivatives Strategies)
THE ACADEMY OF FINANCE



MANAGING YOUR MONEY

by David Joseph,
M.A.(ECO.), CFP®

Mortgage rates for residential real estate are still at or near historic lows across Canada. It's been a good, long run: loan interest rates have been at record lows forwell, it seems like forever. "Hmm" you think "maybe it's time to purchase my first home or trade up to a large home". Those can be big steps with long term financial implications, and you could end up paying a lot more for that new home than you bargained for by making a less than optimal mortgage choices. While a low interest rate is always good, there are other important factors you should consider before signing on the dotted line.

What's best- a fixed rate or variable

David Joseph, M.A.,CFP, Consultant

Investors Group Financial Services

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

david.joseph@investorsgroup.com

Phone: (416) 491-7400 Ext. 674

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

but the interest rate is linked to the Bank of Canada prime rate and fluctuate with it. That could mean decrease or increase in the rate you pay over the term you select and a corresponding impact on both total interest costs and the amount of your mortgage payment.

A flexible mortgage can save you money: Look for mortgage that includes

you think your new home will not be your last home, mortgage portability is an option you should consider.

Beware of 'low rate' promotions: Advertised promotions for extremely low mortgage rates often come with strict repayment options, and steep repayment charges if you need to exit the mortgage term prior to its maturity date.

rate mortgage is still the most popular choice, choosing a variable rate mortgage over a fixed rate mortgage can save on interest payments over the long term. But financial experts agree that when you are mortgage shopping, it is a mistake to look solely at interest rates. Your financial and life circumstances can change-in fact, most mortgage holders look to make changes to their mortgage at least once or twice during their term-so you should also consider the 'features' of a mortgage, such as the flexibility to make changes to it without incurring significant costs.

The keys to the best bet for you are these: Make your mortgage decision based on your personal financial objectives, your overall plan for your family's financial future, and the 'insomnia fac-

Mortgage Choices: What's best for you



mortgage?

There is no single right answer to this question. The question you have to answer is, "Which option is most suited to my needs?"

Fixed rate mortgages offer the safety of a locked-in interest rate for the term you choose, typically five years. They provide peace of mind and predictable budget management because you know exactly what your mortgage payment will be for the length of the term.

Variable rate mortgages are usually available at a lower interest rate than fixed rate mortgages, at least initially,

option of changing payment frequency or of increasing the amount of your monthly payments without a fee. By making accelerated and/ or lump-sum payments you'll pay off your mortgage faster saving on interest costs. Mortgage lenders usually allow a yearly lump-sum payment of up to 15% of the original principal amount.

A portable mortgage can save you money: Mortgages usually have an amortization period of 25 years, with a typical mortgage term of five years, but you can get one that offers the option to move that mortgage from one property to another. If

"It made me nervous-very nervous". Financial advisors hear that comment all the time from both first-time home buyers and more seasoned purchasers who may be upgrading or downsizing to a second or even a third home. What makes those folks nervous is finally getting down to signing the mortgage documents that can mean decades of payments for the largest investment most Canadians will ever make. What can add to that nervousness is uncertainty. "Did I choose the right mortgage option?"

Studies have shown that while a fixed

tor' (Will your choice allow you to sleep soundly at night?). Your best course of action is to work through all the options with your professional advisor before you sign on the dotted line.

Disclaimer:

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



PB SREENIVAS REMEMBERED FOR HIS SOFT GENTLE EVERGREEN MELODIES

Memories of Yesteryear
P.B. Sreenivas (1930-2013)

By Saba-Thambi

When my spouse turned from the computer to give me the sad news of the veteran play back singer P.B. Sreenivas (PBS) passing away, the news didn't hit me at that time until 48 hours later as I was listening to PBS songs as usual.

As a fan of Tamil movie melodies PBS's soothing voice has been in the background of my growing up big time!

Baby-boomer generation of children, born between 1946 -1964 from the Indian sub-continent are accustomed to listen to songs on the short- wave radio, from a "tea-kadai" or barber saloon on their way to school unless the family was privileged enough to own a LP record player or the good old big armed His Masters Voice gramophone. This was the pre-era of audio tapes, compact discs, MP3 or MP4. Baby -boomers of that era from Jaffna heavily relied on the commercial services of the Radio Ceylon (now SLBC) and Trichy, Chennai and Vivitha Bharathi radio stations from South India for their daily dose of melodious entertainment.

As I vividly remember, my childhood memories are associated with music blaring from my grandmother's radio while I played with my cousins and neighbourhood children in the front yard at Chundikuli, Jaffna. This was the time I heard many Tamil cinema songs sub-consciously and the lyrics particularly from 'kaviyarasu kannadasan's songs are glued to date in my mind. The very first PBS song etched in my mind of is "ninapathellam" where PBS rendered his voice to the then young Muthuraaman in 'Nenjil-ore -alayam'. I vaguely remember that it was my first ever Tamil movie which I saw on the screen.

Later on as a teenager, I was captivated by Srineevas' gentle peaceful voice and he still remains my most favourite singer to date. In the Nineteen Seventies, Radio Ceylon had a segment broadcast in the mid-afternoons called "makalir ketavai" – Ladies choice) and most of the time it was dominated by PBS melodies and to a lesser extent with AM Rajah's voice was indicative of the fact that the gentle soothing voice of PBS has been a grand choice among women. I also recollect that my late father remarked that how come Radio Ceylon does not include a segment for "magankal kaetavai" -choice for men) and if so it would be blasting away with Shivaji & MGR movie melodies!

To top it up my spouse also had a soft corner for PBS melodies for the music of Visvanathan-Ramamoorthy duo. As Diaspora where the Tamil radio waves were out of our range, we heavily relied on the audiotapes and it was no surprise those PBS movie melodies became the selection of the household most of the time. It turned out that our first ever investment for a compact disc player had been for his melodies in the early nineties. It was also noticeable that sub consciously we also had passed our taste on to our child when she was a toddler. Whenever we played the CD she had repeatedly wanted to listen to "visvanathan velai vendum" which she coined in her babble as 'Vishhhvanatha song'!

P.B.Srinivas or Sreenivas or Srinivos is fondly known as PBS was born in 1930 in East Godavari district of Andhra Pradesh as Prathivathi Bhayankara Sreenivas. His singing career started at the age of 22 when he was debuted in 1951 for a Hindi film Mr. Sampat but his voice became popular after his performance in Premapasam (Hindi 1952). The young commerce graduate was introduced to the Tamil audience in 1953 in 'Jaathakam'.

The octolinguiist was fluent in Kannada, Malayalam, Tamil, Telugu, English, Hindi, Sanskrit and Urdu and became a popular multi lingual singer in Kannada, Tamil, Telugu, Malayalam & Hindi.

Tamil play back singer

After his initial career in the early fifties he slowly made the mark among the Tamil audience in the early sixties. His gentle singing voice was predominantly associated with actor Gemini Ganeshan and he was slowly replacing AM Rajah's place for Gemini. He has also delivered his voice to actors Ravichandran, Muthuraman & Jaishankar. PBS also had rendered his voice for Shivaji Ganeshan and MGR but those songs were in a minority. He has sung with most of the female leading singers P.Bhanumathi, LR Easwari, Jamunarani, S. Janaki, Jikki, P. susheela

To top it up Kaviyarasu Kannadasan's lyrics were an added bonus for the audience too. The music directors and the lyricist used PBS and TM

“The octolinguiist was fluent in Kannada, Malayalam, Tamil, Telugu, English, Hindi, Sanskrit and Urdu and became a popular multi lingual singer in Kannada, Tamil, Telugu, Malayalam & Hindi.”

Savundrarajan, for many songs and you could clearly see the two styles running parallel – one gentle and the other with vibrant music and this of course was based on the trend of actors too such as Shivaji, MGR and then Gemini, Muthuraman and Ravichandran.

which also carried many popular songs of PBS. The movie Sumaithaanki gave birth to a philosophical song namely "mayakkama kalakkama" which always cheer up anyone.

While PBS was in his peak the MSV-TKR split may have had the impact on his career. His popularity rendering his voice to Kannada actors also robbed him from the Tamil fans. This also gave way to the newcomers like SPBalsubramaniam, KJ Jesudas and the likes. PBS made a comeback in 1979 in the movie 'kadavul amaithu vaitha medai' under Ilayarajah's music and for vali's lyrics and rendering his voice for Sivakumar. The song "thenralae nee pesu" became popular but failed to secure chances for him. His last song ever recorded for a movie was in 2010 at the age of 79 for a Tamil movie "aayirathil oruvan".

The veteran playback singer has sung nearly 3000 songs for Indian cinematic world. He has also sung Telugu Ghazals, sthothiram, subrapadam and some Christian songs. His play back singing was mostly for the Kannada Industry where he has rendered his voice to actors Rajkumar & Vishnuvardan. His voice gave an identity to Rajkumar and the duo was mightily popular in Kannada cinematic world.

Generally the celebrity statues changes oneself but for PBS he was most admired for his humility and simplicity, a hard currency among the film world.



Dr. P.B. Srinivas early years in playback

and also with his peers AM Rajah and TM Savundrarajan.

PBS has sung under many music directors including G. Ramanathan, MS Srinivasan and MSViswanathan – TK Ramamoorthi duo. The MSV- TKR duo were dubbed as 'mellisai mannarkal' (kings of light music) by Shivaji Ganeshan and they worked together for over a decade (1952- 1965) for 700 melodies. The duo also shaped PBS's career very much.

Tamil fans would popularly remember his song 'kaalangalil aval vasantham' in the movie 'Paavamannipu' (1961). This is still a favourite after half a century not only among listeners from south India but also in Sri Lanka, Malaysia and Singapore.

This was one of the success stories of Kannadasan – MSV-TKR & PBS.

Then there was the box office comedy hit of CV Sridhar 's 'kaathalikka Neramillai' (no time for romancing)

He believed to carry many pens with him and write poetry then and there to sing on stages. Initial snapshots of PBS were somewhat in western suite and then he has moved on to his clanic hat and a shawl and the trade mark long red pottu.

He passed away early this month on 14th at Chennai aged 82. He is survived by his 3 children and his wife.

PB Srinivas will be fondly remembered for his soft gentle evergreen melodies by his fans forever.

RIP PBS



Tribute

'Lalgudi sir' the incurable romantic who was my guru:

A PERSONAL TRIBUTE TO VIOLIN MAESTRO LALGUDI JAYARAMAN

Meera Srinivasan, Correspondent of The Hindu Newspaper writes about Violin Maestro Lalgudi Jayaraman, Who passed away on April 22, 2013:



Lalgudi Jayaraman (September 17, 1930 - April 22, 2013)

It was one such harsh Madras summer. In the shade of the rich canopy on Venkatnarayana Road, a friend and I, both a little over 10 at that time, stood in eager anticipation.

With us was Lalgudi sir, clad in a sparkling white dhoti folded up to his knee and a white half-sleeve khadi shirt. He was carefully choosing mangoes ripe enough to eat the very same day. With him was his wife Rajalakshmi.

This was after music class, which usually went on for at least three hours. He had asked us if we had begun having mangoes that summer. We said yes. But much to his shock, neither of us had tasted the Imampasanth that he believed was the king of all mangoes.

He immediately stood up, gesturing to us to come along, and called his wife. "Can you believe it? These children have never tasted Imampasanth. Let's go now and buy some for them," he told her, and we went walking along Ramanujam Street, in the hot noonday sun, to the pavement stall on the other side of Venkatnarayana Road. A few hours later, the phone rings at home. It was him calling to check if I had tasted it and liked it.

To refer to 'Sir' — as we disciples called our guru Lalgudi G. Jayaraman — as "music teacher" would not capture even a fraction of what he meant to us.

It is often said that a highly successful artiste is seldom a good teacher. Lalgudi sir proved that theory incorrect. As an artiste, he was a trendsetter, remarkably successful as an accompanist, solo artiste and composer. As a teacher, he was a taskmaster. Teaching was to him serious business.

In the twenty years I spent with him learning, I was often overwhelmed by his teacher persona. Not only because he was a strict disciplinarian who emphasised rigour in every aspect of music, but because in being a teacher, he transformed into a passionate student of music, who was in complete awe of the art form.

"Listen to how the 'ma' [note] in Shankarabharanam sounds when oscillated this way," he would demonstrate. "Isn't it beautiful!" he would marvel, making us repeat the phrase as many times as it took to get it right. And when we got the particular nuance, his childlike excitement was hard to miss.

It was more like "Great, now that you have also seen how beautiful it is, we can appreciate it together." And to him, a beautiful note or phrase was not just in Carnatic music. He would get equally high on an Asha Bhosle song or a Mehdi Hasan ghazal, which he would play for us during class from time to time. As much as he looked up to his seniors such as GNB and Madurai Mani,

he would eagerly listen to musicians half his age, and compliment them with specific and precise observations.

Many of Lalgudi sir's fans and friends thought he was a hard-core romantic — who loved admiring a Bougainvillea tree in bloom, listening to the koel in his backyard, reading Bharathi or spending hours at the beach. As if it weren't enough that he got so excited, he would tell us all to pay attention to the silence punctuating the roar of the waves, or contemplate the particular shade of the rose. Yes, we did beach trips with him. He has taken me to

“His ailments did take a toll on his body, but he was as high-spirited, enthusiastic and sharp as ever. Self pity did not exist in his world, and he viewed his own situation with admirable pragmatism. Just like the born winner he was. That, to us, was our beloved Lalgudi sir and that's what he will always be.”

the circus too. As students, we looked forward to travelling with him, because it was not just about performing somewhere, but doing a whole lot of "fun things" with him.

When he went abroad, we had no holiday. He usually made sure his son G.J.R. Krishnan, daughter Vijayalakshmi or senior disciple S.P. Ramh took classes in his absence. He would call us from wherever he was to check if we were practising.

As part of my most-cherished personal belongings are two picture postcards he sent me from the U.S.

— with images of Disneyland on one side and his lovely, cursive handwriting on the other. In addition to describing in detail where he stayed and what he was doing, he also enquired if I sang every day.

That was not all that he would check — he would ask if we ate almonds (he insisted that we all did, to ensure adequate protein intake) every day and got some good exercise (for blood circulation and breath-control). From every trip he brought back gifts for all his students — I got, among other things, a fascinating paper punch in pink, a photo frame and a pretty little wooden box.

In many ways, he was indeed an "incurable romantic" — as his authorised, to-be-launched biography is titled. But to me, he was a champion of reason. While teaching us the "what" and "how" aspects of music, he was very particular that we understood "why" it was so. He encouraged us to ask questions and consciously avoided a didactic style in teaching.

Lalgudi sir was one of the most practical and progressive individuals I have met. Within the rather conservative circuit of Carnatic music, he tried challenging some notions pertaining to caste-based discrimination and differential remuneration for artistes. He reiterated those values to his students too.

His eye for detail was not just in music. If he wrote an article, he worked on multiple drafts until he was satisfied. If he gave a speech, he made sure he replaced potentially ambiguous statements with facts and specifics. If he wrote the notation for a song, he would mark every oscillation and curve with relevant notes. He was a wizard at board games, could draw very well and play several other instruments.

Lalgudi sir was mentally agile till the last. Not long ago, while in Apollo's CCU, he was listening to me singing a phrase in raga Dhanyasi. Despite the tubes all over, including one in his nose, he asked me to stop, and corrected the manner in which I handled a particular note. Even a few weeks ago, he held his instrument — the Italian one that Yehudi Menuhin gifted him — and played a few phrases in raga Mohanam.

His ailments did take a toll on his body, but he was as high-spirited, enthusiastic and sharp as ever. Self pity did not exist in his world, and he viewed his own situation with admirable pragmatism. Just like the born winner he was. That, to us, was our beloved Lalgudi sir and that's what he will always be.

(courtesy: The Hindu)



MARGARET THATCHER

FORMER U.K. PM, DEAD AT 87

By: Raymond Rajabalan

Margaret Thatcher, one of the most important British politicians of the 20th century, died last month Monday 8th morning after suffering a stroke. She was 87.

Thatcher was the first woman to become U.K. prime minister and Britain's only prime minister of the 20th century to win three consecutive terms. After leading the Conservatives to victory in the 1979 election, Thatcher shook Britain to its economic roots in a relentless battle to restructure the country.

She graduated from Oxford in 1947 after majoring in chemistry. She was barred from joining the all-male Oxford Union debating society, so she joined Oxford's conservative association and in 1946 became its first female president.

She ran for Parliament in 1950, the youngest person seeking a seat. She lost — and lost again the next year. At the end of 1951 she married Denis Thatcher, a wealthy, divorced businessman she met in 1949.

Since graduating, Margaret had been working as a research chemist. She returned to university and earned a law degree in 1953. A multi-tasker, she gave birth that year to twins and continued to be politically active.

After being called to the bar she specialized in patent law and then tax law, until 1961.

Elected to Parliament on her third try

In 1959 she was elected as the MP from Finchley. Two years later then prime minister Harold Macmillan named her parliamentary secretary to the minister of pensions and insurance.

From 1964 to 1970 the Labour Party governed and Thatcher held various portfolios in the opposition shadow cabinet. When the Conservatives were back in power under Edward Heath, Thatcher was the secretary of state for education and science, the only woman in the cabinet. She got attention when she abolished a free milk program for school children, and was dubbed 'Thatcher the milk snatcher' by the Labour opposition. Heath resigned as leader after losing the 1974 election and his successor was the first woman to lead the Conservatives, Margaret Thatcher.

"I am not a consensus politician. I am a conviction politician," Thatcher announced when she took over in 1975.

The Iron Lady

That kind of approach earned her the nickname the Iron Lady, which she wore proudly. That description originated in the Russian media after she harshly denounced Soviet expansionism and questioned the long-standing Western policy of detente with the Soviet Union in 1976.

Margaret Thatcher maintained a close relationship with then U.S. president Ronald Reagan.

Here's an example of how she turned the nickname to her advantage in the 1979 election campaign, at a rally in Birmingham: "We took that risk in 1976 when we warned the nation of the growing dangers of Soviet expansion. And what happened? The Russians said that I was an Iron Lady. They were right. Britain needs an Iron Lady."

Two years before she took the reins as Conservative Party leader, Thatcher said on the BBC: "I don't think there will be a woman prime minister in my lifetime." But after winning the May 3, 1979 election, Margaret Thatcher became prime minister the next day.

Her victory followed six weeks of public sector strikes known as the winter of discontent, which caused deep difficulties for the Labour government and eventually led to its fall. Once in office Thatcher slashed the tax rates

"I worried stiff. It was a decision which had to be taken, a very bold courageous decision," she recalled in a 1983 interview with the CBC's Barbara Frum.

A naval task force was quickly dispatched. After 10 weeks and the loss of 255 British lives, Argentina surrendered. "Great Britain is great again," Thatcher shouted to a jubilant crowd outside her residence.

Thatcher called an early election in 1983 and won a larger majority, although with a popular vote lower than in 1979.

Thatcherism

Thatcher continued to forge ahead with her policies, known as Thatcherism. She succeeded in curbing union power, especially with the defeat of mineworkers in 1984-85.

She took on the Irish Republican Army, but had little success in solving

Thatcher again called an early election.

She won a then unprecedented third term, although the Conservative popular support dropped slightly to 42.2 per cent.

Her targets for rolling back the state now included health care, education and utilities. By 1988, while no longer operating with a deficit, her government cut tax rates, most dramatically for those in the top tier.

A cabinet coup d'etat

Her leadership style was stirring up dissent within her cabinet. One of the critical issues was the preparations for economic and monetary union in Europe, with Thatcher more or less opposed. Her chancellor of the exchequer, Nigel Lawson, would resign over the issue in October 1989.

The other issue was Thatcher's stubborn clinging to her plans for a community charge, damned as the poll tax. The tax outraged taxpayers, culminating in a riot in Trafalgar Square in March 1990. The Conservatives were trailing Labour by about 10 points in public opinion polls and unemployment was rapidly increasing again.

Geoffrey Howe, her deputy prime minister, resigned over both issues in November and followed that with a bitter speech critical of Thatcher's leadership.

The party was now in full crisis. In a challenge to her leadership later that month, Thatcher won on the first ballot but, with an insufficient level of support, she soon resigned as party leader and then, on Nov. 28, 1990, as prime minister.

Her voice breaking, she began her brief but final speech as prime minister: "We're leaving Downing Street for the last time after eleven-and-a-half wonderful years, and we're very happy that we leave the United Kingdom in a very, very much better state than when we came."

She continued to voice her opposition to greater European economic integration, causing problems for her successor, John Major. She was appointed to the House of Lords in 1992 as Baroness Thatcher of Kesteven.

After a few years, and apart from promoting her books, she was not often in the public eye. One notable moment was in 1999 when she ostentatiously visited Augusto Pinochet in London. The former head of a brutal military dictatorship in Chile was being detained in London over war crimes charges.

In 2002, she announced she was retiring from public speaking, following a series of minor strokes. In 2003 her husband Denis died. In 2008 her daughter Carol confirmed that Thatcher was suffering from dementia.

Loved or loathed, Thatcher's personal accomplishments will remain part of world history. In a 2007 radio address marking the end of the Falklands war, making use of an ancient Latin proverb, she told her listeners, "Fortune does, in the end, favour the brave."



Margaret Thatcher and Ronald Reagan

for the wealthiest Britons, increased the value-added tax (VAT), reduced government subsidies and began to sell off state-owned enterprises and public housing. The number of unemployed quickly doubled.

"We shall not be diverted from our course," she told the party conference in Brighton in 1980. She continued: "To those waiting with bated breath for that favourite media catchphrase the U-turn, I have only one thing to say: You turn if you want to. The lady's not for turning."

By March 1982, the Conservatives led by Thatcher had fallen to third place in public opinion polls, with just a 22 per cent approval rating.

A bold decision to go to war

The next month, there was a huge opportunity to turn that plummeting support around: Argentina's military dictatorship seized the Falkland Islands, a British overseas territory in the South Atlantic Ocean, which Argentina also claimed.

If politics is the art of knowing what to do next, Thatcher showed she had the right stuff.

the crisis in Northern Ireland. In 1984 the Provisional IRA tried to kill her by placing a bomb in her hotel in Brighton. Five people were killed, Thatcher's bathroom was destroyed, but she and her husband emerged unscathed.

Close relations with Reagan, Gorbachev

Internationally, her close relationship with then U.S. president Ronald Reagan continued. "We share so many of the same goals, and a determination to achieve them," she said at a joint appearance with Reagan in Washington in 1985. She also formed a close relationship with Mikhail Gorbachev, who led the Soviet Union from 1985 to 1991. "I like Mr. Gorbachev, we can do business together," she famously told BBC interviewer John Cole in 1984.

Thatcher is also remembered for her refusal to join 48 other Commonwealth nations, including Canada, in implementing sanctions against the apartheid regime in South Africa. In 1987, hoping to reap the benefits of her now considerable international standing, including a successful visit to Moscow,



The Score on Sports

By Tashvir Narine

**“
I’m a 34-year-old NBA center.
I’m black. And I’m gay”**

~ Jason Collins.

Canadians have always enjoyed a relaxing background of different cultures and opinions in this great nation of ours. From Nova Scotia to British Columbia, one can come across all types of nationalities and bearings when we span this vast space. Ontario alone demonstrates this amazing change if we just look at the most recent premier of this province. Not only is Kathleen Wynne a female premier but she is also openly a lesbian, the first of such a sexual orientation to hold this position.

But it is also May and for basketball fans in North America this usually means the playoffs are here. After a successful season of hoops combined with limited hockey action, most fans are prepared to find out who the Miami Heat will face in the NBA finals. Most experts would not have expected the first round of the playoffs to yield such excitement, but it has proved the opposite. With only the Spurs and Heat sweeping their respective first round series, all other matchups have gone past six games each, providing fans with exciting basketball. But it is actually a surprise announcement from a free agent backup centre that has taken over the headlines of the basketball world for a totally different but equally impactful reason.

In a story posted in this month’s issue of the acclaimed sports magazine Sports Illustrated, 12 year NBA veteran Jason Collins has broken forward to become the first athlete to be openly gay and currently playing a major North American professional sport. The news has gone viral and Collins has since been praised fellow NBA players such as Kobe Bryant and political figures like Bill Clinton and President Barack Obama for his courage.

The story is written very eloquently by Collins himself and tells of his travels in basketball and life itself from a firsthand view. Growing up he dated women and was even engaged at one point, but called off the wedding eventually. Jason Collins always knew he was different but was perhaps waiting on correct timing to make such an announcement. In a rough contact sport such as basketball, this is surely a designation that could have negative impact on a player. But Collins though, has a reputation of being a tough big man who commits many fouls proving to be quite the opposite.

Now a free agent and proven NBA athlete, this proclamation appears to be timed quite nicely. With arguments for Gay and Lesbian Rights coming up in national elections, this unique community is in a stronger position than ever. And free from the media attention of any particular franchise, Jason Collins’ announcement will be separate and full of purpose. Playing for the Washington Wizards last season, Collins was also close to the government debates around this subject, which could have influenced his decision even further to come out.

Regardless though, Jason Collins’ decision is very remarkable and one can only wonder how many professional athletes will follow in this manner. Surely there will be some sports personnel who will display discomfort with Collins’ statement however we cannot expect them to win any favour in today’s progressive thinking. Players like Jason Collins are here to stay and as fans of the game, whatever happens in a player’s private life should not dictate whether we cheer for them on the basketball court.





NATHA VINOOTHAM 2013

A MUSICAL NIGHT BY HARTLEY COLLEGE

Written by: Hamzy Krish

On Saturday April 6th, Hartley College PPA celebrated their 25th anniversary by hosting a musical night.

The co organizers were Computek College and Hartley College and it was a fundraising musical event for the benefit of Hartley College and SACEM.

The auditorium of Sir John A. MacDonald C.I. was house full. Tickets were sold out to see the famous Indian veena player, Rajhesh Vaidhya perform alongside Kollywood playback singers; Haricharan and Mahathi. Rajhesh Vaidhya is known internationally and has performed all across the globe with world renowned musicians and composers like Sir Elton John. Haricharan Seshadri is

well-known for his song, Thulli Thulli, composed by Yuvan Shankar Raja, for the movie Paiya. Also, Mahathi is famous for her duet "Aiyayo Pudichirakku" with the famous Hariharan, composed by Harris Jayaraj, for the hit movie Saamy.

The event started sharply at 6 pm, with two girls singing Thamizhthai Vazhthu. The evening was made for music lovers of all sorts. Haricharan and Mahathi started their performance by singing a few ghazals, with Rajhesh Vaidhya on the veena. Following that, Mahathi hit the stage with the catchy number, Vaan Megam.

Later, she sang a rendition of Manavan Vandhaanadi, originally sung

by P. Susheela. Hitting all the correct notes and sangathis, she wowed the audience and proved her versatility. One of Haricharan's remarkable performances was of his own song "Oyaayie Yaayiye."

He got the audience so involved, we had many people singing the words and clapping to the beat along with him. The musical evening was also a great way to portray local Toronto talent such as Varshini and Nivethika Nagularajah singing the opening performance, Sai and Partheepan on the percussion, and Mega Tuners' very own Aravinthan on the keys.

Halfway through the evening the performances were interrupted by a microphone malfunction leading to

whole auditorium in blackout mode. A few minutes later, the lights and mics were back in action. Despite all this, the musicians and singers performed better than before, proving to the audience that nothing is holding them back.

The grand finale was by far one of the most incredible features of the night. Haricharan and Mahathi came off the stage and into the audience dancing with us to catchy numbers and allowing the audience to interact with them. All in all, despite a few technical difficulties, the event was well-coordinated and very enjoyable.

Congratulations to Computek College & Hartley College PPA.



Business
Connections
www.biztha.com

கனடா தமிழ் வர்த்தக சம்மேளனத்தின் 2013 ஆண்டு
விருதிகைப் பெற்ற ஆறு சாதனையாளர்களுக்கு
மெது மனமார்த்த வாழ்த்துக்கள்



Most Outstanding Community Service Person
Arul S. Aruliah



Most Outstanding Professional / Academic Award
Dr. Rudhramoorthy Cheran



Best Entrepreneur Award
Ravi Kanagasabay & Ruban Ratnasingam



Young Entrepreneur Award
Ramesh Saravanamuttu



Women Entrepreneur Award
Sumathy Vigneshwaran



Award of Excellence
Kumar Muraleetharan



www.biztha.com



"A NAME FRIENDS RECOMMEND... A TRADITION OF SOUND ADVICE"

LEONARD SELVARATNAM

Sales Representative

Cell: 416.803.0950

off: 416.739.7200 | Email: leonardsel@gmail.com

www.lensel.net



Sutton
REALTOR

Sutton Group-Admiral Realty Inc.,
Brokerage

INDEPENDENTLY OWNED AND OPERATED

1881 Steeles Ave. West, Toronto ON. M3H 5Y4



FeTNA July 05 – 07

Inauguration by CTC on April 5 in Toronto

The inauguration event of the 26th Annual FeTNA Convesntion was held on Friday, April 5, 2013 at Princess Banquet Hall. The Canadian Tamil Congress (CTC), joined by the Honourable Michael Coteau, Ontario Minister of Citizenship and Immigration, made the announce-

ment about the upcoming convention of the Federation of Tamil Sangams of North America (FeTNA) to be held in Toronto, Canada. Hon. Michael Coteau rendered appreciation for the gala Tamil heritage event crossing North of the border to the President of FeTNA Dr. Dhandapani Kup-

puswamy from USA and the President of CTC Suntharamoorthy Umasuthan.

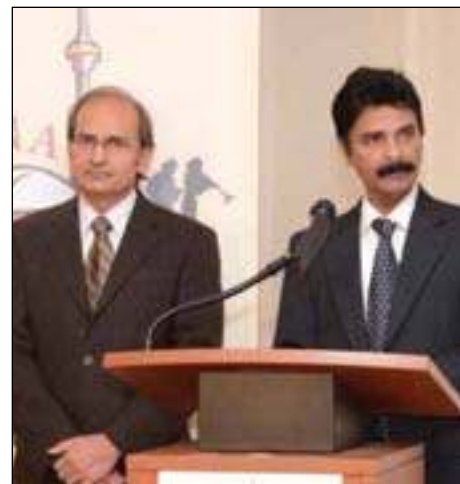
Several members from other organizations and prominent business persons were present to support this event to be held for the very first time in Canada.

FeTNA has been hosting this event

every year in different states in USA during the weekend following the US Independence Day on July 4th, for the last 25 years.

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

Photo Courtesy: Digital Gnane





“Investing in Humanity” by IMHO Canada

The International Medical Health Organization - Canada organized a special dinner event “Investing in Humanity”, to learn more about IMHO Canada and opportunities to forever impact the lives of communities in need in Sri Lan-

ka and globally.

The event took place on Friday, April 12th at the New Jaasmin Banquet Hall, 90 Nolan Court, Markham. It was a free event and supported entirely through generous donations.

Participants took this unique opportunity to share ideas, network with like-minded friends and supporters, and continue to learn how to channel into meaningful service and development work.

For more info: meera@imhocanada.org

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

Photo courtesy: Digital Gnane





MESSAGE FROM THE ROCOBA PRESIDENT 2013

Dear Old Royalist and their families,

It is my honor and pleasure to be the ROCOBA President for the second time. I wish to inform the ones who do not know me that I am one of the three Patrons and was the Past President 1997 of ROCOBA.

The President and the seven Board Of Directors for the year 2013 were unanimously elected at the AGM held on 13th April' 2013. I wish to thank and welcome the following Board Of Directors elected and please contact any or all of them if you need to.

President: T. Kukendran (Kuken) **416-802-8220**
 Vice President: Yoga Atheray **905-609-1028**
 Secretary: Kanishka Bastiampillai **416-570-0603**
 Asst. Secretary: Asantha Fonseka **647-968-6927**
 Treasurer: Rajan Tharmarajah **647-669-7824**
 Asst. Treasurer: Charitha Sirimanna **647-532-4680**
 Social Secretary: Jerom Varatharajah **416-219-5526**
 (Jack)
 Public Relation: Dilkaran Rajendra **416-721-4240**

The Theme is "Foster Fellowship Forever" (Triple "F")

We wish to inform that the following events will take place during the year 2013.

• Royal-Thomian 25th Celebration Dinner Dance.
 When: End of June 2013. Once the date is confirmed we will keep you posted. This celebration is to celebrate the 25th anniversary cricket match between the old boys of Royal College and St. Thomas College living in Canada.

• Royal-Thomian 25th Celebration Cricket Match
 When: 1st of July 2013

• ROCOBA picnic.
 When: Once the date is confirmed we will keep you posted.

• Combine Cricket Royal-Thomian Vs Joe-Pete
 When: 5th of Aug' 13 or 1st of Sept' 13. Once the date is confirmed we will keep you posted.

• Royal-Trinity Rugby.
 When: Once the date is confirmed we will keep you posted.
 This rugby game is the start to bring back the old boys of Royal College and Trinity College living in Canada to play the game. The last game was played in 1996.

• ROCOBA participating in Inter School Rugby tournament.
 When: Once the date is confirmed we will keep you posted.

• ROCOBA New Year's Eve Dance.
 This is to bring back the ROCOBA's traditional New Year's Eve day to have the glorious dance with the family & friends. The last ROCOBA's New Year's Eve dance was held in 2006.

In order to make all the above seven events success and memorable the following committees were appointed for each event to represent ROCOBA. Please



do not hesitate to contact the Committee if you wish to Foster Fellowship Forever by helping and participating in the committee.

Royal Thomian 25th Celebration Dinner Dance Committee:

Rohan Jayasekera
 Skandha Fernando
 Don Perera
 Dayan De Silva
 Viresh Fernando
 Dilkaran Rajendra
 Charitha Sirimanna
 Asantha Fonseka

Royal-Thomian 25th Celebration Cricket Match Committee:

Kanishka (Sasanka) Manamendra
 Asantha Fonseka
 Charitha Sirimanna

ROCOBA picnic Committee:

Yoga Atheray
 Rajan Tharmarajah
 Kanishka Bastiampillai

Combine Cricket Royal-Thomian Vs Joe-Pete Committee:

Kanishka (Sasanka) Manamendra
 Asantha Fonseka
 Charitha Sirimanna

Royal-Trinity Rugby Committee:

Jerom Varatharajah
 Inbakumar Rajendra
 Kishan De Silva

ROCOBA participating in Inter School Rugby tournament Committee:

Jerom Varatharajah
 Inbakumar Rajendra
 Kishan De Silva

ROCOBA New Year's Eve Dance Committee:

T. Kukendran (Kuken)
 Yoga Atheray
 Sam Samarajeewa

We look forward to seeing you at all ROCOBA events with your family and friends.

Right Royally

T. Kukendran (Kuken)
 ROCOBA President 2013



Consumer Proposal is up to 85% cheaper than repaying your debts on your own

(ViSA, MasterCard, AMEX, Personal Loans, Line of Credit, Income Tax, HST, GST Owing, Car or House Repossessed, Student Loan Outstanding for 7 years)

கடன் அட்டை, வங்கிக் கடன்களுக்கு விதிக்கப்பட்ட சகல வட்டிகளும் நிறுத்தப்படும்
We will stop all interest on your debts immediately

கடன் தொடர்பாக விடுக்கப்படும் தொலைபேசி அழைப்புகள், சம்பளப் பறிமுதல் போன்ற சட்ட நடவடிக்கைகள் நிறுத்தப்படும்

We will stop collection calls, court action & wage garnishments immediately

உங்கள் சொத்துகள், முதலீடுகள் பாதுகாக்கப்படும்

We will protect all your assets (House, Car, RRSP, RESP, TFSA, GIC, Life Insurance, Stocks, Bonds & Shares)

மாதாந்த ரீதியில் ஒரே கட்டுப் பணத்தில் எல்லாக் கடனையும் தீர்க்க வசதி செய்தல்

We will make one monthly payment to all your creditors

வங்குரோத்துக்கு செல்லாமல் தீர்வுகாண ஏற்பாடு செய்யப்படும்

No need to file for Bankruptcy

WE WORK EXCLUSIVELY FOR YOU, AND SAVE YOU THOUSANDS OF DOLLARS

பலவருட்கால அனுபவமுள்ள

Suren Sornalingam BBA

Post Graduate Diploma in Business Management

Federal Government Registered & Certified (BIA) Insolvency Counsellor

Member of Canadian Insolvency Foundation

CREDIT RECOVERY CANADA

55 Town Centre Court, Suite 700,
 Scarborough, ON.
 M1P 4X4

Tel: 416-264-1272

Fax: 416-332-0914

Web: www.creditrecoverycanada.com





SCARBOROUGH SENIOR THAMILS' ASSOCIATION

The Annual General Meeting of the Scarborough Senior Thamils Association was held on April 22nd, in the Recreation Hall of the Neilson Seniors' Apartment at 1315 Neilson Road, Scarborough. The following were elected as office bearers for the year 2013/2014.



Seated from left: Mr. S. Kanesu (Auditor), Mrs. Thillanayaky Thuraisingham (Patron), Mrs. Nageswary Thuraijasingham (Vice President), Mrs. Jeyarane Poopalasingham (Secretary), Mr. M. Thevarajah (President), Mr. A. Natgunasegaran (Treasurer), Mr. C. K. Sivalingam (Asst. Treasurer), Mr. S. Navaratnam (Patron).

Standing from left: Mrs. Amuthapathy Candasamy (Board Member), Miss. Kumareswary Gnanasubramaniam (B.M.), Mrs. Jessy Innasithamby (B.M.), Mrs. Jeyamani Arumainathan (B.M.), Mr. N. Balasundaram (B.M.), Mr. K. Ramanathar (B.M.), Mr. M. Ariyarajah (B.M.), Mr. Adaikkalam Fernando (B.M.), Mr. S. Poopalasingham (B.M.), Mr. Mark Soosai (Asst. Secretary).
Mr. Manuel Jesudasan, Barrister, Solicitor & Notary Public (Legal Advisor) - Absent.



Executive Committee of the Board



RG Education Centers

Giving the Gift of Education

Giving the Gift of Education



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

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

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

Appreciation

Tamilnadu Media Baron Dr. Sivanthi Adityan of “Dina Thanthi” fame no more



Sivanthi Adityan

By Siva Sivapragasam

Tamil Nadu's Media baron, educationist, industrialist and philanthropist Dr. Sivanthi Adityan who was the publisher of one of India's largest circulated newspapers “Dina Thanthi” passed away recently in Chennai at the age of 76.

The Government of India presented him with the Padma Shri Award in the year 2008 in recognition of his distinguished service in the field of Literature and Education. He was popularly referred to as “Chinna Aiya” by the people as a mark of respect to differentiate him from his father S.P. Adithyanar who was the founder publisher of “Dina Thanthi”. His father tutored him in all aspects of publishing before handing over the reins to him. Dr. Adityan worked hard and helped spread the publication to print in 15 cities across the country.

“Dina Thanthi” came to be recognized as one of the largest read daily in India with an estimated readership of more than one million a day. His father S.P. Adithyanar started the “Dina Thanthi” to make the newspaper reading habit popular among the common people. The easy and lucid style of writing became popular among the common man and it was no surprise to see average persons like the auto rickshaw driver and the

small boutique keeper reading the newspaper eagerly and enthusiastically early in the morning.

He established several educational institutions in Tamil Nadu in memory of his parents. He was awarded a Doctorate by the Kamaraj University in Madurai for his contribution to Media, Sports & Education. He was a philanthropist who funded the renovation of many temples. Dr. Sivanthi Adityan renovated the 178 feet ‘Rajagopuram’ of Kasivishvanathar Temple in Tenkasi, where the gopuram got damaged 200 years ago.

Dr. Adityan was also an avid sportsman and used to work out & train every day. He was awarded a Gold Medal in 1989 by the International Volleyball Federation in recognition of his valuable contribution for the development of Volleyball in India. Exemplary services rendered for the development of Sports and Education earned for him the International Award, viz ‘Sports and Study Award’ of the International Olympic Committee for the year 1987. He is the first Indian to receive such an award.

Though his father was with the DMK and once ran his own political party “Naam Thamilar”, Dr. Sivanthi Adityan kept away from politics.

Dr. Adityan leaves behind his wife Malathi, a son and daughter.



TCASD Women's day celebration at Ontario Power Generation

Each year around the world, International Women's Day (IWD) is celebrated on March 8. On this day, we show our love and gratefulness to all the women in the TCASD. Many events occur not just on this day but throughout March to mark the economic, political and social achievements of women. At TCASD, in order to celebrate the Women's Day, we organized a gathering for our members and friends

at OPG with lots of educational and fun activities such as breathing and yoga tips, saree demonstration, facial & eyebrow tutoring, bharathanadaya makeup & hair-style. Our aim of the event was to raise awareness of women's happiness in their life. The women's day was a resounding success. We began at around 2:00PM and ended around 6:00PM. All in all there were about 30 women or more. We had

impressive speeches from many of our women and they showed their ability to speak in front of such a large crowd.

After all the excitement, we all agreed that the day had gone even better than our imagination. Our satisfaction was only heightened by seeing ourselves on the pictures later that night. But most of all, the response from the participants was so positive that we realized that it

was an important way of helping the girls to build self-esteem and discover their talent, in fact, they are proud to be women. TCASD wonderful & fabulous ladies hereby welcome more women to join for next time. It was a great Women's Day event, organized by Tamil Cultural & Academic Society of Durham, Women's Wing! Please see attached some pictures from the event. • Reported by Sutha Thiru





Celebration of Chinese New Year

TCASD Participated in the celebration of Chinese New Year together with the Durham Chinese community. This important traditional Chinese holiday event was held in Pickering Town Centre. In China, it is also known as the Spring Festival, the literal translation of the modern Chinese name. Traditionally, the festival was a time to honor deities as well as ancestors. It is significant that Tamils in Durham region very actively participated in their activities. **Reported by Sutha Thiru**



Earth Day

On Saturday, April 20, 2013, Tamil Cultural & Academic Society of Durham (TCASD) organized an Earth Day celebration at Mac Lean library in Ajax. The celebration started at 1:30p.m and end up at around 3:45p.m. From Durham region, about thirty-five children participated. This event was coordinated by staff at Mclean library in Ajax together with five TCASD's Youth volunteers.

The celebration started with an introduction to Earth Day and continued with an introduction to Dr. Seuss's book called "The Lorax". The coordinator brought out

a puppet tree with birds and small animals, where the children learned about the Habitats. Next, she introduced recycling in an enthusiastic manner. At the event, children wrote a letter to mother earth about what they can do to help her. The children played a game of Earth. In the end of the earth day, each kid received seeds to take it home. They have been learned how to plant them, and then create three activities. They also received recording sheets for this activity.

Reported By Tharmini Thishyan





Durham Tamil Association kicks off the Daffodil Campaign for Canadian Cancer Society

Durham Tamil Association invited all members to join in marking the 75th anniversary of the Canadian Cancer Society by making a donation during Daffodil Month to the youth volunteers of TEAM DTA. This donation will help Canadian Cancer Society continue their work in preventing cancer, funding research, providing support for Canadians living with cancer and raising awareness of the need

to fight back against cancer.

By wearing this pin all through the month of April specially on Daffodil Day April 27, Canadians will show their support to those fighting this deadly disease that they are not alone. Josh Suresh, President of DTA reiterated the youth that it is only with the support of volunteers and donors that the Society will be able to continue to save lives and support

people living with cancer. 26 TEAM DTA Youth volunteers sold bright yellow daffodil pins on the 6th and 7th of April 2013 at the Pickering Town Center, in front of Sobeys, Canadian Tire, Freshco and The Beer Store to signify strength and courage in the fight against cancer. They raised \$2,141.25 in 14 hours, in comparison to their last year contribution of \$2006.75. Parent volunteers Mrs.

Raguvarnan, Mrs. Arlene Francis, Mr. Kugaraj Soma, Mrs. Uma Suresh and Mr. Kanga Sivanathan were also present on both the days in motivating them. It was happy to see the way the young volunteers were engaged in social activities. Durham Tamil Association always educates all kids with the sayings of Mahatma Gandhi "The best way to find yourself is to lose yourself in the service of others".



MP Chris Alexander, Councillor Doug Dickerson, Councillor Peter Rodrigues & Sharon Alipanopoulous of Canadian Cancer Society receiving the cheque for \$2,141.25 from TEAM DTA Youth who raised this money through Daffodil Campaign 2013



MP Chris Alexander & Sharon Alipanopoulous of Canadian Cancer Society receiving the cheque for \$2,141.25 from TEAM DTA Youth who raised this money through Daffodil Campaign



Abeena Sivakumaran



Abhishek Ravi



Arabi Srirajan



Ashley Kugaraj



Geeththanah Gnaneswaran



Ishan Sevak



Jesihan Ravichandran



Kabithan Ravichandran



Kavya Jeyaruban



Keeran Sivanesan



Kisanth Raguvarnan



Lavaniyah Muthalitharan



Luxsiya Kanthavanam



Maenusha Raguvarnan



Mathav Muhuthan



Neraja Thillairajah



Nick Nadarajah



Peeraveena Sivakumaran



Rishi Suresh



Saranya Suresh



Shawne Nimalan



Sinthu Shanthakumar



Siyam Shanthakumar



Thiviya Jeyaruban

Veenah Muralaetharan

Talents of Durham

Durham Tamil Association has many talented youth and children who are extra ordinary when it comes to any art or music form. Nivedha Ramalingam is a long standing member of DTA and who is popularly known for her dedication to Bharathanatyam. She is a third year Kinesiology student at the University of Toronto and a Bharathanatyam performing artist, choreographer and a young instructor who launched Bharathalaya Dance Academy. She has been learning this art form for the past 13 years. Over the past seven years, she obtained her diploma, "Natiyakalaamani" title degree, and is currently half way through completing her master's in Bharathanatyam from the prestigious Annamalai University, under the guidance of Smt. Uma Anand. She works currently for the Menaka Thakkar Dance Company since 2011. In December 2012, she was

selected by the Cleveland Thyagarajah Aradhana Committee to perform for the Chennai Dance Festival in India. After her successful performance in Chennai, she has now been selected from hundreds of dancers in North America to take part in professional dance productions for 2013 and 2014, featuring all professional dancers and choreographers from India.

Recently, Nivedha took part in the Cleveland Aradhana's 2013 dance competition, competed against dancers from India and within North America and won 1st place and overall grand prize. Being the overall grand prize winner, Nivedha has been rewarded with \$1,500, airfare to India, and a one-hour slot to perform at the very prestigious Sri Krishna Gana Sabha in Chennai for the December dance festival. In addition, she will be taking part of next year's Mahabharatham dance production and will be giving a solo one hour recital in the Cleveland Aradhana's Festival.

In addition to her talents, Nivedha along with another beautiful classical dancer Ms. Yalini Rajakulasingham organized an excellent dance program in Yorkwoods Library Theater on 26th of April to raise funds for Sick Kids Foundation here and to Vanni School in Sri Lanka. They raised \$2,282 in just 5 hours of their dedicated program. It was an evening filled with colorful classical performances by these young ladies. Durham Tamil Association was very proud to support this good cause and the young dancing icons.



DTA's Nivedha Ramalingam receiving the title Best Dancer of North America - April 2013



DTA's Nivedha Ramalingam with Ms. Yalini Rajakulasingham raised money for Sick Kids & Vanni School Foundation - 26 April 2013



The great A-Mazing Egg hunt at Durham Tamil Association

Durham Tamil Association hosted its Annual Easter Egg Hunt for kids and youth on Saturday 30th March 2013 in DTA's backyard. "Easter is a great family friendly event to celebrate as it brings the community together in one place to have a little fun" stated Josh Suresh President, DTA. Easter in Canada is a highly religious occasion celebrated after the end of the long cold winter when people look forward for the spring season, with great joy, pleasure and fanfare.

This year the Hoppity Hoppity Easter Egg Hunt enjoyed by 107

kids aged from 2yrs to 14yrs, was organized by Mrs. Uma Suresh, Mrs. Kavitha Mano and Mrs. Hema Raj. The kids had "Egg-stravaganza" time in participating the two hours long full of entertainment and hopping fun including activities like egg hunt and then some Easter crafts. All the kids received an Easter treat for finding all the eggs. DTA also had Giggle booth done by the youth volunteers where Easter pictures were taken wearing different Easter themed costumes! These were free photos to take home. All the kids had an "Egg-cellent" fun time as they were very very

hoppy shouting "yuk yuk yuk or is it yolk, yolk yolk". Lastly the kids were given number of delicious and sumptuous delicacies like bunny chocolate cookies, fruit juices, pizzas, samosa, cutlets and fruit salads. The main dish all would relish was the Easter cake thanks to the parent volunteer Mrs. Sharmilli Thangaraja who made this delightful cake to all the 66 families who attended the event.

This was one event that the kids truly enjoyed and are now looking forward to Easter next year at the Durham Tamil Association.



Craft Activities



DTA Parent Thayalan Gopalakrishnan Volunteering



DTA's TEAM Youth Enjoying BONFIRE



DTA's TEAM Youth



Egg Hunting



Hunting Eggs



TEAM DTA Youth volunteered at the Easter Egg Hunt in St. Francis Center



TEAM DTA Youth volunteered at the Pickering Courtyard's Easter Egg Hunt

DTA's proud moments in Inclusive Durham

Inclusive Durham Youth showcased a Multicultural program that staged many talented performers of Durham Region. This event took place on Friday March 8th in St. Francis Center in Ajax. The main idea of the event was to illustrate that "Beneath the armor of skin and bone and mind most of our colors are amazingly the same." All gifted performers of ages 9-14 were representing Durham Tamil Association with the astonishing recitals. Bhaviyaa Jeyaruban, Harini Kirupan-

anthan and Saranya Suresh performed Karagaattam, one of the traditional folk art of Tamils which was choreographed by Ms. Maenusha Raguvarnan. Ms. Sarika Navanathan, another proud icon of DTA made the audience dance for her Bilingual and Tamil songs. Varsha Sivasangar performed an excellent Classical Bharathanatyam. Maanusha Vijayakumar performed another traditional folk art of Tamils called "Graamiya Nadanam". There was an audition conducted

by The Community Development Council Durham (CDCD) to bring out the talents of Durham youth of various communities, on the bravura day to the budding performers of DTA and most of them were selected. These kids brought a proudest and joyful feeling to the DTA members. A video was released with the performances of all the children and youth who took part in the auditions. Our sincere thanks to CDCD and all the staff of Inclusive Durham for this great opportunity.



DTA's Sarika Navanathan singing @ Inclusive Durham - 8 March 2013



Ben Earle - CDCD, Tracey Vaughan-Recreation Director of Ajax, Waseem Sheikh-CDCD, Josh Suresh - President of DTA with Saranya Suresh, Bhaviyaa Jeyaruban, Harini Kirupatharan & Ashley Kugaraj during Inclusive Durham



Roland Rutland of Baha'i Community, MC's Dan Walters, Ally & Cayla with Saranya Suresh, Bhaviyaa Jeyaruban, Ashley Kugaraj & Harini Kirupatharan during Inclusive Durham on 8 March 2013



Karagaattam Showcase by DTA during Inclusive Durham on 8 March 2013



Children's Art exhibition reflect the roots of the culture

Waterloo: Identity, the art exhibition reflected the innovative thinking and the passion of local South Asian children in the Waterloo Region and Guelph area. The theme was South Asian art. It was organised by the Tamil Cultural Association of Waterloo Region to coincide with the Tamil New year on the 20th of April at Lutheran community Hall in Waterloo.

This is the first art exhibition in the region to encourage local children to express their their culture in the artistic form. The successful event attracted students of the local Tamil language school of Cambridge along with other community children. Some drawings reflected their customs while others portrayed the general scene. Local Chinese children presented dragon and Butanes art. Close

to 30 entries were received.

Cash Awards were presented to two categories of artists. Kitchener Central MP, Hon. Stephen Woodworth was in hand to present the awards along with the association president Mrs. Rajivi Nadarajah. The judge for the event was Portrait Artist Mr. Jon Tobin of Kitchener.





Tamil New Year bands the community together

Waterloo: Local Sri Lankan and South Indian community celebrated the New Year celebration with a high note. The spirit of Waterloo Region and Guelph members were enjoyable on the 20th of April at Lutheran Community Hall in Waterloo.

The event was inaugurated by the Member of Parliament for Kitchener Centre Hon. Stephen Woodworth and the president of Tamil Cultural Association of Waterloo Region Mrs. Rajivi Nadarajah. In his speech Hon. Stephen Woodworth appreciated the Tamil community for preserving the language, Art and culture in this region. The children's art festival and the drawings by the two Chinese children are good examples where

the South Asian communities are standing shoulder to shoulder, he said. Rajivi Nadarajah stressed the importance of building stronger communities together.

The event was filled with cultural performances. Tamil language students of Cambridge showcased a combination of musical speech followed by dances by the students of Laya Lasya Dance studio of Cambridge and Sri Abiramy Dance Academy of Waterloo.

A food drive for the Cambridge food bank was also initiated by Rathy Abraham. A good collection along with Cash donation was handed over to the bank. The event came to close with a community dinner. The colourful event was indeed a success.



Tamil Cultural Association of Waterloo



Tamil Cultural Association of Waterloo



Tamil Cultural Association of Waterloo

Waterloo Region and Guelph Tamil community elects new representatives

Waterloo: The Tamil Cultural Association of Waterloo Region elected its new executive board at the Annual general meeting. The outgoing president Mrs. Indra Logendran thanked each and every member for the support extended to her and the community. At the end of the speech, she was awarded with community volunteerism plaque by Mr. Suresh Abraham.

President - Mrs. Rajivi Nadarajah
Secretary:
Mr. Sivakumar Somasundram
Treasurer - Ram Ramdoss
Vice President /Director of
Public Affairs:
Mr. Bala Thambypillai

Joint Secretary:

Mrs. Ramya Joseph

Joint Treasurer:

Mr. Suresh Abraham

Director of Cultural Affairs:

Indra Logendran

Auditor: Dennis Loyola

Membership:

Ragu Sivaramakrishnan

Director of Social Events:

Kannan Premanand

Mr. Subbu Subramonian

Prof. Pala Knappan

Mr. Athithan Arunasalam

Mr. Prakash Venkataraman

Mrs. Vinoba Chenthil

Mr. Subramanian Subbanaidu



WHITBY

ARIO • CANADA



Regional News



Whitby Embraces Diversity

The Town of Whitby Council established the Race Relations and Diversity Committee in 1996. In 2012, the name was changed to the Ethno-cultural and Diversity Advisory Committee of Council (EDAC). The Committee's Terms of Reference were also updated to reflect the changing diversity of the community.

Whitby is growing and EDAC is committed to providing input on eliminating barriers for the diverse population of the community and fostering a greater understanding of ethno-cultural and diversity issues and matters. According to statistics Canada, in 2011, 17 percent of Whitby residents were considered visible minorities.

Council has approved the Committee's 2013 Work Plan that includes celebrating diversity by participating in community special events, delivering cultural programs at schools, developing a youth scholarship program, engaging residents on program development through a community survey and collaborating with community partners to ensure that Whitby is an inclusive community that celebrates culture and diversity in order to remain the Community of Choice.

Some of EDAC's projects for 2013 include:

Whitby Diverse-City Art Event

EDAC is hosting a reception for artists, their families, teachers, and representatives from The Town of Whitby to honour student's art that reflects and portrays the diversity in the community. The students' art will also be on display at the Brooklin Community Centre and Library.

Leadership in Diversity and Social Justice Award

EDAC is providing this award to recognize graduating Whitby Secondary School Students who demonstrate leadership in the areas of diversity and social justice, including equity and inclusivity within their school and/or the Whitby community. This year's deadline is May 10, 2013.

Inclusive Language Guide

The Committee is working on the development of an Inclusive Language Guide that will provide recommendations for respectful language in professional and business communications in order to recognize and avoid bias as well as discriminatory language.

Ethno-cultural and Diversity Advisory Committee Meetings

Representatives from diverse groups are invited to attend EDAC meetings to advise the Committee and consider potential partnerships with the Committee and other community groups.

Community Events

EDAC will participate in many community events throughout the year and host an information booth to engage members of the community in conversation, receive their feedback and increase community awareness of the Committee.

Elementary School Cultural Programs

Programs will be delivered through school assemblies or classroom workshops that will promote a positive message of diversity within the community.

Development of Policies

EDAC is providing input to staff in the development of policies to promote awareness of ethno-cultural relations and diversity matters.

Community Survey

EDAC will engage the community through a survey that could be conducted online and through print copies at municipal facilities in order to gain a better understanding of the diversity needs of the community, the barriers residents currently face related to culture and diversity and recommended solutions to eliminating those barriers.

Best Practices

EDAC will also be investigating best practices of other municipalities related to alternate communication approaches in order to meet the diverse needs of the community.

The Ethno-cultural and Diversity Advisory Committee is very excited to undertake these projects and initiatives that will create a positive impact in the community and celebrate diversity.

For more information, please contact Sarah Klein at diversity@whitby.ca or visit

www.whitby.ca/diversity.

Discover Downtown Whitby

Over 470 businesses are located in Downtown Whitby, known as the heart of the Town. Downtown Whitby encompasses Cochrane Street to Garden Street, and Burns Street to the CPR Railway.

Downtown Whitby is more than shopping—it's a destination. The architecture highlights its unique charm, and historic buildings host an eclectic mix of businesses and services. Stroll throughout the Downtown core including the verandas of Pearson Lanes (Brock and Mary Streets) which is a historical development that houses individual boutiques, retail merchants and services. Throughout Downtown Whitby, distinctive restaurants' culinary cuisine will tempt your taste buds with signature dishes and atmosphere. Visit Downtown Whitby's heritage Main Streets for shops, spas and entertainment.

Upcoming Downtown Whitby events the entire family can enjoy, such as the Farmer's Market and the Heritage Day, can be found on Whitby's Events page: www.whitby.ca/events. Discover Downtown Whitby's historical charm with a wide array of restaurants, clothing stores, unique shops and spas.

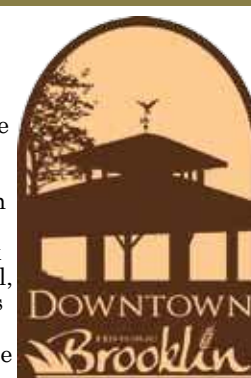
www.whitby.ca/downtown



Discover Downtown Brooklin

The Village of Brooklin is located within the Town of Whitby at the intersection of Highways 7 and 12. Downtown Brooklin is a designated heritage conservation district under Part V of the Ontario Heritage Act.

Upcoming Downtown Brooklin events the entire family can enjoy, such as Music in the Park and the Brooklin Spring Festival, can be found on Whitby's Events page: www.whitby.ca/events. The Brooklin Community Centre and Library is Downtown Brooklin's newest recreation facility offering a variety of recreational and educational programming. It hosts a seniors' activity room, youth centre, dedicated pre-school program space, gymnasium, craft room, multi-purpose banquet room, meeting rooms, and the



Brooklin Branch of the Whitby Public Library

Discovering Downtown Brooklin is an opportunity to enjoy great food and distinctive shops in a charming setting. www.whitby.ca/downtown

Our Downtowns Magazine Spring/Summer Issue

'Experience Our Downtowns: Whitby and Brooklin' magazine is a bi-annual, cooperative publication that advertises and showcases businesses in both Downtown cores. This free resource can assist you in making your next shopping or dining experience a memorable one. Pick up the Spring/Summer 2013 issue today, or view it online at www.whitby.ca.



Town of Whitby: May Events and Meetings

<http://www.whitby.ca/en/Calendar>

Free Youth Movie Night

May 1, 2013, 6:30–10:00 p.m.

Newcomers Welcome Program for Seniors

May 2, 2013, 1:00–3:30 p.m.

Building Permit Process:

Public Open House

May 2, 2013, 1:00–8:00 p.m.

McKinney Youth Room Open House

May 2, 2013, 4:00–8:00 p.m.

Free Much Music Video Dance:

Preteen Dance Grades 5–8

May 3, 2013, 6:00–8:00 p.m.

Free Much Music Video Dance:

Teen Dance Grades 9–12

May 3, 2013, 8:30–11:00 p.m.

Whitby Compost Giveaway Event

May 4, 2013, 8:00 a.m.–12:00 p.m.

Doors Open Whitby

May 4, 2013, 10:00 a.m.–4:00 p.m.

Free Public Swim

May 5, 2013, 4:30–6:00 p.m.

Brooklin Youth Room Open House

May 6, 2013, 4:00–8:00 p.m.

Regular Meeting of Council

May 6, 2013, 7:00 p.m.

Newcomers Welcome Program for Seniors

May 9, 2013, 1:00–3:30 p.m.

Special Meeting of Council

May 13, 2013, 6:00–7:00 p.m.

Planning and Development Committee

May 13, 2013, 7:00 p.m.

Newcomers Welcome Program for Seniors

May 16, 2013, 1:00–3:30 p.m.

Management Committee

May 21, 2013, 2:00 p.m.

Operations Committee

May 21, 2013, 7:00 p.m.

Whitby In Bloom Garden Seminar: Marjorie Harris

May 22, 2013, 7:30–9:00 p.m.

Newcomers Welcome Program for Seniors

May 23, 2013, 1:00–3:30 p.m.

Regular Meeting of Council

May 27, 2013, 7:00 p.m.

Newcomers Welcome Program for Seniors

May 30, 2013, 1:00–3:30 p.m.

MARKHAM



Regional News



The Boston Blades won their first-ever Clarkson Cup on March 23, beating the Montreal Stars 5-2 in the final championship game held at Centennial Arena.

Put Markham in the palm of your hand! Download the All Access Markham app on your tablet or smartphone for City news and information on-the-go.



Members of Council joined Mayor Frank Scarpitti on March 23 at Cornell Community Centre & Library as Play Me, I'm Yours, the international artwork project by British artist Luke Jerram, was unveiled in celebration of the TORONTO 2015 Pan/Parapan Am Games. Keep an eye out for these pianos around Markham. Play them on your own, with a friend or as part of a band!



(L to R) Dr. Helena Jaczek, MPP Oak Ridges-Markham; Mayor Frank Scarpitti; Hon. Bal Gosal, Minister of State (Sport) and Hon. Michael Chan, MPP Markham-Unionville, Minister of Tourism and Minister responsible for the TORONTO 2015 Pan/Parapan Am Games, gathered around top sports artist David Arrigo (centre), as he captured Markham's culture and sport history on canvas at Cornell Community Centre & Library on March 23. Visit toronto2015.org to learn more about the legacy murals that are being created to celebrate the host communities of the Games.



Following the official Autism Ontario flag raising on April 2, Markham youth with special needs and their families celebrated World Autism Awareness Day in the new Multi-sensory Room at Cornell Community Centre & Library.



EMERALD ASH BORER INTERACTIVE MAPPING TOOL

Do you have a city ash tree on your boulevard or in a manicured park nearby? Enter your address and find out which Emerald Ash Borer (EAB) Management Plan Program each tree is part of:



- Monitoring
- Treatment
- Removal

Visit www.markham.ca for more info about Markham's efforts to manage the EAB infestation and to find out how YOU can help!



SMALL CHANGE BIG BENEFIT!

CLEAR BAG BASICS

Starting April 30, 2013, the City is switching to clear bags for garbage:

- No more bag limits or tags
- No added cost
- Place non-recyclable/non-compostable garbage in clear bags for collection

Clear bags containing large amounts of recyclable/compostable material and dark/tinted bags may not be collected.

For more information, call 905-415-7535 or visit www.markham.ca



JOIN THE PARADE!

Show your organization's pride and participate in the People's Parade on Canada Day

Sign up today!

Contact Antonette DiNovo at 905-470-9036 or antonette.dinovo@sympatico.ca



AGM of Ontario Sri Lankan Pensioners Association (OSPA)

The third annual general meeting was held on Saturday, April 20, 2013 at 9:30 AM at Council Chambers at City Hall, Scarborough Civic Centre.

The meeting was presided over by Mr. R.S. Jogendra, Attorney at Law. Honorable Karunarathna Paranawithana, the Consul General of Sri Lanka in Toronto was invited to this meeting and was present.

The Secretary Mr. T. Ponnampalam presented the Annual Report for the past year. Mr. T. Thangarajah, the Treasurer presented the audited Statement of Account for the past year. Both were unanimously accepted by members.

The President Mr. Jogendra in his address reviewed the various steps and action taken by the Association to enable the members to receive their pension both locally and in Sri Lanka in a timely manner. He also traced the steps taken including the representations made to the appropriate authorities to enable the members to receive the increases passed by Parliament from time to time. He also said that the representations were also made to enable those

government servants who, though had served the required number of years to qualify for their pension but had failed to obtain their pension due to displacement and circumstances beyond their control in accordance with the circulars issued by the Ministry of Public Administration and Home Affairs. In this connection, as a cut out date had been unfortunately set out by the said Ministry, the Association had requested the Ministry to remove this since most of them were unaware of this facility and had not applied for them. Mr. Jogendra further said that all these representations were made through the Consul General of Sri Lanka in Toronto duly supported by him. The Association was awaiting and expecting a favorable response to them.

The President welcomed Honorable Karunarathna Paranawithana and invited him to address the members. Mr. Paranawithana while thanking the President and the members for inviting him said that he truly recognized the valuable services rendered by the members of the OSPA to their country in the past and he was always willing to look into their prob-



lems to ensure that they get their rightful benefits. He further said that members could meet with him even without an appointment. The President and the members thanked Mr. Paranawithana for his presence despite his other engagements and also appreciated the assurances he gave to assist the members.

Mr. Jogendra was unanimously re-elected President for the ensuing year. Messrs. G.S. De Silva and Maya Kandiah were unanimously re-elected Vice Presidents.

Mr. R. Shanmugaratnam was unanimously elected Secretary and Mr. V.V. Somasegerem LL B, Attorney at Law, a former Secretary and founder member of the Association was unanimously elected to the Board of Directors.

The following members were also unanimously re-elected to serve as office-bearers for the ensuing term. Treasurer: T. Thangarajah; Assistant Treasurer: N. Vivegananthan; Assistant Secretary: T. Ponnampalam

Other members elected to the Board of Directors were Messrs. Keerthi Perera, R. Sundaralingam, Siva Sivaramalingam, S. Mathieaparanam, K. Vadivelu,

K.C. Nadarajah, N. Skandarajah, S. Nagalingam and V. Gunaseelan.

Mr. Manuel Jesudasan, Barrister and Solicitor was re-elected adviser to the Association and Mr. M. Velauthapillai was re-elected Auditor.

The President Mr. R.S. Jogendra speaking after his re-election and thanking the members for reposing their confidence in him said that he would take all necessary steps to pursue the aims and objects of the Association including the members' entitlement to receive the pension increases and to help those who had failed to obtain the pension award having served the required period due to displacement and circumstances beyond their control, by pursuing the matter with the appropriate authorities. In order to implement these, the President proposed to amend the constitution of the Association to enable those entitled to a pension to enrol as members. This was unanimously and duly passed. The President encouraged the members to enroll as members as many pensioners as they could.

The meeting came to termination at 12:15 PM.

STAN TAX

For all your Income Tax services
Income Tax with E-File

Over 16 Years of Experience
Professional Services
Reliable and Faster
Satisfaction Guaranteed

80 Nashdene Road, Unit A6, Scarborough, ON. M1E 5E4

Tel: 416-560-4375 / 416-757-7585

Call us for your next House Party

Special taste Hoppers for your home parties.
We will come and do hot Hoppers, Dosa,
Masala Dosa, Uthappam and Roti with
several Side Dishes.

Serving at any Location

Maria
647-522-7599

Bridegroom wanted

We are looking for a Sri Lankan Tamil, Hindu bridegroom for our 26 yrs. old daughter who is currently in her medical residency in the USA.

She was born in the UK and a citizen of USA and is seeking a professional partner – medical, dental or business graduates preferably practicing in the Canada, UK, or USA.

Please contact with full details via email:

neetat7786@gmail.com

FREE INSURANCE CLASSES



Life100
INSURANCE & INVESTMENTS INC.

Become an Insurance Advisor

We provide you with Exceptional Service:

- Life Licensing Qualification program LLQP
- Free Seminars and workshops for career development
- Free product and sales training

Please Contact us to book an appointment

LIFE • CRITICAL ILLNESS

• HEALTH & DENTAL

MORTGAGE INSURANCE

• GROUP BENEFITS • RRSP • RESP

Sritharan Thurairajah CLU, CHS

 **MDRT**
Member of Million Dollar
Round Table

Direct: **416.918.9771**

Business: **416.321.2500**

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



 **Canada Life™**

 **INDUSTRIAL
ALLIANCE**

INSURANCE AND FINANCIAL SERVICES INC.


Assumption Life

Are you getting Million Dollar advice?

LOOKING FOR AN UNFORGETTABLE TRAVEL EXPERIENCE ?

We have competitive fares to Colombo/India/Europe and will match the Competition



சுகமான பயணங்களை பாதுகாப்புடன் சென்றடைந்திட... இலங்கை, இந்தியா, ஓரவந்தாக்காரர் குறைவாக...

Millennium Leisure Travels Inc.

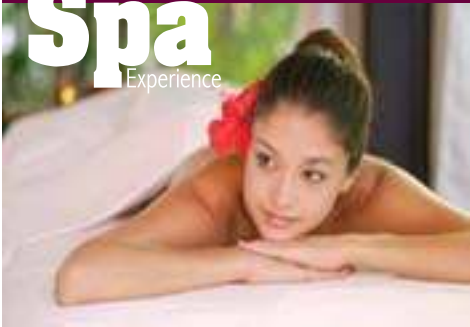
CALL US AND SAVE BIG - Airline Tickets | Cruises | Vacation Packages | Tours

DELTA TORONTO EAST (INSIDE DELTA HOTEL) 2035 Kennedy Road, Toronto, On M1T 3G2

Tel: 4164319100 Toll Free: 1-866-FLY4MLT Email: info@flymlt.com Web: www.flymlt.com



The **Ultimate Spa** Experience



Roma Med Spa

Tranquility-Relaxation-Rejuvenation

Sopranos Laser Hair Removal	RMT Massage Therapy
NIR Skin Tightening	Reflexology
Microdermabrasion	Naturopathic Care
LED	Spa Services
PCA Peels	Skin Care Products

Roma Med Spa has built a reputation of a gateway for tranquility, relaxation, and rejuvenation to our spa guest.

Come to visit us this month for a Winter Escape Promotion for a **90-min spa manicure & spa pedicure for only \$30, or a 60-min relaxation massage for \$60.**

Book your appointment today at **905-534-9000**. For more information, visit our website at www.romamedspa.com

20 Bur Oak Avenue Unit 7, Markham L6C 0A2
(inside Berzcy Village Plaza near Kennedy and north of 16th Avenue)

Tel: 905-534-9000

www.RomaMedSpa.com

\$30⁰⁰

90-min spa manicure & spa pedicure

\$60⁰⁰

60-min Relaxation Massage

Tamil Interpreters Wanted

Tamil Interpreters needed for court proceedings in Toronto

Candidates must be certified interpreters
Wages negotiable

Please Call: 905-477-2012

Security. Stability. History.

We have a proud 140-year history of providing financial security solutions to millions of Canadians.

Sun Life Financial advisors provide financial security solutions to millions of people throughout Canada, bringing understanding to health insurance, life insurance, and investment needs. Your advisor will listen carefully, taking the time to understand what is important to you. Each solution is personal, appropriate to your dreams, goals and financial situation.

I can help you with:

- Life and health insurance
- Employee benefits
- Critical illness insurance
- Long term care insurance
- Mutual funds*
- Disability insurance

Let's talk.



Ajith Sabaratnam

Bus 416-439-2800

Cell 647-401-5800

ajith.sabaratnam@sunlife.com

www.sunlife.ca/ajith.sabaratnam

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.



Sun Life Financial

*Mutual funds offered by Sun Life Financial Investment Services (Canada) Inc.
© Sun Life Assurance Company of Canada, 2012.