

A parfait media publication
Monsoon
Journal
VOL 8 ISSUE 6 NOVEMBER 2013

Sri Lanka

Chief Minister Wigneswaran appeals for Tamil Diaspora support to re-construct and develop Northern Province

“Makes special request for financial and technical assistance”

By Siva Sivapragasam

Dressed in the traditional and cultural costume of a cream coloured silk kurta and a crispy dhoti with a matching angavasthiram (shawl), Sri Lanka's newly sworn-in Northern Province Chief Minister Wigneswaran made a clarion call to the Tamil Diaspora to join hands with him to re-construct and develop the war torn areas of the Northern province.

Wigneswaran's request came while making his speech at the inaugural session of the Northern Provincial Council's red carpeted assembly hall building complex. What was termed by many as a "powerful speech" Wigneswaran did not mince his words on certain issues when he called for demilitarization, land rights and the appointment of a civil Governor for the North. At the same time he also offered the hand of friendship to the Centre and hoped that the Government will cooperate with the newly elected council.

Complementing the Tamil Diaspora Wigneswaran commented that it gives him and the community great pleasure that many of them are doing well and that their support is urgently needed to get back what the Tamils in the North



have lost during the recent years. He suggested that a suitable mechanism should be evolved with the Sri Lankan Government to help the people who had been adversely affected by the war. He requested the diaspora to suggest ways and means of increasing the income potentials and identify suitable projects which would help the Northern people to stand on their own. He invited members of the Tamil Diaspora to come down to the North, stay for some time, get the people involved in the development process and then return back.

Referring to some of the major tasks ahead for the NPC, he said that the Council would work towards rehabili-

Gary Anandasangaree Launches Bid For Federal Liberal Nomination in Scarborough-Rouge Park



Gary Anandasangaree, noted member of public service in our communities recently announced his intention to seek the Federal Liberal Nomination in Scarborough-Rouge Park. The tremendous outpouring of support and enthusiasm for his candidature continues since the recent kick-off, that began with the following message from Gary:

“I have lived, worked, volunteered and established my law practice in Scarborough. From my early days as a student to my work as a human rights advocate and lawyer, I have dedicated my adult life to public service. I have been guided by a commitment that a

more just society is possible - one that addresses social needs, economic injustice, and inequities of all forms. A society in which every hardworking individual has the opportunity to flourish.

In the days, weeks and months ahead, I will continue to engage you, the residents of Scarborough--Rouge Park. I want to listen to your concerns and learn from your experiences because I believe that, together, we have a unique opportunity to build a new vision for our community and our country” - Gary Anandasangaree.

Please see pages 22 & 23 for more information...

tating the Muslims who were forcibly evicted from the north in the early 1990s. Mr. Wigneswaran also urged the Centre to appoint Tamil-speaking police personnel in the north, who would understand the people's aspirations, language and

culture.

The venue of the council was a colorful site of celebrations with classical music played by Nathaswaram and Thavil artistes added with cheerful floral decoration.

Please see pages 36 & 37 for more information...

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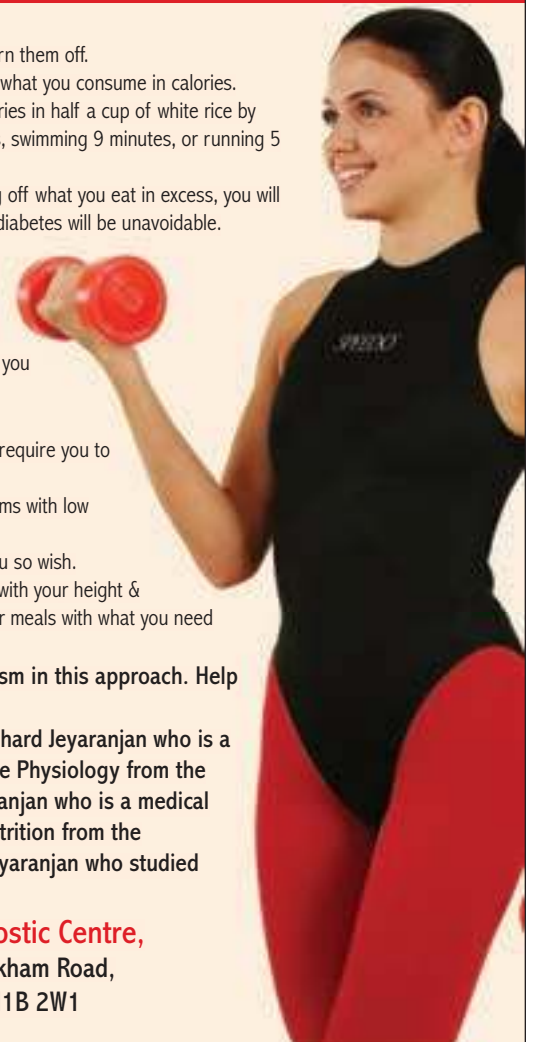
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Foreign Affairs Minister Baird Highlights How Canada-European Union Trade Agreement Will Benefit Ottawa's Vibrant Technology Sector

Deeper trade with European Union will create new jobs and opportunities across Ontario



Minister Baird speaking at the event

Foreign Affairs Minister John Baird on October 25th underlined how workers and businesses in key economic sectors throughout Ontario will greatly benefit from the Canada-European Union Comprehensive Economic and Trade Agreement. An agreement-in-principle for this historic deal was announced by Prime Minister Stephen Harper and European Commission President José Manuel Barroso recently. Baird held an event at Wesley Clover, an Ottawa-based investor in technology firms.

"This historic agreement is Canada's most ambitious ever and is a big win for Ontario workers and families," said Baird. "Workers and families who rely on key sectors of Ontario's economy for their livelihoods, including those in the manufacturing and information and communications technology (ICT) sectors as well as professional services industries, stand to benefit from the preferential access this agreement provides to the largest and most lucrative market in the world."

Ontario's ICT exports face tariffs as high as 14 percent on some products. When the Canada-EU trade agreement comes into force, all EU tariff lines on ICT goods will be duty-free, making these goods more competitive and creating the conditions needed for increased sales. In addition, the Canada-EU trade agreement will provide new market access opportunities in the EU government procurement market in areas such as consulting services, design, programming and maintenance services.

Home to industry giants and small start-ups, Ontario's ICT industry is recognized globally for its expertise. "The EU market in such areas as cyber-security, gaming and smartphone applications offers significant growth potential

for service providers and exporters alike, and Ontario has much to offer in these sectors," added Baird. "Eliminating barriers to export our expertise in developing tailored products will create the conditions for increased sales, which will directly benefit hard-working Ontarians through new jobs, new opportunities and higher wages."

The EU presents new and expanded export opportunities for Ontario's ICT sector. Between 2010 and 2012, exports to the EU were worth an annual average of \$1.2 billion. Overall, the sector contributed more than \$4.9 billion to Ontario's GDP in 2012 and employed around 50,200 Ontarians.

"Our government is focused on what matters to all Canadians: creating new jobs and new opportunities," said the Honourable Ed Fast, Minister of International Trade. "The Canada-EU trade agreement will generate substantial gains across all key economic sectors, covering every region of Canada. In fact, Canada will be one of the only developed countries to have preferential access to the world's two largest markets: the European Union and the United States. The competitive edge and combined access to these markets—and their more than 800 million affluent consumers—will make Canada the envy of trading nations worldwide. It will also make Canada an even more attractive destination for investors and manufacturers, and this in turn will create thousands of new jobs and new opportunities for Canadians."

The EU is already Ontario's second-largest export destination and trading partner. It is also the world's largest integrated economy, with more than 500 million consumers and a GDP of \$17 trillion.

(Full Text via international.gc.ca)

Deeper trade with the European Union will create new jobs and opportunities in every region of the country, says Minister Fast

The Honourable Ed Fast, Minister of International Trade, on October 22nd said that workers and businesses in key industries across Canada stand to greatly benefit from the historic agreement in principle reached on a Canada-European Union Comprehensive Economic and Trade Agreement (CETA), announced by Prime Minister Stephen Harper and European Commission President José Manuel Barroso recently. Minister Fast made his remarks during the 82nd annual meeting of the Canadian Association of Importers and Exporters in Mississauga.

"This is the biggest, most ambitious trade agreement that Canada has ever reached, and it will generate substantial gains across all key economic sectors covering every region of Canada," said Minister Fast. "In fact, Canada will be one of the only developed countries to have preferential access to the world's two largest markets: the European Union and the United States. The competitive edge and combined access to these markets—and their more than 800 million affluent consumers—will make Canada the envy of trading nations all over the world. It will also make Canada an even more attractive destination for investors and manufacturers, and this in turn will create thousands of new jobs and new opportunities for all Canadians."

Canadian workers in every region of the country—in areas including manufacturing, fish and seafood, metal and mineral products, technology, forestry and



The Honourable Ed Fast, Minister of International Trade speaking at the event

wood products, and agriculture and agri-food—stand to benefit from increased access to this lucrative, 28-country market that currently generates \$17 trillion in annual economic activity.

"Our government is focused on what matters to all Canadians: creating new jobs and new opportunities," said Minister Fast. "The elimination of approximately 98 percent of all EU tariffs on the first day the agreement comes into force will translate into new export opportunities for Canadian businesses of all sizes."

(Full Text via international.gc.ca)

Canadian citizens will soon be able to obtain Indian Visa on arrival

India starts process to extend visa on arrival to 40 more nations

Canada will be one of the 40 more countries to be included in a process to provide visa on arrival. The move is to make the country a more tourist friendly destination.

The consensus was brought on these issues during a high level meeting convened by the Planning Commission.

"There was a consensus about initiating the process to make India a tourist-friendly country and extending the on-arrival visa facility to around 40 more countries," Planning Minister Rajeev Shukla told PTI.

The minister said: "All officials, including the National Security Advisor (Shivshankar Menon), were of the view that India should do this as it would help in garnering more foreign exchange when government is battling the problem of burgeoning current account deficit as it would help in earning foreign exchange."

The countries for which visa on arrival facility would be extended include the US, the UK, Canada, Brazil, Australia, the UAE and

Saudi Arabia, Germany, France, Italy, Sweden, the Netherlands, Switzerland, Spain, Belgium, Austria, Denmark, Poland, Norway and Ireland.

Under the visa on arrival system, India has agreement with different countries, including Japan, Finland, Singapore, Indonesia, Luxembourg, New Zealand, Cambodia, Vietnam, Philippines, Laos and Myanmar.

At present the on arrival visa facility is available at international airports of Delhi, Chennai, Kolkata, Mumbai, Kochi, Hyderabad, Bengaluru, Kochi and Thiruvananthapuram.

According to the minister, there are many senior citizen foreign tourists, including pensioners, who want to visit India. The government has decided to relax visa norms for a group of four such foreign tourists. But that decision has not been implemented so far.

Foreign exchange earnings from tourism during January to August 2013 were \$12.025 billion with a growth of 6.7 per cent, as compared to \$11.273 billion for the previous period.

(Source:PTI)

from the publisher's desk

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Universal Children's Day: Stop Violence Against Children

Krishni Narine B.A. (Hons.)

The greatest gift of any parent is their child. Something you cannot put a price on and yet some still have not learned the true value of a child. On November 20, 2013 the United Nations adopted Universal Children's Day, an occasion to promote the welfare of children and an understanding between children all over the world. It is a time to promote international togetherness, awareness among children worldwide, and improving children's welfare.

Millions of children across the world are abused, taken advantage of and made as slaves because they do not have the rights and protection they need to keep them safe. The theme of Universal Children's Day 2011-2015 campaign is to Stop

Violence against Children. This theme seeks to prevent violence against children by concentrating on: (A) Positive parenting practices as an alternative to corporal punishment (B) The promotion of birth registration and (C) The prevention of child marriage.

No human being should face any form of violence, especially our children who are a symbol of our innocence. These are our future generation of individuals who may find the cure to cancer or a way to live on the planet Mars. Whatever it is, our children are our future and this is the group that we want to invest all of our resources in.

Children should feel safe in their schools, home and public spaces, but instead these are the places that they are the most un-

protected and it is challenging to discover when they need help. All we can do is to keep discussing the importance of our children and to keep them safe. Encourage parents to create new positive ways to discipline their children without violence or verbal abuse. Take extra precaution when you leave your children with a caregiver and ensure that they are qualified. It is unfortunate when countries have governments that do not protect the rights of children and it is up to the rest of the world to campaign to stop violence against our children.

"We were all children once. And we all share the desire for the well-being of our children, which has always been and will continue to be the most universally cherished aspiration of humankind."

A "Thank You" Rally in support of Canada's stand of Commonwealth meeting in Sri Lanka was held at the Parliament Hill in Ottawa on Oct 28th. Canada's Citizenship and Immigration Minister, Chris Alexander spoke at the event and tweeted: "Pleased to speak at THANK YOU CANADA hosted by Canada's Tamil community. On behalf of our Government, thank you for your support." Members of NDP and Liberal Party also attended the event.



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READER RESPONSES

"Monsoon Journal" October 2013 issue"

Headline Story: "TNA Sweeps Northern Polls"

We received several responses from our readers for our Page One story in the October issue titled "TNA sweeps Northern polls". We selected some responses at random and give below their comments:

"Mr Wigneswaran's assumption of office may well be a turning point in the history of Tamils in Sri Lanka. Instead of pursuing utopian goals, the Tamils now have a leader who is willing to pursue realistic programs that will benefit the ordinary people in the North. Politics is after all the art of the possible as Bismarck sagely observed.

We can only hope President Rajapakse in Colombo will give him all the cooperation he will need and will be able to control the tribalists in his midst. There are indeed sure signs that he will do this. Indeed, President Rajapakse seems to be following a wily strategy by keeping them in the governing coalition: Keep your friends close, but keep your enemies even closer so as to minimize the damage they can do!"

Robert Perinbanayagam, U.S.A

"You have documented the essentials of Mr Wigneswaran's speech highlighting the desired scenario that is in store for the Tamil community. Above all, bringing to light the intent and purpose ingrained in the President's mind by your reference to him presenting the statue of Lord Ganesha, a sign of goodwill coupled with an anticipation not expecting any more road blocks to amity and progress in the country. Above all, it's a write-up that outlines the hopes that would unfurl a new era for the betterment and harmony amongst communities, a phase that awaits to dawn bringing about better life to one and all in a hitherto strife stricken country. Let your pen continue to usher in and promote the togetherness that we lacked for three long decades."

Dr. Pon Puwanarajan, U.K.

"I think this is a very good move. I could see that Mr. C. Wigneswaran is a very practical person. This is the only path and a best path at this time to not only win the heart of Sinhalese people but also to win the rest of the world leaders to our side. I'm sure with his leadership we could expect and see many positive changes for the Tamil people in Sri Lanka."

Kula Sellathurai, Canada

Very good article and in a timely manner.

Sivan Ilanko, Canada

"However great the military and economic potential of your adversary, it will never be great enough to defeat a people united in the struggle for their fundamental rights"

— Gen Vo Nguyen Giap (Aug 25, 1911-Oct 4, 2013), Vietnamese National Hero

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

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NDP Urges Canada Government to completely Boycott Sri Lanka CHOGM

Full Text of Statement issued by New Democratic Party (NDP)

(Oct 9) OTTAWA – Official Opposition Foreign Affairs critic Paul Dewar (Ottawa Centre) and Deputy Chair of the National Caucus Rathika Sitsabaiesan (Scarborough-Rouge River) are calling on the Conservative government to send a clear message with a full boycott of the Commonwealth Heads of Government Meeting in Colombo in November.

“The NDP has been urging the Conservative government to boycott the CHOGM for months,” said Paul Dewar. “But sending a Parliamentary Secretary on behalf of the Prime Minister weakens this message.”

The NDP has been consistent and clear regarding its position on human

rights in Sri Lanka by calling for a full and complete boycott and continues to stand by this position.

“If the Conservatives are serious about sending a strong message in support of democracy, it would be an appropriate next step to discuss with Commonwealth partners the removal of Sri Lanka from the organization until there are concrete improvements on human rights,” said Dewar.

“The Conservative government’s treatment of Tamil refugees and its inconsistent approach to supporting a genuine and full boycott threaten the integrity of Canada’s position as a defender of human rights. New Democrats believe that Canadians deserve better,” added Sitsabaiesan.

School Board Trustee Juanita Nathan to seek Federal nomination in the new riding of Markham-Thornhill

By Siva Sivapragasam

York Region School Board Trustee and social worker Juanita Nathan has announced that she will be seeking the Federal Liberal nomination in the new riding of Markham-Thornhill.

The city of Markham which is a fast growing municipality having a diverse population including a strong South Asian community. Nathan comes with an academic and professional background in social work and significant experience as a public school board trustee, Ms. Nathan promises to continue to be a strong voice for residents of Markham-Thornhill at the federal level.

“I am thrilled to put forward my name for the Federal nomination with the Liberal Party of Canada and look forward to continuing to work with residents on building strong and vibrant communities.” said Ms. Nathan. “Diversity of this



region has changed and so has the social and economic needs of our communities. Together, we will build on our strengths and successes while addressing the gaps in social and economical well being to ben-

Rana Bokhari elected as new leader of Manitoba Liberal Party

Manitoba Liberals have chosen Rana Bokhari, to lead the party in the Province.

Rana Bokhari won on the first ballot at a leadership convention in Winnipeg on October 26. Rana Bokhari, a lawyer celebrated her 36th birthday on October 23.

Monsoon Journal congratulates the new leader, and presents the profile of Ms. Rana Bokhari, from her campaign web portal for our readers:

Rana Bokhari is a first-generation Canadian who was born in Winnipeg and grew up on a family farm in Eastern Manitoba. A strong work ethic and quest for knowledge led her to achieve two degrees from the Faculty of Arts at the University of Manitoba (Dean’s Honor List) in Criminology and Psychology. She went on to achieve a Juris Doctor of Law from the University of Manitoba’s Robson Hall, and has since been called to the bar and is currently practicing law in Manitoba.

During her studies, Rana became more politically aware and deeply involved in community affairs. Rana was proud to be elected President of the Manitoba Law Students Association, and to advocate on behalf of her fellow students as a Council Representative for the Department of Sociology and Manitoba Bar Association Representative. She joined others to give back to the community by helping to organize numerous fundraising events such as the University of Winnipeg’s “Learning for Life” Gala, The Kidney Foundation’s “The Hope Affair Gala”, and the “Masala Mixer” for Victoria Hospital. She also responded to a long-held need to be of service to oth-

ers by initiating successful campaigns to raise awareness and funds in response to floods in Pakistan and the Philippines, famine in East Africa, and the 2010 earthquake in Haiti.



Rana found her political home in the Manitoba Liberal Party (MLP) in 2008, where she has been a dedicated worker and supporter ever since. Rana, never one to shy away from a challenge, entered the race for the leadership of the Manitoba Liberal Party for the opportunity to rebuild the Party and gain the trust of Manitobans.

Rana Bokhari: “I believe a strong Manitoba Liberal Party equals a stronger Manitoba. I hear from a lot of people that it is getting harder and harder for them to vote for the NDP. Those same people often cannot see themselves voting for the Conservatives. I think that a strong Liberal Party of Manitoba, one grounded in principles of fairness and social justice, but balanced by a commitment to fiscal responsibility and economic diversity, would give Manitobans a party to vote for.” (rana4manitoba.ca)

and South Simcoe, York Region Equity Council and with the Canadian Tamil Congress. She graduated from the Brock University with a BA in Psychology and focused on domestic violence in a special project for the Ministry of Attorney General. She currently works with Youth Link and the Family Services of York Region.

effit all Canadians” added Ms. Nathan. Over the past years, as a school Board Trustee Ms. Nathan has been involved in parental engagement with schools through a number of workshops and forums. Ms. Nathan is also a recipient of the Queen Elizabeth II Diamond Jubilee Medal and served on the board for Canadian Mental Health Association – York



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Greater investment needed in Sri Lanka's North

DHARMAPURAM, 14 October 2013 (IRIN) - Policy changes that encourage and provide incentives to create jobs in Sri Lanka's northern former war zone are necessary to ease the impact of dwindling aid there, experts say.

Since 2010 three successive appeals for reconstruction work under the Joint Plan of Assistance to the Northern Province issued by the UN and Sri Lanka government have been underfunded by US\$430 million. In the last two years the shortfall was \$297 million.

The slowdown in aid has been linked to the World Bank categorizing Sri Lanka as a low middle-income country in early 2012.

"The middle income status directly affects donor contributions towards post-war reconstruction, rehabilitation and remaining humanitarian assistance," said a June report by the United Nations after a visit to seven districts in Northern and Eastern provinces.

Despite large-scale infrastructure development in Northern Province since the end of the war in May 2009, recent research by the UN Refugee Agency (UNHCR) found provincial income and livelihood levels remain low.

A UNHCR survey from June this year found only 9 percent of some 900 households in six northern districts (Jaffna, Kilinochchi, Mullaitivu, Vavuniya, Mannar and Trincomalee) had salaried employment; more than 55 percent gained income through irregular daily work.

"Over 43 percent of the respondents report a monthly household income of Rs. 5,000 [\$40] or less," the survey said. It also found that average household monthly income was \$70, or less than a quarter of the national average.

Fifty-two percent of respondents reported a total household debt of nearly \$400, while 47 percent carried total household debt of Rs100,000 (\$800) or more, the report said.

Anushka Wijesinha, an economist at the Institute of Policy Studies of Sri Lan-

ka (IPS), said despite the country's recent low middle income categorization, parts of Sri Lanka, especially the north, were still in similar - if not worse - circumstances than what is found in low-income countries.

The government will increasingly find it difficult to raise development and humanitarian funds outside the country at low interest rates, said Wijesinha, counselling planners to make policy changes to raise funds domestically.

"Two things the government can do - become much more effective in revenue collection. The second option is to spend money more judiciously," he said.

The economist said Sri Lanka's current tax revenue collection of 11-13 percent of the GDP needed to increase to 18-25 percent.

Chandana Kularatne, an economist with the World Bank based in Washington, said to create jobs, local industries need special attention.

"For economic activity to truly gain pace, individuals should be provided with economic opportunities and any regulatory impediments to economic [development] should be lifted."

In addition to the approval process an investor faces elsewhere in the country, in the north, approval may be required from civilian authorities and the military, which has a large footprint in civilian activities, including commerce.

Government officials in the region say efforts have been made to boost local industries.

The Northern Reawakening Programme under the Ministry of Economic Development has spent over \$12 million since the war's end on village-level development projects, said programme officials in the northern Vavuniya District.

Over 200 villages have also received funding for community managed projects that disbursed \$45,000 per project. The supported projects include shrimp farming in Mannar District, a paddy mill and rice distribution centre in Oddusudan

village in Mullaitivu District, and assistance to dairy farmers in Vavuniya District.

"While the bigger projects have been going on, we have not neglected the smaller industries," Rupavathi Ketheswaran, the top government official in Kilinochchi District, told IRIN.

But IPS's Wijesinha said that given the destruction wrought by 26 years of war that displaced more than 460,000 by the end of fighting, more is needed.

Rasihah Janakumara, head of the Jaffna Chamber of Commerce, said the government focus has largely been on attracting outside investments to the region in the past three years, rather than developing a local investment base.

"We get the same [interest] rates as elsewhere in the country. There is no special treatment just because we are going to invest in the Northern Province. The demand for collateral is the [same] as anywhere else in the country," Janakumara said, arguing that local investors should get preferential treatment because their profits are more likely to stay in the region - as well as the investor themselves, and for longer.

Wijesinha said, first, northern entrepreneurs will need business skills training to catch up with counterparts elsewhere in the country not hobbled by decades of shuttered businesses.

The World Bank's Kularatne said access to seed capital and business grants is vital for livelihood creation, and that more effort is needed to expand markets for local staples, including agriculture and fisheries.

According to the Northern Provincial Council, 70 percent of the provincial population in 2012 was engaged in some kind of agriculture cultivation and 25 percent was linked to fishing.

Most of the local economy in the region for years has come from the public sector or donors.

According to the latest Central Bank statistics, government services (includ-



ing public administration and defence) accounted for 25 percent of the northern provincial GDP, construction (almost entirely funded by donors and public money) another 11 percent, and donor-funded projects made up around 5 percent, bringing the total to nearly 41 percent.

Income from fisheries and agriculture has grown from a scant 20 percent in 2010 to almost 60 percent in 2012.

That year 10 percent of the country's paddy harvest was from Northern Province, where paddy cultivation grew by some 18,000 hectares since 2011 to nearly 84,000 hectares. And during the first half of 2012 the fish catch grew to 16 percent of national supply from around 10 percent in 2010.

According to Janakumara from the Jaffna Chamber of Commerce, still needed are processing and storage facilities so northerners can profit more from their resources. He gave the example of how inadequate storage facilities and the lack of a wholesale market for fish in the north was forcing fishermen to sell their catch at outsiders' first bids.

Similarly, vegetable buyers will wait following a good harvest in the north to buy at the lowest price possible at the last minute possible knowing sellers cannot store the surplus.

And the lack of sufficient milling facilities in the north means buyers set the price for rice because they can process it.

"It is still a buyer's market in the Vanni [north]. What is needed is to make it more balanced [so sellers are not at the mercy of buyers]," Janakumara said.

Indian Prime Minister Manmohan Singh skipping Commonwealth Summit in Colombo becomes more certain?

Vice President Hamid Ansari and External Affairs Minister Salman Khurshid to represent India

By Siva Sivapragasam

With intense pressure mounting in Tamil Nadu from all political parties against Prime Minister Manmohan Singh's participation in the Commonwealth Summit, it is now almost certain that he will skip the meeting.

His letter to DMK leader Muthuvel Karunanidhi last week informing him that "the thinking and aspirations of the Tamils" will be taken into account regarding his visit for the summit is a clear indication of his "mind-set" regarding his participation at the meeting.

The pressure to boycott the meeting

comes from the Tamil Nadu unit of the Congress, the party's erstwhile partner DMK and the DMK, the ruling Tamil Nadu party. This united call for the boycott may have prompted a rethink in the government on the Prime Minister's participation in the biennial event.

According to present reports, the Congress, the DMK and ADMK leaders had said there were enough indications to show that Manmohan Singh was not willing to attend the meeting due to the strong anti-Sri Lanka sentiments in Tamil Nadu. A senior Congress leader had said India may be represented at the summit by Vice-President Hamid Ansari and External Affairs Minister Salman

Khurshid.

"The Prime Minister and other senior leaders in the party have been discussing the issue for the last month. We got indications that the PM is not likely to attend the meeting," a Union minister from Tamil Nadu has told Times of India. He had said the PM was likely to request Ansari to travel to Colombo for the summit.

Meanwhile, the Commons foreign affairs committee of the UK Parliament has accused the government of timid and inconsistent policy towards Sri Lanka stating human rights abuses continue in the country.

The committee states the UK government should have made Sri Lanka's

bid to host the Commonwealth Heads of Government Meeting (CHOGM) in Colombo next month a condition on improvements in human rights.

"The UK could and should have taken a more principled ... and robust stand in the light of the continuing serious human rights abuses in Sri Lanka," states the report.

Canadian Prime Minister Stephen Harper has already announced that he will not be attending the summit in view of the slow progress made by the Sri Lanka Government regarding human rights abuses and deterioration of the law and order situation in Sri Lanka.





Minority women in Sri Lanka facing increasing levels of sexual violence and insecurity

Four years after the end of the armed conflict, Tamil and Muslim women in the north and east of Sri Lanka are increasingly marginalized and face chronic insecurity, says an international rights organisation in a new report.

Thousands of women have lost husbands and other family members, while human rights abuses and violations ranging from sexual violence to land grabbing continue, according to Minority Rights Group International's (MRG) report, *Living with insecurity: Marginalization and sexual violence against women in north and east Sri Lanka*.

The women interviewed by MRG said there has been a significant increase in sexual assaults and other rights abuses, due in large part to the heavy militarization of the area. Most were afraid to report cases to the authorities. Many still have no idea where the male members of their families are due to widespread enforced disappearances, whilst some say that their husbands remain in state detention without being charged.

There are an estimated 89,000 war widows in the former conflict areas, with around 40,000 female-headed households. Despite the government's official



rhetoric of national reconciliation, many are effectively prevented from mourning their dead as death certificates have not been issued to those who have lost their husbands. The government continues to downplay the numbers of people killed in the last stages of the fighting.

The Sri Lankan government claims advances in peace and development in these areas, but the extensive field research for this report shows that women are not benefiting from the peace dividend, are marginalized from development programmes, and struggle to access basic livelihoods to support their families.

'The government is actively contributing to the insecurity of minority women through the militarization of the north and east and by maintaining a climate of impunity where human rights violations continue,' says Farah Mihar, MRG's South Asia expert. 'Tamil and Muslim

women are especially concerned for their safety and freedom, and yet have little course for redress since they fear reporting attacks against them to the authorities,' she adds.

The report is released ahead of the 2013 Commonwealth Heads of Government Meeting (CHOGM) in Sri Lanka in November. Sri Lanka is then due to assume Chairmanship of the Commonwealth for the next two years.

Two United Nations Human Rights Council resolutions, the latest findings of the United Nations High Commissioner for Human Rights following her recent visit to Sri Lanka, as well as numerous reports by international and national organizations, point to the deteriorating human rights situation in Sri Lanka.

The UN and international human rights groups have repeatedly stated that there is also credible evidence that the

Sri Lankan government violated human rights and international humanitarian law in the last stages of the conflict, and are demanding an independent investigation of the events.

MRG's report also adds credence to the claims that, despite ending the armed conflict, the government continues to violate its international human rights obligations.

Given the severity of its rights record, Sri Lanka's hosting of CHOGM and forthcoming appointment to the Chairmanship of the Commonwealth, presents a serious challenge to the Commonwealth's commitment to supporting human rights and democratic values, says MRG.

'It is clear that Sri Lanka has failed and, as this report shows, continues to fail in its duty to protect the human rights of its Tamil and Muslim minorities. At the very least, Heads of State should show their commitment to the basic values of the Commonwealth by not attending the meeting,' says Chris Chapman, MRG's Head of Conflict Prevention.

Women's activists continue to advocate, often at great personal risk, for truth, justice, accountability and an end to the climate of impunity that enables ongoing violations. The report claims that until a clear protection framework is developed for minority women and other marginalized groups, and past violations properly investigated, the prospects of a lasting peace and reconciliation process will remain elusive.

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Around the World

Friday Forum on Provincial Council Elections and the opening towards the reconciliation process

- DEMILITARIZATION A PRIORITY IN THE NORTH
- THE CENTRE AND THE NORTHERN PROVINCIAL COUNCIL SHOULD WORK TOGETHER AND THE COUNCIL SHOULD BE PROVIDED THE NECESSARY FINANCES TO ADMINISTER & DEVELOP THE NORTHERN PROVINCE

By Jayantha Dhanapala
and Ahilan Kadirgamar
on behalf of Friday Forum

The Friday Forum keenly followed the three Provincial Councils elections in the Northern, North Western and Central Provinces held on 21st September 2013. The encouraging turnout, with voters exercising their franchise in all three provinces, supported the claim that the elections were relatively free and fair. The Friday Forum expresses its appreciation of the role played by the Election Commissioner, the Election Department, all officials, staff and others as well as the local and foreign election monitors. The democratically elected councillors in all three provinces must now carry forward their mandate towards good governance of the provinces and the well-being of the citizens.

In the Northern Province, this is the first Provincial Council election since 1988 and as such gains further significance. Four and a half years after the war, this is a new and small opening for the country to move on reconciliation. However, many challenges remain in ensuring that this democratically created opening is utilized.

The Centre and the Northern Provincial Council should work together to take forward the day to day needs of the war-torn population while working in parallel towards a devolved political settlement within a united Sri Lanka. Crucial here is the devolution of powers in the 13th Amendment. Participating in development with a sense of security is important for the Northern population to identify as citizens of Sri Lanka both in spirit and in practice.

The Government must recognize that its majoritarian agenda after the war has alienated the people of the North. In particular, it must rethink its approach to centralized and top down governance and development, characterised by continuing militarisation and large infrastructure projects that did not seek the participation of the local population in their planning or execution. Furthermore, there needs to be a deep understanding of the challenges of converting the war-time and post-war military administration to the now democratically elected civil administration. Thus demilitarisation is a priority. Next, the powers of the Governor should not be used to undermine de-

volution. While there are a range of powers from land to police, which are being debated, it is crucial for the Provincial Council to have the necessary finances to administer and develop the Northern Province.

The TNA, while having gained an overwhelming mandate in the North, needs self-scrutiny about some of its divisive election rhetoric. The TNA should distance itself from the LTTE and its separatist politics and lead the Tamil people towards reconciliation. Next, the TNA which has historically been a party in the opposition and now has the major challenge of governing the Northern Provincial Council, needs to engage the day to day needs of the people and work towards a programme that can ensure their social and economic progress.

In this context, the various actors in the country, the Government, the TNA, the Defence establishment, the bureaucracy and social institutions must all work together in the spirit of cooperation to ensure this small opening leads to a process of uplifting the Northern population and political reconciliation in the country. This political attitudinal change based on self-scrutiny on the part of the state, political parties and all of us citizens is something we owe to future generations and plural coexistence in our country.

Jayantha Dhanapala
Ahilan Kadirgamar

On behalf of Friday Forum, the Group of Concerned Citizens

Mr. Jayantha Dhanapala, Mr. Ahilan Kadirgamar, Professor Savitri Goonesekere, Mr. Danesh Casie Chetty, Rt. Reverend Duleep de Chickera, Ms. Suriya Wickremasinghe, Professor Arjuna Aluwihare, Dr. Upatissa Pethiyagoda, Ms. Anne Abayasekara, Dr. Deepika Udagama, Dr. A. C. Visvalingam, Rev. Dr. Jayasiri Peiris, Mr. Faiz-ur Rahman, Professor Camena Guneratne, Ms. Sithie Tiruchelvam, Mr. D Wijayanadana, Professor Ranjini Obeyesekere, Dr Jayampathy Wickramaratne, Mr. Tissa Jayatilaka, Ms. Damaris Wickremesekera, Ms. Shanthi Dias, Mr. Javid Yusuf, Dr. Selvy Thiruchandran, Mr. J.C. Weliamuna, Dr. Devanesan Nesiiah, Mr. Ranjit Fernando, Ms. Manouri Muttetuwegama, Mr. Chandra Jayaratne

Management changes at the Hindu Newspaper in India

THE HINDU

By Siva Sivapragasam

India's family owned and prestigious 135 year old "The Hindu" newspaper has seen several changes at the top management level with the current Editor Sidharth Varadarajan submitting his resignation due to the family take over of management positions.

N. Ravi, the brother of former Editor-in-Chief N. Ram, has taken over as Editor-in-Chief of The Hindu, and Malini Parthasarathy as Editor of The Hindu. Arun Anant is no longer the Chief Executive Officer of Kasturi & Sons Limited, the company that owns and publishes The Hindu Group of publications. N. Ram has become Chairman of KSL and Publisher of The Hindu and Group publications; and N. Murali, Co-Chairman of the company. These decisions were taken by the Board of Directors of the Company at its meeting recently. In consequence, Siddharth Varadarajan, who was made

Contributing Editor and Senior Columnist, The Hindu, has submitted his resignation.

The decision to make deep-going changes was made chiefly on the ground that there were recurrent violations and defiance of the framework of the institution's long standing values on the business side, and recurrent violations and defiance of 'Living Our Values', the mandatory code of editorial values, applicable to The Hindu. The whole effort is claimed by the new management as to restore employee morale, good industrial relations, and the trust of this newspaper's more than two million readers.

N. Ravi, the new Editor-in-Chief, had been earlier critical of the policy of the Hindu newspaper relating to the Sri Lankan Tamil issue and that the newspaper had categorically shied away from taking a political stance on the Sri Lankan Tamil issue.

Uma Kumaran of Sri Lankan origin to contest London Borough of Harrow

Uma Kumaran of Sri Lankan origin will be the Labour Party's Member of Parliament nominee for the London Borough of Harrow constituency.

Kumaran was born in London and raised in Harrow, but says she comes from a strong and closely knit family from Sri Lanka.

"My parents fled to Britain in the midst of a civil war, Labour MP Jeremy Corbyn worked tirelessly to help them settle here. They have since worked hard to rebuild their lives and raise a family in Harrow," the Labour candidate says on her official website.

Kumaran says her late Grandfather was one of the first civil servants to break ranks and join the front of the trade union picket line defending workers' rights. "It's these values that I was brought up on," she says.

"The community in Harrow has given me, my family and so many others everything - I'm determined to stand up for thousands of people like us against this Tory government. It's a wonderful



place to live, the most diverse borough in the country and a model for all the great things multicultural Britain can achieve," Kumaran says.

She obtained a Bachelor of Arts (BA) in Politics and a Master of Science (MSc) in Public Policy both from Queen Mary University of London and speaks Tamil, Sinhala, English, French and German languages.

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US lawmakers attend first ever Diwali reception

The first-ever Diwali celebrations was held at the US Capitol on October 29th.

Cutting across party lines, a number of Senators and members of US House of Representatives are attended the "first-ever Congressional Diwali" reception.

"Diwali is a festival of great significance to millions of Indians and Indian-Americans and I'm thrilled and proud to be a part of the first-ever Congressional Diwali," Congressman Joe Crowley, co-chair of the Congressional Caucus on India and Indian Americans, told PTI.

"I'm looking forward to this bipartisan event that will bring together members of Congress, prominent Indian-American leaders, and the community to celebrate Diwali," he said.

"This isn't only about celebration though — this event is also about helping to build a greater understanding of differing cultural backgrounds and histories not only for Indian-Americans but for all Americans," Crowley said.

Congresswoman Tulsi Gabbard, who is the first Hindu to be elected to the US Congress, said: "Our historic, first-ever Congressional Diwali reception will serve to increase awareness about Diwali



Nisha Biswal, US Assistant Secretary of State for South and Central Asia (L) and Nirupama Menon Rao India's Ambassador to US at the Diwali Reception on October 29.

and highlight its positive, peaceful message during these contentious times."

"Diwali is a time to light a welcoming lamp within our hearts, to invite the Lord into our life. This message has great relevance at a time when politics and partisanship seem to overshadow compassion and concern for the greater good," Gabbard said. — PTI

The Queen of England-Elizabeth the second, has been pictured with three future kings - the first such image of royal succession for nearly 120 years.

The monarch is shown with her son, the Prince of Wales, grandson, the Duke of Cambridge, and great-grandson, Prince George, to mark the royal christening of Prince George.

It echoes a 1894 image from the future Edward VIII's christening, showing him with his father, grandfather and great-grandmother - George V, Edward VII and Queen Victoria.

The pictures were taken by the famous photographer Jason Bell.



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Around the World

The Commonwealth Summit in Sri Lanka

- Canadian Prime Minister will be absent & Indian Prime Minister undecided
- TNA boycotts summit
- Northern Chief Minister Wigneswaran may speak
- British Prime Minister to give strong message to Sri Lanka

The much awaited and controversial commonwealth summit is scheduled to begin on November 15th in Sri Lanka's capital Colombo.



By Siva Sivapragasam

While certain heads of states have indicated their willingness to participate in the meeting, Canadian Prime Minister Stephen Harper and maybe Indian Prime Minister Manmohan Singh will be notably absent, although for different reasons. The TNA has also decided to boycott the meeting. Harper has been consistent in his announcement throughout that he will be boycotting the summit in view of Sri Lanka's slow progress in addressing issues connected with human rights abuses and the breakdown of the law and order situation in Sri Lanka. He has pinpointed two major examples of war

crimes and the impeachment of the former Chief Justice Shirani Bandaranaike.

Indian Prime Minister Manmohan Singh was caught in a dilemma of maintaining a good relationship with Sri Lanka but at the same time facing heavy pressure from all political parties in Tamil Nadu, including his own party - the Tamil Nadu Congress, urging him to boycott the summit. With an impending election next year, Singh was faced with a Hobson's choice and a twisted Shakespearean Hamlet quotation "To be there or not to be there". He has however remained silent and not committed himself with an answer until now prompting many

The US Ambassador in Colombo, Michele Sison, visited Jaffna on October 30th to greet the newly elected Northern Provincial Council (NPC) Chief Minister CV Wigneswaran, where Ambassador Michele Sison announced a 12 million dollar USAID project focused on livelihood, poultry, dairy and vegetable gardening - assisting some 5,000 families over the next two years, particularly women-headed households in the North.



to nickname him as "Mouna Singh" and not "Manmohan Sing".

Being a shrewd politician with over forty years of experience, it is rumoured that Rajapakse may throw a bait to the newly minted Sri Lanka's Northern Province Chief Minister Canagasabapathy Viswalingam Wigneswaran to address the summit and register his participation. If this happens, it can also be an ideal opportunity for Wigneswaran to pour out the grievances

of the Tamils to world leaders. Such diplomatic strategy pays dividends both ways. Former German Chancellor Bismarck once remarked "The art of diplomacy is to give and take. Give one and take ten".

Meanwhile, it is going to be carnival and party time in the city of Colombo with all hotels booked with almost one hundred percent occupancy and tourist minded organizations geared to a marketing operation to promote Sri Lanka.

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Breast Cancer - Georgina Dunstan

Cancer was the last thing on Georgina Dunstan's mind during the summer of 2002. She felt great, was active, and just found out she was going to be a grandmother for the first time.

But her plans for the year quickly changed following a mammogram appointment.

"I hadn't been for a mammogram for about five years. Everything was always fine, and it didn't even occur to me that I could have breast cancer," says Dunstan.

But her doctor saw something on the mammogram, and before she knew it, Dunstan was seeing a specialist who confirmed she had cancer. "It was like a punch in the stomach," she says.

Dunstan is honest when she admits that she would have gone even longer between mammograms if it wasn't for her brother, who's a nurse. "He just kept bothering me, so I finally went," she says. "That mammogram truly saved my life."

Unfortunately, Dunstan's experience isn't unique. Breast cancer is the most common type of cancer in Canadian women, affecting 1 in 9 women in their lifetime. But while the disease is still affecting many women, in Ontario, the chances of surviving a breast cancer diagnosis are improving. Between 1990 and 2009, breast cancer deaths declined by 37 per

cent for women aged 50 to 74, which is partly due to better screening.

"Seeing the number of women surviving breast cancer is encouraging, but I think those numbers could be even better," says Dr. Derek Muradali, Radiologist in Chief for the Ontario Breast Screening Program (OBSP) with Cancer Care Ontario. "We have such a great screening program in Ontario, and women should feel confident in knowing that they will receive high-quality care."

So why aren't more Ontario women going for mammograms?

Dunstan has a theory.

"At that age, you're walking around with no cares or worries. That's what I thought," says Dunstan. "I'd tell women to get their heads out of the sand."

In fact, mammography can detect cancers before there are any signs or symptoms, giving doctors a better chance of treating the disease.

Dr. Muradali believes that another reason for more women not participating in routine screening is that many are unaware of how simple and quick it is to book an appointment and get a mammogram. "We have more than 160 Ontario Breast Screening Program clinics across the province," says Dr. Muradali. "Any eligible woman is able to walk into one

of these sites and book a mammogram. They don't need to visit their doctor first. It's that simple, and fully covered by OHIP."

There other advantages to being screened through the OBSP, says Muradali, "we send reminder letters to inform women when their appointments are booked, review all results, inform each patient of their results and if there is an abnormal mammogram, we book follow up tests until we have a diagnosis. We take care of the patient, and follow her through her journey. If a woman undergoes a mammogram in a centre that is not part of the OBSP, these are services she may not receive."

Cancer Care Ontario has clear guidelines on when to have a mammogram. They recommend women between the ages of 50 and 74 be screened every two years. Women who are deemed to be at high-risk for developing breast cancer, such as those with a genetic mutation that predisposes them to developing breast cancer, should undergo yearly mammograms and breast MRIs starting at 30 years old.

For Dunstan, the benefits of regular mammograms are clear. "If they hadn't caught my cancer when they did, before it spread to my lymph nodes, which is



what can happen, I would not have survived," she says. "I'm very thankful to my brother for bugging me so much."

To find out if you should be screened for breast cancer, or to find out if a family member should be screened, check out the Time to Screen Tool at www.ontario.ca/screenforlife.

To find an OBSP site, call 1-800-668-9304 or www.cancercare.on.ca/breast-screening/locations.

Cervical Cancer - Camilla Smith

Approximately 610 women will be diagnosed with cervical cancer in Ontario this year. Sadly, 150 are expected to die from the disease.

And according to Cancer Care Ontario (CCO), many of these deaths are preventable.

"Cervical cancer is treatable and has a very high cure rate when it's caught early," says Dr. Joan Murphy, Clinical Lead for the Ontario Cervical Screening Program with Cancer Care Ontario. "When found in the early stages, most women will recover and go on with their lives."

Camilla Smith is proof of that.

In the winter of 2008, Smith was 59 years old. During a regular check-up, she had a Pap test. "Within that physical I had my Pap smear with my local GP, and it came up as irregular," says Smith. "I was then sent on to a gynecologist."

More tests followed, and within a month, she was diagnosed with stage one cervical cancer and was referred to the Regional Cancer Centre. Smith was shocked. "Some Pap smears do come back irregular, so I never thought anything of it."

Aside from a lack of energy, she had no signs or symptoms telling her something was wrong. "Absolutely nothing, you would never, ever know," Smith says. It was only through her Pap test that her

cancer was found.

Her diagnosis was followed by six weeks of radiation, six weeks of chemotherapy and more than 60 hours of brachytherapy, a technique that delivers radiation directly to the cervical tumor, something Smith describes as "brutal," although techniques have improved in the past five years. Many cervical cancer patients will also need surgery.

Because her cancer was caught in the early stages, her treatment though intense, was highly successful, which might not have been the case if she had not been screened and the cancer had not been identified as early. She was able to return to work just six months after diagnosis. "Mentally of course you change a little bit, everyone does," Smith says. "You look at life a little differently than you normally would. But I've continued on with my life and my job and I'm very, very thankful."

Unfortunately, some women are delaying or avoiding Pap tests altogether because they feel it's uncomfortable or are unaware of their importance. To those women, Smith has a simple message. "Cancer is more uncomfortable," Smith says. "It takes a few minutes of your life and if the government provides that, and there's no cost associated with that, why would you not do it?"



Dr. Murphy says this is a happy outcome, but that many women don't even get this far.

"Thanks to screening, cervical cancer is actually becoming an uncommon cancer. We are ever closer to reaching our goal of preventing this cancer with HPV vaccination and regular cervical screening; screening also allows early detection of those cancers that still do occur," says Dr. Murphy.

Cervical screening can stop cervical cancer before it even starts. Women who have had an abnormal Pap test will then

have follow-up tests to find out if that abnormal Pap is being caused by a condition called cervical dysplasia. Left untreated, this condition can eventually turn into cancer, but before that happens, physicians like Dr. Murphy are able to treat it and prevent it from becoming cancer.

"Many of my patients tell me they're glad they went for regular Pap tests because it found something before it was cancer. The word cancer is really scary, so being able to treat something before it gets that far is a great feeling. It shows that our screening program is working," says Dr. Murphy.

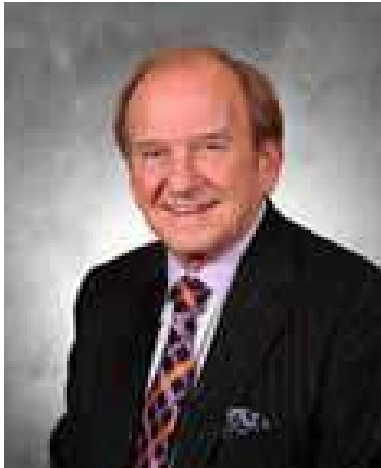
Last year, CCO updated the guidelines for how often women should be screened for cervical cancer. The organization now recommends screening for women aged 21 to 69 every three years if they are or have ever been sexually active. Screening can stop at 70 years of age in women who have been regularly screened and have had three or more normal tests in the prior 10 years.

To find out if you should be screened for cervical cancer, check out the Time to Screen Tool at <http://www.ontario.ca/screenforlife>

To learn more about cervical cancer screening in Ontario visit, <http://www.cancercare.on.ca/cervscreening/>

“DURHAM LIFE BEAT” 24 HOUR BAND-A-THON FUNDRAISER

\$50,000 to benefit the Rouge Valley Health System Foundation



Deputy Mayor of Pickering
Mr. Doug Dickerson

To all “Durham Life Beat,” - 24 Hour Band-A-Thon performers, volunteers, community partners, sponsors and supporters, greetings on the behalf of the members of the organizing committee for the Band-A-Thon!

There were many memorable performance highlights from different singers, musicians and dancers, representing a variety of different musical genres, dance styles and cultural traditions from around the world.

The youngest singer to perform at the Band-A-Thon was a talented young lady, and a grade 1 student at William Dunbar Public School in Pickering. The most senior performer, was a grandmother and retired university professor, who entertained and educated an appreciative audience with a Tai Chi demonstration.

The RVHSF “was very proud,” of what took place



Tracy Paterson
Vice President Development, RVHSF

at the Durham Life Beat fundraiser, said Tracy Paterson, Vice President of Development for the Foundation.

She added, “it was amazing to see the performers, as well as the volunteers and community partners put together an amazing multicultural show.”

Mrs. Paterson also commented that, “it was wonderful that a community building event like this could have such a positive impact on the Rouge Valley Ajax and Pickering hospital. This will make it possible to bring a new operating room table to our surgical programs that will help our surgeons continue to provide the best possible care.”

The work ethic, commitment to service of all volunteers, particularly

the children and youth throughout the 24 Hour Band-A-Thon was remarkable, and another major contributing factor to the success of the fundraiser. Children and youth volunteers, from junior and secondary schools, many of whom were also performers, attended planning meetings for a three month period, rehearsed their performances weekly, and also raised funds for the Band-A-Thon.

Athesan Sureshkumar, a grade 6 student from Davinci Public School in Ajax, said that, “attending the Band-A-Thon was a good experience, and that it was for a good cause - and that the music and dancers were really great.” He added, that he volunteered because his older brother and sister were volunteering - so we went to watch the show, some of the friends were volunteering, and I decided to pitch in!” Because he was having so much fun, he asked his mother if he could stay longer - he stayed all night! Athesan spent most of the evening of the 27th of September, and into the early hours of Saturday morning, the 28th - serving coffee, tea and snacks to people, always with a smile on his face, even at 3:00 am in the morning! He also raised over \$400 in pledges.

Organizers were impressed with all volunteers, from the different community partner organizations. Throughout the 24 Hour Band-A-Thon, children and youth volunteers, raised additional funds by, doing henna tattoo designs, face paintings, decorating and selling cup-cakes, t-shirts, pop-corn, and assisting organizers in managing the silent auction tables.

Students attending York, Western, Waterloo, Sir Wilfred Laurier, Ottawa, and the University of Ontario Institute of Technology, and Durham College, also contributed to the success of the fundraiser. Several of them were performers, acquired items for the silent auction, facilitated dance rehearsals, acted as photographers, and supervised younger volunteers.

Vashine Kamesan, a Western University student volunteer, and a former Pickering High School student, commented that: “it was exciting to be part of the Band-A-Thon for two reasons. First, because it incorporated music, one of my passions into action for helping people, and secondly because it was a community effort to fight cancer.” She added that the fundraiser, “was a wonderful experience, and showed that anything could be done through hard work.” She also said that she met some amazing people, learn a lot about the

power of music, and sacrifice.

The Band-A-Thon was more than just a fundraiser. It was also an innovative, and exciting community development project. It promoted, leadership skills, synergy, interconnectedness, social cohesion, and social capital, being the support of family friends and associates.

Dr. Jordan Cheskes, the Division Head, Ophthalmology, Rouge Valley Hospital System, who performed two jazz guitar solos on Saturday afternoon at the Band-A-Thon, had this to say about the fundraiser. “It was a very important event for the hospital. The surgeons at Rouge Valley, want to thank the community members for supporting our operating rooms. When I found out that young musicians would be up all night, playing on our behalf, it reminded me of our medical team who are often up all night looking after patients in our region. Could it be that the music school, the Bavatharani’s Ever Giving Foundation, and their community partners, are really preparing children and youth for a future career in



Dr. Jordan Cheskes, Eye Surgeon, RVHS

Mr. Kula Sellathurai, a former director of the RVHSF, for securing many corporate sponsors for the Band-A-Thon event.

Mr. Doug Dickerson, the Deputy Mayor of the City of Pickering, commented that: “the fundraiser demonstrated that today’s youth want to help out in their community - that they need a way to go about it, that they can resonate with. The Band-A-Thon filled the bill, met their expectations - and they played all night!”

The “Durham Life Beat,” - Band-A-Thon organizing committee, established the goal of raising \$100,000 for the RVHSF and we are now at the 50% level to achieving our goal. In this regard, we would like to thank you for your continuous support.



Vashine Kamesan
Western University volunteer

healthcare! I feel that the musicians and all performers deserve a heartfelt thank you on behalf of the physicians. As physicians, we know how hard it is to perform at a high calibre in the middle of the night - and we thank everyone for their charitable energies. Thank you for letting me perform at his fantastic event.”

The fundraiser also generated a spirit of “unity in diversity,” and a bond between all performers, volunteers, community partners, sponsors, different levels of government, and with other participating institutions of civil society in Durham Region, and in neighbouring communities in the GTA.

Fundraiser organizers, would particularly like to thank Mr. Mathi Seenivasagam for bringing the Band-A-Thon fundraiser to Durham Region, and



Athesan Sureshkumar
Grade 6,
Da Vinci
Public
School
(Ajax)

Please visit our website www.durhamlifebeat.ca to continue to make pledges on-line and our Face book page www.facebook.com/DurhamLifebeat for a photographic summary of the Band-A-Thon.



Mrs. Weiru Tang, a retired University professor from China. She represented the Durham Asian Chinese Association DACA. She was a famous scientist in her field in China. She was a visiting professor at the Truro Agricultural College, Truro, Nova Scotia between 1986-1988. An educator, she participated in the Band-A-Thon because she is a passionate about youth.



Board thanks CEO for achievements, begins transition

After seven years of leading achievements in patient care and investment in the hospital, the president and CEO of Rouge Valley Health System (RVHS) Rik Ganderton has decided to retire.

Joan Wideman, RVHS chair, says, "We would like to thank Rik for his exceptional leadership of RVHS since January 2007. Rik has committed to stay with us until at least the end of January and will continue to lead us through integration discussions with The Scarborough Hospital, as well as leading the critical day-to-day functioning of RVHS."

The Board has struck a transition committee to lead the leadership transition process. Wideman says, "We will be working closely with Rik and the senior management team to ensure that the transition to new leadership is smooth and effective. Rik will continue to be supported by our outstanding senior management team and our broader leadership including our medical advisory committee (MAC), under the Chair-ship of Dr. Naresh Mohan, chief of staff."

With his retirement announcement, Ganderton has done everything the board asked of him, and more, she says.

Among Ganderton's achievements for patients, with the broader RVHS team, are:

- Creating and succeeding in improving patient outcomes, lowering infection rates, growing services, improving RVHS' reputation greatly;
- Elimination of the hospital's deficit and five consecutive years of surplus for investment;

- Investment in facilities and medical equipment at both campuses including state-of-the-art magnetic resonance imaging (MRI) scanner, computed tomography (CT) and catheterization labs;

- Forging a high-functioning team of medical leadership, board, and senior staff;

- Earning the hospital the highest-possible standing from Accreditation Canada, four-year exemplary standing (2012-2016);

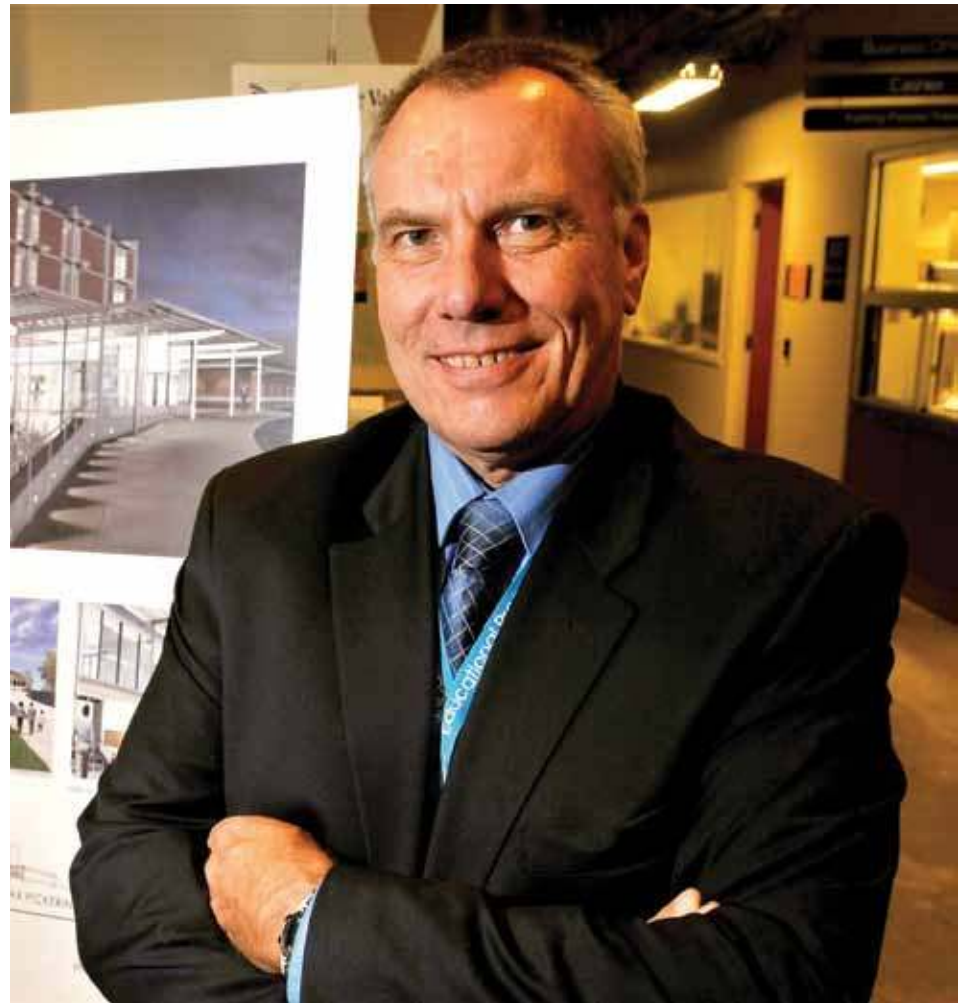
- Generating a well-earned sense of team accomplishment for quality patient care, innovative thinking and actions across the entire hospital;

- Building the resilience of the hospital team for adapting to an environment of constant change.

"The Board and I expect all of the hospital's key initiatives will continue to develop as RVHS moves forward on its journey of providing constantly improving care to our patients," she adds.

In reflecting on his tenure, Ganderton says, "This was a difficult decision. I am proud to have served as RVHS' President and CEO for almost seven years, and I believe as a team we have made great progress in developing RVHS into a high performing hospital."

"The timing of my announcement was very difficult for me and I wrestled with announcing before or after the pivotal November board meetings on integration with The Scarborough Hospital (TSH). I concluded that it was important that



I make this announcement now so that the board, senior leadership team and physician leaders working on integration planning with TSH, understand that I will not be continuing in a leadership role in RVHS or seeking such role in any potential new organization, whatever its structure."

"I believe strongly in system integration and that, in the short to medium term, we have to reduce the number of organizational silos that fragment our

health system and create such difficult barriers for our patients. I remain committed to pursuing this integration and to supporting the board, senior management team and MAC as they continue working on this critical initiative."

Ganderton adds, "It has been my honour and pleasure to work with each and every one of the staff, physicians, volunteers, board members and community members of Rouge Valley."

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.





Movember & Men's Health: Creating Awareness and Understanding



By: Jeavana Sritharan,
BHSc, MHSc,
PhD Student

We all have important men in our lives that shape who we are today and who we will become. The month of November is dedicated to changing men's health to increase awareness and understanding of emerging health issues that are significantly affecting men in Canada.

Did you know?

- 1 in 7 Canadian men will be diagnosed with prostate cancer in their lifetime
- 1 in 11 Canadian men is expected to develop lung cancer in their lifetime
- Testicular cancer is the most common cancer affecting Canadian men aged 15 to 29 years
- 4 times as many men than women commit suicide in Canada
- Men live 4 to 5 years less than women in Canada

These are only a few of the revelations in recent years. An increasing number of young men are diagnosed with schizophrenia and more new fathers are affected by postpartum depression. The notion of 'men's health' is relatively new and of growing priority. There are many barriers as to why men's health is only changing in recent times. Society and culture have embedded the role of a 'man' to be of a tough and strong stance without vulnerability. This is accompanied by men taking on health challenges on their own without seeking medical advice or assistance. As we value the men in our lives and give them great significance, it is almost ironic that we do not spend enough time and effort incorporating health knowledge and understanding.

Prostate Cancer is specific to men and is the second largest cause of cancer death in Canadian men as roughly 4,000 men die from this cancer each year.

The prostate gland is a part of the male reproductive system located just below the bladder. Prostate cancer begins when the prostate cells reproduce quickly and uncontrollably causing the prostate to enlarge. If untreated, the prostate cancer cells can invade and spread to other tissues and organs in the body making it particularly difficult to treat and cure. The major concern is that prostate cancer can develop without any revealing symptoms. As it is the second leading cause of cancer death in Canada, understanding and creating awareness are important

for symptom management and survival.

Possible symptoms of prostate cancer include increased urine frequency, increased urination during the night, having slow urine flow, difficulty stopping urine flow, pain or discomfort, or blood in urine or semen.

Risk Factors of Prostate Cancer

- Gender – only affects men
- Age – there is increased risk with increased age
- Family History – increased risk from those who have an immediate family member with prostate cancer
- Life style/behavioural – lack of exercise, poor diet or nutrition

When understanding if you are at risk of prostate cancer, there are advantages and disadvantages to testing for prostate cancer. Early detection involves a physical examination using a Digital Rectal Exam or Blood Test. The Digital Rectal Exam is a physical examination performed by your physician to recognize any identifying signs. If the physician identifies any abnormalities, he or she may request you to see a specialist and may continue with a blood test. The blood test looks for a protein called Prostate Specific Antigen (PSA) that is produced specifically by the prostate gland. The higher the PSA, the more likely it is prostate cancer. But it is important to note that not all men who have prostate cancer will have a high PSA level and having a high PSA level can be caused by other conditions. Confirmation of prostate cancer is done so through a tissue sample, known as a biopsy.

With these many steps, men may feel uncomfortable or unsure of which tests are necessary. Speaking to your physician is the best decision for you as they will be able to assess your risk and inform you of what options are best for you.

Testicular Cancer is the second most common cancer in men between the ages of 15-29 years. Fortunately, this form of cancer is highly treatable with a high cure rate of over 95% if diagnosed early.

The testicles are a part of the male reproductive system and help to form male hormones. Cancer can develop in one or both testicles and the concern is when the cancer spreads to other tissues or organs in the body making it difficult to treat. Conditions may present a small hard lump with possible signs of swelling and aches. It is important to note that testicular cancer can present none or few symptoms in many cases.

Possible symptoms of testicular cancer include swelling or lumps in testicle(s), change in size or shape, aches



in lower abdomen and groin area, or pain and discomfort.

Risk Factors of Testicular Cancer

- Age – highest risk is for men between the ages of 15 to 29 years
- Family History – increased risk from those who have an immediate family member with testicular cancer
- Physical – undescended testes at birth

Self-examination is the most important tool for screening in younger men. Checking for abnormal growth, size or shape changes, or unusual aches and pains is essential with self-screening. As testicular cancer is highly treatable it is important to screen early in order to treat as early as possible.

Mental Health

The topic of mental health has become of high priority in the last few years due to increased mental health illnesses across the globe. As we are aware of mental illness among women, the growing number of mental illness in men is staggering. With awareness and knowledge, we are able to understand the effects of mental illness and translate these findings to the male population. Mental health issues are often associated with stigma and these issues are often kept hidden with the notion that one's masculinity will be preserved.

However, the importance of mental health issues has surpassed these social ideas. Factors like stress, reduced physical activity, reduced social interactions, drug or alcohol use, traumatic and tragic events can all trigger events of depression, anxiety, and other serious disorders. Having a family history of mental illness or having events of mental illness in the past can affect your risk of these

illnesses in the future. It is important to remember that mental health issues affect all age groups and can be significantly improved with treatment.

Without treatment, mental health issues can become seriously detrimental for the affected individual and those surrounding them. In many communities, mental illnesses are viewed with the stigmas of weakness, shame, and loss of masculinity. The reality is that no matter what race or gender, everyone is affected by these illnesses and people should not fear discussing them. The only way to improve mental health and assist those who are affected is to allow open discussions and by creating awareness. Sharing knowledge on health issues that affect men can help to create a network of resources and allow for the improvement of men's health.

As there are rapid transformations in the face of women's health, there are also new efforts focusing on changing the face of men's health. So this month, take the time to provide knowledge and understanding to the men in your life – whether it is your father, husband, son, brother, other family member or friend. Improving their health will in return improve the overall health of your family and community.

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 working with Cancer Care Ontario with the Occupational Cancer Research Centre and is the Co-Founder of the webpage, Health Perspectives.

Contact email:

info@healthperspectives.ca

SARAVANAA BHAVAN MAKES DINNING MEMORABLE



Mr. P. Rajagopal (Founder)
Mr. P.R. Shiva Kumar &
Mr. R. Saravanan

P. Rajagopal, fondly known as Annachi, had a simple idea driven by lot of passion; to start a restaurant that carried the legacy of good taste and quality!

Ever since it's beginning in 1981, Hotel Saravanaa Bhavan has been a gateway to the flavours of India. Delicious food prepared and served in a clean environment with a lot of passion entices the customers with the spicy Tamil delicacies of Southern India. The chain of restaurants, with its presence of over 50 outlets in Southern India and over 60 outlets across the globe, continues to bridge the gap of the non-existence of a quality vegetarian restaurant.

P. R. Shiva Kumar, Annachi's son, who doesn't believe in resting on laurels, has been instrumental to bringing the synergy of taste and quality across the globe. Each network he has built carries the legacy of good taste and quality. With his untiring efforts and vision; Saravanaa Bhavan is creating waves with aromatic spices of Southern India in United States of America, Canada, United Kingdom, France, Germany, Singapore, Malaysia and Middle East.

Mr. Shiva Kumar has proved that when the efforts are sincere, intention noble and aspiration high, success is a natural by product. One of his milestones is to bring the authentic food to the diverse community of Toronto in Canada. The branches at Mississauga and Scarborough endeavour to offer unrivalled quality and taste, redefining the dine-in-experience.

The team led by Meera Parameswaran entice the diners with the real taste of India. The lineup at the restaurant is for the good food. Veerapandi and his team of Chefs offer flavourful stews and curries in a variety of forms. Diners to the restaurant quite often say that there is so much going on here taste-wise, you can't imagine needing—or wanting—meat on your plate.

Franchisee owners, say the menu at Saravanaa Bhavan offers something every diner craves—a diversion from the expected. The restaurant has simplified and adapted the native dishes to appeal to western tastes. "Feeling the pulse of the customer has been the formula for success."

What appeals to franchisee owners the most is Shiva Kumar's thirst for innovation. Passionate to give the best to diners, he humbly accepts that the cuisine is one of the best in the whole of Toronto city. The menu includes the best of South Indian and North Indian dishes.

Showering praise on staff, the staffs in Toronto say we can handle any kind of catering order. Our chefs will spice your backyard with hot dosas in any part of the city. The dosas like many items on the menu, comes with three delightful chutneys on the side—coconut, mint and tomato—and sambar, a lentil soup. "Reasonable pricing is the perfect answer to our gourmet, budget conscious customers."

A cross-section of diners at Saravanaa Bhavan (Scarborough), says the buffet is clean, well organized, clearly labelled and frequently replenished. If asked, the staff will guide you personally through, explaining every dish and suitable pairing of starch and sauces.

A regular diner, narrating his choice, says the real showcase item is the Saravanaa Special Meals, a thalli platter. A colourful array of thick stews, thinner soup-like offerings and accompaniments in small tins encircle a bowl of steamed rice. Two types of flat bread are also provided for dipping and scooping.

However, what makes the experience is the constant parade from the kitchen of fresh naan and dosa, brought right to the table. The wafer thin paper masala packed with potato and onion alone is worth the visit.



George Smitherman, former Deputy Premier of Ontario with Manager and Chefs at Saravanaa Bhavan



Bas Balkissoon, MPP, Deputy Speaker of Ontario with Master Chef Pandi and guests at Saravanaa Bhavan

"Photo Gallery of dignitaries at Saravanaa Bhavan during 10th Anniversary Celebrations"



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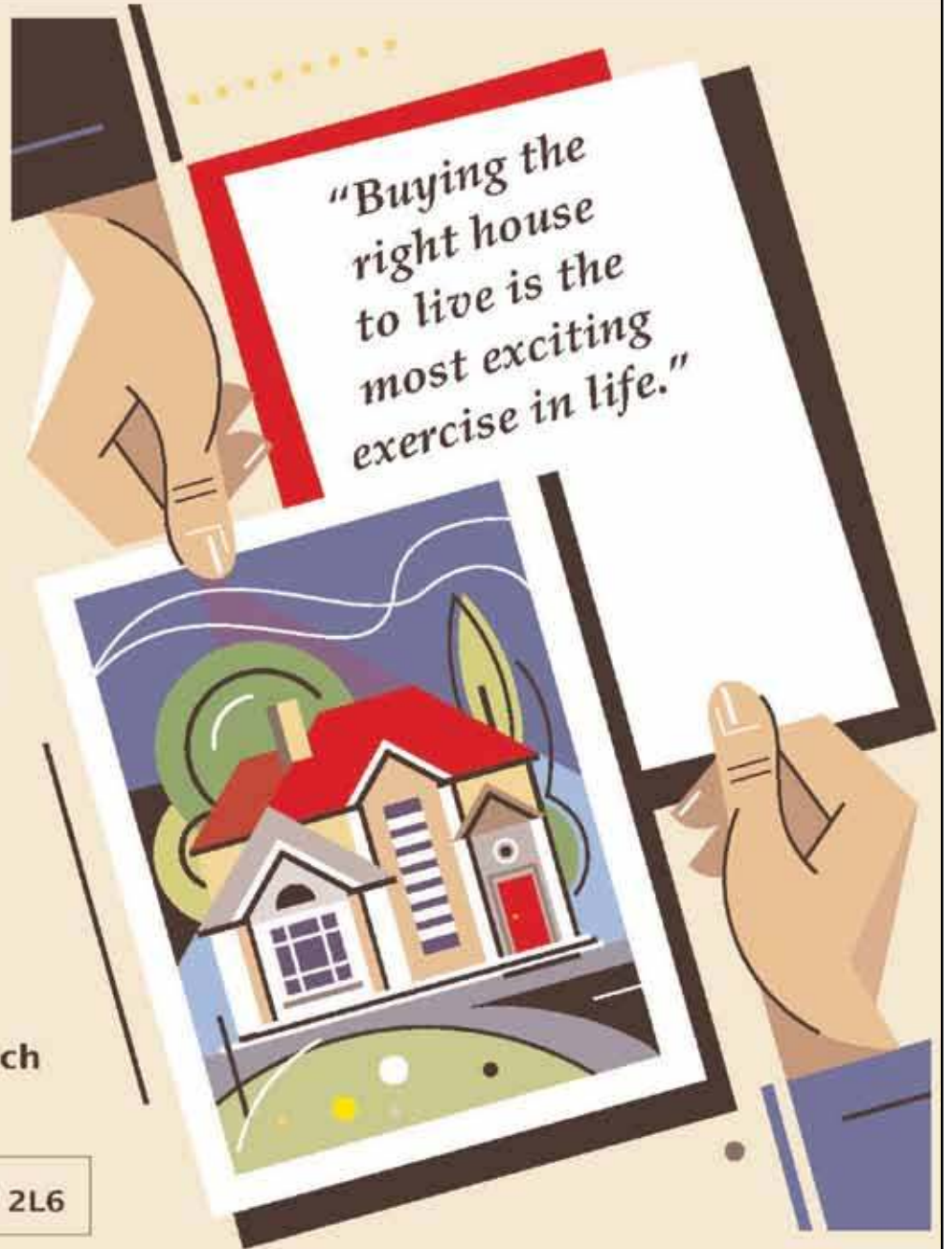
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T) Representative bi-weekly finance example: 2013 Civic DX Sedan (Model FB2E2DEX) on an 84 month term with 182 bi-weekly payments at 1.99% APR [including \$1,600 Finance incentive and \$431 individual dealer contribution deducted from the negotiated selling price before taxes]. Incentives apply only to Finance contracts through HFS, and can be combined with subvented rates of interest offered by Honda as part of a low rate interest program. Complete price of \$16,970. Cost of borrowing is \$1,077.28 for a total finance obligation of \$16,016.28 with \$0 down or equivalent trade-in. *\$500 Honda Dollars offer applies only to retail customer purchase or lease agreements for new 2013 Civic and 2013 Fit models concluded between October 1st, 2013 and October 31st, 2013 at participating Ontario Honda Dealers. Deducted from the negotiated price after taxes and can be combined with advertised lease and finance rates. 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MENAKA THAKKAR'S PLEDGE

YEAR ROUND LIVE STREAMING OF DANCE CONCERTS

Inauguration on November 16

I am writing to share with you the story behind the event of November 16 (See advertisement) because it touches all of us, both personally and in the more objective sense of its social and artistic impact.

As you already know, Menaka Thakkar was recently honored with the 2013 Governor General's Life Time Achievement Award for the Performing Arts (Dance). This is the highest honour that Canada can offer a performing artist and indeed the first time it has been bestowed upon a non-western dance artist. The award fully recognizes Menaka's multifaceted contributions as a performer, choreographer, teacher and institution builder. In her response to the presentation of the Award by His Excellency David Johnston, Governor General of Canada Menaka made a moving pledge to the people of Canada

"...this moment also reminds me that my life's work is far from over. My own creativity in dance and my passion to spread its beauty and understanding evermore widely and deeply must go far beyond the past 40 years of my work in Canada. The memories of those hours spent on stage, or in studios, museums, libraries or in the gym of an elementary school and often in the open spaces in all those far off under-served areas in northern BC or Ontario, burn brightly in my mind. Can I continue that work even now at 72? Fortunately the internet has opened up new paths be-

fore me to fulfill this mission. Therefore it is in this very moment of recognition of my life-time achievement that I pledge my commitment to making Indian dance ever more accessible, affordable and enjoyable for all Canadians and beyond. With the aid of the new technology of live streaming and interactive dance training we shall reach distant locations right from our studio in Toronto. The work has already begun and, this I promise, that there will be no looking back. Your support for my work is most heart-warming."

The live streaming at very affordable prices will be conducted in two formats: (1) You can watch the entire concert live on your own device (computer, tablet, smartphone, laptop) in the privacy of your home, alone or in a suitable sized gathering of personal friends and family; (2) Alternatively, you can attend a live streamed performance at a public gathering in a public space such as a theatre, local cinema, library, community centre or university, which will be equipped with a computer, projector, large screen and high speed internet connection.

You may watch the November 16 dance performance live-streamed into your own living room and get a complete idea of the pioneering effort of Menaka Thakkar in bringing India's glorious dance form at your own doorstep.

Visit www.menakathakkardance.org

A TRIBUTE TO DR. MENAKA THAKKAR

Saturday, 16 November 2013
from 7:30 PM to 10:00 PM (EST)

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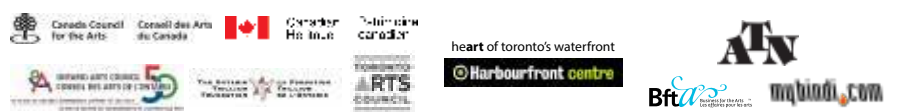
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INNOVATIVE NEW PROGRAM IMPROVES ACCESSIBILITY FOR PATIENTS AT THE SCARBOROUGH HOSPITAL

Every Friday morning for the past three years, 90-year-old Bill Pfaff arrived at The Scarborough Hospital (TSH) for his cancer treatments.

At 8 a.m. sharp, his cab would pull up at the hospital entrance and Bill would slowly go through his routine: check in at Patient Registration, walk to the elevator, ride to the first floor, attend his appointment, return to the ground floor, stop at Tim Hortons and stand in line for his double-double and timbits, then return to his awaiting taxi.

That was until Bill met Atta.

Atta Mohammed, TSH volunteer, is part of an innovative new program – Call Ahead for Volunteer Assistance (CAVA) – which helps patients and their loved ones navigate the hospital and generally make their visit a little easier and a lot friendlier.

CAVA, developed by the hospital's Volunteer Services Program, is available for anyone planning to visit TSH, but specifically geared towards those living with accessibility challenges. It provides a 24-hour answering service, which patients or loved ones can call the day before their scheduled appointment to "reserve" a volunteer who will meet them at their most convenient entrance.

"The messages are checked every morning and a confirmation call is returned so patients know someone will be there for them," explains Debbie Vandenberg, Manager, Volunteer Services. "We piloted the program throughout the summer, and the response has been overwhelmingly positive. It's amazing what a big difference a little guidance and a smile can make."

These days, every Friday, Atta is ready and waiting outside at five minutes to 8 a.m. – with a wheelchair – for Bill's arrival.

"He even goes out of his way to get me a good one," says Bill. "They don't make them any better than Atta."

Atta wheels Bill everywhere he needs to go and often keeps him company during his chemotherapy treatments, swapping stories about Bill's old hockey days and his time in the airforce, and Atta's family. On the way out, Atta even stands in line to order Bill's weekly double-double and timbits.

"The greatest thing is the appreciation from our patients," says Atta. "The program started slow, but it's



Atta Mohammed, Volunteer at The Scarborough Hospital, meets Bill Pfaff, patient, every Friday morning to bring him to his appointment as part of the hospital's innovative new Call Ahead for Volunteer Assistance program.

such a nice thing and we have seen an increase in the number of users."

Atta adds that often patients can be unsteady following certain appointments, and having someone who knows the ins and outs of the hospital, as volunteers always do, puts their mind at ease and they can focus on feeling better.

"Everyone was always very nice," says Bill. "But the staff have their assignments, so it's excellent to have people like Atta who can help us find our way or make it easier to get to where we need to go."

CAVA volunteers are currently on staff Monday to Friday, 8 a.m. to 4 p.m., but as the program gains popularity, Volunteer Services is hoping to extend availability into the evenings

and weekends. Currently, the program offers some off-hour flexibility if patients wish to arrange a time.

"We want to start training people and help to avoid some confusion for patients and visitors," says Atta. "The people we have helped so far have been so thankful to just have someone there. It's amazing."

He adds that even with the program in place, volunteers always have their eyes and ears open for people in the hospital who seem lost or confused. As they help the person find their way, they also pass along a CAVA business card to promote the program so more patients can utilize this unique service.

Patients can reach the CAVA program by calling 416-438-2911 ext. 6846 or emailing cava@tsh.to.

THE EXPERIENCE OF DIABETES PATIENT

Mari Kaladjian is so pleased with the care she receives from The Scarborough Hospital's Centre for Complex Diabetes Care (CCDC) that she recommends it to everyone she knows with diabetes. She even advises her doctor to refer his other patients.

"It's fabulous having everyone in one place," says Mari. "People with diabetes don't just have one problem, they have many and the CCDC addresses them all."

She adds that another benefit of all her appointments being in one place and on the same day saves her time, money and pain spent on public transit.

"I can't walk very far anymore because my legs get so sore," she says. "So taking the bus to only one appointment in one place is wonderful. I don't know what I did before this place."

Mari has been attending the CCDC for almost one year and has seen improvements in her eating habits, exercise routine and overall health – and she isn't the only one.

"My doctor said to me, 'Mari, you're doing so good,' and I told him that yes, I was, and it's all because of the wonderful people in the CCDC," says Mari.

Mari moved to Scarborough from Armenia 25 years ago where she raised two kids while holding down a full-time job. She always valued her independence, but when she was diagnosed with diabetes, she didn't understand how to control it and it became worse.

"I didn't know what to do and I started to lose my independence," recalls Mari. "I was getting depressed."

Since being referred to the CCDC, Mari's blood sugar level has decreased, and she better understands portion control and food substitutes.

She is grateful to everyone in clinic, and

especially credits Candace Roker, Social Worker in the CCDC, with really helping her get her feet back on the ground.

"She's so helpful, but more importantly, she listens. She was born for that job," says Mari who truly appreciates the interprofessional approach of the CCDC to help her in all aspects of managing her diabetes.

Mari Kaladjian has been attending the Centre for Complex Diabetes Care (CCDC) for more than a year, and both her and her doctor have seen a positive change in her health and overall well-being.





NEW TSH WOUND CLINIC PROVIDES EXPERT FOLLOW-UP CARE CLOSE TO HOME



A newly-renovated Wound Clinic at The Scarborough Hospital will provide patients with expert follow-up care and treatment close to home.

“Our new Wound Clinic is an excellent example of how The Scarborough Hospital is working to provide the best continuity of care for patients,” said Nurallah Rahim, Patient Care Director, Surgical Services, Orthopaedics and Rehabilitation at The Scarborough Hospital.

“Patients can access follow-up care in the hospital to ensure their wounds are healing properly while they continue to receive their daily wound dressing changes through the Central East Community Care Access Centre.”

The Wound Clinic has been conveniently relocated to the ground floor of the General campus adjacent to the

Specialty Clinics. It now features four exam rooms, including one procedure room where surgeons can conduct minor treatments, as well as its own waiting room.

In addition, patients will still have access to specially trained nurses certified in wound care.

“The demand for specialized wound treatment is growing due to an aging population and an increase in certain chronic diseases where patients often need special expertise to help them heal,” said Jackie Baptiste-Savoie, the clinical nurse specialist for wound, skin and ostomy and Certified Enterostomal Nurse.

“This is particularly the case with Scarborough’s diverse population, some of whom have a higher-than-average incidence of diabetes and certain cancers. Besides follow-up care, staff in our Wound Clinic provide education and early intervention that can help some chronic disease patients avoid future problems.”

In addition to wounds resulting from chronic diseases, wound care provided at the hospital includes post traumatic defects, lacerations, infections, as well as ulcers and burns.

Nurses from The Scarborough Hospital’s Wound Clinic in the new procedure room where surgeons will be able to conduct minor treatments.

THE SCARBOROUGH HOSPITAL FOUNDATION MAKES STRIDES IN GETTING COMMUNITY MOVING

UNIQUE 12-DAY SCARBOROUGH STRIDES EVENT DRAWS THOUSANDS OF PARTICIPANTS, RAISES \$50,000 FOR THE SCARBOROUGH HOSPITAL CANCER CARE PROGRAM

Healthy living took centre stage on October 4 as hundreds of Toronto-area residents gathered in Scarborough for a free community concert that wrapped up an energetic 12-day health and wellness event organized by The Scarborough Hospital Foundation (TSHF).

Called Scarborough Strides, the week-and-a-half-long initiative – which included a health and wellness speaker series, educational sessions for students, school and neighbourhood workouts, and corporate fundraising events – was not only successful in getting thousands of community members focused on health, but also raised \$50,000 for The Scarborough Hospital Cancer Care Program.

The grand-finale concert, which took place at Albert Campbell Square, celebrated the success of the initiative with crowd-pleasing performances by Canadian R&B singer and Juno nominee Kim Davis, multiple Juno award winner Jully Black, and hip hop duo Perfect Strangers.

It was Scarborough’s elementary and high school students, though, who stole the show, when they surprised the audience with a flash mob dance before the concert started. The 800 students, who ranged in ages from five to 17, met regularly in groups during the last couple of weeks to practice their moves.

“Scarborough Strides pulled the community together in many different ways – from the flash

mob, to the concert, to a community-wide focus on health and supporting The Scarborough Hospital,” said Michael Mazza, TSHF President, extending thanks to event sponsors International Group, Morneau Shepell, Scarborough Town Centre, Pizza Nova, Marek Hospitality, G98.7FM, Global Toronto, Toronto Police 43 Division, Scarborough Muslim Association, and local retailers: Roadsport Honda, Roadsport Chrysler, Michael’s nofrills, Stephen’s nofrills, Nick’s nofrills and Dave’s nofrills.

“Strong communities build strong hospitals and the success of this initiative will help The Scarborough Hospital continue to provide high quality cancer care services close to home for thousands of local residents,” Mazza said.

Students from 14 schools across Scarborough participated in a flash mob that closed the 2nd Annual Scarborough Strides. The event, hosted by The Scarborough Hospital Foundation, is a community-wide initiative that motivates people to live a healthy lifestyle while also raising funds for The Scarborough Hospital.





Special Feature

Full text of the Press Release sent from Gary Anandasangaree who seeks Liberal Nomination in Scarborough-Rouge Park

October 12, 2013

Dear Friends:

I am excited to put my name forward to seek the Federal Liberal Party Nomination in the newly proposed riding of Scarborough-Rouge Park. Since announcing my intention, I have received hundreds of messages by text, voicemail, email, and Face book asking how you can get involved in the campaign.

This volunteer kit is designed with you in mind. It gives you two easy steps to help make this campaign a success. This campaign is not about winning the hearts and minds of Liberals – it is about ultimately winning the hearts and minds of all those who call Scarborough-Rouge Park home.

I need each and every one of you to propose some names of your friends and families who live in the riding. Please fill out the attached form with their information – name; address including postal code, email, cell phone, and Facebook.

Speak to your friends and family to advise them that our campaign team will contact them to set up a time to meet. Make sure to identify the number of people in the dwelling over the age of 14, including tenants (if any).

If you have any doubt as to whether or not someone lives in the riding, fill out the information and our campaign team will review the information and contact them.

For more information, please feel free to contact the campaign office at 416-507-4616 or email, volunteer@voteforgary.ca. More information can also be found at www.voteforgary.ca.

Thank you for taking the time to help in this campaign.

I look forward to serving you.

Yours very truly

Gary Anandasangaree

PLEASE SUGGEST 10 PEOPLE WHO LIVE IN THE RIDING (See Map)



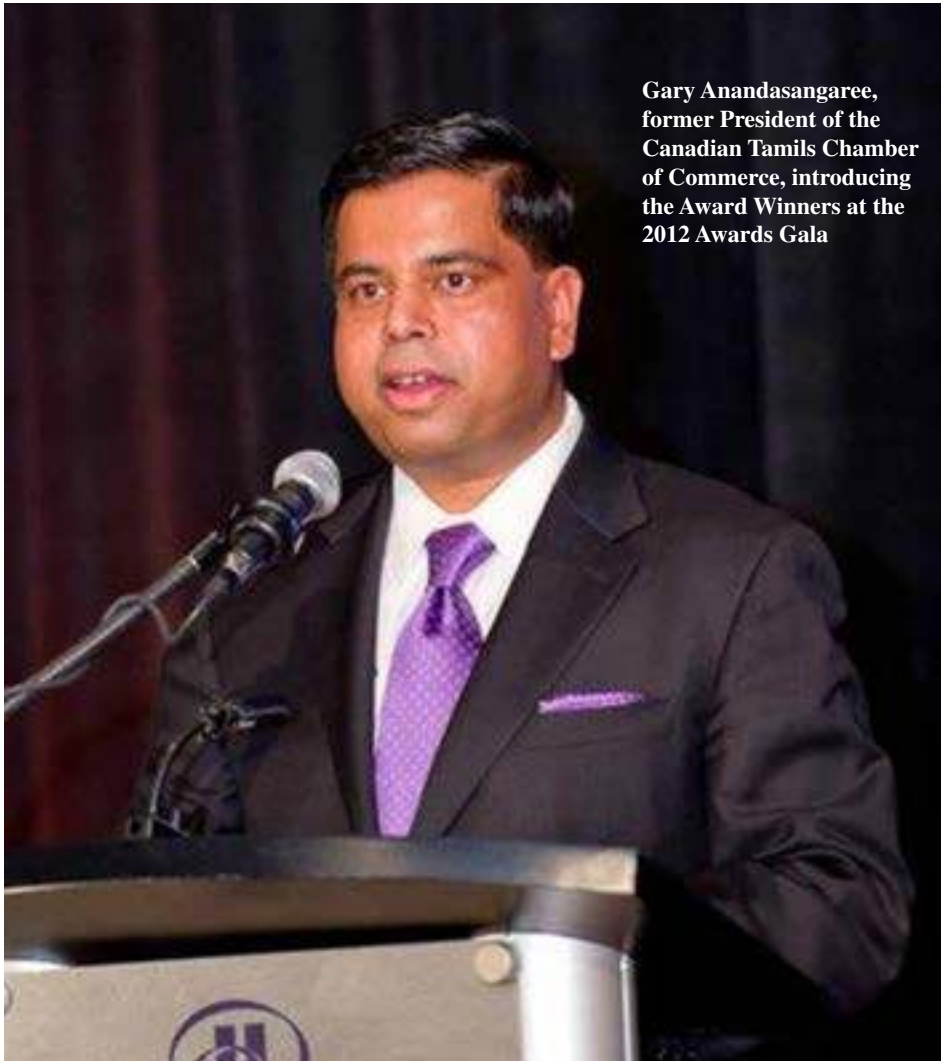
Scarborough-Rouge Park Federal Liberal Nomination – Suggested Names to Support Gary Anandasangaree

	NAME	ADDRESS	POSTAL CODE	PHONE	EMAIL
1					
2					
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10					

Your name: _____ Phone Number: _____ Email: _____

Thank you for taking the time to fill out this form. If you have any doubts as to if your friend or family member lives in the riding – just put their name and contact number anyway and we will verify and confirm their eligibility to register.

Kindly contact the campaign to pick up this form. You may call **416-507-4616**. Thank you.



Gary Anandasangaree, former President of the Canadian Tamils Chamber of Commerce, introducing the Award Winners at the 2012 Awards Gala



Gary Anandasangaree and Justin Trudeau, Federal Liberal Party Leader at Gary's Office



Gary at Fundraiser for Justin Trudeau



Gary at the Ratnam Family home in Scarborough-Rouge Park, the newest members of the Liberal Party



Gary with Minister Michael Chan at the CanTYD Awards Ceremony



Gary Anandasangaree with other delegates at the Liberal Leadership Convention in Ottawa



SADHGURU:

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

In today's episode of Why We Do What We Do, Sadhguru explores the meaning and significance of the gesture of namaskar or namaskaram. Once an ubiquitous part of Indian culture, this gesture of bringing the palms together and bowing down, is born of a profound understanding of the human system.

Sadhguru:

Namaskaram is not just a cultural aspect. There is a science behind it. Every time you bring your palms together, there is a crackle of energy.

When you see a person, whether it is in your workplace, on the street, at home or anywhere else, the nature of human intellect is such, the moment it sees, it will make a judgment – "this is okay in that person, this is not okay in that person. He is good, he is not good, he is beautiful, he is ugly" – all kinds of things. You don't even have to consciously think all this. In a moment, these assessments and judgments are made. And your judgments may be completely wrong because they all are coming from your past experiences of life. They will not allow you to experience something or someone the way they are right now, which is very important. If you want to work effectively in any field, one thing is, if someone comes in front of you, to be able to grasp them the way they are right now is most important. How they were yesterday does not matter. How they are this moment is important. So, the first thing is you bow down. Once you bow down, your likes and dislikes become mild, not strong, because you recognize the source of creation within them. This is the intention behind doing namaskaram.

The Hand of the Creator

There is no piece of creation without the hand of the creator operating in it. The source of creation is operating within every cell and atom. This is why in Indian culture, if you look up at the sky, the culture taught you to bow down. If you look down at the earth, you bow down. If you see a man, a woman, a child, a cow, a tree or whatever, you bow down. And it is a constant reminder that the source of creation is within you too. If you recognize this, you are paving the way towards your ultimate nature every time you do namaskaram.

There is another aspect to this. Your palms have a lot of nerve endings – something that medical science has also discovered today. Actually, your hands speak more than your tongue and your voice. There is a wholeness of mudras in yoga. Just by holding your hand in certain ways, you can make your whole system function in different ways. The moment you place your hands together, your dualities, your likes and dis-



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

Toronto local contact

1-866-424-ISHA (4742) or email Toronto@ishafoundation.org

likes, your cravings and aversions, all these things are leveled out. There is a certain oneness to the expression of who you are. The energies are functioning as one.

Making Yourself into an Offering

So namaskaram is not just a cultural aspect. There is a science behind it. If you are doing your sadhana, every time you bring your palms together, there is a crackle of energy – a boom is happening. On the level of your life energy, there is a giving, or you are making yourself into an offering to the other person. In that giving, you will make the other being into a life that will cooperate with you. Only if you are in a state of giving, things around will work out for you.



This is so for every life. Only if it gets the cooperation of all life around itself, it manages to prosper.

We look at the significance of AyudhaPooja, as Sadhguru explains how this festival can be an important tool for growth, and much more than just a ritual.

Sadhguru:

AyudhaPooja means, every implement that you use, whether it is in industry, agriculture or anything else, you approach it respectfully.

AyudhaPooja is one of the most significant aspect of Navaratri. In Indian culture, we set up this aspect that whatever tool it

to it in a certain way. If you do not look up to it, if you think it is less than you, you will not be involved in it. Where you are not involved, you will not benefit from it. So, anything that you use, you see it as something above yourself and bow down to it so that it brings a deep sense of involvement. Once that involvement is there, you will handle it well and will get the best out of it. You will know the joy of doing things, not just of achieving things. The quality of life is not just in how much you harvested. The quality life is in how joyfully you did what you did. If you treat your implement with reverence, it will bring joy into you because everytime you hold it, it is like touching God – you are constantly in touch with what you consider divine.

But of all the instruments you use, the most fundamental instrument is your body and mind. AyudhaPooja means to become reverential towards your own body and mind. If you become reverential towards something, reverence naturally brings a certain distance. If you become reverential towards your own body and mind, you will establish a clear distance between what is



you and what is your body, and what is your mind. If there is a clear distinction between you and your body and mind, this is the end of suffering. Any suffering that you have known has entered you either through the body or the mind. If it is a living experience for you that you are not the body, you are not the mind, can suffering touch you? If there is a certain distance, it gives you the freedom to do whatever you want with life, but life leaves you untouched. It does not wound you in any way.

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Saturday Nov 23: 8:30am - 7:00pm
Sunday Nov 24: 7:30am - 7:00pm

VENUE:

Latvian Canadian Cultural Centre
4 Credit Union Dr.
North York, ON M4A 2N8

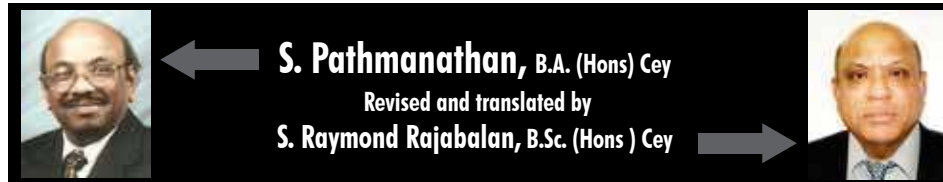
CONTACT:

Email: toronto@ishafoundation.org

Phone: 416 300 3010

REGISTRATION:

www.innerengineering.com/toronto



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

Revised and translated by

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

Consumer Psychology

Psychology, the science that helps to learn all aspects of human behaviour has become indispensably deeply rooted in various fields of study. Everything we do are related to some aspects of psychology. Likewise all what we think are also associated with psychology. In fact all the problems we face arise due to the influence of psychology. Those who do research on this topic are referred to as Psychologists.

The Association for Psychological Science (APS), previously the American Psychological Society based in Washington, is a non-profit international organization whose mission is to promote, protect, and advance the interests of scientifically oriented psychology in research, applica-



tion, teaching, and the improvement of human welfare. APS is dedicated to the advancement of scientific psychology and its representation globally. It has made a list of many fields where knowledge about psychology is being made use. The list includes Education, Medicine, Armed forces, Engineering, History, Hypnotism etc. One of the topics included in this list is consumer Psychology. This area of research has been perfected due to extensive research and results of various studies regarding human behaviour.

Many successful business corporations have developed various marketing techniques based on intensive study of the mind set of consumers. Generally consumers are swayed by advertisements and attractive colourful packaging. Many businesses hire film stars, attractive models and famous sportsmen and use their photos on their products in order to boost the sales of their products. One can see pictures of these personalities on the packages of various items such as perfumes, soaps, hair dye, shoes, various brand name clothing etc. Many such products are accompanied by enticing wordings. In an advertisement for a particular brand of soap marketed in India there is a photo of an Indian actress accompanied by an attractive phrase "for skin that outshines gold" complexion.

Many consumers are enticed to buy

these products due to these eye catching phrases. At the same time pictures of famous Soccer players, Athletes, Film stars, Cricketers, Wrestlers, Golf champions and Hockey players also adorn many popular name brand products including perfumes, sportswear etc. These techniques have proved to be very successful since they are developed based on human psychology. Globally various advertising agencies are involved in feeling the pulses of the consumers and then design the advertisements according to the changing trends of consumer needs.

The word advertisement originates from the Latin word 'Advertero' which means diverting the attention of the consumer towards an advertisement. Readers Digest, the world famous magazine published in dozens of languages reaches millions of readers worldwide and consequently the advertisements in this monthly magazine have contributed to the increased sales many products. Though various media including radio, TV, Internet etc are used to advertise consumer products, print media is found to be most influential in boosting the sales of many consumer products.

Five most common advertising techniques

A successful advertisement creates a desire in viewers, listeners or readers. It also provides information on how to fulfill that desire and makes the potential customer feel good about doing so. With so many products and service providers in the marketplace, using a proven technique in your advertising increases the likelihood that your ad dollars will return value. Basic techniques used in propaganda transfer successfully to advertising and remain the most frequently employed.

Repetition

Repetition is a simple yet effective technique used to build identity aware-



ness and customer memory. Even advertisements using other successful approaches mention the product or company name more than once, particularly in television because its combination of sight and sound, allows the advertiser to disguise the repetition by changing its delivery (from visual to audio). An ad-

vertisement first shown during a Super Bowl broadcast for a product called HeadOn remains the classic example of this advertising technique. Though the advertisement never explained what the product does, viewers remembered its name.

Claims

Advertising that promotes specific features or makes claims about what a product or service can do for the potential customers provides successful results by informing, educating and developing expectations in the buyer. Claims can state facts or simply use hype, such as calling one brand of orange juice "the best"



when nutritionally it is identical to other brands. Claims may mislead through omission or by using what some advertisers and political campaigners call "weasel words." These are subtle statement modifiers that render the claim meaningless if studied closely. Common weasel words include "helps," "fights" and "virtually."

Association

Associating a product or company with a famous person, catchy jingle, desirable state of being or powerful emotion creates a strong psychological connection in the



customer. Sporting equipment companies use successful athletes in their ads, auto-makers display their cars in front of mansions, brewers show their beer consumed by groups of friends having fun and cosmetic companies sign celebrities to represent their products. These ads encourage an emotional response in customers, which then is linked to the product being advertised, making it attractive through transference.

Bandwagon

The bandwagon technique sells a product or service by convincing the customer that others are using it and they should join the crowd. Other bandwagon advertisements suggest that the customer will be left out if they do not buy what's being

sold. These ads often employ "glittering generalities," words linked to highly valued ideas or concepts that evoke instant approval, which may or may not relate to the subject of the advertisement. "Canada loves..." connects patriotism with a product, creating an automatic positive response.

Promotions

Coupons, sweepstakes, games with prizes and gifts with purchases create excitement, and participation encourages customers to build a relationship with the sponsoring product or service. The attraction of getting something "free" or earning "rewards" makes promotions successful. Limited-time offers and entry deadlines add urgency to this advertising technique's call to action.

It has been found that the thinking pattern of consumers function at six levels.

1. Awareness: Whether a product is available in the market
2. Knowledge about the product
3. Liking a product
4. Prefer a particular product
5. Conviction about the quality of a product
6. Purchasing a particular product

Meanwhile in order to speed up the sales of their products manufacturers



use various tactics such as using the terms Bankruptcy sale, Moving sale, Manager's sale, Closing sale etc. It may be true that sometimes the consumers are lucky to strike some bargain but overall it is the business establishments that reap the benefit.

Advertisements will continue to play a very important part in the business world. Many business establishments are very genuine since they want to maintain their reputation at any cost. It is up to the consumer to differentiate between the genuine business corporations and those who resort to various sales techniques with the goal of making profits in the short term. Instead of giving into emotional feelings and indulge in spur of the moment purchases, if one can plan ahead and make the required purchases - especially the big ticket items - the consumers will certainly benefit.



THE ONENESS OF THE SAIS

C. Kamalaharan

It's only by living among human beings can an Avatar guide man along the correct paths of action and lead him towards God. Kaliyuga Avatar Sai, trifurcated His incarnation on earth, during different periods, to meet the spiritual needs of mankind.

It seems that most devotees of Shirdi Sai Baba feel that He was the one and only incarnation. When I Spoke to some of them they affirmed that. It's not their fault because Sathya Sai Baba had not incarnated during Shirdi Sai Baba's period and so they continue to uphold that view originated during Shirdi Sai Baba's period. But it is not so among Sathya Sai Baba devotees who worship both. In almost all Sathya Sai Baba centres including Prashanti Nilayam, pictures of Shirdi Sai Baba have been installed on an equal footing. Rarely have I seen pictures of Sathya Sai Baba in Shirdi Sai Baba centres. It's only in the Shirdi Sai Baba temple at Pennsylvania, U.S.A, have I seen pictures of both the Sais installed.

While tracing the life history of Shirdi Sai Baba and Sathya Sai Baba, one will be led to the conclusion that both the Avatars are One, incarnated during different periods. Shirdi Sai Baba had incarnated on the 27th of September 1838 on Vijayathasamy day, during the early hours, after the Karthikai theepam was lit. Before He left His physical body on 15th October 1918, He had announced that He would come again after eight years. Sathya Sai Baba had incarnated on the 23rd of November 1926, exactly as prophesied by Shirdi Sai Baba.

Both the Avatars had full control of the five elements of Nature: earth, fire, water, wind and aether (sky). All the elements followed the commands of both the Sais, whose actions were identical. Once a devotee had visited Dwarakamayi, the residence of Shirdi Sai Baba and as he was about to leave the place, it started to rain cats and dogs, accompanied by thunder and storm. The devotee was very much upset and sensing his plight, Shirdi Sai Baba looked at the sky and said, "Calm down! let My child reach home safely". The rain stopped immediately.

A similar incident took place at Puttaparthi during Sathya Sai Baba's 60th birthday celebrations, held at the stadium. Lakhs of devotees had gathered and waited anxiously for Swamy's arrival. The sky was overcast with heavy dark clouds and it appeared that downpour was imminent. Swamy arrived, went on stage, looked at the dark sky for a few seconds and took His seat. Within minutes the clouds dispersed and the programme took place as scheduled. Both these incidents reflect the omnipotence of the Sais.

The omniscience of both the Sais had been reported in two other similar incidents. A Shirdi Sai Baba devotee, Namaskar, while observing his father's death anniversary had invited a number of guests. To his dismay it was found that the food prepared was insufficient to serve all the invitees. As there wasn't time to cook the extra amount needed, the devotee was in a quandary, not knowing what to do. However his mother, a staunch devotee consoled him and said, "Child it is not our food but it is Sai's food. Cover all the vessels with cloth after sprinkling Udi (Viputhi) on the food and serve, Sai will save us from ignominy". They followed as instructed and began to serve. What a thrilling experience awaited them, not only the food was sufficient for all but also plenty of it remained.

A similar incident took place while I was on duty as a sevadal at the Super Speciality hospital, Puttaparthi. My assignment with two others was at the RH canteen (the canteen catering exclusively for the relatives accompanying the patients). Once after serving food during lunch, a fair quantity of rice remained. Bearing in mind what Swamy had said, "Annam Brahma", we instructed the kitchen staff to keep that rice for serving during dinner and to prepare lesser quantity to meet the requirement. In the evening after the usual Bhajan in the canteen, we got ready to serve food. As we removed the lid of the vessel that contained the leftover rice, we were in for a severe set-back. The rice was stale, emitting a foul odour. We were in a fix, as there wasn't time to prepare the



extra quantity needed. Pinning our faith in Swamy we resolved to manage with all what we had. First we began serving the freshly prepared rice which was soon over. We sent word to the Sevadal who issues tokens, to inform the people remaining in the queue about the stale state of the rice. As there weren't

cure cancer, diabetes and heart ailments, neutralise venomous snake bites and straighten bone deformity without surgery. Sathya Sai Baba with an encircling action of His right hand had materialised viputhi from thin air, Shirdi Sai Baba had taken out udhi (viputhi) from the ever-alive dhuni (fire).

Sathya Sai Baba had referred to "My previous body", whenever he spoke of Shirdi Sai Baba. When worship was done by a devotee of Sai Baba of Shirdi, Sathya Sai Baba was aware of it. He had said that Shirdi Sai Baba and Sathya Sai Baba are the two sides of a coin. If a devotee prays to one the other would respond. Once a lady in desperation placed her child, who was seriously ill, in front of the portrait of Shirdi Sai Baba and earnestly prayed to Him, to cure the child. The child was cured. Some years later on hearing about Sathya Sai Baba, she arrived at Puttaparthi with her son, a tall muscular man. On seeing both, Sathya Sai Baba had told the mother, "You placed this boy under my care fifteen years ago, did you not? The lady affirmed it. Omnipresent Swamy had also given to devotees detailed descriptions of the route to Dwarakamayi and also of the pictures in the shrine.

The Oneness of the Sais are sang in the Bhajans at the Sathya Sai Baba centres.

'Shirdi Sai Dwarakamayi Prashanti Vasi Sai Ram.'

Also in the Ashottra Namavali, recited at the Sathya Sai Baba centres, the Oneness is revealed.

'Om Sri Dwarakamayi Vasine Namaha'

There is also similarity in speech, style and teachings of both the Sais.

Furthermore both the Sais use the famous identical sayings

*"Why fear when I am here",
Sathya Sai Baba
"Why fear when I am with you",
Shirdi Sai Baba*

The Oneness of the Sais had been authentically declared in their own words. Shirdi Sai Baba had told His devotees, "With this same name Sai Baba, I shall once again incarnate at Andhra Pradesh and you will come to Me then". Sathya Sai Baba had told His devotees, "I am Sai Baba. I belong to the 'Apastamba Sutra', the school of sage Apastamba and I am of the spiritual lineage of Bharadvaja Rishi. I am the incarnation of Sai Baba of Shirdi. He had also told His devotees that the third incarnation, Prema Sai Baba will take place in Gunapathi, a village in the Mandya district of Karnataka, as the continuation of the Oneness of the Sais.

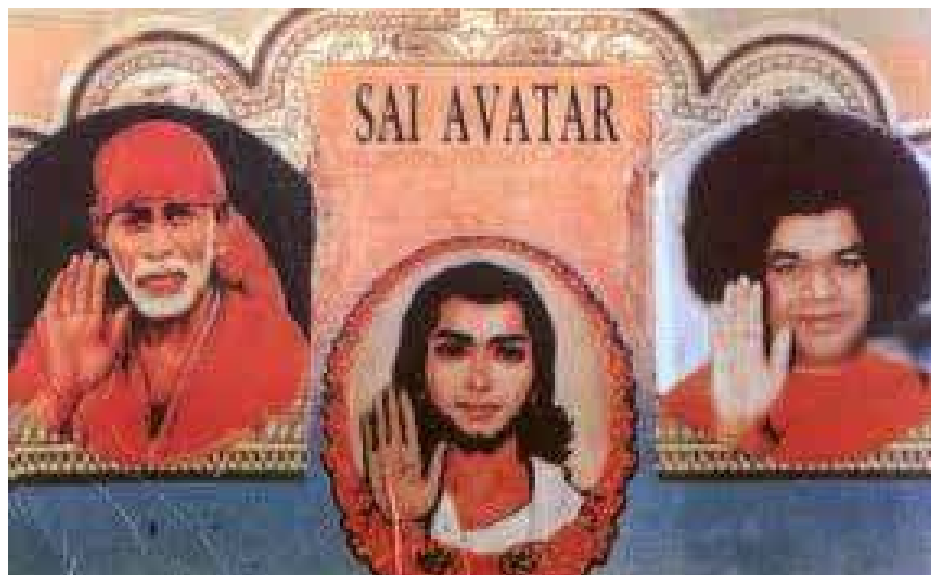
As of now, though both the Sais are no longer with us, they have not limited themselves to their physical forms. They are ever present, as they continue to show Their presence in the Sai centres and homes all over the world, even after they had left their physical body.



Photo taken at Pennsylvania, USA

restaurants, providing quality rice at cheap rate in the surrounding areas, they remained to partake whatever was provided. Praying to Swamy we removed the lid of the vessel. What a miracle! the rice was fresh, without emitting foul odour. Furthermore the vessel too was warm. Here too at Prashanti Nilayam, Swamy had saved the sevadals from ignominy and saw that there was sufficient rice, just enough to serve the last person.

Both the Sais had displayed their omnipresence



Shirdi Sai, Parthi Sai and Prema Sai

by manifesting in numerous forms simultaneously at all places, whenever they willed or whenever devotees sang their glory or prayed to them. They had materialised 'viputhi for devotees, to awaken the dead,



WORDS OF PEACE

Peace: The Noblest Cause



Discovering and enjoying peace within ourselves is not an obligation but an adventure, says Prem Rawat, who has been talking about that possibility to people all around the world for a long time. First, though, it's important to understand what the peace he talks about is, he says—not a ceasefire on the battlefield or a quiet day in the country, but a feeling within the heart that is accessible anytime, anywhere. Finding that peace, one person at a time, he says, is the only way the world is going to change.

"When we look at this world—a beautiful world—do you think there is any shortage of money, or a shortage of gold and diamonds?" Mr. Rawat asks. "So one has to ask what's going on. Do you think there is a shortage of food? Every year, 1.5 billion tons of food is wasted. That's half the food production in the world. Half the food that is produced is used to feed 7 billion people, and half of it is thrown away. So we have to question what's going on.

"There are people who are poor. There are people who are hungry. We live in a world where there are more schools now than there ever were, more colleges and universities than there ever were. We have the World Wide Web and the Internet. So you have to wonder, how could anybody be uneducated? I have to scratch my head. How could this be?"

"Some people think that if we had peace, it would solve all these problems. Where does peace begin? Peace does not start with the neighbors. Peace does not start with a country. Peace does not start with a government. Peace begins with you.

"Once you understand that, then you understand that you are a universe waiting to be explored—a universe, exciting, beautiful, peaceful! It is all within you. It's an investment you are making, and you cannot go wrong."

That investment, he stresses, does not depend on the right circumstances, the time of day, or anything other than a person's choice to explore that possibility—not just every single day, but every moment, to be filled. The objective is beautiful. The objective is sweet—to feel that peace, not once, but every single day; to have that contentment and that commitment towards that peace every single moment."

The adventure, Mr. Rawat says, comes from discovering the self all over again—"the limitless you that you never thought existed." That discovery, he says, is nothing less than a journey to the divine within.

"How exciting is that? Enjoy the ride, and explore the universe, the inner universe. Understand that the power that

is pulsing through you right now is the same power that created this universe and all the known universes."

Mr. Rawat encourages people to discover that power that is within inside every person, the power that gives and sustains life.

"What makes you alive?" he asks. "Discover it. Discover what this life is."

Life, he says, is not just about taking care of our responsibilities. Oh, they are there, and they must be fulfilled. However, he points out, "they are not your life, because you will go beyond that. Maybe you are a teacher today. One day you will retire—and then who will you be?"

Understanding that "who" underlying

the many roles we play in a lifetime is, he says, what he means by understanding the self—something that cannot be defined in words, but can be known as a feeling of peace and joy.

Feeling that peace "is the noblest cause on the face of this Earth," Mr. Rawat says. "It has been dreamt by every single civilization; it has been dreamt by every single society. It is about time that it happens."

To learn more about Prem Rawat, :
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Special Feature

Taking your business to the next level

As a business owner you're probably looking forward to seeing your business grow over time. With an effective growth strategy, you can successfully plan for growth or be prepared when it takes you by surprise.

"Whether you are in the first few years of operation or have been running a business for some time, growing your business can be exciting but also challenging," says Kim Ulmer, vice-president, Small Business, RBC. "It's important to look at your business situation as objectively as possible. Being aware of the challenges that lie ahead will help you prepare for them and keep you focused on your long-term growth goals."

When managing for growth, Ulmer offers some additional advice to avoid strain on your staff and finances:

Plan for it – The growth you expect for your business should be part of your overall business plan. If you see your business dominating the market a year from now, develop a strategy that accounts for the demands of output necessary to maintain that position. Your strategy should include your staff, facilities, and suppliers.

Don't overpromise – While it may seem like bad business practice to turn down an order, accepting contracts that you don't have the capacity to fulfill can result in substandard service and unhappy customers. If you don't have the capacity to fulfill currently, let your clients know of your growth plans and interest in doing business with them in the future.

Manage "bursts" with temporary resources – If you expect a temporary surge in your business, look into temporary contractors who can help you manage staff, suppliers, and/or facilities. Review their credentials and establish relationships now, while you have time, and keep their information on file for when the rush comes.

Arrange credit before you need it – Increased capacity may necessitate increased financial flexibility. It's important to regularly review your current and

future growth strategy with your financial advisor to ensure you have the credit you need, before you need it.

Think about doing credit checks on all new clients – Getting paid on time is always important, and late payments can become more problematic during periods of growth. Consider asking for deposits on large orders. Giving your

clients the option to pay by credit or debit card is another way of ensuring you're paid immediately.

Focus on what you do best – Don't let expansion distract you from your areas of expertise and specialization. Consider outsourcing new services unless you are sure you have the capacity to incorporate them into your core offerings.

Take it slow – Give yourself time to put together the resources you need in order to meet your goals. Add resources and build your staff in stages. Review your growth plan regularly and objectively to make sure your goals are reasonable.

For more business advice at all stages, visit: https://www.rbcadvicecentre.com/business_advice.



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Special Feature

JOHN BODDY HOMES PRESENTS 'EAGLE WOODS'

THE EAGLE GLEN B LR



THE PRESCOTT A LR

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 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, moulded polyurethane millwork - which will not rot, twist or warp - 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 foreducation levies, development charges, water and hydro meter hookup fees, boulevard tree planting, a landscape package and paved driveway.

Currently John Boddy Homes is offering an incentive package of \$2,000 in free upgrades plus 5 appliances or Builder's Premium Hardwood 3" by 5/8" 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. At JBH Financial Services we are 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 - it couldn't be any easier! JBH Financial Services works with most major banks and lending institutions and offers a six-month rate hold. 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. In fact, if at the time of closing interest rates are lower than what you signed at, we will provide you with the lower rate!

Discover the JBH Financial Services advantage.

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 Homestead 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 and 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. Let their friendly knowledgeable staff help you determine which John Boddy home is perfect for you and your family and get set to join the ever growing "Eagle Woods" family community.

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Discovering Social Divide and Desert Namibian experiences

By Harrish Thirukumaran **Part 4**

Mural Symbolism

Painting, had been another relevant project that asked for our contributions as well. This opportunity was required for the entire group to equally participate in as part of a running tradition by the Brock University abroad program.



Painting project-pic by: Jen

It was also thoughtfully satisfying as not only could we devote our time to the BNC but to the wider Namibian community in Katutura. For instance, we had created special paintings in two local orphanages: Baby Haven and Dinosaur Land.

I mainly worked at Baby Haven during the scheduled days. The orphanage was composed primarily of children aged infancy to about 5 years. It was a bit saddening however as the kids were only taken in as babies hence Baby Haven and would eventually transfer out once reaching toddler age or until adoption. Yet, despite the problems we were able to restore an educational foundation within the facility aimed towards the impoverished children.

Our main objective was to paint the ABC's across a gate wall from the actual house to visually teach the children about the alphabet. In this assignment, we had to brainstorm ideas in selecting out various objects that had started with a corresponding letter. By doing that it would also help the children understand how all letters are used to form words. For example, we had designated Apple for A and Elephant for E. It was effective as we were able to see the children's curious and intrigued faces when recognizing the letters and objects themselves. They were even able to pronounce the words correctly which was great. I felt that though they were orphaned they had genuinely held considerable intelligence to figure out the alphabet. The kids were also just as loving as the BNC students as well.

A child named Nathan was especially fond of myself and was always interested about my volunteer actions. He even desired to help out with the painting too by grabbing a small brush and trying to work close to me. He had even affectionately called me "his partner" in this painting job. It was an intriguing sentiment as all the children tended to call us "partners" because we continuously helped each other out. He was incredibly playful during breaks as we had played some soccer with him and his friends along with giving him piggyback rides.

Throughout the course of the painting projects all of the sites had been brilliantly put together where they stood out outstandingly in their respective places. The Baby Haven site was absolutely stunning to view with your own eyes as it had produced an inspirational symbol of education that could flow into the unrefined children's vessels.

Discovering The Social Namibian Divide

During the gist of the painting days of our volunteering collaboration, our group was obligated to take a tour within more parts of Katutura. Along with us for the ride was Patrick, an English professor at the University of Namibia who served as a semi-tour guide in teaching us the history and political life of Namibia. On the tour, we explored deeply through Katutura where we witnessed areas with considerable historical background as reiterated by Patrick. We had first traveled within a district that was complied with various large mansions in clean and compact street corners. All the houses were so astonishingly fancy

that they are comparable to certain houses back in North America. The neighborhood abode had also been in a slanted position when driving through the area.

I believe we had even seen the former Namibian State House. Patrick had told that people who retained high incomes and other indirect accumulations of wealth exclusively owned one of the houses. He had established the idea of how the rich division lives in Namibia, which can be compared to certain communities in North America. However, he had also

explained that the social capital of the richly affiliated territory was in a low state probably due to the financial stability contained amongst the people. That theory had also indicated that the residents required no crucial type of assistance. Although, it did not mean they were necessarily happy or socially cheerful. It was also strange as we were unable to see any pedestrians walking within the area as seen in the

other major parts of the country.

Next, we soon arrived in a settlement area that was a considered newly formed in Katutura. The place was predominately nicknamed the "Silver City". From seeing the area, we were able to see the stereotypically poverty-ridden area of Katutura firsthand. The sheer visual presentation of the place had hut-like houses built form metal and wood coverings. The area had established concrete evidence of a clear boundary line between the rich and the poor that had idealistically giving notion of pure economic inequality. Though it seemed we had reduced our knowledge awareness of the actual country to common media portrayals, Patrick had reassured an interesting difference in the



In Spitzkoppe-pic by: Rachel

divide. He explained this idea of a paradox within the social aspect of Namibia's Katutura. In the dwellings, it seemed natural, homely, and comfortable by the moods of the residents. Through the drive we actually were able to see people walking through helping each other inside or outside their homes.

The youth were very independent as seen by them walking on their own or gathering materials for their families. In one shot, we also saw a group of kids who honestly looked joyous in each other's company as well. We were able to observe the youth and adults contributing efficiently in running their homes and the entire neighborhood as well, in close perspective. A peculiar factor about the Silver City however was that basic incomes were powered dually from an array of car washes and bars; they were all placed across from each other on sandy streets. It was like a physical location pattern of these common establishments in this Katutura settlement.

The central impression acquired from the trip in both parts was to essentially bring up this 'rich concept' when describing the suburban/urban life of Namibia. It was the idea that the rich citizens may be 'rich' financially but the Silver City locals were 'rich' in their sense of social happiness linked to a prosperous community fueled by the people's commitment to each other through simple living. Although the residents were financially inept to survive accurately in their

Namibian lifestyles, their own working actions had firmly supported the old saying: "Money doesn't buy happiness."

Lastly, the Katutura Township tour had taught strongly on the daily affairs of the lower class citizens of Africa. In addition it had also entrenched the contradiction that all of Namibia was composed of severe poverty. In my opinion, it had presented that Africa is undoubtedly a continent that contains recognizable forms of political and economic elitism.

BNC – Promoting Education and Learning

In the 1st and 2nd weeks at the heart of the BNC, I was able to engage with a few of the children through academic means such as reading and math. At the facility, the 5th graders were able to put on their small puppet show for our group that was rehearsed previously with our assistance. I was even in it myself, generously offered by my co-players: Johanness, Ben, Kali, and Laurencia. I had been casted as a crocodile character for one of the performances. I recognized their excellence in how they could clearly read their lines carefully and correctly to constitute good continuity with the story. Also, their actual puppets were very impressive along with Laurencia, Johanness, and Kali interacting with their characters for the first run.

Though all performances were admittedly great and pleasurable to watch, MaryBeth had noticed some crucial flaws that could easily be dealt with in their performances. Prior to one group commencing to play Owl Babies, she had explained that most puppet shows don't have their characters talking in one area of the stage but should be constantly moving according to the actions to the story. This also called for some background sceneries as well to adhere to the current setting. Afterwards, I saw that the Owl Babies performers had evidently listened

to MaryBeth's advice. It was wonderful to see how John even decided to incorporate actual tree twigs into the story as the owls' home. In which, he and his group members had set up a similar background to the story's illustrations. It was very creative for the group to construct this background to seem more professional and realistic. In addition, it was indirectly intelligible on their part by adding the authenticity. Yet, I found it extraordinary how quickly the students grasped MaryBeth's ideas and successfully tested it while inserting their own preferences to make their storytelling even better.

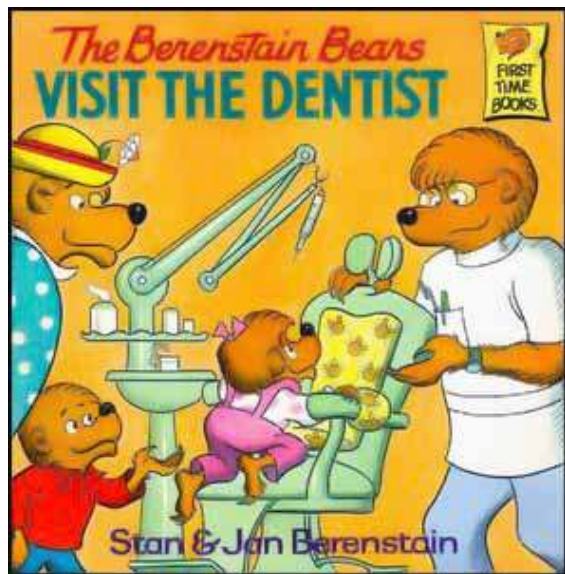
While working directly from the BNC, I had tutored in mainly reading and math with a small number of the students. However in retrospect, I felt I had tutored one individual directly named Benjamin. Ben was a 10-year-old 5th grader who was one of the students in the puppet shows as well. So during the days where I was able to attend the BNC for volunteering I had worked almost always with Ben along with other boys named Denzel, Alpertino, Innocent, and few more. For reading, it was nice when we began seeing some social connections such as needing a quiet place to read which was always prioritized by Ben for concentration which I thought was good to hear. We would always read inside their small library room with books such as The Bernstein Bears. Ben had considered the series his favorite collection of stories.

In most sessions, his reading was good as he was able to sound out the words and pronounce



Transitioning to Oceans and Beaches of a student-volunteer

most of them correctly but at times he desired some assistance with some particularly difficult words such as nouns and adjectives. To help him out I would read one page where he was required to read the next. Through his ability he would pace a bit slowly while using his finger to guide himself in reading the sentences to ensure they went together in the correct pattern. This technique in my opinion is considered a fundamental tool in learning to read books that I had recently learned myself. Next, I found it fascinating and disruptive however when he compared the events occurring in the stories to his own experience with those specific affairs.



Reading with Ben, kid at BNC

For instance, we read the book *The Berenstain Bears Visit the Dentist* where he often pointed out his remembrance of his time at the dentist like when he sat in the chair and tasted the special brush tools used by the dentist. It was also amusing as he would demonstrate the actions physically to me such as imaginatively brushing his teeth.

He even told me how the scrapper tool always felt painful to his teeth but helped keep them clean. Furthermore, when there were pictures he would often imitate them such as smiling widely with his teeth. From these moments, they were often irritating as I felt he always got off topic with reading the actual story, but I had also started to appreciate this curious characteristic underneath Ben.

That being how he regularly shares stories about himself that describe his own life experiences. Some were usually childish and often highlighted his troublesome attitude at times, which I witnessed during the last week. His face was also often in a serious mood but he was still a normal, energetic child like all of the BNC kids and would happily beg myself to play alongside him at the small playground. I believe my persona had somehow directly impacted him. From his stories and curiosity about myself set off our special bond with one another both mentally and physically.

In math, Ben had practiced his addition, subtraction, and multiplication tables in a small private room. To study, we had used bingo balls where I selected two numbers and he then had to add, subtract, or multiply. While enlisting the many numbers, I had also wanted to challenge him according to his skill. I had thought of complex multiplication problems mostly using single and double digit numbers. Throughout the many questions, he had managed on his own to capture the right answers. I found it exemplary seeing him use mental math to solve numerous equations as noticed by his plentiful quick correct answers after delivering a single problem. It was also smart of himself to ask for analysis from myself on his answers to ensure if he was right. Mental math was especially useful for him in addition and subtraction as by his discretion in problem solving. But for certain multiplication questions he did have to write out the problem on a marker board stemmed mainly from non-single digit numbers. Through his way of figuring out the problems I felt I could see that he understood the concept that each problem in multiplication was developed

from a longer and more tedious version of addition. Other than mental math, it was excellent to see him go more hands on to tackle the math problems.

From our session, I hope Ben could contemplate that multiplication in its own way was a shorter and faster way to answer addition problems.

Surrealistic African Experiences: Etosha, Swakopmund, and Spitzkoppe

On the two weekends while in Namibia, our group was able to take breaks from our volunteering at the BNC and other projects. During the excursions, we had travelled to localities; Swakopmund, Spitzkoppe, and Etosha which were truly engrossing African experiences.

Swakopmund is a coastal town west of the main capital Windhoek that had maintained strong colonial ties to its former German ruler. Its architecture and historical sites backed this claim. There we were offered the opportunity to go sandboarding in the Namibian Dunes. I think it was certainly in Swakop where I had discovered more profoundly about the desert environment in Namibia. Once reaching the area for the activity, it was absolutely surreal planting my eyes at an actual desert. It felt very imaginary to just stare right at it.

Visually, it was very mountainous that was all derived through a single grain of sand. The desert in length looked entirely endless, emphasized that further when we trekked across the hot sand to the highest point to sand board. Though sandboarding wasn't preferably an exhilarating occasion due to its difficulty it was beautiful just to gaze at the skyline adorned by the abstractness of the desert. In addition, just seeing the pickup vans and the others' smallness within the vast large complex made the activity more worthwhile.

Swakopmund was a defining example of the beauty of African landscape along with discovering the complexities of a desert environment, which are more abundant in the world than one might think.

The Proud Namibian Fishing Sector

Our transitional extension from Swakopmund was Walvis Bay, which was located relatively close in a considerable distance. Walvis Bay would be said to be the backbone of Namibia's fishing industry and one of its most powerful economic sectors due to holding a significant exportation hub. Its importance is even highlighted due to it having a less flashy tourist appeal unlike Swakopmund. It was also striking to hear that Walvis Bay was once wholly owned and designated to South Africa. It was considered recognizable South African territory meaning that Swakopmund was a town holding a crucial international African border. During apartheid, the fishing sector was mainly profitable for South African businesses. However, a redistribution process went through after apartheid had been dismantled thus allowing Namibian sovereignty over the land.

Soon after, we headed onboard a boat for a tour of the harbour area.

While inside the speedboat we had travelled throughout the lake seeing many sea species within the water. Along the way, we had spotted a wide variety of pelicans, dolphins, and seals. Our tour guide had also explained how oyster shells are a popular food in the fish market that is collected through the ocean. The food being served on the boat was oyster as well along with other small refreshments.

It was also stunning to see the pelicans up close while the guide was feeding them. He had also noted that gender was identified among the pelicans based upon their differing beak colours, which was fascinating to learn. A superb aspect of the tour was definitely allowing the seals to come onto the boat. We were simply surprised by the permission of the sea creature to come on board. Their skin was composed of a rough and slick feel of a smooth tire when petted. In addition, their skin seemed to be very fur-like with wet spots that could be lifted up to see underneath their dark skin. At the front of the boat, lying on the hood was great as it was very relaxing to just look at the fast paced water causing an almost soothing feeling.

Now, having actually seen one seal on the boat reacting to its surroundings was undeniably entertaining but observing a small island with thousands of seals offshore was unbelievable. It was pretty neat having the dolphins swim by as well, visibly noticed by their fins sticking above the

water along the pace of the cruising boat. We had even been served with a fine composition of assorted refreshments.

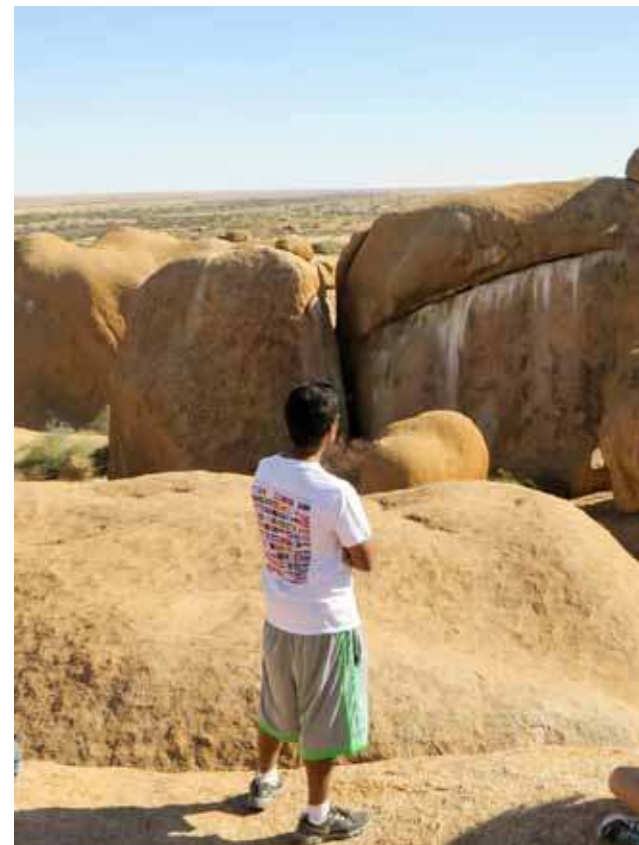
In my opinion, it had boasted the sophistication of the tour's credibility. The guide had even offered the aforementioned oyster shells that were regularly caught in the Bay's waters. After the excitement of the Walvis Bay tour it seemed amazing to be able to explore the extremely distinctive environments of both Swakopmund and Walvis Bay.

Seeing Africa composed of desert transitioning to oceans and beaches was a unique observation to find in the continent.

Namibian Abstractness

Our next stop for the weekend was a place called Spitzkoppe that was devised of various rock and mountain formations. All of which contained a trail to walk through as a tourist attraction. The area was the site where we had took a group photo representing Canada and Brock University. During the expedition, our tour guide had noted us to spot a rare fauna known as a tree that uses leaves as ingredients for certain medicine. There had also been giant boulders adorning specific red cave drawings such as a notable rhino painting. The pictures had been derived solely by the artistic skill of the Bushmen tribal group in Namibia. The drawings have been approximately over 1,000 years old. Specific pieces of the artwork had been recognizable but at other times it was rather difficult to determine what the painting was or meant for that matter.

Yet, it was visually marvelous to gaze at and touch along with developing one's own interpretation of the paintings. As reiterated, it was just simply transcendent to see how the African landscape was



In Spitzkoppe-pic by: Rachel

vibrantly diverse as further indicated by close ups of the vastly-detailed mountainous rocks and caves. After the conventional tour of parts of Spitzkoppe we soon proceeded to take the photo within the rock bridge. From my perspective, no words could even begin to describe the amount of excitement inhibited from walking beyond the ranges into the complex rock structure.

Imaginatively, the walk felt like a real adventure as seen among fictional stories such as Indiana Jones bringing along a first established notion of seeing Namibia and Africa as a whole. After taking the photo, we were able to set foot further into the rock configurations.

While overlooking the distance of the sandy grasslands, it had fully developed my perceptive discovery on the specialty of Africa.

[To be continued]

(Harrish Thirukumaran attends second year at Brock University, Ontario, during 2013-14)



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Full Text of The Eloquent Maiden address Delivered by Hon Chief Minister Canagasabapathy Viswalingam Wigneswaran at Northern Provincial Council (NPC), Sri Lanka

The Inaugural Session was held on October 25, 2013 at the Premises of the newly constructed Building of the NPC in Kaithady-Jaffna, Sri Lanka:

Hon. Chairman of the Council, Hon. Members and Hon. Guests,

In the first instance let my kind offerings be submitted to the Lord Almighty who gave back the confidence to the Tamil people. Also I praise and submit myself to my Master who guides me.

ELECTION

Next, I thank my dearest ones, people, students and my friends within the country and abroad for changing me as a politician, famed within and abroad, within a short period of time.

Let my heartfelt thanks go to those who voted for me overwhelmingly in the past election, and made me the lead candidate, and also to the voters of the Jaffna district and all those Jaffna voters who live outside Jaffna, and despite experiencing difficulties have come and voted for me and I let know my heartfelt thanks which goes to all of them.

I am flabbergasted to observe the unshakable confidence they all have on me. I am touched by the expectations of Tamil people - my beloved brothers and sisters. I am spell bound and have no words to express, other than I appeal to All Mighty to safeguard all of them.

Confidence is back in the minds of Tamils is what I feel.

That should continue. I believe only that continuation in confidence will guide us lead steadily into future.

FIRST SESSION

Today ushers into the dawn of the first provincial council of the Northern Province. The necessary wherewithal needed to run the Council is still not setup properly. We haven't still achieved either the human resources or monetary resources to face the great challenges we may encounter. The earlier unmethodical governance without an end still continues.

However to guide this first Provincial Council, the selection of CVK Sivgnanam to respectably function as its Chairperson, brings endless happiness. Amongst those members just elected by the public, I think he is the most elder of all, being born two weeks earlier than I.

I welcome him with heartfelt happiness. His age and wisdom and experience will guide us in the proper direction; I say this without any reservation. I also welcome with heartfelt happiness, Our Deputy Chairperson of the Council is Anton Jayanathan. He won the fullest endorsement as the primary candidate from the people of Mullaithivu. In addition to being the deputy Chairperson, he will also perform various political duties. I have no reservation that he will perform his duties with fullest competence.

DRAWBACKS

We have come here after victory in the

election that was based on the 13th amendment. However the 13th amendment is something like a vessel with holes and appears useless. As our dearest people have accepted manifestos of the Tamil National Alliance during elections that continued, it is becoming clear that the 13th amendment has full of lapses, and it has no ability to fulfill the aspirations of the people.

It is indeed regretful that the 13th amendment has not paved the way for the well functioning of an independent Provincial Council. However we believe that the Government would take into consideration the mandate Tamil speaking people have given to us through the 13th Amendment; therefore I anticipate the government to join with us and enable to function to our best, in post conflict reconstruction, resettlement, rehabilitation and development works.

We expect the international community, together with the support of the Government, to offer job related advises, grant funds, and be supportive in fulfilling the tasks and I expect them to be the source of strength to us.

Yet we have come forward to function according to the law of the land. We are determined to spearhead via available ways and means.

SHORT TERM AND LONG TERM

Due to this, we are contemplating in going forward adopting short term and long-term strategies.

When we review the short term - in the first three months:

(1) Take necessary steps to run the civil administration based on democratic ways and means

(2) To perform our duties to the best ability and take measures to obtain the human and financial resources

(3) Pave way to our people to obtain whatever that is needed based on priorities and strategies.

Our activities will consist of these factors.

According to this, our peoples' post conflict - immediate and future requirements will be taken into account through analytical findings.

If it is to be action based on democratic principles, then at least they must include the following:

WITHDRAW ARMY

1. The Army has to be immediately confined to their camps. When there is one soldier to every five adult civilian, then we will not be able to run an organized civilian administration without the interference of the armed forces.

As our people have overwhelmingly voted for us, it clearly indicates that they agree with our policy of gradually sending the armed forces away from the Northern Province.

Even the Government is also telling about the gradual removal of the Army from the North. However so far we haven't seen



any move by the government on this regard though this gives a degree of mental satisfaction.

After a due discussion, we the Northern Province Council and the Government have to finalize a process for this. At that point in time, matters regarding reforming security would be taken into consideration.

Just as those arrested internationally and those cadres who surrendered are subjected to surrendering of arms and relieving from the armed activities are utilized to unite within the society, similar application to security reform aspects by way of reduction of armed forces, tends those security institutions to operate efficiently. Regarding this aspects government can explore whether these soldiers could be enlisted with the UN Peace keeping forces, and also explore whether international assistance could be obtained to assist army soldiers to leave to lead a normal civil life.

I assure that our assistance and support will be rendered to the government in these spheres.

It is the duty of the Government to ensure the withdrawal of Army in appropriate ways.

Even the armed cadres belonging to the other armed groups in North have to be removed of their weapons, and should be inte-

grated within the society.

Our people will never ever accept to have Army in the North in the name of security. Army as well the armed cadres may stage all types of dramas to have the army remain in the North. We caution that nobody should be duped by those dramas. We repeatedly emphasize to assure that as far the Tamil people are concerned that they will never get involved in any activities endangering the national security.

LAND RIGHTS

2. Emphasizing the land right of the people is the democratic way of life.

Therefore, by gradually withdrawing the Army would pave way for democracy and good governance. Government must come forward to stop the acquisition of lands belonging to civilians. Not only that we urge that government has to set the time frame regarding the handing over the lands, but also Government must stop acquiring private lands for Army use. Not only that, I wish to emphasize that the Government should come up with a time frame to give back the private lands that are already acquired.

POLICE

3. Preparing the right environment for security to the people is vital in a democratic system. Regarding this, it is important to



establish the Rule of Law. To establish this in the North, the present police force which is unable to understand the language of the common people in the North, their customs and culture, and it remains a problem. Therefore recruit local personnel for the Police Force and provide adequate training. We intend to take complete and necessary measures regarding the Police powers mentioned in the 13th amendment. I also wish to mention at this juncture that the regional Police reforms attract our attention.

CARDINAL ASPECTS

4. To emphasize the democratic aspect - transparency, right of reply and rule of law based on these cardinal aspects only the Northern Provincial Council would function. No room would be tolerated to bribery and corruption. Every Councilor would be entrusted with duties and functions. Their progress would be reviewed and brought to the notice of the public. Therefore, we all have to function concentrating on our duties to the best of our ability.

There won't be any political interference in the administration. The officials and the councilors function only for people, their welfare and hereafter the notion that the idea that people are for us should be given up. Those officials who fail to respect and serve the people would be identified and dismissed.

CIVIL ADMINISTRATION

5. A civilian administration is not possible when we have someone as Governor, who came from the military. The country was fully aware how the present Governor functioned partially during the Northern Provincial Council election days.

If the President is really interested in a civil administration, we urge him to appoint a person, not a military person, but a civilian as the Governor. I wish to inform that the Northern Province people expects a Governor who has experience in the post conflict period, who has the experience in rehabilitation, reconstruction, resettlement, development and a person who has the interest in the affairs and welfare of women, children, elders, youths and in the former armed cadres.

To bring about the democratic process in our administration, we are of the opinion that the above aspects emphasized by us are very important.

DISAPORA

Furthermore, we have an important duty to explore the type of planned human, economic resources and development we should identify. We have confidence that Tamil diaspora would provide us human and financial resources. It is well known that how in the past our kith and kin were forced to leave the country and go to foreign countries.

We are happy to learn that several of them have established reputation and fame by their good work abroad. We urgently need your cooperation and help. We have no slightest reservation that we need your help and cooperation to restore our lost fame and pride. We expect them to negotiate with the Government to come up with a practical mechanism to assist the people who were affected by the prolonged armed conflict.

What we ask for is help that could allow us to stand in our own feet. We are urging them to identify resources that might provide income generation. We request our own blood and flesh to be with us at least for



some time and get involved in the development works and then return. We appeal for technical and financial assistance.

TAMIL NADU

I wish to categorically state that we are not underestimating the role played by South Indian Tamils. Their assistances are required therefore join with us and guide us. It should be indeed mentioned that the nonpolitical, emotional approach of the youth in South India has induced us with encouragement. In the future, I wish to mention here that the Thamilakam and the Northern Province has to cooperate in so many ways.

POLITICAL SOLUTION

In the long term prospective, the primary concern is the political solution. The Sinhalese masses should understand that we have not accepted separation. The Government and the Sinhala people should understand that internal self-determination will lead the country to be united without division. While we accept the country's sovereignty, we are of the view that matters like the national security, international relations have to be directed by the central government.

But we oppose the autocratic aspects that are vested in the Constitution. Our opposition is in line with the principle of democracy.

JOINT OWNERS NOT LEASE

HOLEDERS

We strongly oppose the colonization carried out with the help of the armed forces. In the guise of rehabilitation we condemned bringing people who have never lived in the North and settling them in the Northern Province.

We strongly oppose the planned actions taken to change the demography of the North and East.

The Sinhalese people have to remember that we Tamils are also equally proud, alike them, as being the citizens of Sri Lanka. They must also have in their mind that we are proud as joint owners and not as leaseholders. Regarding this I wish to remind the conversation present President had on 23rd May 2009 with the Secretary General of the United Nations, where he said in order solve the problems of the Tamils he has decided to go beyond the 13th amendment.

RESETTLING MUSLIMS IN NORTH

I must bring it to the notice another important matter also. We will take all practical measures to resettle all those Muslims who have been in 1990 forcefully evicted from the North.

It has to be taken to heart by all that war has severely affected us as well as the Sinhalese people. At the same time the Sinhalese people as well as international community should understand the disastrous plight faced by the Tamil people. There is

no point in continuing to subscribe to anger and develop dissensions.

PRABHAKARAN AND DISAWE

Everybody should understand how the one word which I mentioned about Prabhakaran during election days brought about enthusiasm in the midst of some and amongst other people it brought about anger.

Knowing this well only, I spoke also about Kepitipola Disawe at that time. He time has dawned at the present to understand these things depend on each person's perspectives.

We must try to diffuse our anger by learning how one man called Kepitipola Disawe brought about anger in the midst of the British and enthusiasm in the midst of the present day Sinhalese. War and competitiveness bring about contradictory factors that would be working against us, but mutual understanding and love would bring about unity in our midst.

COOPERATION

If we could bring about cooperation between the Government and the Northern Provincial Council, then we would enable for democracy to prevail in our soil. We can work together to alleviate the plight of the people. We are ready to extend our hand of cooperation. This is an opportunity for the government to display its highest diplomatic moves.

I trust that they will extend their hand of friendship. We are also extending our hand of friendship even to the members in the opposition group. They have already told us that they will extend their hand of cooperation and this gives us satisfaction and happiness.

We are determined to spearhead in taking the Northern Province forward, while comprehending the successful procedures and policies carried forwarded internationally since the end of the war to formulate national and regional policies. Regarding this, we will present a policy statement in the coming weeks.

FOUNDATION STONES

As far as we are concerned, the foundation stones which we wish to lay are-justice, good governance, confidence, equality and freedom.

Our measures will be based as mentioned in our election manifesto on security, education and employment.

Our bridges will be built with the Sinhalese people.

The harbors which we intend constructing would bring our relations and well-wishers from distant countries closer.

Our activities would be based on our aesthetic traditions and culture. Our displays would be based on our knowledge, our language, and our nature to go for innovations.

It was we who gave leadership about 100 years ago to redeem and bring our people back, who were sunk deep in the grips of colonialism.

We are to again accept the challenges to restore our fallen people and restore them back and march forward.

Let God Almighty safeguard all.

(Unofficial translation of the maiden address made by Chief Minister C.V. Wigneswaran on 25th October at the inaugural session of the Northern Provincial Council-via @TNAMediaTribue)



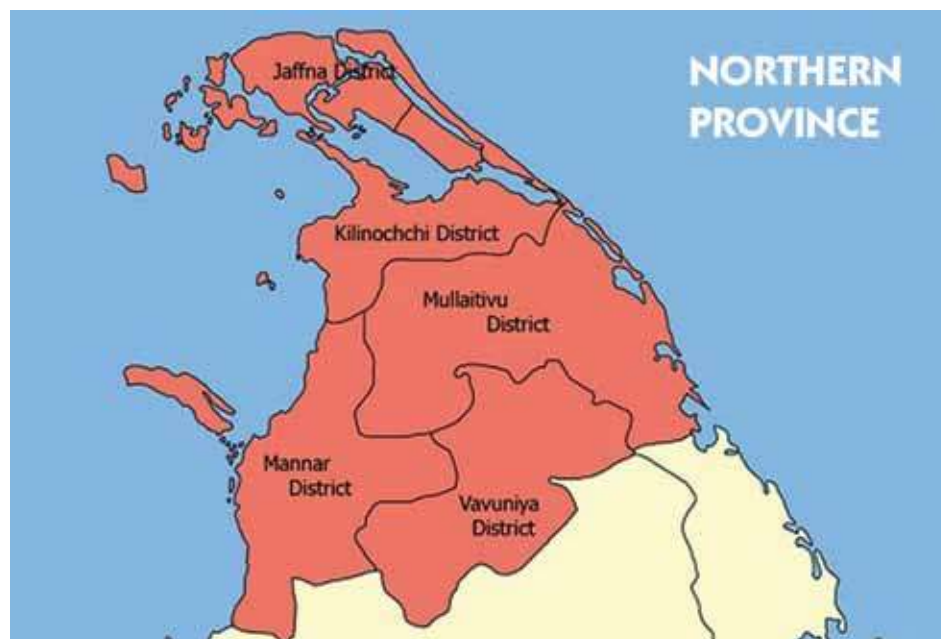
Priority Issues for the new Northern Provincial Council

The need of the hour for the newly minted Northern Provincial Council in Sri Lanka is to prioritize issues that need urgent and pro-active attention. Poverty in the Northern Province is an urgent matter that needs to be tackled and placed on the top of its Agenda. Poverty should be comprehended as affecting the most vulnerable groups such as the unemployed/under employed war widows and orphaned children.

Economic upliftment though comes under the rubric of general development. The gender specific issues have to be spelt out in broad terms. The issue of war widows has many ramifications such as unemployment, destabilization, women who are traumatized and women who are vulnerable to sexual exploitation. While incorporating these factors at policy levels, employment prospects have to be developed by training/re-training on income generating activities thus providing prospects for employment so that while undertaking economic activities they live with dignity and respect instead of depending on charity. Income generating activities should move away from poultry farming, home gardening, sewing projects and other small home based industries. Studies have shown that these self employment projects have not been sustainable and have failed as schemes of development. Hence, innovative non-traditional skills such as carpentry, masonry, driving, minor electrical, engineering jobs can be tried out. Other country experiences can be replicated. However a market study has to be done prior to undertaking income generating skills for sustainability and profit. Besides, other institutional infra-structures have to be placed in the planning stage. Women with small children should be provided with crèches or daycare centers where the women can leave their children under proper care with the peace of mind that they are in safe hands when they are out



BY DR. SELVY THIRUCHANDRAN
(EXECUTIVE DIRECTOR-WOMEN'S EDUCATION
& RESEARCH CENTRE, COLOMBO, SRI LANKA)



of home on training or while at the job.

Taking into consideration the large number of women affected by war, setting up a gender unit in the structures of governance will help solve some of the problems. The number of Women and Development Officers will have to be increased in view of the issues and problems faced by women in the Northern Province. The Ministry of Women's Affairs should take action on this. Moreover, the bureaucrats

will have to be gender sensitized by the introduction of CEDAW (Covenant on Elimination of all forms of Discrimination Against Women and the UN Security Council Resolution 1325) which specifically deals with post-war situation for women.

Children who have lost their parents are another major issue that needs careful consideration and planning. The terms "orphanages" and "orphans" can

be removed from the vocabulary to give them a psychological appeasement. Affluent parents here and abroad can sponsor a child providing funds for school, clothing and food and give them a chance to live in families during week-ends or vacations. It will be a fruitful exercise for the Diaspora not to spend money on temple buildings but to sponsor children in institutions and monitor their progress periodically writing to them and sending small gifts to them, thereby keeping a personal touch.

Another issue that is plaguing the Northern society at the moment is the debt trap the poor men and women have got into (the small capitalists enterprises). These institutions give loans to vulnerable groups at interest and this practice has left them poorer. There should be some intervention at the Provincial Government Level to regularize this malpractice and save the people from the claws of the small capitalists.

And finally emotional rhetoric should be avoided to face reality on the ground. Facing up with issues at the ground level should become the motto for the administrators, planners and others.

Secular outlook in terms of not mixing religious rituals in the administrative procedures and functions may be an added plus point. One has to be aware that the Northern Province is a multi-ethnic and multi-religious society. Ritualisation of state functions may not be the ideal situation under the circumstances. Otherwise, it may become Hindu religious majoritarianism. We cannot forget so soon that majoritarianism (ethnic/religious) is one of the perils of democracy. In governance the concept of pluralism should be adhered to at all times and at all levels.

Another matter of importance for the Council is the question of the re-settlement of the Muslims in the Northern province. One is aware that the Muslims have been residing in the districts of Mannar and Jaffna continuously for several years calling these areas their homes and engaged mainly in commercial activity and furthering the economic development of the Northern province. The NPC should as a matter of urgency look into the many problems faced by the Muslim community who were forcibly sent out. Resettlement of the Muslims who were forcibly dispelled should be encouraged in order for them to return to their original places, making it easy for them to begin their activities. Their resettlement procedure has to be made easy with due consideration for the practical problems faced by them, respecting their needs.

Happy Diwali



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Sri Lankan Government would do well to seriously consider the significance of Canada's CHOGM decision

by M.A. Sumanthiran MP



Much has been said concerning Sri Lanka hosting the approaching Commonwealth Heads of Government Meeting (CHOGM). A significant part of the discussion has been with regard to Canada's decision to boycott CHOGM.

In his official statement Prime Minister Stephen Harper stated that:

"When Sri Lanka was selected to host the 2013 Commonwealth Heads of Government Meeting, Canada was hopeful that the Sri Lankan government would seize the opportunity to improve human rights conditions and take steps towards reconciliation and accountability. Unfortunately, this has not been the case...The absence of accountability for the serious violations of human rights and international humanitarian standards during and after the civil war is unacceptable. Canada noted with concern the impeachment of the Sri Lankan Chief Justice earlier this year, and we remain disturbed by ongoing reports of intimidation and incarceration of political leaders and journalists, harassment of minorities, reported disappearances, and allegations of extra judicial killings...It is clear that the Sri Lankan government has failed to uphold the Commonwealth's core values...As such, as the Prime Minister of Canada, I will not attend the 2013 CHOGM in Colombo, Sri Lanka..."

This position brought upon Canada the ire of the Sri Lankan government, with the Minister for External Affairs furiously dismissing Canada's initiative as "an attempt to politicize the proceedings of the Commonwealth".

Instead of merely lashing out defensively however, the Sri Lankan Government would do well to seriously consider the significance of Canada's decision.

As Sri Lankans our concern must not be merely whether countries boycott CHOGM or not, but that the human rights situation in Sri Lanka is of such a nature that countries are forced to even consider the question.

Even if the Sri Lankan government is so unwise as to peremptorily dismiss Canada's decision to boycott, it surely cannot deny the fact that Canada is not alone in its concern regarding Sri Lanka's Human Rights situation.

Britain's decision to attend CHOGM was not without controversy. The Queen was strongly urged to boycott CHOGM to protest against the lack of progress in an investigation into the murder of a British citizen, Khuram Sheikh, in Sri Lanka on Christmas day in 2011. A UK parliamentary committee has accused the government of a timid and inconsistent policy towards Sri Lanka, where it says there are "continuing human rights abuses", stating that the government should have made Sri Lanka's bid to host CHOGM conditional on



"Had the honour of meeting with Malala this morning. Her courage & strength serve as an inspiration to us all." – Prime Minister Stephen Harper, Sep 26, 2013

improvements in human rights. "The UK could and should have taken a more principled ... and robust stand in the light of the continuing serious human rights abuses in Sri Lanka," the MPs say in a report.

All this, despite pretty strong words by the British government making it clear that its participation at CHOGM was not an endorsement of its host nation.

British High Commissioner John Rankin clearly stated that Britain was "concerned about...respect for human rights, rule of law and independence of the judiciary in Sri Lanka". Further he stated that Britain's Prime Minister will attend "because of the importance we attach to the Commonwealth, irrespective of the location of the CHOGM" and that the spotlight on Sri Lanka during and after the summit will help pressure Sri Lanka to demonstrate that it was committed to the "Commonwealth values" of good governance. He also made it clear that Britain intends to do its part in this process, announcing that "...the British government will come with a clear message that Sri Lanka needs to make concrete progress on human rights, reconciliation and a political settlement," and that Prime Minister David Cameron will send a strong message to Colombo to improve its rights record and demonstrate a commitment to good governance.

India too has grappled – indeed is still grappling – with the question of whether to attend CHOGM or not. Domestic pressure to protest against Sri Lanka's abysmal Human Rights record by boycotting CHOGM is intense. The most recent reports indicate that Prime Minister Manmohan Singh is likely to skip the summit.

Notably, concerns relating to Sri Lanka's Human Rights record are not isolated to the hosting of CHOGM.

Last month, United Nations Human Rights Chief Navi Pillay warned that Sri Lanka must show "clear progress" towards reining in rights abuses and investigating suspected war crimes by March 2014, or face an international probe. This comes

following Sri Lanka's inaction on 2 resolutions relating to its Human Rights record in the United Nations Human Rights Council, one of which primarily sought that it implement the recommendations of its own Lessons Learnt and Reconciliation Commission, appointed by President Rajapaksa.

The incongruity of a nation under such intense censure for its Human Rights record chairing the Commonwealth has not gone unnoticed. In a recent statement Human Rights Watch requested Commonwealth foreign ministers to not award Sri Lanka chairmanship of the Commonwealth following CHOGM. Brad Adams, Director of Human Rights Watch stated that:

"It's bad enough that the Commonwealth has allowed a government accused of massive rights abuses and war crimes to host its summit...to effectively put the Commonwealth in the hands of an unrepentant government that doesn't meet the Commonwealth's official values on democracy or human rights would be the height of hypocrisy."

The question for those of us in Sri Lanka is not, and never was, whether any given country will decide 'to boycott or not to boycott'. That is a decision that must be taken by each respective country. It is the country that must decide how it will promote the values and principles the Commonwealth stands for, and this is something that must be respected. As Britain has made clear, the decision not to boycott is not necessarily endorsement of the Human Rights record of Sri Lanka. In fact, it can be just the opposite: a decision to use the summit as an opportunity to express its concern about Sri Lanka's abysmal Human Rights situation and do all it can to pressure the Sri Lankan Government to begin improving it.

Similarly, the decision to boycott CHOGM as a means of protest against Sri Lanka's dismal Human Rights situation is also one that must be respected and recognized for the courageous act that it is.

Canada's decision is not a political attack against Sri Lanka. It is in fact one more in a string of Human Rights initiatives Canada has been credited with. The country is recognized internationally for standing at the forefront of global efforts to promote human rights. Canada is in fact credited with creating the modern concept of UN peacekeeping.



In the 1980s, Canada took the lead in bringing economic sanctions against apartheid South Africa. In 1996, Canada, together with the European Union called for a United Nations gathering on the Burmese democratisation process, and soon after the European Council took its first Common Position on Burma, which introduced "soft sanctions". In 2007, Canada led the struggle to keep Belarus off the United Nations Human Rights Council, in light of its atrocious Human Rights record. In June 2011 Canada took the lead in condemning the Syrian regime's attacks on its own people at the United Nations Human Rights Council. Canada delivered this condemnation on behalf of 54 countries. Canada is also leading the charge on Iran's dismal Human Rights record, leading, for the past 10 years, the now annual UN resolution on "the Situation of Human Rights in Iran" which typically receives significant support. Canada's Philippe Kirsch chaired negotiations to launch the International Criminal Court (ICC). He later served as the ICC's first president. Canada has regularly been chosen to sit on the United Nations Security Council.

Minister Pieris' curt dismissal of the decision of a country with such a reputation hardly holds water. The Minister's position is made even more weak in light of the fact that Canada's concern for Sri Lanka's Human Rights situation is one that has been expressed consistently by the global community including the United Nation, India, the UK and the US for several years.

This also has relevance for a country like South Africa, whose amazing reform is owed to the sanctions brought against it, which was led from the front by Canada. The Republic of South Africa, a member of the Commonwealth, will have to seriously consider its own stand viz-a-viz Sri Lanka, and cannot behave as though it has forgotten its own recent history.

It's time Sri Lanka stopped playing defensive petty politics every time yet another member of the international community voices concern about its Human Rights situation. The means have ranged from UN resolutions to boycotting CHOGM, but the message has been consistent, and it is becoming louder and louder. It's time we stopped covering our ears, and started listening.

(M. A. Sumanthiran MP, Constitutional and Human Rights Lawyer is a Member of Parliament, Tamil National Alliance)

Business & Finance

MANAGING YOUR MONEY

U.S. Estate Tax and You

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



If you own property or other investments south of the border, you probably know that the U.S. has an estate tax. What you may not know is that the U.S. tax law has changed recently and those changes have an impact on Canadians with substantial U.S. investments.

On New Year's Day, 2013, the U.S. Congress passed The American Taxpayer Relief Act of 2012 that clarified and simplified the rules governing U.S. estate taxation. If the Act has not passed, the threshold at which estate tax would begin for U.S. property investments was set to drop to \$1 million at the start of 2013. For Canadian residents claiming protection under the Canada- U.S. Tax Treaty, that would have resulted in U.S. tax exposure on any U.S.-situs assets – which includes shares or bonds of U.S. corporations, real estate located in the U.S., and personal property such as cars and other belongings in the U.S. – when the value of their worldwide estate exceeded \$1 million in U.S. dollars.

The good news is The American Taxpayer Relief Act increased U.S. estate tax credits to \$5.25 million U.S. (indexed for inflation) – meaning that the estate of a U.S. citizen or U.S. resident is exempt from tax to the \$5.25 million threshold. For a Canadian resident, who is not a U.S. citizen, the Canada-U.S. Tax Treaty completely shields U.S.-situs assets from estate taxes when a Canadian's worldwide estate is less than \$5.25 million. A Canadian couple could exclude \$10.5 million from U.S. estate taxes. However, for an individual Canadian resident (including a last surviving spouse) with an estate in excess of \$5.25 million, U.S. estate tax is still a concern.

Canadian residents, with a substantial worldwide estate, have several strategies available to them that can reduce U.S. estate tax, such as:

- Having the spouse with the smaller worldwide estate acquire the U.S.-situs assets.
- Make gifts of non-U.S. assets to children (but watch out for capital gains).
- Assign life insurance policies to a spouse or children (taking into account the three year look-back rule).
- Reduce U.S.-situs assets by purchasing them through Canadian mutual funds – for example, instead of holding direct ownership of U.S. stocks, you can still gain exposure to the U.S. stock market, and avoid estate tax issues, through Canadian-based mutual funds.
- Sell U.S.-situs assets other than real estate.
- Sell U.S. real estate to children for fair market value.
- Establish qualified discretionary domestic/family trusts.

worldwide estate is below the \$5.25 million exemption level, it still pays to plan ahead -- to be sure that your estate is distributed just the way you want, and in the most tax-efficient way. Get solid estate and other financial planning advice from your professional advisor as soon as possible.

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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Manna Dey: Legendary Indian singer dies

Legendary playback singer Manna Dey died at a city hospital on October 24th after prolonged illness.

Dey, 94, who was admitted to Narayana Hrudayalaya five months ago for respiratory problems, died of cardiac arrest at 3:50 AM, a senior doctor at the hospital said.

His daughter Shumita Deb and his son-in-law Jnanranjan Deb were by his bedside when the end came, his family said.

Born in Kolkata on May 1, 1919 as Sri Prabodh Chandra Dey, he went on to sing over 3,500 songs in Hindi, Bengali, Gujarati, Marathi, Malayalam, Kannada and Assamese films before quitting movies in the '90s. His last song was 'Hamari hi mutthi mein' for 1991 film 'Prahaar'.

Very pleasant and easy going

Along with Mohammad Rafi, Mukesh, and Kishore Kumar, he made up what was known as the "famous quartet of singers" who dominated the Hindi film music industry from 1950s to 1970s.

Many of Dey's tracks for Bollywood films became huge hits and he sang for some of the biggest Bollywood names like Raj Kapoor, Rajesh Khanna and Dharmendra.

Melody queen Lata Mangeshkar fondly remembered her association with singer Manna Dey and said she salutes his dedication and spirit.

The two have collaborated on innumerable hits like 'Pyaar Huaa Ikraar Huaa', 'Chunari Sambhal Gori Udhi Chali', 'Yeh Raat Bheegi-Bheegi', 'Aaja Sanam Madhur Chandni Men' among others.

"Today, great classical singer Manna Dey sahab, who we fondly called Manna da, is not among us anymore. He had a very pleasant and easy personality.

Bengali music industry

The Bengali music industry today described legendary singer Manna Dey as an institution who never compromised with music.

"Mannada was an outspoken person and never compromised with music. He will be with us forever," singer Sandhya Mukherjee said recounting her association with Manna Dey.

"We sang together in many films and programmes. He was a great singer. He also made a mark in Hindi cinema playback. He recorded songs till the age of 90," she said.

Arati Mukherjee, another singer with whom Manna Dey had delivered hits, described him as an institution.

"He was born with the gift of music, but he constantly worked on it to polish it. He could bring a classical texture into light music and make it acceptable to the common man and that was one of his biggest achievements," she said.

Vocalist Haimanti Sukla, who was a fan of his since childhood, said Dey wanted Bengali music to achieve global acknowledgment.

"He always remained a Bengali at

heart despite shifting to Mumbai and then Bangalore. He was very keen to see Bengali music growing and gaining wide-spread acceptance," she said.

Singer Shreya Ghosal dubbed Dey as a versatile singer and said he lived his entire life as a musician and a singer.

"He inspired many singers and I am also greatly inspired by him," she said. Paying homage, actor Soumitra Chatterjee said, "It is a very sad day for us. He has done so much good work and his songs will be listened to for generations."

Hindi film music industry and Bollywood

Hindi film music industry and Bollywood personalities remembered playback legend Manna Dey as the "last voice of the golden era" and "stalwart of the music world" who enthralled generations with his romantic ballads and fast-paced modern numbers.

Paying tributes to the versatile singer, tabla maestro Zakir Hussain posted on Twitter, "Last of the great voice of golden Bollywood has moved on. Manna Da will be missed and forever revered."

Singer Usha Uthup, who performed with Dey many a times, said he was one of his kind.

"I am sad but at the same time happy too because he is relieved from the pain he was undergoing from so many days. Indeed a relief for him but unbelievable and shock for all of us... There was Mohd Rafi, Kishore kumar but he was a one of his kind. I can't think of him as a past because I have done amazing shows together and it was such a learning in itself. Such a versatile singer he was," she said.

New age singers like Sunidhi Chauhan and Kailash Kher, Bollywood megastar Amitabh Bachchan and lyricist Javed Akhtar, also mourned the demise of the 94-year-old musical genius.

Akhtar, who did not get the chance to work with the legendary singer, said he is known to him more as a voice than a person.

"When I started writing songs by that time he had almost retired. I met him couple of times but I can't claim that I know him as a person. I have been his great admirer like many others. Though he retired many years back, but today hearing about his death is a bit of shock. He has tremendous control over classical music."

Sunidhi Chauhan said, "Heartbroken at Manna Da's shocking demise."

"The world is a darker place, as one of the greatest musical lights to ever shine, has left us. May the immortal Manna Dey rest in peace," Vishal Dadlani.

"Manna Dey the legend is no more, and his contribution to music and films is unmatched. RIP. Transformed from physical to Divine, prayers..." Kailash Kher posted.

Political leaders pay tribute

Describing Manna Dey as the "king of melody", Indian Prime Minister Manmo-



Manna Dey

han Singh said the music world has lost one of its most talented artistes in the legendary singer's death.

"I am deeply saddened to hear of the demise of the King of Melody, Manna Dey. An accomplished singer with a unique voice, he was multi-talented and excelled in Rabindra Sangeet and various other forms of popular music," he said in his condolence message.

Singh said in his death, the music world has lost one of its most talented artistes. "Dey's legacy will, however, live on through the many songs he sang. I share his family's grief," the Prime Minister said.

Congress President Sonia Gandhi on expressed deep anguish over the death of legendary singer Manna Dey, saying India has lost a genius.

She said that in the passing away of Dey, the nation has lost a veteran playback singer, a versatile artiste of extraordinary ability, and a creative genius who mesmerised listeners with his enchanting voice.

Gandhi said that the legend will always be remembered and will continue to enthrall music lovers forever.

Gujarat chief minister Narendra Modi tweeted, "In Manna Dey, we have lost a legendary singer. His immortal voice will remain with us forever. May his soul rest in peace."

Assam Chief Minister Tarun Gogoi said Manna Dey's voice won over hearts of many generations in the last few decades.

Besides thousands of songs in Hindi, Bengali and other languages, Dey's Assamese songs were also very popular among people, Gogoi said in a condolence message to the singer's family.

"It is an irreparable loss to the country's music, more particularly to film music," Gogoi said.

Across the borders

Noted Sri Lankan Journalist D.B.S. Jeyaraj tweeted: "Prabodh Chandra Dey known as Manna Dey has passed away at 94. May the soul of the legendary singer who sang so very soulfully rest in peace."

The first Manna Dey song I liked as a kid was "Aaja sanam" in Chori Chori, But the song that captivated me was "Manasa

maine varu" in Chemmeen."

The passing of Manna Dey, whose versatile voice charmed generations of listeners across boundaries in the Indian subcontinent, was remembered with the sense of loss.

Bangladesh Prime Minister Sheikh Hasina, in a message, said Dey would remain alive forever among music-loving people of the subcontinent.

People will never forget his extraordinary melodious voice and unique style, she said.

Hasina prayed for the eternal peace of the departed soul and conveyed her profound sympathy to his family on behalf of the government and people of Bangladesh.

In a separate message, President Abdul Hamid expressed deep shock and sorrow at the death of Dey. He said Dey would remain alive in the hearts of music lovers of the subcontinent.

Dedicated to wife Sulochana

Manna Dey had composed four romantic songs for his wife before he passed away but could not fulfil his last wish of recording them.

Asha Audio Company's director Mahua Lahiri told PTI News Agency that recording of the songs were planned, but it did not take place due to the singer's prolonged illness.

"Now since he is not there, we have to talk to his family on how do we go about it, but we want the whole world to know what he had dedicated these songs to his wife," Lahiri said.

"If we get someone good enough to sing it, we will record it and release it as an album," Lahiri said.

The lyrics of the songs were written by Deboprasad Chakraborty while Dey composed the music earlier in the year.

If released, the album would have two other Rabindra Sangeet numbers selected by Dey.

His wife Sulochana was known to be an inspiration behind a number of his evergreen love songs. He lost her in January last year due to cancer.

Song penned by Nobel laureate Rabindranath Tagore at the funeral

Manna Dey recorded numerous albums in Bengali, his mother tongue. Some of his popular Bengali songs are "Coffee House Er Shei Addata", "Abar Hobeto Dekha", "Ami Niralay Boshe" and "Ami Tar Thikana Rakhini".

Dey was given a tearful farewell as his mortal remains were consigned to flames by his younger son-in-law Gyanranjan Dev as per Hindu rites at a crematorium in the northwest suburb of Bangalore. About 500 people, including relatives, friends and fans were present at the cremation. A few members of the Bangalore Bengali Association sang a song penned by Nobel laureate Rabindranath Tagore at the funeral.

(Compiled from PTI/Wire & Tweet sources)



"SURA SAMHARAM" - DANCE DRAMA

Review by Thuraiyuraan

Niruththiya Sheshthiram dance school had its Annual day celebration on October 5th, at the Chinese Cultural centre, Scarborough. Selected guests and parents of the students were invited to this event. The program started at 5 pm with the first dance item Pushpanjali. This was followed by nine more dances, mostly about Krishna and his gobies. The students who participated were mostly in the beginners classes and did their parts well and received applause from the audience.

After a short interval the main item of the evening the "Sura Samharam", a dance drama based on the divine songs of Saint Arunagirinather was staged. The events depicted the life of Lord Muruga and his powers. Arunagirinather lived in Tamil Nadu in the 16th century and indulged in sexual pleasures and lost his health as a result. Hence he thought of ending his life and climbed the Thiruvannamalay mount. When he was about to jump from it Lord Murugan appeared in front of him and stopped him from doing so and gave him the power of singing divine songs and he started to sing in praise of Him. The songs are called Thiruppugal and are set to a peculiar rhyme and melody which is very unusual in nature. Hence they stand out among the hundreds of hymns sung by other Saiva Saints to date.

Some of these songs were selected and were set to melodious music by Madurai R. Muraleedaran and dances were choreographed by the Director of this school Natyak Kalaimani Mrs. Sivajini Shriskandarajah. The audience were kept enthralled for two and a half hours of melodies music and colorful dance performances of world class standard.

Another beauty in this dance drama was the unique nature of the Thiruppugal stanzas which were set to a rhythm, which aptly suited for this dance form. The first song was the famous stanza beginning with the lines,

"Muththai tharu paththith thiru nakai

Aththik kirai saththis saravana

Muththik koru viththuk kurupara enavothum "

and the students with elaborate and eye catching costumes



Murugan with Spear

started the program with the entry of Arunagirinather and depicted a short version of his biography. This lasted for about eight minutes and captivated the audience. The next scene was the smoldering of Manmathan, God of Love by the powerful rays from the forehead eye of Lord Siva, when His tapas was disturbed by Him. Next was the wedding ceremony of Shiva and Parvathy. Danced beautifully by two students taking the leading roles and ably assisted by a few others. Towards the end of this wedding Shiva and Parvathy danced the joyful dance and mesmerized the audience and received thunderous applause.

The fourth item was the birth of Arumugan from six rays of light from Shiva's forehead eye, which manifested into six infants. These children were taken care of by six maids called "Karthikai Pennkal". Then as per our puranic story Parvathy with her supernatural powers combined all of those six children into Lord Murugan



Murugan and Valli

with the name Arumugan. This dance was very well done with melodious music and colorful lighting. Special mention must be made of the captivating costumes of all the maids who looked gorgeous. The next item was the story of Ganapathy and Murugan competing to get the mango from their mother Parvathy. The students who danced in these characters were so suitable to their roles and performed well. Since most of the audience were aware of these puranic stories, they appreciated their performances with ongoing applause. Ganapathy wore a mask with the elephant head and danced with grace. Accordingly Murugan also performed his role very well.

Sixth item was the argument which rose regarding the full fledged meaning of "OM" the universal mantra between Muruga and Thirumal. The matter was referred to Shiva and He was told its meaning by Murugan His son. Hence Murugan is said to have preached to His father. The next event was the thunderous entry of Suran the asura on the stage with apt background music. The student who took up this role was well suited for it and danced with vigor and forceful dance steps to suit the music and song. Murugan was given the special spear to fight with Suran by His mother Parvathy. The fight between these two, were well choreographed and danced well. Everyone enjoyed this item. After the fight Murugan married Theivayanai the daughter of Indra. This was also done in an excellent way.

The last scene was the tricks done by Murugan to woo Valli, who was guarding the crops in her field. First He approached as a young man and tried to attract her but failed. Then he disguised himself as an old man and sought her help to walk, feigning as though He is unable to walk. Without suspecting Him Valli tried to help him and making use of this opportunity He tried to embrace her, but she pushed Him away and ran. Then He brought in an elephant to scare her. She had no alternative but to come to him for help. Finally Murugan revealed His true self and won her love. The scene ended with their grand marriage with all her kith and kin by the side. This scene was done so well that all the characters were in their best attire and performance so as to captivate the audience and kept them enthralled for nearly ten to twelve minutes. The curtain call of all the participants numbering 32 students was a grand treat and received a standing ovation.

The entire program lasted for two and a half hours and went on uninterrupted. The change of scenes were done by switching off and on the stage lights. Special mention must be made of the techniques used in lighting the stage appropriately for the mood and the incidents in the play. I have watched many programs at the Chinese Cultural centre and that was the first time, I saw the lights and sound facilities available there was made use of properly and expertly. This is not an easy task. A person who is well versed in this technique only could do it. I am sure the choreographer must have worked well with the technician at the cultural centre and planned well beforehand. Lighting is a special branch of study in the field of drama production. Here since this is a dance drama, lighting be-

comes more intricate and difficult. Since I had training in this field, I could appreciate their effort and congratulate them on a successful handling. But unfortunately at the beginning of the program the sound was too high and the songs were not clear but later on it was ok. This is a minor matter taking into consideration the amount of effort put into the production of this dance drama.

I found it difficult to produce a play in Canada with only five or six characters, since all have their own work and acting is a hobby. Here the producer Mrs. Sriskandarajah handled thirty two students for nearly an year and I am sure the amount of hurdles she must have overcome. Since she had a school and the students were dedicated in taking part in this noble venture, she was able to do it successfully. Hats off to all of them. I understand that most of the senior students who took up leading roles were all university students and some are working.

A special note about the melodious music and the background music composed and organized by Madurai R. Muraleedaran of Tamil Nadu. He is a well known producer of dance dramas and some Toronto audience must have enjoyed his "Sivaka miyin Sapatham" staged at the FETNA festival last July in Toronto. His music was partly responsible for the high standard of this dance drama "Sura Samharam". I honestly feel that this Dance drama of high standard should be restaged, so that the other communities are given an exposure to our ancient and intricate nature of our art form.

All the participants did their part well and rendered their maximum amount of support to their Teacher, who spared no pains to produce this Dance drama. But special mention must be made of the students who played the roles of Murugan, Siva, Parvathy, Suran, Theivayanai, Valli and the six maids (Karthikai Ladies). They were so attractive in their rich attire and some of the audience even worshipped them in a prayer posture, as though they are in a temple, forgetting the fact that they are in an auditorium watching a play. This itself is an indication of the standard of the dance drama.



Parvathy and Murugan

I can understand the amount of effort, time and money put into this production and our community should be thankful to Mrs. Sriskandarajah for her dedication and passion, she is showing for this art form. Also we must take into account the amount of money she has spent in this marvelous production. We as Tamils must support this kind of noble ventures and encourage her in continuing her work. Also we have to thank the parents of these participants, who spared no pains in supporting the great task of their children's Teacher. The responsibility of carrying on our rich and ancient art form in Canada, rests on the shoulders of our younger generation and we elders must render our cooperation and support.

I am sure all those who were present that day would have had an enjoyable evening of a rich and well produced dance drama, which will be in their memories till their life time. May God Bless all those who were involved in this venture.



Uthayan 2013

An Annual cultural program by leading Tamil Weekly Newspaper Uthayan in Canada, in its 18th Year was held on Saturday, Oct 26th at Armenian Youth Centre. Several people attended the event including many dignitaries.

Some photos from the event can be seen here.



Uthayan 2013

Uthayan 2013



Uthayan 2013



VANNI AID FOUNDATION APPEALS FOR YOUR USED COMPUTERS

A presentation ceremony of computers in the war effected area in Vavunia, Tharanikulam was held recently. Computers were donated by Toronto well wisher Dr. Ravi Gukathason of Digital Speciality Chemicals, 6 used Lap tops and additional 13 from other well wishers. It was shipped by Air and the same company paid for the air freight.

The response was so great and 3 more villages in Nedunkerni, Mullaithivu and

Vavuniya have requested VANNI AID FOUNDATION to set up centers for the children.

Vanni Aid Foundation's target is to collect about 30 or even more and planning to send it by Jan or February 2014, the earliest. Vanni Aid Foundation would be grateful if any of you wish to donate any Lap Tops or Desk Tops which is lying in your basement or office and volunteers are ready to come and pick it up.

Your help will be of big gift to these war effected children. Their knowledge and input is so good and their performance in school is improving very much above the expectation.

Info by:

Senthi (Senthivel)
for Vanni Aid Foundation:

ssenthi37@gmail.com

Photos show, presentation ceremony and during computer classes





Special Feature

GRADUATION CEREMONY AT COMPUTEK COLLEGE

Computek College celebrated their Graduation Day on Friday, October 25th at Delta Hotel in Scarborough. More than 300 graduates and guests attended the event. Dr. Tham Vasanthakumar, Director of Studies presided the function. The chief guest of the ceremony was Honorable Minister of Consumer Service, Tracy MacCharles and special guests were Hon. Deputy Minister of Ministry of Colleges and Universities Soo Wong and University of Toronto Professor Christian Weedbook. A cocktail reception too was held at the end of the ceremony.

Photo courtesy: Ken Photo



By Siva Sivapragasam

Celebrating Twenty-five years of dental practice is a proof of skilled service and a trust that patients have on a Dentist.

This is exactly the reward that Dental surgeon Dr.C.P. Giri has earned over the past twenty-five years of skilled dental practice.

Dr. Giri initially earned his dental degree in Havana, Cuba in 1988 and received his certification to practice in Canada.

He has the distinction of being the first Cuban trained dentist to receive the NDEB certification.

He began his dental career initially as a dental assistant working for Dr. Art Segal who's practice was situated on Markham and Lawrence in Scarborough. His passion and determination to become a Dentist paid off.

After working as an Associate Dentist with Dr. Segal for three and a half years, he bought his practice in

Scarborough in 1998. His fluency in Tamil & Spanish helped him to attract a large clientele from the Tamil and Spanish communities.



Dr. C.P. Giri dentistry
905 770 2006

CELEBRATING 25 YEARS OF DENTAL SERVICE

After ten years of practice, he decided to sell his practice and he continued to work in Scarborough for some time to ensure continuity for patient care.

Dr. Giri is also a strong believer in volunteerism. "Volunteerism gives me pleasure and energy as well", he proudly says. He joined with a group of Medical Doctors, under the banner of MIFT on the 1st Medical Mission to Northern Sri Lanka on March 14th, 2003, provided

humanitarian aid to the people in need.

"Dr. Giri is an old boy of Colombo Hindu College, a prestigious Hindu school in Colombo, Sri Lanka."

Dr. Giri is on the Medical Staff in the Department of Dentistry at the Scarborough Hospital since 1996.

He serves in the advisory group members of the Providence Community Partners and CTMA, Canadian

Tamil Medical Association. He is

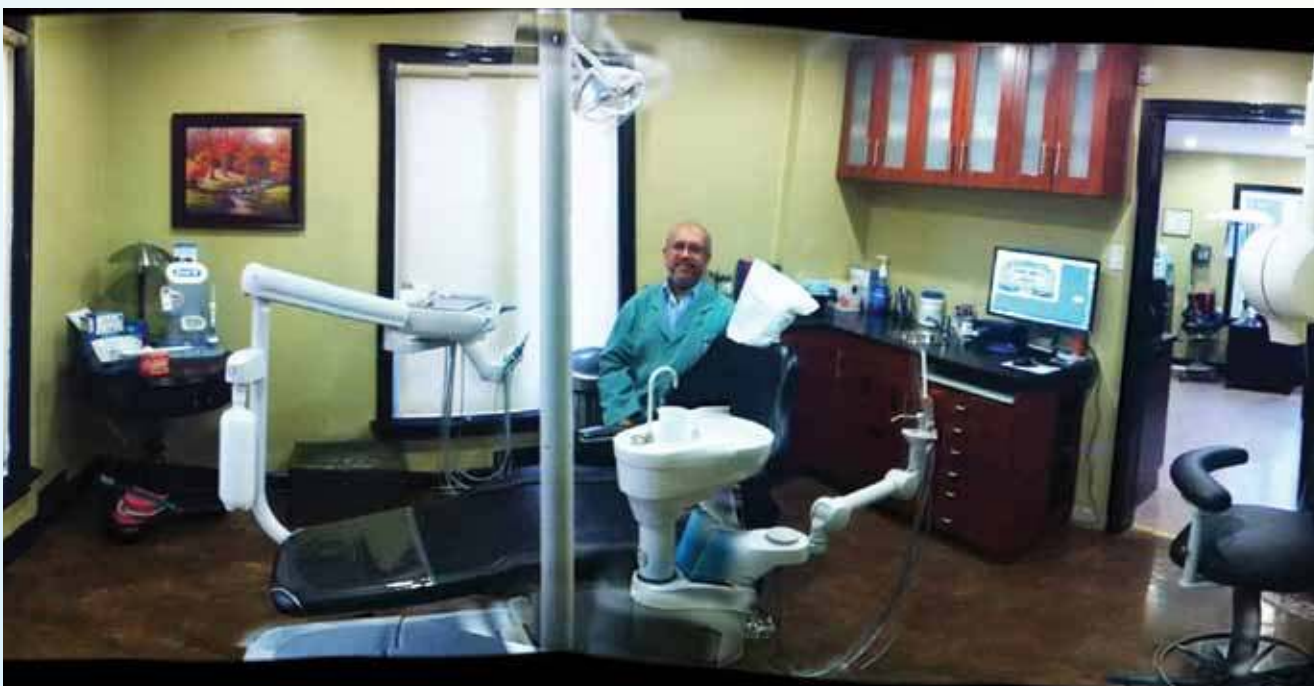
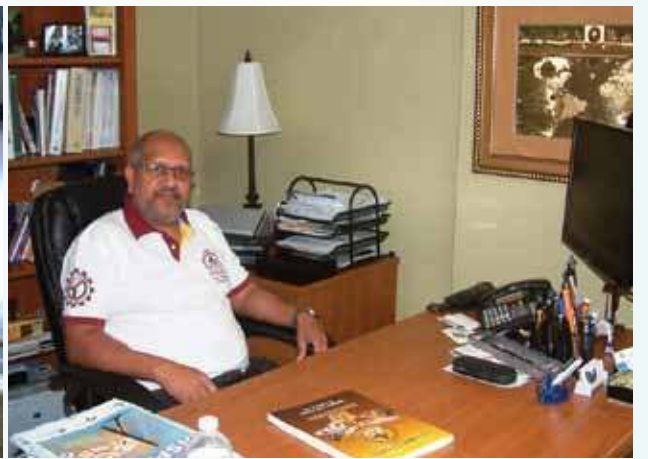
also a Councillor of the Ontario Dental Association(ODA). He serves as a director with the Toronto Academy of Dentistry.

Dr. Giri has a passionate dream of establishing a long term facility for the South Asian Community and feels the urgent need for this.

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Apart from engaging himself in his own practice, he has also helped many other dentists to open-up their own practices and familiarize themselves with the dental system and practice. Dr. Giri enjoys playing tennis and golf in his leisure time.

Dr. Giri currently practices in his Home Dental Clinic which is situated in Richmond Hill, Ontario and offering services on five days of the week. Taking a tour of his present practice location and seeing the most modern state of the art dental technology, one can be confident that Dr. Giri offers nothing but the best in dental services to all his patients.



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9791 Bayview Avenue, Richmond Hill,
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VAROD CANADA RAISED FUNDS FOR VAROD VANNI IN SRI LANKA THROUGH A MUSICAL PERFORMANCE BY KALAIMAMANI 'RAJHESH VAIDHYA'

VAROD Canada was established soon after a meeting with Rev. Fr. Albert Arulraja CMF on November 10, 2012 which was initiated by Jude Francis. Few well wishers attended the meeting with Fr. Arulraja who is the Executive Director of VAROD Vanni, a charitable organization dedicated to providing financial assistance and caring to the differently-abled.

During that meeting, Rev. Fr. Arulraja indicated that the immediate need was to replace the temporary shelter housing for the differently - abled children and adults. VAROD needs to build seven permanent brick houses and Fr. Arulraja requested VAROD Canada to sponsor the cost of the Youth Centre at an estimated cost of CAN \$30,000. The Youth Centre, when built, will be named the "Amalamariyal Vidivelli- Boys' Center".

The task of raising CAN \$30,000 as soon as possible was a very tall order for the members of VAROD Canada. However, two members of VAROD Canada - Sinnadurai Jeyakumar and Ravi Kanagasabey pitched the idea of staging a musical performance by Rajhesh Vaidhya to the committee members. These two members had prior experience in organizing such a performance and they were able to convince the others that the musical performance was a viable project.

The other members of VAROD Canada - Jude Francis, Donald Joseph, Walter Sebastian, Lawrence Santhiyapillai, Sutha Arumugam and Victor Louis worked relentlessly within a short period of time to get the Rajhesh Vaidhya performance off the ground and they were able to achieve the CAN \$30,000 target.

The musical performance was well received by the Sri Lanka community and the performance led to widespread awareness of Varod Canada's commitment to support Varod in Sri Lanka. VAROD Canada wishes to thank Rajhesh Vaidhya and his team, the Business Sponsors, The Media, the Audience, and all the Volunteers for the success of this event. The Differently-Abled kids thank you all for providing them with the funds to build the Youth Centre. VAROD Canada's work is now beginning and the members will continue to raise funds for this worthy cause in the coming days.





iNFORCE LIFE Financial Services Inc. Celebrates First Anniversary



iNFORCE LIFE Financial Services Inc., a Toronto based organization managed by Tamils and has shown remarkable progress in a short period, celebrated it's first anniversary on Saturday, Oct 26th, 2013 at it's head office in Scarborough. The Media, Entrepreneurs, community activists, friends and relatives were well represented at the event. Chandran Rasalingam, the founder and Director of iNFORCE LIFE thanked all those who have contributed towards the growth of the organization.



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BHARATHA NATYA ARANGETRAM AT THE AGE OF 5



a "Guru" and introduces this in front of an audience to elicit her talents on stage. This is the statement of "Guru". This teacher's statement has been further assured by the small child who excelled in her performance by expressing her dancing gestures according to "Thaalam" which in turn made the audience to astonish.

Some query whether "Thirugnanasampanthar" had sung "Thevaram" at the age of three (3)? You could see how Iniya performed at the age of five(5), unbelievably she has imbibed the dance otherwise she has an intrinsic affinity towards dance which further confirms "Thirugnanasampanthar" " would have made it by enjoying the milk of wisdom that was fed by goddess "Umaiy Ammai". That is a fact. I don't deny the role of teachers, Thirumagal and Ezhil and their imparting of knowledge and feelings towards this art of dance, but her dancing performance reiterates the fact that she herself had the blessings of God when she was formed as an embryo in the uterus.

Though Tamil Eelam Patriot "Maampalam" lived in the land of America for a longer period, he acted as a sweet mango of "Tamil Eelam", (never changed into an apple). There is no wonder and no doubt that Iniya has inherited and it flows as a spring through this pure classic Tamil and blood of the family which inculcated this cultural art values. This wonderful dancing performance has evoked an enthrallment to everyone. There are no words to express it even in this rich language, Tamil. Aunt (periyamma) of Iniya stated that she greatly admired to see the Arangetram performance of this 5 year old Iniya. I too endorse the statement made by her.

2013 is a crucial year. We have celebrated the centenary remembrance of "Thaninayagam Adikal" who governed the globe with Tamil language. "Arise, Awake, and stop not till the goal is achieved", it was a basic message from Swami Vivekananda and this year we celebrated his 150th anniversary as well.

All are aware that there is a historical turning point and verdict given by the Tamils in the Northern Provincial council election in Tamil Eelam. The above all significant events of this year synchronize with the Bharatha Natya Arangetram of our cute kid Iniya.

Poet Kasi Anandan has stated that, I am amazed

to hear that this small kid Iniya's Bharatha Natya Arangetram, at the age of 5, a tender age in which her feet softer than the petals of a flower wearing "Salangai" is not a flattering remarks.

I recollected and recalled the verse of poet "Kamban" saying and reminisce the dancer because it depicts the following sense of "eyes focus on hands, mind focuses on eyes, senses follow the mind, yields and derives the taste", when "Kalaimamani" Uma Ananth got astonished and praised Iniya when delivering her speech.

Rev.Fr. Jeyasekaram and Prof. Balasundaram rendered felicitations. Municipal Councilor Logan Kanapathi felicitated and awarded both teacher and the kid with certificates on behalf of the Markham Municipal Council. Parliamentarian and the voice of Eelam Tamil Ms. Rathika Sitsabaiesan hugged the kid and awarded her with certificate on behalf of the Canadian parliament, during which the auditorium vibrated due to the applause from the audience.

Gnanam was one of the Master of ceremony of the event chose excellent usage of Tamil. Manimaaran equally excelled in his terminology of speech as an MC. Compound contribution of background music too attributed to the success of this performance, Arangetram.

Long life to Iniya! Continue your journey of Tamil Art, Bharatha Natyam!!

By: Eelaventhana

I witnessed a Bharathanatya Arangetram of a five year old, held on October 5, 2013 in Greater Toronto Area. It was a performance of Iniya Haran, the disciple of Aadal Kalaimani, Natuvaanga Kalaimani Tmt. Thirumagal Raveendran and the daughter of Ezhil Haran and Haran Sivanathan. It was graciously presided by "Kalaimamani" Dr. Uma Ananth (Daughter of Bharatha Natya legend Thiru. Thandayuthapaani Pillai) from Tamil Nadu.

In this Arangetram, all guests lost themselves and enthralled by Iniya's performance at the age of five. Her dancing performance has deeply rooted in everyone's mind, though she seems to be a child in her appearance. She has proved herself that age is immaterial to stage Arangetram.

This event of Bharatha Natya Arangetram comprises ten (10) pieces including a 30 minute long Varnam. It was realized that she was able to match up to each piece and her dance was inspired with the blessing of the divine of God.

Dance of Goddess mother "Meenakshi" in "Ayirankaal Mandapam" was a very fascinating one and it attracted everyone. It portrayed that "Angayatkanni" (wife of God Shiva) herself appeared in "Ayirankaal Mandapam" was felt as a reality. Every piece was highly appreciated and applauded by the audience. Audience became enthralled by the way she performed on eliciting and honoring the resources of Tamil Eelam in a Kurathy Dance written by Iniya's great uncle, Tamil Eelam Patriot "Maampalam". On the whole, it was remarkable that her dance had drawn everyone's attention for eliciting its complete entity. This event demonstrated that our Motherland Tamil Eelam is not only for the political stages but also for the arts and daily life of each and every Tamil.

Bharatha Natya Arangetram depicts that a student properly learns all the pieces of dance under





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TCASD Remembers Rana Plaza Devastation with Durham

By: Brunthah Senthilnathan

On the 24 of April, 2013 in Savar, Bangladesh a massive eight-storey building had collapsed killing a mass of population in the city's core. This big shopping complex held many stores, banks and shops with those working and shopping there. Many people were killed in the impact and some survived the rubble alive. This is considered as one of the deadliest building collapses in history as many lost their friends, families and loved ones.

To remember the many innocent lives lost in this devastation, and to raise money to support the families of those affected by this accident, a fundraiser and gala night was held at the

Durham Mclean Community Centre in Ajax. TCASD, the Toronto Bangladesh Lions Club and along with many young singers and artists performed at the event to raise awareness of the many lives lost.

TCASD's very own three stars Taneeka Thirukumar, Meka Ratnarajah and Myurah Senthilnathan performed a cultural dance in the South Indian dance style of Bharathanatyam to support this event.

The fundraiser was accomplished very successfully as the message seeking help to those needed and affected by the accident was conveyed. May the souls of those lost rest in peace as they will be remembered in our hearts forever.



Believe in You - 2013 (TCASD's Youth Talent Show)

By: Renuka

Once again, the Tamil Cultural and Academic Society of Durham was able to pull off a spectacular "Believe in You 2013" on Saturday, September 21, 2013, at J. Clark Richardson Collegiate. This is their 6th annual talent show, and like all past years, it was a unique and vibrant experience showcasing the individual and collective contributions of hundred and above, from 3 years old to 19 years Tamil children and youth, of the Durham region.

A multitude of Tamil and Western art, music, dance and drama was on display for all to enjoy. Special mention must be made of the two very talented Masters of Ceremony, Gobisha Sureshkumar and Alston Mahendran, who kept the audience riveted from scene to scene as the events unfolded. The countless hours of hard work and combined efforts of participants, parents, program coordinators

was evident in the outstanding standard of the show.

Tamil Cultural and Academic Society of Durham, very glad and proud to stage the young talents year after year, and motivates the children and youth to become responsible, creative and committed leaders for the future!

The event was attended by many well-wishers, sponsors, local organizations, City and Provincial officials. Our Chief guests Dr. Jonathan Bertram graciously addressed the Tamil youth and their amazing initiative and leadership potential. The members and organizers of TCASD offer their sincere thanks to all the participants, parents, politicians from all levels of government and community partners, media, J. Clark Richardson Collegiate, Sound and Lighting specialists, printers, all the helpers and our valuable sponsors in making this program superb.



TCASD Support Durham LifeBeat 2013

"Durham LifeBeat 2013," – A 24 Hour Musical Band-A-thon fundraiser initiative, to benefit the Cancer Care programs at the Rouge Valley Health System Foundation – Ajax Pickering hospital, fundraiser organizers, proudly announced that \$50,000 had been raised. The 24 hour fundraising initiative that started Friday the 27th of and concluded on Saturday the 28th at 8.30 pm had many performance highlight.

Taneeka Thirukumar, Sharuya Prathapan, Nathasha Paul and Ninuksha Paul a singer with the Tamil Academic Society of Dur-

ham. Tamil Cultural and Academic Society of Durham youth was volunteered 24 hrs without sleeping (Shahahi Rajasingham, Timothy Thirukkumar, Tobias Pusparajah, Gobesha Sureshkumar, Gobeshan Sureshkumar, Ajevan Mahadaya, Reneeth Jeyakumar, Rakshana Vijayathanan, Meena Shanmuganathan, Cavinna Vairamuthu, Vashine Kameshan, Ashana Ganeswaran Nilany Sinnathamby, Jathika Mahadaya and Kishore Sivanesalingham.

All the TCASD Youth collect the pledge more than \$1500.00.





TCASD's annual Rock Climbing activity - over 20 youth participated and had lot of fun



Photos from TCASD's Halloween day with partnership with Ajax library



Navaratri at TCASD

By: Tobias Pushparajah

Navaratri started on Saturday, October 5th and continued for 9 days till Sunday, October 13th. Navaratri is divided into sets of three days to worship three different aspects of the supreme goddess or goddesses. The first three days are worshipped to the god Durga, the next three days are worshipped to a giver of spiritual force called Lakshmi and the last three days are adored to the goddess of wisdom, Saraswati. The Tamil Cultural Academic Society of Durham

celebrated Navaratri at Maha Sivan Temple with a gathering of more than 50 people. The temple was located at 940 Brock Road, Pickering, Ontario; there were prayers, music, speeches, Navaratri dishes and much more. Children, youths, parents and seniors all attended this event showing their support and respect to Navaratri. TCASD participates every year for this event and hopes to continue the tradition by working as a big family to make this event successful every year.





Impact of Family Violence

A South Asian Perspective 2013

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The Social Services Network in partnership with the Durham Regional Police Services, the University Of Ontario Institute Of Technology, Durham College, York Region Children's Aid Society held a successful media launch on October 18th at the Durham College. The objective of the launch was to share the recommendations and report findings of the Impact of Family Violence: A South Asian Perspective Conference 2013 and launch the date of the 4th Provincial Impact of Family Violence Conference in Durham Region. The report produced by Social Services Network in collaboration with Sheridan College outlines the collective experiences and opinions of the hundreds of conference participants including service providers, community members and policy makers who attended the conference held at Sheridan College in May this year.

Background and Overview of the Report Launch:
Violence against women in Canadian society is a reality in both the majority and minority cultural groups, across income levels and regions. Unequal power relations are at the core of violence against women, children, youth and seniors. The Impact of Family Violence Conference is five year Initiative led by the Social Services Network and partners to understand the specific nature, systems and complex cultural and family dynamics that pose barriers and challenges to preventing and responding to the abuse that is occurring in South Asian families.

Our partners supporting and guiding us in this endeavour are Durham Regional Police Services, Peel Regional Police Services, York Regional Police, Toronto Police Services, Community Mobilization Unit, Durham Tamil Association, Women's Multicultural Resource and Counselling Centre of Durham, Community Development Council Durham (CDCD), Muslim Welfare Home, Victim Services of Durham, Durham Elder Abuse Network (DEAN), Durham District School Board, Outreach Services at Durham College and University of Ontario Institute of Technology, York and Durham Region Children's Aid Societies, Durham College, as well as University of Ontario Institute of Technology.

There were over 50 supporters in attendance from organizations such as Aids Committee Durham, Bethesda House, Canadian Council of Muslim Women, CDCD, Corner Comforts, DRPS, Durham Children's Aid Society, Durham College, Durham Tamil Association, Friends Indeed-Durham, Luke's Place, Muslim Welfare Home, Peel Regional Police, Punjabi Community Health Services, Social Services Network, Toronto Police Services, University of Ontario Institute of Technology, Victim Witness Assistance Program, White Ribbon Campaign, WMRCC of Durham, York Children's Aid Society, and York Regional Police Services and media partners CBC, ATN, and Tamil One TV.

Durham Tamil Association was invited to be part of the FVC and it was a honour for Mrs. Uma Suresh to join the steering committee, representing both DTA and WMRCC . Being one of the major partners of the Family Violence Conference, Durham Tamil Association contributed to the Family Violence Conference and the media launch in many ways. DTA connected various community groups of Durham to SSN, invited Durham District School Board to be one of the major partner of the conference, invited various media of South Asian communities and currently involved in creating the dialogue about the conference among different ethnic groups and promoting the conference among the youth through Durham District School Board.

The 4th Impact of Family Violence Conference: A South Asian Perspective, will be held on May 14th and 15th of 2014 in Durham College and the University of Ontario Institute for Technology. Stay tuned to the conference website:
<http://www.socialservicesnetwork.org/FVC2014.aspx>





DTA chipped in at Pickering Village's Fall Family Festival 2013

An outdoor Fall Family Festival was hosted by the Pickering Village on September 14th 2013 from 9 am to 7 pm. There were Farmer & Artisan Markets, live music and entertainment, activities and demo for families, live animals, teddy bear picnic, international food & tons more. Durham Tamil Association with 18 youth volunteers offered free henna, rice art, set up cubicles in the most South Asian traditional way. Ajax Mayor Steve Parish and MPP Joe Dickson were overwhelmed by the continual service provided by the youth volunteers of Durham Tamil Association. TEAM DTA Youth were involved with the setup, maintenance and clean-up activities in shifts, during this great event of Chocolate Margaret which brought the community together under one roof.



Picture: DTA's Uma Suresh decorating guest hands with Henna @ the Fall Festival



Picture: Luxsiya Kanthavanam of DTA decorating a guest's hand with Henna @ the Fall Festival



TEAM DTA Youth @ the Fall Festival



Picture: TEAM DTA Youth with Ajax Mayor Steve Parish and Margaret Campbell @ the Fall Festival

"CLICKS" - DTA's participation in various community events



Picture: Some of our DTA Executives with Minister Chris Alexander during his Fall Fete 2013



Picture: WMRCC Board Directors Uma Suresh (DTA), Fanuel Ephraim & Shivana Choosingsh with Minister Chris Alexander during his Fall Fete



Picture: Some of DTA's Executive Members with Mrs. Shashi Bhatia of ICCAD and many dignitaries during Indian Independence Day Celebration



Picture: DTA's Uma Suresh & Hema Chandra at IDI's Iftar Dinner



DTA invited to attend the Volunteer Leadership Conference

Durham Tamil Association's Proud Moment

It was quite a proud moment for Durham Tamil Association when Canadian Cancer Society invited Uma Suresh to attend the Volunteer Leadership Conference "Celebrating the Power of One". The conference was held at Innisfil on October 6, 2013 from 8:30am to 3:30pm. This was designed to enhance Leadership skills and help deliver better quality events. The highlight of the conference was to recognize the outstanding volunteers and to let them know that their passion and dedication for the Society has not gone unnoticed. The guests celebrated and appreciated the volunteers for their individuality. The fund raising initiatives and efforts of DTA and its youth was greatly appreciated by all. Engaging and interactive breakout sessions, Fire-side chat and motivational speakers made the seminar a memorable one.



Pictures: DTA in Canadian Cancer Society's Leadership Conference



Pictures: DTA's VP Kanga Siva & Uma Suresh with Canadian Cancer Society Team

DTA took steps against Breast Cancer



Pictures: DTA's Duja decorating guest hands with Henna



Durham Tamil Association came forward to help raise funds for the Canadian Cancer Society in their annual initiative "Taking Steps Against Breast Cancer". This day program took place in Heydenshore Pavilion in Whitby, on Sunday from 10 am. Durham Tamil Association was requested to take part and assist the team in fundraising. A team of youth volunteers along with Uma Suresh and Dujavanthi Swis filled the guests hearts with immense joy by decorating their hands and nails with henna and nail art. Mayor of Whitby Pat Perkins, Councilor Lorne Coe and Councilor Ken Montague appreciated DTA's efforts and commitment to help the community.

Pictures: Whitby Councilor Pat Perkins, Councilor Lorne Coe, Sharon Alipanopoulos, DTA's Uma Suresh, Thurga & Duja during Taking Steps Against Breast Cancer



Tamil Culture Nite is about engaging youth

By Martin DeGroot
for Waterloo Region Record

Tamil Culture Nite has been part of our fall events calendar since 2001.

Notices for the 2013 edition, which happens next Saturday, can be found in all the major listings.

Seeing the announcements, I'm reminded of making connections with members of the Tamil Cultural Association and writing about the event the second or third time it was held.

The basic form has remained remarkably consistent over the years with the same venue — the Humanities Theatre in Hagey Hall at the University of Waterloo.

As always the event has an extensive and varied stage program, including a taste of drama, and with dance and music the predominant elements.

Youthful, because of the various learning organizations involved, and at the same time, rooted in traditions that go back thousands of years.

No charge for admission. Everyone is welcome.

Even the leadership has remained constant: Their various roles have changed, and they have been steadily attracting new energies, but most of the people I've been speaking with about Tamil Cultural Nite 2013 I'd met on previous occasions.

Ten years ago, the emphasis was on outreach. It was important to let people know that a primary purpose of this annual South Asian performing arts show-

case is to share something of the extraordinarily rich Tamil cultural inheritance with other Canadians of all backgrounds.

That message is less urgent today. Among the scores of ethno-cultural organizations that operate here in our region, the Tamil Cultural Association is one of the most active and public, especially from a broader arts and culture perspective. As a result, the association is much better known as an integral part of our community than it was ten years ago.

The welcome message for Tamil Cultural Nite 2013, however, is as warm, sincere and wide open as ever.

As current chair Rajivi Nadarajah explained when I spoke with her this week, Tamil identity is centred around "language, culture and tradition."

The mission of the association sounds a like that of an arts council or a cultural centre:

"Recognizing that arts, culture and language are essential to a vibrant civic life and sustained economic growth, the Tamil Cultural Association advocates and promotes cultural activities, with the goals of: nurturing a climate ... in which the arts and culture can thrive; (and) enriching the esthetic environment of the Region of Waterloo ..."

Tamil culture is increasingly transnational in scope. Originating in southern India, it became the spoken and written language of many millions in Sri Lanka, Burma, Singapore, Malaysia, Indonesia, South Africa, Fiji, Mauritius, and now all



over the world, including Canada. And including Grand River country, there are about 600 families in Waterloo Region. In 1989, leaders of the community formed an organization called the Tamil Heritage School, which later became the Tamil Cultural Association.

They are beginning to make plans for celebrating the 25th anniversary of the association in 2014.

Although it has been known, officially, as the Tamil Cultural Association of Waterloo Region since 2001, there is affiliation from all five major cities of the Grand River watershed: Tamils from Guelph joined in 2001; the Tamil community in Brantford came on board in 2011.

At around the same time, the associa-

tion worked with the Waterloo Regional District School Board to re-establish the Tamil language school, which is centred in Cambridge.

A great deal has been accomplished since 2001, and since 1989. They'll do something special mark the occasion in 2014, that's certain. It might be something big and exciting.

But the priority at the quarter-century mark is not further expansion or growth, and not outreach into the broader community. It is engaging youth, and passing the torch to the next generation.

Martin DeGroot writes about local arts and culture each Saturday. You can reach him by email at:

mdg131@gmail.com

POLICE CRACK DOWN ON JAYWALKERS, DISTRACTED DRIVERS

By Greg Mercer, The Record

WATERLOO REGION — Alarmed by the deaths of 10 pedestrians and cyclists in the past two years, Waterloo Regional Police are cracking down on jaywalkers and distracted drivers at the region's most dangerous intersections this month.

November is the worst time of the year to be out on foot, according to traffic statistics that show you're more likely to get hit crossing the street in this gloomy month than any other.

That's why you can expect to see police officers planted at some of the region's busiest intersections in Kitchener, Waterloo and Cambridge in the coming weeks, issuing \$50 tickets or warnings to walkers and \$180 fines to drivers who are breaking the law.

Police are worried about pedestrian safety for good reason. Last year, eight of the 12 traffic fatalities in Waterloo Region involved people on foot or on bicycles. Another two pedestrians have been killed by cars this year.

"Those numbers really sparked some concern here, that's why we decided to do something about it," said Staff Sgt. Scott Diefenbaker of the Waterloo Regional Police's traffic branch.

"We're going after what we see are the worst intersections. That data is driving this, it's telling us where to go. ... And statistically, we see a greater likelihood for pedestrian collisions in November than any other month."

Police did a similar safety campaign back

in March — another dangerous month for walkers — when they laid 207 charges at 12 problem intersections. Of those charges, 120 were against pedestrians and the other 87 against drivers.

This time, they'll focus on busy intersections along King Street in Kitchener, around the campuses in Waterloo, on Victoria Street South and River Road East in downtown Cambridge and the Franklin Boulevard intersection near St. Benedict Catholic Secondary School.


But police can't curb the problem alone, Diefenbaker said. Pedestrians can also do a few simple things to decrease collisions at intersections. That includes crossing only at marked crosswalks and obeying crossing signals, wearing brighter clothes, and being careful with umbrellas, hoodies, ear buds or walking while texting — or anything else that can obscure your vision or distract you from what's happening around you.

"Dark clothing with an umbrella is just a recipe for a disaster," he said. "Pedestrians have no protection around them. So the end result is usually pretty tragic."

Police will use their discretion on when to issue warnings and when tickets are required, Diefenbaker said. But one way or another, pedestrians and drivers need to get the message.

"We have to keep hammering the message home. Everybody has to take road safety in their own hands," he said.

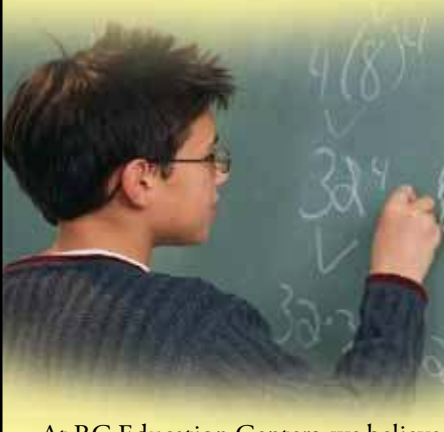
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Exchange of culture, Tamil Cultural Nite makes a difference

Waterloo: Multiculturalism was very much alive during TAMIL CULTURAL NITE performing arts festival in the Waterloo region. Based on the theme, CULTURE FOR ALL, the Sri Lankan and Indian community from Kitchener, Waterloo, Cambridge, Brantford and Guelph area invited the University of Waterloo Indian connection to be part of their cultural mosaic. A group of 30 students performed a Tamil remix dance, which was the highlight of the evening.

The 13th annual "Tamil Cultural Nite" was held on Saturday, Oct. 19th at the Humanities Theatre, University

of Waterloo. This performing arts festival is an annual event, held to reflect the rich cultures primarily from Sri Lanka and India. The chief guest was Hon. Rob Leone, MPP for Cambridge and special guests were Chairman of Waterloo Region Ken Seiling and Mr. Peter Braid, MP for Kitchener-Waterloo.

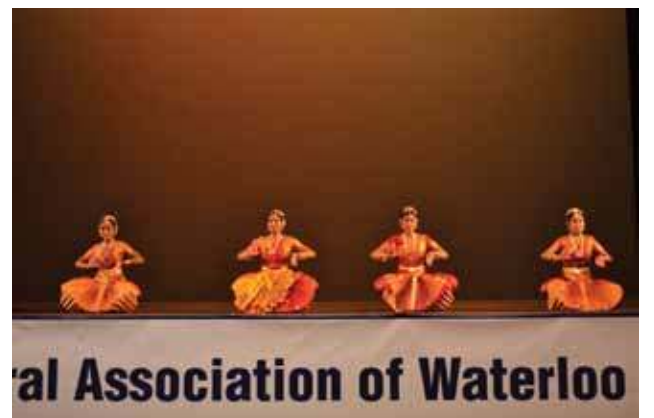
The evening was inaugurated with musical drama by the Waterloo Region Tamil language class students from Cambridge. It was performed under the guidance of the teacher Mrs. Kunamalar. The festival included Bharatha Natyam Dance "Mallari with Siva Stuthi" pre-

sented by the students of Selvi Sureshwaran of Sri Abiramy dance academy of Waterloo and "Mahishasuramardhini" by the students of Suneetha Prakash, Laya Lasya Dance studio of Cambridge. The artists from "Mridanga Shesthiram" of Toronto presented by students of "Mridanga Gnnavaruthy" Vasuthevan Rajalingam of Toronto. Local and University of Waterloo Tamil students provided other musical performances.

Mrs. Rajivi Nadarajah the president, welcomed all guests and thanked the sponsors for supporting the festival. Her speech reflected the association's non po-

litical commitment and a strong vision to promote TAMIL culture in the region. This year, the association celebrating its 24th anniversary.

The Cultural Nite is sponsored by the City of Waterloo, City of Kitchener, City of Cambridge, CIBC, Investors Group, Re/Max Real Estate, Redragon and Sri Lankan Airlines. This year's festival attracted around 600 guests in and around the Waterloo Region and GTA. The festival is an admission free event conducted by the Tamil Cultural Association of Waterloo Region.





WHITBY
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Regional News

Free Wi-Fi at Town of Whitby Facilities



Wi-Fi zone at the Brooklin Community Centre and Library

The Town of Whitby is making it easier for residents and visitors to log onto its wireless network. The community can now connect to TownofWhitbyPublic for free at many municipal facilities.

The original public Wi-Fi at Town facilities was rolled out in February 2010, but it required users to get a password from the front desk. With this launch, the public will no longer have to do that. Users must accept the terms and conditions in order to use this wireless network.

The Town does not provide encryption or other security measures to protect the user's systems or any information sent or received over the internet. Security and privacy protection remains the user's responsibility when using the Town of Whitby Wi-Fi.

Town of Whitby Launches New Web-based By-law Guide

The Town of Whitby is pleased to announce the launch of a new web-based By-law Guide. The By-law Guide provides residents and business owners with quick-reference information about the Town's most common by-laws. The guide is separated by topic, including sections related to property standards, accessory apartments, waste collection, responsible pet ownership, noise and parking. Within each section of the guide, residents and

business owners will find useful information about the by-laws, standards and regulations that may apply to their property. To access the By-law Guide, please visit www.whitby.ca/bylaws.

Town of Whitby wins iCompass Foundation Award for Paperless Meetings

Mayor Perkins and the Members of Council are pleased to announce that the Town of Whitby—and in particular two key staff members, Debi Wilcox and Susan Cassel—has received the iCompass Foundation Award. This prestigious award from iCompass Technologies recognizes a municipality for its innovation in technology related to meeting management for improving openness and transparency in local government.

The new CivicWeb portal (www.whitby.ca/civicweb) transforms the way people get information about Council and Committee meetings, making open governance a reality for the Town of Whitby.

Mayor Perkins noted that the Town of Whitby has established itself as a leading municipality when it comes to open government, transparency and green initiatives.

November Events

www.whitby.ca/calendar

Event Name	Location	Date	Time
Youth Dance	Heydenshore Pavilion, 589 Water Street, Whitby	Friday, November 1	7:00–10:00 p.m.
Planning and Development Committee Meeting	Council Chambers, Whitby Municipal Building, 575 Rossland Road East, Whitby	Monday, November 4	7:00 p.m.
Newcomers Welcome Program for Seniors	Whitby Seniors' Activity Centre, 801 Brock Street South, Whitby	Thursday, November 7	1:00–3:30 p.m.
Remembrance Day Parade	The Royal Canadian Legion, Whitby Branch, 117 Byron Street South, Whitby	Monday, November 11	10:30 a.m.
Operations Committee Meeting	Council Chambers, Whitby Municipal Building, 575 Rossland Road East, Whitby	Tuesday, November 12	7:00 p.m.
Newcomers Welcome Program for Seniors	Whitby Seniors' Activity Centre, 801 Brock Street South, Whitby	Thursday, November 14	1:00–3:30 p.m.
Youth Dance	Heydenshore Pavilion, 589 Water Street, Whitby	Friday, November 15	7:00–10:00 p.m.
Regular Meeting of Council	Council Chambers, Whitby Municipal Building, 575 Rossland Road East, Whitby	Monday, November 18	7:00 p.m.
Management Committee Meeting	Whitby Municipal Building, 575 Rossland Road East, Whitby	Tuesday, November 19	2:00 p.m.
Newcomers Welcome Program for Seniors	Whitby Seniors' Activity Centre, 801 Brock Street South, Whitby	Thursday, November 21	1:00–3:30 p.m.
Planning and Development Committee Meeting	Council Chambers, Whitby Municipal Building, 575 Rossland Road East, Whitby	Monday, November 25	7:00 p.m.
Newcomers Welcome Program for Seniors	Whitby Seniors' Activity Centre, 801 Brock Street South, Whitby	Thursday, November 28	1:00–3:30 p.m.
Brooklin's Christmas in the Village	Grass Park, 41 Baldwin Street North, Brooklin	Friday, November 29	6:00–8:00 p.m.
Youth Dance	Heydenshore Pavilion, 589 Water Street, Whitby	Friday, November 29	7:00–10:00 p.m.

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Mayor Perkins and Members of Council
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Brooklin's Christmas in the Village

Friday November 29
6:00–8:00 p.m.
Grass Park • Downtown Brooklin

Enjoy candlelit carols, tree lighting
Free hot chocolate and goodies
Santa and his reindeer, wagon rides
And much more

Don't forget
"Fill the Sleigh"
Food and toy drive
(unwrapped toys/
non-perishables)
Proceeds to the
Salvation Army



For more information:
905.430.4306 • downtown@whitby.ca • www.whitby.ca/events

Whitby's Holiday Celebration and Annual Tree Lighting

Friday December 6
6:00–8:00 p.m.
Celebration Square • Downtown Whitby

Enjoy Tree Lighting, a visit from Santa
Seasonal entertainment and activities
Free hot chocolate and goodies
And much more

Don't forget
"Stuff A Bug"
Toy Drive
(new unwrapped toys)
Proceeds to the
Salvation Army



MARKHAM



Regional News



On October 18, Mayor Frank Scarpitti, Members of Council, Senior City Staff and members of our community participated in a flag-raising ceremony to observe Ontario's Stop Workplace Bullying and Harassment Day.



Mayor Frank Scarpitti and Members of Council hosted the LED Street Light Conversion Program press conference at Millennium Park on October 15. This light replacement will improve street visibility, reduce our carbon footprint and save the City almost \$1.0 million annually! Visit markham.ca for more info.



Special guests from the Federation of Chinese Canadians joined Mayor and Council to celebrate the National Day of the People's Republic of China (Sept. 9) and the naming of Nanhai Street – a district of Foshan, China - in Markham.



Mayor and Council, family, friends and community members gathered in Grand Cornell on September 29 to dedicate a parkette in honour of Shania Johnston. Shania's school friends were on hand to honour the lasting legacy she left and her fundraising for Neuroblastoma – a childhood cancer that took her own life.

Mayor and Council celebrated the unique and outstanding contributions of seniors in our community at the Mayor's Seniors Hall of Fame Awards on October 1.



Remembrance Day Ceremony

Monday, November 11, 2013 • 10:30 a.m.
Flato Markham Theatre
171 Town Centre Blvd.
(Anthony Romani Centre)



Presentation and Tribute to our Veterans Featuring:
The Suburbanaires
Youth Poetry Winners

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