

A parfait media publication

Monsoon Journal

VOL 8 ISSUE 7 DECEMBER 2013

British Prime Minister David Cameron has won Tamils' hearts

by K. Thirukumaran
See Pictorial details on Page 47



Prime Minister David Cameron was in Jaffna on Friday, November 15



David Cameron
@David_Cameron



I'm the first PM or President to go to the north of Sri Lanka since 1948. I want to shine a light on chilling events there first hand #CHOGM

Sri Lanka may face tough times next March in the U.N. Sri Lankan Government against International probe on possible war crimes



Prime Minister of the United Kingdom, Mr. David Cameron arrived at 12: 30 AM on Nov 15th at Colombo-Katunayake Airport to attend The Commonwealth Heads of Government Meeting (CHOGM) (pic: news.lk)

By Siva Sivapragasam

(CHOGM) in Colombo.

Roman Emperor Julius Caesar was warned of the Ides of March as a bad omen.

Sri Lanka too may face tough times coming March at the UN Human Rights Council with UK having expressed its intention to move for an international probe on war crimes against the Sri Lankan Government if an internal investigation is not forthcoming.

Sri Lanka was now facing a threat at the UN body, according to officials as well as diplomatic sources. UK Prime Minister David Cameron warned Sri Lanka of dire consequences unless the government addressed accountability issues during the next four months. The warning was given on the sidelines of the recently concluded Commonwealth Heads of Government Meeting

However, the Sri Lankan Government is not willing for an international investigation and President Rajapakse has already stated that international pressure will not make the Government bow down.

Sources said that Sri Lanka's position maybe further undermined by India, too, being a member of the UNHRC. India threw its weight behind a US-sponsored resolution at the Geneva session in March last year. The resolution received the backing of 24 countries, while 15 opposed and eight abstained.

Major Tamil Nadu political parties aligned with the Congress Party-led United Progressive Alliance (UPA) now in power and the main Opposition party, the Bharatiya Janatha Party (BJP), would be able to influence them, sources said. A US-UK-India alliance may cause a crisis on the diplomatic front.

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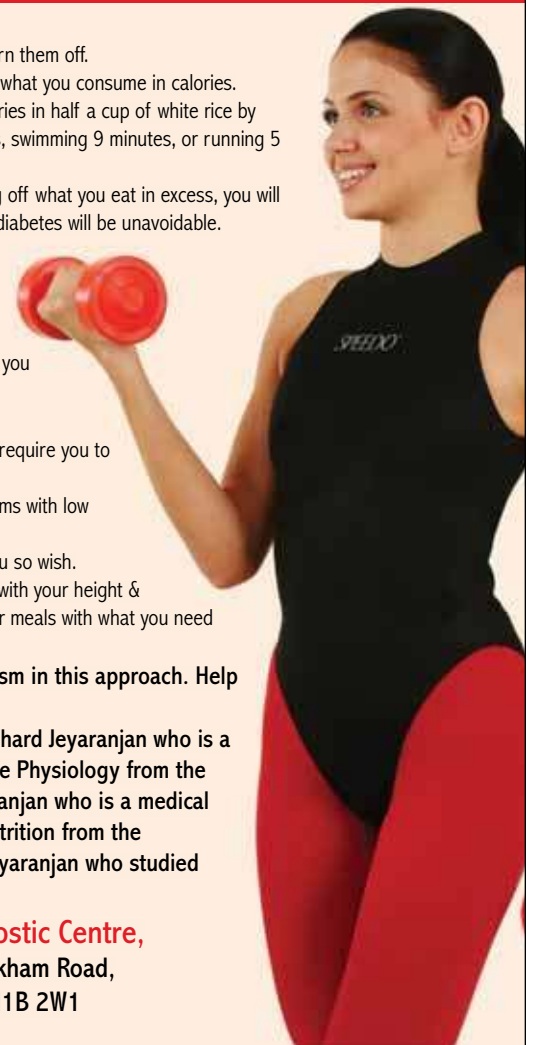
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To be directed and supervised by Dr. Richard Jeyaranjan who is a medical specialist with a Ph.D. in Exercise Physiology from the University of Toronto, Dr. Rushane Jeyaranjan who is a medical doctor with a B.Sc. in Applied Human Nutrition from the University of Guelph, and Mr. Jeshane Jeyaranjan who studied Culinary Skills at the Humber College.

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Call for Appointments

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GlobalMedic to rebuild homes in the Philippines



GlobalMedic's team in Iloilo is about to begin a Quick Intervention Project (QIP) that will result in the rebuilding of the Town of Ajuy. QIPs are designed to spend funds procuring goods in the local economy, provide the immediate delivery of aid, debris clearance, and repairs to shelters and schools. After survey the damage done on an island (population: 600) near the town of Ajuy, GlobalMedic's team saw that about 119 homes were badly damaged, and some beyond repair. In response the team will be purchasing tools and hiring local help to rebuild some of the most damaged homes. This QIP will also involve removing debris to open up roadways.

Members of the media in the Philippines are welcome to speak with the team while they rebuild the island. For media from abroad, the team is available for phone interviews. Additionally, GlobalMedic staff members in Toronto are

available to talk about the project.

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GlobalMedic is the operational arm of the David McAntony Gibson Foundation (DMGF), a registered Canadian charity that runs capacity building programs in post conflict nations and provides disaster relief services to large scale catastrophes around the world. GlobalMedic has responded to disasters in over 50 countries on over 90 missions.

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Jaffna Hindu College Association Canada Annual General Meeting

Date:
Sunday, December 08th, 2013 at 10:00 AM

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

We cordially invite the JHC old boys/staff to attend the Annual General Meeting to express your views and elect the new executive committee for the year 2013/2014.

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Harper Government kick-starts Canadian entrepreneurship with new Build in Canada Innovation Program Call for Proposals

OTTAWA, Ontario, November 21, 2013 — The Honourable Diane Finley, Minister of Public Works and Government Services, today announced the fourth Call for Proposals for the Build in Canada Innovation Program (BCIP), while welcoming hundreds of Canadian entrepreneurs at the inaugural Startup Canada "Day on the Hill."

"Entrepreneurs have such an important role in driving innovation in this country, which in turn creates jobs and economic growth for Canada," said Minister Finley, while addressing the crowd. "Our job as a government is to fuel that spirit and drive in Canada, and this new Call for Proposals will help kick-start businesses by getting their innovative products and services from the lab into the market."

The BCIP was launched in 2010 as a pilot program to connect Canadian companies with federal departments and agencies that have a need for innovative

products and services. By selling to the federal government, businesses can demonstrate the value of their products and services, and potentially generate future sales to non-government customers in Canada, and around the world.

To build on the early success of this pilot program, Economic Action Plan 2012 allocated additional funding for three years, starting in 2013. As of 2016, \$40 million will be permanently dedicated to the BCIP annually. In February 2013, the Jenkins report recommended making the program permanent, in order to more effectively provide incentives for solving operational problems identified by federal departments.

The fourth Call for Proposals, which includes a military component, is currently available on Buyandsell.gc.ca/tenders. Suppliers have until January 7, 2014, to submit their proposals.

Visit actionplan.gc.ca to learn more about Canada's Economic Action Plan

Ontario - First Place in North America to End Coal-Fired Power TOGETHER, PREMIER KATHLEEN WYNNE AND AL GORE COMBAT CLIMATE CHANGE



Ontario is one step closer to being the first place in North America to eliminate coal as a source of electricity generation.

Today, Premier Kathleen Wynne welcomed Al Gore, former Vice-President of the United States and Chairman of the Climate Reality Project, to the MaRs Discovery Centre in Toronto. They highlighted the closure of Ontario's coal-burning Lambton and Atikokan facilities ahead of schedule, and the upcoming closure of the Nanticoke Generating Station - the largest coal plant in North America.

Over the next year, Thunder Bay Generating Station will stop burning coal and will be converted to use advanced biomass, a fuel for electricity generation. This is the last major step in Ontario's plan to eliminate coal-fired electricity.

Next week, as part of Ontario's commitment to combat climate change, the province will also introduce the Ending Coal for Cleaner Air Act to ensure the public health and climate change benefits of eliminating coal use for electricity generation in Ontario would be protected by legislation.

The Ending Coal for Cleaner Air Act would ensure that once coal facilities stop operating by the end of 2014, coal burning generation on the electricity grid will never happen again.

Protecting the environment while providing clean, reliable and affordable power is part of the government's plan to invest in people, build modern infrastructure and support a dynamic and innovative business climate across Ontario.

from the publisher's desk

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Cherish in the giving and taking of volunteerism

Another year is here, getting ready to wrap up to the chimes of the good season and souls to gear for the next while reflecting the year that has gone by.

This is the time of the year that also serves as a reminder in the cherishing of what we have and what we give back. The holidays and customary celebrations gives us the pause needed to reflect on our lives and it encourages to do more for others while appreciating what we have.

The holidays are not necessarily a time to touch upon a "guilt feeling" to do good, but in reality it sparks like holiday glitter to think along these lines and in turn widen the season's happiness appeal in everyone.

Many surveys with Charities report that majority of their total annual contributions come from individuals at year-end. It is true,

"Good actions give strength to ourselves and inspire good actions in others." - Plato (427 BC -347 BC)

of course, that making a charitable contribution in by the end of the year qualifies you for a tax deduction in this calendar year. But not just monetary in terms tax reductions, the increasingly popular across many communities and age groups is that of charity - by way of putting in volunteer time.

Today many of our community organizations hold annual volunteer recognition and award ceremonies. This is not only of marking recognition to the efforts of people who have already made significant contributions, but more importantly it also inspires others to put in time to various endeavours. It allows gaining new skills and connections while sharing one's own and

enriching humanity in the process.

The human contribution on firsthand basis enables to bring out the joy to directly witness and cherish in the giving and taking.

Let's usher in the season of making hearts tender and committing in charity, volunteerism and smiling faces.

On behalf of Monsoon Journal we hope you all have a wonderful holiday season. For everyone celebrating, we hope you have a Merry Christmas, Happy Kwanza, and Happy Hanukkah and for everyone - Have a very Happy New Year.

Be safe this holiday season and we wish you all the best for the New Year.

Great Heroes Day

Thousands of Tamils gathered for Great Heroes Day Events around the globe on Wednesday, November 27th. Several sessions of paying homage were held around the globe. Pictures here are from a session held at Markham Fairgrounds, Ontario.



INDEX

Sri Lanka News	1
Ads	2
Canada News	3&5
Publisher's Info	4
World News	6-10
Health & Care	11-22
Special Feature	23-39
Business & Finance	40-41
O p -Ed	42-43
Community Watch	44-54
Mixed Coverage	44
Cedarbrae Seniors	45
Uduvil Girls	46
Cameron in Jaffna	47
RBC Royal Bank	48
Mixed Ads	49
Hartley College 25th AGM	50 & 51
Sri Sathya Sai Baba	52 & 53
Scarborough Senior Tamils	54
DTA	55-57
Regional News	58-61
Waterloo	58&59
Whitby	60
Markham	61
GA Law	62
Life 100 / Action Business Development	63
Ads	64

"Gratitude is the fairest blossom which springs from the soul." – Henry Ward Beecher (June 24, 1813 – March 8, 1887) American Congregationalist clergyman

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

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Tamil Canadians support relief efforts in the Philippines



Members of the Tamil community in Canada on November 13 contributed to Philippines's Typhoon Haiyan Relief effort. According to the organizers of this relief effort, the donated amount will later be matched by the Government of Canada.

ANCOP Canada, a charity based organization in Canada collected funds from the Tamil community and expressed their sincere gratitude, thanking the Tamil community for stepping forward to assist other communities in times of need. The ANCOP president also met with community members and explained their relief efforts, and how they would assist in the affected re-

gions. Media from the Philippino community were also present during this meet to record the event.

The typhoon Haiyan affected the most vulnerable people of the Philippine islands. Hence, the Tamil community took this opportunity to extend their support to fellow Philippino Canadians. Tamils expressed their distress and similar relief efforts during the Tsunami of 2005 and during the 30-year civil war in Sri Lanka. Further information regarding this relief effort is available, contact: Krish at krish.nadaraj@gmail.com

(Excerpted from Media Release).

Canadian consumers to spend more this Holiday Season



Economic and Market Research specialists have predicted that Canadian consumers are bent on spending more this holiday season. This news comes as a happy message to stores country wide who have been experiencing slower sales during the very recent months.



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Government Introduces Legislation to Crack Down on Cyberbullying



The Honourable Peter MacKay, P.C., Q.C., M.P. for Central Nova, Minister of Justice and Attorney General of Canada, today introduced legislation to address criminal behaviour associated with cyberbullying. This legislation demonstrates the Government's firm commitment to ensuring that Canadians are better protected against online exploitation. Minister MacKay was joined by the Honourable Steven Blaney, Minister of Public Safety and Emergency Preparedness.

"Our Government is committed to ensuring that our children are safe from online predators and from online exploitation. We have an obligation to help put an end to harmful online harassment and exploitation. Cyberbullying goes far beyond schoolyard bullying and, in some cases, can cross the line into criminal activity," said Minister Mackay. "With the click of a computer mouse, a person can be victimized before the entire world. As we have seen far too often, such conduct can destroy lives. It clearly demands a stronger criminal justice response, and we intend to provide one."

The legislation being introduced today would:

- Prohibit the non-consensual distribution of intimate images;
- Empower a court to order the removal of intimate images from the Internet;
- Permit the court to order forfeiture of the computer, cell phone or other device used in the offence;
- Provide for reimbursement to victims for costs incurred in removing the intimate image from the Internet or elsewhere; and
- Empower the court to make an order to prevent someone from distributing intimate images.

The proposed investigative powers to identify and remedy this and other cybercrimes would be subject to appropriate

judicial oversight.

The Government worked closely with the provinces and territories in developing the report and recommendations on which this legislation is closely based.

"With this legislation, we are confirming that this type of behaviour is absolutely unacceptable and has serious consequences," added Minister Blaney. "As part of Bullying Awareness Week, we are committed to reminding victims that they are not alone, and encouraging them to reach out to a teacher, a trusted adult, a parent or a friend. Bullying – whether online or off – is a problem that affects us all, and we all have a role to play in stopping it."

Working with partners in the public and private sectors, the Government of Canada is taking action to address all forms of bullying through education, awareness and prevention activities.

For example, the Government is also supporting the development of a number of school-based projects to prevent bullying, as part of \$10 million in funding that was committed in 2012 towards new crime prevention projects.

Other important projects that the Government supports to address cyberbullying include the Cybertip.ca and NeedHelpNow.ca websites operated by the Canadian Centre for Child Protection. Canadians can use these websites to report online sexual exploitation of children and to seek help for exploitation resulting from the sharing of sexual images.

In addition, through the Government's GetCyberSafe campaign, Canadians can get the information they need to protect themselves and their families against online threats, including cyberbullying.

For more information on Bullying Awareness Week, please visit the website www.bullyingawarenessweek.org.



A round the World

Iran Nuclear Deal Draws Israeli Criticism, Saudi Silence

Iran's nuclear agreement with world powers has drawn strong criticism from Israel and silence from its main Gulf rival, Saudi Arabia.

Under the deal reached in Geneva early Sunday, Nov 24 - Iran must limit its enrichment of uranium and freeze reactor construction.

Israel and Saudi Arabia have long feared Iran will divert those activities to make atomic weapons that could threaten their interests. Iran says its nuclear program is peaceful.

In return for Iran's concessions, the United States and five other world powers agreed to ease some international sanctions on Iran's economy.

Israeli Prime Minister Benjamin Netanyahu told the Israeli Cabinet the Geneva agreement is a "historic mistake" that makes the world "a much more dangerous place." Israel wants more sanctions on Iran and a complete dismantling of its nuclear facilities.

The rulers of Saudi Arabia, Qatar and Kuwait met Saturday as Iran and the world powers finalized the nuclear deal.

None of the three Gulf states had commented on the agreement by late Sunday.

But Sunni Arab Gulf leaders have expressed concerns in the past about what they see as a campaign by Shi'ite Iran to boost its regional influence.

Israeli leaders see a nuclear-armed Iran as a threat to their nation's existence due to Iran's frequent calls for Israel's demise. Netanyahu said Israel will "not allow Iran to have a nuclear weapons capability."

President Barack Obama offered reassurance late Saturday, saying Washington's commitment to Israel and to its Gulf partners will "remain firm." He also said those nations have "good reason to be skeptical about Iran's intentions."

In an interview with CNN, Secretary of State John Kerry said the deal with Iran will make Israel "safer" because it is designed to expand the amount of time Iran would need to make a nuclear weapon.

Two Gulf states gave a cautious welcome to the Geneva agreement. The United Arab Emirates expressed hope that it will lead to a permanent deal that preserves stability in the region and protects it from nuclear proliferation. Bahrain said it hopes there will be an end to "fear"



Hassan Rouhani speaking during a press conference in Tehran a day after a deal was reached on the country's nuclear programme

in the region.

The deal also won praise from Iran's neighbor, Iraq, and main regional ally, Syria, two Arab nations not led by Sunnis.

Iraq's Shi'ite-led government called the agreement a step forward for solving regional problems. The government of Syrian President Bashar al-Assad said the deal is proof that negotiations are the best way to resolve a conflict.

Assad is a member of the Alawite sect of Shia Islam. Iran has been supporting him as he fights off a two-year long rebellion against his autocratic rule.

The government of Palestinian President Mahmoud Abbas hailed the Iran nuclear deal as an "important message for Israel to realize that peace is the only option in the Middle East." Israel is believed to be the only nuclear-armed nation in the region. It neither confirms nor denies that status.

U.N. Secretary-General Ban Ki-moon welcomed the Geneva pact and urged the governments involved to "do everything possible to build on this encouraging start."

- VOA News

JFK Foreign Policy Saluted

50 Years After His Death

By Jim Malone

November 22nd marks the 50th anniversary of the assassination of President John Kennedy. The anniversary has become a point of reflection for Kennedy's time in office as part of a special VOA series on his legacy. The world was a vastly different place when Kennedy became president in 1961. The United States and the Soviet Union were engaged in a Cold War where the front lines were Berlin, Cuba and Vietnam. Kennedy came into office determined to counter Communism. But an early foreign policy failure in Cuba got his administration off to a rocky start.

From the beginning of his presidency, John Kennedy made it clear he would not bend in the face of Cold War aggression from the Soviet Union.

"Let every nation know, whether it wishes us well or ill, that we shall pay any price, bear any burden, meet any hardship, support any friend, oppose any foe, to assure the survival and success of liberty," he said.

The administration suffered an early misstep by backing a CIA plan for the invasion of Cuba by anti-Castro exiles at the Bay of Pigs. Author Robert Dallek said the ill-conceived invasion was a debacle and Kennedy learned a valuable lesson.

"It is an utter failure, so much so that Kennedy afterwards said repeatedly, 'How could I have been so stupid?' And he is mortified, deeply pained by this and it creates tremendous distrust for him in the military," he said.

That early setback in Cuba combined with Kennedy's youth and inexperience meant he had to earn respect from world leaders, including both allies and rivals, during an early trip to Europe.

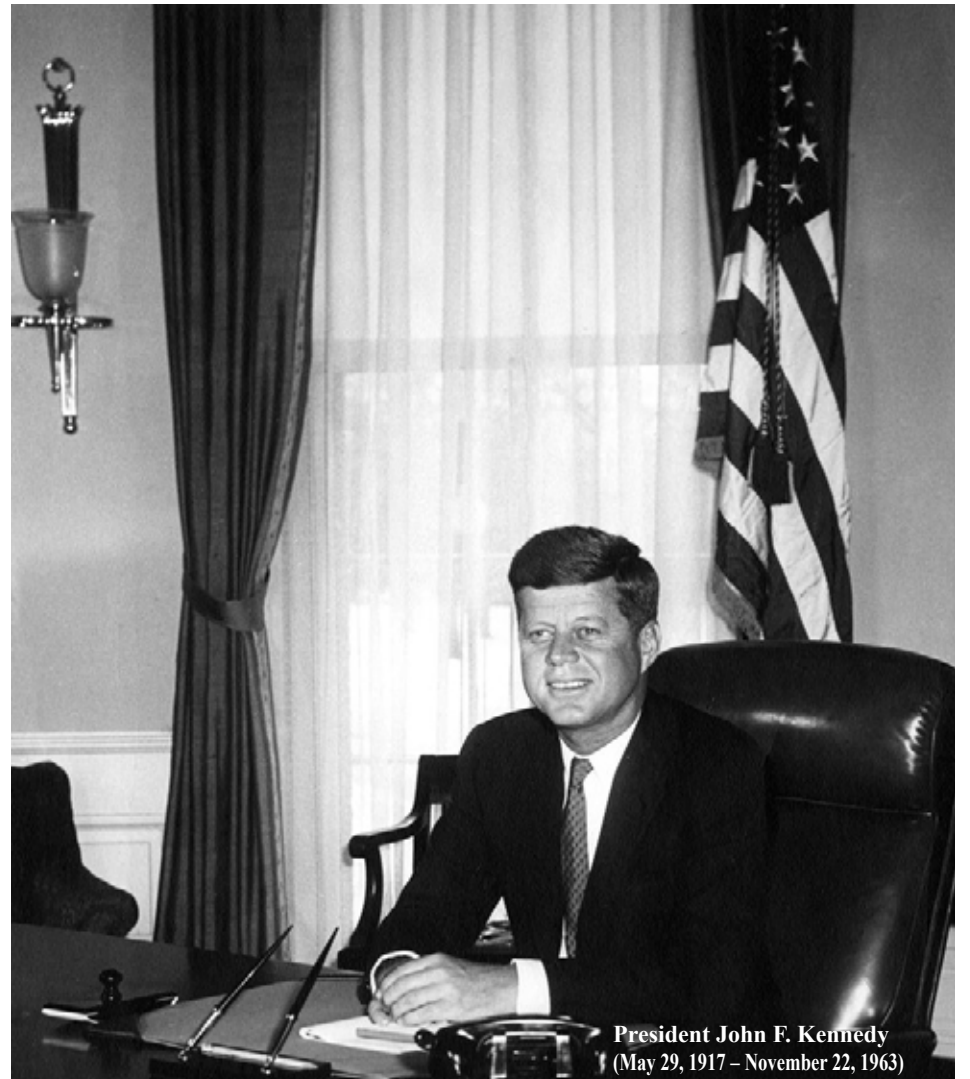
"And so the very fact that Kennedy would be seen standing next to De Gaulle, being treated as an equal, is an enormous boost to Kennedy's international standing. But then he goes off to Vienna to meet with Nikita Khrushchev, the Soviet first secretary, and Khrushchev beats up on him unmercifully as this young man who does not know what he is doing, and the issue is Berlin...If there was one thing, one thing about foreign policy, that Kennedy was determined to do during his administration it was to avoid a nuclear conflict," said Dallek.

President Kennedy faced his greatest foreign policy test in October of 1962 when U.S. spy planes discovered Soviet military activity in Cuba.

"Within the past week unmistakable evidence has established the fact that a series of offensive missile sites is now in preparation on that imprisoned island," he said.

Kennedy ordered a naval blockade of Cuba to stop the delivery of Soviet missiles. The 13-day Cuban missile crisis brought the world to the brink of nuclear war. But Kennedy's back-channel diplomacy combined with the threat of military action eventually helped to defuse the crisis, and the Soviets backed down.

The missile crisis convinced Kennedy to find ways to defuse Cold War tensions.



President John F. Kennedy (May 29, 1917 - November 22, 1963)

A few months before he died came one of his greatest achievements, the signing of a limited nuclear test ban treaty with the Soviet Union that set the stage for future arms agreements with Moscow.

In his final months in office, Kennedy also sent conflicting signals about the wisdom of continued U.S. military involvement in South Vietnam.

"I do not think he ever would have done what Lyndon Johnson did. I do not

think he ever would have put in the massive numbers of troops that Johnson committed. Would he have gotten out? I do not know. But I just do not think he would have escalated that war the way Johnson did," author Robert Dallek said.

John Kennedy's time in office was brief, but his handling of the Cuban Missile Crisis and efforts toward world peace remain enduring parts of his presidential legacy. - VOA news



New Indian Women's Bank Promotes Economic Empowerment

by Anjana Pasricha

Hoping to offer economic empowerment for women, India has opened a bank to cater especially to women, aiming to give them easier access to facilities like bank accounts and loans.

Komal Devi, who works as a maid in three houses in Gurgaon, near New Delhi, manages to save \$20 every month out of her \$100 earnings, but until now she has had nowhere to put that money.

Devi said she has attempted to open a bank account many times, but has never been able to do so because she migrated from a village, meaning she has no proof of identity banks in the city will accept. She is concerned that her savings are not secure. Left in the house, sometimes her husband takes away the money; sometimes it gets spent.

To help women like her gain better access to banking services, India has opened a public sector bank, called Bharatiya Mahila Bank, to cater primarily to women.

Inaugurating its first branch in Mumbai this week, Prime Minister Manmohan Singh pointed out that although some Indian women have become business leaders, the vast majority face huge disadvantages.

"The sad reality is that women in In-

dia face discrimination and hardship at home, at school, at their place of work and in public places. Their social, economic and political empowerment remains a distant goal... They score below men in literacy, in health status, in employment potential, and in entrepreneurial skills," said Singh.

The Prime Minister has called the founding of the bank a small step toward economic empowerment.

In a patriarchal society where in most cases men control a family's financial resources, nearly three quarters of Indian women do not have a bank account. Per capita access to bank credit is also far lower for women than men.

Officials say the new bank will facilitate the opening of savings accounts for poor and disadvantaged women. It will also encourage women entrepreneurs by making it easier for them to get access to loans. For example, the bank will offer loans of up to \$400 to women to start small businesses, even if they cannot offer collateral - a problem in a country where property is mostly owned by men. It will also encourage businesses and products that help women by offering credit for enterprises such as crèches and catering services.

The new bank will begin operations



An all-female bank staff are pictured at their terminals during the inauguration of the first branch of the Bharatiya Mahila Bank (BMB), India's first state owned women's bank, in Mumbai, Nov. 19, 2013-pic: AFP/VOA News

with seven branches in major cities and has plans to expand to 500 over four years across urban and rural areas. The bank's board of directors has eight women on it, and a majority of the staff is female.

For Komal Devi, the Bharatiya Mahila Bank offers a ray of hope.

Devi said she recently bought a gold pendant to convert her savings into the only asset that most Indian women have - jewelry. She had no other options

because there was no place to keep her money. However, she insists, she would have preferred the security of a bank account.

Experts say the new bank's success will be judged by the inroads it makes into rural areas, where banking facilities are poor and where women suffer the worst gender biases.

- VOA News

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A round the World

Plant Nutrient ‘Cocktail’ Kills Breast Cancer Cells

A new study finds a cocktail of compounds found naturally in plants killed all of the breast cancer cells collected in a laboratory, without any toxic side effects on normal cells.

Researchers at Louisiana State University tested six known protective chemical nutrients from turmeric, soybeans, broccoli, grapes and tea. Individually, they were ineffective against cancer.

But combined, they suppressed breast cancer cell growth in the lab by more than 80 percent, and eventually triggered the process leading to cell death.

The next step for the scientists is to

see whether the compounds can prevent tumor formation and growth in mice.

Dr. Madhwa Raj, who led the study published in the Journal of Cancer, points out that all the ingredients in the cocktail come from foods people eat everyday, but at much higher levels than they could possibly get from their diet.

Because he “really believes it can help women now,” he has established a bio-tech start-up company to bring the super-cocktail to market as a nutritional supplement for breast health, which does not require approval from the Food and Drug Administration. **- VOA News**

Maldives Inaugurates New President

The Maldives has inaugurated a new president, a day after his surprise victory, which ended nearly two years of political turmoil.

Yaamin Abdul Gayoom and his deputy, Mohamed Jameel were sworn in Sunday, Nov 17 by the country’s chief justice.

Eight days ago in the first round of presidential voting in the Maldives, Gayoom’s opponent, Mohamed Nasheed, received 47 percent of the vote, falling just short of the 50 percent majority needed to win outright.

A runoff was to be held the next day, but the Supreme Court postponed the election for a week after the third-place candidate petitioned for a delay.

Nasheed accused the court of trying to prevent him from returning to power after he resigned at gunpoint last year. However, after upset loss on Saturday Nov 16, Nasheed conceded defeat and said he was pleased the Maldives finally had a democratically elected president.



President Yameen (L) meets former President Gayoom (R)-pic: presidencymaldives.gov.mv

He attended Sunday’s inauguration. Gayoom is the brother of former strongman Maumoon Abdul Gayoom, who ruled the archipelago nation with an iron fist for 30 years before being toppled in 2008 elections by Nasheed.

Saturday’s runoff election came amid international pressure for the tiny archipelago nation to end months of political unrest.

- VOA News

Americans Celebrate Thanksgiving



November 28, 2013

Americans are marking the annual Thanksgiving Day holiday Thursday with meals, family visits and bargain shopping.

The holiday is a time for giving thanks, often at family gatherings with feasts that center on turkeys with an array of traditional side dishes and desserts.

Americans across the nation also gather for religious services, watch professional football games, and volunteer at food banks and other charities to mark

the occasion.

In New York, Snoopy and the rest of the iconic, giant balloons soared during the Macy’s Thanksgiving Day Parade. Police gave the all clear Thursday morning, calming fears that heavy wind forecasts would ground the helium-filled entertainment.

In Washington, U.S. President Barack Obama gave thanks for the men and women serving in the military.

“We give thanks for the freedoms they defend - the freedom to think what we want and say what we think, to worship

Number of International Students At US Colleges Rising

by Mil Arcega

The number of international students studying in the United States is rising. Figures released by the Open Doors Report on International Educational Exchange shows the number of foreign students attending U.S. colleges and universities increased seven percent during the 2012 - 2013 academic year. That represents a record high of almost 820,000, and educators expect the upward trend to continue.

In the pursuit of higher learning, the United States is still the top destination.

At the International Student House in Washington, a temporary residence for students from over 40 countries, communications student Neena Dominic from India says the United States was her number one choice.



Zheng Zhu



Neena Dominic



Alan Goodman



Evan Ryan

“It’s a known fact that United States is powerful in terms of its education and its skill level. And I wanted to get a taste of it,” she said.

Neena is part of the growing number of students who come to the United States to study.

The majority come from China with over 235-thousand students attending U.S. colleges -- followed by India, South Korea and Saudi Arabia.

Zheng Zhu says the U.S. educational system has surpassed his expectations. But he says the biggest surprise has been Americans.

“I would say U.S. people probably are much nicer than what I thought. Really? Yeah,” he said.

Besides making new friends, Zheng says his experience has expanded his understanding of the U.S.

But Alan Goodman, President of the Institute for International Education, says cultural exchange is a two-way street.

“International should be part of every-

body’s education. We should encourage that. We should require every freshman entering American higher education to enter with a passport, and then to make plans with their faculty member over the course of the four years to use that passport,” he said.

Although the number of Americans studying abroad rose three percent to nearly 300 thousand last year -- fewer than 10 percent of American college students have studied overseas -- most for only one semester.

That’s unfortunate says Neena Dominic.

“I came here and I realized one thing. While we know a lot about America, Americans don’t know much about our countries,” she said.

Another criticism is that immigration laws severely limit the number of stu-

dents able to live and work in the U.S. after receiving their degrees.

Lawmakers are considering more options to keep the best and the brightest. But Evan Ryan, Assistant Secretary of State for Educational and Cultural Affairs, says current laws reflect American policy.

“Our mission really is to bring people here to study but then to have them return home because our belief is that’s the only way to increase mutual understanding,” she said.

Zheng Zhu agrees an overseas education promotes a larger world view, which he says, could help reduce global conflicts.

“If you have more cultural communications - people from China go to America, and let American students go to China; build mutual understanding, I think it would solve this problem,” he said.

International students contribute \$24 billion to the U.S. economy, with the majority paying full tuition. Their top destinations - California, New York and Texas. **- VOA News**

according to our own beliefs, to choose our leaders and, yes, criticize them without punishment, said Obama. “People around the world are fighting and even dying for their chance at these freedoms. We stand with them in that struggle, and we give thanks for being free.”

On the day before Thanksgiving, President Obama and his family continued an annual tradition of volunteering at a Washington food bank to prepare food for needy families. He also pardoned two

turkeys, named Popcorn and Caramel, in an annual presidential tradition to spare the birds ahead of the holiday.

Massive annual sales across the country mark the beginning of the holiday shopping season. In recent years, the sales at retail stores have started earlier and earlier. This year, several major retailers opened early Thanksgiving Day with special deals for the first shoppers, many of whom camped out in line for hours. **- VOA News**



UN: Work Conditions Must Improve for Bangladesh to Progress

Bangladesh must improve conditions in its garment industry, in which hundreds have died in factory fires, if it is to maintain economic growth, a U.N. report said on Monday, Nov 18.

The International Labor Organization (ILO) said it must also improve education and create more full-time jobs for young people to stop them from emigrating and draining the labor pool.

"Unless a comprehensive set of labor market and social policies are introduced, [Bangladesh] will be unable to maintain its economic momentum and improve living standards in a sustainable way," the report said.

Important steps had been made towards an open economy, the ILO noted.

The report, two years in the making, was issued as Bangladesh suffers major labor unrest in the garment industry - a major source of clothing for European and North American markets and the mainstay of its export-led growth - and faces pressure from Western nations regarding factory conditions.

In April of this year, a fire at one gar-

ment complex employing mainly women just outside Dhaka killed 1,129 people. Just months before, in 2012, 117 workers died in another factory blaze, partly attributed to shoddy building standards.

Presenting the report at a Geneva news conference, ILO officials said that it was not originally linked to these disasters, as it had been started back in 2011. However, they also said the report reflected the situation that led to the incidents.

The report said the rise of Bangladesh's ready-made garments industry over the past two decades had brought it to account for 4.8 per cent of global apparel exports, second only to China, from 0.6 per cent in 1990.

"But unregulated industry growth has contributed to poor working conditions in the sector, which have acted as an obstacle to sustainable development," the ILO said.

Although in the past six months, the government had taken some action to address health and safety issues, poor conditions remain a challenge in many factories.

National estimates say poverty has declined, according to the report, but as of



2010 some 76 per cent of the population of around 151 million were living on less than \$2 a day, the highest level in the region, according to the report.

In the garment sector, which employs about 3.6 million people, wages were the lowest among Bangladesh's regional export competitors - well below what workers in Cambodia, India, Pakistan, Sri Lanka and Vietnam could earn.

Currently, Western companies who are major purchasers of the sector's products - like U.S.-based giant Wal-Mart, France's Carrefour and Spain's El Corte Ingles - are in discussions with the Bangladesh govern-

ment, companies and unions on compensation for workers who died in the April fire.

The discussions are being conducted under the auspices of the European Union which, like the United States, has warned that concrete steps must be taken to improve how the industry operates.

However, talks have failed to produce an outline agreement satisfying all participants.

Some U.S. companies say they prefer to negotiate directly, while manufacturers in Bangladesh are nervous about an accord that would bind them in the future.

- VOA News

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A round the World

Global Precipitation Changes Linked to Human-induced Climate Change

A new study shows changes in precipitation are affected by human activities and can't be explained by natural phenomena, such as El Niños and La Niñas.

Scientists from the Lawrence Livermore National Laboratory in California published the study in the Proceedings of the National Academy of Sciences.

The researchers suggest two mechanisms will probably cause changes in the distribution and intensity of precipitation worldwide because of human release of greenhouse gases that trap heat and deplete the ozone.

First, there are some thermodynamic changes, caused by the increasing global temperatures, which will likely result in already wet regions of the world getting wetter while the dry areas will become drier.

The researchers also think increased temperatures could change global atmospheric circulation patterns – movement of air at all levels of the atmosphere – which might move storm tracks and push current subtropical dry zones toward the poles.

“Both these changes are occurring simultaneously in global precipitation and this behavior cannot be explained by natural variability alone,” said Kate Marvel, the study's lead author. “External influences such as the increase in greenhouse gases are responsible for the changes.”

To reach their conclusions, the researchers compared various climate model predictions with global observations from 1979-2012 that were provided by the Global Precipitation Climatology Project.

The scientists found natural climate phenomena alone couldn't explain the on-



going changes in global precipitation patterns. They also noted that any fluctuations in climate brought on by natural causes could either intensify or shift precipitation towards the poles, but it's very rare for both to take place together naturally.

“In combination, man-made increases in greenhouse gases and stratospheric ozone depletion are expected to lead to both an intensification and redistribution of global precipitation,” said Céline Bonfils, another co-author of the study. “The fact that we see both of these effects simultaneously in the observations is strong evidence that humans are affecting global precipitation.”

The researchers said their studies helped them identify a “fingerprint pattern” that can explain the simultaneous changes in precipitation locations and intensity brought on by external forces such as warming caused by human activities.

“We have shown that the changes observed in the satellite era are externally forced and likely to be from man,” Bonfils said.

– VOA News

New Pakistan Island Disappearing

by Ayaz Gul

Researchers in Pakistan are confirming visible changes in the size of a new island that suddenly appeared in the Arabian sea off the country's southwest coast after a September 24 earthquake.

The island, locally called Zalzala Jazeera (Earthquake Island), rose from the sea floor about a kilometer from the port town of Gwadar just hours after a massive earthquake, with its epicenter some 400 kilometers inland, struck the province of Baluchistan.

Scientists reported initially that the island was 18 meters above sea level, 152 meters long and 182 meters wide.

“It has since gone 3 meters down underwater and the process is ongoing,” says Abdul Rahim, a biologist in the area working for the World Wide Fund (WWF) Pakistan. He has made several trips to the island to study its characteristics. “The surface of island is mostly muddy and its crust is covered with large rocks and stones.”

Rahim said muddy areas of the island are facing rapid erosion and the whole thing is likely to vanish within a year.

Local media quote scientists at the

National Institute of Oceanography in Karachi as saying that the U.S. National Aeronautics and Space Administration (NASA) reports their satellite images showed the Island is shrinking.

The rapid reduction in size of the island and predictions that it will disappear in coming months are causes of concern for local fishermen and others benefiting from the sudden ecotourism boom.

While the magnitude 7.7 earthquake caused massive human and material losses in parts of southwestern Baluchistan province where Gwadar is located, Rahim says the new island has become a source of livelihood for local people.

Rahim says a sizable number of tourists, including women and children from nearby towns and other parts of Pakistan, as well as foreign nationals, are visiting the island daily.

“They hire local boats by paying handsome amounts of money to the owners to visit the island.”

Rahim says he has conducted a survey of the area around the new island with the support of a local marine biologist and they have concluded it is rich in biodiversity.

Eating Nuts Associated with Reduced Death Rate

Eat nuts, live longer. Researchers have found that those who eat a handful of peanuts or cashews every day significantly decrease their risk of dying from all causes compared to those who do not eat nuts. A new study concludes that all types of nuts seem to be protective.

It does not matter whether they are peanuts grown on the ground or tree nuts, such as almonds, Brazil nuts, hazelnuts, walnuts or cashews. Those who eat nuts at least five times per week seem to be healthier and live longer than those who do not consume nuts regularly.

Researcher Ying Bao is with the Department of Medicine at Brigham and Women's Hospital and Harvard University Medical School in Boston, Massachusetts.

She and her colleagues looked at the impact of nut consumption by analyzing two huge studies that began in 1980 - the Nurses' Health Study, which tracks the well-being of more than 76,000 women, and 42,000 men enrolled in the Health Professionals Follow-up Study.

Among the questions asked at the beginning of the studies was, ‘how frequently do you eat nuts?’ The information was updated every two to four years. Bao says the participants were followed for three decades.

“What we observed is that people who eat more nuts are less likely to die over the next 30 years,” said Bao. “So, for example, if a person eat(s) nuts once per day, that person has a 20 percent lower risk of dying.”

Bao says eating a handful of nuts five or more times per week was associated with a 29 percent reduced risk of dying from heart disease and an 11 percent lower risk of cancer death. A serving size



is 28 grams.

Previous studies have linked nut consumption to a reduced risk of type 2 diabetes, colon cancer, gallstones and diverticulitis or inflammation within the large bowel.

Nuts contain nutrients, including high quality proteins, vitamins, minerals and phytochemicals, all of which have anti-inflammatory and anti-cancer effects and may help protect the heart.

Bao says researchers are planning studies to find out how nuts are beneficial to human health.

“The exact biological mechanisms are unclear at this point. And the next step we are going to do is to look at the association between nut consumption and the different biomarkers,” he said. “And we have data available for these two large studies.”

The study on the health benefits of nuts was funded by the International Tree Nut Council Research and Education Foundation.

Ying Bao and colleagues published their findings in the New England Journal of Medicine. – VOA News

Acabaria Delicatula found on Zalzala island in Pakistan, Nov. 22, 2013 (WWF's Abdul Rahim for VOA).



Zalzala Jazeera (Earthquake Island) in Pakistan, Nov. 22, 2013

He added that their survey has identified four species of small encrusting and branching corals. Rahim says “The indication of rich biodiversity is also shared by local fishermen with more than 200 of them fishing daily in this newly emerged area.”

Rahim said that presence of unusually large numbers of small fish around the island is a new development and adds “it has attracted big fish to eat them while fishermen are enjoying plenty of opportunities to catch more and bigger fish than they used to.” – VOA News



The Holiday Season: How to Stay Healthy



By: Jeavana Sritharan,
BHSc, MHSc,
PhD Student



As we prepare for the holidays we often forget the importance of health during the cold winter months and countless events and planning we do. We often over-indulge in food and drinks resulting in weight gain, not enough exercise, and little sleep.

Sleep is Essential!

The most important thing to remember is to get enough sleep. Attending parties, visiting families, and traveling abroad can all lead to little sleep or uncomfortable sleeping patterns. You may think that you would get more sleep during the holidays but this is highly unlikely. The best way to make sure to get enough hours is to take naps. Short naps can help to increase your energy level, mood, and appetite. This is tied into drinking more water and bringing alcohol drinking to moderation.

Accidents

The holiday season accounts for a spike in accidents that range from car crashes to falls to fires – to heart attacks. Surprisingly, there is an increase in heart conditions as a result of holiday stress stemming from tasks like shoveling snow to family related stress. Shoveling snow is not a simple task as it does strain the body but it is not primarily the cause of heart attacks. Individuals who do not exercise moderately or regularly and are already at risk of a heart attack are only increasing their chances of a heart attack by shoveling snow. If you are of decent health then shoveling snow is not a problem, however if you are already at risk for a heart attack then it is probably a good idea to avoid the task. Family related stress is quite common in most families but this is elevated

and we fear getting sick especially at large holiday parties and events.

Getting the flu shot is important but this is a personal choice that has to be made by the individual or family. High risk individuals, such as those ages 65 years and older or those with chronic illnesses are at a higher risk of getting the flu leading to severe complications. Aside from the flu shot, the most important habit to adopt is hand washing! Washing



your hands for at least 20-30 seconds can go a long way to protect your body from getting any colds or the flu over the holidays. Practice this more frequently when in contact with food or the bathroom, other individuals, and children. Also, make sure to cover up when you are coughing or sneezing and stay at home if you do get the flu.

It is also advised that you increase your Vitamin D intake and other immune system protectors like ginseng or garlic.

These products strengthen the immune system and make it difficult for bugs to get into our intestinal wall.

Decrease Sugar and Alcohol Intake.

Probably the most difficult thing to

do is to reduce our intake of sugar and alcohol substances over the holidays. We cherish the moments with our families and community through food and drinks without much consideration as to how to maintain a healthy diet during this wonderful time of the year. Then the New Year comes and we experience an intense sugar crash and regret our monthly indulgence in sugars.

Excessive sugar depresses our immune system, ages our skin faster, increases our risk for diabetes, heart disease, and other conditions like depression. The culprits of high sugar foods are what we love during the holidays – soft drinks, candy, cakes, cookies, pies, fruit drinks, milk products, and other sugar grains.

Aside from reducing sugar foods, what can you do? Look into alternatives that suit you and the food you are making or desiring for the holidays. Possible alternatives include raw honey, date sugar, molasses, maple syrup, naturally-sweetened jams, or malted grain syrups. These natural sweeteners also provide good sources of important minerals like

zinc, iron, calcium, and potassium which strengthen our bodies.

Before heading to a party, prepare yourself by having a light healthy snack before attending to prevent over eating. If you decide to host a party, then try to use alternative healthy ingredients and promote a variety of healthy choices for guests to try. If you would like to try new desserts and foods then try smaller portions and do not fill up your plate so you will not feel the need to over-indulge.

For those who consume alcohol, the goal of reducing intake during the holidays can be more difficult than reducing sugar foods. In order to limit your alcohol intake try and set a limit before attending a party so you know when you need to stop. You can also eat a full and healthy meal before drinking which will slow down alcohol absorption and even help reduce your sugar intake afterwards. If you plan on drinking, then going at a slow pace can reduce your overall alcohol intake. Of course, alternatives include water, juice, and other non-alcoholic drinks.

Most importantly, remember that the holidays are for celebrating with family and friends. Indulging during the holidays is not going to ruin your health but minding your health goals can allow you to feel great before, during, and after the holiday parties.

Happy Holidays!

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

Flu vs. Cold		
Symptom	Flu	Cold
Fever	Usual	Rare
Muscle aches and pains	Usual	Sometimes, mild
Headaches	Usual	Rare
Weakness and tiredness	Usual and for a long period	Sometimes, mild
Runny, stuffy nose	Common	Common
Sore throat	Common	Common
Coughing, chest discomfort	Usual	Sometimes, mild to moderate

significantly during the holidays. Ultimately, surrounding yourself with those who truly care and support you is most important for the holidays.

Every year, flu season comes around

Winners announced for Rouge Valley film festival

Winning films help dispel myths about the flu vaccination

An infamous flu bug returns to terrorize Rouge Valley. Why the flu shot is the ultimate fashion statement. And how the flu vaccine prevents the most dangerous virus yet – the Man Flu.

These are just a few of the entertaining films featured in Rouge Valley Health System's (RVHS) third annual Hands Up Film Festival (HUFF). Prizes for the winning films were handed out on Nov. 7 during a special awards ceremony held at both hospital campuses.

Each year, the film festival focuses on a patient safety-related issue. This year, each of the entries dealt with why everyone should get the flu shot. In all, eight movies filmed, produced by, and starring RVHS staff, physicians and volunteers were posted on Rouge Valley's website and YouTube channel, as well as shown on televisions in the cafeterias at both RVHS hospital campuses in Scarborough and west Durham Region. HUFF 2013 received more than 2,500 online views, and over 3,000 votes online and in cafeteria ballot boxes.

"Getting the flu vaccine is still our best line of defense against getting influenza," explains Katherine Hall, manager of the RVHS occupational health, wellness, and safety department. "HUFF is a fun and memorable way to help spread the message about how to protect ourselves, families, and colleagues from contracting the flu."

"Creating our film was a great experience for our team," says Katherine Craine, a member of the RVHS Foundation team that took home the prize for Best Film – Expert's Choice. "To know that our message about why getting the flu shot was important and made an impact on the judges just makes the experience even better." The public is also taking note, as their film is also being used on the Kingston, Frontenac and Lennox & Addington (KFL&A) Public Health Facebook page, helping to spread their message about the flu shot.

HUFF 2013 Awards

RVHS employees, doctors, and the general public all took part in deciding the festival winners. Awards were handed out in three categories: Best Film – Experts' Choice, based on the selection of a patient safety expert panel; Best Film – People's Choice, based on the most number of online and ballot box votes; and Most Viewed Film, based on the number of YouTube views.

Best Film – Expert's Choice

Filmed, produced by and starring the members of the RVHS Foundation and

some of their hospital staff and volunteer colleagues, the video for Are You Getting It? fights common myths about the flu shot, all while asking the viewer, are you getting it?

Best Film - People's Choice

The hilariously funny film, Don't Ditch the Flu Shot, starring members of the RVHS human resources team, shows the roller coaster effect of practicing bad hand hygiene and refusing to take the flu shot. From putting on your clothes backwards to falling down in a ditch, deciding not to get the flu shot can be a bad idea.

Most Viewed Film

Dorothy in the Land of Flu stars the Rouge Valley infection prevention and control team. In the film, Dorothy and her friends, Scarecrow, the Cowardly Lion and Tin Man, travel through the Land of Oz, pondering whether or not they should get the flu shot.

The winning teams were presented with award trophies and special prizes. The Subway Restaurant located at Rouge Valley Centenary, who provided a gift card for a team lunch at their restaurant, sponsored the Best Film - People's Choice prize. The Most Viewed Film prize was given a gift card for a team lunch at the Druxy's restaurant at the Rouge Valley Ajax and Pickering hospital campus. The Best Film – Experts' Choice received a team lunch sponsored by Rouge Valley's president and chief executive officer, Rik Ganderton, and chief of staff, Dr. Naresh Mohan.

View each of the films featured in HUFF 2013.





ROUGE VALLEY CELEBRATES WORLD PREEMIE DAY

On Sunday, Nov. 17, more than 30 families of premature babies either born or treated at Rouge Valley Health System celebrated the hospital's first annual World Prematurity — or Preemie — Day. The event, which is recognized around the world, helps to raise awareness about premature births in an attempt to help prevent them, while also enhancing the lives of babies born prematurely. The event, held at Rouge Valley Centenary in Scarborough, treated the children, some as young as just a few weeks old, and their families, to recognize the special day with games, face-painting, snacks and refreshments.


“Premature birth is the leading cause of newborn deaths each year. But thanks to the high quality care provided by our team of paediatricians and nurses, combined with our state-of-the-art equipment, babies treated in our NICU and special care nursery have a much better chance of surviving and thriving,” ex-

plains Susan Fyfe, director of the women's and children's program at Rouge Valley.

“While World Preemie Day is a chance for us to celebrate the fact that these babies were able to survive being born prematurely, we also want to help create awareness about premature births so that we can do more to help prevent them,” explains Dr. Karen Chang, chief of paediatrics at RVC. “At Rouge Valley, we're proud that these tiny patients can receive this life-saving care, right here in their community.”

Each year, close to 4,000 babies are born in Rouge Valley's two birthing units at RVC and RVAP. Approximately 500 babies are cared for each year at the RVC NICU and RVAP special care nursery. RVC is one of only two Level 2c NICUs in the Central East Local Health Integration Network, meaning the hospital can handle births starting at 30 weeks.





Rouge Valley Health System (RVHS)

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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.



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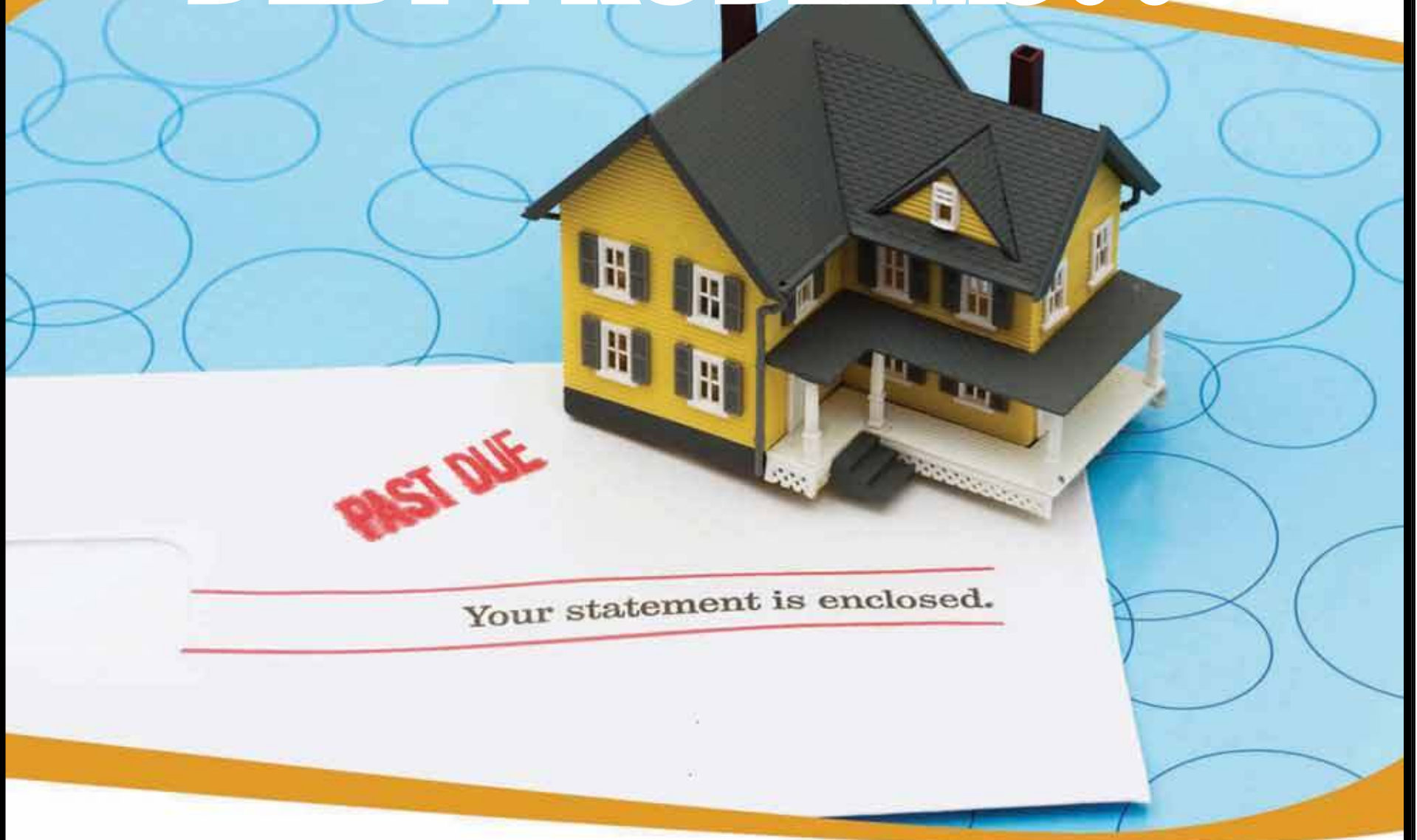


Rayon Gillespie and his colleague Maria, RBC Royal Bank



Guests mix and mingling at the event

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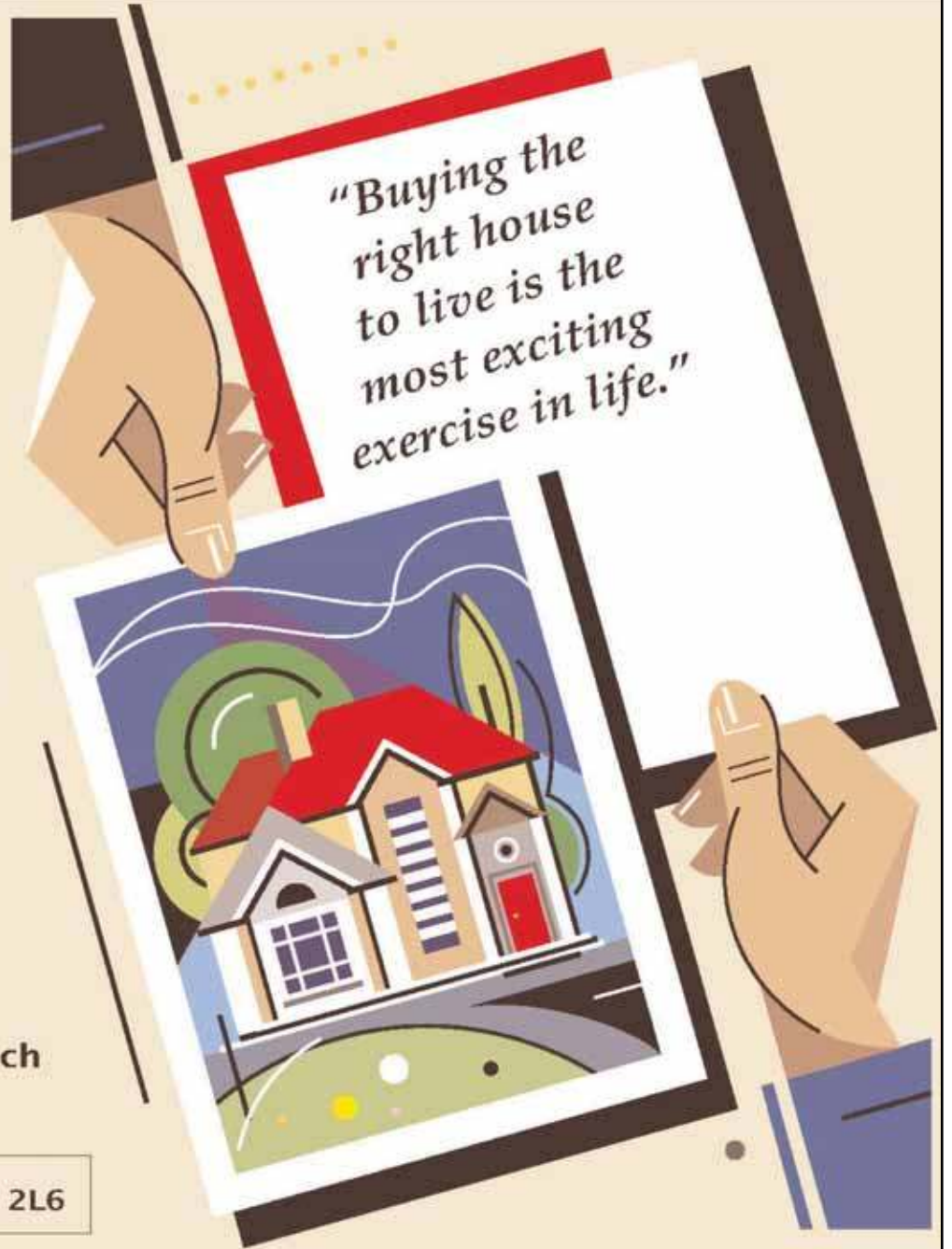
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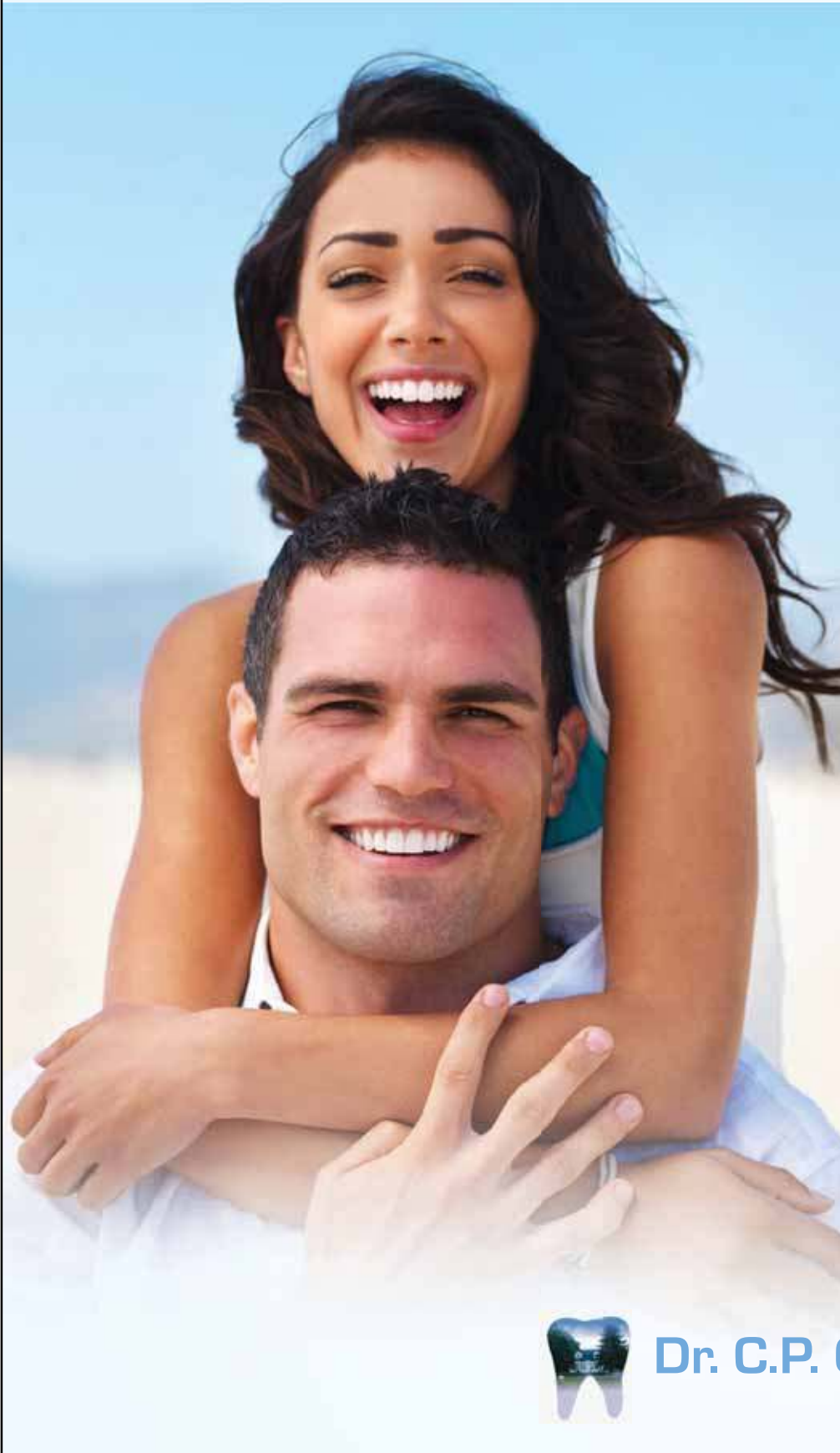
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Cost of borrowing is \$175.60 for a total finance obligation of \$17,145.60 with \$0 down or equivalent trade-in. *\$1,500 // \$1,500 // \$2,000 // \$1,500 // \$2,000 // \$3,500 // \$2,000 // \$2,500 // \$4,000 // \$5,000 customer cash incentive is valid any new 2013 Fit (except DX, model GE8G2DEX) // 2013 Civic Coupe and Sedan (except DX Sedan, model FB2E2DEX) // 2013 Accord Coupe (except EX Coupe 6MT, model CT1A7D1) // 2013 Accord Sedan (except LX Sedan 6MT, EX-L V6 Sedan and Touring V6 Sedan, models CR2E3DE, CR3F8D1N and CR3F9D1N) // 2013 Accord EX-L V6 Sedan and Touring V6 Sedan // 2013 Crosstour EX 2WD and EX-L 2WD (models TF3H3D1, TF3H5D1N) // 2013 Crosstour EX-L 4WD and EX-L 4WD NAVI (models TF2H5D1N, TF2H5D1N) // 2013 CR-V (except LX 2WD, model RM3H3DES) // 2013 Odyssey // 2013 Pilot // 2013 Ridgeline models when registered and delivered between October 1st and October 31st, 2013. 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See your Ontario Honda Dealer or visit HondaOntario.com for full details. *Based on Association of International Automobile Manufacturers of Canada (AIAMC) data reflecting sales between 1997 and December 2012. **Based on Fuel Consumption Guide ratings from Natural Resources Canada. Transport Canada approved test methods used. Your actual fuel consumption will vary based on driving habits and other factors – use for comparison only.



Gum Disease Can Kill More Than Your Smile



Gum disease is caused by bacteria. When your gums are inflamed bacteria from the mouth are getting into the bloodstream. This leads to an increased risk for the serious health problems listed below.

HEART DISEASE

Bacteria from the mouth can get into the bloodstream when the gums are inflamed. These bacteria can attach to platelets. These clumps of platelets and bacteria can lodge inside the walls of blood vessels causing heart-stopping clots to form. These clots are what lead to heart disease. Keeping your gums healthy can reduce your risk for a heart attack.

DIABETES (pancreas)

The presence of any gum inflammation can make it much more difficult for a diabetic to control their blood sugar. Elimination of any gum inflammation can directly improve diabetic control.

ALZHEIMER'S DISEASE

Studies continue to demonstrate a link between gum disease and an increased risk of Alzheimer's later in life.

LUNGS

The bacteria that collect in your mouth when gum disease is present are the same bacteria that can cause pneumonia and other respiratory disease.

ARTHRITIS

Gum disease is closely linked with arthritis. If you already have arthritis, eliminating gum disease has been shown to potentially lessen the crippling effects of arthritis.

OTHER LINKS

Links between gum disease and rheumatoid arthritis and even kidney disease are being investigated. Do what ever is necessary to eliminate inflammation anywhere in your body.

PRE-TERM BIRTHS

Women with gum disease are seven to eight times more likely to give birth prematurely to low birth weight babies. Researchers believe that gum disease causes the body to release inflammatory chemicals which are linked to pre-term birth.

Source: www.doctortimdonley.com

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CIBC CELEBRATION OF HOPE CELEBRATES ITS 25TH YEAR



Erin Davis, Host, The Morning Show with Mike and Erin, CHFI 98.1 receives honorary Hope Award for the over 20 years she has supported the CIBC Celebration of Hope and her commitment to the fight against

On Sunday, October 27th over 900 people gathered at the Hilton Toronto/Markham Suites Conference Centre and Spa at a fundraising luncheon like no other. Markham Stouffville Hospital Foundation presented the 25th Anniversary CIBC Celebration of Hope — and what a celebration it was — all in support of cancer care at Markham Stouffville Hospital.

With the support of numerous corporate and community sponsors, including CIBC as the Title Sponsor, the event raised over \$200,000. — CIBC is a proud long-term supporter of the Markham Stouffville Hospital Foundation, said Brian Kevens, CIBC's Vice President for the York District. —We are honoured to help send out a powerful message of hope to those touched by cancer through the CIBC Celebration of Hope and the annual Hope Awards.

Highlights of the afternoon included performances by Canada's amazing R&B vocalist Quisha Wint and —red hot dancers from So You Think You Can Dance, Canada, as well as an incredible runway show staged by Canadian Fashion icon, Franco Mirabelli.

Hosted again by CHFI's Erin Davis, the day was filled with laughter, tears, inspiration and hope. Davis was given an Honorary Hope Award to recognize not only her 22 years of supporting the Celebration of Hope Luncheon but for all the work she does to aid in the fight against cancer.

—I was humbled to receive this lovely tribute and dedicate it to those who wait and pray, who treat and cure. It's for those who never give up Hope for the ones who suffer, said Davis. Also receiving Hope Awards this year were CTV News Channel's Jennifer Ward and community advocate and fundraiser extraordinaire, Linda Chambers.

Allan Bell of Markham Stouffville Hospital Foundation and event co-emcee referred to this silver' edition of the Luncheon as —the best event we have



Linda Chambers, community supporter and creator of Cancer Can Be Beaten (CCBB) Beads by Linda, accepts 2013 Hope Award with her granddaughters for her commitment to raising funds and awareness to beat cancer.

ever hosted, saying —the energy in the room was incredible and all of us together raising money for our hospital, we are blessed to live in Markham.

The afternoon was capped off with the awarding of a brand new 2013 BMW 128i Cabriolet to the lucky Raffle of Hope Grand Prize winner — Mike Davidson of Markham. The vehicle, generously donated by Town+Country BMW for the 10th year in a row, helped spur the raising of \$75,000 through the raffle this year. What a wonderful way to end this event like no other.

About Markham Stouffville Hospital Foundation

Markham Stouffville Hospital Foundation exists to provide financial support as the hospital fulfills its mandate of providing compassionate, patient-centred care. Building a hospital is a partnership between the hospital, government and the community — each playing a significant role. All medical equipment is funded through donations from the community. Markham Stouffville Hospital Foundation is raising \$50 million to support the expansion of the hospital as it continues to provide excellent quality care to the community. For more information on how to give, please visit

www.mshf.on.ca



Allan Bell, 25th Anniversary CIBC Celebration of Hope Co-emcee and Director, Community Relations & Corporate Partnership, Markham Stouffville Hospital Foundation welcomes Jennifer Ward, CTV News Channel, who graciously accepted the 2013 Hope Award for her courageous public battle with cancer.

DR. JANET ROSCOE AWARDED MASTERSHIP FROM AMERICAN COLLEGE OF PHYSICIANS

TSH nephrologist and Director of Home Hemodialysis Dr. Janet Roscoe has been awarded a Mastership from the American College of Physicians (ACP).

Dr. Janet Roscoe has been awarded a Mastership from the American College of Physicians (ACP).

"Mastership is conferred on a select number of worthy candidates who are deemed distinguished through the practice of our speciality of internal medicine," Dr. Wayne Riley, Chair of the ACP Awards Committee, said in a message announcing Dr. Roscoe's award.

Candidates considered for Masterships must demonstrate "service as a mentor, advocacy for quality in internal medicine, a commitment to social justice, deep interest in people and the creation of communities of medicine," adds Dr. Riley.

It is a description that seems tailored made for Dr. Roscoe.

Throughout her career, Dr. Roscoe has made it her mission to improve the care and service delivery of dialysis for patients, both domestically and abroad.

Dr. Roscoe was instrumental in establishing a pioneering dialysis unit for chronic care patients at Bridgepoint Active Healthcare (known then as Riverdale Hospital) in 1990, which became a TSH satellite dialysis unit in 1998. She was also involved as part of the nephrology team in the creation of TSH's three other satellite dialysis locations and assisted in the expansion of the hospital's home hemodialysis program.

Internationally, since 2006, Dr. Roscoe has been the Mongolian representative for the International Society of Nephrology (ISN). In this role, she has been able to organize regular Continuing Medical Education (CME) events for Canadian nephrologists to speak on leading practices and research.

Her work with ISN has also led to TSH becoming a "Sister Renal Centre" with the Health Sciences University of Mongolia, an initiative which aims to advance the practice of nephrology in the developing world by linking them with centres of excellence. As part of the Sister Renal Centre affiliation, Dr. Roscoe recently instituted an exchange program for nephrologists at the Health Sciences University of Mongolia, and also is working with the organization to help them set up a home dialysis program.

In addition, Dr. Roscoe's research on dialysis in the older population and cost effectiveness, along with research on polycystic kidney disease, has yielded 30 peer reviewed publications and book chapters, as well as lectures and abstracts.



TSH nephrologist and Director of Home Hemodialysis Dr. Janet Roscoe has received a Mastership from the American College of Physicians (ACP).

Despite these many accomplishments Dr. Roscoe says she "was surprised to be nominated a Master."

"I had it fixed in my mind that these awards were given to those who had more of an academic focus," she explains.

"However, I am very proud about receiving a Mastership. To me, this is a very important external validation of the choices I have made in my life and in my career."

With 137,000 members spanning 70 chapters worldwide, ACP is the largest medical specialty organization and second largest physician group in the United States. Dr. Roscoe served as Governor of the ACP Ontario Chapter from 2007 to 2011 and remains a member of the chapter council. She was also the recipient of

the ACP Ontario Chapter Laureate Award. This detailed background with the organization has allowed her to become keenly aware of what an honour it is to be awarded a Mastership – both as a physician and as a Canadian.

Yet, she is still quick to share her success.

"Although I'm very personally proud of what I've achieved with Bridgepoint, at The Scarborough Hospital and in Mongolia, nobody ever makes these sorts of contributions on their own.

"I've had many people who have been very generous to me throughout my career. There have also been many dedicated individuals at the former Wellesley and Riverdale Hospitals, as well as at Bridgepoint, who were equally important in setting up these programs."

UNDER THE MICROSCOPE: TSH LAB SERVICES ACHIEVE HIGH ACCREDITATION SCORE

On the heels of The Scarborough Hospital attaining Exemplary Standing by Accreditation Canada, our laboratory services also scored high in standards set out by the Ontario Laboratory Accreditation (OLA).

"We averaged 95 per cent across both campuses during our recent accreditation, up from 92 per cent four years ago," explains Petra Sheldrake, Patient Care Director, Laboratory Services. "OLA reviews up to 500 requirements in our labs, and it's a vigorous review that looks at safety, the lab information system, point-of-care testing, test validation and accuracy, to name a few. We're really put 'under the microscope.'"

OLA sent five assessors to review TSH's laboratory services at both campuses over a four-day period. Compare that to Accreditation Canada sending five assessors for five days to review the entire hospital, and you get an idea of how intense accreditation is for lab services.

"One of the requirements is that we conduct internal audits every two years and self-assessments during alternate years, so our 'preparation' for accreditation is really an ongoing process," Petra adds. "Right before accreditation, though, we go through all our requirements to ensure we are meeting them."

To Dr. Dhun Noria, Medical Director of Laboratory



The key players in ensuring TSH's Lab Services attained accreditation, left to right: Bob McCara, Petra Sheldrake, Dr. Dhun Noria and Dr. James Samssoondar.

Services, the accreditation results point to the excellent teamwork of lab staff.

"I am proud of our staff, their education and enthusiasm, and our state-of-the-art equipment," Dr. Noria says. "Accreditation is so encompassing; with six assessors spending four full days in just our two labs, you can imagine how thorough, how intense it is."

TSH's clinical biochemist, quality manager for lab services and the person directly responsible for OLA, Dr. James Samssoondar, says while 95 per cent

is an improvement over the last accreditation, "we absolutely can do better."

"We have a checklist provided to us by OLA and we know exactly what they're looking for when they are here. We make sure we have policies and procedures that address all the requirements," Dr. Samssoondar explains. "Document control is a major component of quality management, and we have empowered many technologists to be able to sign-off on their work instead of having to bump everything up to directors. If you're smart enough to be able to write a document, you're smart enough to authorize it to make it official. Otherwise, it's a waste of time for everyone."

Bob McCara has worked 'on the bench' for 26 years before recently

being promoted to senior lab technologist. He says accreditation is an excellent learning experience.

"It's a little stressful; we want to make sure everything is just right for the assessors," Bob says. "But it's always a relief when accreditation is complete, especially when we found out we did so well this year. There's always room for improvement, but I think we are progressing and expecting a little more of ourselves every time we find a way to do it better."

THE SCARBOROUGH HOSPITAL FOUNDATION LAUNCHES SECOND ANNUAL SCARBOROUGH WORLD GALA

The Scarborough Hospital (TSH) has been awarded a Gold 2013 Quality Healthcare Workplace Award from the Ontario Hospital Association (OHA) and the Ministry of Health and Long-Term Care for the hospital's efforts to improve the quality of work-life for staff and the care and services delivered to patients.

Health care organizations from across the province participate in the program, which is meant to raise the bar of excellence for quality health care workplaces. And TSH has definitely raised the bar in 2013! The award has four levels – Bronze, Silver, Gold and Platinum. TSH has gone from a Silver award winner in 2012 to receiving a Gold award in this year's program.

A high-calibre adjudication panel of quality workplace experts completed a rigorous assessment process when reviewing all the candidates, which focused on drivers of employee and organizational health.

"The fact that we have not only received this award for the second year in a row, but improved upon our results, is certainly something to be proud of," said TSH President and CEO Robert Biron.

"It is an acknowledgement of our



sustained focus on a healthy workplace and on patient safety and quality of care, which has allowed us to become a leader among our peer hospitals on many national indicators of clinical care. It also showcases how each and every one of us is living the Mission, Vision and Values of our organization and demonstrates why we have seen employee and medical staff satisfaction and engagement continually increase since 2010.

"I would like to congratulate each and every one of our talented and dedicated staff, physicians and volunteers. It is their commitment and ambition that truly make The Scarborough Hospital a remarkable place to work."

Quality Healthcare Workplace Award winners were honoured on November 5 at the OHA's HealthAchieve conference.

Staff from The Scarborough Hospital accept the 2013 Gold Quality Healthcare Workplace Award. In the front row from left to right are: Human Resources Business Partner Fay Calliste; and, Recognition and Wellness Coordinator Lori Irvine. In the back row from left to right are: Patient Care Director, Surgical Services, Orthopaedics and Rehabilitation Nurallah Rahim; Human Resources Business Partner Shirley Ward; Vice President, Human Resources and Patient Relations Rhonda Lewis; and, Director of Human Resources Karen Dobbie.

TSH MEDICAL STAFF ASSOCIATION DONATES TO PHILIPPINE RELIEF EFFORT

The Medical Staff Association of The Scarborough Hospital has donated \$1,000 to Our Lady of the Assumption Catholic Parish, a registered charity that is eligible for government-matching donations.

"As health care professionals, we are eager to provide assistance in relief efforts following the devastating typhoon that recently hit the Philippines," explains Dr. Eric Hurowitz, one of the members of the Medical Staff Association leading the donation drive. "We chose Our Lady of the Assumption Catholic Church based on their work in raising donations that will go directly to those in need in the Philippines."

"We encourage all health care professionals to consider this compassionate plea and we challenge all to match or exceed our contribution."

Accepting the cheque on November 22 was Father Ben Ebcas, Jr., Pastor of Our Lady of the Assumption Catholic Church, which is home to the Filipino Catholic Mission that serves more than 200,000 Filipino Catholics in the Greater Toronto Area. To date, the church has raised \$153,000 for Philippine relief efforts, which the Government of Canada will match dollar-for-dollar.

"It is with profound gratitude that I accept this donation on behalf of the more than one million Filipinos affected by Typhoon Haiyan," says Father Ben. "This \$1,000 donation translates into 40,000 pesos, and will go directly to parishes in the Philippines along with 800 boxes of canned goods, clothing and some medical supplies that we are shipping next week."



Father Ben Ebcas, Jr., Pastor of Our Lady of the Assumption Church, accepts a cheque from Dr. Eric Hurowitz, of The Scarborough Hospital's Medical Staff Association, on Friday, November 22, 2013. The cheque for \$1,000 will go towards relief efforts in the Philippines following the devastation caused by Typhoon Haiyan.

THE SCARBOROUGH HOSPITAL FOUNDATION LAUNCHES SECOND ANNUAL SCARBOROUGH WORLD GALA

On November 14, The Scarborough Hospital Foundation officially launched its second annual Scarborough World Gala. Its goal is to raise \$2 million to support The Scarborough Hospital's Cancer Care program.

The Gala will be held on May 10, 2014 at the Sheraton Centre Grand Ball Room in Toronto. The event will honour Dr. Dhun Noria, Chief of Laboratory Medicine and Medical Director of Laboratories at The Scarborough Hospital, with a Lifetime Achievement Award.

The Scarborough Hospital's Cancer Care program prides itself in providing holistic care, treating patients throughout the entire journey – from diagnosis, to surgery, through chemotherapy and radiation, and onto supportive care and recovery. The program has expertise in the diagnosis and treatment of most common cancers, including breast, colorectal, lung, prostate and lymphoma.



"Our vision is to implement a fully-integrated state-of-the-art Cancer Care program, which will improve and further enhance the excellent care already provided at the hospital," said Michael Mazza, President of The Scarborough Hospital Foundation.

"Funds raised from this exciting event will support the Cancer Care program and help us achieve this vision."

The Gala launch was held at the Gardiner Museum in Toronto and featured special guest speakers Dr. Marla Shapiro, CTV News Medical Consultant and Associate

Professor at the University of Toronto's Department of Family and Community Medicine, and Dr. Tak Mak, Director of the Campbell Family Cancer Research Institute at the Princess Margaret Cancer Centre.

For more information on the Scarborough World Gala, visit www.scarboroughworldgala.com.



Markham Stouffville Hospital Foundation benefits from Markham-Unionville Homes for the Holidays House Tour Event

The popular Markham-Unionville Homes for the Holidays House Tour returned this year to benefit The Markham Stouffville Hospital Foundation and the Varley-McKay Art Foundation of Markham. This unique designer showcase event featured nine beautiful Markham and Unionville homes, decorated inside and out, by local talented teams of florists, interior and exterior designers and lighting specialists. Over 1,000 visitors were inspired by creative ideas and unique showcases throughout the tour.

Proceeds from the event are equally shared between the Markham Stouffville Hospital Foundation and the Varley-McKay Art Foundation of Markham. The Homes for the Holidays House Tour has successfully raised over \$690,000 since its inception in 2002. For additional information or to view more photos of the event, please visit: www.visitthevarley.com





By Thulasi Muttulingam

It depends on who you ask. They are said to be symbols of love and respect; symbols of fertility, of beauty, health and all things auspicious. Then again, they are known as symbols of substance abuse, of bad hygiene and oral cancer. The arecanut and the betel leaf – a tale as old as time. Some might say, a tale that keeps reinventing itself.

Guess which psychoactive substance comes 4th in world usage after the notorious three of Nicotine, Alcohol and caffeine? None of the hard drugs, as some might imagine. It is the relatively milder stimulants of arecanuts and betel, combined together. They are only mild stimulants, in of themselves and even together. Yet many people in South and South East Asia are addicted to them, and used over a long time, they have been established to cause oral lesions and ultimately oral cancer.

Yet in many cultures, including the

the Goddess Lakshmi. In itself the leaf is not harmful, we do have ayurvedic uses for it. It is only when combined with the arecanut and the slaked lime, that it becomes a harmful substance.”

According to her, arecanuts too do have some mildly herbal healing properties such as in aiding digestion but is not used much for healing in Jaffna as there are other medications which can do the job more effectively. In India however, both arecanuts and betel leaves are used in Ayurvedic preparations. The betel leaves she says has properties to prep a person's spirits as well aid in inducing salivation, which again aids digestion.

It is this idea that 'vethilai pakku' aids in digestion that made many elders bring out their trays of these coveted items after a meal. In parts of India, it is still offered to guests after a meal, as a gesture of hospitality.

Youngsters though were not encouraged to chew them. “We were told we

while also removing the fumes of fish and meat from my mouth” says Shobana (56), a lady from Kilinochchi. She however disapproves of the habit in youngsters. “These days many school children in this area are picking up the habit too. It can become addictive and it is a bad habit to be addicted to. I wish they wouldn't indulge in it as they are too young.”

Studies have been repeatedly conducted in many Asian countries to determine the epidemiology of betel quid usage with varied results. Depending on the country and the demographics surveyed, some studies maintain that the usage is decreasing while others say it is dramatically increasing. In Sri Lanka for example, the use seems to be reducing over time, with a marked discrepancy between urban users (1.7 %) and rural users (17.6 %) as per a 2009 study published in the Journal of the college of community physicians of Sri Lanka. The study also established that there was a higher prevalence of the phenomenon

betel leaf, arecanuts and lime (calcium hydroxide) which together give an astringent bitter taste, but nevertheless equal caffeine as a pick-me-up for which reason it is popular among truck and bus drivers. In olden days it is said, that the betel and nuts were the prerogative of royalty. Kings had special attendants (in the Tamil culture he was known of as an *adappakaran*), who carried boxes of elaborate condiments to be used in the betel quids for their majesties' pleasure. In India now, these can be had at roadside stalls by any ordinary user. Regular customers pick and choose their condiment mixtures while the others go for whatever staple the *paan wallah* has – which usually consists of the betel leaf being sprinkled with cloves, nutmeg, cumin seeds, sweeteners etc along with the arecanuts and the slaked lime before being neatly folded and rolled up into a tasty green edible package.

There are also different versions of processed areca nuts and betel quids to

Matters of Areca and Betel

Betel leaves for sale in Nuwara Eliya – Pic: Drs Sarajevo



Arecanuts – Pic by: Denish C



Sinhala and Tamil ones, both of them are symbols of auspiciousness. To hand over gifts of money to priests, to invite people for weddings, to honour guests to the house, the heart shaped ever-green betel leaf and the slim, neatly sliced slivers of arecanuts are of vital importance. Even if many people these days don't chew them, these two still retain their cultural significance and hold on the public imagination.

“We use them at both weddings and at funerals” says Sanmugan (73), a resident of Jaffna. At weddings, while the betel topped with the arecanuts (*vethilai pakku*) is offered to the guest with the leaf tip facing outwards, at funerals it's the other way round – the tips face inwards and the stems outwards. That's the only way we differentiate. But either way, they are very auspicious items.”

Dr. Logini Jeevanantham, a local ayurvedic physician agrees. “The betel leaf is said by Tamils to be representative of

could eat them after marriage,” says Sanmugan. He does not seem aware of the cultural significance of this although there is one. Recently CNN carried an article on the phenomenon titled, “Nothing to smile about: Asia's deadly addictions to betel quids” which featured a picture of a man smiling widely, thus displaying rotting, reddened teeth. It drew comments about how revolting it must be for the man's romantic partner.

Ironically, in many South Asian cultures, young wedded couples were given betel and arecanuts to chew, in the belief that they helped freshen breath in addition to acting as a mild aphrodisiac. Local medicine preparations across South Asia have been known to use arecanuts for this reason in toothpoultices and the *Kama Sutra* itself recommends that lovers chew betel to freshen their mouths.

The key though, as in everything else could be moderation. “I am used to having the *vethilai-pakku* after my dinner. It warms the blood and aids in digestion,

among low income groups as opposed to middle or high income groups.

Thus Colombo does have the arecanut and the betel leaves widely available in order to be used in events of cultural significance but its roads are not splashed with the tell-tale splat of the red betel juice. That becomes a more common sight only as one travels away from the cities to the villages. Many a villager still sport reddened mouths and spit out the juice as they please while walking or even traveling by bus.

“I am glad the habit is reducing, people had the disgusting habit of spitting even from moving buses without looking and it was not uncommon to have it land on one's shirt while walking,” says Sanmugan.

In countries like India and Pakistan though, the betel quid or *paan* as it is known is a thriving business with an increasing market, thanks to advertising and marketing which has even gone online. It is no longer just the humble

appeal to the younger, more modern generation, in these countries. Thus, while reddened lips or uncouth spitting is associated with an older generation or the working classes, there are now packeted *supari* (processed arecanuts), and packeted betel quids that do not redden the lips and can be stored over a longer period of time.

Nobody knows who first combined the arecanut and the betel but chewing them together is a habit that goes back at least 4000 years, according to archaeological excavations that have taken place in the Philippines, Indonesia and Thailand. Ever since the 1950s, when it was noted that Asian populations have a wide prevalence of oral cancers, there has been caution against their usage. It seems at times that they might die out, but they are far too versatile for that. They didn't last for 4000 years and become symbols of love, fertility and endurance for nothing.



SADHGURU:

A healthy body is something that we all wish for, but not everybody has one. Here's some good news – Sadhguru tells us that no matter how badly we might have messed it up, there is still an opportunity to fix our system using various means. Sound is one of these means – the kind we hear and the kind we utter. Sadhguru looks at the various dimensions of the human system and the role of sound in nurturing (or damaging) it.

Sadhguru:

Sound is an important part, so is food, thought, emotion, and the practice or sadhana to keep the energies balanced. What type of sounds you utter are most important. This is called VakShuddhi.

If the process of knowing and perceiving subtler dimensions of life has to happen, one needs to prepare the body, mind, chemistry, neurological system and energy system. One should have a vibrant physical body, the neurological system should be alive and vibrant, the pranic system should be fully active and balanced, and the mind should be like a stepping stone, not a big barrier.

How many lifetimes will it take to prepare? It depends how messed up you are. The nervous system could be seriously impaired because of the way one lives and the kind of chemistry that you are developing within yourself. But even if you are terribly messed up, if you have constantly generated the wrong chemistry and it has eaten into your nervous system, or you also took some outside help and put chemicals into the system and badly damaged it, even then, if you are willing to give it an absolute attempt, within this lifetime it is possible almost for everyone, except those who have been pathologically damaged. They may need more time. For others, it is only a question of priority. Is your investment 21 minutes a day or 21 hours a day or somewhere in between?

Depending on that, it is very much possible. Only because it is a possibility, it is worth talking about and making an effort. If there was no possibility, there is no point in all this.

The Right Kind of Sounds

Your system can be tuned to regenerate itself with the right kind of food, posture, breathing, attitude, thoughts and emotions. And, uttering the right kind of words and hearing the right kind of sounds are also important to cultivate a nervous system that is sensitive to life around you. Have you noticed that when you hear jarring sounds for a few hours, like automobiles or machines, you can't perceive much even about the simple things around you. Another day, you were just sitting at home, listening to some classical music. That day your neurological system was bright and alert and



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

could perceive things much more easily.

If you consciously take care of these things to whatever extent possible, or at least if you are conscious about which noise is damaging your system and which is nurturing your system, you will purify the sounds that you utter. Maybe you cannot stop the guy who is screaming next to you, but at least you can purify the sound that you utter, because the maximum impact on you is the sounds that you utter.

VakShuddhi

What type of sounds you utter are most important. This is called VakShuddhi. VakShuddhi does not mean saying nice things. It means uttering the right sounds. Whatever sound you need to utter, utter it in such a way that it is beneficial for you. And whatever is beneficial for you will naturally be beneficial for everyone around you. If a sound is doing wonderful things to you, it will definitely do the same things to everyone around you.

Sound is an important part, so is food, so is thought, so is emotion, and the practice or sadhana to keep the energies balanced. If one takes care of this, gradually you will nurture a body that is capable of perceiving.

Sadhguru looked at the influence of sound on the human system, and how VakShuddhi can nurture our systems. Sadhguru looks at how we can maintain VakShuddhi within ourselves.

So if you speak to someone, if you utter it the same way as you would if these happen to be your last words to that person, if you do that with whoever you speak, it is a fantastic way of fixing your VakShuddhi.

is the intention of the sound. Speech is a special gift to a human being. No other creature can match a human being in terms of the complexity of what can be uttered. But as the range of sounds that a human being utters reduces, the less VakShuddhi he or she will have. Compared to Indian languages, the English language has a lower range of sounds. This is why you will find it so difficult to utter a mantra or some other language if you have been speaking only English right from your birth.

If the sounds were scientifically structured, as in mantras and in Sanskrit, then even if you utter the sound without much awareness, you would still benefit simply because of the nature of the arrangement of sounds. The Sanskrit language was consciously created so that just uttering the language will purify the system. But now, most of the time we speak languages which are no longer made like that, so it is best to handle it with intention



If you want to use this human system as a higher possibility, a foundation of the right kind of reverberation is necessary. Otherwise the system will only drag behind you all the time. If you want it to be a bigger possibility, it must have a foundation of the right kind of reverberation and VakShuddhi or cleansing the sounds that you utter is an important part of that.

If you simply become silent within yourself, there is no better way. It is the ultimate way. But if that is not happening, the next best is you can say Shiva. It is the closest thing to stillness. Or if just one word doesn't do for you, you can have something a little more elaborate – you can do BrahmanandaSwarupa or whatever mantra you picked among the mystic chants that are there. Whatever you resonate with, just do that.

The Right Intention

Sound is one factor but another factor

– you have to fix it with an active awareness and volition because the major part of the karmic process is in the volition, not in the action. You can say something out of great love or with some other intention. Both of them will not produce the same impact on the system.

If you bring the right intention into every single sound that you utter, these sounds will reverberate in a certain way within you. So if you speak to someone, if you utter it the same way as you would if these happen to be your last words to that person, if you do that with whoever you speak, it is a fantastic way of fixing your VakShuddhi.

For Sadhguru's You Tube Channel, visit: <http://www.youtube.com/IshaInnerEngineering>

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OR IRAVU (ONE NIGHT)

(Review of the Tamil movie of 1951)



K.R. Ramasamy and Nageswara Rao interrogate Balaiah

C. Kamalaharan

Among the movies of the early nineties, Or Iravu was a much spoken one. Produced by AVM studios, it was based on the play of the same title, written by the former Tamil Nadu Chief Minister, C.N. Annathurai for K.R.Ramasamy's Krishna Memorial Drama Company. On the request of AVM productions, Annathurai wrote the script and dialogue which ran through 300 pages, in a single night. It is for the writing of it in a single night and for the events that took place in a single night, the title Or Iravu was most apt.

The story is all about a thief Retina (K.R. Ramarama) who driven to poverty, broke into the house of a seminar, Karunakara Thevar (T.K. Shanmugam), unaware that the zamindar was his father who had deserted him and his mother, Sornam (B.S. Saroja) long ago. At the time of the thief's arrival, the zamindar was in an unresolvable dilemma. His brother-in-law, Jegaveeran (T.S. Baliah) had stealthily photographed the zamindar strangling his wife, Bhawany (T.P. Muthulaxmy) to death. Showing the photograph as witness to the crime he had blackmailed the zamindar off and on, demanding a large ransom. On that fateful night his demand was not ransom instead it was the

zamindar's daughter, Susila (Lalitha) whom he wanted to marry. For this, he was even prepared to offset the blackmail. Finding no way to free himself from the predicament he was in, with much reluctance he finally conceded to his demand. Dreaded over the turn of events, Susila who was in love with their family doctor, Sekar (A. Nageswara Rao) was about to consume poison, when the thief stepped in, unaware of the identity of Susila, his sister. From here on the story undergoes many twists and ends in the climax.

On the recommendation of Annathurai, the DMK stalwart, K.R. Ramasamy who was inducted to play the main role gave a scintillating performance. Besides acting Ramasamy was also a talented singer, both on stage and screen. Owing to his prowess both in acting and singing he was honoured with the title 'Nadippisai Pulavar'. Unfortunately technological advancement in the film industry, brought in play -back singing which became a major setback to actors who sang in films. Owing to this and to his pressing personal problems Ramasamy had quit the film industry.

The multi - talented actor, T.S. Baliah who was one of the very few actors who excelled both in character and comic roles, left an everlasting impression with his polished performance as the villain in Or Iravu.

Later on, Baliah's phenomenal rise as a versatile actor prompted 'Nadigar Thilagam' Shivaji Ganesan to praise him as his most admired actor.

The doyen of the Tamil theatre, T.K. Shanmugam was a spirited actor both on stage and screen. He gave a brilliant performance as the zamindar in 'Or Iravu'. The iconic figure in the South Indian cinema, A. Nageswara Rao who shot into fame, by his peerless performance as the jilted drunkard in Devadas, was a rising star when he played the role of Dr. Segar in Or Iravu. The eldest of the Travancore sisters, Lalitha who did supporting roles in most films, gave a lively presentation as the zamindar's daughter. B.S. Saroja, as the zamindar's deserted wife, T.P. Muthulaxmy as the zamindar's legal wife and the comedians T.S. Thurairaj and 'friend' Ramasamy did justice to their roles.

The songs composed by R. Sutharsanan were super hit numbers. 'Thumbam Nerkayil Yarl Eduththu' penned by Bharathidasan and sung by V.J. Varma and M.S. Rajeswary became an overnight hit. The foot-tapping number 'Aiyah Samy Avogi Samy' rendered by M.L. Vasanthakumari for a folk dance became very popular, so also the song 'Vasantha Mullaiyum' sung by M.S. Rajeswary. The song 'Poologam Thanakkana Varuveer Samy' in the

Sivan Parvathy dance drama, enacted for both the roles by 'Kalaimamany' Kumari Kamamala was a feast to the ear and eyes. 'Enna Ulagamede Ethu Elaikke Naragamede', the philosophical number sung by K.R. Ramasamy and 'Kottu Murase, Kottu Murase', the last song sung by K.R. Ramasamy, V.J. Varma and M.S. Rajeswary were also very popular ones.

The cinematography, the lightening effects during the night shooting and the resonating musical score were the highlights, particularly during the lengthy climactic episode. The infuriated Baliah running along the deserted street at mid-night, his shirt sleeves rolled back and with pistol in his hand reminded one of seeing an English movie. The scene in which Baliah is cornered, tied to a chair, interrogated by the thief and the lover, the burning of the unearthed photo and negative to make the murder clueless, makes one sit on the edge of the seat.

In spite of the well crafted storyline, class acting, melodious songs and the hair-raising episodes, directed by P. Neelakandan, the film failed at the box-office. But it was commended by many critics and contemporary writers of Annathurai. After seeing the film the famed writer 'Kalki' Krishnamoorthy paid a glowing tribute to Annathurai, describing him as the Bernard Shaw of Tamil Nadu.





WORDS OF PEACE

Something Fundamental



With all of our progress, have we human beings forgotten something very fundamental? What about knowing who we are? Prem Rawat travels the world asking this question and offering a practical way to answer it through an experience of peace and fulfillment within.

In a recent address, Mr. Rawat told a joke about a turtle.

“Once,” he said, “there was a little turtle that climbed up a tree, went out on a branch and jumped. It flapped its legs as it fell to the ground. With great effort, it then climbed back up the tree, went out on a branch, jumped, flapped its legs and fell to the ground again. After watching it do this five times, its mother looked at its dad and said, ‘Do you think we should tell him he’s not a bird?’”

“I cannot help but think that in the process of doing whatever we do in this world, we have, like that turtle, forgotten something very fundamental. When one human being has no hesitation taking the life of another because of a cause, then I wonder: Who are we? Who are you? Who am I?”

There is an answer, Mr. Rawat says—and that answer lies within. “There is a reality, and that reality is within each of us. There is a light, and that light is within. There is also darkness, and that

darkness is within.

“If there’s a war, isn’t it an expression of a war that is also within us? It’s not simply in people ‘over there.’ Somehow, with all that happens in this world, we are all connected, and we all have to share that responsibility. This is why it is fundamentally important for all of us to begin to realize the potential for peace.”

Mr. Rawat defines peace not as the end to war, but as a feeling—the answer to a longing everyone has felt from within.

“It is in the heart of every human being,” he says, “that the need for peace dances and the solution for peace lies. Bring peace, and the wars will end. It’s not the other way around.”

In a sense, he says, it’s like the relationship between an envelope and a letter.

“Which one is more important?” he asks. “The message is going to be in the letter, not on the envelope. This body is the envelope. The letter is inside. In our hearts is the message. What does that message say? Is that message about peace and understanding? Have you read it, or are you enamored only with the envelope? Open the envelope. Take out the letter and read it. What it says is beautiful. What it says is to be content, to be in

that prosperity within. Be in that feeling. Be in peace.”

Mr. Rawat says he doesn’t want to be considered an expert. “No, I don’t know everything,” he says. “I just know this much—that we need peace. In my life, I need peace. I know that in your life, you need peace. How do I know that? Because we are very, very similar.

“I’m not here to preach; I don’t do that. I’m not here to try to prove anything. What I talk about has to be felt, not proven. Within you is the source of real joy. Within you is clarity. Within you is simplicity. Within you is a thirst, and within you is the well that can quench your thirst. Within you are answers.

Within you is the magic of existence.

“This is about a simple reality. It is so easy to start conjuring up all the ideas and concepts that exist in this world. It is almost impossible not to be affected by all this hearsay. All of a sudden, the simple reality gets ignored. What is that reality? It’s that you exist, that you are alive—and that within you are the answers that you seek.”

To learn more about Prem Rawat,
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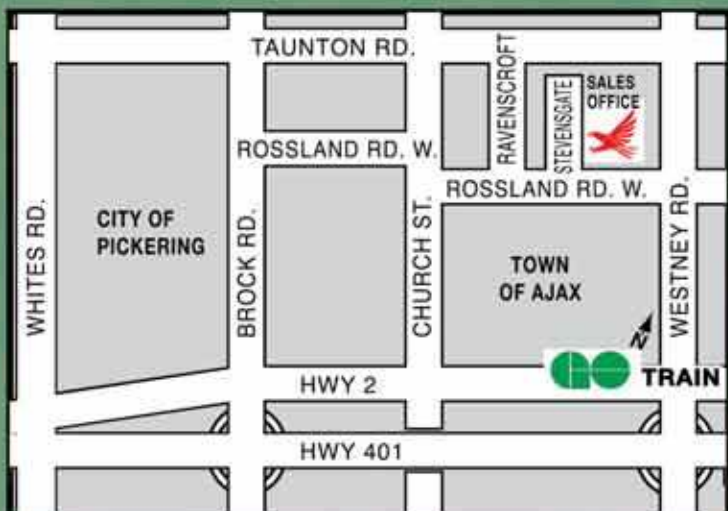
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Rich wildlife prosperity and calming peace Namibian experiences

By Harrish Thirukumaran Part 5

“Save the Best for Last” – An Authentic African Safari

Etosha National Park had been our next and final recreational activity in Namibia. Arguably, it was also considered the most hyped event during our time in Namibia. It was held on the 2nd Friday and Saturday of our 3- week stay.

Etosha is one of the largest game parks that is home to a substantial variety of mammal species in the entirety of Africa. On this trip, we were given the generous opportunity to experience a sensibly authentic African wild safari tour throughout the monumental park.

In the park, two fundamental rules that had to be abided were to keep quiet in the vehicles along with restrictions on stepping out of vehicles. These are so when entering Etosha, because tourists are inadvertently invading the animals' own habitats.

During our first game drive, Shawn had specified that people are to be patient on the drives as it is extremely rare to spot certain distinguished animals such as the elephant or giraffe. He had also explained the rarity of people witnessing the big 5 in the park, which were elephants, giraffes, rhinos, buffalos, and leopards. However, the first walkthrough was immensely uncanny as we were able to spot 3 of those 5, which was unbelievably excellent.

On this occasion, we could even be guided by Tickey's expertise on the African wildlife. The first animal seen was a large gray rhino in the distance and later we were able to see a live African elephant walking towards a watering hole. Now being able to see the elephant in its natural state and reacting to its surroundings was astounding. The elephant was amazingly massive judging by its physicality.

The largeness of the African elephant had also indicated a physical trait that differentiates itself from Asian elephants. Such that African elephants are genetically bigger than Asian elephants like in some features such as their ears. Soon after, we saw a giraffe that had visibly stood out from the ground as designated by its majestic height attributed by its neck. The reserve had also been home to a thriving tourist business setup by camping sites in the park where we soon put up our camp. While driving through, we had been able to see a clear sunset as well. Slowly, we actually saw the sun lower and lower into the skyline. It felt somewhat magical even though it was realistically happening.

At the campsite, a large watering hole had been placed near the premise where many people were able to search for numerous animals drinking from the water. The very first animal I saw to approach the hole was a bush elephant dramatically appearing in the night where the elephant soon came across the pond. It was pleasurable to learn that all elephants literally pick up the water inside their trunks holding it until their mouth consumes it. Thus, contradicting notions that trunks inherently suck quantities of water until quenched.

Other animals seen on the first night were more rhinos and giraffes. The giraffes had always extended their necks out towards the water for a drink, which was pretty neat seeing as how effortless it must be for them. It was amusing to see the rhinos interact in the water as some had already used it to bathe themselves. I think there had been one particular rhino that had roamed nonchalantly throughout cleaning itself and decided to do it again.

Apartheid as force for good

Later on, we had been socializing as a group circle where Shaun had delivered a speech about Namibia's influence in the African continent. He delved upon the topic relating to bias and how it will often create ignorance and clout someone's mind about defining a place or people. On Historical perspectives, he lectured how apartheid wasn't as detrimental a phenomenon based on media's interpretation.

Apartheid was apparently good on helping to sustain positive human development stemmed from creation of accurate public services for the various segregated peoples. It somewhat proved to prop up an exemplary service economy that had guaranteed a well off workforce through certain skills development. I feel his speech was his way of saying that all issues must be tackled from all academic perspectives or sides affecting the topic's



In Etosha National Park photo credit: Rachel

current state. After apartheid was eliminated, it was noted that the economy was terribly mismanaged and disorganized to assist citizens.

I believe his explanation of apartheid particularly was that economically it was beneficial but it was socially cruel. In addition, he had described that it should be known that Namibia is considered one of the most developed nations within the African continent with one crucial feature being the country's government has provided access to clean water through its funded infrastructure.

This being true as for the entirety of the trip we have been able to use tap water for drinking which is highly seen risky by Canadian or American standards. The stability rate is so high that Shaun had mentioned when crossing into neighboring

countries such as Angola there is a huge disparity in development socially and economically.

Coherent symbol of the entire African continent

Although, the old-fashioned camping was a socially reliving activity, it was clearly outweighed by being able to observe the watering hole. There, Tickey had fully demonstrated his knowledge on the animals such as the lion like how the creature actually makes a heavy grunting noise instead of a clichéd loud screaming roar as depicted by entertainment media. His sightseeing prowess for the animals was extremely efficient as well



Sunset in Etosha photo credit : Caroline



of a student-volunteer

considering my fellow members and I used binoculars to better spot animals at night. At times, it was funny how he even assisted other tourists observing the hole.

On Saturday, we headed off for another walk-through within the game reserve to spot for recurring animals and some potential new ones. During the 2nd round, we had a slim chance to witness a real lion but were granted a lucky moment when noticing the discrete lion within its rock-like environment. It was unreal seeing the lion acting as a natural predator based on its survival position. Tickey had mentioned that the lion does not simply go after prey it sees right away but patiently waits for the right opportunity to utilize its strength and take advantage. Soon after, the lion had sprinted towards a seemingly unlucky oryx around the nearby woods. Though it was somewhat cruel and saddening to see the oryx being hunted by the lion it also superbly exemplified a crucial aspect of the food chain. The eventful action had symbolically represented the predator-prey relationship.

As usual it was great to easily be able to see the many unlikely animals such as elephants, giraffes, rhinos, and oryx. In this drive, it was also very common to see herds of zebras and springboks near lakes or walking together as a pack along with instances of seeing warthogs. The numerous warthogs were affectionately referred to as pumbas stemmed from the Disney film, *The Lion King* and a real word coming from Swahili, an African language. Tickey was also known to be an avid speaker of the language. Soon, another lion sighting had been partially confirmed when arriving near a hilly area.

It was actually a lioness blending within the yellow straw grass where a large herd of springbok were drinking from a small pond. As analyzed, it was obvious that the lioness was either trying to catch some springbok meat or get a drink. The moment was absolutely reserved for the lioness but due to an accidental sound all springbok quickly dispersed from the area all at once in the same reactionary motion. I think from that action it had emphasized their sense of social attachment to one another that springbok will all hesitate or react in the same manner.

Aside from the many animals it was nice to view the prolific natural environment comprised within Etosha. It was beautiful to see this particularly unique tree that stood freely within the flat grassy lands seen in various parts of the park. It was commonly referred to as the tree of life because of its characteristic shape and structure compared to other trees. This tree in my view was majestically a coherent symbol of not just Namibia but the entire African continent highlighting its rich wildlife prosperity and calming peace. As our game drive had begun to rundown it had generally been accepted that we had seen most of the popular wild species inhabiting Etosha except for the Leopard.

However, this soon changed for the best when our brilliant friend, Tickey had enthusiastically spotted a leopard inside a tree resting. It was considered exceedingly rare to see such a mammal more so than a lion. The weekend trip truly gifted us with an African adventure. It was manageable to tell that a leopard had been in the tree based upon seeing its normal black spots. It was riveting to hear how most leopards will normally stay inside trees for days or weeks unless requiring food.

Etosha National Park had definitely met most of our high expectations regarding an African safari experience; it undoubtedly was an amazing trip that had embraced the essence of Africa.

[To be concluded with next installment-6/6]

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



Rhino photo credit : Rachel



Leopard inside a tree photo credit : Rachel



Giraffe in Etosha National Park pic by : Harrish

Elephant in Etosha National Park



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 seventeenth 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 walk-out 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 planning, 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 in early 2014. 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. For more information, please call (905) 619-1777 or visit their website at www.johnboddyhomes.com.



A Poem that fits the spirit of Free Market Economy & Prosperity "WHERE LIFESTYLE GROWS GOOD BUSINESS"



By K. Thirukumaran

Travelling along 401 East towards Montreal from Toronto, one can spot the sign "United Counties of Leeds and Grenville", east of Kingston, Ontario.

The Town of Gananoque, known for the Thousand Islands Tourism area is located in The Leeds and Grenville United Counties of Ontario. It is also the home of a major bridge to cross onto the United States of America, still the capital of vibrant free market economies.

Seeing the roadside sign recently reminded me of a poem by Mahakavi Subramaniya Bharathiyar.

A Tamil Poem that immerses the County slogan, "Where Lifestyle Grows Good Business" – the message that is at the heart of the spirit of Free Market Economy and Prosperity.

The Poem in the chapter called "New Buffoon (Puthiya Konangki)" brings out a Palm reading fortune teller carrying a "Kudukuduppai", who was going around visiting residents of Vethapuram, an ideal Town where Mahakavi Subramaniya Bharathiyar envisions the betterment for today's world in those feudal times he lived.

"Kudukuduppai" is a drum like instrument - small hand held and often with a narrow median, where the player grips it.

The name of the chapter "New Buffoon" reflects his disbelief for superstitious behaviours, though Bharathiyar finds it as a medium to trend messages of social goodwill ahead of the place and time. The original Tamil version of this poem "Nalla Kaalam Varukuthu" rendered by Mahakavi Subramaniya Bharathiyar's Great-grandson – Rajkumar Bharathi is available on YouTube.

Translation of "Nalla Kaalam Varukuthu", from Bharathiyar's "New Buffoon" is presented in Monsoon Journal to mark the great poet's 131st birth anniversary, falling on Dec 11, 2013:

*Good times approaching
 Good times approaching
 Approaching approaching
 Good times approaching*

*Ethnicities embrace
 Wars windup
 Sakthi and Ma-Kali
 Tell it all
 Read their palms and tell of good
 fortunes
 Awaiting residents of Vethapuram*

*Good times approaching
 Approaching approaching
 Good times approaching*

*Poverty destroyed
 Wealth swells
 Learning upturns
 Sins purged
 White collar crimes
 Criminals tossed away
 With their squawks of "Aiyo"*

*Good times approaching
 Approaching approaching
 Good times approaching*

Businesses boom in Vethapuram

*Job creations soar
 Living wage earners come to life
 Art and Sciences advance
 Technology transcends
 Machines multiply
 Entrepreneurs expand and grow
 Scriptures spread and spread
 Clergy dares anew
 Obese lean
 Vigor sprouts
 Flourishing escalates octagonal
 ways
 Free of fear
 Evils evaporate
 Dogmas develop
 Castetism chastens
 Eye opens seeing
 Emerging Justice
 Conservative fads abruptly
 enlighten
 Boldness enter
 Glory reigns
 Isn't it Sakthi, the Malayala
 Bagavathi Amman
 Benevolence bustles
 Benevolence bustles*

*Good times approaching
 Approaching approaching
 Good times approaching*



Subramaniya Bharathiyar (Dec 11, 1882-Sep 11, 1921)



“Please do not pre-judge and criticise my strategies and level unjust allegations”

- Chief Minister C.V. Wigneswaran

Exclusive Interview with Chief Minister C.V. Wigneswaran

Exclusive Interview by Thambu Kanagasabai (Attorney at Law), a resident of Toronto, Ontario with Northern Provincial Council Chief Minister Justice C.V. Wigneswaran. The interview was conducted at the Chief Minister's residence in Jaffna on Oct 10th, 2013 in Tamil and translations of the excerpts from it are as follows:



Thambu Kanagasabai (Interviewed Chief Minister C.V. Wigneswaran)

Q: TNA under the leadership of Sampanthan along with your participation has recorded an overwhelming

Victory in the Northern Province. This victory is described as a rejection of the Sri Lankan Govt's policies and the incidents of the past. Under these circumstances and viewing the past bitter experiences, do you believe that your goodwill approach will provide good results?

The Govt believed that the construction of roads and some selected development schemes would bring support from the people. But the people devoted their attention on the steps taken by the Govt to alleviate their sufferings. People felt that the Govt failed to eradicate their poverty and uplift the living conditions by employing skilled personnel. These misdeeds led the people to express their disappointments and feelings by voting against the Govt. The Govt servants also expressed their resentment through their postal voting.

Govt has realised that the Tamil people cannot be bought over for concessions. At the same time, world has also realised this truth. We should take steps for the world to realise that the Tamils are not only a proud and brave race, but also matured and intelligent. We want to travel in a path where our concentration will be not to lose our future goals without thinking of the past events. A change of heart by the Govt may heal the untreated wounds to some extent. But we will not alter or neglect our aims.



Chief Minister C.V. Wigneswaran

Q: Tamil political leaders of the past conducted talks in good faith and reconciliation with the past Sri Lankan Govts. However they were cheated in the end. When viewing these past bitter experiences and particularly the present Govt's hard-line approach and their current agenda in action. Do you believe that you can change or prevent their agenda against Tamils.

It is true that a cat injured by burns will never approach the cooking fire. But we are not cats, but people with common sense and understanding. We should realise the changing circumstances and

should take into account the offerings of best wishes by the world community. Our path is definitely tough and rough. What is the alternative route for us? Is it violence? Is it silence? Is it verbal rhetoric in the face of deceit?

Our life conditions are painful. Those who engage in violence are trying to make it worse. Those who live abroad are busy engaging themselves in debates. We will hope for good things to happen and seek them with the blessings of god. Then the hardened attitudes will melt away. The agendas will also change. I am not a politician but I am firm believer with full faith in god. As such our hopes and

beliefs will not end with failures.

Q: There is perception that your swearing in as chief minister before the President was due to pressure from foreign countries. Is this true?

Is foreign pressure necessary to take oath before the President of our country?

No foreign pressure whatsoever or any kind was exerted on us. We should implement the provisions of 13th amendment. For this purpose we need the co-operation of the Govt. Besides we have to explain them the meaning of a federal set up within an undivided Sri Lanka. As mentioned in our election manifesto to



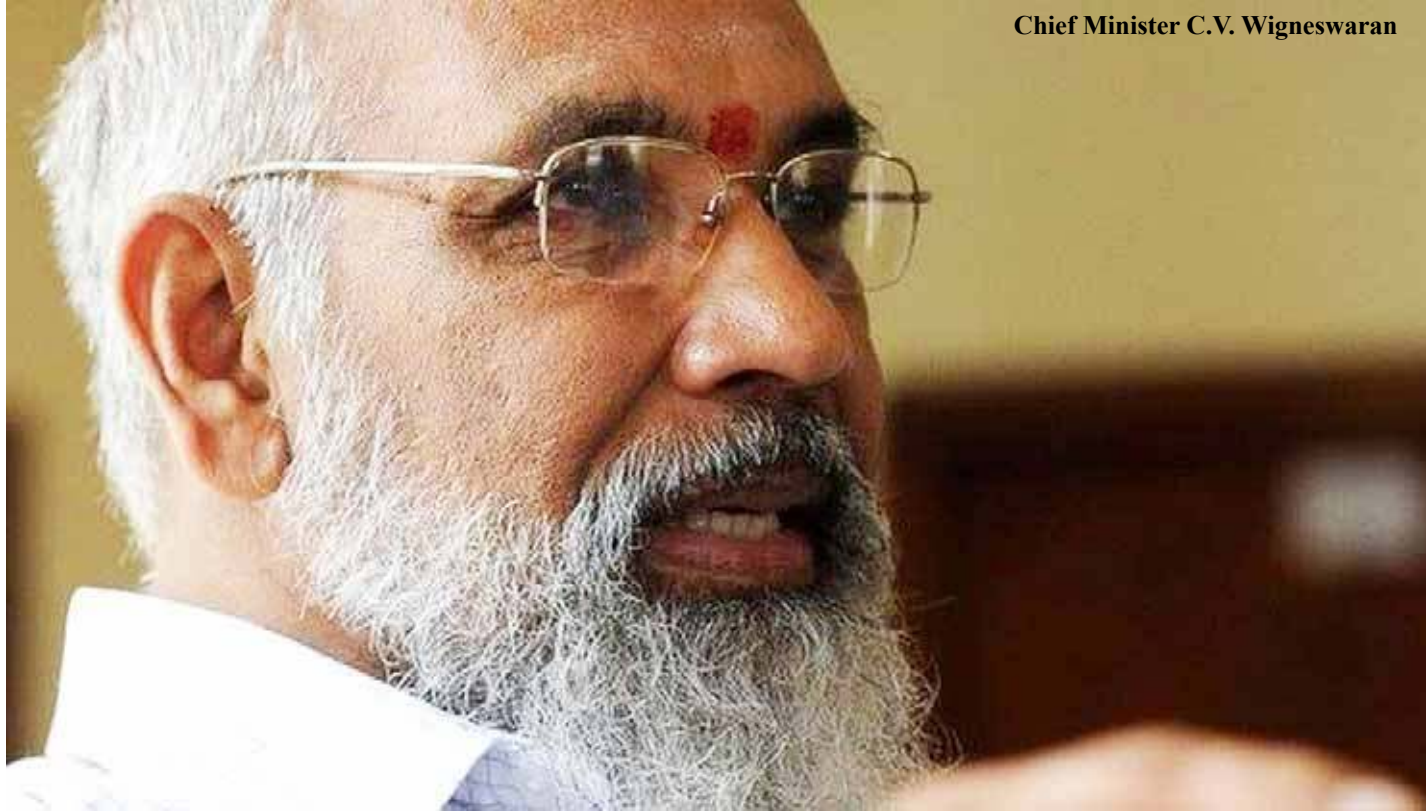
achieve this objective, we chose a strategy based on goodwill as the appropriate one. Our above steps have been welcomed by the foreign countries. India's foreign minister came and congratulated us for this approach. Our election success belongs entirely to the people and their representatives only. On their own, they made the above decision without any external pressure.

comments. You can even burn my effigies. You can demand my resignation from the office. But, please do not pre-judge and criticise my strategies and level unjust allegations. Do not lose confidence. Stratagem and strategies differ from person to person. Please do not come to the wrong opinion of a person as being weak in pursuing his goals on the above basis. Our people are emotional and emo-

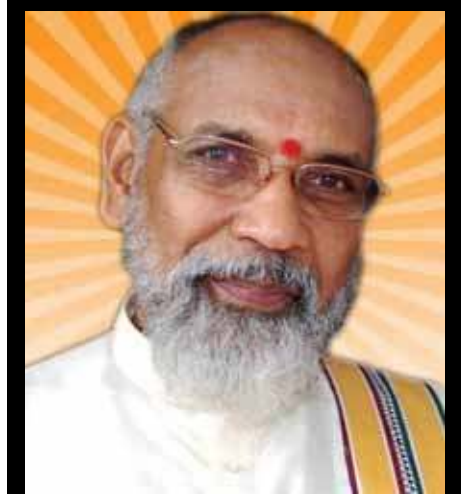
members. TNA has already rejected this proposal. What is your opinion regarding this matter?

The answer is there already in your question. The TNA has already rejected this proposal and I have also mentioned the same in my several interviews. If we take the many issues which remain unsolved despite several rounds of talks, there is no doubt; we being the minority

also. I wish to tell one thing. I have come past the wealth, position, power and various luxuries of life. I am an old man aged 70. I have nothing to gain from politics except the long hearts of my people. My aim is to serve them with prayers within my capabilities and without any partiality. Believe in god. Pray for him. He will bestow all and everything.



Chief Minister C.V. Wigneswaran



“Stratagem and strategies differ from person to person. Please do not come to the wrong opinion of a person as being weak in pursuing his goals on the above basis”.

**- Chief Minister
C.V. Wigneswaran**

Q: It is learnt that some Tamil Diaspora, Tamil groups and organizations are disappointed and dissatisfied with your oaths taking ceremony before President Rajapaksa. They are say that this step will go to mitigate or soften the seriousness of the allegations of crimes levelled against the President in the International forum. What is your opinion regarding this matter?

Tamil Diaspora and we are one and the same. Even my students came to me and expressed their dissatisfaction. This is welcome in a democratic set up. However, I wish to express my opinion for your comments.

Firstly, I took my oaths before the President of Sri Lanka only and not before convicted person. For instance a principal of a college is accused of some misdeeds and with some disciplinary proceedings initiated by the education ministry. If I being a student of that college want to obtain a transfer certificate, I have no other alternative except approach him to obtain his signature. I cannot avoid him because of his misdeeds. Merely by obtaining this certificate, his case by the ministry would never be mitigated or softened.

Secondly why are our brothers and sisters living abroad feeling uneasy and apprehensive? It may be your fear that I will forget our goals and objectives and ruin the future of Tamils due to my flirting smiles with the President.

My dear Tamil people! If I fail in my objectives, please criticise me with your

tions sometimes overwhelm our wisdom. We have to approach our issues with due wisdom and proper diligence. We should not forget the fact that relying on one approach and rejecting the other will only bring disastrous consequences.

Thirdly, the above comments are made by our brothers who are exerting efforts and spending money to put the criminals in the dock. Even I would have thought the same thing If I were in their place. However, we should understand the realities. While you are engaged in seeking justice for the past wrongs, I am engaged in acquiring powers for future goals. If I were to adopt your feelings and mindfulness, I am afraid that our people will be left with no solutions at any time and by that time ethnic cleansing would have been also completed successfully.

Therefore, my dear Tamil people, please let me be aware of your doubts. If I commit blunders in pursuit of my goals and policies, please observe carefully and point out those mistakes. But, please do not misunderstand my strategies. Do not misjudge and brand me as “traitor” merely because I shake hands, smile or take oaths.

Q: President Rajapaksa in his interview with Indian Foreign Minister Sulaiman Kurshid has firmly said that any solution to the ethnic problem has to be through the parliamentary select committee. The said select committee is nothing but a time wasting procedure while any decisions of the committee will be those sponsored by the majority Sinhalese

in the parliament, our proposals will be totally rejected by the majority members. Then we will be left with no solutions. We could participate in the select committee placing certain agreed solutions to certain issues and opting to select one solution.

Q: Will your pressure be on India who guaranteed and undertook to implement the 13th amendment proposals and provisions or on Sri Lanka who promised to implement those provisions?

Do not mention the word that “pressure” is being exerted on our actions. As far as I am concerned, I feel it is appropriate to initiate all steps after ascertaining the truth, the motive and after consultations with all concerned parties. We should examine the reasons why Sri Lanka broke its promises. The resultant consequences and the realities have to be explained to enable me to proceed without any slipping. It is my responsibility to explain the urgency of this matter. In the same manner, it is my duty to explain to India the importance of their undertaking. I believe a better mutual understanding will yield good results.

Q: Eelam Tamils living outside Sri Lanka expect unyielding decisions and democratic agitations from TNA with your support. We wish that you will undertake the struggle without falling into any wily traps of Sri Lankan Govt.

This is not even a matter to be questioned. That is your expectation and ours

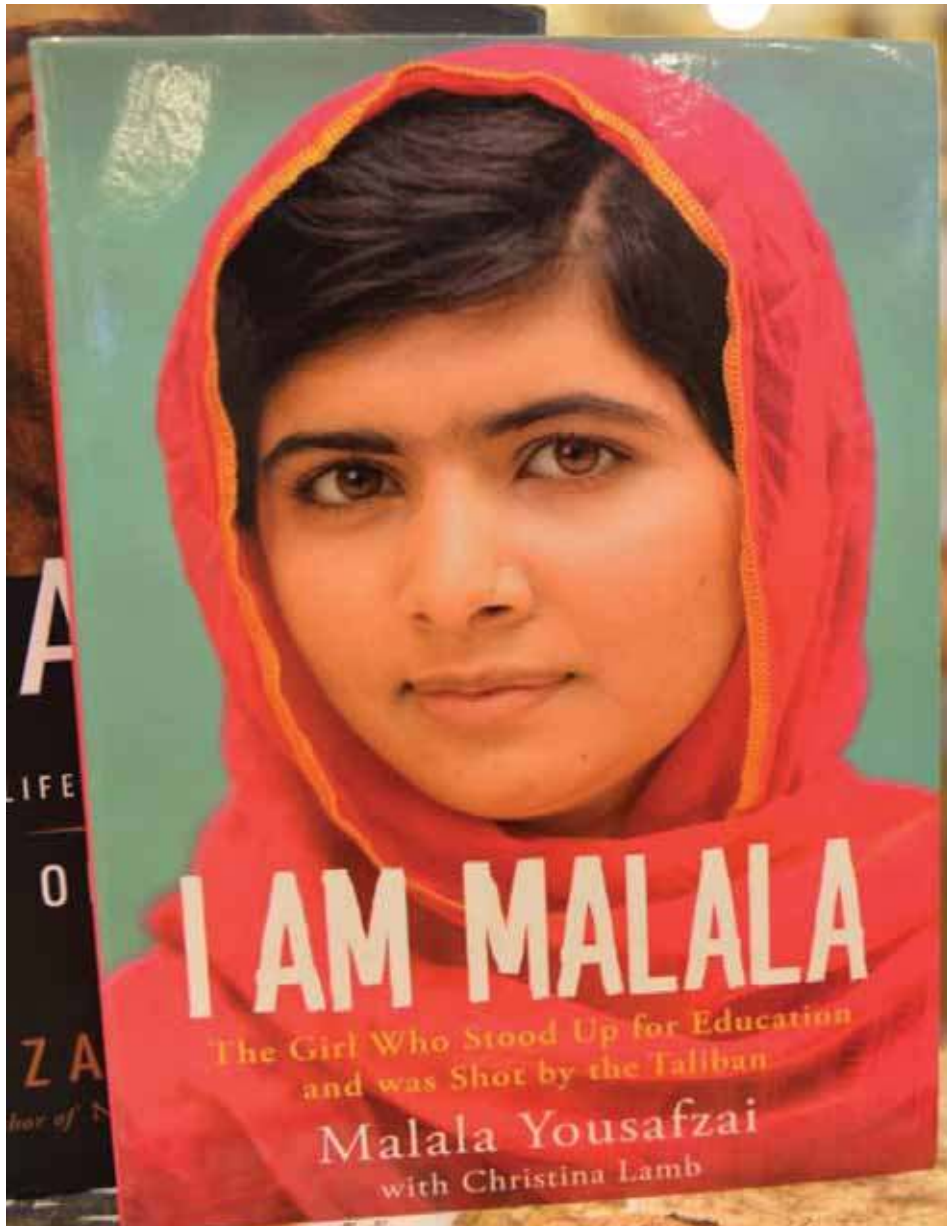
Q: Thiruvalluvar in Thirukkural says “For a person to succeed in a war, it is essential for him to assess his own strength, his friend's strength and his enemy's strength.” This maxim applies even to any struggle or agitation violent or non-violent. Presently, Tamil people are in a weak position after the war defeat. In this position, is it not important to obtain the support of Tamil Nadu people as friends including its political leaders despite other political motivations to strengthen our struggle which also will result in added pressure on Sri Lanka?

There is no difference of opinion on the above matter. There is no doubt we need the support of diaspora as well as our Tamil Nadu brothers. We are surrounded and living among one hundred thousand strong military personnel. In this situation, it is very important that our people are not harmed in any way. It is also essential our goals and policies are not obstructed or affected. We are not against the Tamil Nadu political leaders. We need help from our friends to forward our struggle. We will continue to welcome support from all quarters until we obtain a just and dignified solution. I also believe it is important that our path and aims are not hindered in any form or manner.



Book Review

I am Malala



The girl who stood up for Education for girls and was shot by the Taliban

**Authors: Malala Yousafzai with Christina Lamb
Publishers: Little, Brown & Company**

**Reviewed By
Siva Sivapragasam**

"I come from a country that was created at midnight. When I almost died it was just after midday."

The story of "I am Malala" will make you believe how the power of a young girl's voice inspired a change in the world. She took a bullet to champion the cause of the right of women to literacy.

Malala's story begins with Malala's father, Ziauddin Yousafzai, who was instilled from boyhood with a deep love of learning, an unwavering sense of justice and a commitment to speak out in defense of both. Ziauddin was therefore convinced that his daughter Malala should be raised with all the attention that has been paid to boys.

Most of the world have now heard the story of Malala Yousafzai whose courage in championing girls' education and to freedom from fundamental restrictions in the face of threats is unquestionable

Malala's story no doubt continues to inspire millions and so did her speech in the U.N. after she recovered from her injuries.

The book also gives an inside view of the history of Pakistan and the political turmoil and religious clashes in the country. The book clearly emphasizes an important fact for the Muslim womanhood in Pakistan - the necessity for equality of opportunity and the freedom to educate girls. Social scientists have always maintained that girls should be educated and that it would change a community and would help end global poverty. As the Economist Summers once said, "Educating girls may be the single highest-return investment available in the developing world."

Malala has been nominated for this year's Nobel Peace Prize. The recipient of numerous awards, she continues to inspire the world as the UN backs her efforts to promote community-led education programmes.

Malala has dedicated the book "To all the girls who have faced injustice and have been silenced. Together we will be heard".

The book is available for sale online from the Publishers Little, Brown & Company - www.littlebrown.com

**Author: Roderic Grigson
Published by Author House**

**Reviewed By
Siva Sivapragasam**

The background to the novel "Sacred Tears" by Rod Grigson is the civil war in Sri Lanka and the story is woven around it.

The narrative in "Sacred Tears" is set around the period of the 1980s in Sri Lanka and is the story of two men fighting on either side of the ethnic conflict in Sri Lanka. One fights for his government and love; the other to survive and protect his family. Actual events have been woven into this gripping story providing insight into the tactics of guerilla warfare and the dark side of human values.

The novel attempts to cover some of the inter-ethnic relationships that were found in a very culturally diverse society. The story is engaging to the reader and the narrative keeps the reader engrossed to keep reading. The author has certainly spent lots of time and energy to dwell into details and descriptions of places and events surrounding the ethnic conflict.

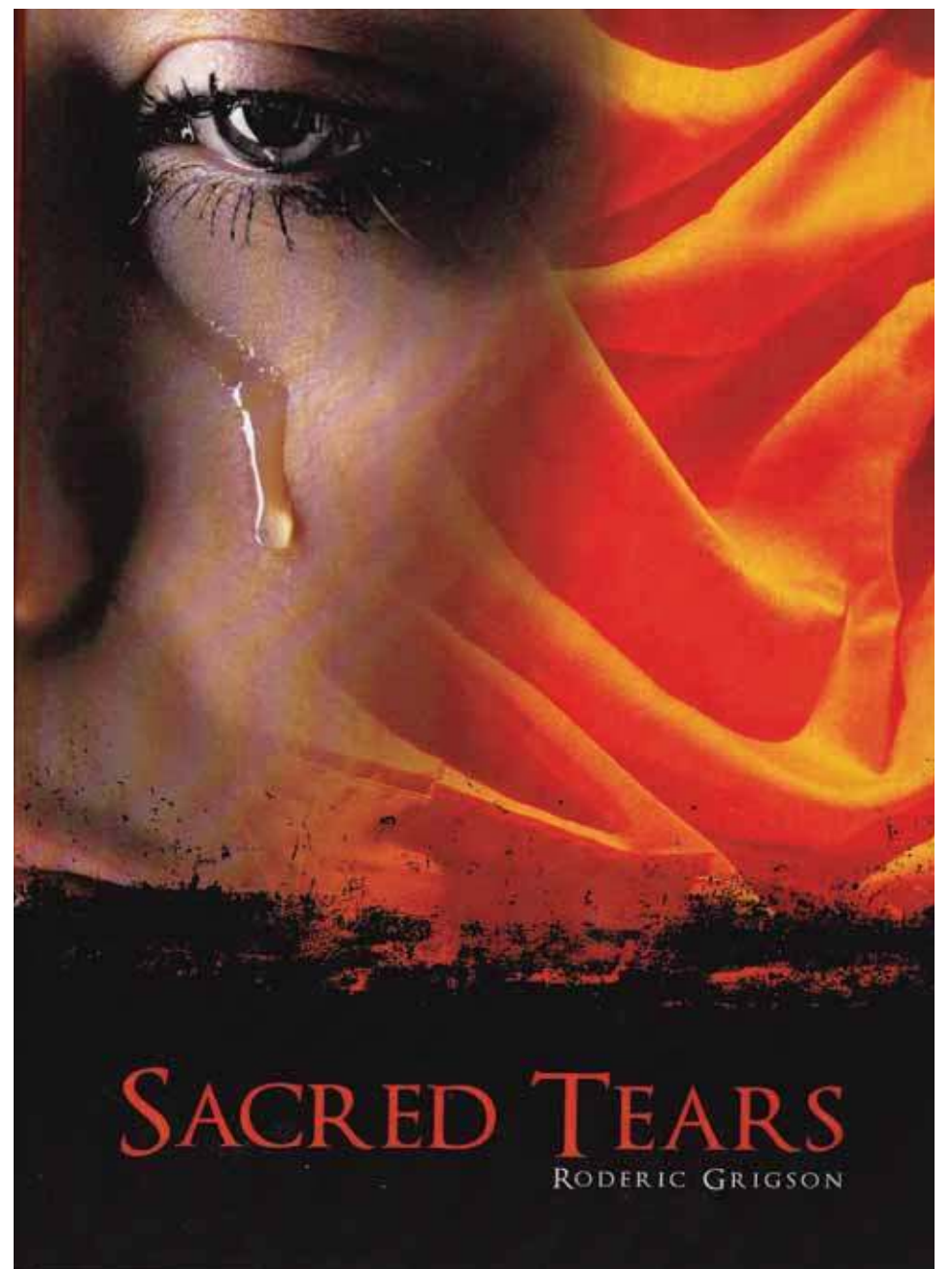
The author must be proud of this manuscript he has produced for the reader. The style of writing he has evolved is very readable and appealing, making it interesting and engrossing. The author has made use of the local vernacular which will bring back memories specially to expatriate Sri Lankan readers and has included a glossary for those who are not familiar with the local terms used. The book also gives an account of some geographical areas of the Northern peninsula.

Author Grigson was born in Sri Lanka and educated there until he was twenty one when he decided to migrate to the U.S. where he worked for the U.N. for twelve years. He later joined the U.S. Peacekeeping forces and was stationed in the Suez Canal front and in South Lebanon. He returned back to New York, worked there for sometime and decided to migrate to Australia where he now lives in Melbourne continuing with his dream of writing.

The author has planned a trilogy of the book and readers can expect the next two instalments to be equally interesting and readable.

The book is available for sale online from Amazon.

Sacred Tears



BOOK REVIEW



Special Feature

MAHAVAMSA - A REVIEW

The launching function of the book "MAHAVAMSA - A REVIEW" authored by Thambu Kanagasabai, Attorney-at-Law from Canada was held in Selva Vinayagar Temple, Ilford, London on Oct 27th, 2013 presided by lawyer S. Sris-kandarajah.

Several speakers of eminence delivered keynote speeches. Among them were Mr.Selladurai Selvarajah chief trustee of Selva Vinayagar Temple, Mr.Visakan, researcher and activist at the Tamil Information Centre, Mr. I. I. Sampanthan, Tamil activist and social worker, Mr Bala Sivalingam, History researcher, lawyer Kumarasamy Sithamparapillai, social and religious worker, President Saiva

Development Society, Shivasiri Naganatha Kurukkal, chief priest London, Eastham Murugan Temple and Rasaratnam Muruganathan, Tamil Activist and social worker.

Northern province Chief Minister Justice C.V. Wigneswaran's message of congratulations was also read along with prominent historian Dr. Siva Thiagarajah's message.

Justice C.V.Wigneswaran in his message stated (excerpts)

"Many Sinhalese Buddhists confer historical accuracy to its contents which historians do not consequently their assessment of their past and present are naturally erroneous.

Quite rightly Mr. Kanagasabai has explained the religious and may be racial fervour of its author and the consequent fanciful and imaginary nature of its contents while conferring historical accuracy of some sort to the background from which the author Mahanama Thera created his fantasy.

Thus the historical benefit of Mahavamsa has been correctly portrayed in this small publication and that itself makes the need to keep a copy of this publication at home desirable and prudent".

Message of Dr Siva Thiagarajah, History researcher (excerpts)

As a whole this book "Mahavamsa

-A Review" clears the wrong conceptions which many of us have and has revealed many truths which ought to be known by us. This is a valuable book for this reason.

Mr. Thambu Kanagasabai must be congratulated for publishing this book after collecting and consolidating the various important comments and conclusions made by many independent and neutral researchers for many years. He also deserves our thanks.

The function attended by hundreds of guests ended with the delivery of acceptance speech by author Thambu Kanagasabai and thanking speech delivered by Rasaratnam Muruganathan.



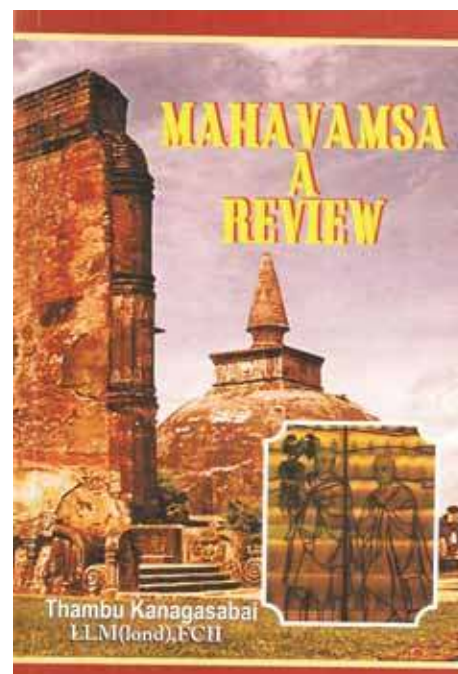
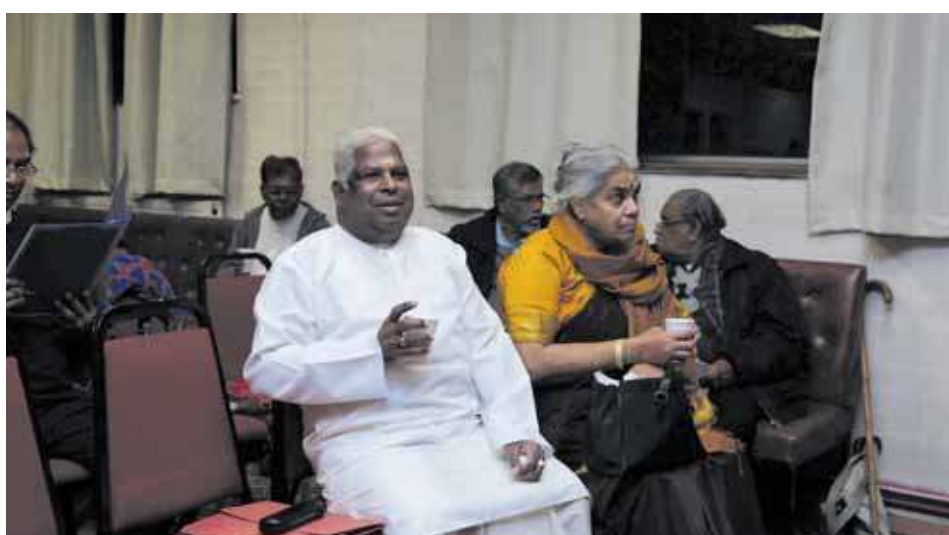
Author of the book "Mahavamsa-A- Review makes his acceptance speech at the launching function Held in London on Oct 27th 2013



London Eastham Murugan Temple chief priest Shivasiri Naganantha Kurukkal honouring the author of the book Mr.Thambu Kanagasabai and his wife while the chief priest of Walthamstow Pillaiyar Temple Vasanthan Kurukkal blesses the couple.



The first Copy of the book "Mahavamsa-A Review is presented by solicitor and Chairman Saiva Development Association London, S. Sithamparapillai and the author of the book to Dr. S. Somasekaran.





ELECTRONIC MONEY - Digital Currency - The Bitcoin

ArunSenathirajah MBA
(Banking Mgmt)

Today we value gold bullions and paper Franklins, but cattle and cowrie shells have also served as currency. EUR (Eurocurrency) is an extended innovation as a group currency. SDR (Special Drawing Rights) still used as an internal currency among member countries of the IMF (International Monetary Fund) and its attempts never succeeded as an international currency. 'In our digital age, economic transactions regularly take place electronically, without the exchange of any physical currency. Digital cash in the form of bits and bytes will most likely continue to be the currency of the future' wrote in an article in 1996 by Michael H. Amundson in pbs.org website. Today we can see that evolving digital currency – Bitcoin has already started functioning as medium of exchange and store of value.

Digital Currency

Bitcoin is a system controlled a network of machines spread across the internet. When you buy a bitcoin, you're essentially buying cryptographically protected numbers that you can then move around using a global, peer-to-peer network of computers. It is money, but it moves as easily as email. Bitcoins sprung into the public spotlight as the default currency for The Silk Road, an online drug marketplace that was shut down recently. But today, you can use bitcoins at a small but growing number of businesses. You can pay for a cab in San Francisco, or a pint of beer in London or a cafe macchiato here in Vancouver,

World's First Bitcoin ATM in Vancouver Canada

The world's first bitcoin ATM – named Robocoin went live on the night of October 28, 2013, at a Vancouver downtown café Waves Coffee House and that's now its home. The Nevada guys who built Robocoin tested it out at a San Jose, California, convention last May, but this is the first time they've installed one of their machines in a permanent fashion. The Robocoin isn't like other ATMs. It doesn't take debit or credit cards. It's a cash-only machine. You put your money in, and it gives you numbers — addresses that link to bitcoins, the world's most popular digital currency. Or, if you already own some bitcoins, the machine can scan a QR code on your mobile phone and dispense cash. Bitcoin, created just over five years ago, is moving out of the realm of computer geeks and into the mainstream. Robocoin will let people to buy and sell bitcoins without going through some of the hoops that are required by Bitcoin exchanges. "The point of the store was to make it easier for everyone to buy bitcoins," says Bitcoin co-founder Jackson Warren. "We saw the ATM as a way to expand the model of the store." You don't need a bank account to use Robocoin and, at least in Canada, you don't need any identification.

The U.S. version of the machine will have more stringent identification requirements. But even the Canada model is rather complicated. It takes a scan of your palm and matches that to a database to



ensure that you're not buying more than CDN\$3,000 per day — means of deterring money launderers — and then the machine connects to a back-end Bitcoin exchange to buy and sell your coins in real-time rate. BitPay is an electronic payment processing system for the bitcoin currency.

Strong Future for the digital currency

BitPay system enables online merchants to accept bitcoins, as a form of payment, just as they accept payments from Visa, Mastercard, or Paypal. Merchants choosing to keep the bitcoins can be anywhere in the world. Merchants in some countries can choose to receive a direct deposit into their bank account.

BitPay Inc, the world leader in business solutions for virtual currencies, announces it has over 10,000 approved merchants in 164 countries using its service to accept bitcoin payments. This milestone was reached almost exactly one year after the company approved its 1,000th merchant on September 16, 2013. The merchants in BitPay's directory are diverse internationally, with approximately 50% located in North America, 25% in Europe, and 25% in the rest of the world. Ecommerce merchants account for over 90% of the business, including consumer electronics, precious metals and IT services. Bitcoin lowers the risk and cost of accepting payments in a card not-present situation, such as eCommerce. BitPay's merchant service continues to expand its feature set at a rapid pace. Merchants using the popular Quickbooks small business accounting software can now download and import their BitPay sales into Quickbooks. "Our merchants are thrilled with this ability to import into Quickbooks," says BitPay CFO Bryan Krohn. "It makes reporting their bitcoin sales just as frictionless as the



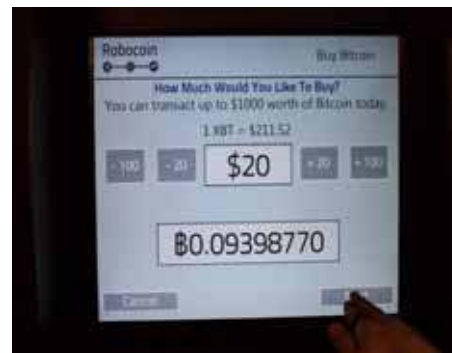
payment itself."

In an interview with the Financial Times, London eBay president and CEO John Donahoe said that the company was keeping its eye on Bitcoin and that in the months and years to come, digital currency is going to be "a very powerful thing". eBay's PayPal — with all its experience and support systems geared toward escrow — could conceivably act as a trusted middleman for Bitcoin transactions, a known quantity that may ease the qualms of Bitcoin newbies and facilitate smoother sales between established players.

Regulatory Issues

Canada has no constructive plan on the regulatory issues of the bitcoin or any form of digital currency. Over the past year, US regulators have begun to explore the digital currency. In November 2013, the Senate Committee on Homeland Security and Governmental Affairs will hold hearings on bitcoin, and these will likely focus on the Silk Road, an online drug market that used bitcoin before it was shut down by the feds.

As a latest developing story that in a letter shared with WIRED, the New York State Department of Financial Services will soon hold its own public hearings to examine how bitcoin and other digital currencies should be regulated. The department declined a request for comment, but for Jean-Jacques "J" Cabou, a partner with the international law firm Perkins Coie who closely follows the evolution of bitcoin, this is another step in the right direction and says "I think that the time and effort expended by the NYDFS to understand the virtual currency industry is commendable," he says. "It certainly seems that the DFS is interested in making a decision about virtual currencies that is tailored to this emerging industry, rather than simply trying to squeeze the industry into a pre-existing set of regulations designed for something else."



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MANAGING YOUR MONEY

Today's decisions could cost tomorrow

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

November is financial literacy month in Canada. Financial literacy means having the knowledge, skills, and confidence to make responsible decisions.

Every day, Canadians are faced with spend versus save decisions that will have an eventual impact on their future financial life and the quality of their retirement years. Here's the dilemma in a nutshell: "I know I should save for my retirement but that new big screen LED TV is on sale for a great price and it would be a terrific upgrade for our family room".

Maybe you have just noticed that new car in the driveway next door and you think, "Hey, if the Joneses can afford that, then I can, too". Next thing you know, you are looking up from under a mountain of debt.

Today we don't make decisions based on what things cost but rather on how much we can afford per month. That really alters the way people behave, because it's much easier to absorb a \$ 400 a month car payment than pay \$ 40,000 for a vehicle. Much of our spending was facilitated by money we didn't have.

Sure, it's difficult to think about a distant future plan (something intangible that is way down the road) when you can get something you want today, this is why many people don't set realistic goals. But, in this case the solution seems obvi-

ous: Stay with the perfectly serviceable TV you've already paid for and put the money you would have spent on the new one into a retirement fund (or some other investment). Simple, right?

But there's much more to effective financial planning than investing in investments held within an RRSP or other savings vehicle. While it is undeniably true that the earlier you start saving, the better – especially within a tax-reducing, tax-sheltered RRSP where the magic of compounding enhance your investment growth over time – the first thing you need to know is what you are saving for. In other words, you can't measure a future need without knowing what that need will be. So start by carefully defining your objectives – some are straightforward, like your desire to buy a larger home at some future date; others require much more thought, like looking at your retirement from every angle and defining the level and duration of finances you will eventually need to achieve your dreams.

Goals give you direction, a purpose for the way you spend your money and the way you live. Goals motivate and encourage you. They help you use your money to do the things that are important to you. The first step in financial planning is to think about what your goals are and then to work with a qualified financial planner

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to determine how much you will need to save to achieve your goals.

Once you've made your calculations, it's time to decide on how and how much you should invest to reach your objectives. And now things become even more complex:

- What happens if the amount you think is adequate gets eaten up by an inflation level that escalates some times in the future?
- What if your choices of investments do not provide the levels of returns you will one day need – because the returns have been reduced by market volatility or an unexpected economic downturn?
- What if your income – and thus, your ability to save – is affected by ill health, a workplace accident, a sudden unexpected expense, or even job loss?

But don't be deterred – there are answers to all these questions, ranging from an effective investment diversification strategy to insurance coverages that will protect you, your family, your income and

your estate.

The best way to achieve your financial and retirement goal is having access to sound financial advice grounded in a comprehensive financial plan. Advisors perform tasks vital in the financial lives of their clients including improved financial literacy, developing a culture of savings and investments, developing and executing a financial plan, selecting appropriate financial vehicles and products and improving investment decision making

Yes, comprehensive financial planning is complex – and also vital. Make the right decisions today and for your future by talking to a professional advisor.

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.





Gun Culture and its Challenges to Social Security

By: JJ Aputharajah

The production and use of guns have accelerated in modern times with the resultant increase of untold violence all over the world. After the second world war, world's problems are rarely solved through discussions and mutual understanding. Wars and conflict are common all over and the United Nations has not succeeded in avoiding wars and conflicts although it had tried whatever within its capacity. People tend to resort to violence and armed destruction for the flimsiest of reasons. The recourse to arms and dangerous weapons have been the favourable and easier option for conflicting interests and gangs.

A. Causes of Violence

Political hotspots of the world had seen violent clashes off and on. Unsolved political conflicts provoke armed struggles and civil wars. Recently, countries like Egypt, Nigeria, Somali, Greece, Iraq, Iran and several other countries were scenes of violent incidents taking lives and untold misery. Terrorist risings have had their part in playing havoc leaving many homeless, not to speak of violent loss of lives and destruction of property.

Social problems too lead to gun violence. Recently in the US there have been incidents of violence among the youths some times caused by sick individuals. Some of these incidents looked unpredictable and any kind of vigilance taken were unable to prevent things happen. The proliferation of semiautomatic weapons in the hands of Americans in the Newtown massacre could be cited as a recent example of violent incidents. Many Americans in elementary schools,

colleges, movie theatres and places of worship die at the hands of young men armed with semi automatic weapons. Americans kill each other with guns at rates that are unheard of in other advanced industrial countries. Britain with around a fifth of the population of US, had 41 gun murders in 2010 while the states had around 10,000. There are cities in the United States that exact a rate that is six times that of Afghan civilians during the war. Legislation has been enacted in the US to control gun violence.

B. Violence in the US

In the US, there were 8,583 homicides by firearms in 2011, out of 12,664 homicides total. Gun violence also affects more than its victims. Just the threat of gun violence make the neighbourhoods poorer. Researchers have estimated the threat of gun violence to American society is \$ 100 billion. There are about 310 million guns in the US. The overall number of guns has increased to about one gun per person. Mass shootings occur throughout the country. Killers use semi-automatic hand-gun They also use assault weapons. The guns were obtained legally in 79% of the shootings. The year 2012 was the worst year in American history.

There were two major federal laws that regulate firearm ownership and sales. The National Firearms Act of 1934 restricts civilians from owning automatic weapons, short-barrelled guns and other powerful arms. The Gun control act of 1968 focuses on commerce. It prohibits mail-order sales of guns, and requires anyone in business to be federally licensed and keep permanent sales records. The Brady Handgun violence Prevention Act of 1993 requires license gun

dealers to perform background checks. From 1994 to 2004, The Federal Assault Weapons Ban prohibited the sale and manufacture of semi-automatic weapons, with large capacity magazines and pistol grips.

The US government has tried several strategies to contain gun violence in their country. The firearms measures usually revolve around gun control-that is laws about what would make guns harder to buy, carry or own. While the idea of new laws gets most of the attention, some projects have focussed on enforcing existing laws more effectively. In fact, launching community-based programs has proven to be one of the most effective strategies for reducing gun violence. There have also been programs based on other principles, such as public safety education and gun buy-back campaigns.

C. Efforts to control gun violence

Although countries that offer easier access to guns have more gun violence, among developed countries, that does not mean guns cause more deaths. People also own guns to protect themselves. It is also possible that gun ownership is a deterrent to crime, because criminals must consider the possibility that their intended victim is armed. However there is no evidence that right-to-carry laws reduce crime. However, reduction of availability of guns in households led to decrease in homicides.

It is vital that guns should not be available for those who would misuse them. Background checks are promising because a high fraction of future killers already have a criminal record. Though businesses are required to keep records and run background checks, guns can

be transferred between private citizens without any record.

Effective control on the usage of guns could be made possible by implementing the following approaches:-

- * Stiffer prison sentences for gun violence
- * Gun buy-backs
- * Safe storage laws and public safety campaigns.
- * Background checks
- * Bans on specific weapon types
- * More intensive probation strategies-police, probation officers, social workers
- * Increased patrols in hot spots
- * Cooperation between law-enforcement, community leaders and researchers

However, there is no guaranteed panacea for controlling gun violence. The most effective method of controlling gun violence is to change the mindset of the people through education, enlightenment, community organization and social agitation. These will take a long time. Just absence of the use of guns does not mean that there will be no more killings. Guns don't kill people; it is people who kill people. Therefore it is vital that the idea of the value of life should be ingrained on the minds of the people. Building healthy communities is the only way of avoiding the incidence of these calamities. Genocides and homicides have always been part of human history. Hence, every government and organization should make it their primary task to prevent violence and the abuse of guns to their utmost. World will be a better place to live in without violence.



By Thulasi Muttulingam

So the Prince of Wales and his consort were in Sri Lanka recently to open the Commonwealth summit. A plethora of words have been written on the summit itself and the host venue, so I won't contribute to it. In the middle of all that jockeying however, one fellow journalist found the time to update his facebook status with the observation: "Prince Charles had the best of both worlds. First he married Diana, the most good looking woman on the planet. And then he married Camilla, the least good looking ugliest woman on the planet."

The woman who had famously not gotten angry over her own husband's infidelity now got enraged at an entire city of people and due to her 'extreme chastity' was able to set it on fire with a curse, thus reducing it to ashes. Centuries have come and gone, perceptions on what it means to be 'chaste' has changed and changed yet again. Yet through it all, Tamils love to bring up this topic in professional debates: Who was the better woman? Kannagi the dutiful, uncompaining wife or Madhavi the courtesan who dedicated her life to Kovalan, took no other lovers and eventually became a Buddhist monk?



Kovalan and Madhavi

For the love of a 'good' woman

And just like that, Sri Lankans endlessly debating the pros and cons of CHOGM were diverted into another endless debate: Who was better? Diana or Camilla?

Although the status got a phenomenal number of 'likes', the opening comments started out with politically correct 'don't judge a book by its cover' type admonishments. People said Camilla was lovely in her own way too, that it was what was in the heart that mattered and so on and so forth, chastising the journalist for his shallowness.

It was not long before the pro-Diana camp kicked in however. That Camilla had a 'lovely' heart was vehemently denied and both Diana's looks and character were eloquently praised while the duchess's was pilloried. It made for some amusing diversion in the midst of a fiasco-ridden week for Sri Lanka, thanks to CHOGM.

It got me thinking though. We in Sri Lanka are an ex-colony of Britain and a rather bitter ex-colony at that. Why, this many years after Diana's death are not only the Britishers but even we, so interested in this topic?

It brought to mind my mother's irritation over another long running debate that Tamils apparently love to have: Who was the better woman? Kannagi or Madhavi? To those who are not familiar with the story, this is based on the famous Tamil epic Silappatikaram, purportedly written in the first century AD, by a Jain prince.

In this story, the heroine Kannagi, a beautiful chaste woman loses her husband to a courtesan called Madhavi, yet never castigates him or bemoans her fate. Eventually Kovalan returns to her but the story ends in tragedy because Madhavi's mother had cheated Kannagi of all her wealth and so Kovalan returns to poverty. All that Kannagi has left are her anklets and Kovalan goes to the city of Madurai to sell one of them, whereupon he is put to death by the King's guards who are out searching for a thief who had coincidentally stolen their queen's similar anklet.



HRH Prince of Wales and the Duchess of Cornwall arrive in Sri Lanka, Nov 14, 2013 - pic: Commonwealth Secretariat



Sorrorful Kannagi, Sad at heart - pic: nagapattinam.nic.in

The product of all that debating unfortunately is ultimately proving that neither woman was good, as each party tears down the character of the opposing camp's heroine. Tamil intellectuals have called for the cessation of this particular debate topic, due to this.

Well, at least we Tamils are not alone. This fascination to endlessly debate the character of the women involved in a love triangle (while conveniently leaving the man out of it) seems to be a world-wide phenomenon. The Brits are not the only ones with a famous modern love-triangle, to entertain the masses and keep them divided forever more. America, not to be left out produced the ignominious Jolie-

Aniston fiasco.

That's another famous never ending debate whose central characters are much to be pitied. Not because of the unfortunate love triangle which they seem to have long since gotten over themselves, but because of the seeming inability of their respective fans to move on too. Poor Aniston and Jolie. Neither one can do something without the press trying to find evidence of a non-existent running feud between the two.

Recently it was reported that Jennifer Aniston hastily cancelled a flight she was booked on because she and Angelina Jolie had coincidentally booked themselves on the same flight. When the issue was brought to Aniston's notice by an airline



Prince Charles and Camilla, the Duchess of Cornwall in Colombo, Sri Lanka - Photo: Chris Jackson/Getty Images

employee, she apparently cancelled.

Now, going by past reports, if the two had somehow ended up on the same flight, there would have been endless speculation about which of the women had deliberately tried to show up the other, through prior knowledge of the booking. Since Aniston apparently cancelled, it was accepted at face value that it was a coincidence – but then the speculation was about what she was running from, and whether she was still not over Brad Pitt.

A more literal case of 'damned if you do and damned if you don't' couldn't be found. And in this case, even though a number of news sites reported it, the story very likely wasn't even true in the first place. Aniston's rep has denied any such booking or cancellation took place.

Meanwhile in comments sections everywhere, the respective fans of both actresses duke it out with each other on who is the better woman. Some things it would seem, never change.

And where do I stand on all this? Well, I am generally one of those who roots for the wife over the mistress – but there is something I cannot help liking Madhavi on. She asked the one question that people throughout the ages often refrain from asking. That question was what prompted Kovalan the 'hero' to ditch her in disgust and go back to his long suffering wife. And what was this terrible question she asked? She asked why the man should be privileged enough to have more than one woman and get away with it without censure, while the women bore the blame?



Community Watch

Tamil Canadians protest in Toronto against CHOHM held in Sri Lanka

Hours before Commonwealth Heads of Government Meeting (CHOHM) Summit started in Colombo, several hundreds of Tamil Canadians on Thursday, November 14th 2013 protested in front of the Sri Lankan Consulate in Toronto, to show their solidarity with Tamil National Alliance (TNA) and the people protesting in the North East Sri Lanka.

The TNA, which has become the political voice of Tamils in Sri Lanka held several protests and awareness campaigns in Sri Lanka North and East during CHOHM to highlight the many issues faced by Tamils in Sri Lanka.

Large number of protestors gathered

near the Toronto Sri Lankan Consulate amidst very cold weather, carried placards and shouted slogans lime lighting the ongoing Sri Lankan state land grabs, large presence of Sri Lankan army personnel and continued sexual harassment against Tamil women in North East Sri Lanka. The protesters also reiterated call for an international independent inquiry into war crimes and crimes against humanity committed during the final stages of the war.

Several parliamentarians, elected officials and activists attended the event.

Pictures here are from the protest – via canadiantamilcongress.net:



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Sri Lankan educationalist RIT Alles Passes Away

By K. Thirukumaran

Founding principal of D.S. Senanayake College (DSS), Colombo 7, Sri Lanka R.I.T. Alles passed away on Nov 28.

He was formerly a teacher at Royal College and after DSS served as the State Secretary for Ministry of Education from 1989 to 1993 and was the Chairman of the Gateway Group.

I consider it as a privilege to have studied there under him.

Ralph Ignatius Thomas - RIT Alles (3 October 1932 - 28 November 2013) is an Educationist ~ I also think he is a trail-blazer in instilling "Volunteerism" as a norm early on not only in our lives but spanned it to our earlier generation also, as how he motivated a large student-parent-teacher community in building up a huge institution in Colombo, in unprecedented ways.

As far as I know, DSS is the only post



independence Ceylon's post secondary school (founded in 1967) to be Tri-lingual and gaining prominence as one of the best in Sri Lanka. Credit is all his.

So long Sir, some of us were not lucky enough to serve near you like you always wished but nevertheless we are not gratitude-less, everyday of our lives for you.

Great Heroes Day Observed with Tree Planting Ceremony in Sri Lanka North



Northern Province Chief Minister C.V. Wigneswaran, Minister of Education T. Kurukularajah, Minister of Agriculture P. Aingaranesan and Provincial Council members V, Sivayogan, P, Gajadeepan and E. Arnold participated in a Tree Planting Ceremony at the premises of the Provincial Education Ministry in Jaffna to mark "MaeveerarNaal" - Great Heroes Day on Nov 27th. The event took place despite Sri Lanka Army imposing a ban on any commemoration on Nov 27 in Sri Lanka North - East. Tamil National Alliance leader Rajavarotheyam Sampanthan in an interview on Nov 26th had reiterated that paying homage is "our right".

Speaking at the event the Chief Min-

ister said, "while praying that peace be upon the souls of those perished, we also regard this event as a sign of bringing ourselves into a new world. We plant trees symbolising our desire for the arrival of a new generation as one generation has left us. A lot of youth, both men and women, among our population have departed from us. If we are to achieve upliftment in our life, we need the youth, children and more students".

"Like we seek to maintain our environment in a healthy way, we also seek rejuvenation of the human life," he added.

Northern Provincial Council members took part in other similar events in Kilinochchi and Mullaitteevu as well, according to news reports.



Cedarbrae Seniors Celebrate Deepavali

The Greencrest Seniors Club celebrated the Hindu Festival of Deepavali in their recreation room recently in a gallant way. Deepavali is a Hindu festival which celebrates the triumph of good over evil or the destruction of the forces of darkness. Our lives should be guided by the light of life-which come to us only through meditation and the love of God.

The members cooperated to give a grand display of their talents, hitherto unexposed. There were a variety of songs, speeches, poems, dances and music to make the event a memorable one. The seniors were delighted by the performance of some of their grand-children which kept them spell bound.


Special mention should be made of Jeyenthiran Mahilrajah, grandson of one of the members who was able to dance to the tune of a rollicking song from 'Singam' a recent Tamil film. I was reminded of the memorable words of William Wordsworth when he said - 'I gazed and gazed but little thought of what wealth the show to me has brought'. Yes it was a glorious experience to see the young ones performing with tremendous enthusiasm. The intricate and fast move-

ments of the dancer enabled the seniors to enjoy the joy and action of the budding youngster.

Another grand-child, Cynthia Sri-tharan gave a sterling performance from a number of another Tamil film Vishva-roopam, which also proved to be thrilling and electrifying. There were senior ladies who gave a "koladdam" dance which captured the eyes of the audience which composed mainly of seniors from Cedarbrae Manor House. The way the seniors performed revealed that the old are still young in their hearts-especially when they sang film love songs of yesteryears to delight the crowd.

Mr. Ganeshalingam who did the introductions to the items in the program(compere) did a very good job. He made it interesting with his musical interludes and occasional humorous stories. His voice sounded exactly like Jim Reeves when he sang his famous song about 'new love'. Special mention should be made of Cathy, Vatsala, Pathma and their team of loyal club members who spared no efforts to make the celebration a remarkable success.






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SILVER JUBILEE CELEBRATIONS of Uduvil Girls' College Alumni Association of Toronto

A Dinner Dance was held at J & J Swagat Convention Centre, Markham on October 26, 2013 to mark the Silver Jubilee Anniversary. This Silver Jubilee would not have been possible without the pioneering efforts of several enthusiastic, dedicated students and teachers of Uduvil. Mrs. M. Paramalingam, Mrs. E. Niles and S. Thambirajah were instrumental in forming this association. Sarojini Sathiananthan was the inaugural president as well as the 25th president. It is remarkable to note Uduvil is the first all girls boarding school in Asia. It will be reaching its 190th year in April 2014.

Mrs. Shiranee Mills, the Principal of Uduvil Girls College, Jaffna was the Chief Guest and was accompanied by her husband. The celebrations started with lighting of oil lamp, a prayer and ball started rolling with Bollywood dancers and Belly dancers. The hall looked elegant in royal blue and silver and filled to capacity with beaming Uduvilites from various parts of the world. Everyone in beautiful attire, many in blue the college colour looked young and vibrant irrespective of their actual age. They met their school friends after several years and brought back their joyous memories. We also had a good number of dedicated old boys of Uduvil who contributed immensely for the success of this event.

The Principal Shiranee Mills in her short address, enlightened us with the accomplishments, achievements and the great strides made by Uduvil Girls College under her leadership. She had a short slide presentation of the achievement. Since inception of Alumni, the association has been collecting funds from members as well wishers towards the welfare of our Alma Mater. Recently our association contributed generously towards the purchase a school bus.

The highlight of the event was the presentation of Silver Jubilee medals to the past staff members of UGC, and Bollywood dance by Uduvilites. The delicious food, drinks and music put everyone on the ideal mood to sway and dance till late night. Wow what a Great successful, remarkable event to cherish.





British Prime Minister David Cameron has won Tamils' hearts

by K. Thirukumaran

The visit of British Prime Minister David Cameron to Jaffna on Friday, November 15 “boosted the morale of displaced Tamils” and “has won Tamils’ hearts” said headlines on The Hindu newspaper the next day. Another report on The Times of India said, “British PM a hero among political, Eelam leaders in Tamil Nadu.”

Overall Tamil diaspora organizations and activists around the globe have welcomed the visit.

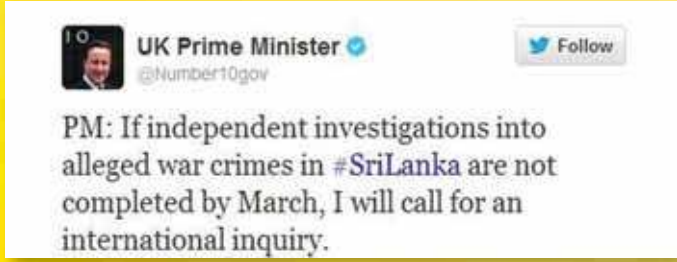
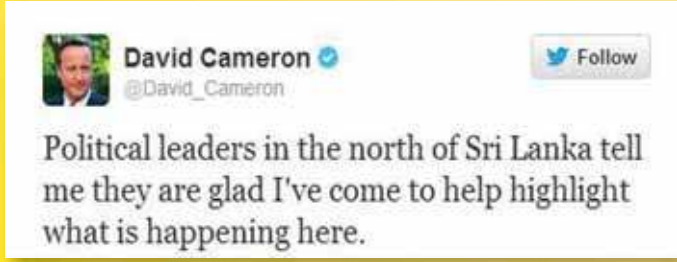
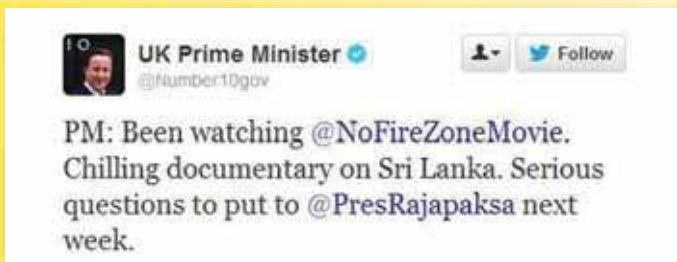
They added that Also, PM Cameron was probably compelled to be forceful in light of major Commonwealth nations Canada and India boycotting the Summit, so as to justify his attendance in Colombo.

Analysts pointed out the cordial policies adopted by the Tamil national Alliance (TNA) with international community towards the overall betterment of Tamils facilitated the quick visit a reality. PM Cameron however could not stop by at all places or meet the entire cross-section and every type of war affected Tamils. This was due to security breaches that occurred in Jaffna while the top G8 block leader, PM David Cameron of the UK visiting Jaffna for a few hours on November 15.

Prime Minister Cameron was in India a day earlier and discussed matters relating to Tamils and Sri Lanka with Prime Minister Manmohan Singh.

Speaking in Colombo on Nov 16th, British prime minister said he will look to UN to investigate claims of civil war abuses if Sri Lanka does not act within four months.

Presented here are pictures and tweets (short comments made on Social media) by Prime Minister David Cameron on his visit to Jaffna:



Pictures by: British Prime Minister's Office



Community Watch

RBC Royal Bank Morningside/ Milner Branch Realtor Meet & Mingle Event

RBC Royal Bank's Morningside/Milner Branch held a Realtor Meet & Mingle Event recently to co-incide with it's six years of operations.

The event which took place on November 19th at the Branch office was well attended by leading Realtors from the Real Estate sector.

Ms. Pennie Santiago, Vice-President - Scarborough Region from RBC Royal Bank was at hand along with Mr. Mohan Sundaramohan, Branch Manager, to welcome the guests.

Mr. Mohan, in his welcome speech, thanked the guests for their presence and for the business services the Realtors had

given to Royal Bank over the years. He mentioned that RBC Royal Bank, Morningside & Milner Branch has successfully completed six years of committed service to the Rouge/Scarborough community. Ms. Santiago too had words of compliments for the Realtors present and for the business they have been channeling to the Bank. The guests present at the function included other Royal Bank staff, Real Estate Business persons and members of the Media.

Seen here are some pictures taken at the event

(Picture Courtesy: Tamil Mirror)



Mr. Mohan Sundaramohan, Manager, RBC Royal Bank- Morningside & Milner Branch welcoming the guests



Ms. Pennie Santiago, Vice-President, RBC Royal Bank-Scarborough Region addressing the guests at the event



Royal Bank staff at the event



A section of the guests present at the function

Tamil Mirror - Awards Night 2013



Ms. Arani Suganthan (7 years) receiving Youth Arts & Culture Award. She also did her Salangai Pooja at the age of 5 years



Dr. Rajes Logan receiving Community Service Award



Mr. Appadurai Muttulingam receiving Literary Award



Dr. Shivajan Sivapalan receiving Youth Leadership Award



Hellenic Vincent De Paul receiving Youth Achievement Award



Ms Iniya Haran (5 years) receiving Youth Arts & Culture Awards. She did her Aranjagram at the age of 5

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25th Annual AGM and Hartleyite Nite

The 25th annual AGM of Hartley College Past Pupils Association's Canada & USA branch and Hartleyite Nite were held at the Queen Palace Banquet hall on the 17th of November 2013. Attended by around 200 members, families, friends and well-wishers, the event marked the end of yet another successful year in the History of HCPPA Canada and USA.

Mr. Ian Kiru Karan (Former Senator & Minister for Economic and Labour affairs for the city of Hamburg, Germany) graced the occasion as the chief guest. Mr. Karan, an old student of Hartley College, a successful entrepreneur and philanthropist has been actively involved with the structural development of Hartley College in the recent past, with the

most notable initiative being the re-building of a 2-story hostel building.

The AGM was presided over by Mr. R. Rajezwaran, president of the association. Secretary Mr. W. Manoharan and Treasurer Mr. V. Jayaraman presented their annual reports to the general body of the association. Then the election for the 2013/14 executive committee was conducted by Mr. V. Eeswaranathan, vice-patron of the association. Mr. S. Sivarajah was elected as the president. Dr. Shan Shanmugavadivel was unanimously approved as the third vice-patron of the association in place of late Mr. K. Rajaratnam.

The annual Hartleyite Nite, a fellowship event of Hartleyites living in Canada

and USA immediately followed the AGM. To mark the 25th year, the association honoured late Mr. K. Karunanithy, late Mr. K. Rajaratnam, Mr. V. Eeswaranathan and Mr. M. Atputhanathan for their incredible contributions in various capacities to the success of the association. Dr. Tham Vasanthakumar, who played a great hand in helping the association to host Nathavinotham, a musical event to mark the 25th year celebrations, was also honoured. Ms. Subho Sureshkumar, Mr. Sivarajah Surendranathan and Mr. Rudran Subramaniam were also honoured for their contribution to the association in making the 25th year celebrations successful. The association acknowledged and honoured the contributions of the

Hartley College Webteam. The founder members of the association were also honoured during the occasion.

After the all honours were done the guests were treated to some fine entertainment. Two dance programs by Ms. Madhumitha Baskaran and Maenusha Raguvaran were enchanting while the Basement Sound Crew treated the guest with their unique brand of Music. The event came to a rousing conclusion with a dance program by The Pacific Hawaiian Dance Troup. It was a happy ending to a yet another highly successful and significant year for Hartley College Past Pupils Association Canada & USA.





25th Annual AGM and Hartleyite Nite

Text of speech by Guest of Honour Ian Karan at the event

Dear Brothers and Sisters,

It is indeed a pleasure and an honour to be your guest speaker today on the occasion of your 25th anniversary.

This year, there are two silver anniversaries that I am celebrating and for both events my contribution has been minimal.

The first, my own silver wedding anniversary, is an achievement entirely due to my beloved wife. The second and almost as important as the first is today's event where I am merely a passing participant.

My wife and I are privileged to be here and we sincerely thank the Board of Directors and especially your President Mr. Rajezwaran for inviting us.

I always thought that you and we in Northern Europe live in a similar climate.

If the last couple of days are any measure of the average temperatures in Toronto, then I believe that we in Hamburg or our colleagues in London live in somewhat warmer climes.

On a cold, wintry day, I presume your thoughts wander to the warm and sunny days that all of us enjoyed in Point Pedro.

We were young and carefree and above all healthy in those days and today, at least the men are grey or as in my case completely bald. All of us more or less healthy.

Now, many of us are retired or close to the end of our active lives. Isn't it then better for us to escape the harshness of the Canadian or the European winter and spend time in the warmth of Jaffna?

And if so, what do we need?

Three basic requirements spring to mind:

1. Living quarters with modern conveniences comparable to Western stan-

dards.

2. State of the art medical facilities. and

3. All of this at affordable cost.

Obviously, a market research has to be undertaken to ascertain the viability of establishing a Guest Home for Expatriates.

Naturally, any investment has to be profitable and make a contribution to the local economy.

Many of our families and friends live in the Northern as well as the Southern Hemisphere.

The seasons complement each other and this could perhaps influence the occupancy rates and cash flows positively.

Inevitably, such a venture will have a positive spin-off effect on the economy in our areas.

The benefits are clear.

The infusion of much needed cash into the local economy, enhanced job opportunities and much needed mentoring of the young people by returning experts in a variety of fields.

Above all, by spending time in the Northern Province, we can have a modernizing influence on the local population and help stem the brain drain that has sapped the energy of the Tamils over the past few years.

We can also help to arrest the rapidly declining Tamil population in the country.

Demand for skilled labour will invariably divert the attention from the current pure academic qualifications Hartley offers to training young people to become skilled workers, carpenters, plumbers, mechanics, electricians and other skilled personnel.

There is no claim that this proposal is a brilliant idea to improve the situation

in the North.

The fact remains that the situation is dire in the lands of our ancestors and our lives cannot be perfect when one side of our nation is faced with poverty, hunger and a bleak future.

In establishing a Guest House, all I am suggesting is that we find a way to get close to the situation on the ground and have a forum where ideas can be exchanged and problems discussed.

Some of the best ideas have come from unexpected quarters and the way to influence this process is to have a continuous dialogue with the people who are holding our aspirations high in the North and East.

My wife and I are investing in education. We hope to hand over the Hostel complex on 1st March 2014 to Hartley College and this should accommodate 100 children, mostly orphans.

I started my schooling at the Methodist Girls High School and I have an obligation also to MHS.

We have made a commitment to help the school in building a new teachers' quarter.

Once these two projects are completed, we are willing to entertain ideas to improve the daily life of the local population.

Currently, we are reviewing an Agricultural project in the Vanni District, but personally, my heart belongs to Vadamarachi. We are most willing to join hands with others to help our people regain their dignity.

In discussing with your Board of Directors I am convinced that they as well as the members of this Association are aware of the plight of our people.

We need not only individual help but I believe a joint effort on a grander scale.



Hartley Nite 2013

On the occasion of the
25th Anniversary of the
Hartley College Past Pupils'
Association Canada & USA

Queen Palace Banquet Hall
1173 Brimley Rd.
Scarborough, Ontario

Guest of Honour and Speaker

Mr. Ian K. Karan

17th November 2013

The Hartley College Past Pupils' Associations in Australia, Canada, the UK and the USA are strong and many of our members are very successful.

My request to the Presidents of the various Associations is that they jointly develop ideas to fund economic advancement of our people.

In my speech to the UK Association, I proposed a reconstruction fund.

Whatever we call it is actually immaterial. More importantly, I feel that we need to involve all our members to contribute to helping not only Hartley but also MHS and the region as a whole.

Thank you very much for giving me this opportunity to address you.

I am very honoured to be here today.

God bless you all.





Sri Sathya Sai Baba Centre of Scarborough celebrated the Divine Advent Bhagawan Sri Sathya Sai Baba's 88th Birthday on 23rd of November, 2013 at their Centre, 5321 Finch Avenue East, Scarborough



Multifaith songs and plays by youths and children illustrated Sri Sathya Sai Baba's message on Unity of Religions.



Paduka procession



Over 1200 devotees joined the celebration



Service project completed and offered to Bhagawan by the senior group of SSE children and their teachers to rebuild the "Kalpadham".



Beautifully decorated Altar and Jula

Sri Sathya Sai Baba Centre of Scarborough celebrated the Divine Advent Bhagawan Sri Sathya Sai Baba's 88th Birthday on 23rd of November, 2013 at their Centre, 5321 Finch Avenue East, Scarborough



Guest speaker Dr. Siva Nadarajah, National Publications Co-ordinator, Sri Sathya Sai Baba Organisation in Canada, sharing Bhagawan message on the importance of practicing the "unconditional Love"



Paduka procession



Over 1200 devotees joined the celebration



Scarborough Senior Thamils' Association - Tenth Anniversary

Scarborough Senior Thamils' Association celebrated its 10th Anniversary on Sunday, 20th October, 2013 at Sri Ayyappan Hindu Temple Cultural Hall, 635 Middlefield Road, Scarborough, Ontario.

Hon. Rathika Sitsabaiesan M.P., Hon. Mr. Bas Balkissoon M.P.P., Dr. Raymond Cho Toronto City Councillor, Mr. Naga

Ramalingam, Community Development Worker, Toronto Family Services were the Special Guests at the function.

The program included many cultural dances, dramas and songs. Dignitaries, politicians, community activists, well-wishers, friends and relations were well represented at the event. The President

of the Association, Mr. Muthiah Thevarajah in his welcome speech congratulated the founder members of the Association, namely Mr. Raj Rajadurai, Mr. Velutham Balachandran and Mr. Seenivasagam Navaratnam for their contribution, concerted efforts and dedication which lead us to celebrate this function. Found-

er members present were honoured. Vice President, Mr. K. Ramanathar delivered the vote of thanks. Mr. Arulsothy Kandiah and Mas Praveen Anandarajah were the MCs at the occasion.

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





Durham Tamil Association

celebrated it's 12 th Annual Youth Festival

Durham Tamil Association was proud to present the 12th Annual Youth Festival, featuring a colourful entertainment for all our guests. From the blooming artistic superstars to the talented youth of Durham's Tamil community, everyone got an opportunity to showcase their talent. It was manifested on the 23rd November 2013 at Pickering High School, and the program was a great success as we had 139 kids and youth partaking in this extravaganza program. Dressed in vibrant colourful traditional Half Saree and Dhoti, our Youth welcomed the dignitaries, guests and parents.

The curtain raised with the National Anthem of Canada played on the Keyboard by Krishanth Kirupanathan, student of Mr. Ajithkumar Vettivel of Manon's Music Academy.

This was followed by the Tamil Thai Vaazhthu crooned loud and proud by Asvin Sathiyalingam and Suvetha Sathiyalingam who are the students of Mrs. Manorani Thusitharan.

The Eminent Dignitaries including MP Corneliu Chisu, MPP Joe Dickson, Ajax Mayor Steve Parish, Councillor Renrick Ashby (Ajax), Councillor Peter Rodrigues (Pickering), Kim Dowds representing Hon. Minister Chris Alexander, Martyn Beckett - Director of Education (DDSB), Hermia Corbette - Welcome Centre Manager (Ajax), Sophia Bittar - Community Liaison of Welcome Centre, Esther Enyolu - Executive Director of WMRCC, Shivana Choosingsh & Fanuel Ephraim from WMRCC, Neethan Shan - President, Ontario NDP, Juanita Nathan - York Region District School Board, Kelly Boehm - Education Officer/ Staff Development (DDSB), Robbie Prochilo - Community Recreation Coordinator from Town of Ajax, Cheryl Johnston - Senior Communications Advisor of OPG, Peter Bradshaw - Executive Assistant to MP Corneliu Chisu, Kiruba Thuraiappa - President of Brampton Tamil Association, Yan Fu & Michael Crowley of DACA, Vaqar Raees - President of Friends Indeed, Saeed Siddiqui - VP of Friends Indeed, Sudarshan Meenakshisundaram - President of Tamilnadu Cultural Society of Canada, Augustine Jeevanantham - Manager of SSN and Meccana Ali of SSN attended the event.

MP Corneliu Chisu, MPP Joe Dickson, Councillor Peter Rodrigues, Councillor Renrick Ashby and Kim Dowds were honourably invited to the stage for the ceremonial lighting of the inaugural lamp. A moment of silence was observed for all Tamils who lost their lives in Sri Lanka war and at the recent typhoon in Philippines.

Ms. Vaishnavy Muraleetharan a vivacious member of DTA Team Youth was the Master of Ceremony and she did an outstanding job of attracting a great deal of attention and praise into the event. The event was kick started by "Vaathiya Bruntha". Trained by "Isai Kalaimani" Mrs. Thulasi Ragnathan, students of Bruntalaya School of South Asian Violin played this remix fusion of Classical music and western blend expressing an emotional state in an aesthetic unity among the crowd. It was greatly appreciated and applauded as there were instruments like violin, Mridangam, Veena along with keyboard and drums. President Josh Suresh recognized the chief guest and invited few of the dignitaries to give a speech.

A 24 hour Multi Cultural Bandathon was initiated by Durham Tamil Association in support of The Rouge

Valley Health System Foundation in September 2013. DTA raised and donated 5000 dollars cheque and bestowed it to the Mayor of Ajax Steve Parish & Mary Slavik, Director of planned giving from Rouge Valley Foundation. It was truly a great moment for the Executive Team and members of DTA. Funds raised will go to Rouge Valley Health System Foundation to purchase a new operating room procedure table for cancer surgery at the Ajax Hospital.

Followed by the Welcome speech, President Josh Suresh reiterated that the main uniqueness of this program is for kids from diverse backgrounds can showcase and use their interests, talents and creativity to promote worthy causes, project a positive youth image and profile young role-models and to make a difference in the Durham Tamil community. DTA acknowledged the six of our youth members who excelled not only in arts, dance and music rather in their academics and have entered into the University with high score marks. Banuja Ganesalingam, Mathav Muhunthan, Naveen Sivakumaran, Prashan Rajaratham, Anith Sriranjana and Janan Ragavan were appreciated by Ajax Mayor Steve Parish with cash gift cards and souvenirs.

"Welcome Dance" was performed by the students of Bharathalaya Dance Academy, which was simply breathtaking and this was choreographed by our long standing member and young Guru 'Natiya Kalaimani' Ms. Nivedha Ramalingam. Her rendition expressed the joy and love between Lord Krishna and his Gopikas, where she performed as the Lord Krishna.

In the midst of festivities was the recognition awards was given by Kim Dowds on behalf of Canada's Citizenship & Immigration Minister Hon. Chris Alexander for 13 of our DTA's outstanding youth volunteers and 3 adult volunteers, who are still working hard to support the vision and mission of DTA. The youth volunteers were Abishna Jayasundararajah, Ashley Kugaraj, Banuja Ganesalingam, Jeremy Francis, Kabithan Ravichandran, Keeran Sivanesan, Naveen Sivakumaran, Neraja Thillairajah, Rishi Suresh and Shawne Nimalan. The 3 outstanding Adult volunteers were Mr. Kanga Sivanathan, Mrs. Dujavanthi Shwetsweare and Mrs. Uma Suresh.

To heat up the auditorium was the "Tribe Treasures" choreographed by our youth Ms. Maenusha Raguvarnan, for the song from the movie Kumki showcasing the clannish outfit and Tribal dance of our Tamil Community.

The youth festival was a treat not only for the eyes but also for the ears as we had our Nightingale Ms. Sarika Navanathan singing two of the medleys "Minsaara Poove" and "Uyirin Uyire".

Nothing roared except for 7 "Durham Little Superstars" who presented a energetic dance for a number from the popular Singam 2 movie. This was choreographed by Uma Suresh and assisted by the youth volunteers Nerajah Thillairajah and Monesha Ragavan.

Followed by this action packed dance was the "Singing Sensation" by Ms. Sahana Nirmayan. She swept the hearts of all the members by singing the song "Nenjukkulle" from the film Kadal.

"Abinayam" was another classical performance by our

member students of Sai Niruthya Dance School, Guru being "Natya Kalaimani" Bharatha Kalaa Vithakar" Mrs. Sujee Nisankan. Students performed for the song that illustrated Lord Krishna's Kaalinga Narthanam.

Mrs. Uma Suresh, our Program Coordinator recognized all the parent volunteers who assisted in the logistics of the youth festival, food, make up and practices of the kids. Even a small help makes a huge difference in a social service.

"Fusion Steps" a filmatic duet dance for fast numbers from the songs Google Google and Oda Oda, was choreographed by Mrs. Hema Karthik. Assisted by Mr. Karthik Gopal and Mrs. Komathy Ram, it was appreciated for the uniformity and wonderful dress code that attracted all the viewers.

"Mann Vaasanai" group dance choreographed by Mrs. Uma Suresh was a great applaud for its foot tapping dance. Dr. Vijayalakshmi Navaneetha Krishnan's song Thottu Kadai Orathile brought the original flavour of the ancient folklore and was massively appreciated.

Joshua Francis took away the audience by singing 21 Guns by Green Day while his brother Jeremy Francis played the lead electric guitar.

"Fashion Vibes", a petite parade of fashion show for small kids, who were dressed in their best. Choreographed by Mrs. Uma Suresh and assisted by our youth Ms. Abishna Jayasundararajah, the kids took the Ramp for the Remo song from the movie Anniyan.

"Vinnai Thodalam" was a heart touching performance by Krishan Thananjeyan, an autistic child who earned a standing ovation for his outstanding violin performance. This youth learned vocal and violin by himself glancing through the YouTube and other music CDs. Every child is bestowed with the talent all parents need to explore them by knowing what's best for their loved ones.

"Shruthilayam" showcased the talents of two groups of young emerging vocal artists who are students of Amirtha Gaana Mandram, Guru being Isaikalaimani" "Sangeetha Vithakar" Mrs. Manorani Thusitharan.

"Kollywood Twisters" was another mind blowing performance choreographed by our Executive Committee member Mrs. Deepa Sivasangar. The young performers danced to the prayer song from the latest hit Idharkku Thaane Aasaipattai Baalakumara.

Another emerging singer of DTA is Ms. Suruthe Janakan who mesmerized the crowd by singing "Mukundha Mukundha".

"Cloud 9" was another vibrant performance by DTA's energetic youth boys, who danced for a hip hop number choreographed by Michael Tam depicting the talents and strength of "Tamil Pasanga". The steps were foot tapping and enjoyed by everyone.

"Salangaiyin Sangamam" choreographed by Mrs. Kalaimathy Vageesan DFA, was another treat for the guests. Students of Kalai Natiyalaiya Fine Arts School of Bharathanatya performed for a Thalam in a stylish outfit.

"Remix Galaatta" was an extra ordinary dance performance by DTA's teen girls for the upbeat Gaana Kuthu songs. Choreographed by Ms. Abishna Jayasundararajah, this was the highlight of the evening.

Vote of thanks was given by our multi talented secretary Mr. Mano Pancharatnam who was managing the sound system for the evening. He thanked the dignitaries, sponsors and volunteers who made this event a huge success. It was not an easy task, but DTA's executive Committee members and TEAM DTA pulled the show by sharing the responsibilities.

PICTURES ON PAGE 56 AND 57



Community Watch



Durham Tamil Association







Canadian astronaut Chris Hadfield joins University of Waterloo

The University of Waterloo today announced the appointment of retired Canadian astronaut, Chris Hadfield, as a professor of aviation.

Commander Hadfield with Waterloo pennant on the International Space Station

"We are delighted to welcome Chris Hadfield to the University of Waterloo as a member of our faculty," said Feridun Hamdullahpur, president and vice-chancellor of Waterloo. "This is a tremendous opportunity for our students and researchers to work with, and learn from, one of the greatest Canadians of recent times."

Professor Hadfield's first role on campus is to conclude his participation in research on heart health in space with professor Richard Hughson. Professor Hughson is looking into why some astronauts are prone to fainting spells when they return to earth by predicting how they recover from rapid changes in blood pressure.

The research, known as BP Reg, will not only help understand dizziness in astronauts, but also have direct benefits ev-

eryday on Earth – particularly for elderly people predisposed to falls and resulting injuries.

In addition to his involvement with heart health research, professor Hadfield is expected assume some teaching and advising responsibilities in aviation and related programs from Fall 2014. Waterloo's offers two undergraduate degrees in aviation, a Bachelor of Science and a Bachelor of Environmental Studies.

"As you would expect for a man who has just returned to Earth after five months in space, Chris has a very busy schedule," said professor Ian McKenzie, director of aviation at Waterloo. "We are excited that he is willing to share his extensive career knowledge and experience in aviation with our faculty and students when he is able."

Professor Hadfield's role at the university is not his first experience with Waterloo:

He studied as an NSERC postgraduate in the Faculty of Engineering at the University of Waterloo in 1982, looking at aircraft fuel pump design.



He was the keynote speaker for the official launch of the Waterloo Aviation program in June 2007.

He conducted a downlink to the University of Waterloo from the International Space Station during Expedition 34/35 in February 2013.

He and his wife, Helene, married in Waterloo in 1981 and their eldest son was

born in Kitchener in 1983.

Professor Hadfield will give a guest lecture at the University of Waterloo on December 3, 2013. Details about the event will be released closer to the time.

Professor Hadfield is cross-appointed to Waterloo's Faculties of Science, Environment and Applied Health Sciences.

SAFER TRAVELS FOR WOMEN GLOBALLY

Sujay Arora is a Waterloo engineering student now but he grew up in New Delhi, a city where recent public protests have raised awareness about violence against women.

So Arora and three of his friends have started a company called Caboom, which is developing a new smartphone app that he hopes will make women in India's largest city safer. The tool will allow female travelers to book the closest women-driven cabs using their smartphone. It also sends information about the taxi and its driver to family and friends before the woman gets into the cab.

"Safety is a massive issue," says the third-year electrical engineering student. "If the driver knows his passenger has sent out information about him, it's going to be a deterrent. It's not going to solve the problem but it's going to act as a deterrent to violence against women."

App will be free for passengers

Women's safety hit the news last year after the fatal gang rape of a 23-year-old physiotherapy student on a bus in New Delhi. The application for women travelers is just part of a larger tool being developed by himself and three other friends who still live in New Delhi. Their new company, called Caboom, will help all passengers find the nearest cab. Arora and his three collaborators are partnering with SoftLayer, a company recently



acquired by IBM, under their Catalyst Startup Program.

Arora says the application will be free to passengers. Revenue will come through the taxi companies who will pay Caboom a fixed percent of their booking fee. The application will make taxis safer and more convenient for passengers but will also save taxi companies money because they will have a smarter, more efficient system of matching drivers to the closest passengers.

"If you want to get somewhere quickly, there could be a cab from a company four kilometres away and another company one kilometer away but you'd never know which one to call," says Arora.

Arora says being able to travel safely at night is a huge issue for women working in call centres in India. Many women have to work nights because they are answering inquiries from Western customers who are in a different time zone. Because of the recent sexual assaults, women are afraid to travel at night and unable to work.



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Montage of the Canadian Mosaic



Sikh community honours a once-forgotten hero

By: Brent Davis, Record staff

Royal Military College Officer Cadet Sarabjot Anand was among those attending Sunday's Sikh Remembrance Day ceremony in Kitchener. The annual ceremony is held at the grave of First World War soldier Pte. Buckam Singh

Most Canadians who hear the story of Pte. Buckam Singh would agree he's a hero.

Twice wounded in action, Singh was one of just nine Sikh soldiers known to have fought for Canada in the First World War.

But for Sarabjot Anand, an officer cadet at Kingston's Royal Military College, Singh is also a true trailblazer.

Anand is one of the first two turbaned Sikhs to study at the military college since its founding in 1876.

"He was the leader in opening the

doors for us," Anand said following Sunday's Sikh Remembrance Day ceremony in Kitchener.

The ceremony is held annually at Singh's grave in Mount Hope Cemetery. His is believed to be the only military grave in Canada of a Sikh soldier from the world wars.

After contracting tuberculosis while recovering from his wounds in England, Singh was brought to a military hospital in Kitchener, where he died in 1919.

Nearly a century has passed, and the Canadian Forces have become one of the most multicultural military organizations in the world, said Anand, who hopes to serve as an air force communications and electronics engineer.

"I'm a proud Canadian," he said. "I want to make this my career."

Speaking to the assembled crowd,

Cmdr. Timothy O'Leary of naval reserve division HMCS York said the tradition of service in the Canadian Forces begun by Singh and his peers is well-entrenched today.

"I am in awe of these individuals," he said. "I'm humbled to be here today."

Among the special guests in attendance was Capt. Daulat Singh Deol, who served in the Second World War with the British Indian Army and turns 103 in January.

Buckam Singh's story came to light a few years ago after Brampton's Sandeep Singh Brar purchased Singh's Victory medal from a dealer — and, to his surprise, discovered that he had been a Canadian soldier.

Brar's research led him to Singh's grave in Kitchener. The annual service at the once-forgotten marker now stands as

a tribute to not only Singh and his fellow Sikh soldiers, but to all of those who have served for Canada.

"For a diverse community that is a minority, it is a great (source of) pride to know we have our own connection to Canadian history," said Gursev Singh, a local teacher and community liaison for the ceremony.

"We're very happy to see we are contributing members of a country we've adopted."

Singh said there is a long tradition of military service among Sikhs, exemplified in Buckam Singh's desire to enlist back in 1915.

"We are ready to sacrifice and give for freedom and for liberty," he said.

bdavis@therecord.com





Regional News

Whitby Council Appoints North Ward Councillor



On Monday, October 28, 2013, at its regular meeting of Council, Mr. Derrick Gleed was appointed North Ward Councillor and will serve the remainder of the term of office that ends on November 30, 2014.

“The Town of Whitby is pleased to welcome Mr. Gleed to Council,” says Mayor Pat Perkins.

Councillor Derrick Gleed “I am looking forward to working with

Council and on behalf of the constituents in the North Ward,” says Mr. Gleed.

New Town of Whitby Council and Committee Meeting Email Subscription

E-UPDATES



Subscribe to updates from our Committees & Council

To promote transparency and encourage participation, the Town of Whitby has introduced a new email subscription service. By subscribing to meetings through E-Updates, individuals will be notified each time Agendas and Minutes are published for the meeting type to which they have subscribed.

Individuals can subscribe to one or all of the following meetings held by the Town:

- Audit Committee
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- Operations Committee (issues related to the CAO's Office, Corporate Services, Community and Marketing Services, Fire Services, and Public Works matters, such as financial planning, contract awards, levels of service and policy, roads and bridges, storm sewers, sidewalks, boulevards, trees and parks)
- Planning and Development Committee (issues related to land use planning such as Official Plan Amendments, Zoning By-law Amendments, and other Public Meetings deemed to require public consultation)
- Regular Council
- Special Council

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Building Healthy Communities in Whitby

On November 13, 2013, the Town of Whitby hosted World Town Planning Day: Building Healthy

Communities,' an event designed to address the business advantage to sustainability.

The Town brought together an exciting group of panelists, including:

- Dr. Bob Willard: Author and Speaker, Sustainability Advantage
- Mr. Doug Yates: Environmental Group Manager, General Motors Canada
- Mr. John Longbottom: IBM Smarter Cities

The presentations were of particular interest to residents within the community, business, industry, university and college students, professionals in the private and public sectors and leaders of major institutions.

Town of Whitby Reaps 5 Blooms in National Competition

The Town of Whitby received a 5 Bloom rating and was recognized for 'Blue and green infrastructure: from vision to reality!' at the 2013 National Edition of Communities in Bloom. The Town participated in the over 50,000 population category.

“We are proud of the Town of Whitby's accomplishments in the protection and enhancement of our natural environment and water resources,” says Mayor Pat Perkins. “These assets play an important role in the quality of life for our residents and the Town's economy, culture and heritage.”

Following its evaluation, volunteer judges Odette Sabourin-Dumais and Gérald Lajeunesse wrote: “Whether it be the Lynde Shores Conservation Area, the Port Whitby Harbour, Marina and Yacht Club, private not-for-profit groups, residents or the municipality, all recognize the significance and opportunity that the various water

resources present to the overall community. Add to that the protection of the watershed creeks that are retained as linear parklands and natural environments, the vast inland Heber Down Conservation Area and the planned 'Central Park,' you quickly conclude that Whitby has made a long term commitment to ensuring a continuous and contiguous network of green and blue infrastructures that will ultimately link all sectors of the greater Whitby community. This is a truly great vision.”

December Events

www.whitby.ca/calendar

Event Name	Location	Date	Time
Operations Committee Meeting	Council Chambers, Whitby Municipal Building, 575 Rossland Road East, Whitby	Dec 2, 2013	7:00 p.m.
Sports Without Limits	Iroquois Park Sports Centre, 500 Victoria Street West, Whitby	Dec 3, 2013	6:30–9:00 p.m.
Seniors' Mini-Bazaar	Whitby Seniors' Activity Centre, 801 Brock Street South, Whitby	Dec 4, 2013	10:00 a.m.–2:00 p.m.
Newcomers Welcome Program for Seniors	Whitby Seniors' Activity Centre, 801 Brock Street South, Whitby	Dec 5, 2013	1:00–3:30 p.m.
Whitby's Holiday Celebration and Annual Tree Lighting	Celebration Square, 405 Dundas Street West, Whitby	Dec 6, 2013	6:00–8:00 p.m.
JCI Whitby Santa Claus Parade	Brock Street, Whitby www.whitbyparade.com	Dec 7, 2013	10:00 a.m.–2:00 p.m.
Whitby Seniors' Activity Centre Members' Christmas Dance	Whitby Seniors' Activity Centre, 801 Brock Street South, Whitby	Dec 7, 2013	7:30 p.m.–12:00 a.m.
Regular Meeting of Council	Council Chambers, Whitby Municipal Building, 575 Rossland Road East, Whitby	Dec 9, 2013	7:00 p.m.
Newcomers Welcome Program for Seniors	Whitby Seniors' Activity Centre, 801 Brock Street South, Whitby	Dec 12, 2013	1:00–3:30 p.m.
Youth Dance	Heydenshore Pavilion, 589 Water Street, Whitby	Dec 13, 2013	7:00–10:00 p.m.
Whitby Brass Band Christmas Concert	Hebron Christian Reformed Church, 4240 Anderson St., Whitby	Dec 13, 2013	7:30–9:00 p.m.
Management Committee Meeting	Whitby Municipal Building, 575 Rossland Road East, Whitby	Dec 17, 2013	2:00 p.m.
Newcomers Welcome Program for Seniors	Whitby Seniors' Activity Centre, 801 Brock Street South, Whitby	Dec 19, 2013	1:00–3:30 p.m.
New Year's Eve Free Skate	Iroquois Park Sports Centre, 500 Victoria Street West, Whitby	Dec 31, 2013	6:00–9:00 p.m.
Whitby Seniors' Activity Centre Members' New Year's Eve Celebration	Whitby Seniors' Activity Centre, 801 Brock Street South, Whitby	Dec 31, 2013	7:30 p.m.–1:30 a.m.



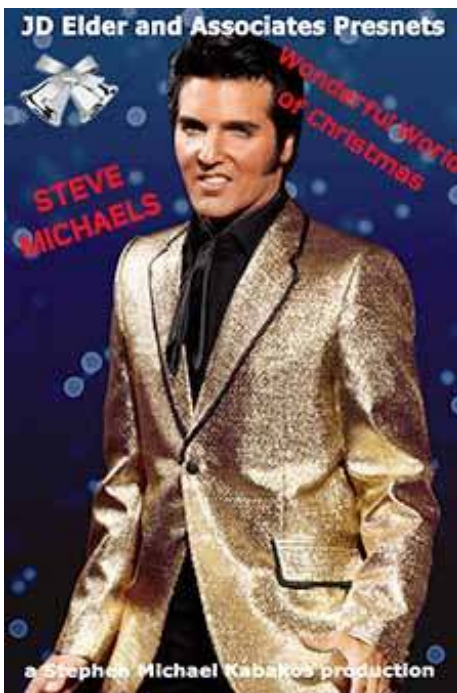


STATISTICS AND DEMOGRAPHICS

Markham is one of the fastest growing municipalities in Ontario, home to over 327,000 people covering 212 square kilometres of land. More than 400 companies are headquartered in Markham due to a well defined transportation and communication network, high quality facilities, a diverse and highly educated labour force and pro-business environment. With close to 900 high-technology and life sciences companies, Markham is Canada's High-Technology Capital.

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Cost: Orchestra: \$60.50
 Box Seats: \$60.50 Balcony: \$53.75

Street named after A R Rahman in Markham, Ontario



A Street in Markham, Ontario is now named after legendary Music composer A. R. Rahman. The unveiling took place on Nov 4, 2013.

The ace composer posted a picture on Facebook holding a sign board which reads "Allah-Rakha Rahman St".

A R Rahman also tweeted "Welcome to my street! (In Markham, ON, Canada)."

Earlier he has also been conferred the title of 'Mozart of Madras' and 'Isai Puyal' (Music Storm).

Allah Rakha Rahman's original name is AS Dileep Kumar and has come a long way. He was born in Chennai, Tamil Nadu, India to a musically affluent Mudaliar Tamil family.

His father RK Shekhar, was a film music composer and conductor for Malayalam and Tamil films. Rahman used to assist his father during recordings. He lost his father at the age of nine and his family had to rent out his father's musical equipment as their source of income.

The 47-year-old musician has been endowed with honours like Academy Awards, Grammy Awards, BAFTA Award, Golden Globe and National Film Awards in addition to numerous other awards and nominations.

The Mozart of Madras was in Canada to attend a ceremony organized by the Indian International Film Festival of Toronto (IFFFT) in association with the local city government.

"The event also launched his own commemorative stamp and the official announcement of "Allah-Rakha Rahman Street" for the city of Markham was made. It was part of IFFFT's mission to celebrate 100 years of Indian cinema and pay tribute to Rahman, who was described as the philanthropist who has had an immeasurable impact on global music and cinema and someone who also constantly strives for world peace," a report in the Deccan Chronicle said.

During his acceptance speech at the Oscars in 2009 A.R. Rahman stated, "All my life I have had the choice of love and hate and I have chosen love....and I'm here".



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 MARCH 14, 2014

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For more information, call 905-475-4731



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