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Sri Lanka - Northern Elections

TNA Leaders appeal for two-thirds majority to begin a new journey for the Tamils

By Siva Sivapragasam

TNA leader Rajavarotheyam Sampanthan and Chief Ministerial candidate C.V. Wigneswaran have one common campaign message to the voters in the North for this month's provincial elections- "Elect us with a two - thirds majority and we'll begin a new journey for the Tamils".

They are also making a special request to the Canadian Tamils to urge their friends and relatives in the North to definitely go to the polls on election day and cast their votes to the TNA.

They have also pointed out that a two- thirds majority will send a strong message to the international community

and convince them of their popularity. The TNA is hopeful of a victory of at least 30 of the 35 seats in the forthcoming provincial elections in the North this month. The party has had a number of election meetings so far and is confident of a resounding victory at the polls.

At a meeting held in Toronto last month both Sampanthan, the TNA leader and the Member of Parliament Sumanthiran made a fervent appeal to the Canadian Tamils to give all the encouragement and support for a TNA win by urging their relatives and friends in the North to exercise their voting rights without fail on election day and vote for the TNA candidates. TNA leaders are insisting at all their election meetings that all eligible voters should not fail to

go to the polls on election day to ensure a sound victory for the Tamil Alliance and also to prevent any form of vote rigging.

They are also asking that Wigneswaran is voted with the highest number of votes to demonstrate to the community and the world that he was the best choice as the Chief Ministerial candidate. Mr. Sampanthan has already declared that Wigneswaran was chosen as the Chief Ministerial candidate for his ability, experience and knowledge.

The expatriate Tamil community has been requested to urge their relatives & friends in the North to exercise their votes without fail on election day as this election will be an important chapter in the history of the Tamil community in Sri Lanka.



TNA Leader Rajavarotheyam Sampanthan



Chief Ministerial Candidate C.V. Wigneswaran

President Obama's dilemma in military action against Syria

By Siva Sivapragasam

President Barack Obama is once again creating history by trading military action for American Democracy by seeking Congress approval for an attack on Syria.

President Barack Obama made a fateful decision on Friday, Aug 30th, as he strolled along the White House well clipped green lawn. Contrary to every expectation by his national security team, Obama decided that he should ask Congress for authorization to bomb Syria.

Barack Obama maybe the lone-warrior fighting a murderous regime with

no backing from powerful allies. The full reasoning behind the president's turnabout remains murky. He may have wanted to share responsibility for a risky strategy to punish the barbarous regime of Syrian strongman Bashir al-Assad for using chemical weapons against his own people. Obama may have recognized the political dangers of attacking another Middle Eastern country without popular support from war-weary American people.

It may well be the most important presidential act on the Constitution and war-making powers since Harry Tru-

man decided to sidestep Congress and not seek their approval to launch the Korean war.

Just a few days ago, before Obama's decision was known, the legal fraternity from both the right and the left were in agreement that waging war over Syria – no matter how briefly – without congressional approval would bend the Constitution beyond recognition.

No politician, the press or the academics expected Obama to go to Congress for approval. They argued that it is not the way the way the presidential power works in the modern era.



As Obama asked rhetorically in his Saturday Rose Garden statement, "What message will we send if a dictator can gas hundreds of children to death in plain sight and pay no price?"

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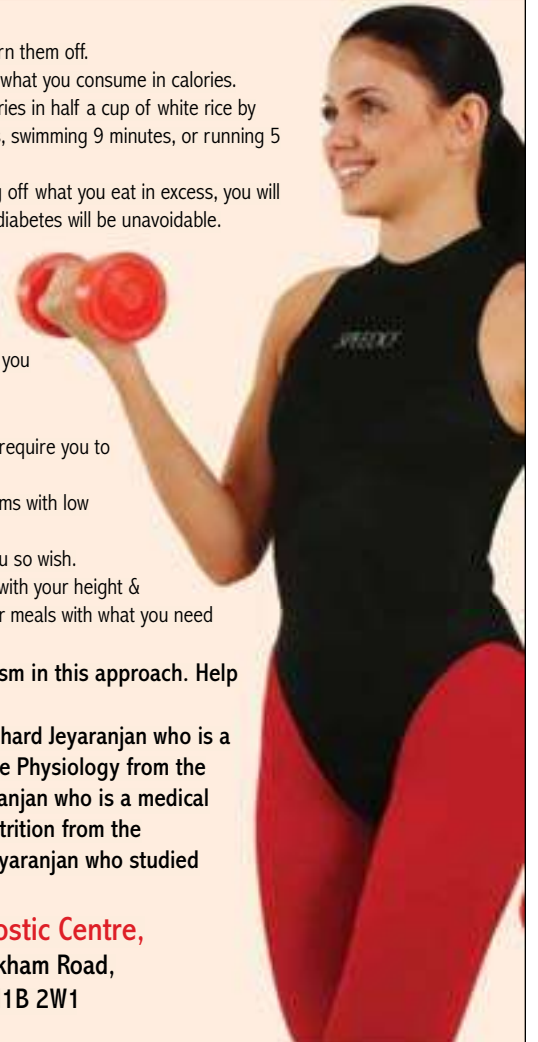
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U.S. Telecommunications Giant Verizon not entering Canada's wireless market, says Company CEO



The head of Verizon Communications Inc. Lowell McAdam has told Bloomberg News service that the company is not planning to enter the Canadian wireless telecom market.

"Verizon is not going to Canada," company CEO Lowell McAdam said in an interview with the Bloomberg news service.

McAdam said speculation that his company was about to wade into the Canadian market was "way overblown."

He made the comments following the announcement of a deal that will see Verizon pay \$130 billion US to buy the 45 per cent stake in Verizon Wireless that is currently held by British cellphone company Vodafone.

The possibility of Verizon entering the wireless market in Canada set off a heated war involving the existing three major players in the Canadian wireless market — Rogers Communications Inc., BCE Inc. and Telus Corp. — against the federal government.

The companies launched a public relations campaign in which they argued that government wireless policy would give an unfair advantage to a foreign company that wanted to enter Canada.

The Conservative government, which has stated that it wants to see a fourth national telecom player, had argued that the entry of Verizon would benefit consumers through increased competition.

Harper Government helps recent graduates in the Greater Toronto Area get jobs in high-demand fields

The Honourable Joe Oliver, Minister of Natural Resources and Member of Parliament for Eglinton-Lawrence, on behalf of the Honourable Candice Bergen, Minister of State (Social Development), today announced new measures introduced by the Harper Government that will equip young Canadians with skills and work experience needed to get jobs in high-demand fields.

"Our government is committed to creating jobs, economic growth and long-term prosperity all across Canada," said Minister of State Bergen. "Initiatives like this will connect youth with in-demand jobs while ensuring that Canada's economy benefits from the skills and talents of young Canadians. By investing in youth today, we are making sure they are ready to become Canada's future workers and contribute to our long-term prosperity."

"Our government's top priorities are creating jobs, economic growth and long-term prosperity," said Minister Oliver.

"These new measures will provide youth with the hands-on experience they need to get jobs in high-demand fields and fully contribute to the growth of Canada's economy."

Minister Oliver's announcement is one of a series taking place across the country. The Youth Employment Strategy will help over 1 900 youth with \$24 million in projects across the country, equipping them with the hands-on experience they need to start their careers in high-demand areas such as the skilled trades, tourism, and health sciences, while also helping employers address acute skilled labour shortages.

The Career Foundation is benefiting from over \$906,000 from the Career Focus program through Economic Action Plan 2012 to offer paid internships to help recent graduates get hands-on experience. Approximately, 64 youth will benefit from this project funding. Career Focus is part of the Government of Canada's Youth

Canada's Economy will bounce back during the second half of the year

Canada's economic performance will be stronger during the second half of the year, says the Organization for Economic Co-operation and Development.

However, the overall pace of recovery in the major developed countries will likely be less by a slowdown in growth in emerging markets, according to the OECD

The Paris-based OECD forecasts a growth rate of 2 per cent in 2013 for Canada, up from 1.7 per cent last year, and says economic activity is expanding at "encouraging rates" in North America, Japan and Britain while the euro is no longer in recession.

The organization forecasts 4.8-per cent GDP growth in Canada for the third quarter as the country bounces back from the impact of the Alberta floods and construction strike in Quebec. It sees 2.5-per cent growth in the fourth quarter.



Driver, Vehicle fees will increase in Ontario from this month

Ontario motorists will be forced to pay more driver and vehicle license fees beginning September 1.

Passenger vehicle validation fees will rise to \$ 90.00 - an increase of \$ 8.00 for those in Southern Ontario, while northern Ontario will see the fees go up to \$ 45.00 - a \$ 4.00 increase.

The cost of renewing a driver's license or getting a new license will be \$ 80.00, up from \$ 75.00, while the fees for various driver examinations will be increased from \$ 5.00 to \$ 10.00.



According to the provincial administration, the increase is aimed at covering the rising cost of maintaining roads, bridges and highways.

Employment Strategy (YES).

The participants will gain valuable work experience and develop useful skills for high-demand jobs through paid internships in the information systems and computer programming. Internships will take place with private sector employers in the Greater Toronto Area, Halton, Hamilton-Wentworth, and Peel regions of Ontario.

"The Career Focus program has opened doors for young people who are now working, growing and developing and making positive contributions," said Kristin Morrison, Director of Operations, The Career Foundation.

"On behalf of these youth, The Career Foundation and our community, we want to thank the Government of Canada for funding a project that is making such a difference."

Youth employment programs are part of the Government of Canada's strategy to connect Canadians with available jobs.

Economic Action Plan 2013 proposes new measures to equip Canadians with the skills and training they need to fill skills shortages and succeed in the Canadian labour market. These new measures include the Canada Job Grant, which will invest in skills training for unemployed and underemployed Canadians, better ensuring they are qualified to fill the high-quality, well-paying jobs available. Economic Action Plan 2013 is also creating opportunities for apprentices and providing support to under-represented groups such as Canadians with disabilities, Aboriginal people, newcomers and youth.

To learn more about Canada's Economic Action Plan, visit actionplan.gc.ca.

The Government of Canada is helping youth plan their careers, learn new skills and find jobs through enhanced online services available at youth.gc.ca.

from the publisher's desk

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Take time to celebrate our elders

By Krishni Narine
 B.A. (Hons.)

We all know an elder person we care dearly about and who has left an impact in our lives. They may be your mother, grandmother, uncle, teacher or neighbour. They may have taught you how to read, or how to do your taxes. They may have babysat your children or gave you advice when you needed it. On October 1st, 2013, we celebrate older persons for their contributions to our society and recognize the issues that affect their lives.

Our population is aging and many of the baby boomers are in their 50's- 60's and ready for re-

tirement. There are many issues that face seniors as they age and it is significant not to forget that they are an important part of our society. As older people think about their retirement plans and how they would like to spend it, whatever their decisions end up being, communities gain when seniors are healthy.

Healthy seniors contribute back to society whether they choose to volunteer or just be active in their community. Seniors that do not require the health system with medication or medical attention will help to save money in our already demanding health care system. Many older persons decide to give back their

time once they retire in an effort to learn new skills and meet new people.

On December 14, 1990, the UN General Assembly made October 1 as the International Day of Older Persons. International Day of Older Persons was first observed throughout the world on October 1st, 1991.

Let's celebrate International Day of Older persons and recognize their contributions throughout their life. What we learn from our past continues to shape our future. Monsoon Journal commemorates all those older persons that continue to make milestones in our communities and steps to making a better future.

Catch all the cricketing action for free until October 14 on Rogers Digital TV

Ten Cricket, a 24-hours sports channel dedicated to the gentleman's sport, can be viewed for free on Rogers Digital TV between August 15 and October 14, 2013. Promising an exciting innings for cricket fans in Canada, this free preview brings the world's best cricketing action from three continents to every Rogers cable customer's television screen.

Ten Cricket (Channel 671): A 24-hour sports channel that exclusively telecasts all the excitement from the pitch from five International Cricketing Boards (West Indies, Pakistan, Sri Lanka, South Africa and Zimbabwe). The channel features some of the best presenters and analysts from the Cricketing world, including Ian Bishop and Geoffrey Boycott, who provide insightful and unique perspectives on the sport. The channel also broadcasts additional exciting cricket programming, such as ICC Cricket World, Homes of Cricket and Simply the Best.

The free preview ends October 14, 2013, at which time the channel will be available for \$7 per month. Rogers Digital TV customers can simply tune into the channel to enjoy the free preview of Ten Cricket. Not a Rogers customer? Call 1 888 ROGERS1 or visit rogers.com/multicultural for more information.



A cloud of smoke billows from the Ed Koch Queensboro Bridge in New York City on August 16, 2013 after a truck caught fire on the span.

“Failure is only the opportunity to begin again, only this time more wisely” - Henry Ford

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

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உங்கள் அபிமான

ஈழநாடு நடாத்தும்

தென்னிந்திய - கனேடியப் பக்கவாத்தியக் கலைஞர்களோடும் பாடகர்களோடும்
லண்டனில் இருந்து வருகை தரும் ஈழத்தாயின் இசைக்கலைஞன்,

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A round the World

Sri Lanka becoming increasingly authoritarian, says U.N. Human Rights Commissioner Navi Pillay



By: Siva Sivapragasam

In a hard hitting speech from a six page prepared script, UN High Commissioner for Human Rights Navaneetham Pillay has accused Sri Lanka of becoming increasingly authoritarian in several fields of governance.

Pillay was addressing a packed audience of Media persons at the U.N. office situated in the heart of the city of Colombo on the eve of her departure from Sri Lanka.

She remarked that this was evident specially after ending the separatist war and with press freedom under sustained attack while the military had a bigger role in society.

Her accusations came from a six-page statement which revealed the role of the military of harassing and intimidating priests, journalists and other civilians as punishment for meeting with her during her week-long fact-finding mission.

“I am deeply concerned that Sri Lanka... is showing signs of heading in an increasingly authoritarian direction,” the UN High Commissioner for Human Rights told reporters at the end of her week-long visit to the country.

She said reports were pouring in of how many people who met with her were being visited by the police and security forces and questioned on the contents of their discussions with her.

“This type of surveillance and harassment appears to be getting worse in Sri Lanka, which is a country where critical voices are quite often attacked or even permanently silenced,” she said.

Pillay was speaking ahead of her departure after a visit that included travelling to the former war zones of Jaffna, Kilinochchi, Mullaitivu and Trincomalee to meet relatives of those who disappeared during the war that ended in 2009.

She said some of the meetings were not in public because those meeting her wanted them to be in “confidence.”

She stressed that Sri Lanka should

agree to a credible domestic investigation into accountability issue or else calls for an international probe will continue.

Sri Lanka has resisted pressure from the UN and Western nations for a credible investigation into allegations that up to 40,000 civilians were killed in the final months of its separatist war.

The relations between the UN and Colombo appear to have deteriorated during her visit, with President Mahinda Rajapakse accusing the world body of bias and Pillay of prejudging Sri Lanka.

She asked the Sri Lankan government to immediately order an end to the harassment of those she met with and said such intimidation did not take place in any of her previous visits to 60 countries.

Pillay is expected to present her findings to the UN Human Rights Council, which passed a resolution in March urging Sri Lanka to more thoroughly investigate war crimes.

She warned the country could slip back to conflict unless rights issues were addressed. She called for a de-militarization of the former war zones in the country’s north and east.

“I was concerned to hear about the degree to which the military appears to be putting down roots and becoming involved in what should be civilian activities, for instance education, agriculture and even tourism,” she said.

Pillay, a South African ethnic Tamil, said she had been abused in sections of Sri Lanka’s media and government ministers accusing her of supporting the defeated Tamil Tiger rebels.

She added that President Rajapaksa had apologized to her for the comments of the ministers, including lurid remarks by a minister who made a public offer to marry her.

Navi Pillay is the first non-white woman Judge of the High Court of South Africa. She is also the first South African woman to obtain a doctorate in Law from the Harvard University.

Sri Lankan Businessman K.R. Ravindran nominated for post of President, Rotary International

By Siva Sivapragasam

A prominent Sri Lankan Businessman, K.R. (“Ravi”) Ravindran has been selected by the Nomination Committee for the post of President, Rotary International for the year 2015-16.

Ravindran who holds a degree in commerce is the founder and CEO of Print-care PLC, a publicly listed company and global leader in the tea packaging industry. He also serves on the board of several other companies and charitable trusts. He is the founding president of the Sri Lanka Anti Narcotics Association, the largest anti-narcotics organization in Sri Lanka.

A Rotarian since 1974, Ravindran has served Rotary as a director and treasurer of RI and as a trustee of The Rotary Foundation. He has also served as an International Assembly group discussion leader, District Governor, Council on Legislation representative, and zone institute chair. Ravindran was awarded The Rotary Foundation’s Citation for Meritorious Service and Distinguished Service Award and the Service Award for



a Polio-Free World.

Ravindran is also a Director of Express Newspapers (Ceylon) Ltd., Publishers of “Virakesari”, the Premier and largest circulated Tamil Daily in Sri Lanka. His father Late Rajabather Krishnamoorthy was earlier the Managing Director of this Company. Ravindran is married to Vanathy and they have two children.

Indian juvenile court sentences youngest defendant in New Delhi fatal gang rape to 3 years in reform home

An Indian juvenile court handed down the first conviction in the fatal gang rape of a young woman on a moving New Delhi bus, convicting a teenager of rape and murder and sentencing him to three years in a reform home.

The victim’s parents denounced the sentence, which was the maximum the defendant faced. The family had long insisted the teen, who was 17 at the time of the December attack and is now 18, be tried as an adult — and thus face the death penalty — insisting he was the most brutal of the woman’s attackers.

“He should be hanged irrespective of whether he is a juvenile or not. He should be punished for what he did to my daughter,” the victim’s mother, Asha Devi, told reporters after the verdict was announced.

The attack, which left the 23-year-old victim with such extensive internal injuries that she died two weeks later, sparked protests across the country and led to reforms of India’s antiquated sexual violence laws. The convicted teen was one of six people accused of tricking the woman and her male companion into

boarding an off-duty bus. Police say the men raped the woman and used a metal bar to inflict massive internal injuries to her. They also beat her companion. The victims were dumped naked on the roadside, and the woman later died from her injuries in a Singapore hospital.

The victim’s father said the family was deeply disappointed with the sentence.

“This is completely unacceptable to us,” Badrinath Singh said. “We are not satisfied with this outcome. He is virtually being set free. This is very wrong.”

“No family should have a daughter if this is the fate that lies ahead for women. In this country, it is crime to be born a girl,” he said.

S.K. Singh, a lawyer for the victim’s family, said they would challenge the juvenile court’s verdict in a higher court.

Four of the other defendants are being tried in a special fast-track court in New Delhi and face the death penalty. The sixth accused was found dead in his jail cell in March. The court is expected to hand down the rest of the verdicts in September.



India still undecided on it's level of participation at Colombo Commonwealth summit

Amidst opposition by Tamil parties to Prime Minister Manmohan Singh's participation in the Commonwealth summit in Sri Lanka, the Indian Government has still not decided on the level of India's participation in the summit scheduled in November.

The Sri Lankan Government dispatched its Foreign Minister Dr.G.L. Pieris to India recently with a personal invitation from Sri Lankan President requesting Indian Prime Minister's presence at the summit. However, Manmohan Singh had not responded positively to the invitation yet.

In March, the Government received a letter from the Chief Minister of Tamil Nadu and the Chief Minister of Puducherry, urging the Prime Minister not to attend the CHOGM (Commonwealth Heads of Government Meeting (CHOGM) in Colombo. This was backed up by another letter from DMK President Karunanidhi who also requested the Prime Minister not to attend the summit.

"The Government has not yet taken a decision on the level of its participation at the 2013 CHOGM," Minister of External Affairs Salman Khurshid said in the Rajya Sabha during the Question Hour recently.

Replying to supplementaries, Minister of State for External Affairs Preeti Kaur said a "well thought decision will be taken" in this regard.

She further said the decision to hold the CHOGM at Colombo was taken in 2009. On issues related to human rights violations in Sri Lanka, she said that the government has been engaged with that country and it has also been raised at United Nations Human Rights Council.

To another supplementary, Khurshid said India is fully committed to the 13th Amendment of Sri Lanka's Constitution. The amendment relates to devolution of powers to ethnic communities, like Tamils.



America ready for a Female President

US First Lady Michelle Obama has stated that America is ready for a woman president, but would not comment on prospects for Mrs Hillary Clinton getting the job.

The First Lady's comments came in an interview with Parade magazine.

Asked if she thinks the country will see a female president in her lifetime, she said: "Yes, I think the country is ready for it. It's just a question of who's the best person out there." She declined to comment on the prospects for Mrs Clinton running to succeed Mr Barack Obama in 2016.



Mrs Clinton, a former US senator and Secretary of State under Mr Obama during his first term, has been vague on whether she will seek the nation's highest office.

India closely monitoring Northern Elections

The Indian Consul General in Jaffna V. Mahalingam told Media representatives that India was closely monitoring the Northern Provincial Council elections.

Addressing a media conference on Monday, Consul General V. Mahalingam said they hoped the elections, held after the lapse of many years would be conducted in a free and fair manner.

"If there is any violence, the Elections Commission should take necessary action. We will observe the situation. We are also closely monitoring the elections," he said.

"Sri Lanka's External Affairs Minister

G. L. Peiris was in India to extend India's invitation for the forthcoming CHOGM. During his visit, he also discussed the 13th Amendment with the Indian Prime Minister," he said.



Consul General V. Mahalingam

Deepa Balachandran, B.A. (Hons.), B. Ed., J.D. Criminal Defence Lawyer & Notary Public

Rusonik, O'Connor, Robbins, Ross, Gorham & Angelini, LLP

Bill C-43: The Faster Removal of Foreign Criminals Act

Bill C-43, passed earlier this year, contains a number of significant changes to the Immigration and Refugee Protection Act, and most importantly the loss of the threshold for appeal rights to the Immigration Appeal Division for permanent residents convicted of offences and sentenced to a period of at least six months.

Essentially, this means that a non-citizen who is sentenced to a term of imprisonment of at least 6 months on any individual count will not have a right to appeal any resulting deportation order to the Immigration Appeal Division.

Because the law can act retroactively, meaning the law applies even if you were sentenced prior to the law taking affect, you can now be deported for any sentence of six months or more at any time in the past. This can occur even if you are not facing any new charges, although any new charges can put you on the radar of the authorities.

If you are facing a criminal charge, you can depend on my services to help you through the process.

As a Partner at Rusonik, O'Connor, Robbins, Ross, Gorham & Angelini, LLP, the largest criminal defence firm in the country, I understand the crippling effects a criminal conviction can have on your work prospects, travel and reputation. Efficiency and confidentiality are the hallmark of my practice.

I have experience defending individuals facing various charges, including failure to comply with bail/probation, driving offences, assaults, weapons offences, fraud and theft. In addition, I also speak Tamil.

For a free consultation, contact me at **647-622-3911.**



A round the World

Good Samaritan Doctor Steps in at Accident Scene



Crash Scene



Prashanth Senthil

If you've ever been in a bad accident, you hope someone at least calls 911. During Friday morning's rush hour, one good Samaritan in Detroit did a lot more than that.

Prashanth Senthil — a second year Internal Medicine resident at Sinai-Grace Hospital — realized he was first on the scene of a three-vehicle crash on Jefferson Avenue in front of the Renaissance Center.

According to officials at the Detroit Medical Center, Senthil immediately sprung into action, using his car to block traffic, then rushing to triage and attend to four injured victims.

"I wanted to really be, honestly, a good human," Senthil told WWJ Health

Reporter Sean Lee. "I didn't see any emergency vehicles on site. I know I've had a little bit of training that I could put to use. I felt like this was something I needed to get myself immediately involved in."

Other bystanders pitched in to help, including a DMC nurse.

Senthil stayed on-scene until EMS arrived about 40 minutes later to take them to the hospital — and then he went to work.

"Thanks to his quick action several victims received prompt medical attention," said DMC spokesman Andrea V. Taylor, in a statement.

(Photo credit: Jennie Miller)

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TNA MEETS CANADIAN HIGH COMMISSION DELEGATION

Chief Ministerial candidate Justice Wigneswaran insists on international observers to monitor elections in Northern Sri Lanka
The presence of a very large army in the North necessitates international observers to monitor the coming provincial elections.

By Siva Sivapragasam

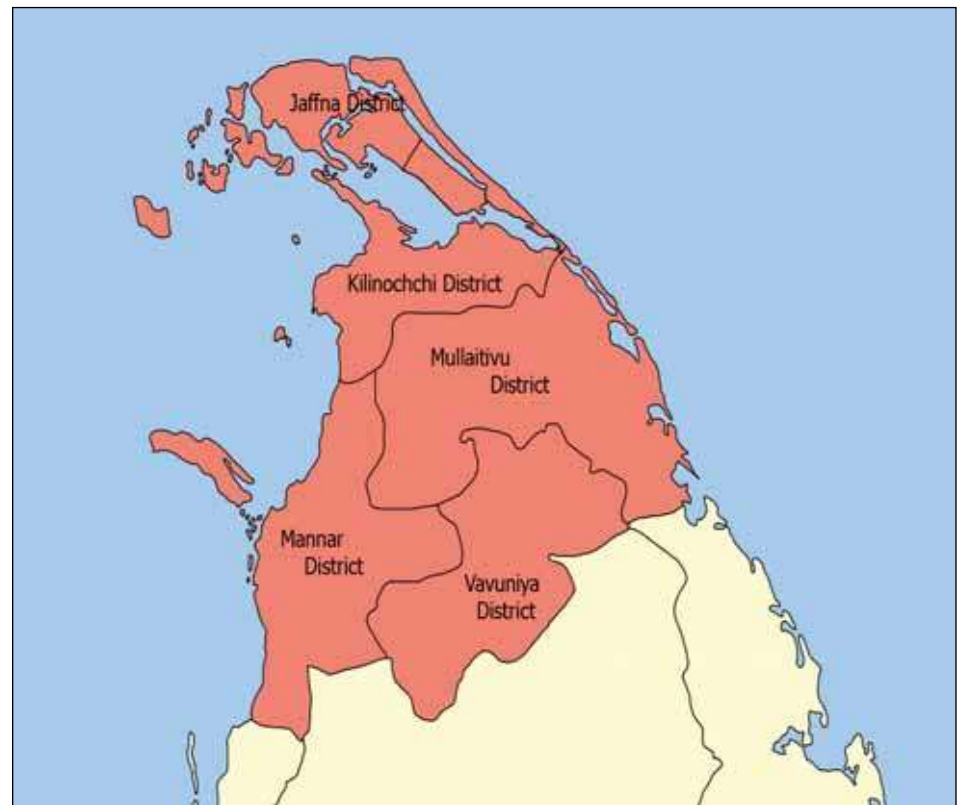
This is the message TNA Chief Ministerial candidate Wigneswaran conveyed to the Canadian High Commission counsellor Meghan Boster when a High Commission delegation met him in Kilinochchi. Associated with Wigneswaran were other TNA members & candidates.

Mr. Wigneswaran pointed out that if the elections were to be held in a fair and independent manner, an international body of observers should be stationed to prevent violations of election laws and human rights.

Wigneswaran explained to the Canadian delegation that there was a large army of about 150,000 in number present in the North and it was therefore necessary that there is no interference from the forces in the elections and independent international observers are necessary to monitor the elections and ensure that the elections are held in a fair and

just manner.

The Canadian High commission delegation was led by its Counsellor Ms. Meghan Boster and other officials from the High Commission. They met Wigneswaran and other TNA leaders at their "Arivagam" Secretariat in Kilinochchi. They also visited the office of the Jaffna based newspaper "Uthayan" which had been subjected to attacks by un-identified persons sometime back



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



Heart Disease: The Growing Risk in South Asian Populations



By: Jeavana Sritharan,
BHSc, MHSc,
PhD Student

According to The Heart and Stroke Foundation in Canada, every 7 minutes someone dies from heart disease or stroke. Heart disease is one of the leading causes of death in Canada and affects both men and women.

What is more alarming is that South Asian populations appear to suffer from heart disease at a younger age than other populations, almost 5-10 years younger based on a study in the Journal of the American Medical Association. Furthermore, researchers have noted that South Asians from India, Sri Lanka, Pakistan, Bangladesh, and Nepal have a risk 4 times higher than the general population.

This is a huge concern as India holds one of the largest populations and will soon face a cardiovascular disease crisis. What is more concerning is that this trend in South Asians appears to be present in other countries around the world as well. Over the next few decades, you will see the trend of heart disease increase in younger South Asian populations. This will be accompanied by an increase in high blood pressure, high cholesterol, and diabetes rates.

When looking at South Asians in Canada, it is fairly easy to recognize the trend of high blood pressure and high cholesterol in families, regardless of diet and physical activity. Not only is there a genetic component, but now it is believed that a multitude of factors affect the increase in heart disease in South Asians.

The problem of heart disease in South Asians has led researchers to focus on factors like high blood pressure, diabetes, and physical activity. Researchers found that South Asians had high blood pressure, high cholesterol, higher rates of diabetes, and were involved in less physical activity. The factor of genetics is also being explored but the focus is being steered towards modifiable risk factors like diet, exercise, and lifestyle habits (smoking, stress). Modifiable risk factors are factors that can be altered to prevent early heart disease and promote a healthy lifestyle.

There is also speculation that the increase in heart disease may be related to the westernization of South Asians in countries like Canada. However, as the trend of heart disease also appears in South Asia, it could mean that this is not just a problem for the South Asians in the western regions.

The Heart Muscle

The heart is a vital muscle that drives

the functions of the body's organs, muscles, and tissues. When the heart muscle malfunctions, it can create life threatening complications for the body. Diseases of the heart are known as cardiovascular diseases and affect both men and women.

What Are Important Warning Signs for Heart Disease?

Warning signs differ from person to person and different symptoms may be experienced, and in some cases the symptoms may not appear at all. For example, even though chest pain is the most common symptom, some individuals do not experience any pain at all. One of the major concerns is that South Asians who are affected by heart disease are often diagnosed at an advanced stage and tend to have poorer survival rates.

Common symptoms are the following:

- Shortness of breath
- Light headedness
- Chest discomfort
- Discomfort in upper body areas
- Dizziness
- Nausea
- Sweating

High Blood Pressure

Having high blood pressure can be a key factor in heart disease. High blood pressure causes the heart muscle to work and pump harder which in return increases the strain on the heart muscle. This further allows the blood vessels to slowly become clogged and damaged.

Cholesterol is found in foods and is actually important for body needs. However, when the body has too much cholesterol, the arteries that supply the heart with blood may become blocked and increase your risk of having a heart attack.

Diabetes

The problem of diabetes is not just among older South Asian populations, but rather among younger South Asian populations in their 20s and 30s. According to the National Health Services in the UK and the Palo Alto Medical Foundation in the US, South Asians are up to 4 to 6 times more at risk than other ethnic groups for type-2 diabetes.

Type-2 diabetes is the most common form of diabetes and it results from the body becoming insulin resistant or deficient of insulin. This form usually has a late onset in life, and factors like obesity, inactivity, poor diet, and high blood pressure affect it.

There is also new research focusing on what factors are influencing diabetes in South Asian populations. When communities migrate to countries like Canada, the migrant communities may pick up western diets and new forms of stressors that are not consistent in the countries they migrated from.

Potential Barriers to Care



There are additional issues that encompass why South Asians may not be receiving the appropriate care for heart disease, symptom management, and early prevention. The lack of community, family, emotional, and social support in the South Asian population is quite ironic. South Asian populations generally emphasize community and unity but with heart disease, there is a clear lack of support for South Asians in comparison to Caucasians. These lower levels of support can have negative effects on the health progress and future prevention strategies aimed at South Asian populations. Additionally, language barriers and limited culturally appropriate services or facilities may act as barriers to care for South Asians.

In order to change this pattern, it is important to increase understanding and awareness of the risks of heart disease and screening activities.

What Can You Do To Prevent Heart Disease?

Focus on knowing your blood pressure and cholesterol and keeping them under control. Get tested for diabetes or other heart related health conditions for early detection and prevention. Simple lifestyle changes like exercising regularly, reducing or quitting smoking, and following a healthier diet can have huge impacts on your risk for heart disease. Understanding that heart disease can be affected by a multitude of factors makes it more complicated to treat so it is important for individuals to acknowledge their own habits, lifestyle choices, and signs/symptoms.

Physical Activity: Regular exercise may be difficult to accomplish but beginning with small everyday movements will help begin the process. Simple exercising like stretching, taking the stairs instead of the elevator, starting a lunch time walk or run, and after work activities are ideas to think about. Over time, your body will get used to these activities allowing you to increase the intensity and duration of the exercise.

Diet: South Asian cuisine is very different from Western cuisine as there are

many different flavours and spices used. Many of these spices are actually beneficial to our immune system but it is the fatty oils, sugar, salt, and carb based foods that create the problem. Limiting consumption of heavy carb products like rice and bread, and reducing the sugar and salts in our foods are important changes. Other changes would be to avoid or limit red meat and processed meat consumption and increase intake of low fat products, veggies and fruits, and healthy grains. Eating on time is a common problem for many South Asians as community and family events often lead to meals being consumed very late into the evening. Creating a strict schedule for meals and avoiding eating late can actually help to reduce the buildup of fat in your body resulting in a healthy body weight.

South Asians who are relatively healthy are also at risk for heart disease. For these individuals, screening and recognizing early signs are important. At times, individuals may feel repetitive shortness of breath after activities or chest pain here and there. These signs cannot be ignored and should be brought to your physician. At times, you may not have any symptoms but understanding heart disease can help you opt for screening and advise other family members appropriately. As a South Asian, health professionals are already aware of your high risk for heart disease so screening and prevention can be integrated early.

If you would like more information on heart disease and on how to assess your risk, please visit The Heart and Stroke Foundation at www.heartandstroke.ca.

Jeavana Sritharan is a PhD Student in Medical Science at the University of Toronto. She has a Master's degree in Health Sciences from the University of Ontario Institute of Technology and a Bachelor's degree in Health Sciences from the University of Ottawa. She is currently a Part-Time Professor at Durham College and is also the Co-Founder of the webpage, Health Perspectives.

Contact email:
info@healthperspectives.ca



Dental Implants

Many people suffer tooth loss, mostly due to the tooth decay (Cavity) and the gum disease or an injury. In recent years, dental implants have become a more common alternative to conventionally placed dentures and bridges.

What Are Dental Implants?

Dental implants are replacement tooth roots those are designed to create a stable foundation for a natural looking teeth. The tooth root implant, which is a small post made of titanium placed directly into the jawbone. In fact, titanium alloys are widely used in both medicine and dentistry, for dental implants, pacemakers, stents, orthodontic brackets, and orthopedic implants (e.g., hip, shoulder, knee, elbow). Not only is titanium strong, but many consider it bio compatible.

Can Anyone Get Dental Implants?

In most cases, anyone healthy enough to undergo a routine dental extraction or oral surgery can be considered for a dental implant. Patients should have healthy gums and enough bone to hold the implant. They also must be committed to good oral hygiene and regular dental visits. Heavy smokers, people suffering from uncontrolled chronic disorders such as diabetes or heart disease or patients



Tooth Crown and Tooth Root



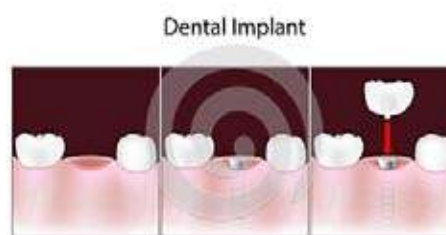
Dental Implant Tooth Replacement

who have had radiation therapy to the head/neck area need to be evaluated on an individual basis. If you are considering implants, talk to your dentist to see if they are right for you.

How Painful Are Dental Implants?

Most people who have received dental implants say that there is very little discomfort involved in the procedure.

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



Dental Implant Procedure



Dental Implants with Gingival Cuffs



Dental Implants in The Gum

Local anesthesia can be used during the procedure, and most patients report that implants involve less pain than a tooth extraction.

After the dental implant, mild soreness can be treated with over-the-counter pain medications, such as Tylenol or Advil.

How Successful Are Dental Implants?

Success rates of dental implants vary, depending on where in the jaw the implants are placed but, in general, dental implants have a success rate of up to 98%. With proper care, implants can last a lifetime.

What Is Involved in Getting a Dental Implant?

The first step in the dental implant process is the development of an individualized treatment plan. The plan addresses your specific needs and is prepared by a team of professionals who are specially trained and experienced in oral surgery and restorative dentistry. This team approach provides coordinated care based on the implant option that is best for you.

Next, the tooth root implant, which is a small post made of titanium, is placed into the bone socket of the missing tooth. As the jawbone heals, it grows around the implanted metal post, anchoring it securely in the jaw. The healing process can take from 6 to 12 weeks.

Once the implant has bonded to the jawbone, to make the new tooth or teeth, your dentist makes impressions of your teeth, and creates a model of your bite

(which captures all of your teeth, their type, and arrangement). The new tooth or teeth is based on this model. A replacement tooth, called a crown, is then attached to the implant. Instead of one or more individual crowns, some patients may have attachments placed on the implant that retain and support a removable denture. Your dentist also will match the color of the new teeth to your natural teeth. Because the implant is secured within the jawbone, the replacement teeth look, feel, and function just like your own natural teeth.

What Are the Advantages of Dental Implants?

There are many advantages to dental implants, including:

Convenience. Removable dentures are just that; removable. Dental implants eliminate the embarrassing inconvenience of removing dentures, as well as the need for messy adhesives to keep them in place.

Durability. Implants are very durable and will last many years. With good care, many implants last a lifetime.

Better appearance. Dental implants look and feel like your own teeth. And because they are designed to fuse with bone, they become permanent.

Improved speech. With poor-fitting dentures, the teeth can slip within the mouth causing you to mumble or slur your words. Dental implants allow you to speak without the worry that teeth might slip.

Very comfortable. Because they become part of you, implants eliminate the discomfort of removable dentures.

Easier eating. Sliding dentures can make chewing difficult. Dental implants function like your own teeth, allowing you to eat your favorite foods with confidence and without pain.

Improved self-esteem. Dental implants can give you back your smile and help you feel better about yourself.

Better oral health. Dental implants don't require reducing other teeth, as a tooth-supported bridge does. Because nearby teeth are not altered to support the implant, more of your own teeth are left intact, improving long-term oral health. Individual implants also allow easier access between teeth, improving oral hygiene.

Does Insurance Cover the Cost of Dental Implants?

In general, dental implants are not covered by dental insurance at this time. Coverage may be possible, depending on the insurance plan and/or cause of tooth loss. Detailed questions about your individual needs and how they relate to insurance should be discussed with your dentist and the insurance provider.

How Do I Care for Dental Implants?

Dental implants require the same care as real teeth, including brushing, flossing, and regular dental check-ups.

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2013 AGM

ANNUAL GENERAL MEETING

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Join us as we discuss the past year of programs/events
and share our plans for the upcoming year.

“Durham LifeBeat 2013”

- A 24 hour Band-A-Thon Musical Fundraiser, for the Rouge Valley Health System Foundation Ajax- Pickering hospital.

VOLUNTEER EXCITEMENT AND COMMITMENT IS BUILDING FOR SEPTEMBER 27TH-28TH PICKERING HIGH SCHOOL, MUSICAL EXTRAVAGANZA!!

As reported in the August edition of the Monsoon Journal, community support, from a broad cross section of institutions of civil society that includes: multicultural and religious organizations; the social service sector; service clubs; law enforcement organizations; local schools; colleges and universities; the business sector; press and media outlets – locally, nationally and internationally, plus different levels of government, is building throughout Durham Region, as well as in surrounding GTA communities in support of “Durham LifeBeat 2013.”

According to Maureen Dowhaniuk, Manager Special Events, RVHSF “Durham LifeBeat 2013,” is an “exciting community economic development and fundraising initiative that is promoting unity, friendship, and community solidarity - as well as raising much needed funds for our hospital’s surgical program.”

She went on to explain that, the idea for 24 Hour Band-A-Thon came from the Mathivasan & Help for Love organization that successfully raised over \$164,000 for local hospitals by performing non-stop music for 48 hours. Help for Love, is a charity event organized by Bavatharani’s Ever Giving Foundation, that was established in memory of Bavatharani Mathivasan, Co-founder and Music Director of Bavatharani’s Bharradhi Arts Kallaikkoyil, Ontario Canada.” Children and youth, as young as 14 years of age, including hundreds of singers, have performed at Foundation musical events. Past musical fundraisers have included: in 2008, a Help for Love, 24 hour non-stop concert that raised \$39,000 for the RVHSF. In 2010, \$15,000 was raised for the Princess Margaret Foundation, through another musical event, and in 2012, \$56,350 was raised for the Markham Stouffville Hospital Foundation.

This year’s goal for the 24 hour Band-A-Thon initiative has been set at \$100,000. Ever Giving Foundation musicians and singers will again use the successful 24 hour non-stop concert approach for their Band-A-Thon event at Pickering High School. Musicians, dancers and singers from local schools, colleges and universities, plus performers from throughout Durham Region representing different multicultural organizations will also be performing on the 27th -28th of September, to raise funds for the RVHSF.

To-date, the Music Departments of Pickering High School, Pine Ridge Secondary School, and J. Clarke Richardson Secondary School, have agreed to perform at the Band-A-Thon, and to raise funds for the RVHSF. The Durham Regional Police Drums and Pipe Band, recently confirmed that will perform as part of the opening ceremony for the Band-A-Thon. In addition, over thirty, multicultural, social service and religious organizations, many of whom, have been serving on different committee structures to help organize and promote the Band-A-Thon since early June, will also be providing children/youth artists to perform at the fundraiser, and volunteers to help organize the event. According to Mathi Seenivasagam, the co/chair and musical director of the Band-A-Thon, “eighty performers have already regis-

tered to perform at the fundraiser, and 70 volunteers, youth and adults, have given a commitment to help organize the Band-A-Thon.” He added that the: Band-A-Thon is having the effect of promoting unity in diversity, in the community – and in particular between the fundraiser organizing committee, officials with the e RVHSF; all performers, volunteers and community partners.”

Hospital and Foundation staff are researching the best piece of medical equipment for which the “Durham LifeBeat 2013” should fundraise. Under consideration is an OR Procedure Table. No operating room is without a table, as this is where the patient lies during the operation. Consequently, the table could be used for thousands of procedures during its lifetime. The procedure is also radiolucent so that x-rays can be completed during surgery. Depending on the amount of funds raised, other pieces of medical equipment are also being considered.

Band-A-Thon organizers are adopting a twofold approach to raising funds for the RVHSF. All volunteers, and performers at the Band-A-Thon, and participating organizations, have been asked to approach friends, family members, and their networks, and request that



24 Hours of Non-Stop Music to Beat Cancer!

Durham LifeBeat

September 27 to 28, 2013

At Pickering High School, Ajax



Our Community Partners



*As of August 20, 2013

they make a direct donation/pledge to support the fundraising initiative. Secondly, organizers are approaching local businesses in the community and asking them directly to become a corporate sponsor of the fundraiser. In this regard, there are four sponsorship levels.

1. Silver \$1,000 - Unlimited.
2. Gold \$ 1,500 - 10.
3. Platinum \$3,000 - 5.
4. Title \$10,000 - 1.

For further information regarding “Durham LifeBeat 2013,” fundraising project for the Rouge Valley Health System Foundation, please contact, Mr. David Snell, Communications Specialist, RVHSF mobile, 905-626-6950 or dstell@rougevalley.ca. Please also visit our website: www.durhamlifebeat.com. If you are interested in performing at the Band-A-Thon, or volunteering your time to help organize the fundraiser, please contact, Mr. Mathi Seenivasagam, Co-Chair, and Musical Director, (647) 880-7798 or bharradhiarts@yahoo.ca. Alternatively, Mr. Roland Rutland, Multicultural and Community Outreach Coordinator, (905) 686-3476 or rolandrutland@hotmail.com.



Rouge Valley earns safety award Hospital becomes one of the first healthcare facilities in Canada to win award

A recent award presented to Rouge Valley Health System (RVHS) celebrates the hospital's success in its commitment to safety.

RVHS is the recipient of the Highly Protected Risk (HPR) award, presented on behalf of FM Global, a worldwide insurance provider to industrial and commercial operations, and the Healthcare Insurance Reciprocal of Canada (HIROC). The award was presented last month to the hospital's facilities team at the Rouge Valley Ajax and Pickering (RVAP) hospital campus in west Durham Region.

For decades, the HPR award has been given to a select group of FM Global clients. This year, for the first time, the award was rolled out to six HIROC subscribers, including RVHS. Rouge Valley successfully reduced the overall likelihood and severity of a loss though the resolution of key physical deficiencies and implementation of critical human element programs.

"It's an honour for our team to be recognized this way. It is our goal at Rouge Valley Health System to provide a well-protected facility for our patients, physicians, staff, volunteers and visitors," says Rick Gowrie, vice-president of planning, capital redevelopment, facilities and support services. "By providing a safer hospital for our patients, community and staff,

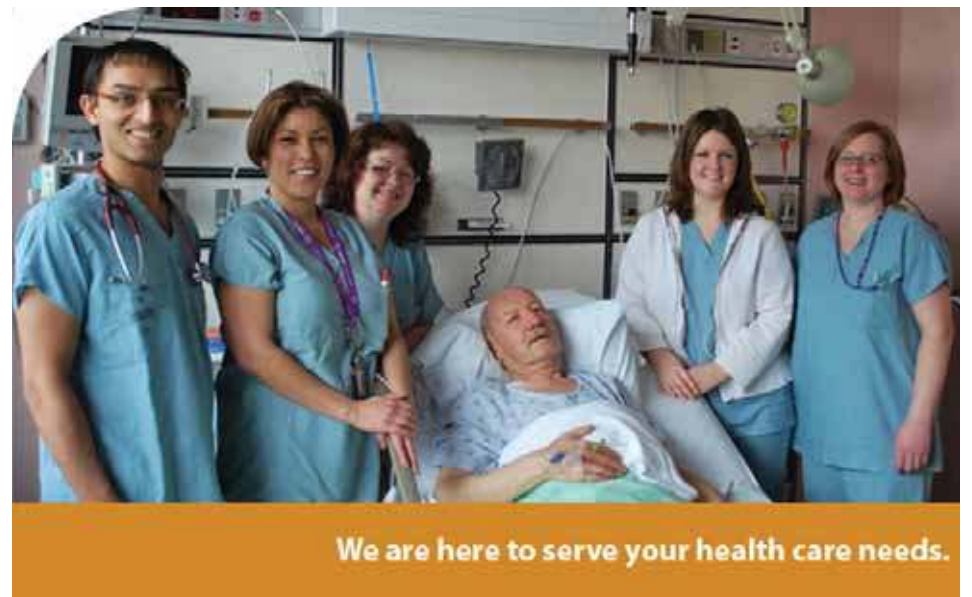
we can offer the best possible facilities to serve our community 24 hours a day, 365 days a year."

FM Global presents the HPR award to organizations that show a continued commitment and dedication to achieving a higher level of property risk management. The signature of an HPR facility is that all reasonable precautions are used to reduce the likelihood and severity of property loss or damage. "The HPR Award doesn't start with the first inspection. It's a philosophy the facility builds up over time and that philosophy is definitely evident at Rouge Valley," says Daniel Kotwinski, who presented the award to the hospital on behalf of FM Global.

HIROC and FM Global jointly evaluated RVAP and agreed the facility deserved the HPR Award for its willingness to implement the recommendations and continue ongoing programs in pursuit of a safer facility. Other hospitals recognized this year included:

- Northumberland Hills Hospital;
- Women's College Hospital;
- Brampton Civic Hospital - William Osler Health Centre;
- Interlake Regional Health Authority;
- Gimli Community Health Centre;
- Interlake-Eastern Regional Health Authority Pine Falls Hospital Health Complex.

News with heart on patients and staff at Rouge Innovative programs and clinics, integration update and more in Echo




Learn how Rouge Valley doctors, staff and volunteers are improving lives of teenage and senior patients in Scarborough and Durham in the latest issue of our Echo magazine.

Articles in the quarterly Echo magazine include:

- How a Whitby Grade 12 student with a rapid heart condition has been able to live an active life thanks to our cardiac team;
- Dramatically decreasing how long mental health patients wait for psychiatric care;
- Lowering infection rates through regular hand washing and promotion;
- Our 2013-14 Rouge Valley Health System Board of Directors;

- Community, staff, physicians and volunteers answer the call for organ donation;
- Racing old hospital beds while raising funds for new ones;
- An update on the facilitated integration process; and
- Honouring 60 years of volunteering in the hospital.

All of this and much more can found in our magazine for you at <http://www.rougevalley.ca/images/PDFs/Echo/2013/echo-summer-2013-web.pdf>. Echo magazine is also available in print at our two hospital campuses and is sent to 1,200 doctors' offices plus to community organizations in the area.



Rouge Valley Health System (RVHS)

- The best at what we do.

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

Second Wi-Fi panel member's conflicts are problematic



The Royal Society of Canada's eight-member panel will update the 2009 safety guidelines for human exposure to electromagnetic emissions from wireless devices, which Industry Canada regulates.

Concerns have flared over possible conflicts of interest of a second member of a panel chosen by the Royal Society of Canada to examine safety levels for cell towers, cellphones and wireless devices.

The chair of the panel, Daniel Krewski, resigned in July amidst concerns over a conflict of interest following a CMAJ report revealing he did not fully disclose details of his government contracts.

Now, the Oakville, Ontario-based public interest group Canadians For Safe Technology reports that a second scientist may also be a problematic choice.

According to the group, John Moulder, professor and director of radiation biology at the Medical College of Wisconsin, in Milwaukee, has close industry ties and should be removed.

Moulder has served as "a professional expert witness with a pattern of denying the suspected or identified risks" of electrical radiation, says Frank Clegg, the group's chairman. "Mr. Moulder is an American industry consultant," Clegg charges. "He has no place influencing Canada's safety review."

Moulder rejected an interview request regarding the group's charges, citing confidentiality provisions in his agreement with the Royal Society. The Royal Society of Canada did not respond to an interview request regarding Moulder's industry ties.

Dr. David Carpenter, director of the Institute for Health and the Environ-

ment at the University at Albany, New York, agrees the inclusion of Moulder on the panel is troubling, in part because he has taken public positions discounting the thousands of scientific studies showing effects," which calls into question "his ability to be objective or independent."

Olle Johansson of the Department of Neuroscience at the Karolinska Institute in Stockholm, Sweden, who organized a panel on Wi-Fi safety in 2009 in Seletun, Norway, says the Royal Society of Canada should have little trouble identifying panel candidates free from conflict-of-interest concerns.

"There is quite a sufficient number of independent scientific experts without commercial ties," he notes. "These projects and reviews must be entirely independent of all types of commercial interests."

The Royal Society of Canada convened its panel, Review of Safety Code 6: Potential Health Risks of Radiofrequency Fields from Wireless Telecommunications Devices, in March at the behest of Health Canada, which provided \$100,000 in funding. The eight panel members from Canada, the United States, the United Kingdom and the Netherlands are assessing whether Health Canada should update its 2009 safety guidelines for human exposure to electromagnetic emissions from wireless devices, which Industry Canada regulates.



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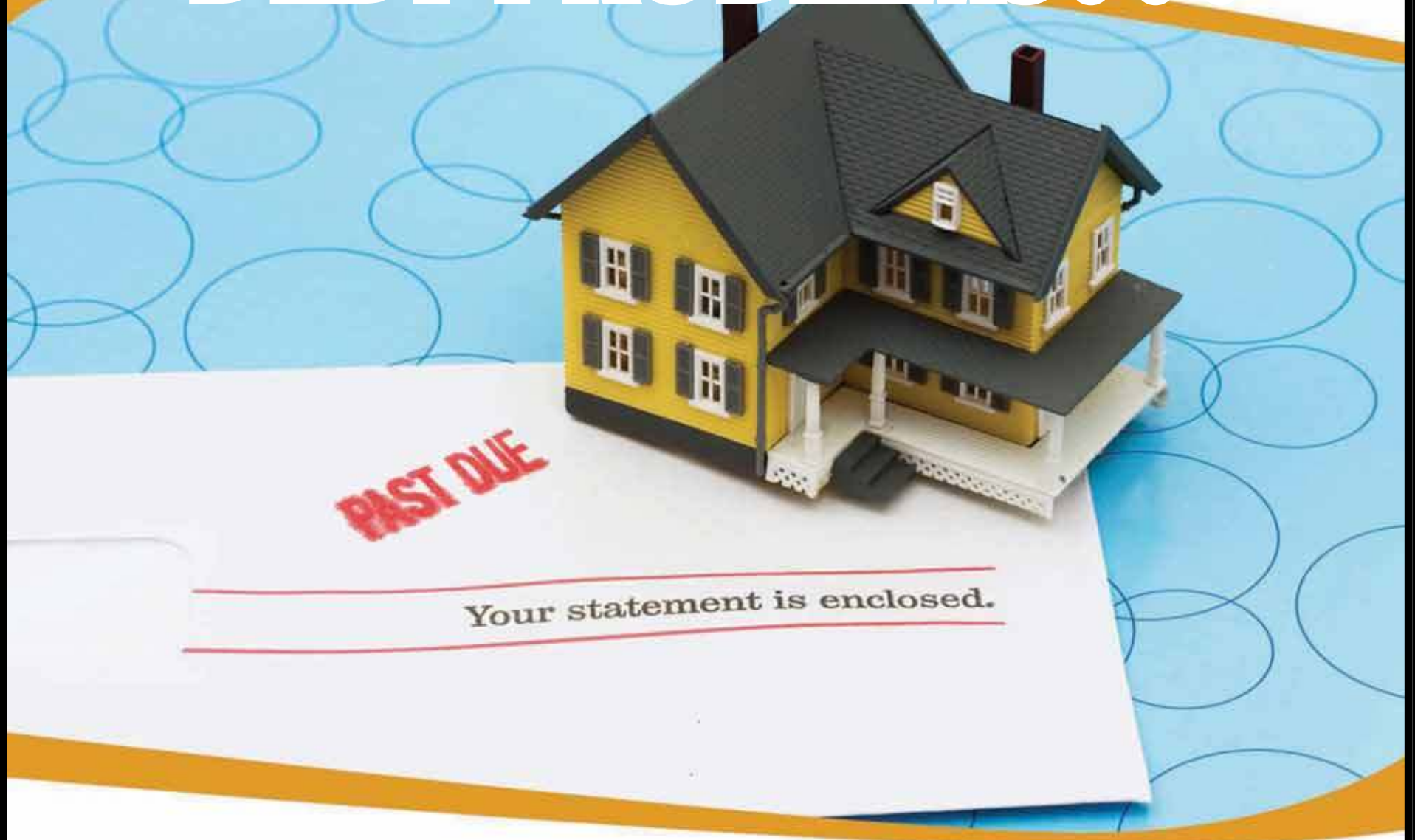
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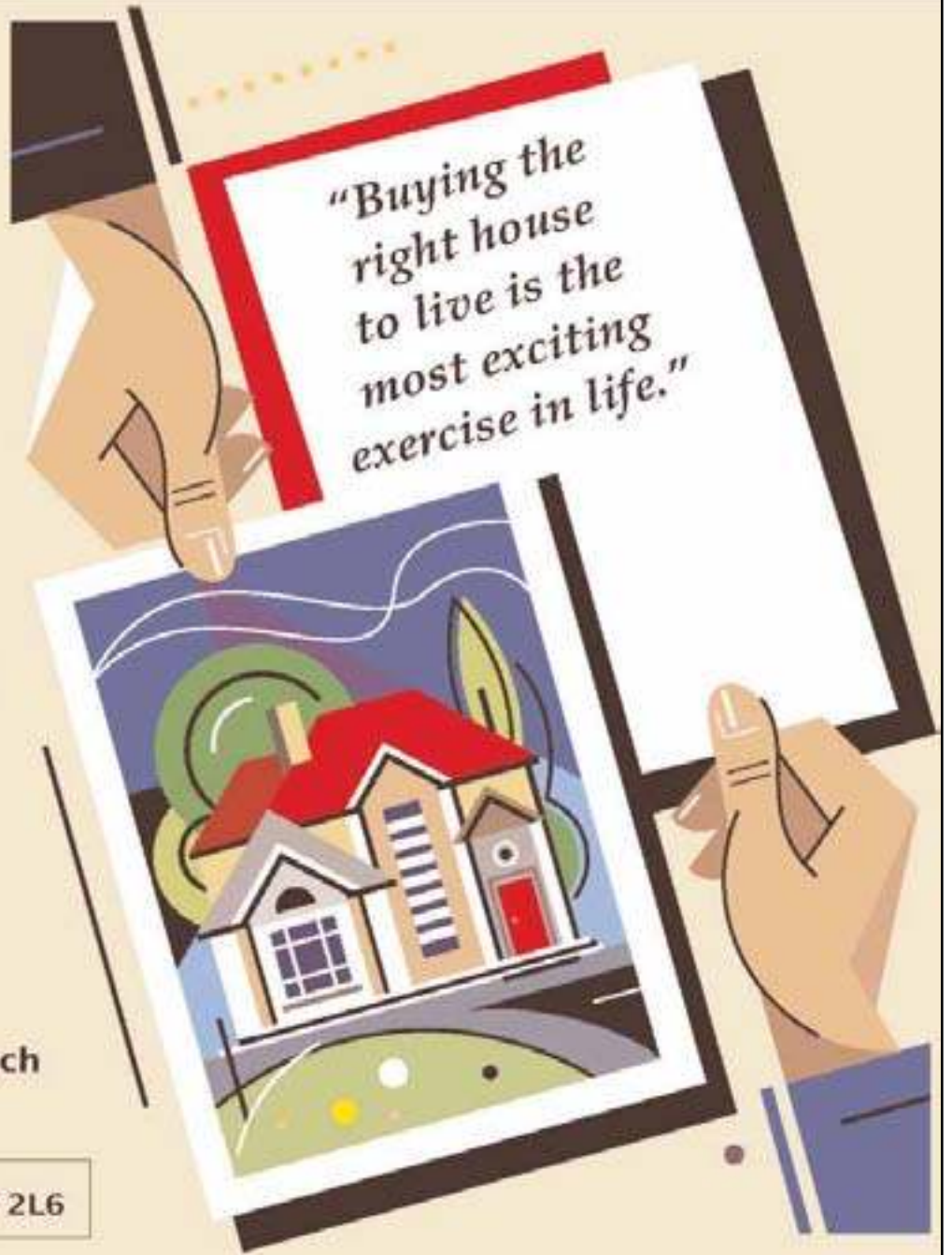
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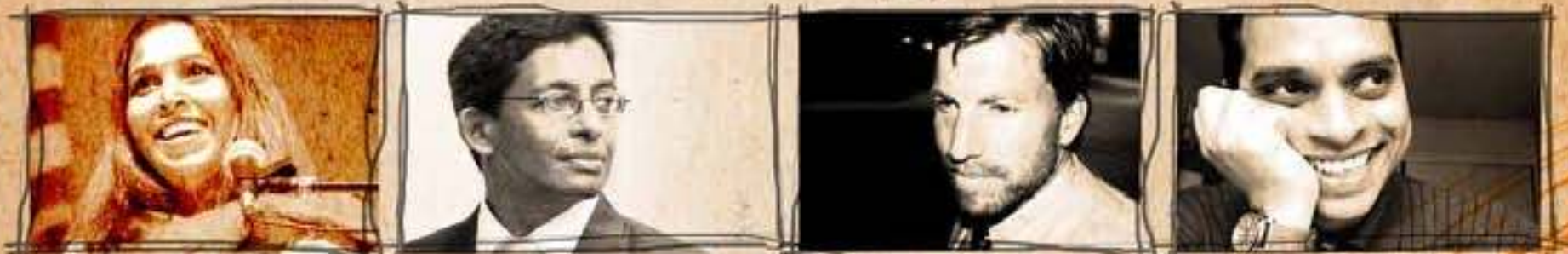
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FREE VIDEOS HELP EDUCATION DIABETIC PATIENTS

Healthcare teams at The Scarborough Hospital (TSH) providing care to patients with diabetes now have a new, effective tool in their toolkit: a series of videos that bring a wide variety of educational materials right to them on television screens in inpatient rooms and in waiting rooms.

The video series, 'Managing Your Diabetes,' is available in English, French, Spanish, Tamil, Hindi and Urdu, and covers a wide range of topics, from managing blood glucose and medication to ethnic diets. A program schedule will be made available on each of the floors, and can be viewed here (link to schedule).

"The hospital previously purchased education channels through Hospitality Network that we underused," explains Nora Dixon, Diabetes Clinical Nurse Specialist and the driving force behind introducing the videos to TSH. "This was a lost opportunity to share knowledge with patients at a time when they are a captive audience and perhaps most motivated to learn."

The series is available free on all inpatient televisions regardless of whether the patient subscribed to television service.

"The videos run throughout the day in each of the six languages. The healthcare team can suggest and play relevant videos for patients, or patients can also view for their own interest," Nora explains.

For diabetic Daniel Barker, a recent patient in CP1 at the General campus, the videos "were a real eye-opener."

"I was diagnosed seven years ago with diabetes. I found watching these videos very informative, and I learned just how badly I was taking care of my health," Daniel says. "You don't always recognize the signs of diabetes until they're too late. These videos are helpful."

The videos were produced in collaboration with the Ministry of Health and Long-Term Care, the Canadian Diabetes Association, EatRight Ontario and Telehealth Ontario. The videos are also available online at <http://www.health.gov.on.ca/en/public/programs/diabetes/video/>

Patients wishing to view the videos in their rooms can access them in the language of their choice on the following channels:

General: 70 (English/French); 72 (Spanish/Tamil); 78 (Urdu/Hindi)
 Birchmount: 70 (English/French); 72 (Spanish/Tamil); 79 (Urdu/Hindi).



Nora Dixon, Diabetes Clinical Nurse Specialist and patient Daniel Barker watch a diabetes education video available free of charge in inpatient rooms and in waiting rooms.

TSH physician 'figures' out new way for health care community to share knowledge

Most people would not get excited over a photo of the rash associated with Lyme disease. But if you're a user of Dr. Josh Landy's mobile phone application Figure 1, these sorts of images of painful, fatal and unique

conditions are exactly why you signed up.

Figure 1 is a new photo-sharing network designed for healthcare professionals. Dr. Landy, an intensive care physician at The Scarborough Hospital, co-founded the app with Ryerson Communications Professor

Greg Levey and computer programmer Richard Penner. Dr. Landy cites the "culture of physicians to share interesting findings, whether they're classic ones we learn in medical school but rarely see, or

picture-text book-perfect versions of things we see day-to-day," as the inspiration for Figure 1. The idea is to take items already being passed around via email or text message and make them available to the medical community to encourage people to learn more about the conditions.

"There's no doubt that continuing medical education saves lives," says Dr. Landy. "If a healthcare professional has easier, more efficient access to information and can learn something more about a patient they are seeing, they are going to improve the care of that patient."

Launched in late May, Figure 1 - named after the term for illustrations in scientific journal and text books - now has tens of thousands of users and several thousand images uploaded. And that's just as an app available exclusively for the iPhone. Dr. Landy hopes to expand the app to Android devices and the web soon.

Although the most common responses from his colleagues about Figure 1 alternate between "I wish I thought about that" or "I thought about doing that", questions about patient privacy invariably follow.

Dr. Landy stresses that privacy was "the most important" issue when producing the app. After consulting various healthcare lawyers and hospital privacy officers - including the privacy officer at TSH - the team came up with "a plan to protect patient details but at the same time allow healthcare professionals to upload their images."

Whenever a user adds a photo they are met with privacy guidelines reminding them of all the information that must be removed and they can use

an in-app tool to erase this information on the image. As well, the app includes an automatic face blocking feature which puts a grey box in front of any face that is part of an image.

And while anyone can download the app, only individuals who categorize themselves as healthcare professionals can upload and comment on pictures. Physicians are further verified through their medical licence information.

Although Dr. Landy has never done a count of how many TSH staff have downloaded the app, he definitely knows the images that show up most frequently and get the most attention.

"There are a lot of fractures, skin conditions and really interesting anatomic findings during surgery or from pathology," says Dr. Landy, who has personally added about 40 images to Figure 1. His favourite image is of a patient with situs inversus, where the organs are on the opposite side of the body. "I uploaded a picture of the patient's x-ray where it shows the heart on the right side instead of the left."

Dr. Landy admits he has "thoughts" about building other apps in the future ("I'd love to tackle hospital dictation."). But for now, when he's not practicing medicine, his focus is on "making sure we deliver Figure 1 to people in as good condition as we can and helping to build our community."



Figure 1 co-founder and TSH Intensive Care physician Dr. Josh Landy believes the app helps to encourage continuing medical education which ultimately improves patient care.

PATIENTS HAVE MORE APPAREL CHOICES

Linen carts across the hospital may seem a bit fuller now as TSH introduces more hospital apparel choices for patients.

Last month, patients at both campuses were introduced to two options in addition to the standard "tie back" hospital gown: a robe and pajama-style pants.

Although these are not new products, they're meant to offer our patients more comfort and choice.

Being a patient in hospital can be a vulnerable experience, and these gown options are meant to

offer more dignity and address the needs of our global community.

All three items can be ordered from the Linen Room, Monday to Friday between 7:30 a.m. and 3:30 p.m. by calling extension 6244 at the General campus and extension 5526 at the Birchmount campus.

Outside of these hours, they can be ordered via the Transport Tracking System by calling extension 4545 at both the General and Birchmount campuses.



TSH Volunteer Bob Fletcher (left), and Foundation staff Paulina Szlachta and Krishni Narine, model the three hospital gown options.

'CONFESSIONS OF AN OPERATING ROOM NURSE' AN INFORMATIVE LOOK AT OR NURSING AT TSH

Not many healthcare professionals would dream about writing a book about their career experiences, especially as they approach retirement. But that's exactly what Kate Richardson did after 42 years as an Operating Room nurse, primarily at The Scarborough Hospital.

'Confessions of an Operating Room Nurse: Fifty Shades of Green,' is 45 pages of memories, experiences and anecdotes that take the reader past the closed doors of the hospital operating room.

"Ever since I graduated from nursing school and started working in the Operating Room (OR), I wanted to write this because no one – family members, the general public, even other nurses – really understood what OR nurses do," Kate recalls. "People thought we just stood there all day and handed instruments to surgeons. But it's so much more than that."

Towards the end of Kate's career (30 of those years as an OR nurse at the General campus of TSH), she told her colleagues she was compiling memories to write her book.

She brought a journal to the nurses' lounge and encouraged them to share their anecdotes, but few took her up on her offer.

"I especially wanted young nurses to contribute because it's very scary for a nurse starting out in the OR. There's so much to learn, so much technology, it's nothing like nursing on the floor, and you're dealing with surgeons' personalities all day long," she adds.

"I was going to write a whole chapter on how scary

it is for new nurses in the OR, but none of the nurses wrote anything, and I couldn't remember what it was like 42 years ago!"

'Confessions' takes the reader on the OR nurse's journey each day. Kate's colleague, Registered Nurse Debra Babishuk, drew the initial concepts behind the light-hearted cartoons that illustrate various OR nursing scenarios.

Generously peppered with humour and great storytelling, 'Confessions' is also very informative in describing the critical role of the OR nurse.

"OR nursing is very stressful, but I'm lucky that in my age group, we learned new technologies gradually as they were introduced. New nurses have to learn it all at once," Kate says, adding that being an OR nurse in TSH's original operating rooms poses extra challenges.

"There are so many things in the OR that are so challenging because

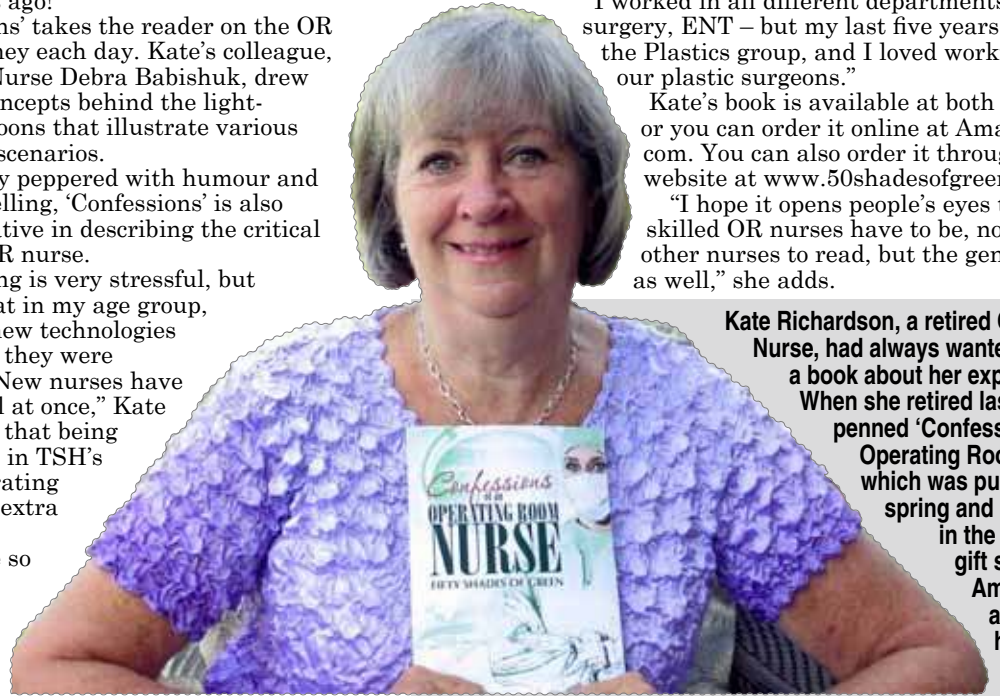
the facility is so old. But TSH has a great group of surgeons.

"I worked in all different departments – general surgery, ENT – but my last five years was with the Plastics group, and I loved working with our plastic surgeons."

Kate's book is available at both gift shops, or you can order it online at Amazon.com. You can also order it through Kate's website at www.50shadesofgreenbook.com

"I hope it opens people's eyes to how skilled OR nurses have to be, not just for other nurses to read, but the general public as well," she adds.

Kate Richardson, a retired Operating Nurse, had always wanted to write a book about her experiences. When she retired last year, she penned 'Confessions of an Operating Room Nurse,' which was published this spring and is available in the hospital gift shops, on Amazon.com and through her personal website.



DAILY HUDDLES A SHINING EXAMPLE OF PERFORMANCE IMPROVEMENT GAINS



The daily huddles at the General campus Emergency Department have been well attended, and participation by frontline staff continues to improve.

The recent introduction of daily huddles in the Emergency Department at the General campus has empowered staff from all disciplines to become excellent problem-solvers.

This is an initiative by the Innovation and Performance Improvement Office (IPI) working with the frontline staff in the Emergency Department.

The Emergency Department is an unpredictable and hectic environment, and according to Denise Edman, Patient Care Manager, Emergency & Urgent Care, General campus, "we were nervous when IPI asked us to start doing daily huddles."

"We always struggled to do the huddles; it was on our to-do list. We would hold them occasionally, but we didn't have a standard approach because of the nature of the ED," Denise explains. "IPI provided us with the tools. They suggested what kind of board to get, how to map it out, and offered suggestions on how it would look. They helped us get improvement opportunity problem cards and recognition cards. Thanks to IPI's guidance, we went from wanting to do these huddles to actually doing them, and doing them successfully."

Each morning at 9:15, an interdisciplinary team of frontline nurses, Unit Clerks, Team Attendants, Environmental Service Aides and physicians gather in front of the board as Denise or someone else facilitates the 15-minute huddle, where

problems are discussed and solutions identified. "At first, we were all pretty apprehensive about the huddles, but now, they're going well. Everyone seems to be posting suggestions on the board on ways to improve things. Our voices are heard," explains Registered Nurse Carmela Amenta. "It's just 15 minutes. We try to get one person from each area – Resus, Rapid Assessment Zone (RAZ), acute – so that they can go back to their areas and share the information with their colleagues."

The result, both Denise and Carmela say, is a better,

safer environment for patients and staff.

"A lot of things are getting done now that wouldn't get done if we had not had these group huddles every morning," Carmela adds. "We're learning from each other. For instance, I don't often work in RAZ, but when a problem is identified by someone in RAZ, maybe there is something I can do in Triage to make it better for them."

"The daily huddles have been a great success – seeing the team come together to identify local issues that directly affect their work and seeing the team recommend strategies for resolution in real time is phenomenal," says Susan Engels, Patient Care Director, Emergency & Urgent Care and Mental Health. "Those who do the work know the work best and are much better at raising issues and resolving problems than management. The huddle provides an opportunity for this and the staff really shine in this venue."

Since the huddles started four months ago, attitudes have improved, there has been better attendance and participation in the huddles, and staff is more willing to speak up and share their knowledge and feedback, Denise says.

"It has strengthened the relationship between different disciplines. For instance, our housekeeping staff routinely join the huddles, and have identified problems," Denise explains. "They have worked with Emerg staff to identify potential solutions. It shows how much each person's role can impact others. If you're not able to do part of your job, that trickles down to the rest of us. Huddles break down the walls as each person is considered a team member."

The daily huddles have recently been introduced to the weekend shift.

"I am pleasantly surprised and very proud of how the staff has embraced these huddles, and the efforts they are making as problem-solvers," Denise says.

TSH PILOTING NEW 'ENVIRONMENTALLY FRIENDLY' OR SUPPLY DELIVERY SYSTEM

The Scarborough Hospital has been awarded funding from the Ontario Hospital Association (OHA) to implement a new delivery system for Operating Room (OR) supplies that will reduce waste and increase savings.

Working with its medical supply manufacturer and supplier Medline Canada and hospital textile supplier Booth Centennial, the hospital is introducing a 'Complete Delivery Hybrid System'. This System begins with Medline shipping 'custom packs' to Booth Centennial that include all the supplies required for a specific surgical procedure. Booth Centennial then adds the appropriate gowns, towels and other textiles, and ships these bundles to the hospital based on their procedural needs.

Many of the single-use items, such as surgical gowns and towels, have been converted to reusable items.

The hospital is the first in Ontario to begin using Medline's new EcoDrape, a biodegradable surgical drape made of wood-pulp sourced from sustainably managed forests and containing no dyes, chemical binders or fluorochemicals.

"Implementing this program means a substantial reduction of waste going to landfill, packaging waste and multiple handling of products within the facility, as well as increased efficiency within and outside of perioperative areas," says Nurallah Rahim, TSH Patient Care Director, Surgical Services, Orthopedics and Rehabilitation.

Registered Nurse Kerry Bennett displays items in the 'Complete Delivery Hybrid System' in an OR suite at the General campus.





“Exhale” Wellness Centres open for staff at The Scarborough Hospital



Staff now have a quiet place outside busy work spaces where they can relax and rejuvenate during their breaks

Best practices research shows that healthy providers working in healthy work environments deliver better healthcare to their patients.

Over the years, The Scarborough Hospital (TSH) has launched a number of employee wellness programs designed to contribute to that healthy provider/healthy workplace goal, including smoking cessation programs, on-site fitness facilities and various healthy eating programs. This week, TSH expanded that list with the opening of Exhale - two new wellness centres designed to encourage employees to nurture and care for their own personal well-being.

“Keeping our staff healthy, happy and safe is a priority at TSH,” says Karen Dobbie, Director of Human Resources at TSH. “We are committed to supporting our staff in all areas of their professional and personal growth to ensure a strong team that works together and is able to provide outstanding care to our global community.”

The centres were created as part of an overall rejuvenation of the TSH wellness program “Balance – Make Health Happen,” and were established in the quiet space of the hospital’s Health Information and Resource Centres. They are open 24 hours a day, seven days a week, and provide a quiet space outside of busy work areas for employees to relax and refresh during breaks.

In addition to positively impacting quality of care, employee wellness programs have also been shown to

reduce organizational costs by reducing absenteeism and employee turnover. A recent study published in the journal Health Affairs showed that every dollar spent on wellness programs resulted in a savings of \$2.73 in absenteeism costs and more than \$3 in medical costs.

Other initiatives currently at TSH include:

• Wellness:

- Mini-Massages
- Smoking Cessation Programs
- Weight Watchers at Work
- Farmers’ Markets
- Health Wise Choices in the cafeterias

• Fitness:

- Two 24-hour onsite fitness centres offer a variety of fitness classes including yoga, cardio, strength

- training and dance
- Dragon Boat Racing
- Goodlife corporate membership

• Recognition:

- Annual Recognition Ceremonies
- Long-service Recognition Dinner
- Staff appreciation events
- Retirement celebrations

• Safety:

- Ergonomist Consult
- Award-Winning Influenza Campaign
- Health & Safety Training
- WHMIS Training
- Workplace Violence Prevention Training

PATIENT COMMENDS SPECIAL MEDICAL CARE RECEIVED IN ED

Patricia Adachi is grateful to live so close to The Scarborough Hospital’s General campus.

The 92-year-old moved into a retirement community around the corner from the hospital in December 2012. Having spent most of her life living in the west end of Toronto, Patricia had not yet become a patient of any health care provider in Scarborough.

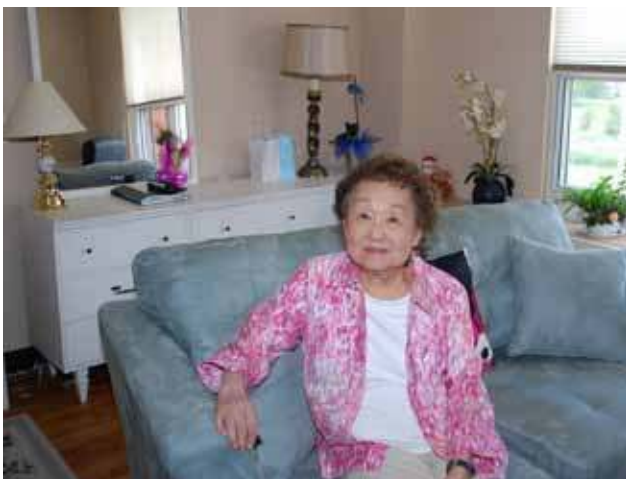
However, on February 14, 2013, she became “violently ill” from medication she was taking to control pain and swelling in her left arm and hand and visited the General campus Emergency Department (ED) for the first time.

“Everyone was so great and they helped me get over the problem with my stomach,” she said.

Patricia returned to the General campus ED on February 22 after pain began in her right arm. And that’s when she was seen by Rheumatologist Dr. Felix Leung.

“He decided on a cortisone shot and today I have no pain or swelling. On this second visit even the nurses remembered me and made sure I had a ride home,” she said.

“I received excellent care and service from the nurses and from the doctors.”



Patricia Adachi, TSH patient, was thankful for the excellent care she received from the Emergency Room doctors and nurses at TSH.

Leading for Patients:

Community invited to participate in stakeholder engagement

The community, hospital staff and physicians will be asked for their feedback on a possible merger between The Scarborough Hospital (TSH) and Rouge Valley Health System (RVHS) during an engagement process that launched a new website and stakeholder consultations this week.

This stakeholder engagement initiative, which will run until late October, is part of a process in which RVHS and TSH are exploring the potential benefits and risks of a merger of the two hospital corporations.

The hospitals have chosen the theme of Leading for Patients because it summarizes their shared vision for the future:

“We wish to create an integrated system of health

care services that meets the needs of the people in our community, provides appropriate access to care, delivers an outstanding experience for patients and their caregivers, and uses our resources efficiently so that these services are sustainable into the future.”

“Our hospitals are leading health care transformation for the betterment of our patients and the communities we serve,” says TSH President and CEO Robert Biron. “To arrive at the best solutions, we need to reach out to our many stakeholders to obtain their valued input. We have introduced numerous ways for our stakeholders to get informed and engaged, and we look forward to their participation.”

Multiple opportunities for input: meetings, telephone town halls, new website

As part of the Leading for Patients engagement initiative, many opportunities are being provided to the community so that they may actively participate in the process, including roundtable meetings, telephone town halls and a new website.

The newly launched website - www.leadingforpatients.ca - explains how the hospitals can build a new, stronger integrated model for delivering health care services and enables the community to provide online input and feedback.

The website will include the latest news, reference materials, and general information about upcoming events. In addition, the site will include workbooks

prepared by staff and physicians assessing areas of strength and potential opportunities for integration in patient services and back-office departments (administrative functions). There are feedback forms for the public to respond online.

The website will also offer updates on future roundtable meetings with community groups and call-in information for planned telephone town halls, which will be open to the public. In addition, on-line surveys will provide staff and community residents with an opportunity to share their views in English, Chinese and Tamil.

Decision-making process

In November, the two hospital boards of directors will evaluate the benefits of a possible merger and will carefully consider input from stakeholders. A decision to merge the hospitals would be subject to approval from the Central East Local Health Integration Network Board and ultimately the Minister of Health and Long-Term Care.

For more information, please visit www.leadingforpatients.ca.

WORKSHOP AIMS TO INCREASE AWARENESS ABOUT SUICIDE PREVENTION

As World Suicide Prevention Day approaches, The Scarborough Hospital will be addressing this very important issue with a workshop on suicide prevention on September 11.

According to Statistics Canada, in 2009 alone, there were 3,890 suicides, which translates in to about 100,000 years of potential life lost to Canadians under the age of 75. Increasing awareness about suicide prevention and making sure individuals are aware help is available if they or someone they know has been thinking about suicide is important to reducing the rates of this major cause of premature and preventable death.

The workshop will examine risk factors and warning signs for suicidal behaviour, as well as resources for those who may be considering suicide, their family and friends.

“What I really hope participants in this workshop come away with is that that suicide is more common than many of us think and that it’s important not to avoid the topic because often someone will be relieved to be able to open up and speak about their feelings,” said Kristine Lorbergs, Clinical Resource Leader and Nurse Practitioner in The Scarborough Hospital’s Mental Health program who will be leading the workshop.

The workshop is being held at The Scarborough Hospital’s Global Community Resource Centre. The Centre is a dynamic ‘one-stop’ interactive hub offering access to reliable, current multilingual health and community information in a variety of formats. Every Wednesday, the Global Community Resource Centre hosts a workshop for patients, families, staff, volunteers and community members to learn more about healthcare and the health resources available in Scarborough.

World Suicide Prevention Day is observed on September 10 each year to promote worldwide action to prevent suicides.



The Value of Faith

By: Devadas T Chelvam

All the religions claim that faith is necessary to find meaning and purpose in life leading to final salvation or liberation. Yet there are vast differences to the way they define faith, which can be quite puzzling to a sincere seeker.

The recent encyclical of Pope Francis titled "The Light of Faith" is a brilliant exposition of traditional Catholic Theology. He affirms that in matters of faith, the Pope and the bishops in union with him are the final authority.

Non-Catholic Christian denominations do not accept the teaching authority of the Pope. With the Catholics, they believe that Lord Jesus Christ is God's incarnation in a human form, His only begotten Son, and there can be no other incarnation.

Judaism and Islam reject the possibility of incarnation or God assuming a human form to live as a man on this earth. Judaism does not consider Lord Jesus even as a prophet, whereas Islam accepts that Christ was a prophet of God, though not the greatest of prophets like Muhammad.

Hinduism believes in many divine incarnations, asserting that God can and does assume human forms to live as men or women in this world: Hinayana Buddhism on the other hand does not affirm or deny God. The concept of personal God appears to be unnecessary to its theory and practice. Yet Lord Buddha did talk about the need for faith.

When we inquire into the meaning of faith as such, or the nature of faith that is common to all the religions, the answer to this puzzling question may be found in the response of Ammachi to certain skeptical youngsters, and in the words of Shakespeare in Hamlet.

Some college-educated youth approached Ammachi the hugging saint from South India, claiming that they were atheists and did not believe in God. They were surprised to find that Amma was not all disturbed by their skepticism, and calmly explained that she does not ask them to believe in God or in Amma but to have faith in themselves. They should cultivate genuine faith in themselves; it would be enough to find meaning in life.

Amma was referring of course, to their true or higher self and not to the false or lower self which people project to others as a survival mechanism. From early childhood we cultivate certain habits as our individual reactions to the environment. The sum of these habits is our personality. Actually it is not our true self.

Personality comes from the Greek word "persona" meaning mask. It refers to the masks that actors wore on their

faces to play different characters in a Greek drama. Since we identify with our roles in life and our habitual reactions to the environment, we are hardly aware of our true self.

In Shakespeare's Hamlet, Polonius was the king's counselor. While bidding farewell to his son Laertes who was leaving on a long journey, Polonius emphasized the importance of cultivating various virtues like courage, kindness and so on. In conclusion, he said the following words:

"This above all,---to thine own self be true;

And it must follow, as the night the day

Thou canst not then be false to any man."

Like Amma, Polonius was also referring to the true or higher self in Laertes. If we listen to our false self and follow it, we will be false to others as well. When

is peace and harmony in our lives.

To cultivate such faith, an attitude of not taking life for granted is required. We need to appreciate the miracle of life. Even simple acts such as breathing, eating, digesting the food, speaking and understanding what others say are truly marvelous. We can enjoy our ordinary life immensely through more alert awareness

There is power in faith whereas mere belief has no strength. Religious systems of belief and rituals may help us to find faith that is an inner knowing. It is seeing the reality beyond the senses. "Faith is the evidence of things unseen," said St. Paul (Heb. 11:1). The journey of faith may encounter certain doubts along the way. One needs to struggle with the doubts and overcome them for the sake of clarity and assurance in the center of our being.

When trials and problems arise, giv-

the sages who realize that they are totally one with God. Some of them may come back to earth at different times to help others to find their true Self or God. It is logical and natural that we who are ignorant would need a sage to mediate our salvation or liberation.

Faith in the sages and obeying their instructions with devotion cannot enslave us. The exact opposite would be the result. Some of the close disciples of Ammachi who are well known to this writersaid that they felt more personal independence, when they truly surrendered to Amma. They experience genuine inner freedom and the profound peace of being near to their true Self.

Ila Campbell is a scientist doing research at Brookhaven Lab in Long Island, New York. She spoke to me about her first meeting with Ammachi and getting a hug. Her mind went blank, and the dominant feeling was deep peace and a sense of "coming home at last", as if she had been away from herself until then.

Strangely enough Ila had not known anything about Amma before that event. She had no explanation as to why or how she felt a compulsive desire to see Amma after seeing Her image on TV for a few seconds, while holidaying in Bombay at her parents' house.

Ila was suffering from a severe cold and fever then. Though she had never been religious nor used to prayer, she prayed fervently to Amma to be well enough to come and see Her. Ila was happily surprised to find herself perfectly well on the following morning, and her father offering to bring her to Amma by car. Such is the amazing mystery of divine grace!

All the sages from different religions or without any religion have the same supreme divine consciousness. They are our true Self. Hence the sages cannot be separated from us, nor can we separate ourselves from Them. Any sage can speak the words uttered by Lord Krishna to Arjuna:

"He who experiences the unity of life sees his own Self in all beings and all beings in his own Self, looks on everything with an impartial eye. He who sees Me in everything and everything in Me, him shall I never forsake, nor shall he lose Me." (Bhagavad Gita 6: 29-30)

The love of the sages for each one of us is infinite, eternal, hence unconditional and unchanging. It is the most thrilling and joyous truth of our very being. Faith in ourselves and in the sages can lead us to experiencing this divine love more and more, as we begin to open our hearts to loving and serving others selflessly, including Mother Nature who serves us all so well.



true to our true self, we cannot help but be true to all others.

There is a constant struggle between our higher or true self and the lower or false self. Genuine inner peace is possible, only when we listen to the higher self mostly and abide by its guidance. The voice of the higher self becomes silent when it is continually ignored.

Faith in oneself is natural. We cannot survive nor do anything without faith. Only those who had much faith accomplished anything great in various fields like sports, arts, science, technology, medicine, business, politics etc. The measure of success depended on their degree of faith.

Some people who were hugely successful in one or two fields were miserable failures in their private personal life. Their faith covered only some superficial part of their life. Hence it was rather partial.

Full faith in oneself means trust in our innate wisdom, nobility, strength and capacity to overcome every obstacle on our way. Seeing our own beauty and goodness, naturally we appreciate the goodness in others. Consequently there

is no doubt, despair and self-pity implies a morally lazy attitude. Instead, we can awaken our faith and find the resources needed to tackle any problem within ourselves. Thus we always have the choice to be happy, rather than fall into depression and misery.

It was the reason why Ammachi advised the educated youth to cultivate faith in themselves. Amma also said that perfect faith is the same as final liberation, which means opening one's heart to the utter clarity of finding one's true Self or Soul. It also means realizing the source of one's being or God beyond words and thoughts in profound silence. "Be still, and know that I am God" (Ps. 46:10).

In final liberation, one finds his self as the Self of all creation and of God beyond creation. Once attained, this state can never be lost. "This is the state of the Self, the Supreme Spirit, to which if a man once attain, it shall never be taken from him. Even at the time of leaving his body, he will remain firmly enthroned there and will become one with the Eternal." (Bhagavad Gita: 2:72)

Those who attain final liberation are



Special Feature

When a man has reached a state within himself where his actions are only to the extent required for outer life situations, then he is a complete person.

First we need to know that the basis of our misery is that we have established ourselves in untruth. We are deeply identified with that which we are not. Somewhere along the way we have gotten identified with things around us. We have got identified with our body and mind. That is the source of suffering.

Whatever you have known right now, your experience is only limited to your five sense organs. Whatever you have known either of the world or yourself has come to you only by seeing, hearing, smelling, touching and tasting. If these five senses go to sleep, you will neither know the world nor yourself. They feel everything only in comparison. So this is not a genuine experience.

All yogic practices are fundamentally aimed at giving you an experience beyond



WHAT WE ARE NOT

the five sense perceptions. This is not in terms of physical reality, it is in a totally different dimension. That dimension, if you want to call it God, or if you want to call it my Self, it does not matter. Whatever your idea of God is, it is simply coming from the limited experience of who you are right now. It is not coming from any true experience. The only thing that you can experience is that which is within you. And that which is within you, you have never really looked at in real depth.

The whole experience of transcending your limitations must happen within you. If you want to transcend, only if you are truly willing, it can happen. Otherwise no power on earth or in heaven can move you.

Spirituality is simply the process of dis-identifying with what we are not, to shed the layers of conditioning so that we know what we are not. When that is completed, we arrive at something that cannot be discounted. This discovery will be the recognition of Divinity, and we will see that there is no reason for misery in the world.

The whole process of yoga is to make your interiority absolutely in your control. It is a possibility to move from a state of external enslavement to inner completeness, which is the state of unboundedness. If your inner nature is unbounded, your life is also unbounded. You can either sit with your eyes closed or you can perform different action – both ways your life can be complete.

When a human being has reached this state within himself, where his actions are only to the extent required for outer life situations, then he is a complete person. If within you, your inner nature has attained fulfillment regardless of the external situation, we can say that you have become unbounded. This is a state of true happiness.

Drop Your Limited Baggage Here

You deal with life as if you have got nothing to do with anything outside of your limited perception.

Spiritually, there has always been talk of surrender. But the moment logi-



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

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cal, educated minds hear the word surrender, they will build forts around themselves.

In spirituality when the word surrender is used, it means you surrender that which is false. It is just that the very way you have existed up to now, is just a falsehood. What you refer to as yourself right now is simply a collection of identifications that you have taken in your life. Yet if you sincerely look at your essential Self, what have you got to surrender? You have nothing to surrender. Your essential Self is that which has always been and that which will always be. When you realize this fact, your spiritual work is done — you have already surrendered.

When you destroy the walls of falsehood that you have built, everything becomes one. In Truth, no walls exist in creation. You just believe they exist, so separation is your limited and distorted perception of reality. When you seek ultimate freedom, all that is required is the surrender of your illusions. And only when you surrender your illusions, reality happens. Reality, or Truth, is not right

now in your experience. With all the multiple impressions that you have, you have built a world of your own. And this world is not real, it is not Truth. You cannot exist here for even a moment without interaction and contact with existence. But you go about believing you are a whole unto yourself. You deal with life as if you have got nothing to do with anything outside of your limited perception.

To drop these false boundaries is what the spiritual process is all about. This work does not have to happen in any particular way, with any specific process or person. For those who are willing to know Truth, there is always assistance. Spiritual masters simply create an atmosphere where it will become easier for a person to become free of his or her bondage.

Dropping identifications that you have carried for a lifetime is like jumping into the void - it is frightening. When you feel a presence that is bigger than yourself, it becomes easier to keep yourself, or what you think as yourself, aside.

Until you are able to keep yourself

aside, there is no possibility of finding Truth. When you drop your limited identification, you no longer need to isolate yourself from the rest of existence. For a person who is seeking liberation, the only way to Truth is the destruction of all walls, which means the dissolution of your individuality. That is surrender, ultimate freedom, liberation.

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

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

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

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An inferiority complex is a lack of self-worth, a doubt and uncertainty and feeling of not measuring up to society's standards. It is often subconscious, and is thought to drive afflicted individuals to overcompensate, resulting either in spectacular achievement or extreme antisocial behavior. The term was coined to indicate a lack of covert self esteem. For many, it is developed through a combination of genetic personality characteristics and personal experiences.

Alfred W. Adler (February 7, 1870 – May 28, 1937) an Austrian medical doctor, psychotherapist, and founder of the School of Individual Psychology emphasized on the importance of feelings of inferiority and said inferiority complex is recognized as isolating an element which plays a key role in personality development. Alfred Adler considered human beings as an individual whole; therefore he called his psychology "Individual Psychology". In his book 'The Neurotic Character' released in 1912, he provided lucid explanation about inferiority complex. He explained that those suffering from this condition tend to compare themselves with their neigh-



S. Pathmanathan, B.A. (Hons) Cey

Revised and translated by

S. Raymond Rajabalan, B.Sc. (Hons) Cey



ing inferior to another person, but this is not always the case in the Adlerian view. One often feels incompetent to perform a task, such as a test in school.

Stemming from the psychoanalytic branch of psychology, the idea first appeared among many of Australian neurologist Sigmund Freud's works and later in the work of his colleague **Carl Jung**, a Swiss psychiatrist and psychotherapist. **Alfred Adler**, founder of classical Adlerian psychology held that many neurotic symptoms could be traced to over-

inferiority complex.

When an inferiority complex is in full effect, it may impact the performance of the individual as well as impact the individual's self-esteem. Unconscious psychological and emotional processes can disrupt students' cognitive learning, and negatively "charged" feeling-toned memory associations can derail the learning process. Guy Hutt, an Ohio based Pchychologist has found out that fully 60% of Americans suffer from mathematics anxiety, resulting in math avoidance and impaired learning.

"Believe in yourself. Have faith in your abilities

**Without a humble but reasonable confidence in your own
you cannot be successful or happy"**

- Dr. Norman Vincent Peale

Inferiority Complex



bours, university colleagues, their own siblings etc and weaken themselves by having a very low self esteem.

Classical Adlerian psychology makes a distinction between primary and secondary inferiority feelings.

• A primary inferiority feeling is said to be rooted in the young child's original experience of weakness, helplessness and dependency. It can then be intensified by comparisons to siblings, romantic partners, and adults.

• A secondary inferiority feeling relates to an adult's experience of being unable to reach a subconscious, fictional final goal of subjective security and success to compensate for the inferiority feelings. The perceived distance from that goal would lead to a negative/depressed feeling that could then prompt the recall of the original inferiority feeling; this composite of inferiority feelings could be experienced as overwhelming. The goal invented to relieve the original, primary feeling of inferiority which actually causes the secondary feeling of inferiority is the "catch-22" of this dilemma. This vicious circle is common in neurotic lifestyles.

Feeling inferior is often viewed as be-

compensation for this feeling .The use of the term complex now is generally used to denote the group of emotionally toned ideas. The counterpart of an inferiority complex, a superiority complex is a psychological defense mechanism in which a person's feelings of superiority counter or conceal his or her feelings of inferiority.

An inferiority complex occurs when the feelings of inferiority are intensified in the individual through discouragement or failure. Those who are at risk for developing a complex include people who: show signs of low self-esteem or self-worth, of different ethnicity, have low socioeconomic status, or have a history of depression symptoms. Many times there are warning signs to someone who may be more prone to developing an inferiority complex. For example, someone who is prone to attention and approval seeking behaviors may be more susceptible. Often, it is difficult to place an exact cause to the development of an inferiority complex. Race, gender, sexual orientation, social class, mental health, physical appearance, or any character that is not within society's normative dominant traits can contribute to this. People of colour and women are very often prone to

Unconscious psychological and emotional processes can disrupt students' cognitive learning, and negatively "charged" feeling-toned memory associations can derail the learning process. Math can become associated with a psychological inferiority complex, low motivation and self-efficacy, poor self-directed learning strategies, and feeling unsafe or anxious

Today it is very sad to observe a large number of people in the society suffering from inferiority complex and leading a pitiful life unable to make use of the god given talents they possess .Instead of indulging in self pitying if these individuals can harness all their talents, skills and energy and focus all their attention on a specific goal they all can achieve some form of success. Every human being is bound to face various forms of problems, disappointments and failures during their life time. There is a saying "Life is not a Bed of Roses". This is a fact of life and even the mightiest in this world is bound to face, obstacles and failures at some stages of their life. However if one can face these setbacks with confidence and courage, then eventually they will be able to taste the fruits of success.

There are numerous examples to prove how during the course of history many men have turned series of failures into great success.

Abraham Lincoln, the 16th President of United States born in a poor family faced so much difficulty during his youth .His mother died when Lincoln was only 9 years of age and he could not afford to have a good education during his early years. He later faced repeated failures during his political career. However he continued to campaign with great courage and was able to become the President of one of the mightiest nations in the world.

Mother Teresa from Albania facing great odds served the outcasts in the slums of Calcutta for many decades and

was treated with great respect by people all over the world for her years of sacrifice. She was awarded Nobel Prize for her great humanitarian work and she is about to be declared a saint in the near future.

Mahatma Gandhi, once ridiculed by Winston Churchill, the Prime Minister of Britain as a "half naked fakir" is now accepted world wide as a great leader who stood up to the English rulers with great courage and eventually paved the path for the Independence of India.

27 years of imprisonment could not weaken **Nelson Mandela**. After being released from prison he stunned the world by becoming the President of South Africa.

Dr. Norman Vincent Peale a Christian Minister from Ohio, USA and the author of the "Power of positive thinking" once said "Believe in yourself. Have faith in your abilities. Without a humble but reasonable confidence in your own you cannot be successful or happy" He stressed that for one to be successful amidst various forms of trials one should to aim to have peace of mind. It is true that under certain situations it will be an uphill task to face to do so but at least one can make an attempt to develop self confidence.

Not all of us are created the same and God created each of us with a special purpose and He has provided unique abilities for each of us. We should strive to make the best use of our unique talents if we are to achieve success.

William Benjamin Basil King, a Canadian born clergy who later became a writer once said: Be bold and mighty forces will come to your aid ".He thus emphasized the need for one to develop strong will power which eventually will lead to self confidence.

A poem titled Don't Quit by an unknown author is provided below. It is truly inspirational and provides courage and strength to anyone who faces difficult times.

A poem titled Don't Quit by an unknown author is provided below. It is truly inspirational and provides courage and strength to anyone who faces difficult times:

Don't Quit

*When things go wrong, as they sometimes will,
When the road you're treading seems all uphill,
When the funds are low and the debts are high,
And you want to smile, but you have to sigh,
When care is pressing you down a bit-
Rest if you must, but don't you quit.
Life is queer with its twists and turns,
As every one of us sometimes learns,
And many a fellow turns about when he might have won
had he stuck it out.
Don't give up though the pace seems slow
-You may succeed with another blow.
Often the goal is nearer than
It seems to a faint and faltering man;
Often the struggler has given up he might have captured
the victor's cup;
And he learned too late when the night came down, how
close he was to the golden crown.
Success is failure turned inside out -
The silver tint in the clouds of doubt,
And you never can tell how close you are
It might be near when it seems afar;
So stick to the fight when you're hardest hit -
It's when things seem worst that you must not quit.*



Special Feature

SANEESWARAN AND PURATTASI SANI

C. Kamalaharan

Saneeswaran (Saturn), one of the Navagrahas (the celestial divine planets) influences the life of everyone, in accordance to his/her time and date of birth. Being the indicator for longevity, sorrow, misery, old age, death and delays, Saturn is the most feared than any other planet. But the fear is baseless. Those born in Makara rasi (Capricorn) and Kumba rasi (Aquaris) do not get affected, as both these houses are Saturn's own houses. Those born in Thula rasi (Libara) are also not affected, as it is the exalted house of Saturn. Also those born in Idaba rasi (Taurus) are not affected as Saturn is a 'Yogakara' (benefactor) for this house.

Saturn affects an individual during its transition (Sani Peyarchi), when it passes through certain houses mainly the 8th house (Attama Sani) and during its 7 1/2 year's cycle (Ezharai Sani) which occurs thrice, during an individuals life-time. But Saturn's effect can be reduced through sincere prayer and observing with intense fervour the Purattasi Sani viratham (fasting).

PURATTASI SANI

All the Saturdays in the month of Purattasi (from the middle of September to the middle of October) according to the Tamil calendar, are supposed to be auspicious. It is believed that Saneeswaran reduces its negative power during this period. This year the Saturdays that fall during the month of Purattasi are 21st Sept, 28th Sept, 5th October and 12th October.

To appease Saneeswaran, paying obeisance to him differs from country to country. But all follow a basic pattern. In



Srilanka Saivites skip breakfast on this day, apply sesame seed oil (gingelly oil) on the body and take a shower bath. Later they go to the temple, carrying with them clay crucibles, containing sesame seeds (ellu) wrapped and tied in bundles,

with black cloth. In the temple sesame seed oil is poured into the crucibles until the bundles get soaked. The bundles are lit and the crucibles are placed on a table or platform, opposite Lord Saneeswaran. Very few temples have an

exclusive Saneeswaran deity. The others have only the Navagrahas. Devotees circumambulate the Navagrahas, with the lighted crucibles and place them opposite Lord Saneeswaran. They recite the Saneeswaran and the Navagraha manthrams and pray. After performing 'arichanai' they return home and serve rice and curry on a plantain leaf or plate to the crow, the vehicle of Saneeswaran. It is a common sight to see housewives at noon, mimicking loudly the caw of the crows, inviting them to partake the meal. Its only after the crows have eaten, do the household members, with their guests sit on the floor and partake the meal, served on plantain leaves.

WHO SHOULD OBSERVE PURATTASI SANI VIRATHAM

1. Those who are passing through Saturn's major period (Sani thisai), that runs for 19 years.
2. Those who are subjected to the 7 1/2 years cycle of Saturn (ezharai sani). (At present those born in Kanni rasi (Virgo), Thula rasi (Libara) and Virudchika rasi (Scorpio) should observe the viratham.
3. Those who have Saturn debilitated (Neesam) in Mesha rasi (Aries).
4. Those who have Saturn in the 8th house and in the Kendras (quadrants) namely the 4th, the 7th and the 10th houses, from the moon, in their birth charts.

Not only all those mentioned above, even others can observe the fast, to please Saneeswaran and get his blessings.

THIRUNALLARU

Thirunallaru Dharbarenyeswarar temple in the Karaikal district of the Union territory of Pondichery, is the hallowed shrine of Saneeswaran. Though Dharbarenyeswarar (Lord Siva) is the main deity of the temple, Saneeswaran had gained such prominence and popularity that the temple is referred to as Saneeswaran temple. It is mentioned that King Nala was relieved of his afflictions of Saturn after worshipping Lord Dharbarenyeswarar (Lord Siva). This is the only temple where Saneeswaran lost all his powers to Lord Dharbarenyeswarar (Lord Siva) who saved Nala from Saturn's curses. Saneeswaran after intense prayer and penance to Lord Dharbarenyeswarar (Lord Siva) attained the status of a celestial planet. Owing to this, Sani (Saturn) is the only planet who has the suffix Easwaran attached to its name. And so whoever visits this shrine and prays before Lord Saneeswaran, is believed to be relieved of all the curses and afflictions.

Those stationed far and wide who are unable to make a pilgrimage to Thirunallaru, can observe the viratham and pray to Saneeswaran, from wherever they are. They will be blessed with not only riddance from problems and worries but also with success in all their endeavours. In addition, the defects in a person too is ironed out, making him more spiritual, humble and pragmatic.

THE NAVAGRAHA





WORDS OF PEACE

River of Life

Prem Rawat has a mission that, while it may sound simple, is actually most profound. “What do I do?” he says. “I can introduce you to the infinite in you.”

Born in India, Mr. Rawat travels widely to spread this message around the world. In some countries, he has been given the honorary title Ambassador of Peace. The peace people are looking for, he says, comes when someone is introduced to that infinite power within.

“Imagine that right now, a raindrop fell—in India, in South America, in North America, in Europe. Then another one fell, and another one and another one,” he says. “The consequence? It gives birth to the mighty rivers in each one of these continents—the Amazon, the Ganges, the mighty Colorado, the Rhine.

“In the same way, a moment in time comes and goes, and another one comes

and goes. They come and go, come and go, and just as those drops gave birth to the rivers, these moments of time give birth to a river called life.

“When the Ganges flows, it brings water to parched areas. It makes journeys possible. It makes food possible. It takes the fertile soil to the places where it is needed. So a river does a lot.

“This river of life that is yours—what does it do? Make opinions? ‘I think ...’ The world has become ‘me-me-me.’ People are killing each other! Why? Because we do not respect each other. Why don’t we respect each other? Because to respect another person, first you have to respect yourself.”

Respect, Mr. Rawat says, comes from understanding the infinite, divine power within.

“It has given and given and given,”

he says. “Given you this most amazing Planet Earth. Given you the moon. Given you the ability to see the stars. Given you the ability to feel joy. Given you the ability to feel happiness. Given you the gift of breath, again and again and again. This is generosity unparalleled.

“Do you understand what that means? It is by the courtesy of that infinite power that anything exists. The value of that divinity is beyond any concept you can have. So how precious are you? As long as the divine is within you, your value is unfathomable.

“When I talk about peace, people say, ‘What peace? How can there be peace?’ That’s all they can come up with. If what is happening in the world today keeps happening, the human race is not going to be around. It is self-destructive.

“This is why it is so important in your life to know that divinity within. You are surrounded by it. Below you, above you, within you, outside of you is the beautiful dance of the infinite. Learn to dance with that dance, because one day the river is going to stop flowing.

“What’s bad about the river ceasing to flow? Only one thing. Then you cannot do what you could have done when you were alive. As long as it flows, it must manifest its potential, its reality, its beauty, its joy, its clarity, its understanding, its gratitude, its oneness—and it needs to be real, every single day.

“So enjoy this life. Enjoy this moment



that you have. As long as this river flows, you’re the king, you’re the queen, you’re the emperor, you’re the empress.

“It is possible to feel peace and joy while you are alive. That’s why I go from place to place—to talk about those things you always thought were impossible. I am telling you that these are the things that are possible.

“The time has come for us to understand ourselves. We are not divine. We are human beings, the containers of the divine. You are a container of divinity, and you are so fortunate—so incredibly fortunate! As long as this river is flowing, embrace it. Embrace peace. Embrace joy. Embrace life, and be free.”

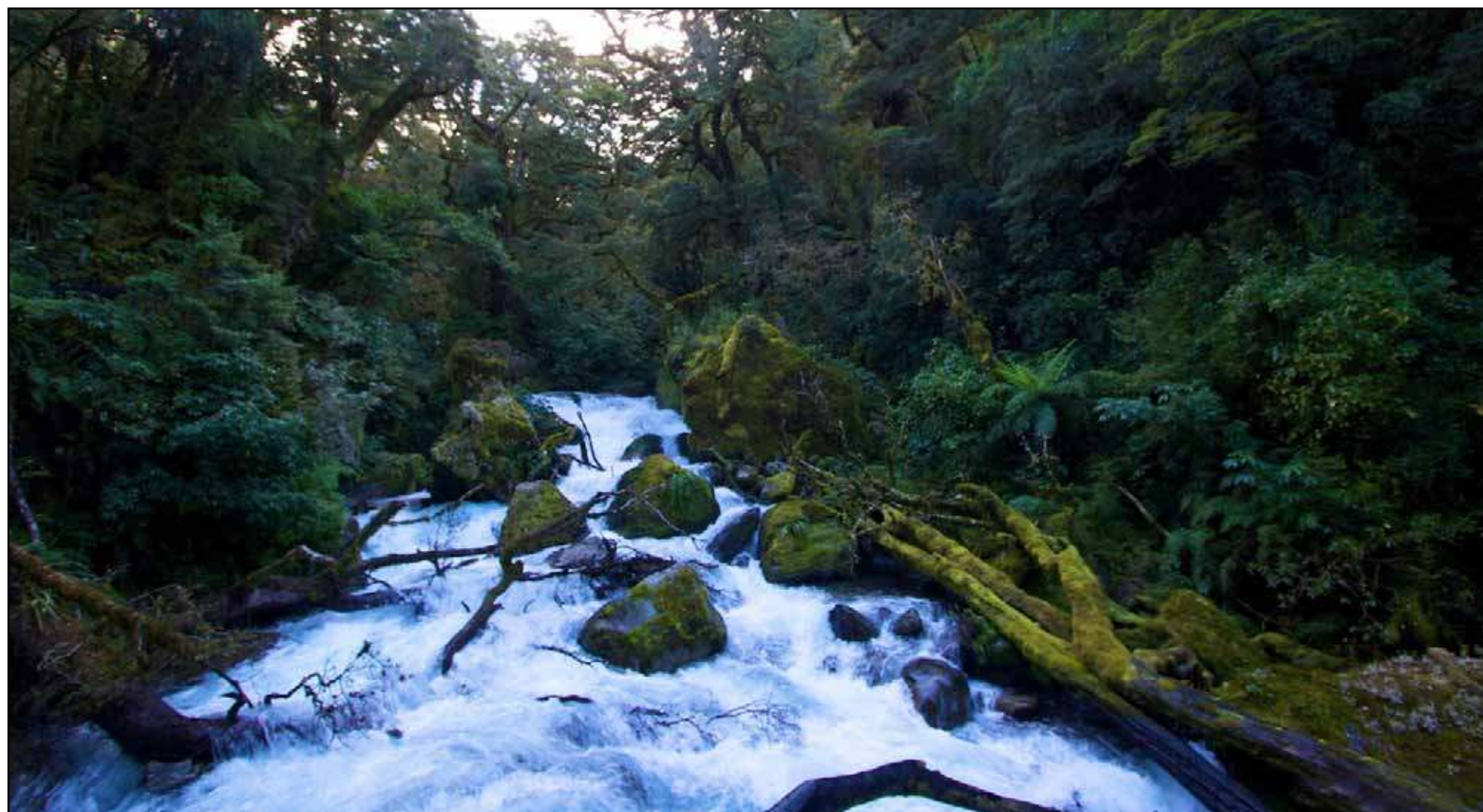
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Special Feature

Education in Toronto - as seen through the eyes of a recent Immigrant Teenager

by J.J Atputharaja

I met a young guy who recently migrated to Canada and he gave some interesting information about his impressions of the Canadian education. He felt that the Canadian system is more free and liberal in comparison to Sri Lanka. The kids are just guided and not spoon-fed. They were allowed to work on their own and search for knowledge. In his homeland the National system of education is implemented through course guides, curriculum, text-books and teachers specially trained to implement them. In Canada, the curriculum is related to day to day life and that is why it is relatively practicable and life-centered. Specially the problems in Maths are relevant to modern life. The educational ideas of John Dewey seem to be well implemented in the practice of education(education suited for day to day life/life-centered education). The teenager appreciated the fact that in Canada, the emphasis is on the understanding and application of knowledge-true to what Alfred North Whitehead's definition that 'education is the acquisition of the art of utilizing knowledge'.

However, he felt that the assignments for home-work are rather very heavy in Canada. Parents have to hire tutors not just help the students to understand their difficult problems but also to complete their homework. Sometimes parents are pressurized by children to do the homework for them. Not so educated parents find it difficult to help and guide their children. may be the cause of increased number op-outs from colleges.

Discipline is not regimentalized in Canada. Students in public schools are free to wear their own dresses as they please. Whereas in Sri Lanka, most public schools expect the children to wear school uniforms. Corporal punishment is more or less absent in Canadian schools. Some students even ignore the instructions of teachers. Supply teachers find it



difficult to do their work due to their accent and the kids fool around with them. There are some students who listen to the teacher with a fellow girl student sitting in the same chair. To a student immersed in the Sri Lankan system, this a flagrant violation of the basic tenets of classroom conduct and discipline. Some students abuse the 'free' atmosphere in the school. They smoke during the leisure hours and indulge in activities that are never tolerated in Sri Lankan schools.

The immigrant teenager said that he found it easy to study all subjects except English. Since English was not his mother tongue he found it difficult to get the same attainments that he got in other subjects. He was able to get an average of 79 in all subjects except in English he could get only 55 marks. In Sri Lanka, English is taught only as a second language and there not much importance given to English Literature. However in private schools, the teaching of English is given more emphasis in recent times. More and more English medium schools are also started. Sports and games are well organized in Sri Lankan schools. In-

ter house and inter-school competitions help students to develop their talents in this sphere. Immigrant kids to Canada who come from countries like Sri Lanka, India and Pakistan miss the importance given to games like cricket and football in Canadian schools. Though not very suitable to Canadian weather conditions cricket may be introduced as a school sports activity due to the ardent interest that the immigrant kids have on it. Canada could well blossom as one of the leading cricketing nations of the world in the future. Most sports activities are held outside school hours. Whereas in Canada, due to the restrictions imposed by weather conditions, sports activities are limited. Some activities are held within the school hours. House activities are not that many or common.

Prefect system is not well implemented in Canadian schools. In Sri Lanka, senior students are given the training to administer and maintain discipline. In Canada, such tendency is not evident in the school where the teenager studies.

Religion is taught as subject in Sri Lankan schools but Canada does not al-

low religion to be taught in public schools. Canada being a multi-religious country has not considered religion as a subject in the school curriculum. On the otherhand religion is taught as school subject and religious observances are also given prominence in the school activities Most schools were originally founded by religious organizations to propagate their religion. In Toronto/Canada, private schools give importance to the observance of religious faiths. Some parents prefer to send their children to Catholic schools for the sake of moral oriented education. Most immigrant children come from countries where religion is much valued and feel that something is wanting in the Canadian public schools.

Canada being a developed country has the educational framework and system suitable for current employment skills. Whereas Sri Lanka has a traditional, progressive system of education geared to it social, economic and political norms. Both have their merits and demerits. To a teenager who is new to Canada, the educational system here has a number of attractions and prospects.

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Special Feature

JOHN BODDY HOMES PRESENTS 'EAGLE WOODS'



BEDFORD ELEV A



PARKLANE ELEV A

John Boddy Homes, voted 'Best Home Builder' in Ajax/Pickering for the sixteenth year in a row for this year's Readers' Choice Awards, has just broken ground in its newest community in south Ajax, 'Eagle Woods'. Located just minutes east of Toronto, and within walking distance to shores of Lake Ontario, 'Eagle Woods' combines the closeness and convenience of city living with the beauty and tranquility of the neighbouring lakeshore. 'Eagle Woods' currently offers spacious two-storey, freehold townhomes and will feature later semi-detached homes as well as detached homes in two-storey, back-split and side-split designs. Homes start at 1,700 square feet and will range up to 3,534 square feet in size. John Boddy Homes offers full-depth traditional size lots with a minimum of 110 feet in depth and 'Eagle Woods' will offer a great selection of extra deep lots, pie shaped lots, pond lots, conservation area lots, golf-course lots and walkout basement lots. With such a broad range of house sizes and styles, 'Eagle Woods' has the ideal home to suit every preference. From the unique exteriors and charming streetscapes, to the elegant interiors, various John Boddy Homes include impressive standard features such as vaulted ceilings, double door entries, décor columns, mirrored sliding closet doors, ceramic kitchen backsplashes, double basin bathroom vanities with make-up counters and so much more. Their gourmet kitchens, welcoming great rooms, cozy gas fireplaces and elegant dining rooms with coffered ceilings are all spacious and comfortable, making them the perfect location to enjoy time together with family or entertain friends. In addition, some models include impressive extras such as classic French doors, transom windows and custom octagonal skylights allowing light to travel throughout the home for a bright and spacious feel.

For their homeowner's convenience, most homes from John Boddy include main or second floor laundry rooms, kitchen breakfast bars, walk-in pantries, private water closets, interior garage access, high efficiency furnaces and basement rough-ins for future bathrooms. Other features include arched entryways,

custom millwork, window mullions on all front and rear facades and decorative garage doors featuring appealing window lites. Custom landscaping packages and paved driveways are also included in all homes providing the renowned curb appeal that enhances the entire 'Eagle Woods' community.

Innovative floorplan designs combined with an extensive array of standard features included with every new home have become a corporate trademark of John Boddy Homes. Not only does a John Boddy home offer such striking standard features, there are also a wealth of opportunities to upgrade, making their homes as unique as each individual homeowner. The 'Eagle Woods' Sales Office will feature a Décor Centre that contains a wide range of upgrade items to select from in order to customize your home. Their knowledgeable décor consultants allow home buyers to make upgrade selections on site, enabling them to conveniently personalize their home.

When you purchase a new home in 'Eagle Woods' there are no hidden closing costs. John Boddy Homes pays for H.S.T., education levies, development charges, water and hydro meter hookup fees, boulevard tree planning, a landscape package and paved driveway.

Currently John Boddy Homes is offering an incentive package of 5 appliances or Builder's Premium Hardwood 5/8" by 3" in the Great Room and Dining Area, as well as a 6 months Roger's Package which includes free internet, phone, cable and a HD PVR.

John Boddy Homes now offers exclusive in-house financing and mortgage services through JBH Financial Services Ltd. JBH Financial Services is able to provide you with the convenience of purchasing the new home of your dreams and qualifying for a mortgage all in the same place. JBH Financial Services works with most major banks and lending institutions and offers a six-month rate hold through National Bank. These six-month rate holds allow you to lock in the lowest rates available while guaranteeing you the security and peace of mind of knowing that your rates will not increase before your house closes.

The 'Eagle Woods' community offers many important neighbourhood amenities such as places of worship, fully equipped parks and easy access to both Ajax and Go-Transit Services. Toronto is easily accessible from nearby Highway 401. Located just south of a host of shopping and recreation centres, 'Eagle Woods' allows residents all the amenities of the urban lifestyle while providing the serenity of the neighbouring lakeshore.

Since 1955 John Boddy has been involved in the construction of thousands of new homes throughout Ontario and has earned a reputation as an accomplished builder of fine residential communities. Of significance are the award winning 1000-acre 'Bridlewood Community' developed during the 1960's and 1970's in Scarborough; the 'Forestbrook Community' in Pickering developed in the 1980's; 'Willowcreek' in Peterborough; and, more recently 'Eagle Ridge on the Green' and 'Eagle Glen' in Ajax developed from the 1990's until present day.

The John Boddy Homes team of experienced management, planners, designers, supervisors, marketing and sales personnel has distinguished itself by creating innovative and unique designs in truly outstanding communities that meet the needs and desires of today's families.

New model homes for the 'Eagle Woods' community are under construction and will be open by the Fall of 2013. Drop by the current Sales Presentation Centre located on Stevensgate Drive, north of Rossland Road West, one half kilometre west of Westney Road three kilometres north of Hwy. 401.

Sales Presentation Centre hours are Monday through Thursday 1:00pm to 8:00pm; Saturday, Sunday and Holidays 11:00am to 6:00pm; closed Friday.

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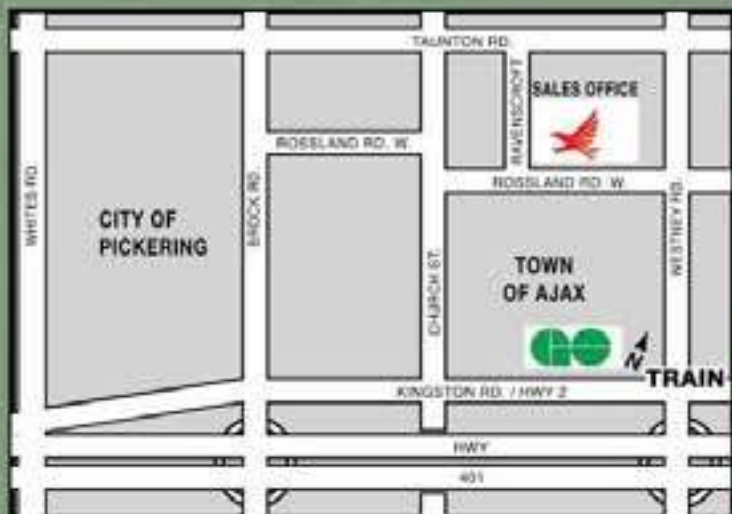
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Children Achieving Prosperity by Prioritizing Education: Namibian experiences of a student-volunteer

By Harrish Thirukumaran **Part 2**

A Cultural Namibian Dinner: Braai

Thereafter, we headed back to Wadadee where we were preparing the dinner for a braai. Initially, it was seen as an opening/welcoming braai interpreted as a kindly gesture to bring us into Namibia.

Overall, a braai was like an African-style barbecue, where at the house the cook mainly Tickey used a special stone-fire grill where he cooked the meat on the top rack and corn on the bottom rack. Certain meats they had were recognizable ones back in North America such as ribs, chicken, and beef.

I also believe there were some exotic ones like oryx. Although I was a vegetarian intensely surrounded by various Namibian meat the braai provided just as much of a filling for myself. Other foods we had were a delicious pasta salad, garlic bread, and corn specially cooked for my dietary arrangements. Sitting outside on the patio of the house enjoying one another's company during the night was also very pleasurable. The skyline at night was incredibly beautiful to see especially with the bright full moon overseeing the sky. In general, it was a really joyous night from hearing Shaun talk about himself and his day to Tickey jokingly insisting more of the good food even though most of us had been full.

There were even some project leaders who were invited like MaryBeth and Sandra, a leading German volunteer who teaches and assists disabled children to succeed in life, along with her 2 year old son, Lennox. In a nutshell, the dinner was a fantastic start for our time in Namibia.

BNC Introduction

On the first Monday, our group was driven to our main project site being the BNC located within a few miles from the Wadadee House in Katutura. As soon as we arrived it seemed like a very structured and delightful looking school center. Once there we met up with MaryBeth who offered us a tour of the facility along with basic facts and stories that are correlated to the BNC. Inside the BNC grade layout were small classrooms filled with desks and chairs for the little ones. The first one was for first graders had included all supplies and materials that were normally seen in a traditional school classroom. There were even more murals inside some of the classrooms that were drawn to motivate and promote the value of a good education towards the many attending children. Once settling in the room, Mary had sat us down and spoke about the BNC, how it was doing so far during her time and certain needs that are required to assist the children.

The small orientation even gave example to how good-natured she is and hear disciplinarian instincts when asking for cooperation from the children whom she could properly rationalize with. These instances exemplified the polite and good mannered responses from the children who also made sure to exhibit those traits when asking Mary for something. It was also a somewhat depressing conversation as she had even specified further about the abuse most of the children have gone through that could have crucially deterred their education to the ground. Along with living with abusive parents it can also mean uneducated families who rarely can encourage their need for educational prosperity. Some of the parents and locals may even see the BNC as a distraction as education can only come as a secondary of a child's own individual thoughts and desires such as complete need for sports.

During my time at the BNC, I noticed how some of the children didn't always want to take advantage of the holiday break's learning opportunities but rather just go play outside or just commit their time to sports programs. It can be stemmed from the willingness of the children in applying themselves to an education as well.

Frequently, problems that have emerged for Mary due to the shebeen adjacently located to the BNC. A shebeen is an illegally operated bar where alcohol is sold excessively without a proper license. Due to this



The Braai grill

it is often disturbingly loud from the shebeen and it places a dangerous influence of alcoholism among the children. It is said that most people there are drunk all day that even steal valuables at times most notably from the BNC. In which, Mary has to deal with these troublemakers who even endow unnecessary negative influence on the children tied to alcohol, such as using it as an excuse for wrong actions.

They are even known to systematically heckle the BNC, Mary, and the children. In a single phrase, the BNC will be unsuccessful in maintaining education, as the children are nevertheless 'dumb' who will eventually succumb to the antagonistic city streets. The way most of the children grew up and the daily affairs they go through can very much cause them to indirectly acquire negative traits in the learning process. It was harsh to hear Mary talk so nonchalantly about the BNC's persistent obstacles, but it could also be the only way to break through the hardship barrier blocking the children's learning abilities. It displays the bleak realities of the country from an international perspective when comparing and contrasting the depth of social detriments between North America and Africa.

There was a small outdoor courtyard where sports could be played such as basketball or four square. An excellent mural that showcased Namibian pride and the world map also oversaw the area. It was previously one of the many painting assignments conducted by a previous Brock Namibia group with an inspirational slogan "One World, One Love" In addition there was a small rectangular area where the children were allowed to play soccer while using trashcans as goalposts. Furthermore, the center also contained a unique playground for the children near the gate entrance of the BNC.

A distinguishing characteristic enrichment of the BNC was also their own developed slogan being "Best Namibian Children." This phrase is defined through a favorable sentiment that is formed via the children achieving prosperity by prioritizing education. I found it sensational that in the playground there were old tires placed in the sand where the kids were able to skip through the playground by walking on the old tires. In my view, it developed some real innovation

in games such as tag for them. The BNC was also home to remnants of an old NGO organization within its radius. The group was Catholic AIDS Action; a Christian Church based institution tied to the BNC's former founder, Father Bernard Nordkamp.

The group was an advocate for testing, prevention, and tackling of the AIDS epidemic. I believe in relation to Father Bernard the program was set up in response to Catholic AIDS Action to successfully educate the children to help them understand how to anticipate and read the signs of the disease carefully. The BNC's educational struggle is much associated with breaking the AIDS problem that is formed from various perspectives linked to education. It was also awful having the BNC covered in

marijuana smell as many of the locals regularly smoked in the shebeen. Though the children were extremely happy most of the time the negative reinforcement could easily further expose the deep vulnerability that can be integral in the children outside of the BNC.

After hearing of the critical importance of the BNC, we ended up seeing other places in the center. For instance, we saw the 6th grade classroom where most children are responsible for writing their sponsor letters in a structured format thanking for the donations. We soon saw the kitchen where some volunteer staff are able to store or prepare food for the children during



John - Narrating the puppet show-pic: Olivia

lunch time. They were able to get some decent food to help quench their hunger for instance, rice, peanut butter sandwiches, and some gourmet breads. Also, we saw the eighth and ninth grade classroom where a Brock member taught math daily as part of the teacher's degree.

Attached to the classroom was a small library room where a portion of books was kept. A color key by grade level also designated the books so kids could easily pick out a book they were able to read. Although, at times the students were also encouraged to read a book that was somewhat challenging to their levels. The last site on the mini tour was a large cargo container that had numerous boxes of assorted



Dino, Christy and I (Harrish) at the BNC -pic by Maegan

books ranging from workbooks to reading books. Mary had a problem with the container as it was filled to the large door opening, which was packed extremely tightly. Since it was near impossible to have her do it herself, she never found the time with keeping the BNC spotless along with ensuring the children were doing what they were supposed to do. In her opinion, the job was indeed too strenuous for one person to handle, which is why it was an excellent task for a group, along with organizing the books that were most beneficial. However, the job was tedious, as she had also said that some clothes were kept inside but had to be incredibly secretive about it because many people on the streets were tempted to steal it.

It had also been very stressful for Mary as a large minority of the books was deficient to the children. These books weren't necessarily bad reading material, it was that they weren't very helpful in accurately educating the kids. Most of these books have also been donated from countries like the US to Africa. Most of these books would either be Disney, Nickelodeon, or other mainstream TV character books. This was problematic as the BNC already had enough of those types of books than they needed. Mary had even delivered a crucial notion that correlates donations; this meaning that people might donate anything that is possibly not applicable to schools because of differentiation in the system from one country to another and the grade level requirements. It could also mean that education is interpreted differently than from the sender's perspective. It was also sad to hear that when the container stored all the donated items she had to pay large import taxes on the shipment when it came into Namibia. That prospect not worthwhile from the worthless amount of uninformative books for the children's learning.

First assignment and the kids' lending hands

The first assignment for the day for me with three of my volunteer members was to clean out the container and organize the books. The books were to be organized into two main subjects, Math and Reading.

We also organized them according to the level of difficulty being beginner or intermediate. We also had made up a pile where all irrelevant books were kept. The job was to pretty fun as we were able to climb through the container to get all the heavy boxes and properly sort them in their piles. We easily got rid of the Disney books as specified by MaryBeth. We also analyzed most of the books' content to see if they were potentially substantial for the children's academics and for productive time use. It took some strong carrying and lifting from the container to outside. We were like a human assembly line carrying out the books and classifying by their level of educational relevance. There was such a huge abundance of boxes that they were all stacked together smothered in plastic wrap to be kept safely within the container. So we ended up having to cut and rip off the wrap, which was done faster with the cutely appreciated help from two BNC students, Delano and Sylvester.

Delano and Sylvester were two 2nd and 3rd grade students at the BNC. While working in the container they had come around the corner playing with a ball. They had approached the container and were immensely curious at our actions inside the cargo box. They asked us what we were doing and we had told them we were cleaning the container and organizing the books for them and the rest of the BNC attendees.

Subsequently, they ended up offering themselves to help in anyway possible. They helped cut the plastic wrap with scissors or ripping it themselves with their childish strength. They would also collect the entire wrap, which they would throw it into the trash bins. It was great hearing them so eager to continuously lend a hand with disposing of the wrap or 'rubbish' as they happily called it. It was tremendous to see the amount of educational substance that was enclosed in that would cultivate into brighter knowledge. The job was so long that it took two days to empty the container and organize the books into the storage room.

After getting most of the container finished, it was time to tutor or teach the kids in certain subjects from 2 to around 5 pm. I had engaged myself with the 5th and 6th graders in the 5th grade classroom with reading assistance. I had first worked with Risto, a sixth grader who read aloud a book called Halloween by Jerry Seinfeld to myself. During his reading, I would at times help him with correct pronunciation because of some words distinct vowel sounds. In addition, I encouraged him to try to read the sentences based on their structural punctuation such as if it ended in a question mark, period, or exclamation point. In my opinion, he read the book excellently where he was able to properly keep track of the sentences he read in order and articulated words into their recognizable pronunciations to the best of his ability. He was able to correctly say words such as 'candy', 'treats', or 'walking.' I felt it was also entertaining to hear it in his accent as well.

Later, I had collaborated with 5th graders, Johannah, Laurencia, Kali, and Ben with constructing a puppet show as suggested by Mary for something fun and stimulative towards learning. The puppet show was very instructional for them as it would advise them to effectively writing down the actual lines with their own handwriting skills along with reading their individual lines to sustain a good performance flow for audiences. With my 5th graders they decided to create a puppet show out of a short

story called The Crocodile, Jackal, and Snake. It was a cute story about a jackal and snake and their difficult interactions with the crocodile.

Other than trying to keep some peace and quiet in the room concentrating on rewriting the story it was hectic as the kids were always spirited and talkative to each other. They would always laugh and talk facts about each other especially in their native language. At the BNC, most of the children went for extra educational aid and extracurricular activities and were ethnically Damara. When speaking in their language you would be able to overhear those distinctive click sounds in their dialects. It was amusing because you weren't able to tell if they were yelling or having a normal conversation. I just really found it fascinating hearing them talk with their mother tongue as it demonstrated their brilliant linguistic skills in both English and Damara. I felt shameful in a way hearing how they were successfully bilingual, whereas in Canada bilingualism is barely represented in any large English or French-speaking populations.

They also had incredibly strong urges to sing which was honestly great to hear. For instance, I remember hearing them casually sing the Namibian national anthem very proudly and with profound enthusiasm. Their singing made me think that the children are immensely supportive of their Namibian heritage and they maintain strong patriotic ties to the nation regardless of their individual problems that prevent them from prospering. Through my oversight, I found that Johannah and Laurencia were superb in their handwriting. They were able to remember to write their name down and copy the lines word for word in a neat and formulated fashion. I had also made sure to remind them to star their lines as designated by each of their singular part.



Laurencia - pic by: Maegan

The puppet show preparation had continued for the next few days. Soon, it was almost time to leave for the day so the group headed out into the courtyard where we noticed how much energy the kids still conserved after a long day at the BNC. We even got to see more of the playful singing by the kids who sang some American songs as well. Songs from artists like Taylor Swift or Justin Bieber. Seeing all the great smiles on kids' faces at the end of the day was just really touching to witness. Once leaving, we were already able to see the strong amount of friendly attachment that was emphasized by the children such as running towards the van to still frolic around along with running side by side with the van as it drove off.

From that action and the thorough first day at the BNC it would forever be special for us, as it would constitute our strong connections with the children that would be a precedent for the rest of our volunteering.

[To be continued]



Special Feature

Tamil-Canadian film screened at Montreal film festival

Six stories connected by one gun and one ring

Inspired to tell the kind of story “no one else was telling,” Canadian filmmaker Lenin M. Sivam and Eye Catch Multimedia have created the riveting new feature film “A Gun & A Ring,” which was officially selected and screened at the 37th Montreal World Film Festival during Aug 2013.

Weaving six stories together, linked to a single gun and a wedding ring, the film explores the harsh realities faced by different generations of Tamil Canadians who try to rebuild their lives in an adopted land, but are unable to let go of their pasts that were framed by violence, death and conflict in Sri Lanka.

“This was an important story worth telling,” Sivam said, adding that it is great to see the film being recognized. “For many, Canada is home. But, as they struggle to build a new life in Canada, they are trying to erase a dark, violent and brutal past.”

The Montreal festival ran from Aug. 22 to Sept. 2, 2013 with the film presented under “Focus on World Cinema.” The Montreal World Film Festival is one of Canada’s oldest international film festivals and the only competitive film festival in North America accredited by the International Federation of Film Producers

Associations.

Sivam explained that his film could apply to the realities faced by generations of immigrants from practically any race, who set up their lives in foreign lands.

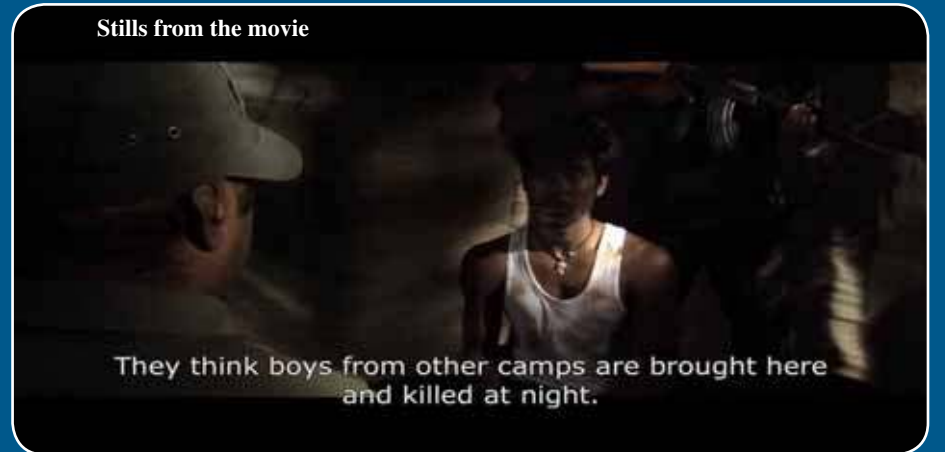
The film had its world premiere at the 16th Shanghai International film festival in June 2013 where it was nominated for the prestigious Golden Goblet Award.

Sivam’s debut feature film 1999 received international recognition and was named as one of the Top 10 Canadian Films at the 2009 Vancouver International Film Festival and won the Audience Choice Award at the 2010 ReelWorld Film Festival..

The Toronto premiere of A Gun & A Ring is on Saturday, Sept. 28, 2013 at York Cinemas in Richmond Hill at 7 p.m.

Eyecatch Multimedia is a Toronto-based indie film production company founded by young entrepreneur, Vishnu Muralee.

For more information and to arrange interviews with the director and/or crew, please contact: Thana Dharmarajah, Media Relations, (647) 688-4262, thana.dharmarajah@gmail.com



At the opening ceremony in Montreal



Director Lenin M. Sivam

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Special Feature

Money Lessons: undergrads say their budgets did not make the grade

- TD CANADA TRUST OFFERS FRESHMEN ADVICE ON HOW TO LOCK DOWN AN "A" IN MONEY MANAGEMENT -

TORONTO (August 13, 2013) – Student debt can quickly escalate in a number of different ways, like dipping into the semester’s food budget for a Spring Break vacation or withdrawing cash from a credit card to pay the rent. According to research from TD Canada Trust, 38% of undergraduate students wished they had stuck to a budget during school, and 43% said they wished they had curbed spending on discretionary items like nights out with friends, gadgets and coffee. Quick-fix approaches to spending can have implications that linger for decades, so it is essential that freshman put their best financial foot forward from day one.

“University is full of tempting opportunities to spend money, which is why it is so important for students to create a budget and learn when and how to say ‘no’ to things they cannot afford,” said Raymond Chun, a senior vice president at TD Canada Trust. “With the average cost of an undergraduate degree currently estimated at \$84,000, it is imperative that students do their homework on how to manage everyday finances, stretch their student dollars and avoid excessive debt.”

To help post-secondary students make the grade in money management, Chun provides advice on how to avoid the top three freshman fiscal missteps:

Earning a failing mark on a credit rating

It can be challenging to juggle studies, extracurricular activities and social engagements with keeping track of financial obligations, like paying bills on time. A missed payment could have a negative impact on a credit rating, impacting the ability to borrow money to buy a car or a home in the future.

“Always pay bills on time and in full and consider setting up automatic bill payments online for regular expenses,” said Chun. “Remember, even if a cell phone provider gives you an extension on a bill, your credit rating may still show that it was paid late.”

Treating a credit card like a debit card

Nearly one-third of students (31%) wished they had used their credit card more responsibly at school. A credit card is a practical tool to purchase books and school supplies. It can even provide you with the opportunity to save money by offering additional benefits like no annual fee, the ability to earn rewards and insurance coverages. Still, Chun warns students to only use credit cards if they are sure that they can pay off the balance in full when the monthly statement arrives.

“Credit cards essentially offer customers an interest-free loan on new purchases for 21 days, but only if the balance is paid in full by the payment due date,” Chun said. “If payment of the full amount is made even one day later, the cardholder will be charged interest on those purchases from the day they were posted to the account.”

Although tempting, making a cash advance from your credit card account is not always a good idea since it incurs interest from the moment the transaction is complete.

Spending without a plan

Studying away from home is full of tempting opportunities and too much discretionary spending can derail even the best budget intentions. To get a clear picture of how flexible the budget is, list the money coming in from scholarships, work, family and student loans. Then, subtract essential expenses like tuition fees, books and living expenses. If the bal-

ance is negative, rethink unessential expenses or look for alternative funding options for school.

“One of the easiest ways to avoid overspending is to organize your finances,” said Chun. “Take advantage of past online statements to assess current spending habits. That history can help identify potential saving opportunities and build a realistic budget you can stick to.”

About the TD Canada Trust Back to School Poll

TD Bank Group commissioned Environics Research Group (www.environics.ca) to conduct an online custom survey of 1,388 Canadians aged 18 years and older who have any post-secondary education, including 798 who are currently completing undergraduate studies or have attended in the past 3 years. Responses were collected between January 10 and 25, 2013.

About TD Canada Trust

TD Canada Trust offers personal and business banking to more than 11.5 million customers. We provide a wide range of products and services from chequing and savings accounts, to credit cards, mortgages and business banking, to credit protection and travel medical insurance, as well as advice on managing everyday finances. TD Canada Trust makes banking comfortable with award-winning service and convenience through 24/7 mobile, internet, telephone and ATM banking, as well as in over 1,100 branches, with convenient hours to serve customers better. For more information, please visit: www.tdcanadatrust.com. TD Canada Trust is the Canadian retail bank of TD Bank Group, the sixth largest bank in North America.

HOW TO SURVIVE FRESHMAN YEAR
WITH AN **A** IN MONEY MANAGEMENT

Hindsight really is 20/20, and a majority of experienced undergrads admit they would have managed their finances differently if they could go back and do it again. This is for you, freshmen: six tips worth writing down before starting school this fall.

- 43% wish they hadn't splurged so much on nights out with friends, gadgets and coffee.**
Out of sight, out of mind! Hold yourself to a weekly allowance. If you're tempted to spend beyond this, transfer your funds to a separate savings account. Also consider keeping your credit card at home on nights out.
- 38% wish they stuck to a budget.**
Calculate your total income and then subtract expenses. If it's a negative balance, rethink your spending. If it's positive, talk to your bank about smart savings strategies.
- 38% wish they worked while at school.**
Your school's career centre can be a great resource for finding opportunities to help supplement your budget. If you already have a part-time job, see if you can get more hours without impacting your studies.
- 38% wish they applied for more scholarships, grants and bursaries.**
You never know until you try, so apply whenever and wherever possible. Don't forget to see if there are any local businesses or associations in your community that offer scholarships.
- 35% wish they had looked for more ways to save money.**
Show your student card when booking travel, seeing a movie, shopping or eating at local restaurants near school. Download your bank's mobile app to monitor cash flow on the go and find the closest ATM to avoid non-sufficient funds or additional transaction fees.
- 31% wish they used credit cards more responsibly.**
Treat your credit card like cash. Check your budget before making purchases to ensure the bill can realistically be paid on time and in full every month. Avoid making a cash advance from your credit card account since it incurs interest from the moment the transaction is complete.

Questions about smart money management at school? Visit: www.tdcanadatrust.com/student

NEW TO CANADA? TIPS TO COPE WITH HIGHER THAN EXPECTED FINANCIAL COSTS

Starting a new life in a new country can be a complicated and expensive. Up-front costs can quickly drain your finances if you have to find a place to live, get a cell phone, arrange daily transportation and pay other day-to-day expenses.

Recent RBC Research shows that the majority of newcomers expect to put a down payment or security deposit on accommodations and cars. But, newcomers see sticker shock when it comes to cell phones and internet access. Almost one-third (29 per cent) paid a deposit on these items and many were surprised at having to do so (33 per cent) and how

much it cost (35 per cent).

“Leaving your home country requires a lot of organization. Without planning, you can risk running out of money because of unexpected costs,” said Paul Sy, director, Multicultural Markets, RBC.

Sy offers the following advice to newcomers once they arrive in Canada:

Open a Canadian bank account: Look for special newcomer offers on: banking fees, foreign exchange rates, safe deposit boxes, credit cards with no security deposit or credit history, cell phone offers etc...

Set a budget: Figure out how

much your monthly living costs will be. i.e.) cost for accommodation, transportation, schooling and living expenses such as food, clothing, utilities and entertainment. Use online tools to help manage your daily expenses.

Pick a bank that matches your needs: Choose a financial institution that can give you unique products, services and easier access to credit that will make your transition to Canada much smoother.

To learn more about how RBC helps newcomers get financially prepared for life in Canada, please visit: rbc.com/needcredit



Young Film Makers Create Innovation through Leadership - A CFLI Success Story

On the Saturday evening, July 28th the New Jasmine Banquet Hall was filled with around 250 jubilant parents, facilitators and Youth Leadership Program members in their best party clothes. All were nervous and eager to find out who would take home the awards for Centre for Leadership and Innovation's first ever documentary film awards. The red carpet was rolled out for the 10 to 18 year old future filmmakers, writers, and actors. They were greeted to large Hollywood-esque screens where they're short films would play, bright lights, cameras flashing everywhere as the media captured the proud faces of parents and facilitators. It truly felt like we were at the Oscars.

The Youth Leadership Program announced their 2013 Summer Program: A Documentary Project, focusing on the aspects of leadership, teamwork, and project planning. This year a new challenge was provided, as 38 students were split up into 5 teams and had to learn all the steps to making a full-fledged documentary film in 4 weeks. As our facilitator Mr. Kumar Ratnam said during his introductory speech, they threw 38



Photos: www.imaginedigitally.com

work shone through when the judges came to review all the documentaries. Mr. Senthil Vinu, Mr. Lenin Sivam, and Ms. Shantelle Canzanese made up our panel of judges, providing their expertise and opinions on our projects. It was a great experience for us to get these talented directors and actors to come watch our

documentaries and give their professional touch. They have truly inspired us to continue film making.

Each Director came to introduce their movie before it was screen at the CFLI Docs-Dine-Dance Event: Living with Autism, Keep Calm and Dropout, The Diary, Life is A Highway, Shattered. All short documentaries were based on social issues that people have to face during daily lives. Some were educational, with real interviews and facts while others entertained the audience with humour, but still portrayed a social issue.



young YLP members into the ocean of filmmaking without knowing how to swim. To say the least everyone was delightedly surprised by the finished movie the members were able to produce.

This summer term provided a brand new experience for us YLP members. Our usual programming of practicing public speaking and receiving feedback from facilitators was not seen as much in this term. With the task of creating a documentary, facilitators provided us with only two sessions to on the project, a brief class on movie editing and let us out in the open. This let the creativity and ingenuity of the members free as teams began to assign roles, meetings, deadlines, and create unique social issues for their documentaries to portray.

As the project went on, teams feverishly worked to put together all aspects of a movie, within the deadlines. The hard



Arun Thurairajah

Life is A Highway, took home the awards for Best Movie by the judges, Best Screenplay, as well as the Audience Poll Award. A comedic film, this showed the story of a young girl and her journey through life.



The Diary won Best Director, Editing, and Videography, telling the effect of child abuse in the modern world.

Keep Calm and Dropout won the Best Storyboard award.

Today more and more students are dropping out of high school and this documentary dives into the reasons why.

Shattered won the award for Best Marketing and Best Sound, showing the effects divorces and separations can have

with true stories and interviews. Finally, Living with Autism took home Best Production and Best Sound. This documentary, told the heartbreaking issue of what people with autism have to deal with in their daily lives.

The audience was able to view the talented YLP members; from great acting to amazing writing and editing. Everyone was able to see the skills the members learnt from the program. Scarborough Rouge-River Member of



Parliament Miss. Rathika Sitsabaiesan came to the event as chief guest and spoke on how we were the young leaders of tomorrow.

As a member of the Youth Leadership Program since the pilot program, I can say that the sessions have made a tremendous impact on me as a person and a leader of the future. The skills and lessons I learnt here are not easy to find. Before this summer session started, I had no idea how to write a screenplay or edit a short



documentary film.

Starting grade 9 this September, I can see that these experiences will help me to succeed in the future, in any presentations, speeches, or leadership role.

I encourage everyone to join and experience the benefits of the CFLI (Centre for Leadership and Innovation). This will be one of the influential first steps in the journey of becoming a future leader.



All documentaries made by the YLP teams can be viewed at CFLI's YouTube channel: <http://www.youtube.com/channel/UCppfdry4MjT99Y4sdTW6R4A>.

Registrations for CFLI's Youth Leadership Program fall session is now open and classes are to begin mid-September. Online registrations can be made at www.cflicanada.ca

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CENTRE FOR LEADERSHIP AND INNOVATION



Special Feature

By D.B.S. Jeyaraj

Navi Pillai is a name which has become very familiar to most Sri Lankans in recent times. The past week has seen the Sri Lankan media flooded by references to the United Nations High Commissioner for Human Rights. Emotions are on the rise and expectations are high as the week long visit to Sri Lanka by the 72 year old UN Human Rights chief continues to receive extensive media focus.

Navi is a shortened form of the name Navaneetham. It is derived from the Hindu religion and means freshly churned butter. Lord Vishnu in his avatar as Krishna was very fond of freshly churned butter known as Navaneetham. Among the many names by which Krishna is known are Navaneethakrishnan and Navaneethan. Just as butter pervades milk the Lord is pervasive in the universe. Though the usual spelling is Navaneetham or Na-

Workers from India were initially brought to what is known today as the Kwa-Zulu Natal Province. The first batch of Tamils from India were brought to South Africa by the British on November 16th 1860 aboard the vessel "TRURO". Despite the oppressive climate and harsh working conditions the flow of Indentured labourers from India in general and Madras Presidency in particular did not cease. Within a few decades the number of Indians in the Natal region reached 150,000 outnumbering that of the white population which was only 115,000 then. This caused alarm bells to ring and recruitment from India was stopped in 1917.

In a bid to repatriate Indians the option of returning to India after expiry of their contract was proffered. Free passage and a compensation package was offered. In spite of these incentives most Indians preferred to remain in South Africa. Many migrated to urban areas and got jobs in

different trades and also began working as domestic employees and farm workers. Gradually they branched out into the agriculture, minor industry and mercantile sectors. Soon Indian Tamils in South Africa became the core element of the Industrial working class in some Cities. Tamils also sought education and used it to gain upward mobility as teachers, clerks and professionals.

At the end of world war two the Indian Population in South Africa was over 300,000. They were widely distributed in many parts of South Africa. The Policies of Apartheid put an end to that. The Asiatic Land Tenure Act of 1946 broke up multi-ethnic townships and ghettoized Indians into residential areas specifically reserved for them, Thus a very large number of Indians of whom Tamils were the majority concentrated in Cities such as Durban. Today the joke in South Africa is that Durban is the largest Indian city outside India!

Currently the Indian population in South Africa is estimated at around 1.3 million. About 600,000 of the Indians are of Tamil ethnic origin. Though Tamil schools and media organs are available most of the younger generation cannot read or write Tamil. The ability to speak or comprehend Tamil is also diminishing. Despite this lack of "Tamilness" there is some emotional attachment to Tamil culture and identity. The essence of what could be termed as Tamil cultural manifestations such as music, song and dance are fostered mainly through Hindu religious ceremonies and festivals. Films from Tamil Nadu also help propagate "Thamizh" in South Africa. Hindus are about 85% of South African Tamils. Muslims are around 10%. Christians of various denominations comprise the rest.

People of Indian descent are around 2.5 % of South Africa's currently esti-

mated population of 52 million. Of this 2.5 percent those of Tamil ethnicity amount to roughly 1.2 % or little less than half. Notwithstanding their numbers, the Tamils in South Africa have played very positive and constructive roles in the historic struggles against colonial and racial domination. It would be relevant at this juncture to excerpt paragraphs from statements made by Mahatma Gandhi and former South African President Thabo Mbeki in this regard.

TAMIL SISTERS

On July 15, 1914, MK (he was not Mahatma at that time) Gandhi spoke at a meeting of the Tamil Community in Johannesburg. Thambi Naidoo presided. This was after being released from his third term of imprisonment in a South African jail for his "satagraha" campaign. The following is from a report of his speech published in the "Indian Opinion" of August 5, 1914.

"Mr Gandhi said that he felt, in coming to meet the Tamil brothers and sisters, as if he came to meet blood relations. That was a sentiment, which he had cherished now for many years and the reason was quite simple. Of all the different sections of the Indian community, he thought that the Tamils had borne the brunt of the struggle. The largest number of deaths that passive resistance had taken had been from the Tamil community. They had that morning gone to the cemetery to perform the unveiling ceremony in connection with the two memorials to a dear sister and brother. Both of these had been Tamils. There was Narayansamy whose bones lay at Delagoa Bay. He had been a Tamil. The deportees had been Tamils. The last to fight and come out of gaol had been Tamils. Those hawkers who were ruined were all Tamils. The majority of the passive resisters at Tolstoy Farm had been Tamils. On every side, Tamils had shown themselves to be the most typical of the best traditions of India and by saying that he was not exaggerating in the slightest degree".

Navaneetham Pillay is The Most Famous South African Tamil of Our Times

vaneetham in English, Navi Pillay's name is spelled as Navanethem in official documents at present.

The Pillay in her name is that of her husband Paranjothy Anthony Pillay who was known generally as Gaby Pillay. The name Pillai is actually a caste suffix applicable to the traditionally agrarian land owning upper caste Vellala community in Tamil Nadu and to some sections of the Nair community in Kerala. In South Africa the term Pillai is spelled as Pillay. Gaby Pillay whom Navi married in 1965 was also a lawyer like his spouse. He is no more.

Ethnically Navi Pillay is a South African Tamil of Indian descent. Large numbers of Tamils from India were taken by the British Colonialists to many different countries to work in plantations and mines. Most of these workers were ethnically Tamils from what was then the Madras Presidency. The Madras Presidency under British rule comprised the greater part of Present day Tamil Nadu state, coastal and Rayalaseema regions of present day Andhra Pradesh and certain areas of present day Kerala, Karnataka and Odissa states in India.

MADRAS PRESIDENCY

Tamil, Telugu speaking people from the Madras Presidency and Hindi speaking people from present day Bihar state were brought to South Africa to work as Indentured labourers in Sugar cane plantations, coal mines and in the construction of the Natal-Transvaal Railway.. They were derogatorily referred to as "Coolies". Other Indians such as Gujeratis, Urdu speaking Muslims, Parsees, Bengalees and Sikhs followed as entrepreneurs and professionals. They were referred to derisively as "passengers". The most famous "passenger" Indian was Mohandas Karamchand Gandhi otherwise known as "Mahatma" Gandhi.

different trades and also began working as domestic employees and farm workers. Gradually they branched out into the agriculture, minor industry and mercantile sectors. Soon Indian Tamils in South Africa became the core element of the Industrial working class in some Cities. Tamils also sought education and used it to gain upward mobility as teachers, clerks and professionals.

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High Commissioner Ms. Navaneetham Pillay - Painting by Shan Sundaram, Pennsylvania, USA

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from barracks to barracks at Newcastle, to ask the men to lay down their tools and strike work – who were they? Again, Tamil sisters!

Who marched among the women? Tamils of course! Who lived on a pound loaf of bread and an ounce of sugar? The majority were Tamils; though there he must give their due also of their countrymen who were called Calcutta men (Bengalis). In that last struggle they also responded no-



bly, but he was not able to say quite so nobly as the Tamils; but they had certainly come out almost as well as the Tamils had, but the Tamils had sustained the struggle for the last eight years and had shown of what stuff they were made from the beginning.

"Here in Johannesburg they were a handful and yet, even numerically, they would show he thought the largest number who had gone to gaol again and again; also if they had wanted imprisonment wholesale, it came from the Tamils. So that he felt when he came to a Tamil meeting that he came to blood relations.

"The Tamils had shown so much pluck, so much faith, so much devotion to duty and such noble simplicity, and yet had been so self-effacing. He did not even speak their language, much as he should like to be able to do so, and yet they had simply fought on. It had been a glorious, a rich experience, which he would treasure to the end of life".

THABO MBEKI

The paragraphs excerpted above are quoted from a speech made by Mahatma Gandhi about the contribution made by Tamils in the struggle against British Colonialism and Imperialism. These paragraphs bear eloquent testimony to the progressive role played by South African Tamils in political non-violent struggles a century ago. But what of the more recent anti-apartheid struggle against oppressive Afrikaner regimes?

Again let me excerpt paragraphs from a speech made by former South African President Thabo Mbeki on April 10th 2003 addressing a meeting of the Kwazulu Natal Tamil Federation at the Chatsworth Stadium in Durban. Here are the excerpts -

"The elections are four days away and one of the things I would like to see is that the Tamil population of our country should go out on that New Years day to vote. It is very important that the Tamil population of our country should exercise the democratic right for which many Tamils fought for, for which many Tamils made many sacrifices to ensure that we get this right to vote and I am talking about important leaders of our people not only leaders of the Tamil people but leaders of the people of South Africa.

I am talking about people like Monty Naicker, like George Ponnen, MP Naicker, like Billy Nair, Kay Moonsamy, Lenny Naidoo all of these are great heroes among our people who fought. Lenny died so that all of us should be freed and to honour them, let us on New Years day, our New Years day, the Tamil New Year's day, let us all go out and vote. That is also important, that is also important, because the Tamil population of South Africa has got a duty and a responsibility to play an important role in determining the future of South Africa.

KWAZULU NATAL

We cannot allow any situation in which anybody suggests that the future of this country can be decided without the participation of the Tamil people and therefore the question of who is going to constitute the government of Kwazulu Natal after April 14th and who is going to be

the government of South Africa after April 14th, that's an important decision that the Tamil population must participate in making so that indeed whatever government we have in this province and whatever government we have in South Africa as a whole that must be in part a product of the decision, a product of the view of the Tamil population of South Africa.

What is also important is that the Tamil population plays that role for reasons that have already been stated. The Tamil population has an important role to play in the reconstruction of South Africa after those elections. We are one of the most diverse countries in the world and here you would find people of many colours, and cultures, religions, races and indeed that is why our National motto says "diverse people come together: KE IKARA KE".

These diverse people of South Africa have come together to constitute the South Africa that we have today and the Tamils are an important part of that diverse population and play a role in all aspects of our National life, in politics, in the economy, in culture, social development and so on. And I am saying that part of the challenge to participate in this forthcoming elections and therefore participate in the deciding who should govern our country and who should this Province and that has to do with the role that the Tamil population plays and must play with regards to deciding the politics of our country, its economy, its culture, its social development, I say all of these things because there is nobody who can doubt the resilience, the resilience of the Tamil population of our country.

The paragraphs excerpted above from speeches made by Mahatma Gandhi in 1914 and Thabo Mbeki in 2003 demonstrate clearly the progressive role played by South African Tamils in the anti-colonial and anti-apartheid struggles in the past as well as in nation building at present. It is this proud legacy that the Tamils of modern South Africa are heirs to. Navi Pillay is perhaps the finest embodiment of this historic legacy and arguably the most famous South African Tamil of our times.

CLAIRWOOD

Navaneetham Pillay is a third generation Tamil of Indian origin in South Africa. Her grandparents came from the Madras Presidency in late nineteenth century as Indentured workers. Navi herself was born in the densely Tamil populated Clairwood area of Durban city on September 23rd 1941. Her father was a bus driver. Her mother had no schooling as Navaneetham's grandfather did not believe in women's education. Navi's husband Paranjothy "Gaby" Pillay a Lawyer grew up in a miner family at the Hlobane Colliery. They married in January 1965 and had two daughters. The elder Isvarya resides in New York while the younger Kamini lives in Johannesburg.

Arguably Navi Pillay is currently the most famous South African Tamil. In spite of this ethnic hallmark she lacks fluency and proficiency in Tamil. During her current trips to Jaffna, Mullaitheevu and Trincomalee the UN High Commissioner had to rely on interpreters to communi-

cate with the Tamil people who met her directly. The empathy she exuded made up for her linguistic deficiency. When a grieving mother of a dead son sobbed, Navi simply embraced her and through that simple act conveyed a qualitative solace that no quantity of words could.

Colleagues of Navi Pillay at the UN say that the UN High Commissioner of Human Rights though labelled ethnically as Tamil is in actuality a world citizen transcending barriers of race, religion, caste and creed who does not project her ethnicity in any way. She is usually clad in western attire and at times in Shalwar and Kameez. On extremely rare occasions Navi Pillay wears the traditional Saree.

KATHIRAVETPILLAI

Nevertheless in ethnicity conscious the visiting UN envoy is often viewed through a race oriented prism. One is reminded of a pithy comment made by former Tamil United Liberation Front (TULF) MP for Kopay C. Kathiravetpillai many years ago comparing Apartheid South Africa and Sri Lanka. Kathiri as he was called then observed "Racism in South Africa is skin deep but racism in Sri Lanka is soul deep". Against such a backdrop it is hardly surprising that Navi Pillay is viewed as a Tamil and therefore regarded as being partisan.

There is a school of thought that seeks to denigrate the visiting UN High Commissioner as being biased and partial on account of her ethnicity. The crude and simple argument is that as a South African Tamil she would be incapable of making a free and just assessment of matters affecting Tamils in Sri Lanka. This column does not intend lending credibility to such arguments by trying to answer them. This column however wishes to point out that the proponents of this ethnic bias argument are in effect playing into the hands of those seeking an impartial international investigation into charges against Sri Lanka.

The line pursued by those who desire an International investigation into alleged war crimes during the final phase of the war against the Liberation Tigers of Tamil Eelam (LTTE) is that Sri Lanka would not be able to conduct an impartial investigation into those matters because of the ethnic factor. The predominantly Sinhala Govt will not conduct a free and unfettered probe into allegations against the predominantly Sinhala armed forces is the crux of the argument. Colombo however invokes the concept of sovereignty and counters such demands by saying that Sri Lanka as a nation is above ethnic considerations and is capable of conducting an impartial probe. This by itself is a solid rationale to resist international intervention.

What the denigrators of Navi Pillay on grounds of ethnicity fail to take note of is that their campaign against the UN High Commissioner is strengthening the hand of those seeking an international investigation into Sri Lankan affairs. If Navi Pillay is deemed unsuitable because of alleged partiality due to ethnicity then the same argument would be applicable to Colombo too. The claim made by the anti-Sri Lanka lobby that the "Sinhala" Govt would always be biased in favour of the "Sinhala"

Army would gain credence. Sauce for the Gander is sauce for the Goose too.

AFRICAN NATIONAL CONGRESS

One reason for the ethnic bias charge has been the perceived links between some South African Tamil Groups and political leaders of the African National Congress (ANC) with the LTTE. Some South African Tamil supporters of the LTTE like Veerabhatran have declared their alignment publicly. It is quite possible that Some South African Tamils may have provided material support to the LTTE in the past. There have been several ANC personalities who had a soft corner for the LTTE which they regarded as a fellow liberation movement. Some ANC leaders of Tamil ethnicity like former South African minister of Public services and administration, Radhakrishna Lutchmana "Roy" Padaychie who passed away in 2012 used to sympathise with the Tamil cause.

It would however be absurdly inappropriate to view Navi Pillay as being pro-tiger because of the fact that some Tamil South Africans and ANC members supported the LTTE at one time. Needless to say Ms. Pillay must be assessed on her own merits and not by irrational "guilt by association" perspectives. Besides the evolution and growth of Navi Pillay's persona constitutes and forms a completely different trajectory altogether.

The progress of Pillay from that of a bus driver's daughter to becoming UN human rights High Commissioner is an incredible saga extolling the triumph of the human spirit. The hurdles she had to surmount as a woman of humble background in a racially oppressive society were numerous. There were many "firsts" in her remarkable career. From being the first woman of colour to open her own law office in Natal province she went on to become the first non-white woman Judge of the High Court of South Africa. She is also the first South African woman to obtain a doctorate in Law from Harvard University.

She also underwent immense personal suffering when her lawyer husband was detained for his anti-apartheid activities at Robben Island along with other heroic inmates such as Nelson Mandela. These personal experiences and pain have inculcated in her an empathy and solidarity with the underdog. Her life as a lawyer, activist, lecturer, jurist, International Criminal court judge / president of Tribunal and now UN Human rights chief has been that of "Voicing for the Victim". It is this "solidarity with the victim baggage" that she carries with her on this long awaited visit to Sri Lanka and not the baggage of ethnic bias as made out by some circles.

Her visit has not concluded at the time of writing this column (Aug 31) and the final outcome of this trip cannot be assessed at this point of time. However it can be safely said that given her acumen and experience all attempts to "Bovine excretaize" Navaneetham Pillay are likely to fail in the short term and may possibly boomerang in the long term.

[via dbsjeyaraj.com

~ DBS Jeyaraj can be reached at dbsjeyaraj@yahoo.com]



Special Feature

The NUNO project is a new initiative taken at Tharanikulam, Vavuniya by the team after lots of research and are very optimistic about this project. They completed an initial workshop recently and mentioned that this was astonishingly successful 3 days, teaching everything they knew so far about “NUNO” felting. NUNO means “fabric” in Japanese.

A couple of women developed the process in the late 60’s as a variation on regular felting. The craft is practiced in many countries by now, but remains low profile. Traditional felting produces extremely warm, thick, sturdy material.

Nuno felting combines the finest, lightest, possible shreds of “top” or “roving” (fibers pulled from lengths of combed but unspun wool) with silk or cotton. The

process involves water soap and controlled friction. The materials are layered, soaked with soapy water and rolled into in bamboo mats (bubblepack works well, too) and rotated back and forth several hundred times. The result is gorgeous, textured, featherlight material suitable for scarves, wraps and a variety of other apparel.

Each piece is unique. The wool fibers can also connect small pieces of sari fabric almost like a quilt, so every piece of scrap material can have a new value.

Tina Wendon states; I stumbled across nuno when I was researching ways to up-cycle vintage saris, looking for a suitable income source for impoverished Vanni widows with small children, elderly ladies and disabled men.



A Ray of Hope: NUNO Project in Vanni, Sri Lanka



The only tools needed are bamboo mats, water and soap. Time and elbow grease do the rest. No overhead, no machinery. I figured it was worth a try.

Chutta, one of the team member



time as she heaved huge, heavy sobs. Even beyond the grief, her chances of marrying again are nil. In this culture, marriage is pretty much foundational to being a woman. This workshop was a ray of hope for her.

I was impressed with how hard they all worked and how quickly they caught on to the process of nuno...with no common language. Wiji interpreted for me at the beginning and at one point there were two Army guys watching, one of whom could translate rudimentary English to Sinhala and the other Sinhala to rudimentary Tamil (the local language in the Vanni area) which helped when communicating more abstract points. But, much of the time, we managed with charades-style body language and demonstration. Shy smiles quickly turned to laughter and by the third day, the ladies were bringing me food they’d rustled up over stick fires and wrapped in newspaper.

I broke protocol to eat lunch with them which made the regimented Army guys a bit nervous, but it seemed to me that the warmth and camaraderie between us was something to validate. I will never forget those three improbable days. We all got a bit teary-eyed saying goodbye.

The plan is to continue via Skype (incongruous techie stuff deep in the boonies) once a month at the Army base until we return in November for a longer workshop. They divided up the remainder of my supplies and we left them with a promise to send more wool and samples of items currently selling in the western market.

Their natural inclination toward combining every bright color in the rainbow made for a carnival palette that may need corraling, but I’d love to see them develop their own patterns and styles, specific to their locale and life experience, and hopefully get a little Sri Lankan historical narrative in there too, much as can be seen in other native arts and cultures.

Here are some photos from the first nuno day and info by Tina Wendon.

found a textile artist in Berkeley who taught us the basics just before we left. We bought a big bagful of wool roving and stuffed it in our suitcase, along with some cast-off saris from some other members of the team, Wiji and Jo. We had no expectations...

Brigadier Manoj Lamahewa rounded up a bunch of village ladies and graciously turned over the long tables in his conference room for our workshop. I threw a Powerpoint presentation together, bought a bunch of bamboo mats in the Vavuniya marketplace and we were rolling!

New to the process myself, I was learning simultaneously! At the end of the last, long day, there was still an enthusiastic core group of 8 - 10 ladies and a couple of guys, ranging in age from about 15 through 40 yrs.

All of them are dirt poor, several are widows with young children. One of them showed me a crumpled photo that she carried in a plastic bag of her husband, little boy and baby girl. She lost all three to the war. I hugged her for a long, long



MANAGING YOUR MONEY

What would happen to your business if you were taken away from it, even temporarily?

Business continuation planning is the key to protecting what you've built

David Joseph,

M.A.(Economics), CFP®, CLU

You've worked hard to make your business a success. There may have been times when you gambled on a business strategy and won – but, for the most part, you stuck to the meticulous business plan that has been your blueprint for growth and achievement. Now, it's time for a new plan...

What would happen to your business if you were taken away from it, even temporarily? Would it survive? If you're like most small business owners, the odds are that your years of careful nurturing and building could come tumbling down without your energetic hands on the reins – because you are your business. You're a professional – a dentist, for example – and you get hit with a sudden, extended illness. Your entire practice will stop – but salaries, operating costs and other fixed expenses won't. How will you pay them until you're back in the game? You're not only the owner of your small business, you're also the primary salesperson, accountant and... everything else – and you're in a car accident that leaves you injured and unable to work for months. Your entire business will stop – but the bills won't and the income that supported your family will temporarily disappear. Do you have a contingency plan in place?

There's no need to gamble with your future financial health when you can take some essential steps right now to protect what you've built. It's called business continuation planning and it's the process of identifying issues that could put your business at risk and adopting strategies to help mitigate or eliminate those risks. Protect your most important asset – yourself.

As a business owner, you understand the need to protect against risks to your capital assets – that's why you have fire, theft and other forms of insurance. But one of the major yet often overlooked risks faced by nearly every business is the temporary loss of vital human capital – a business owner due to a disability as the result of an accident or an extended illness, perhaps even a life-threatening critical illness. The risk is more likely than you think: About 1 in 7 people can expect to be disabled for five years or more before retirement; 43% of all 40-year olds will suffer a disability for at least 90 days prior to age 65; 1 in 2 heart attack victims are under 65 years old.; 3 out of every 10 workers



between ages 25 and 65 will experience an accident or illness that keeps them out of work for three months or longer (Council for Disability Awareness, Website: www.disabilitycanhappen.org). But with the right business continuation plan, you'll protect your business and your income.

Insuring effective risk management

The risks posed by the temporary loss of a primary business owner can be economically managed with critical illness and disability insurance – the cornerstones of an effective business continuation plan. Disability insurance allows an owner to fund the payment of ongoing essential office expenses such as salaries of employees, rent, utilities, and property taxes (Office Overhead Expense Disability Insurance) and replacement of personal income to pay family expenses during the period of the disability with tax-free dollars (Personal Disability Insurance). Critical illness insurance pays a one-time lump sum to help cover losses created by the owner's absence. When the insured person is diagnosed with a critical illness or condition as defined in the policy, the benefit is paid – and how it is used is totally up to the recipient. It can be a vital injection of cash to pay recurring business expenses or to make payments on loans or to suppliers.

The other keys to continuation

Personal protection is key to every business continuation plan – here are some other plan elements to consider: Key person life insurance ensures there will be a timely injection of

tax-free capital should your business suffer the loss of a top producer or other

essential employee. Buy-sell life insurance can fund the purchase of your financial interest in the business by a surviving business partner(s) or shareholder(s). Disability and/or critical illness buy-out insurance provides a lump sum tax-free payment to fund the purchase of your financial interest in the business by the other partner(s) or shareholder(s) in the event of a long-term disability.

A buy-sell agreement can help avoid future turmoil

Your business couldn't be better – and then it happens: a co-owner suddenly becomes disabled or dies from illness or accident. That could mean the disruption of your business, your income and possibly even a comfortable retirement. Good business

That is why business succession planning – including a well-constructed buy-sell agreement – makes good business sense, for both co-owners of a partnership or a corporation. Using a sports analogy – in any sporting event, if there's a conflict, it's resolved by going to the rule book. Think of a buy-sell agreement as a rule book for resolving conflicts and other issues in your business. The difference is that, in business, co-owners themselves mutually agree on how the game will be played by writing the rules in advance and in anticipation of certain events, particular needs and desires.

Buy-sell agreements – sometimes included as part of shareholder agreements – can provide clear 'rules' for succession upon death or some other triggering events, and benefit the interests of all shareholders. Such an agreement can play an important role in the preservation of a business and in providing financial security for the business owners and their families. You and your co-owner(s) establish the rules by creating and entering into a buy-sell agreement that sets out firm commitments and obligations for buyer and seller and their respective heirs. A properly drafted agreement will set out provisions for triggering events, such as:

- the death of a co-owner,
- the disability of a co-owner,
- the desired sale of shares to a third party,
- retirement,
- divorce,
- loss of a professional's credentials,
- termination of employment of a co-owner,
- bankruptcy of a co-owner, or
- a falling out between co-owners.

A properly funded buy-sell agreement can help to avoid finding yourself in business with someone not of your choosing or being forced to post a 'For Sale' sign.

No doubt, you plan for the value of your business to increase over time, making a potential future buy-out even more costly. If one party dies or becomes disabled, where does the surviving/healthy co-owner(s) get the money to acquire that party's share of the business?

You can use your own money if you have the liquidity. Or, you can sell off other assets, but in most cases these assets will not bring full value in a forced sale situation, so these are usually not attractive options. You can borrow the money, but given that the principal must be paid back with after tax dollars and is not deductible, that's not usually considered an optimal solution either. The most attractive option is usually an insurance policy, a relatively inexpensive way to help fund the buy-sell agreement. This option guarantees cash in a lump sum at exactly the time when it is needed to be used by the surviving or healthy co-owner(s) to purchase the business interest from the disabled co-owner or the deceased co-owner's estate.

Insuring protection

A buy-sell agreement, paid for by insurance, creates liquidity for the business interest, and reduces or eliminates loss of business value that can occur as a result of a forced liquidation or failure in the aftermath of an owner's death or long-term disability. It can also remove the risk of friction between the surviving owner(s) and the deceased owner's heirs, and stabilize the ongoing operation of the business – the buyer is free to operate the business without the need to share decision-making or profits with inexperienced heirs. The buy-sell agreement may also be structured to provide life insurance proceeds to reduce business debt and offset expected reductions in sales revenue due to the death of a co-owner who is a key person in the business operation. Businesses must plan ahead to avoid disaster.

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.

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Op-Ed



SHOOTING OF SAMMY YATIM AND THE UNANSWERED QUESTIONS



Sammy Yatim just before the shooting



Sammy Yatim

Sammy Yatim, an 18 year old immigrant from Syria was gunned down on July 27th in a street car while he was holding a small knife all alone in the step of the street car. Nine shots were fired at him and he was also tasered while lying down.

Sammy was living with his friend after leaving his father's residence over quarrels with him. He was planning to join George Brown College this summer and was also searching for a job.

On July 26th evening he was hanging out at the Fairview mall with his friends. At 10.30 P.M. he left for the Don Mills station. By 12.00 A.M. he was in the street car No 505 to Dundas. According to fellow

passengers Sammy got up from his back seat holding a knife in one hand while exposing his genitals. He was shouting and when the driver stopped the street car all the passengers exited without any incident including the operator of the vehicle. No one was hurt or with his knife, although he waved his knife at them. The street car stopped near the Grace St and the police were at the scene promptly. At first two officers arrived but later the number swelled to 20. The police were standing within few feet from where Yatim was positioned inside the street car. Onlookers and passers by gathered and were standing away from the police with some taking photos and videotaping the confrontation.

The Police shouted at him several times to drop the gun. In turn Sammy replied with profanities while standing on the foot step. Then the police ordered him not to move when Sammy appeared to move from his position. The officer Foreillo a veteran of six years service then opened the fire and shot Sammy three times. Sammy then fell down. Again another six shots were fired at him while he was lying down. Another officer went and tasered him. Sammy succumbed to his injuries and died.

The photos and video pictured were splashed on YouTube. The whole world witnessed the tragic events with disbelief, shock and anger. Toronto citizens were outraged and were in an angry mood. Sympathies poured for Sammy and his family. If not for the video evidence the incident might have been recorded as usual confrontation of police with an armed person. The public are now demanding full investigation and over haul of the police procedure in dealing with unstable or mentally depressed persons. Ten similar incidents of shooting to death of mentally sick persons who were holding scissors, knives, hammer or sword have taken place in the past in Toronto without any public concerns or outcry. In all the

incidents there were no imminent threat or danger to the life of police or civilians. The persons were mentally unstable and did not come into physical violent contact with civilians or police nor used their weapons endangering the lives of others. In this type of situation disabling the culprit should be the first choice and death must remain as the last resort for a desperate and compelling situation.

The issues and questions involved in this unfortunate incident are as follows;

- 1) Was there an imminent danger to the lives of police officers or public?
The answer appears to be none as Sammy did not rush towards anyone with his knife to harm anyone. The fact that he did not harm any passenger in the bus is a strong indication of the absence of criminal intent to cause harm. The fact of his having no record of criminal history is another factor.
- 2) The Police action to justify the shouting could involve self-defence. In the case of Sammy there was no imminent danger to the life of anyone and the question of self-defence looks vulnerable. Furthermore any act in self-defence must be proportionate to the degree of danger faced.
- 3) The answer had to be found for the six repeated shots fired at Sammy who felled after the first two shots. Is it recklessness by an over zealous police officer or an exhibition of intention to kill Sammy. Surely repeated subsequent six shots appear unwarranted and need answers from the concerned police officer Forcillo. Yatim was in fact cornered by twenty police officers and he should have been engaged in a talking down and convince him to drop the weapon and surrender. Even the fellow police officers failed to intervene to stop the shooting. Which one may call it as police culture.

Another question which needs answer is Why was he tasered after he was shot and lying on the ground? A person who was already disabled being tasered is baffling and deserved explanation from the officer who tasered him.

Another matter of interest is the videos shot by the bystanders who witnessed the shooting. The videos were shot from a distance and given to media without any police interference. The question is; Have the police powers to stop shooting of videos by civilians or media in crime scenes? The legal experts say the videographers have the right to shoot the scene even if standing closer to the scene. As there is no law prohibiting a citizen from taking photos or videos in public places like malls, airports, subways or retail outlets unless prohibited by management and not by the police. As long as you do not obstruct police or create any new risk or danger the right to video or photograph cannot be prohibited. Obstructing the duties of police implied active interference and not standing in the sideline. However police sometimes confiscate cameras on the ground of obstruction which is nothing but intimidation and illegal.

The shooting is an eye opened for changes in police procedure as to the tactics and methods to be adopted in future when dealing with crisis situations particularly when mentally sick persons are involved.

The police chief Blair has initiated the right steps in this direction and provincial body governing police use of force is studying the options available in front line officers like beanbag shot guns, pepper spray or other less lethal weapon like taser.

Police Chief Blair has admitted "there were questions that need to be answered" when interviewed by Toronto Star. While the Yatim's family is concerned about justice for the unwarranted death the public are concerned for justice as well as for a proper inquiry into the whole episode and the conduct of involved officers, hoping for no more precedent in the future. The Toronto citizens are anxiously awaiting the answers promised by Chief Bill Blair.

Police officer Forcillo is now charged with second degree murder the second time a police officer has been charged in Toronto. This charge of manslaughter carries a minimum four year sentence and the trial may last for years to come. The officer is now released on bail within ten hours after surrender and he is under suspension with pay, a procedure existing only in Province of Ontario.

By: Kanagasabai Thambu
Attorney at Law (Sri Lanka)

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Community Watch

Rev. Dr. Thani Nayagam's Birth Centenary was celebrated in Toronto

Rev. Dr. Thani Nayagam's Birth Centenary was commemorated in Toronto with Cultural Programme and Research Conference. Cultural Programme was held on Friday, 30th August 2013 at Armenian Youth Centre. Celebration begun at 5.30 pm. with traditional welcome of the Chief Guest Rev. Dr. Amuthan who came from Tamil Nadu and Rev. Dr.S.J. Emmanuel, President of Global Tamil Forum. The dignitaries along with large portrait of Rev. Dr. Thani Nayagam, which was made by Thai Veedu Editor PJ Dilip Kumar were taken in procession towards the theatre with lively Tamil musical instruments. After traditional lighting the lamp with special guest, Tamil and

Canadian National anthems were sung and followed by a minute of silence. The high lights of the celebration were release of Newly produced audio CD with 10 songs on Fr. Thani Nayagam life and contribution to the Tamil World. Songs of the CD were various kind of music, from Bharatham, folk music, light music and five songs from the CD was choreographed and performances were made by 5 different Dance schools in Toronto, Brampton and Mississauga. Songs in the CD were sung by famous Indian Tamil artists S.P. Balasubramaniam, Pushpavanam Kupusamy, Nithiya Sri Mahathevan, Krishana Raj etc. The audio Cd "Thamil Thoothu" was produced by Anton Sinnarasa,

one of the events coordinator.

A special celebratory volume also released to mark the centenary celebration of Rev. Dr. Thani Nayagam. Over 75 Academic Articles were contributed by Tamil Scholars, Professors and by close acquaintance of Fr. Thani Nayagam. The purpose of this Celebratory Volume is to deepen our understanding of the contribution of Rev. Dr. Thani Nayagam. The contributors of the volume were requested to focus on a special theme of Rev. Dr. Thani Nayagam's writings, lectures, and memorial talks.

Contd. next page ...





Rev. Dr. Thani Nayagam's Birth Centenary was celebrated in Toronto

Each scholar has toiled to focus on a specific theme. This is only a beginning, still at the surface of his work; the depths remain to be fathomed" told by the Editor of volume Anton.

At the research conference which was held at Markham Civic Centre, on August 31st, 20 papers were read on various themes, on Fr. Thani Nayagam's life, Spirituality, on his Research, Contribution to Tamilology, his use of Journalism in Tamil research, his theory on Education, and his leadership qualities. It was resolved at the conference that to pay more attention to the work he has started and carry out in more relevant manner.



University of Madras, Madras Christian College Global Alumni Reunion



The Prominent Multilingual & Multicultural University College in India, namely, Madras Christian College, Chennai, South India, celebrated the 175th Anniversary; Around 1,200 MCCians, from across the World gathered at the 175 years old Campus, on the 27th & 28th July, 2013.

After so many decades, Alumni gathered at the esteemed MCC campus for the Global Alumni reunion -2013, in the College; The 365 Acre campus was in FESTIVE mood and the Alumni of all walks of life, walked hand in hand, celebrating the first such Mega gathering

in 176 years, said Mr. Thillyampalam Sivayogapathy of Toronto, an Alumnus, who attended the Grand event.

MCC- a campus that grew, evolved with times, produced many, many VVIPs, as Graduates, who are from India, as well as Globally; Eminent Political Leaders, Diplomats, Educationists, Economists, Successful Entrepreneurs, in the fields of Trade and Industry, Banking sector, as owners & Directors, Journalists & etc.

Special mention to be made, of few VVIPs, who are Globally well known elderly Statesmen, like Rajaji, the first



Governor -General of India, Dr.S. Radhakrishnan, Former President of India, Professor A. Lakshmana swamy Mudaliyar, Ex-Vice-Chancellor of University of Madras, Professor Chandran S. Devanesan, Ex-Principal of MCC and later Ex- Vice- Chancellor of Indra Gandhi University, Megalaya, India.

Mr.T. Sivayogapathy further mentioned that, the said Grand Event was very successful, exchanging much valuable information among MCC Alumni and strengthened the Alumni relations too!

The photo here is with **Professor**

C.T. Kuriyan, Mrs. Kuriyan & Mr.T. Sivayogapathy.

Professor C.T. Kuriyan, an Alumnus of MCC, obtained his Ph.D Degree in Economics,

from Yale University, U.S.A. He was the Head of the Economics Department of MCC; in the same period, he had held a responsible position, as a Consultant, in the National Economic Planning Commission of India, in New Delhi too.

We Congratulate & wish MCC well, for further Academic Advancement, in the field of Education, in future too.

JAFFNA CENTRAL - VEMBADI, 14th ANNUAL WALK-A-THON IN AID OF SICKKIDS FOUNDATION

On Saturday July 6th, 2013 the Jaffna Central College Old Boys Association, Canada and Vembadi Old Girls Association, Canada together held the 14th annual walk-a-thon at Morningside Park, Scarborough. In this fundraising event the 2 associations collected \$3260 for the Sick kids Foundation. In the last 14 years together we have raised \$44,000 for this amazing cause. After the walk-a-thon the families of both schools had a nice picnic filled with fun and games. These associations also raise funds in Canada to give to students in Sri Lanka. Recently JCCOBA donated SKR 105000.00 (\$820) to support 6 needy students studying at Jaffna Central College for a year. We are also raising funds through a raffle to be drawn at the annual get-together and dinner (Central Nite 2013) on November 9th, 2013 for the ground development and pavilion project at Jaffna Central College. We will continue to raise funds for the students in Jaffna who need our help.

Dr. K. Theivendirarajah, Secretary JCCOBA Canada and Ameetha Sivanandan, Secretary VOGA Canada are with Kari Gulin, Coordinator Events of SickKids Foundation at the handing over of the Walk-a-thon proceeds on August 14th, 2013 at the Hospital for Sick Kids.



PHOTOS BELOW TAKEN AT THE WALK A THON ON JULY 6, 2013





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Community Watch **KONDATTAM 2013**

SOUTH ASIAN BUSINESS FESTIVAL



KONDATTAM 2013 Community Watch

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Some photos of Sponsors, Exhibitors and programs held at International Centre on Aug 31st & Sept 1st



SENTHAMZH AADAL ISAI AMUTHAM

On Aug 10th, Yalini Rajakulasingam rendered an excellent performance of Bharatha Natyam in the presence of about a 1,000 audience.

The program was presented by the renowned artistic director of Velliambalam School of Dance, Chennai "Kalaimamani", "Nritya Choodamani" Thirunangai Narthaki Nataraj.

The audience enjoyed the dances throughout the entire program and complimented that this was one of the best performances given by an artist in recent years.

Her guru and other speakers congratulated and wished Yalini Rajakulasingam to continue to provide the best of her talent to the world.

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





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PAACHENDU - 2013

CD with Tamil songs to benefit the pre school children (Age 0-4) was released on Aug 23rd at Scarborough Civic Centre. Some photos taken at event can be seen here.

Mr. Saba Arul Subramaniam extends his appreciation to everyone who has supported. CD is available at \$10 only. Tel: 905-479-5375





Vaanavil 2013

ஒகஸ்ட் 10, 11ம் திகதிகளில் Armenian Youth Centre இல் உடுப்பிட்டி அமெரிக்க மிஷன் கல்லூரி, பெண்கள் கல்லூரி பழைய மாணவர் சங்கம் வழங்கிய 'வனவில் 2013'



Achievements by Young Abikumaran

மருத்துவத்துறையில் ஒரு முக்கிய நிகழ்வாக அமைந்திருந்தது மொன்றியல் நகரில் வாழ்ந்து வரும் அபிகுமரன் உத்தமகுமாரனின் புற்றுநோய் பற்றிய கண்டுபிடிப்பு.

தமிழ் இனத்தின் பெருமையை நாடறிய உயர்த்திய இளம் சாதனையாளர் அபிகுமரன் உத்தமகுமாரன் அவர்கள் 2012 ஆண்டு தமிழர்தகவல் வருடார்ந்த விழாவில் கௌரவிக்கப்பட்டிருந்தார். எனினும் அவரால் அப்போது விருதைப்பெற முடியவில்லை. அவருக்கான குறித்த அந்த விருது வழங்கும் விழாவை கடந்த 4ம்

நாள் ஞாயிற்றுக்கிழமை மாலை செந்தாமரைக் கலையரங்கில் தமிழர் தகவல் குழுமம் சிறப்பாக நடத்தியது. அழைப்பாளர்கள் பலர் விழாவில் கலந்து சிறப்பித்திருந்தனர். நிறைவில் அபிகுமரன் பேசிய தமிழும், தமிழ் உணர்வும் அனைவரையும் கவர்ந்தது.

நிறைவுற நிறைவுற்ற அந்த விழாவின் படங்களைக் கீழே காணலாம்.



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DTA Youth Awarded by Town of Ajax, City of Pickering and Town of Whitby

Selfless service and dedication to the community brought fame to the youth of Durham Tamil Association. 26 youth who belong to Town of Ajax, City of Pickering and Town of Whitby were appreciated by their Mayors for their outstanding volunteering

,especially for their contribution to Canadian Cancer Society. The youth put their hard work to raise \$ 2141.25 for CCS through Daffodil Campaign in just 14 hours, overriding their contribution of \$ 2006.75 to Canadian Cancer Society in 2012.

Town of Ajax :

Mayor of Ajax, Steve Parish appreciated 18 of our youth for their dedication in the Council Meeting. The youth were awarded with certificates. Our Heroes of Ajax are as follows :



Arabi Srirajan



Neraja Thillairaja



Siyam Shanthakumar



Shinthu Shanthakumar



Shawne Nimalan



Keeran Sivanesan



Maenusha Raguvarnan



Kisanth Raguvarnan



Peeraveena Sivakumaran



Abeena Sivakumaran



Luxsiya Kanthavanam



Lavaniyah Kanthavanam



Mathav Muhunthan



Veenaah Muraleetharan



Jesihan Ravichandran



Kabithan Ravichandran



Ashley Kugaraj



Divijj Y. Kumar

City of Pickering :

Mayor of Pickering Dave Ryan, appreciated our 7 Heroes of DTA for their contribution to the community and awarded

them certificates. Their names are as follows :



Nick Nadarajah



Ishan Sevak



Thivyaa Jeyaruban



Kavya Jeyaruban



Geeththanah Gneswaran



Rishi Suresh



Saranya Suresh



DTA's youth appreciated by Councillor Doug Dickerson



DTA's youth awarded by Mayor of City of Pickering Dave Ryan



Town of Whitby :

On behalf of the Mayor of Whitby ,The Ethno-cultural and Diversity Committee appreciated Abhishek Ravi of Durham Tamil Association

for his contribution to the community. Councillor Ken Montague awarded our youth with a certificate and gift voucher.



Abhishek Ravi



DTA's Abhishek Ravi with EDAC of Town of Whitby

DTA Participates At "Taste of Ajax"

"Taste of Ajax" , organized by Town of Ajax was a fun packed event this year on the 10th August 2013 from 11am to 5pm at The Rotary Park. The event featured the popular foods of Ajax ,where guests can savour flavours from local restaurants while enjoying great live entertainment, a beer and wine garden and an Artisan's Marketplace. Durham Tamil Association were located at Artisan's Marketplace. Our youth volunteers and members contributed to this joyful event by distributing flyers, setting up the booth in the most Tamil Traditional way, applying free

henna for guests, tattoos , rice art, also entertained the kids with interesting activities. Youth volunteers were enthusiastically shared the main role in applying Henna along with Mrs. Aarna and Mrs.Dujavanthi Shwetsweare and Mrs.Uma Suresh who artistically did the rice art. These arts pleased the guests who visited our booth. Young Bharathanatyam artist Varsha Sivasangar performed for a popular classical song which bagged lots of appreciation. It was a colourful event which brought many different communities to enjoy under one roof.



Durham Tamil Association Celebrating India's Independence with ICCAD



The Indo-Canadian Cultural Association of Durham (ICCAD) held Festival of India's Heritage & Flag Raising Ceremony on August 25, 2013 at Pickering Town Centre to celebrate Indian Independence Day. A celebration, featuring art, fashion, food and entertainment, followed at the Pickering Town Centre to recognize the important connection between India and Canada. Mrs. Shashi Bhatia - Chairwoman of ICCAD said the event is to portray a message of goodwill, understanding, tolerance and pay tribute to the great nation of India. Durham Tamil Association provided the complete sound system and an array of entertainments for the ceremonial festivities, with the support of it's youth

volunteers. Beautiful ladies of DTA dressed in hilly tribes, imparted an foot tapping folk number and made the audience dance to their tunes. This dance was choreographed by Mary Ashok and Swapna Nair, founders of Dancing Damsels. This is a non profitable dance school that encourages the dancing talents of married women. Followed by this dance was a cute classical Bharathanatyam performed by three little budding dancers Athusga, Mabeena and Sharuka of Bharathalaya Dance Academy. Well trained by DTA's long standing member Ms.Nivedha Ramalingam, the program drew everyone's attention and was were very much appreciated by the Dignitaries.





Global exchange – University of Waterloo

By Bob Vrbanac, Chronicle Staff

It all started with a paper about the hidden properties of waves — the kind that some of us will be enjoying at a beach this summer.

“This is about internal waves,” said Prof. Kevin Lamb, with the Applied Mathematics Department at the University of Waterloo. “They are waves that are below the surface that occur because of density stratification.

“The easiest example of that is when you go swimming in a lake this summer and you’ve got this warm water near the surface, but when you dive down it can be quite cold. Because of the temperature variation the density changes as well and that supports these waves called internal waves.”

Lamb first published a paper about the mathematical properties of these mystery waves six years ago and has only been following up on the research in fits and starts since then. There could be some important understanding that comes out of it, like where rogue waves come from.

So he decided to put it out as a possible research project

as part of the Mitacs Globalink Program that attracts some of the brightest young minds from around the world and invites them here for the summer to help solve complex research challenges. There are a total of 18 international students from countries like India, China and Brazil in Waterloo this summer working with professors at UW and Wilfrid Laurier University on tough research projects.

The scholarship program takes care of all the details for these young researchers as they become acclimated to the culture and academic opportunity available in Canada. The goal is to reverse the brain drain and attract the world’s best minds to the area and help the country win a global race for talent.

Canada currently ranks sixth internationally in student recruitment trailing the U.S., the U.K., Australia, Germany and France.



Prof. Kevin Lamb, from the University of Waterloo’s Applied Mathematics, is getting some research help this summer from Aritra Sasmal, an exchange student from India

Lamb was pleasantly surprised that a young engineering student from the Indian Institute of Technology, Aritra Sasmal, was interested in his research and signed on to the project. It was his first time participating in the program and he wasn’t quite sure what to expect.

Lamb said Sasmal has exceeded all of his expectations, and is pushing him and his research in ways they haven’t been in years.

“He’s been a very quick learner and accomplished much more than I expected,” said Lamb. “I was really looking for somebody with some curiosity and inquisitiveness, and that’s really more important than somebody who has all the background material.”

Lamb said he has opened avenues and areas of research that has opened up ideas of where to go next. “He’s been really pushing me and asking all kinds of questions,” he said. “He’s given me the incentive to look at things I haven’t look at for years and seek answers for questions I don’t know.”

For the 20-year-old Sasmal, he had the choice between heading to Canada or Germany this summer and chose the Mitacs Globalink Program because it took care of the details. He didn’t have to waste time coordinating visas and negotiating the bureaucracy of travel, leaving him more time for research.

“I’m experimenting with everything and trying to find out what I really want to work on later,” said Sasmal. “This kind of fits my idea of exciting, and I said let’s go for it.”

He said he chose based on the project and was pleasantly surprised that it was tied to UW, which has an international reputation that precedes it. “I thought ‘ooh it’s at the University of Waterloo, lucky for me,’” said Sasmal.

He said he’s still trying to see what he’d like to pursue in the future, and this experience has opened him to the possibilities.

It’s definitely put Canada on the map as a future destination for his studies. “I’d like to come back after my undergraduate program is done,” said Sasmal.

That’s the goal of the program, said Arvind Gupta, CEO and scientific director at Mitacs.

“Mitacs Globalink seeks to put Canada on the academic map as a compelling, first-rate research and education destination,” he said.

walkathon
East Indian Community of Waterloo Region

Proceeds support the CAMBRIDGE METROPOLITAN HOSPITAL Foundation

Sponsored by BMO

For more information, or to register as a participant or a fundraiser:
Visit: www.cmhfoundation.ca/eiwalk
or contact:
Kerr Banduk 519-888-7860
Kishore Gopal 519-893-0997
Surekha Shenoy 519-841-7407
Chandrika Anjaria 519-579-2797
or email: eiwalkathon@gmail.com

Sunday Sept. 22, 2013
9 am - 11 am
at the University of Waterloo Student Life Centre

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Canadian South Asian Club, Gujarati Cultural Association, SASAWR/Seniors Club, East Indian Ladies Club, India-Canada Association, Islamic Centre of Cambridge, Golden Triangle Sikh Association, Tamil Cultural Association of Waterloo Region, Brahmataishi Mission of Canada, Sri Guru Singh Sabha Cambridge, Canadian Hindu Cultural Society of Cambridge, Grand River Malayalee Association (GRMA)



Waterloo Region – Home of Mennonite Community

Mennonite settlement began in Waterloo County in the spring of 1800 when Joseph Schoerg and Samuel Betzner, with their families, arrived on the banks of the Grand River in what was then Upper Canada, from Franklin County, Pennsylvania. They were the first white settlers in this county. The settlement grew steadily until by 1828 there were 1,000 Mennonite members and 2,000 hearers. The land was taken from the Beasley Tract, this being 94,012 acres of Six Nations Indians' lands in the Grand River Basin purchased from them by one Richard Beasley through the government of Upper Canada which acted as trustee. In November 1803 an agreement was signed between the German Company on the one hand, representing the Mennonites, and Beasley, on the other hand, for the purchase of 60,000 acres of his land for the sum of 10,000 pounds. On this land there was a mortgage of \$20,000. Precisely when this fact was discovered is a matter of some doubt. Suffice it to say that Joseph Sherk and Samuel Bricker went to Pennsylvania to procure this money. In April 1803 a joint stock company was organized in the home of "Hannes" Eby in Lancaster County to raise the mortgage money. This was done within two years, for on 29 June 1805 the deed for the 60,000 acres was executed in the Registry at Berlin, Ontario. Mutual faith and co-operation motivated this transaction. Most likely it was "Hannes" Eby who persuaded his brethren in Lancaster to aid their brethren in Waterloo. Most of the early settlers came from Lancaster County, Pennsylvania, and some from the Franconia area - Bucks, Montgomery, and (a few) Franklin counties.

In 1957 there were 18 active Mennonite Church (MC) congregations in the county with a membership of 2,899. Dates given are those of the erection of church buildings, as closely as can be determined, although in many cases services were held in homes prior to the building of a church. Names of congregations are listed as in the Mennonite Yearbook, being both family and place names. The former are the survival of the pioneer custom of naming a church after the family from whose land the property was secured, either by purchase or donation. These congregations are First Mennonite, 1813; Snyder (Bloomingdale), 1826; Wanner (Hespeler), 1829; Detweiler (Roseville), 1830; Geiger (New Hamburg), 1831; Cressman (Breslau), 1834; Latschar (Mannheim), 1839; Blenheim (New Dundee), 1839; Weber (Strasburg), 1840; Shantz (Baden), 1840; Hagey, now called Preston, 1842; St. Jacobs, 1844; Waterloo (David Eby), 1851; Biehn (New Hamburg), 1865; Floradale, 1896; Baden, 1913; Elmira, 1924; Hawkesville, 1950. With the exception of Kitchener, which is 70 per cent urban and 30 per cent rural, and Waterloo, which is 50 per cent of each, these are all rural congregations.



Member from the Waterloo Tamil and Mennonite community. (Photo: courtesy Sivakumar)

Each of these churches, except Hawkesville, has its own cemetery.

Following are some of the most typical family names in these congregations, although many of these have disappeared from the rolls of active memberships: Betzner, Schoerg (Sherk), Reichert, Gingerich, Bechtel, Kinsey, Rosenberger, Biehn, Clemens, Bear, Sararas, Shupe, Livergood, Wismer, Ringler, Correll, Saltzberger, Bricker, Erb, Groh, Stauffer, Kraft, Hammacher, Bergey, Scheirich (Shiry), Bauman or Bowman, Eby, Schneider, Cress, Brech, Blihm, Shantz, Rotharmel, Strohm, Cressman, Bretz, Brubacher, Weber, Eckert, Pannebecker, Eschelman, Springer, Herner, Bock, Martin, Burkholder, Good, Burkhard, Musselman, Shoemaker, Detweiler, Hallman, Huber, Lichty, Schlichter, Wanner, Hagey, Risser, Clemmer, Groff, Shuh, Wenger, Hurst, Hoffman, Moyer, Bingenman, Fried, Kolb, Gehman, Schiedel.

Three schisms resulted in the formation of other Mennonite groups. The first was that of the Mennonite Brethren in Christ in the early 1870s. This was a division on the progressive side, the points at issue being mainly the conducting of prayer and revival meetings and Sunday schools. In 1953 this group had 5 congregations in the county with a total of 666 members. In 1948 they changed their name to United Missionary Church, thus abandoning entirely the name Mennonite. In the late 1880s occurred the second division, this time on the conservative side, when the Old Order (Wisler) Mennonites seceded. They are now subdivided into three groups, namely, the original Old Order, the Waterloo-Markham conference, and the David Martin group. The difference in these factions concerns the ownership and use of modern inventions, together with some points of attire. No points of faith are involved since all adhere to the Dordrecht Confession of 1632. Of these three factions in the late 1950s, the first had five congregations with a total of 1,061 members, the second five congregations and 630 members, and the third three congregations with 116 members, a total of 1,807. None of these factions hold revival meetings. Instead a

public invitation is given each year from their pulpits. Those accepting the invitation are then instructed in the Dordrecht Confession and in their own group discipline. The third division occurred in the First Mennonite Church of Kitchener in 1924 and resulted in the formation of the Stirling Avenue Mennonite Church (General Conference Mennonite [GCM]), which in 1957 had 476 members.

In the late 1950s the remaining Mennonite groups in the county were the Amish Mennonites, Reformed Mennonites, and the "Russian" Mennonites. The Amish Mennonite settlement was located in Wilmot Township. It was begun in 1824 by Christian Nafziger, who came from Bavaria to America and arranged with Governor Maitland of Upper Canada for the purchase of lands in this township. In 1826 the Ropp family emigrated from Alsace and settled in Wilmot Township. Thus the Amish Mennonites are of both Bavarian and Alsatian origin. Reasons for emigration were desire for new land and exemption from military service. Typical family names among them are Nafziger, Steinman, Bender, Ropp, Lichty, Jantzi, Schwarzendruber, Roth, Jutzi, Mayer, Schultz, Wagler, Gascho, Miller, and Brenneman. In 1957 there were five congregations of this group in Waterloo County and five just outside in Perth and Oxford, all those in Waterloo County being in the Ontario Amish Mennonite (AM) Conference. The total membership in the county was 1,103. The main difference between them and the MC group was in social customs. In addition to this main group of Amish Mennonites there was a small congregation of Old Order Amish in the county with 140 members. They worshiped only in private homes. In 1956 a schismatic group at Millbank under Valentine Nafziger withdrew from the Ontario AM conference to form the Bethel Conservative Mennonite Church.

The Reformed Mennonites are a small, closely knit group with two meetinghouses (Hostetler's> near New Hamburg, 1844, and Kingwood near Wellesley, 1850) and 77 members in the county.

Two Mennonite churches were formed in Waterloo County by emigrants from



MENNONITE COMMUNITY



MENNONITE COMMUNITY

Russia in 1922-25, the Waterloo-Kitchener United Mennonite Church (GCM) with 407 members, in the city of Waterloo, and the Kitchener Mennonite Brethren Church, with 405 members, in Kitchener. In both, services were still conducted in German by the late 1950s. The other emigration from Russia, that of the 1870s, left no churches in Waterloo County, but Jacob Y. Shantz, then a leading member of the Mennonite Brethren in Christ, was the guiding spirit in settling these people in the Red River Valley in Manitoba, and the whole movement received solid financial support from the Mennonites of Waterloo County.

In the late 1950s the Mennonites had the following institutions in Waterloo County: Rockway Mennonite School (MC, 1945) and Golden Rule Bookstore (MC, 1938), both in Kitchener, Fairview Mennonite Home (MC, 1943, 1956) in Preston, and the Mennonite Brethren Bible School in Kitchener (formerly Virgil Bible School). The Mennonite Central Committee Canadian headquarters office had been in Waterloo since 1948 (1944-48 in Kitchener). The United Missionary Church (UMC) established Emmanuel Bible College here in 1940.

In the late 1950s the Mennonites of Waterloo County were chiefly an agricultural people. There was, however, no communal organization to aid in the purchase of land. Most Mennonites who came to the cities of Kitchener and Waterloo were industrial workers. The percentage of business and professional people was small. The Mennonites (MC) had a fire insurance organization called the Mennonite Aid Union, founded in 1867. Rates were low and membership limited to adherents of this branch of Mennonites and their families. Waterloo County was the first Mennonite community of any real size in Canada, and in the late 1950s contained more Mennonites than any other county in the Dominion, 7,836 members (not counting the UMC), and has had and continues to exert a marked influence on Mennonite religious and cultural life.



WHITBY
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Regional News

Newcomers Welcome Program for Seniors

Interested in sharing your culture with others from around the world? Are you 55 years of age or older? Join us every Thursday to discover the Newcomers Welcome Program for Seniors developed by Whitby Seniors Services. Hear about how members have experienced social activities that promote a healthy and inclusive lifestyle, enjoyed building relationships with others, and embraced a warm, friendly environment. Learn how you can do the same! Visit www.whitby.ca/seniors for full details.

Survey: Roads and Sidewalks in Whitby

www.whitby.ca/AMSPsurvey
Deadline: September 10, 2013

The Town of Whitby is currently seeking public opinion on the condition of the roads and sidewalks within Whitby.

The Town of Whitby owns approximately \$2 billion of public assets, including roads and sidewalks. These assets provide residents, businesses, employees and visitors with important services, such as transportation, recreation, culture, economic development and much more.

While the Town has various detailed Asset Management programs in place, it is currently developing a comprehensive Asset Management Strategic Plan to review how it manages major repairs to its roads and sidewalks and to provide more certainty that it is getting the most value out of its asset investments. Details about the Asset Management Strategic Plan are available at www.whitby.ca/amsp.

Public input is very important to the success of this study. The Town would like to hear from residents to get input on the condition of existing roads and sidewalks. Community members can share their thoughts by completing an online survey at www.whitby.ca/AMSPsurvey.

Survey: Diversity in Whitby

www.whitby.ca/diversitysurvey
Deadline: September 30, 2013

The Town of Whitby Ethno-cultural and Diversity Committee is seeking public input on identifying cultural, societal and gender barriers in the community and fostering a greater understanding of diversity issues. The survey is available to the public until September 30, 2013. Whitby residents

can complete the online survey at www.whitby.ca/diversitysurvey, or fill out a paper copy in person at the Municipal Building, Town of Whitby recreation complexes, Whitby Public Library branches and Town special events throughout the summer.

Maintaining Parents' Home Language

www.whitbylibrary.on.ca

Research shows that children who have a strong foundation in their home language achieve greater success at school. The Whitby Public Library can help you maintain and share your home language using dual language materials, children's language learning DVDs and more. We also have children's books in additional languages through our rotating collections. Learn why children benefit from speaking their family's language and what parents can do to help.

September Events www.whitby.ca/calendar

Event Name	Location	Date	Time
Planning and Development Committee Meeting	Council Chambers, Whitby Municipal Building, 575 Rossland Road East, Whitby	September 3, 2013	7:00 p.m.
Newcomers Welcome Program for Seniors	Whitby Seniors' Activity Centre, 801 Brock Street South, Whitby	September 5, 2013	1:00-3:30 p.m.
Grand Day "Pyjama Rama"	Whitby Seniors' Activity Centre, 801 Brock Street South, Whitby	September 7, 2013	9:00-11:30 a.m.
Operations Committee Meeting	Council Chambers, Whitby Municipal Building, 575 Rossland Road East, Whitby	September 9, 2013	7:00 p.m.
Newcomers Welcome Program for Seniors	Whitby Seniors' Activity Centre, 801 Brock Street South, Whitby	September 12, 2013	1:00-3:30 p.m.
Brooklin Harvest Festival	Grass Park, 41 Baldwin Street, Brooklin	September 14, 2013	10:00 a.m.-4:00 p.m.
Regular Meeting of Council	Council Chambers, Whitby Municipal Building, 575 Rossland Road East, Whitby	September 16, 2013	7:00 p.m.
Management Committee Meeting	Whitby Municipal Building, 575 Rossland Road East, Whitby	September 17, 2013	2:00-4:00 p.m.
Newcomers Welcome Program for Seniors	Whitby Seniors' Activity Centre, 801 Brock Street South, Whitby	September 19, 2013	1:00-3:30 p.m.
Whitby Heritage Day	201 Brock Street South, Whitby	September 21, 2013	10:00 a.m.-4:00 p.m.
Special Meeting of Council in Committee Meeting of the Whole	Council Chambers, Whitby Municipal Building, 575 Rossland Road East, Whitby	September 23, 2013	6:00-7:00 p.m.
Planning and Development Committee Meeting	Council Chambers, Whitby Municipal Building, 575 Rossland Road East, Whitby	September 23, 2013	7:00 p.m.
Newcomers Welcome Program for Seniors	Whitby Seniors' Activity Centre, 801 Brock Street South, Whitby	September 26, 2013	1:00-3:30 p.m.
Whitby Brass Band 150th Anniversary Party	Hebron Christian Reformed Church 4240 Anderson St, Whitby	September 28, 2013	6:45 p.m.
Operations Committee Meeting	Council Chambers, Whitby Municipal Building, 575 Rossland Road East, Whitby	September 30, 2013	7:00 p.m.

Mayor Perkins and Members of Council invite you to ...

14th Annual Harvest Festival

Saturday, September 14
10:00 a.m. — 4:00 p.m.

Grass Park, 41 Baldwin Street, Downtown Brooklin
Cassels Road and Roebuck Street

For more information www.group74.org

Brought to you by the Town of Whitby in partnership with Group 74 www.whitby.ca

Mayor Perkins and Members of Council invite you to ...

Heritage Day

Downtown Whitby
Saturday
September 21, 2013
10:00 a.m. — 4:00 p.m.

Brock, Colborne, Byron and Elm Streets

Brought to you by the Town of Whitby www.whitby.ca/downtown

MARKHAM

Regional News



Over 300 children from 3-14 years of age participated in the 6th annual Markham Giro Bike Race on Sunday, August 11 at Honda Canada. The race encourages children to get active and get cycling.



Thanks to the diligence of Markham residents, the City announced the achievement of an 81% curb side diversion rate, exceeding its goal of 80% months ahead of schedule. (L - R) Markham Councillors Alan Ho and Don Hamilton; Deputy Mayor Jack Heath; Claudia Marsales, Senior Manager, Waste & Environmental Management; Markham Councillors Colin Campbell, Alex Chiu, Carolina Moretti and Howard Shore; Karl Lyew, MEAC; Blair McArthur, Senior Vice-President, The Miller Group; and Brenda Librecz, Commissioner, Community & Fire Services.



TO2015's Streetside brought Main Street Unionville to life on Sunday, August 11, when nine vintage pickup trucks delivered salsa, tango, cajun, samba, reggae, funk and calypso music to the street to celebrate the upcoming 2015 Pan Am/Parapan American Games.



One of the City's three 'Play Me, I'm Yours' pianos - in celebration of the 2015 Pan/Parapan Am Games - has made its way to the Varley Art Gallery of Markham. Drop by, make some music and have some fun! Learn more about this visually stunning art project and where the pianos can be found around the City by visiting www.markham.ca/PanAm

Doors Open Markham
Cultural Expressions
September 28, 2013 • 10 a.m. - 4 p.m.
www.doorsopenmarkham.com

Markham culture days
CREATE, PARTICIPATE & CELEBRATE
Sept. 27, 28 & 29, 2013
Join us for Culture Days as part of your Doors Open experience. Culture Days invites everyone to participate in free, interactive and "behind the scenes" cultural activities in Markham.
www.culturedays.ca

Markham Bollywood Film Night
Presented by **RBC Royal Bank**
FREE EVENING EVENT
RBC seat cushions and Flato blanket giveaways (limited quantities)
Sat., Sept. 14, 2013 • 6:00 - 9:30 p.m.
Featherstone Park, Markham
(west side of Middlefield Road, between 14th Avenue and Steeles Avenue)
Supporting sponsor **FLATO**
MARKHAM SOUTH ASIAN FESTIVAL
1:00 - 6:00 p.m.
September 14, 2013
Featherstone Park

WE WANT TO KNOW WHERE YOU GET YOUR MARKHAM INFORMATION AND NEWS



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Each participant receives a free swim pass.

Scan to take the survey, find more info, and view a list of prizes, or visit www.markham.ca

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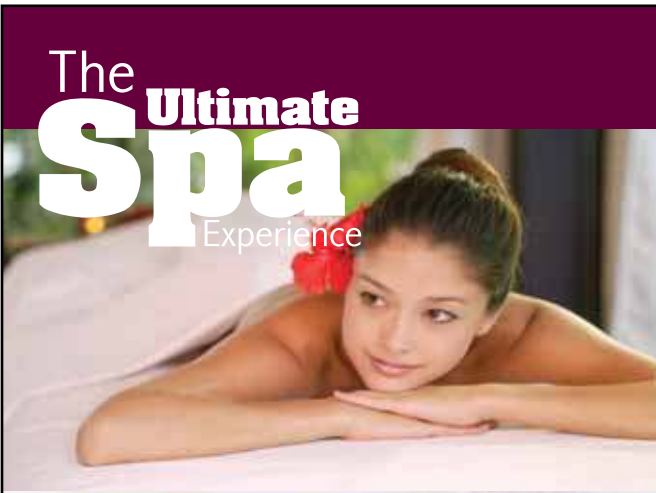
சுகமான பயணங்களை பாதுகாப்புடன் சென்றடைந்திட... இலபதது சித ஞர்வ்லாஞார் ஞலதத...

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