

Computek College

Settlement Worker, Bank Teller, Web Developer, Information Worker, Payroll Clerk, OFFICE ASSISTANT, Accounting Ass, Welfare Counselor, Medical Office Asst, Network Specialist, Personal Support Worker, Day care Asst, Hospital Ward Clerk

Markham
Scarborough
Toronto

416.321.9911

Pls see page 33...



THE LAW OFFICE OF
Gary Anandasangaree
PROFESSIONAL CORPORATION

- Real Estate (Buying, Selling & Re-Financing)
- Corporate • Commercial
- Wills & Estates • Immigration

416 321 1100
gary@galaw.ca

The 40 Co-sponsors and voting stands of the Resolution on Sri Lanka

L.2 (as orally revised): Promoting reconciliation and accountability in Sri Lanka

| | | | | | |
|----------------|------|------------|------|--------------------------|------|
| ANGOLA | Abst | GUATEMALA | Yes | PERU | Yes |
| AUSTRIA | Yes | HUNGARY | Yes | PHILIPPINES | Yes |
| BANGLADESH | Abst | INDIA | Yes | POLAND | Yes |
| BELGIUM | Yes | INDONESIA | Abst | QATAR | Abst |
| BENIN | Yes | ITALY | Yes | REPUBLIC MOLDOVA | Yes |
| BOTSWANA | Abst | JORDAN | Abst | ROMANIA | Yes |
| BURKINA FASO | Abst | KOWEIT | Abst | RUSSIAN FEDERATION | Abst |
| CAMEROON | Yes | KYRGYZSTAN | Abst | SAUDI ARABIA | Abst |
| CHILE | Yes | LIBYA | Yes | SENEGAL | Abst |
| CHINA | Abst | MALAYSIA | Abst | SPAIN | Yes |
| CONGO | Abst | MALDIVES | Abst | SWITZERLAND | Yes |
| COSTA RICA | Yes | MAURITANIA | Abst | THAILAND | Abst |
| CUBA | Abst | MAURITIUS | Yes | UGANDA | Abst |
| CZECH REPUBLIC | Yes | MEXICO | Yes | UNITED STATES OF AMERICA | Yes |
| DJIBOUTI | Abst | NIGERIA | Yes | URUGUAY | Yes |
| ECUADOR | Abst | NORWAY | Yes | | |

Yes 24 Abstention 8 No 15

A close-up on voting of resolution on Sri Lanka L.2 during the 19th session of the Human Rights Council. 22 March 2012. Photo by Jean-Marc Ferré

Co sponsors - HRC Members:
Austria, Belgium, Cameroon, Czech Republic, Hungary, Italy, Norway, Poland, Romania, Spain, Switzerland

Co sponsors - Observers:
Australia, Bulgaria, Canada, Croatia, Cyprus, Denmark, Estonia, Finland, France, Georgia, Germany, Greece, Iceland, Ireland, Israel, Latvia, Liechtenstein, Lithuania,

Luxembourg, Malta, Monaco, Netherlands, New Zealand, Portugal, United Kingdom, Slovakia, Slovenia, Somalia Sweden

Voting:
China, Russia, Cuba, Bangladesh, Maldives, Thailand, Indonesia, Philippines, Saudi Arabia, Uganda, Kuwait, Qatar, Congo, Mauritania and Ecuador are the countries that voted against the resolution while

Malaysia, Senegal, Jordan, Kyrgyzstan, Botswana, Burkina Faso, Djibouti and Angola abstained. The countries that voted for the resolution are: United States, India, Norway, Switzerland, Benin, Cameroon, Libya, Mauritius, Nigeria, Chile, Costa Rica, Guatemala, Mexico, Peru, Uruguay, Austria, Belgium, Italy, Spain, Czech Republic, Hungary, Poland, Moldova, and Romania.

Foreign Affairs Minister Baird Welcomes Support for Canadian Co-sponsored UN Resolution on Sri Lanka



Foreign Affairs Minister John Baird has on Mar 22, 2012 welcomed the adoption of the resolution, co-sponsored by Canada, to promote reconciliation and accountability in Sri Lanka:

"I am very pleased by the response of members of the UN Human Rights Council to the resolution on Sri Lanka.

"Canada has consistently urged the Government of Sri Lanka to implement the recommendations of the Lessons Learnt and Reconciliation Commission's report and to develop a complementary road map to that end.

"This resolution, and the support it garnered, is a clear message to Sri Lankan leaders to work with the Office of the High Commissioner for

Human Rights to develop its implementation plan.

"Canada remains concerned that the Government of Sri Lanka has not fully addressed the grave accusations of serious human rights violations that occurred toward the end of the conflict. We continue to call for an independent investigation into the credible and serious allegations raised by the UN Secretary-General's Panel of Experts on Accountability in Sri Lanka that international humanitarian law and human rights were violated by both sides in the conflict." [Foreign Affairs Media Relations Office-

Foreign Affairs and International Trade Canada]

DENTAL CLINIC

Dr. Iru VIJAYANATHAN, BDS, FAGD
GENERAL DENTAL PRACTITIONER

3150 Eglinton Ave East
Scarborough
(Markham & Eglinton)
416-264-3232

3151 Markham Road #129
Scarborough
(Markham & Steeles)
416-609-2022

CRIMINAL LAW CIVIL LITIGATION FAMILY LAW
EMPLOYMENT LAW

CHESTERS LAW OFFICE
Barristers & Solicitors
LITIGATION LAWYERS
சுமீதர் வழக்கறிஞர்கள்

Josephine Chester
Barrister & Solicitor
L.L.B. (Canada)
L.L.M. (Canada)

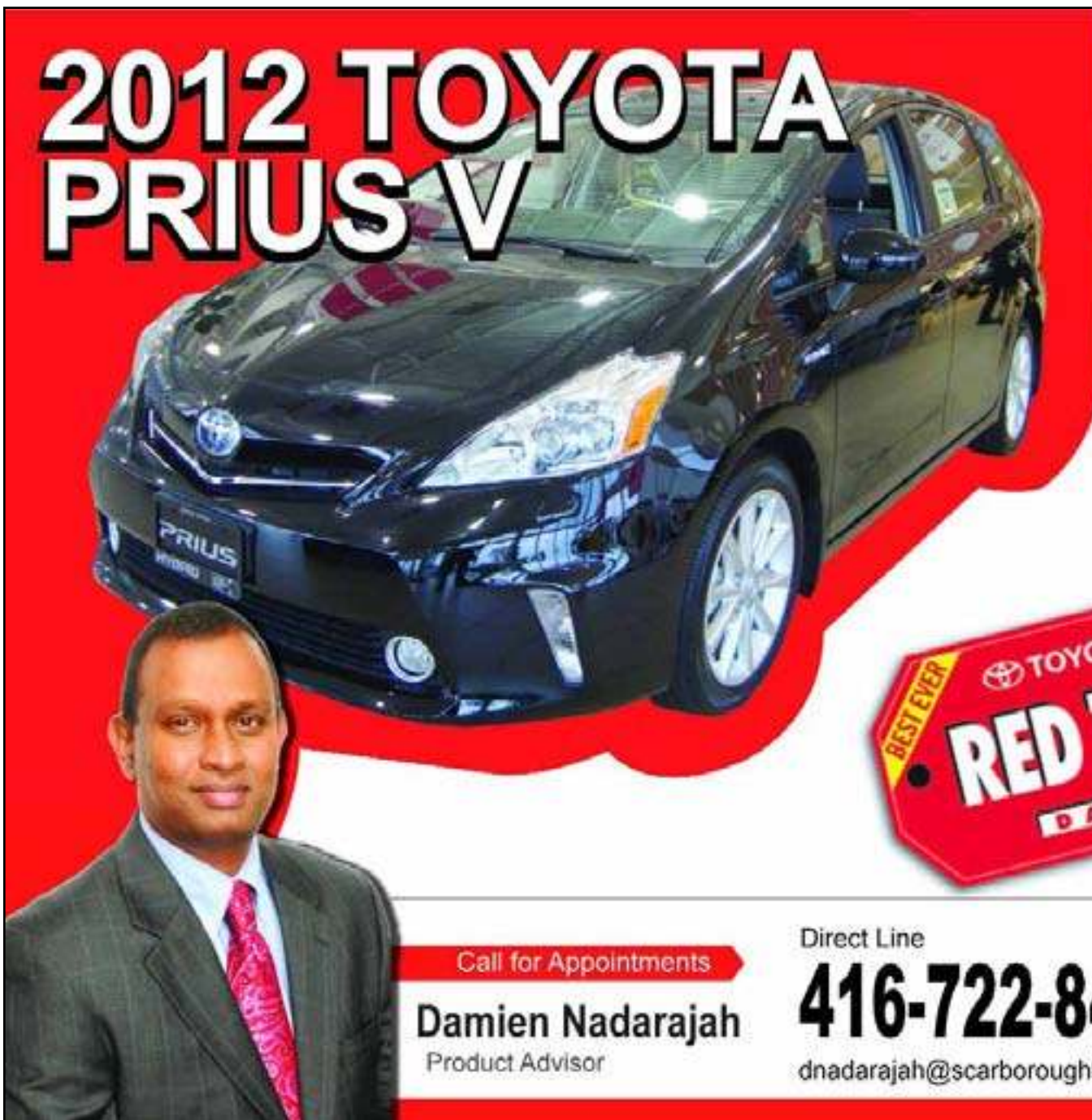
FREE CONSULTATION BY APPOINTMENT ONLY
416 - 528 8800

James Chester
Barrister & Solicitor
L.L.B. (Canada)
L.L.M. (Canada)



**Happy and prosperous
Tamil & Sinhala New Year
April 13, 2012
to all our Readers, Advertisers,
Friends & Well Wishers**

Advertise in
Monsoon Journal
www.monsoonjournal.com
416-358-3235



TOYOTA

STAR
SAFETY SYSTEM



Call for Appointments
Damien Nadarajah
Product Advisor

Direct Line
416-722-8443
dnadarajah@scarboroughtoyota.ca

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



Canada News

Craig Scott wins Toronto-Danforth riding

Prof. Craig Scott won the Toronto-Danforth seat held by late Hon. Jack Layton by a decisive margin in a by-election held on March 19th.

Craig Scott has devoted his life to fighting for human rights and equality. A professor of law at Osgoode Hall Law School of York University, Craig has spent years promoting justice in places like South Africa, Honduras, Sri Lanka and Afghanistan, as well as on a range of fronts in Canada.

He co-founded the Sri Lanka Campaign for Peace and Justice, and now plays an active role on its Advisory Council. In a statement, the New Democratic Party (NDP) congratulated Craig Scott for his resounding by-election victory in Toronto-Danforth, saying he will be a strong voice for his community and will strengthen the New Democrat opposition to Stephen Harper.

The statement further stated: "For seven years, Jack Layton stood up for Toronto-Danforth families," NDP leader Nycole Turmel said. "Starting tonight, Craig will pick up where Jack left off. Craig has spent his life fighting for people and will serve Toronto-Danforth with passion and dedication."

Turmel said that families were looking for someone who understood their community, and who had the experience needed to get results. Scott joins an impressive team of Toronto New Democrat MPs who are already holding



Prof. Craig Scott

Stephen Harper's Conservatives accountable.

"Families I spoke to understood that this by-election was about protecting the things that mattered to them," Turmel said. "The Conservative budget next week will slash jobs, retirement savings and vital services. It's more important than ever to have a strong opposition."

"In Parliament and in communities like Toronto-Danforth, New Democrats are holding the Conservatives accountable and proposing practical solutions to help families get ahead," Turmel said. "Craig will strengthen our team and we look forward to seeing him in Ottawa."

Federal budget ranges widely but disappoints on tax simplification

(Ottawa, March 29, 2012) - Individual Canadians and corporations have repeatedly asked government to simplify the requirements for filing tax in Canada. The annual cost of compliance is \$12.6 billion for Canadian business alone. However, today's budget came up short on this one critical measure. Changes to the tax system announced are piecemeal and will not bring the significant change required to give Canada the cost-effective and efficient tax system it needs.

"This is unfortunate, considering the impact tax simplification would have for every Canadian household and every Canadian business," says Anthony Ariganello, President and CEO of the Certified General Accountants Association of Canada (CGA-Canada). "We hoped for more, and, frankly, this was a missed opportunity for a win-win situation."

In other areas, the government has followed through on its promise to cut spending and balance the budget.



Measures introduced include:

- 6.9 per cent reduction of the review base in departmental spending over three years.

- Elimination of the deficit by 2015/16.

- Changing the Old Age Security pension age eligibility, on a phased-in approach starting on April 1, 2023, from 65 to 67.

- Reforms to the Public Sector Pension Plan, moving over time to a 50/50 contribution ratio and changing the retirement age from 60 to 65 for those joining the public service in 2013.

- Federal workforce numbers to be

Liberals present Ontario Budget with strong action plan



Minister of Finance Dwight Duncan delivering the Budget speech at the Legislative Assembly of Ontario

by Dwight Duncan

On 27th of March, I presented our plan to balance the budget by 2017-18, while protecting the results we've achieved in health care and education. It's all about making the right choices for Ontario families.

We choose to protect full-day kindergarten and the cap on class sizes. We choose strong health care, with the lowest wait times in Canada, 200 Family Health Teams and better access to doctors and nurses.

We choose to keep our taxes competitive for families and businesses. And we choose a fair approach to public sector salaries and pensions, because we need everyone to do their part.

Both opposition parties will find choices in this budget they will like. The NDP will see themselves reflected through their proposals to freeze corporate taxes and freeze executive compensation. And the PCs will see proposals on arbitration and an extremely low rate of growth in spending.

But Tim Hudak's PCs have also made it clear that, given the opportunity, they'd

reduced by almost five per cent, with jobs in the national capital region mostly affected.

"We are pleased, overall, with the commitment to fiscal prudence," says Ariganello. "It's time to get our house in order after the recent stimulus package spending. Deficit reduction is the first order of business for this government if we are going to get Canada back on track."

CGA-Canada is pleased to see the federal government has delivered a plan that will not only address the deficit but encourage innovation through mechanisms like industry-academic research partnerships and a \$400-million dollar commitment to help increase private sector investment in early stage risk capital.

make the wrong choices.

They would cut families loose instead of freezing taxes for corporations, modernizing the OLG or ending a subsidy for the horse racing industry. They want to make deep cuts — starting with slashing full-day kindergarten, the 30 per cent off tuition plan for low- and middle-income families, and a tax credit to help seniors stay in their homes.

Meanwhile, Andrea Horwath's NDP would make no choices at all to reduce spending. The NDP ran on a platform to balance the budget by 2017-18, but they oppose everything the government does to balance the budget.

Ontario Liberals have presented a strong plan that does what needs doing. It's a plan that includes strong action. If the opposition wants to play political games, put their own interests ahead of the public interest and defeat the government on this budget, we will seek a mandate from Ontarians to carry out this plan, which is the right plan for Ontario families.

[Dwight Duncan is Ontario's Minister of Finance]

This will ensure growth into the future.

And on the fate of the penny, Ariganello adds "If you want my two-cents worth, retiring the penny is long overdue."

(About CGA-Canada: Founded in 1908, the Certified General Accountants Association of Canada serves 75,000 Certified General Accountants and students in Canada and more than 90 countries. Respected accounting and financial management professionals, CGAs work in industry, finance, government and public practice. CGA-Canada establishes the designation's certification requirements and professional standards, offers professional development, conducts research and advocacy, and represents CGAs nationally and internationally.)

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

**From a tradition of love in
life flows the pleasure and
grace of humanism**

- Thirukkural # 76, Thiruvalluvar

Managing Editor & Publisher

Logan Velumailum

Graphics & Layout Design

Santosh Kumar K.A

Photo Journalists

Gnane B. Gnanendran

Rudy Ruthran

Contributing Columnists

Dr. Amal Siva

Arun Senathirajah

J.J. Atputharajah

Ayktah Grover

Devadas Chelvam

Dr. Fonseka

Dr. A. Gobikrishna

Jennifer Dilipkumar

C. Kamalaharan

Krishni Loganathan

Kumar Punithavel

Nate. V

Parthipan Kugadason (PK)

Raymond Rajabalan

Senthi Senthivel

Shiyam Loganathan

Sivanesan Sinniah

Sri Krishnan. S

Tashvir Narine

K. Thirukumaran

Circulation Co-ordinator

Donald. J

Disclaimer:

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

**To place community and
non profit organization news
submit by email to:
toronto@monsoonjournal.com
Tel: 416-358-3235**

ALL RIGHTS RESERVED: No contents
in Monsoon Journal may be printed
without the written consent of the
Publisher.

The views and opinions expressed in
the articles in Monsoon Journal are
those of the authors and do not necessarily
reflect those of the Publisher.
While all efforts have been made to
ensure accuracy Monsoon Journal is
not responsible for any errors or
omissions in the contents. Advertisers
are responsible for the contents in
the Advertisements and all liabilities
for their claimers.

**Monsoon Journal
Circulation**

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

from the publisher's desk

Protecting our Planet one Step at a Time

**By Krishni Loganathan
B.A. (Hons)**

More than 6,500 cities and towns in 150 countries worldwide switched off their lights for Earth Hour 2012. More than 500 of these cities that took part in Earth Hour were in Canada which took place on March 31st from 8:30 PM to 9:30 PM. Earth Hour first took place in 2007 in Sydney, Australia organized by the World Wide Fund for Nature (WWF). Soon after many large cities around the world took part in this global phenomenon all wanting to be part of energy reduction.

People are now realizing across the globe that reducing energy consumptions are connected to conserving greenhouse gas emissions. Home owners and businesses turned off as many appliances and lights that

they could afford to for 1 hour. Many people continued to reduce their energy consumption even after the first hour. The key message is not only recognizing this 1 hour, but making this a commitment throughout the year.

Taking the extra effort to conserving energy can make a great impact in the future generations. Reducing energy consumption is no longer a fad, but a necessity in order to continue the lifestyle that most of us take for granted today. It is impossible to go without using energy for the rest of our life, but we have to be mindful of how we use energy on a day to day basis. This may mean cutting your shower short, or reducing the number of lights that are turned on in your home, or even turning on the A/C only when it's neces-



sary. There are a number of effortless tactics that each person can do that will go a long way to allowing our Mother Earth to continue to provide us with sustenance and a precious environment.

Monsoon Journal joins together in celebrating International

Mother Earth Day on April 22nd, 2012. Not only is it a day to reduce our energy, but also a day to recognize that we are all connected to this planet by different ecosystems, which we can no longer take for granted.

Accountability is paramount for any sustainable political solution in Sri Lanka- APPGT

All Party Parliamentary Group for Tamils (APPGT) statement on the United Nations Human Rights Council 19th session resolution on Sri Lanka

APPGT welcome the United Nations Human Rights Council on successfully adopting a resolution on Sri Lanka on Mar 22, 2012. We see this as a first step towards an international effort to bring sustainable peace in the Island.

The session was attended by representatives of APPGT – Lee Scott MP Ilford North Chair; Siobhain McDonough MP Mitcham and Morden Vice Chair; Tom Brake MP Carshalton and Wallington and John Mann MP Bassetlaw. All the MPS took part in several meetings with delegates from several countries outlining the situation and conveying the requirement for supporting the resolution.

We have watched the most harrowing footages of War Crimes and Crimes Against Humanity on Channel 4's documentary last week titled "Sri

Lanka's Killing Fields: War Crimes Unpunished". The documentary presents a basis for an investigation and the subsequent prosecution of those responsible for these heinous crimes. Accountability is paramount for any long-term sustainable political solution in Sri Lanka.

An International independent investigation into War Crimes and Crimes Against Humanity committed during the final stages of the war in Sri Lanka in 2009 is essential for this.

The All Party Parliamentary Group for Tamils wants to send a strong message to those who intimidated and threatened the members of NGOs undertaking human rights activities in the very council and we will take this up as one of our highest priorities.

We would like to thank the mission from the United Kingdom of Great Britain and Northern Ireland for their support and help during our visit to the United Nations Human Rights Council sessions.

Minister Baird Makes Statement on Burma's By-elections



Canada's Foreign Affairs Minister John Baird on April 2, 2012 issued the following statement on the by-elections in Burma:

"I would like to extend my personal congratulations to Aung San Suu Kyi for her party's principled campaign and strong showing in the by-elections.

"This honorary Canadian citizen continues to make Canadians and all freedom-loving people around the world extremely proud of her role in writing a new chapter in

Burma's history.

"I am pleased that early reports indicate voting was conducted without violence or overt intimidation.

"It is exciting to witness the road to democracy that Burma appears to be taking and I strongly encourage its officials to continue down this path.

"Canada is ready and willing to play a leading role in helping to build a better future for Burma, one that will provide greater respect for freedom, democracy, human rights and the rule of law for all."



Canada News

MANY CANADIANS PREFER TO GET CASH BACK ON THEIR REWARDS CREDIT CARD

RBC Launches New Cash Back MasterCard with No Annual Fee and up to 2 per cent Cash Back on grocery store purchases

TORONTO— Nine-of-10 Canadians (93 per cent) want a simple way to earn points quickly on their rewards credit cards and a program that is easy to understand with few restrictions, according to a recent RBC Rewards Poll.

The poll found that cash-back rewards (18 per cent) are more popular among Canadians than entertainment (17 per cent) or gas (16 per cent) rewards, and just behind flight rewards (19 per cent).

“We have seen that cash back cards are rising in popularity with 30 per cent of Canadians now carrying this type of credit card in their wallet and finding more value than when they pay using cash,” said Prashant Sharma, vice president of retail credit cards at RBC. “Life can be demanding and some clients prefer a credit card that is simple to use. If you are looking to get more for your

money, certain cards offer bonus rewards when you spend on everyday items like groceries.”

The newest addition to RBC’s credit card line up, the no annual fee RBC Cash Back MasterCard, makes getting more for your money easy. With one of the most rewarding bonus cash back offers in the market and no limits to the amount you get back, the new RBC Cash Back gives consumers more back and fast.

RBC Cash Back MasterCard cardholders can earn:

2 per cent cash back on grocery store purchase

Up to 1 per cent cash back on all other purchases

In addition, the new RBC Cash Back MasterCard provides the unique flexibility to get cash back credits when you need them but also allows you to let your

card run on autopilot – consumers get to choose. For example, with the new card consumers can simply contact RBC to receive the full amount every time their cash back credit balance exceeds \$25, or let it accumulate all year for a cash back credit on their January statement. The statement also shows clients’ cash back credits accumulating month over month.

Best of all, because the cash back bonus is available on most popular grocery merchants there are no commitments to do your grocery shopping at one retailer to take advantage of your rewards. The new RBC Cash Back card gives you the flexibility to shop around for your grocery deals and maximize your savings.

Sharma offers the following tips to maximize the cash back options when you use your credit card:

Focus on the bonuses: Look for a

cash back credit card that gives more on everyday purchases or bonuses, such as spending at grocery stores.

Consolidate your spending: Align your spending to one or two rewards programs that you believe in. Cash back cards typically offer more value the more you spend. However, it is important to spend smart rather than spend more. Consolidating your spending also allows you to manage your budget in one place. Make it automatic: You can watch your cash back rewards add up quickly if you also use your card to automatically pay monthly expenses such as utilities, daycare, mobile phone, tuition, gym memberships and newspaper subscriptions.

Further advice on credit cards or to apply for a cash back credit card can be found at www.rbcroyalbank.com/credit-cards/cash-back-credit-card/

Thomas Mulcair elected next leader of Canada's New Democrats



Thomas Mulcair

Thomas Mulcair was selected new leader of the Official Opposition on March 24th by thousands of New Democrats gathered in Toronto and tens of thousands more who voted online or in advance.

Mulcair highlighted that he would take the late leader Jack Layton's legacy forward and work from Day 1 to bring change that puts Canadian families first.

“It is with great honour but also with humility that I accept this position”, said Mulcair.

“The challenges facing me and my caucus are significant, but we have a tremendous team of dedicated and hard-

working MPs. I know that by working together we can continue to achieve great results for Canadian families.”

Mulcair said that he is ready to get right down to work, starting now. “There is no time to lose. With the reckless Conservatives budget cuts we know are coming next week, Canadian families expect the Official Opposition to stand up to Stephen Harper and hold him to account. And this is exactly what the NDP will continue to do, every single day. We won't rest until we defeat the Harper Conservatives in 2015 and form the first New Democrat government.” - ndp.ca

Toronto Business College

DIPLOMA PROGRAMS

Computerized Accounting

26 weeks

Personal Support Worker

26 weeks

Medical Office Administrator

32 weeks

- ★ CURRENTLY RECEIVING EI
- ★ RECEIVED EI WITHIN LAST 4 YEARS
- ★ RECEIVED MATERNITY BENEFITS WITHIN LAST 5 YEARS

Eligible for Tuition Fees, Books, Living Expenses, Day care & Transportation

QUICK BOOKS, SIMPLY ACCOUNTING & ACCPAC
PHOTO SHOP, WEB PAGE, COMPUTER HARDWARE
 EVENING & WEEKEND CLASSES
 Experienced Instructors

Call For Details

416-291-5155

4465 SHEPPARD AVE. EAST #208
 (SHEPPARD & BRIMLEY) SCARBOROUGH

www.tbcollege.com info@tbcollege.com

(REGISTERED AS A PRIVATE CAREER COLLEGE UNDER THE PRIVATE CAREER COLLEGES ACT 2005)

Rouge Valley Health System



Spotlight on Cardiac Services Captured on Video

Rouge Valley shares its knowledge through four enlightening videos

March 12, 2012 — A YouTube video series by Rouge Valley Health System's (RVHS) leading cardiac care program is giving patients and the community valuable information about heart care and its innovative services.

The five videos, which star RVHS staff and physicians, can be found on Rouge Valley's website and its YouTube channel. The videos emphasize several of the features of Rouge Valley's regional cardiac program for the Scarborough-Durham area.

"These videos are a great way to inform our communities about the regional service we provide with our partner hospitals and emergency medical services. The videos showcase both the innovation of our cardiac program and highlight our staff and cardiologists, whose commitment to quality patient care has helped to make our program what it is today," explains Dr. Joseph Ricci, medical director, cardiac care program, Rouge Valley Health System.

This is the first time that Rouge Valley has produced videos featuring its cardiac care team, giving patients and visitors a behind-the-scenes look into the full continuum of services available at this regional program. Rouge Valley Health System is dedicated to helping those in and around the community take control of their heart health and to better understand the options available close to home.

Most of the videos are very brief, giving people essential information about

the services of the regional cardiac care program. Here's what the five videos are about:

- Arrhythmia clinic: This 37-second clip features staff from Rouge Valley's arrhythmia management clinic, who take viewers through the program's life-saving services;

- Cardiac diagnostics and the echo machine: This 46-second video, which takes place in the new Rouge Valley Ajax and Pickering cardiac diagnostics unit, highlights the benefits of our echocardiogram;

- Cardiac rehabilitation: Exercise therapists in the Rouge Valley Centenary-based cardiac rehab program show you how our program works to keep cardiac patients in optimal heart health in this 45-second video;

- Fast-track emergency cardiac care (Code STEMI): In this 41-second video, cardiologist Dr. Saleem Kassam describes how this new program saves the lives of cardiac patients in east Toronto and west Durham Region;

- Heart disease in the black community: In this seven-minute video, cardiologist Dr. Paul Galiwango discusses the prevalence of heart disease in the black community.

To view these videos please visit www.rougevalley.ca/cardiac-videos

You can also view these featured videos and other hospital videos on the Rouge Valley YouTube channel: www.youtube.com/user/RougeValleyHealthSys



Rouge Valley Cardiac Care

The cardiac care program at Rouge Valley Health System is home to the regional cardiac center for the Scarborough-Durham area, with a highly-qualified and experienced staff of more than 100 health professionals. The program delivers excellent patient care across east Toronto and west Durham through both hospital campuses – Rouge Valley Centenary and Rouge Valley Ajax and Pickering.

Rouge Valley Health System (RVHS) — The best at what we do.

RVHS is an excellent acute care community hospital with many programs, including 24/7/365 emergency, obstetrics, paediatrics, cardiac care and mental

health. 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, Ajax, Pickering and Whitby.

HOME OR BUSINESS FOR YOU RESIDENTIAL OR COMMERCIAL FOR YOU

**Buying, Selling or Leasing
Call for a free market evaluation**

**Many years of
experience**

Murali Sivaguru Sales Rep.
416-271-2579
info@sivaguru.com

ROYAL LEPAGE

Exceptional Real Estate Services BROKERAGE

V. Logan, Broker
416-410-1620
vlogan599@yahoo.com



Researchers: Social Media Eases Psychological Burden of Natural Disasters

Australian researchers say that social media can limit psychological damage during natural disasters. A team from the University of Western Sydney has studied the use of Facebook and Twitter during last year's deadly floods and Tropical Cyclone Yasi in the northern state, Queensland, as well as the New Zealand earthquake and the tsunami in Japan.

The university research surveyed more than 1,100 people about their use of social media during disasters.

It found that people relied on a mix of information from official government and emergency services websites, as well as informal sources.

The authors of the new study argue that social media can allow people to act as "amplifiers of official information" and also help others not to feel alone.

Researchers say Facebook and Twitter can limit the psychological damage caused by rumors and sensationalized media reporting of storms and floods and also allow communities to share their stories to a sympathetic audience.

At its peak, the Cyclone Yasi Update Facebook page, which was set up as a category five tropical storm barreled toward the Queensland coast in February 2011, had more than 92,000 members, more than 3,500 wall posts and more than 22 million 'impressions'.

Social media researcher Gwyneth Howell says the volunteers who set up the site are still helping disaster-hit areas in other parts of Australia.

"The key, amazing people that started the Yasi site are there and that core group continued to work almost as the management team all on a voluntary basis but drawing on people's knowledge in different areas so, as other disasters unfold, they can say 'look, this is what worked with us when we did Yasi,'" said Howell. "Now we are going to do the New South Wales flood site or we are going to do the Victorian flood site.' They set it up, they provide the information, they know what worked and what did not work with Yasi and now they are just improving and enhancing the model - all through a sense of community and community spir-



People wade through flood waters in the town of Moree, Northern New South Wales, Australia. (File Photo - February 3, 2012)

it, which is sensational."

The team from the University of Western Sydney says community disaster-relief sites need to be carefully managed to ensure "trolls" are banned quickly, along with advertisers and scammers.

Psychologist Mel Taylor says most people who post messages and information during natural disasters are genuine.

"In the heat of the disaster there are very few mischief-makers who really

want to get in there and upset things, so I think people are well-intended," said Taylor. "If information is inaccurate it is unintentional at least."

The study, called "When a Crisis Happens who Turns to Facebook," has been carried out to help the authorities, including the emergency services, understand the role and power that social media can have during natural disasters.

[VOA News]

ADVERTISE YOUR BUSINESS HERE

Advertise in this space to promote your business
 Why? Please read to find the reasons!
 Covers many variety of articles for reading
 Kept at offices and homes for longer period
 Many local and corporate events are covered
 Subscribe free to get notification by e-mail when issues are ready
 Notification in social networks like Facebook & Twitter
 Advts are prominently placed to promote your products or services
 Promote your Business
 Be successful in Business
 Advertise in Monsoon Journal

Call: 416-358-3235
 e-mail: Toronto@monsoonjournal.com
 web: www.monsoonjournal.com

Is cancer preventable? Making a few healthy lifestyle changes can cut your cancer risk in half

NEWMARKET – During Cancer Awareness Month this April, The Regional Municipality of York encourages residents to live healthier to reduce the risk of cancer.

According to Cancer Care Ontario, approximately 40 per cent of Ontarians will develop cancer in their lifetime and one in four diagnosed will die from the disease.

There is no single cause of cancer, but making these simple healthy lifestyle changes can reduce your cancer risk by up to 50 per cent:

Live tobacco-free – be a non-smoker and avoid exposure to second-hand smoke

Eat healthy – consume more fruits, vegetables, fibre and low fat foods

Maintain a healthy body weight – decrease weight carried around your waist

Be active – focus on activities that raise your heart rate at least two-and-a-half hours per week

Avoid or limit alcohol consumption – consume no more than two drinks per day for men and one drink per day for women

Protect your skin from the sun – cover up, seek shade and use sunscreen

Get screened – proactive screening before symptoms are present can find cancers at an early stage, making them more treatable.

Know your body – talk about any changes or symptoms with your health-care provider.

Cancer is a disease that starts in our cells and develops when the cells begin to grow abnormally. Over time, groups of abnormal cells form lumps or tumours. The term cancer applies to a variety of diseases as various types behave and affect the body differently.

For more information, please call York Region Health Connection at 1-800-361-5653, TTY 1-866-252-9933 or visit www.york.ca/cancerscreening.

Health & Fitness



Exercise for Patients with Diabetes

Dr. Amalraj Siva DC,
BSc (Hons), CSCS

South Asians, the fastest growing immigrant population and the second-largest visible minority in Canada, are 3 to 5 times more likely to have diabetes than the white population. Therefore it is very important to educate the South Asian population about preventive measures. Improved efforts toward the primary prevention of type 2 diabetes are necessary to help prevent and reduce the burden of diabetes among the South Asians in Canada.

What is Type 2 Diabetes?

Diabetes is a disease in which our body has too much glucose in our blood stream. Patients with diabetes have a very difficult time in converting food to energy. In type 2 diabetes the pancreas does not produce enough insulin which results in an excess of glucose in our blood stream. Insulin is a hormone that helps process blood glucose into energy.

Research has shown regular exercise by patients with type 2 diabetes improves glycemic control, improves overall health and wellness, and prevents or delays the onset of type 2 diabetes. The goal of this article is for me to show you simple ways to incorporate physical activity into your daily lives and how often you should exercise.

Type of Exercises

Identify a type of exercise that can safely and effectively allow you to progressively reach your desired levels of exercise intensity. Too often I have had patients that start off exercising at a high intensity in the beginning and that increase their likelihood of musculoskeletal injuries. The best way to exercise for beginners is to start off with would be just walking. Then as your body adapts to the physiological changes, you can adjust the speed of walking, or even do a combination of jogging and walking.

Frequency and Duration of Exercise

Research recommends that for most patients with diabetes, their physical activity should be distributed over 3-5 days a week with no more than two consecutive days without physical activity. The long term goal for most patients with type 2 diabetes should be to exercise for at least 30-45 minutes. During an exercise session you should perform an adequate warm-up and cooldown. Warm up should be with low intensity aerobic exercise that raises your heart rate 10-20 beats per minute. At the end of your workout, you should reduce the intensity for 5-10 minutes before completely stopping.

It is very important to incorporate physical activity into our daily lives as this can be a huge preventive measure for type 2 diabetes. Below I have listed some ways to do so:



CUT DOWN ON

- Watching TV
 - Computer games
 - Sitting for more than 30 minutes at a time 2-3 Times a Week
 - Leisure activities such as golf, bowling softball, yard work
 - Flexibility and strength such as stretching, yoga, push-ups, pull ups, core exercises, weight lifting 3-5 times a Week
 - Aerobic exercise (20+ minutes) includes brisk walking, jogging, swimming, bicycling treadmill.
 - Recreational activities (30+ minutes) can include playing soccer, tennis, hiking, martial arts, basketball, etc.
- Every Day be creative in finding a variety of ways to stay active
- Walk the dog
 - Try to take longer routes
 - Take the stairs instead of the elevator



Dr. Amalraj Siva
Tel: 647-669-7556

E-mail: healthandsportsrehab@gmail.com
Web: www.healthandsports.ca

Services: Physiotherapy, Chiropractic, Massage Therapy, Medical Acupuncture, Custom Orthotics

- Walk to the store or the mailbox
- Work in your garden
- Park your car farther away
- Make extra steps in your day

Disclaimer: Before starting a physical activity regimen, patients should be assessed for complication status and any other medical indications not to exercise.



Health & Fitness

It's springtime - Get out and get fit!

Say good bye to the winter blues and hello to spring! It's time to get outside and enjoy the long awaited sunshine. Take your workout from the gym to the beautiful outdoors. The key to maintaining a healthy lifestyle and sticking to your exercise regime is to add variety and keep it exciting. The same, old, boring gym workout will not only demotivate you but cause a plateau in your fitness goals. So, you spent most of the winter months indoors running on the treadmill, climbing the stair master or sweating on the elliptical trainer. Now, it's time to pump things up and add circuit training to your exercise regimen. Circuit training is a high-intensity workout that combines both strength/resistance and cardiovascular endurance training. It's a great way to get a full

Duration: 5 minutes
 Activity: Brisk walk or light jog
 Intensity: Ability to carry a conversation with a friend.

Workout
 Alternating walking lunges and squats

Step forward with your left leg with hands by your side and bend knee to 90 degrees, ensuring your knee does not go beyond your toes and bring right knee toward the ground. Step back with both feet and do a squat, keeping feet hip width apart and toes pointing forward, lowering down bending your knees and pushing your hips back into your heels. Return to standing position and step forward with your right leg and repeat the lunge/squat combo on right side.

3 count bench push ups

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

Tricep dips on bench

Place your hands, shoulder width apart, so fingers curl under the bench, facing forward with back towards the bench and knees bent at 90 degrees. Keeping your back tall, lower your body towards the ground till elbows are bent to 90 degrees. Raise yourself using ONLY your arms till elbows are straight.

Note: Do not lock your elbows; maintain a slight bend to prevent injury! The key is to make sure to use your tricep (muscle in the back of your arm) strength to lower and raise your body and not your lower body strength.

Downward dog with glute

site side. Reach for your right ankle with your left arm. Alternate for 20 repetitions.

CARDIO BOOST: Suicides

Find a starting point and using trees as a mark, run quickly to one tree and back to your starting point. Repeat with another tree and run back to your starting point. Repeat for 2 minutes.

Kick Jacks

Standing tall and keeping your elbows bent and fists closed at chest height, kick your right leg forward, pointing toes up and keeping legs strong. Return to standing and then immediately do a jumping jack, extending your arms and legs to the side. Repeat kick/jack combo on left side, alternating sides for 20 repetitions.

Straight leg abdominal hold

Lie on your back with your arms by your side. Gently lift your legs about 2 inches off the ground and hold for 30 seconds. Lower to the ground. If this is too difficult or you suffer from back pain, modify the exercise by placing your hands under your lower back and raising your legs to your comfort level.

3 way vertical punches

Stand in a slightly squatting position with elbows bent and fists closed at chest height. Extend your arms, punching forward ten times. Then rotate at your waist to your right and punch again for ten counts, come back to center for ten counts and then rotate to the left for ten last counts. Repeat for 100 punches!

CARDIO BOOST: Mountain climbers

Get into plank position, facing the ground. Keeping arms shoulder width apart and feet together quickly bring the right knee towards your chest and then extend back to starting. Repeat with left leg bringing knee towards your chest and then extending your leg behind you. Alternate legs quickly and rapidly! As if you were climbing a mountain!

Cool down/Stretch

Duration: 5-10 minutes

Activity: Stretch all major muscles including chest, back, shoulders, quadriceps (muscle in the front of your legs), and hamstrings (muscle in the back of your legs).

Intensity: Slow and relaxing with the ability to chat for endless hours.



body workout that is both challenging and fun, tone your body, decrease fat mass, add lean muscle mass, increase endurance, and maintain a healthy, happy heart!

Below is an example of a 60 minute circuit training routine you can enjoy at the park, in your backyard or anywhere where the sun shines! Try to do 12-15 repetitions of each exercise and 2 circuits (complete all of the exercises in order and then repeat) of the entire routine. After completing the first circuit, rest for 30 seconds to one minute and then repeat the circuit. The principle behind circuit training is to keep the intensity high and rest period short for optimal results. Remember to start slow, gradually adding more repetitions and circuits to your workout. And of course, always listen to your body. If it hurts, STOP!

Grab a towel, a yoga mat, and a bottle of water and "spring" your way to good health!

Outdoor Circuit Training

Warm up

Place hands slightly wider than shoulder width apart on the edge of a bench facing down towards the ground with legs straight, hip width apart in a plank position. Slowly lower your body towards the bench for 3 counts till arms are bent to 90 degrees. Then gently raise yourself for 3 counts back to starting position until elbows are straight and repeat.

Bird dog

Sitting on your knees and place your hands on the ground, shoulder width apart, and slightly above your chest. Raise your left arm forward in front of you, so your arm lines up with your ear, as you simultaneously extend your right leg behind you pointing your toes toward the ground. Return to start and repeat on other side. Raise right arm forward and extend left leg.

CARDIO BOOST: Stair acceleration/deceleration

Sprint up the stairs as fast you can and then slowly run down the stairs. Repeat for 2 minutes.

kickbacks

Bend forward so your hands and feet are in V position, with hands shoulder width apart and feet hip width apart. Kick your left leg up, squeezing your butt and pointing toes toward the ground. Lower leg to starting position and repeat with right leg. Alternate for 20 repetitions.

Alternating abdominal ankle reaches

Lie on your back with arms by your side. Slowly raise your shoulders and chest off the ground, and raise your left leg as you reach, using your abdominal muscles, for your left ankle. Lower back to starting position and repeat on oppo-

Aykta Grover

BSc, BAA, PTS and NWS

Certified fitness, nutrition and wellness specialist

Aura Wellness

www.aurawellness.co

Get the **career**
you want in less than
1 year!



TECHNOLOGY (IT)

Network Engineering

Enterprise Network

Engineering

Inter-Network Specialist

HEALTH CARE

Medical Office Assistant

Community Service Worker

BUSINESS

Computerized Accounting

Business Administration

MS Office

You may qualify for **SECOND CAREER**

If you are laid off after January 2005 or

Working less than 20 hours per week

Call us now for details **647-476-4148**



Microsoft | IT Academy Program

- ✓ *Instructor led, hands-on training*
- ✓ *Small class size*
- ✓ *Career focused training*
- ✓ *Career training since 1991*
- ✓ *Job search assistance*
- ✓ *Free Parking, TTC accessible*

citiCOLLEGE

647-476-4148

www.CitiCollege.ca

Financial assistance may be available to those who qualify

Hertz®

Car Rental

www.hertz.ca

Insurance Replacement Rentals are welcome

Billed directly to Insurance Companies

Weekend Special from \$84



Attractive Weekly/Monthly Rates

Under New Management Serving at 3 locations

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

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

BRAMPTON
30 Peel Centre Drive
Brampton, ON. L6T 4G3
905-793-7989

LONDON LIFE

With strong ratings for claims paying ability & financial strength.

YOUR MORTGAGE PROTECTION POLICY

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



Offers Insurance & Banking Solutions

To help our clients reach their goals and dreams.

Jeganathan Balasundaram (Bala) B. Eng

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

Tel: (416) 291-0451, ext. 227
Cell: (416) 518-9489
Fax: (416) 291-3779

Email: bala.balasundaram@freedom55financial.com

Toll Free: 1-877-566-5433

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

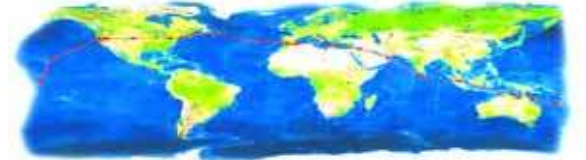
Representing London Life, Manulife & Sun life

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



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

Around the world



Text of Resolution L.2 Promoting Reconciliation and Accountability in Sri Lanka

22 March 2012, 7:04 am
Human Rights Council
Nineteenth session
Agenda item 2
Annual report of the United Nations High Commissioner for Human Rights and reports of the Office of the High Commissioner and the Secretary-General

United States of America: draft resolution

19/... Promoting reconciliation and accountability in Sri Lanka

The Human Rights Council,
Guided by the Charter of the United Nations, the Universal Declaration of Human Rights, the International Covenants on Human Rights and other relevant instruments,

Recalling Council resolutions 5/1 and 5/2 on institution building of the Human Rights Council,

Reaffirming that States must ensure that any measure taken to combat terrorism complies with their obligations under international law, in particular international human rights, refugee and humanitarian law, as applicable,

Taking note of the report of the Lessons Learnt and Reconciliation Commission of Sri Lanka and its findings and recommendations, and acknowledging its possible contribution to the process of national reconciliation in Sri Lanka,

Welcoming the constructive recommendations contained in the Commission's report, including the need to credibly investigate widespread allegations of extra-judicial killings and enforced disappearances, demilitarize the north of Sri Lanka, implement impartial land dispute resolution mechanisms, re-evaluate detention policies,

strengthen formerly independent civil institutions, reach a political settlement on the devolution of power to the provinces, promote and protect the right of freedom of expression for all and enact rule of law reforms,

Noting with concern that the report does not adequately address serious allegations of violations of international law,

1. Calls upon the Government of Sri Lanka to implement the constructive recommendations made in the report of the Lessons Learnt and Reconciliation Commission and to take all necessary additional steps to fulfill its relevant legal obligations and commitment to initiate credible and independent actions to ensure justice, equity, accountability and reconciliation for all Sri Lankans;

2. Requests the Government of Sri Lanka to present, as expeditiously as possible, a comprehensive action plan detailing the steps that the Government has taken and will take to implement the recommendations made in the Commission's report, and also to address alleged violations of international law;

3. Encourages the Office of the United Nations High Commissioner for Human Rights and relevant special procedures mandate holders to provide, in consultation with, and with the concurrence of, the Government of Sri Lanka, advice and technical assistance on implementing the above-mentioned steps; and requests the Office of the High Commissioner to present a report on the provision of such assistance to the Human Rights Council at its twenty-second session.



Sri Lanka Cannot Evade International Law: UN Resolution First Step Towards Accountability on the Island



Canadian Tamil Congress
கனடியத் தமிழர் பேரவை
Congrès Tamoul Canadien
"Voice of Tamil Canadians"



Geneva, Switzerland - The British Tamils Forum (BTF), Canadian Tamil Congress (CTC), and the United States Tamil Political Action Council (USTPAC) welcome resolution A/HRC/19/L.2, adopted by the United Nations Human Rights Council in Geneva, Switzerland, on Mar 22, 2012.

"This resolution is a welcome first step towards accountability and peace in Sri Lanka. This is the first substantive UN resolution regarding Sri Lanka since 1987, and it puts the government of Sri Lanka on notice that the international community will no longer passively accept gross violations of human rights and humanitarian law", stated Vani Selvarajah, spokeswoman for the diaspora organizations. "Though we would have preferred the resolution to establish an International Commission of Inquiry, we see this as an incremental first step towards establishing a proper mechanism towards accountability in Sri Lanka. Through this resolution, Sri Lanka has the opportunity to choose a path towards peace," concluded Selvarajah.

The resolution simply calls upon the Government of Sri Lanka to implement the constructive recommendations of its own Lessons Learnt and Reconciliation Commission (LLRC), most notably, demilitarization, land dispute resolution mechanisms in the north and east of Sri Lanka, and to fulfill its legal obligations and "initiate credible and independent actions to ensure justice, equity, accountability, and reconciliation." It further requires the Government of Sri Lanka to provide a comprehensive action plan outlining the steps it will take to address violations of international law.


Finally, it encourages the UN High Commissioner for Human Rights and other mandate holders to provide technical assistance to Sri Lanka and report back to the Human Rights Council in March of 2013.

BTF, CTC, and USTPAC sincerely appreciate the diligent work undertaken by the Government of the United States, and in particular, the persistent efforts of Her Excellency Eileen Donahoe, the US Ambassador to the UN Mission in Geneva, her staff at the mission for leading this initiative and the 40 countries who co-sponsored the resolution.

We sincerely appreciate the countries that co-sponsored and supported this resolution. We are thankful to the many Non-Governmental Organizations that have worked on the issue of human rights in Sri Lanka for many years. There are many human rights defenders from within Sri Lanka who have made representations in Geneva, and have undertaken brave, and often times, life-threatening work in the name of human rights and peace. We have been humbled and fortunate to have relied on their expertise, and are inspired to work harder towards a just peace in Sri Lanka. We are also grateful to the British Parliamentarians from across party lines who gave their valuable time to attend Council sessions and encourage delegates to support this resolution.

The British Tamils Forum is a grassroots organization of Tamils in the United Kingdom. The Canadian Tamil Congress is a grassroots advocacy organization based in Canada since 2000. The United States Tamil Political Action Council is a grassroots advocacy organization committed to working for a sustainable political solution in Sri Lanka.





THE LAW OFFICE OF
T. JEGATHEESAN
BARRISTER, SOLICITOR & NOTARY PUBLIC, ON.

Real Estate, Refinance & Mortgages •
Business Law •
Family Law •
Power of Attorney & •
Any other Legal Services •

2620 Eglinton Ave East, Suite 201
Scarborough, ON. M1K 2S3
Tel: 416.266.6154, Fax: 416.266.4677

For Advertisements in Monsoon Journal

Call 416.358.3235



Around the world

India's Vote in UN Against Sri Lanka Draws Mixed Reactions

by Kurt Achin

Sri Lanka's government is expressing disappointment over India's backing of a United Nations resolution calling on Sri Lanka to further investigate allegations of war crimes during its civil war.

Reactions in India are mixed, with some viewing the move as a geopolitical blunder.

The resolution, which calls on Sri Lanka to further investigate allegations that its military committed war crimes in the final months of its decades-long civil war against Tamil separatist militants, was adopted Thursday by the United Nations Human Rights Council in a 24-15 vote.

Sri Lanka's Foreign Minister, G.L. Peiris, called the vote a "distressing... cynical negation" of the purposes of the U.N. rights council. He said the measure passed not because of its merits, but because of "strategic alliances and domestic political issues."

Indian Prime Minister Manmohan Singh faced enormous pressure from Tamil political partners to depart from its historical support of Colombo and support the measure. He says India backed the measure not to infringe on Sri Lanka's sovereignty, but "so that Tamil people can get justice."

Subramanian Swamy, president of India's Janata party, has been one of the most vocal critics of the move. He says India has reduced its clout among region-



People stand in front of a newspaper stall, as headlines read, from left top, "Operation unsuccessful," "Might overrules right," and "Resolution against Sri Lanka passed," referring to the resolution passed by the U.N Human Rights Council in Geneva, in Colombo, Sri Lanka, Friday, March 23, 2012.-AP Photo via VOA News

al neighbors, virtually all of whom opposed the resolution.

"It puts us out of the leadership position in this region. We are basically allowing China to further strengthen itself in this area," he said. "Our larger interests in playing a role in Asia and against China have been considerably weakened."

Paikiasothy Saravanamuttu, executive director of the Center for Policy Alternatives in Colombo, says both countries are downplaying any notion of a rupture in relations, and says there is

not much real anger among Sri Lankans at India.

"I think there are some who feel, well, you can't really trust the Indians, but [there is] no real anger in terms of anti-Indian tirades or anything like that," he said.

Saravanamuttu views the passage of the resolution as a positive step, because it will force Sri Lanka to more clearly address issues of post-war reconciliation.

"The resolution was needed to serve as some sort of catalyst, to serve as some sort of push, to get the Sri Lankan gov-

ernment on these tracks," he said.

Indian critics of the U.N. measure say it sets a precedent for future country-specific resolutions that could embarrass India – for example, on its alleged human rights abuses in Kashmir or in insurgent northeastern areas.

Meenakshi Ganguly, South Asia director at Human Rights Watch, says the gravity of Sri Lanka's rights violations merit international scrutiny in a way that India does not.

"The truth is that India has not really locked civilians in a place and started shelling the hell out of them in order to end the battle," she said. "India's not declared an area to be a safe zone and told its civilians to gather there and then shelled those, including hospitals and schools."

Sumit Ganguly, a professor of political science and India specialist at Indiana University, sees India's alignment with other democracies on human rights issues as a natural feature of its emergence as a world power.

"One of the roles the great powers have to play in the global order is to assume responsibilities, to become a responsible stakeholder in the international system, to be able to bear certain kinds of burdens and pay certain kinds of costs," he said. "And this is something that India will have to confront as it moves forward."

Thursday's resolution could add momentum to the campaign by human rights advocates for an independent international inquiry into Sri Lanka's actions at the end of its civil war – something a U.N. expert panel recommended in its report last year.

[VOA News-New Delhi]

IMF Approves US\$ 426.8 Million Disbursement for Sri Lanka

Following the Executive Board's discussion on Sri Lanka, Mr. Min Zhu, Deputy Managing Director and Acting Chair, stated:

"While the strong economic recovery continued in 2011, and inflation remained subdued, a combination of rapid credit growth and a tightly managed exchange rate caused the external current account deficit to widen and external reserves to fall sharply. As a result of higher oil prices, the state energy enterprises also continued to run significant losses.

"The authorities have recently introduced a broad package of measures to rein in the current account deficit, stem the reserve loss, and bolster fiscal performance. Monetary and credit policy have been tightened, petroleum and electricity prices increased, petroleum taxes raised, and the rupee trading band abolished to allow the exchange rate to adjust more flexibly. The authorities are taking steps to mitigate the adverse impact on the most vulnerable.

Fiscal policy will also continue on a consolidation path, with the 2012 Budget targeting a reduction in the deficit to 6.2 percent of GDP.

"The authorities intend to use the forthcoming FSAP update to strengthen the financial system further. Continued structural reforms to place the state owned energy enterprises on a financially sound footing will reduce demands on the budget.

"The adjustment measures implemented by the authorities have placed the economy on a more sustainable trajectory. However, it will take time for the new monetary and exchange rate regime to become fully established, and the authorities will need to stand ready to adjust policies further to stabilize external reserves, especially if the global environment becomes less favorable," Mr. Zhu said. – (IMF.org)



Rupee to stabilize after IMF tranche, says Sri Lanka Government

The Sri Lanka rupee weakened to 128.25/128.30 a dollar on April 2nd from close on Mar 30th of 128.10/128.30, in light trade with low dollar sales by exporters ahead of the April festival season. The currency has risen since it hit a record low of 131.60 on March 19.

Sri Lanka's Economic Development Minister Basil Rajapaksa on Monday April 2nd said the rupee will stabilize once the IMF money comes in to the island nation's \$59 billion economy, according to a report by Reuters.

The Reuters report further stated: "Some people are holding dollar conversions and I think they will bring them when they see the stability. The stability level will be a price suitable for importers, exporters and government," Rajapaksa told reporters, without elaborating.

Analysts expect depreciation pres-

sure to remain in the medium to longer term until the country sees stronger export revenues.

The central bank on Mar 30th said that more than \$500 million in investment is expected over the next few weeks, after the country received \$164.2 million of inflows into the stock market and \$400 million into government securities in the first quarter.

A hike in motor vehicle import taxes by the government pulled the stock market 0.4 percent or 21.50 points down to 5,398.70 to a one-week low with the motor sector index falling 8.11 percent.

The new tax policy also pulled down shares of India's Bajaj Auto, which account for 10 percent of overall sales in Sri Lanka, by 1.4 percent.

The Colombo bourse is one of the worst performers this year among Asian markets, with a 11.1 percent loss.

Special Feature



HRC Resolution Important Not Only for People of Sri Lanka, but for Human Rights in General

Ambassador Eileen Chamberlain Donahoe, U.S. Representative to the United Nations Human Rights Council, spoke to the press after the adoption of a resolution on Sri Lanka March 22, 2012. Transcript as follows:

Ambassador Donahoe: My deepest wish is that this resolution and the result we just observed is an important step in a process of helping the Sri Lankan people move toward a lasting peace.

The basic idea behind this resolution was to work with the Sri Lankan government in their efforts to reconcile all the people in their country.

There were a couple of important elements dealing with accountability as well as ensuring that their own recommendations to move toward lasting peace would actually be implemented. So there was an issue of encouraging them in the right direction.

I think this outcome is also important not only for the people of Sri Lanka, but for human rights generally and for the international human rights principle that when there are mass-scale civilian casualties and human rights violations, there must be some credible investigation and some form of accountability. Without that element there cannot be real reconciliation or lasting peace.

So our view is that this resolution is a very positive initiative on behalf of the people of Sri Lanka and on behalf of their human rights, and we hope that it leads to real reconciliation in that country.

I'll take a couple of questions.

Media: The fact today that India ended up voting yes for this resolution was something which will probably play out with a lot of tensions back in the

region because India's immediate neighbor is Sri Lanka, and India and Sri Lanka have worked together in the peace process or in the reconciliation process that's going on. What do you think has India's stand today and what do you think has that made a difference here in the Human Rights Council?

Ambassador Donahoe: The first thing I should note is everyone should understand that this resolution was intended as a way to work with the Sri Lankan government and to support the Sri Lankan people in establishing a real peace. So this was, although some delegations chose to interpret this resolution as a negative step or an aggressive move, it was not. It was not intended that way, and we see it as a very positive form of support on the part of the international community. So having India join in that initiative was very helpful because they are such a close neighbor and have also worked with the Sri Lankan authorities. So we see India's support as nothing but positive.

Media: What do you expect from the government of Sri Lanka out of this resolution that's been passed? What are the next steps?

Ambassador Donahoe: Our hope is that they follow through on two important things. One is that they take credible steps to implement the recommendations of their own domestic reporting effort; and secondly, that they investigate the serious allegations of civilian casualties from the civil war so that there is a basis for real reconciliation.

Our view is that if there isn't some form of truth and accounting for that scale of atrocities and casualties, you



Press Stakeout outside the Human Rights Council with Ambassador Eileen Chamberlain Donahoe U.S. Representative to the United Nations Human Rights Council

cannot have lasting peace. You will sow the seeds of future violence. So we think it's important that they take steps to show there will be some form of truth and accountability.

Media: How would you react to India's support?

Ambassador Donahoe: We think India's support is very helpful and very positive. As I said, all of the countries that supported this resolution see it as a way to help the Sri Lankan government and support the Sri Lankan people. But having a partner like India, a regional friend of Sri Lanka, support this resolution underscores the positive nature of the resolution.

Media: Fifteen countries abstained. That's a big number.

Ambassador Donahoe: Actually 15

voted against and 8 abstained.

Media: Yes.

Ambassador Donahoe: The bigger number was in support. Twenty-four countries out of 47 voted in favor. And I don't think it was as much to do with the merits of the resolution as an understanding of the role of the Council. But the vast majority supported this outcome. It's a very good outcome.

Media: What's the way forward?

Ambassador Donahoe: The way forward, as I said to the last question, is that our hope is the Sri Lankan authorities internalize this as a signal that they should and must take steps to implement their own recommendations and investigate the past casualties for their own people.

Thank you.

TNA Welcomes passage of Resolution on Sri Lanka at UNHRC in Geneva

Text of Press statement issued by Tamil National Alliance (TNA), Sri Lanka's predominant Tamil political party on passing of a resolution at the UN Human Rights Council on Mar 22, 2012:

The Tamil National Alliance welcomes the passage of the Resolution "Promoting Reconciliation and Accountability in Sri Lanka" at the Human Rights Council.

We believe that the Resolution will benefit all Sri Lankans, regardless of ethnicity. We sincerely hope that the Resolution and the clear collective will of the Council will encourage the government to face the future with fortitude and move decisively to protect



human rights and take tangible action to advance genuine reconciliation.

The need for substantial progress in human rights protection, genuine and meaningful reconciliation and accountability are deep-felt needs of all citizens of the country. We therefore urge the government to avail itself of the opportunity provided by the Resolution of the Human Rights Council and dedicate itself to serving these urgent needs as provided for in the resolution.



The TNA strongly believes that this Resolution is a first step in the pursuit of justice and accountability and sincerely thanks all countries, organizations and institutions that demonstrated a firm commitment to the achievement of a future for the Tamil commu-

nity in Sri Lanka that is marked by equality, dignity, justice and self-respect.

The TNA will, on behalf of the Tamil people, work with commitment and dedication towards the advancement of these goals

"I KNOW MY FAMILY IS SAFE
BECAUSE MY HOUSE
TOLD ME THEY WERE SAFE."



INTRODUCING AN ENTIRELY NEW WAY
TO PROTECT YOUR HOME AND FAMILY.

SMART HOME MONITORING FROM ROGERS.

- With remote access you can control your system and receive instant alerts on your smartphone or computer, so you know what's happening at home from anywhere.
- The only system that runs simultaneously on both cable and wireless networks. If one is ever cut or damaged, the other keeps working.
- Your home is monitored 24/7 by certified security experts with 20+ years of industry experience.



ALWAYS CONNECTED.
ALWAYS CLOSE.™

CALL 1 877 904-0522 or
CLICK rogers.com/protectyourhome

ANOTHER FIRST. ONLY FROM



Protection for You and Your Family



Receive up to \$2 Million if you diagnosed with a covered Critical Illness or Stay healthy and Get all your money back .

Non-Medical Life Insurance.
Immediate coverage no waiting period

- Life Insurance • Critical Illness Insurance • Mortgage Insurance • RRSP • RESP

Buy-Sell Agreements, Key Person Insurance for Partnerships,
Corporations Small Business Owners and Self Employed .

Sritharan Thuraiirajah

CLU, CHS



MDRT Member of Million Dollar Round Table

Direct: **416.918.9771**

759 Warden Ave. Toronto, ON M1L 4B5, Bus: 416-830-0386, 416-300-5496

Life100.ca



Are you getting Million Dollar advice?



HONDA DAILY NEWS



SCAN HERE FOR MORE INFORMATION



THE HONDA CIVIC IS CANADA'S BEST SELLING CAR 14 YEARS IN A ROW*



2012 HONDA CIVIC LX
 Intelligent Multi-Information Display (i-MID) - AC with air-filtration system - Keyless entry - Bluetooth® wireless mobile phone interface - And much more!



BEST SELLING CAR IN CANADA 14 YEARS IN A ROW*



MODEL SHOWN LX

LEASE A 2012 CIVIC LX FOR

\$188@1.99% APR

0 SECURITY DEPOSIT \$2,397 DOWN PAYMENT/OAC

PER MONTH FOR 48 MONTHS*

THE ALL-NEW CR-V

Yeah, it does that.

NEW STANDARD FEATURES ON ALL 2012 CR-V MODELS INCLUDE:

One of the most fuel-efficient vehicles in its class* - Heated power side mirrors - Heated front seats - Multi-angle rear-view camera† - Intelligent Multi-Information Display (i-MID) with SMS feature‡ - Bluetooth® wireless phone and audio interface - Easy-fold-down 60/40 split rear seatback



TOURING MODEL SHOWN MODEL SHOWN

LOWER STARTING PRICE FOR 2012
 LEASE A 2012 CR-V LX FOR **\$298@3.99%** APR
 0 SECURITY DEPOSIT \$3,400 DOWN PAYMENT/OAC

PER MONTH FOR 48 MONTHS*



FORMULA HONDA
ATHEESAN (SHAN) SARVANANTHAN
 CELL: 416.720.1184
 2240 Markham Road, Scarborough ON. M1B2W4
 Tel: 416.754.4555 Ext. 2705, fax: 416.754.9465



*Limited time lease offers on a new 2012 Honda Civic LX Sedan with Manual Transmission (Model FB2E4CEX) // 2012 Honda CR-V LX 2WD (Model RM3H3CE[S]) available through Honda Financial Services Inc., on approved credit. CR-V model shown is a 2012 Honda CR-V Touring (Model RM4H9CKN[S]). Representative lease example: based on a 2012 Honda Civic LX Sedan with Manual Transmission (Model FB2E4CEX) // 2012 Honda CR-V LX 2WD (Model RM3H3CE[S]) // 2012 Honda CR-V LX 2WD (Model RM4H9CKN[S]) on a 48 // 48 // 48 month term at 1.99% // 3.99% // 3.99% lease APR, the monthly payment is \$187.99 // \$297.76 // \$413.92 [includes \$1,395 // \$1,590 freight and PDI, EHF tires (\$29), EHF filters (\$29), and OMMVIC fee (\$5)] with \$2,397 // \$3,400 down payment or equivalent trade-in, \$0 // \$0 // \$0 security deposit and first monthly payment due at lease inception. Total lease obligation is \$11,420.52 // \$17,692.48 // \$23,268.16. 96,000-kilometre allowance; charge of \$0.12/km for excess kilometres. For all others: license, insurance, PPSA, and other taxes (including HST) are extra. Taxes payable on full amount of purchase price. Offers only valid for Ontario residents at Ontario Honda Dealers. Dealer may sell/lease for less. Dealer order/trade may be necessary. Vehicles and accessories are for illustration purposes only. Offers subject to change without notice. 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 2011. ‡Fuel consumption for comparison purposes only and may vary with usage and accessories. See Dealer for latest EnerGuide results published by Natural Resources Canada (when available). †Multi-Angle Rearview Camera with Guidelines intended to provide assistance to the driver. Always exercise appropriate care while reversing. ‡Compatible with select smartphones. Your wireless carrier's rate plans apply. Only use texting feature when conditions allow you to do so safely. *Highest Residual Value for Compact Utility Vehicles by ALG. ALG, the industry benchmark for residual values and depreciation data. www.alg.com.



The International Medical Health Organization—Canada (IMHO Canada) invites you to attend our

9th Annual IMHO Convention

WHAT:

Join us for our annual convention, learn about our work, and engage in conversation with physicians and other development leaders from across the globe who are engaged in rebuilding the health, medical, and social service infrastructure in Sri Lanka and in communities in need worldwide.

WHEN:

Friday, April 27th from 7:00-10:00 pm
&
Saturday, April 28th, 2012 from 8:00 am-11:00 pm

WHERE:

New Jaasmin Banquet Hall,
90 Nolan Court, Markham,
ON. L3R 4L9, Canada

RSVP:

meera@imhocanada.org
or coordinator@themho.org

View our special event website at
www.IMHOAnnualConvention.org
where you can also register for the event & get tix.
Please mark your calendars now and plan on
joining us in Toronto in April 2012!



Providence Healthcare Foundation

Providence Community Partners hosts Post-Budget Breakfast Event with Scarborough MPP's

On Wednesday, March 28, the Foundation welcomed close to 70 guests to its second annual Providence Community Partners Post-Budget Breakfast. Special thanks to Enbridge for their sponsorship of the event. The event was held the morning after the budget is read in the Legislative Assembly of Ontario and included invited Scarborough MPPs, Bas Balkissoon, Lorenzo Berardinetti, Honorable Margaret Best, Honourable Brad Duguis, Tracy MacCharles and Soo Wong presenting on the contents of the Ontario budget for 2012. Following their presentation there was an insightful Q&A period from an expert panel featured from several business disciplines.

The Providence Community Partners is a dynamic and diverse group of businesses that network, learn about their community and share a like-minded philosophy that embraces philanthropy. The program supports Providence Healthcare and welcomes new partners to join.



left to right across the table of MPPs: Soo Wong, Tracy MacCharles, Hon. Brad Duguid, Hon. Margaret Best, Lorenzo Berardinetti and Bas Balkissoon

Health of diverse populations is focus of new Chanchlani Research Centre at McMaster University

Hamilton, Ontario (March 28, 2012) –Tracking health differences by ethnicity is the cornerstone of the new Chanchlani Research Centre at McMaster University.

The new centre is dedicated to understanding the genetic and environmental causes of common diseases among diverse cultural groups, women and the socially disadvantaged. It will also provide innovative training to the next generation of health researchers.

The centre is funded by a \$1 million donation from Mr. Vasu Chanchlani and his wife, Dr. Jayshree Chanchlani, founders of the Chanchlani Foundation, a philanthropic organization dedicated to promoting research. The couple has given an additional \$250,000 to fund an award – the Chanchlani Global Health Award – for an international scholar in the field.

A presentation and ribbon cutting ceremony opened the research centre located in McMaster University's Michael G. DeGroote Centre for Learning and Discovery on March 27, 2012.

"This gift of philanthropists Vasu and Jaya Chanchlani provides significant



diverse ethnic populations, women, and the socially disadvantaged," she said.

Currently, Dr. Anand is leading the START (South Asian birth cohort) study - which is studying two birth cohorts of South Asians in Southern Ontario and another in urban and rural India - to find out why central adiposity and diabetes are so prevalent among the South Asian population. She was recently funded by the Heart and Stroke Foundation and the Canadian Institutes of Health research to initiate a similar style birth cohort among the Aboriginal people of the Six Nations.

Dr. Anand received international attention with an earlier study which showed a diet high in fruits and vegetables appears to lessen the genetic risk of the 9p21 gene on



Dr. John Kelton, Dean and Vice-president of the Faculty of Health Sciences, McMaster University, Dr. Patrick Deane, President, McMaster University, Dr. Sonia Anand, McMaster professor and research scientist and Director of the new centre and Mr. Vasu Chanchlani and Mrs. Jaya Chanchlani, founders of the Chanchlani Foundation at the ribbon cutting ceremony of the inauguration of the Chanchlani Health Research Centre.

opportunities for McMaster," said University President Patrick Deane. As health challenges are increasingly understood in a global context, focus on ethnic and local issues promises to bring benefit not only to those specific communities, but to humanity at large.

Dr. John Kelton, dean and vice-president of the Faculty of Health Sciences, agreed: "The Chanchlani Research Centre will be the home of some of our best work and our best people: We know the centre will produce meaningful, life-changing results."

In Canada, diabetes and early heart disease are found among increasing numbers of South Asians who have migrated here from India, Pakistan, Sri Lanka and Bangladesh. In India alone, Type 2 diabetes affects 80 million people.

Mr. Chanchlani said the goal of the centre is to "leverage the resources, passion and influence of people of South Asian origin by engaging them in a serious social cause that is afflicting people of South Asian origin around the world."

Director of the new centre is McMaster professor and research scientist, Dr. Sonia Anand, a Canadian leader in the research of genetic and environmental causes of vascular disease.

"The Chanchlani gift will enable a group of innovative researchers with talent that ranges from genetics to social determinants to understand the causes and consequences of common diseases that afflict



McMaster University President, Dr. Patrick Deane presenting a memento to the Chanchlani family at the inauguration of the Chanchlani Health Research Centre

heart disease. This led to the SAHARA (South Asian Heart Risk Assessment) study which is intended to find out if knowing about this gene motivates individuals at risk of a heart attack to change their habits.

About Chanchlani Foundation

Chanchlani Foundation promotes research and recognizes excellence with an aim to find effective solutions to challenges in areas ranging from health care to public policy. To find out more visit www.chanchlanifoundation.com

About McMaster University

McMaster University, one of four Canadian universities listed among the Top 100 universities in the world, is renowned for its innovation in both learning and discovery. It has a student population of 23,000, and more than 156,000 alumni in 140 countries.



REAL ESTATE LAW CLERK

FULL TIME POSITIONS



The Law Offices of Yaso Sinnadurai are currently seeking candidates for the above positions for both Scarborough and Mississauga locations.

The successful candidate will be a reliable, efficient and diligent individual. The position requires a minimum of two years experience in a legal environment and the following skills and traits:

- Good interpersonal and organizational skills and excellent work habits;
- Well developed analytical and critical thinking skills;
- Proficiency with Conveyancer and Teraview software with some exposure to PCLaw;
- Excellent verbal and written English language communication skills;
- Strong computer skills and excellent keyboarding skills; and
- Ability to converse in Tamil is preferred, not a prerequisite.

Competitive salary offered based on education, skills and experience.

Please mail, fax, or email your resume and cover letter to:

Aarani Sinnadurai
Barrister and Solicitor

YASO SINNADURAI PROFESSIONAL CORP.

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

Fax: 416-265-5642 Email: asa@yasolaw.com

Our Mississauga office is located at

3024 Hurontario Street, Suite 216 (Dundas and Hurontario)

Please note that only short-listed candidates will be contacted for an interview.
Thank you for your response to our firm.



The Scarborough Hospital

Home Dialysis and CKD new location offers improved patient care

TSH's busy Home Dialysis and Chronic Kidney Disease (CKD) programs have a new home.

On Friday, February 24, the programs moved from the Medical Mall at the General campus to the first floor of the East Wing (the old Emergency Department space).

"This was the biggest move the hospital has ever seen, but it was able to go off without a hitch with services up and running the following Monday morning, thanks to the hard work of many departments and individuals coming together," said Ethel Doyle, Patient Care Director of the Nephrology and Diabetes

programs. The new larger space, which was not being utilized, will allow staff to better serve the growing needs for these services in our diverse community, as well as offer improved patient confidentiality, patient peer support and networking and increased patient satisfaction.

Moreover, integrating Home Dialysis and CKD into the one area "further supports and strengthens the hospital's ability to develop a care model that improves Chronic Disease Management, which is a focus TSH established in its Clinical Action Plan," explains Ethel.

The hours and contact information for each program will remain the same. Home Dialysis



Diabetes Nurse Practitioner Diana Phayre assists patient Caesar Alphonso in the new Chronic Kidney Disease unit.

is open 8 a.m. to 4 p.m. Monday to Friday and can be reached at ext. 8183. The Chronic Kidney Disease program is also open from 8 a.m. to 4 p.m. Monday to Friday and can be reached at ext. 6697.

Smoking Policy at TSH

The Scarborough Hospital is proud to be smoke-free

For the health of our patients,
visitors, staff and physicians,
smoking is not permitted anywhere
on the hospital property.

Thank you for your co-operation.



With much fanfare, The Scarborough Hospital launched its smoke-free policy in February of 2010. At that time, a new hospital-wide policy prohibited all staff, physicians, volunteers, patients and visitors from smoking anywhere on hospital property, including entrances, sidewalks and parking lots. Indeed, we were happy to declare that TSH is 'proud to be smoke-free.'

Fast-forward two years and it would appear the message has yet to sink in with some people. While we are still proud to be smoke-free, we are far from achieving acceptable compliance. In fact, one TSH staff member was recently fined \$305 under the Smoke-Free Ontario Act by a Public Health Officer from the Tobacco Enforcement Unit.

Still, smoking on hospital property continues, despite the policy's primary goal to protect those who work, visit or receive care at TSH from second-hand smoke.

a new hospital-wide policy prohibited all staff, physicians, volunteers, patients and visitors from smoking anywhere on hospital property, including entrances, sidewalks and parking lots. Indeed, we were happy to declare that TSH is 'proud to be smoke-free.'

In fact, the problem is so bad that one staff member was compelled to write, "I am an employee at the Birchmount campus, and the reason that I am sending you this MOX is in regards to the amount to people who still are smoking outside the north entrance of the hospital. I exit that side of the hospital and when I am leaving the hospital, the smoke is overwhelming."

Of course, the problem is not confined to the Birchmount campus; it is hospital-wide. And it is not just a problem at TSH, but at hospitals across the province.

"We recognize how difficult it is to stop smoking. As an organization committed to a healthy workplace, we do what we can to provide support in making the transition to quit easier," explains Lori Irvine, Coordinator of Organization and Staff Development. "We take a proactive approach by offering smoking cessation resources in collaboration with the Canadian Cancer Society, Heart and Stroke Foundation,

and the Employee Assistance Program. In addition, the organization enhanced its Extended Health Care coverage to include smoking cessation products."

Several new communications tools will be rolled out in the coming months, including updated signage, information packages for patients and, of course, more proactive patrols by security staff.

"We sent our security supervisors to a workshop designed specifically for hospital security enforcement," says Dennis Jocko, Manager of Security and Parking. "The one-day workshop helped us learn ways to reduce tension in difficult situations and promote voluntary compliance with smoke-free hospital policies."

While security staff cannot issue fines – that's the responsibility of Public Health Officers with the City of Toronto – they can and will try to encourage smokers to butt out on hospital property.



The Scarborough Hospital

Archive Committee's noble work towards building a rich collection for TSH

It was a 'blast from the past' when The Scarborough Hospital's Archive Committee discovered some photographs of themselves taken almost 30 years ago, tucked away in a collection of archives recently donated to the hospital.

Marion Goodchild, the hospital's first Medical Laboratory Technician and a member of the 'Famous Thirteen' – a group of staff who joined TSH at its inception in 1956 – kept meticulous records of her 20-year career with the hospital. Her collection was donated by her daughter to the newly formed Archive Committee.

"This is such an important donation because it's the first we have received from the community," says Dr. Barney Giblon, committee member and retired family physician who began practicing at TSH in 1958. "She even had a box of lab coat buttons. In those days, we weren't provided buttons on our coats or uniforms; we had to bring our own."

The Archive Committee is made up of volunteers, many of them former staff members. Their goal is to collect, catalogue and preserve hospital memorabilia including publications, photographs and documents from both the General and Birchmount campuses. The committee is reaching out to staff, physicians, volunteers and the community for any items that would be historically significant to the hospital in an effort to build a rich collection of hospital archives.

"We are so grateful to Ms. Goodchild's family for providing us with such a remarkable piece of our past," says Anne Marie Males, Vice President of Patient Experience at TSH and advocate for the Archive Committee. "Our hospitals have a rich heritage and we need to recognize and

celebrate those individuals who helped build these hospitals and our community."

The committee's first donation was uncovered among 21 trunks of artefacts dating back four generations and included newspaper articles, programs from milestone events such as the hospital's expansion in 1958 and its 25th Anniversary celebration, copies of "The Pulse," the hospital's first newsletter, and a booklet developed in 1972 to commemorate the departure of the Sisters of Misericorde, founders of TSH.

Marion was also an avid photographer, and her collection of albums captured and documented an incredible variety of events, departments and programs as well as the expansion of the hospital throughout the years.

"Our family had a track record for saving all and any paper articles; a family trait," says Ann Smith, Marion's daughter. "Mum was very organized when it came to keeping records, and believe me, with her family who were missionaries in India, there was an overwhelming amount of memorabilia."

Marion was born in Neemuch, India to Rev. Frederick J. Anderson and Mabel J. Anderson, who travelled overseas to perform missionary work. She spent her early years in India immersed in the culture, enjoying the food and learning Hindi, a language she would recall until her final days in 2009. With a multicultural background, it seemed ironically suitable that Marion would spend her career in a



Dr. Barney Giblon, retired family physician, browses through the Archive Committee's first community donation; a collection of memorabilia donated by Ann Smith, whose mother was a hospital employee since TSH opened in 1956.

city that would one day become the most culturally diverse community in Canada.

In her years at TSH, Marion served as head lab technician, but originally began her healthcare career as a nurse. Even though nursing wasn't the right fit for her, she remained the number one staff member to draw blood from patients in special circumstances such as burn victims, babies and the obese. According to her daughter, this trait playfully earned Marion the nickname "bloodsucker" among her friends and colleagues at the hospital.

"My mother lived out her last two years with me and we discussed how I should distribute the many collections she had, but unfortunately, she had not mentioned the donated articles nor had I seen them prior to her death," recalls Smith. "I knew that she absolutely loved her job, so it was my decision to place the items where they originated from, that being The Scarborough Hospital."

TSH adopts new technology to improve environment in Operating Rooms



Dr. Carly Peterson, TSH Anesthesiologist, adjusts the Deltasorb canister which works in line with the anesthetic gas scavenging system to capture unused anesthetic gas and prevent venting to the atmosphere.

Despite a sea of green scrubs and green wall tiles, the operating rooms at The Scarborough Hospital are just not green enough. But TSH's surgical program is committed to being environmentally conscious, and is always looking for new, innovative ways to become greener.

Most people don't realize it, but operating

rooms are major greenhouse gas emitters. Anesthetic gas is a mix that effectively sedates patients for surgery, however only about five per cent of it actually gets absorbed by patients. The remaining 95 per cent is vented into the atmosphere and accounts for an average of 1,600 tonnes of eCO₂ per year. Simply put, that's the

equivalent of 400 car exhaust per year.

"This is an industry-wide problem," says Kathy Bruce, Patient Care Manager, Operating Rooms. "When we realized there was a way to prevent it from happening, and that we could do it with no impact to patient care, the answer was obvious. We had to do it."

All of the operating rooms now have

a Deltasorb Inhalation Anesthetic Gas Recovery System developed by Blue Zone. It's a unique, patented process that uses a canister in line with the current scavenging system. Gas is captured in the canister, and then sent to Blue Zone for processing back into raw material to produce a new line of 'green' anesthetics. Eventually, TSH will receive payment for each canister we send back.

"Now, instead of emitting all of that gas into the atmosphere, we can recycle it with the added bonus of future returns," says Kathy. "It's a win-win for the environment and the hospital."

Dusanka Filipovic, co-inventor of the technology and President of Blue Zone, calls TSH a leader and is setting standards of excellence in green initiatives like this.

"The Scarborough Hospital is one of our early adopters," says Dusanka. "That's something to be proud of. TSH is a pioneer of this 'made in Ontario' technology, and other hospitals will ultimately follow in its footsteps."

The surgical department's quest for greener ORs continues as they look at a number of other initiatives including recycling surgical drapes and using custom packs for surgical supplies as opposed to having each piece of equipment packaged separately.

"We want to be responsible citizens," says Nurallah Rahim, Patient Care Director, Surgery, Orthopaedics & Rehabilitation. "We want to play a key role in reducing waste, and this is just one of the many ways we can achieve that goal."



The Scarborough Hospital

Prenatal Tours and Specialists' Nights



Jyll Rose Carlos (centre) and her partner, Angel Tumambing, took one of MNCC's prenatal tours as recommended by her obstetrician, Dr. Donna Barnwell (left).

Parents-to-be now have even more access to prenatal information and their healthcare team thanks to two new initiatives offered by TSH's Maternal Newborn and Child Care (MNCC) program.

Expectant mothers and fathers can now attend information-packed 'Specialists' Nights' that offer a chance to meet their healthcare team – obstetrician, paediatrician, anaesthesiologist, midwife, labour and delivery RN, doula and child birth education – to gain a better understanding of what to expect during their hospital stay.

Also, MNCC's prenatal tours have been revamped to make it easier to attend at either General or Birchmount campus. No pre-registration is required; expectant parents can just show up.

"This makes it more flexible for parents, plus we're doing the tours later in the day so it's easier to attend after work," explains Effie Pallotta, New Life Prenatal Classes and Child Birth Educator and tour 'guide.' "We're hoping more people will attend these open tours."

A former TSH employee, Effie has been leading prenatal tours since 1992.

"Parents like to see the facility; it puts them more at ease when they arrive. They're more familiar with the hospital, they know where to go and who to speak to," Effie explains. "It definitely relieves anxiety on delivery day."

One of the couples taking the March 6 tour at the General campus is glad they came.

"The tour is very helpful. When we come here, we know what to do now and we're not scared. We know where the nursing station is and what the birthing rooms are like," says Jyll Rose Carlos, who is expecting her second child, and is having the delivery at TSH. "It gives a clear picture of what the

procedure is. I feel confident and happy that they are doing these tours; it lessens my fear, and helps me prepare for the real adventure (the baby is due April 12)."

The prenatal tours start at 6 p.m. every first and third Tuesday of the month at the General campus, and every second and fourth Tuesday at the Birchmount campus.

The monthly Specialists' Nights give expectant parents an opportunity to talk to each member of their healthcare team about labour, delivery and postpartum care.

"A lot of our patients have never been in a hospital; they have never been to a maternity floor. When they come into labour, especially for the first time, they are quite scared just to be in the physical hospital," explains Dr. Donna Barnwell, Obstetrician and Gynaecologist at TSH for 14 years. "I find it's very helpful if they've been here before, and they've met some of the nurses and seen what the birthing room looks like. Just to feel the family atmosphere that we have here, they feel comfortable when they come into labour and the element of fear is reduced, which is really important for a woman in labour."

The two MNCC initiatives speak to TSH's role in providing health information to our diverse community.

"We value our community's

time and commitments to their families and employment," says Barbara Milana Scott, Patient Care Director, MNCC Program. "In order to reach out to our families who are looking to The Scarborough

Hospital for obstetrical services, regularly scheduled 'Specialists' Nights' offer families interactive education sessions where healthcare providers will share their knowledge and experience with them."

The Gift Shoppe relocates at the General campus



Gift Shoppe hours are:

Monday - Friday:
9:30 a.m. - 8 p.m.

Weekends:
noon - 8 p.m.

Shirley MacDonald, a 54-year veteran volunteer at TSH, beckons shoppers in the new location of The Gift Shoppe. It officially opened on Wednesday, March 21 at the General campus on the first floor of the Medical Mall across from the drug store. Whether you're looking for a beautiful hand-knit sweater for a newborn, some comfy slippers for a loved one, a good book or some beautiful art, you will find it all in the new shop.

TSH staff receive 10 per cent off purchases (excluding confectionery, books, magazines, knitting, flowers and sundries).

ADVERTISE IN THIS SPACE TO PROMOTE YOUR BUSINESS



WHY? PLEASE READ TO FIND THE REASONS!

Notification in social networks like Facebook & Twitter



- COVERS MANY VARIETY OF ARTICLES FOR READING
- KEPT AT OFFICES AND HOMES FOR LONGER PERIOD
- MANY LOCAL AND CORPORATE EVENTS ARE COVERED
- SUBSCRIBE FREE TO GET NOTIFICATION BY E-MAIL WHEN ISSUES ARE READY

CALL: 416-358-3235

E-MAIL: TORONTO@MONSOONJOURNAL.COM

WEB: WWW.MONSOONJOURNAL.COM

ADVTs ARE PROMINENTLY PLACED TO PROMOTE YOUR PRODUCTS OR SERVICES

Law & Order



ONTARIO EMPLOYEES MAY NOW BE ENTITLED TO MUCH HIGHER DAMAGE AWARDS WHEN THEY ARE WRONGFULLY DISMISSED

►► Long service unskilled or 'non-managerial employees' would have to be given significantly better wrongful dismissal package when they lose their jobs - Ontario Court of Appeal

By James Chester & Josephine VS Chester, Chesters Law Office, Barristers & Solicitors

Antonio Di Tomaso was employed by Crown Metal Packaging LP ("Crown Metal") in Ontario for over 33 years as a two-piece mechanic and press maintainer. He earned approximately \$31.00 per hour. Di Tomaso's work involved setting up the line, minor repair work and assisting the millwright with mechanical work on machines. Crown Metal was in the business of manufacturing metal packaging. However, Crown Metal wasn't doing well and it decided to close down its business. On September 9, 2009, Crown Metal first informed Di Tomaso that his services would no longer be needed. The termination date was supposed to be November 6, 2009. But a few days before that date, Crown Metal extended Di Tomaso's employment for several weeks. Over the ensuing five months, Crown Metal extended his employment just before each termination date. Di Tomaso received five separate written notices of termination, containing four different termination dates, before his employment finally ended on February 26, 2010. Di Tomaso was 62 years old when he was terminated.

On February 26, 2010, Crown Metal closed its operations and on the same day Di Tomaso was terminated from his employment. Crown Metal paid him accrued vacation pay, benefits up to March 31, 2010 and the statutory 26 weeks of severance pay it owed him under the Employment Standards Act, 2000 (ESA).

Severance pay is the compensation that is paid to an



employee who has his or her employment 'severed.' It compensates an employee for loss of seniority and job-related benefits. It also recognizes an employee's long service. Severance pay is not the same as termination pay, which is given in place of the required notice of termination of employment.

After contributing 33 years of his life to Crown Metal, Di Tomaso was only given a working notice and 26 weeks of severance pay. Di Tomaso felt dejected with Crown Metal's offer. He made job applications to about 22 companies for similar work without any success. Di Tomaso did not just accept his fate or brood over his termination. He saw it as a wrongful termination and sued Crown Metal for wrongful dismissal at the Ontario Superior Court.

Crown Metal defended the claim for wrongful dismissal. It argued that it provided Di Tomaso a working notice equivalent of almost six months and 26 weeks of severance pay. Crown Metal took the position that Di Tomaso was

an unskilled, low-level worker and therefore, he was only entitled to maximum of 12 months of notice. Crown Metal argued that Di Tomaso was not a senior or a managerial employee and he was not sufficiently skilled to merit a larger award than the maximum of 12 months of notice. Crown Metal told the Court that employees dismissed from executive, management and skilled positions are entitled to a more lengthy notice period because it would take a longer time to obtain a position in one of those categories. Crown Metal's argument was that Di Tomaso, being an unskilled and low-level worker, was not entitled to compensation above 12 months as he could find a similar unskilled job in a shorter timeframe.

However, the judge did not agree with Crown Metal's position. The judge awarded Di Tomaso with 22 months of compensation in the Ontario Superior Court. In issuing this award, the Court considered his length of service, age, anticipated difficulty of finding alternate work and other applicable common law factors. In doing so, the Court sent out a loud and clear message to all employers that they cannot reduce compensation when terminating unskilled or lower-level employee.

Crown Metal appealed the decision to the Ontario Court of Appeal. It argued that Di Tomaso should be classified under the group of 'clerical and unskilled employees.' Consequently, Crown Metal's argument was that Di Tomaso should be awarded a much lower notice period suggesting a 12 months cap for compensation. The Court of Appeal rejected Crown Metal's arguments.

Therefore, the traditional view that unskilled and low-level workers are not entitled to the same dismissal package as more senior level employees is no longer true. The Ontario Court of Appeal held that an employee's position on the corporate ladder is not as important a factor in determining the size of a wrongful dismissal package as it once was. Long service unskilled or 'non-managerial employees' would have to be given significantly better wrongful dismissal package when they lose their jobs.



Josephine Chester
Barrister & Solicitor
LL.B. (Canada)
LL.M. (Canada)

CHESTERS LAW OFFICE

Barristers & Solicitors

LITIGATION LAWYERS

Both lawyers speak English, French, Tamil & Malayalam

சூயிழ் வழக்கறிஞர்கள்



James Chester
Barrister & Solicitor
LL.B. (Canada)
LL.M. (Canada)

CIVIL LITIGATION

- Construction Lien Actions
- Business & Contract Disputes
- Debt Recovery & Enforcement
- Fraudulent Misrepresentations and Conveyance Cases
- Mortgage & Real Estate Disputes

CRIMINAL LAW

- Bail Hearings • Bail Reviews
- Assault (Domestic & Aggravated)
- All Driving Offences
- Drug charges
- Theft • Weapon Offences
- Fraud • Forgery
- Youth Crimes
- Bankruptcy Offences

EMPLOYMENT LAW

- Wrongful Dismissal
- Constructive Dismissal
- Sexual Harassment
- Employment Contract Disputes
- Discrimination / Termination
- Disability Claims

FAMILY LAW

- Divorce, Support, Custody and Access Disputes
- Variation of Support Payments and Arrears
- Children's Aid Cases
- Division of Property Disputes
- Separation Agreement & Marriage Contract Disputes

INSURANCE LAW

Disputes on:

- Fire Insurance Claims
- Life & Disability Insurance Claims
- Property Insurance Claims
- Vehicle Insurance Claims

PROFESSIONAL NEGLIGENCE

- Claims against architects, engineers, accountants, lawyers, health care professionals and other Professionals



FREE CONSULTATION BY APPOINTMENT ONLY **416 - 528 8800**

Sports



The Score on Sports



Last year's champions, Chennai Super Kings celebrate after Finals

By Tashvir Narine

Cricket fans around the world will be treated to perhaps the two most entertaining cricketing months this year when the Indian Premier League of 20-over cricket begins once again. Combining sports and entertainment has been a staple of the IPL experience found today and starting April 4th, nine IPL teams will embark on the 2012 season of 76 matches, until a champion is crowned May 27th. MS Dhoni and the defending champs Chennai Super Kings will host Sachin Tendulkar and the Mumbai Indians on the opening night. The opener has been much anticipated by fans as both teams are ready to put on a show, much less following the opening acts by Katy Perry and Kareena Kapoor which should be a spectacle in itself.

This is the 5th season of the IPL and popularity has been increasing exponentially each year. Sponsorship and television exposure has really helped to push 20-over cricket in India which has resulted in a worldwide shift of talent. In fact, more and more we see players electing to play for their IPL matches rather than for their respective

international nations. As a result, salary levels are now comparable to major North American sports leagues like the National Basketball Association.

In Canada, broadcasting of IPL games is now very common during the months of the season. Live games can now be seen around the world, with Rogers Sportsnet to broadcast for the Canadian region. On the internet, indiain.com will also continue to broadcast live to watchers around the world and matches will also air on their YouTube channel on a slight delay. This however will be of no concern to viewers, as the IPL has been the first to broadcast live on YouTube which has been happening since 2010.

With increasing television exposure, the IPL has also done a commendable job on securing qualified commentators for the 2012 season. Spanning across the globe, entertaining characters from various nations have been selected to complement the skills of the players who settle from all parts of the world themselves. Along with these, local legends such as Sunil Gavaskar and Rameez Raja will also man the commentary booth to enhance the experience for viewers worldwide.

On hand for opening night, Mumbai Indians' captain Sachin Tendulkar will play his first IPL match following his personal milestone of a century of centuries. Just last month during the Asia Cup,

the Little Master scored 114 runs against Bangladesh to put him at 100 international ODI or test matches with at least 100 runs.

certainly increased with new players making the move to IPL but the Indian and Chennai captain has shown that he is certainly



MS Dhoni set to lead CSK again in 2012

The Mumbai Indians have never won the IPL tournament since its inception but cricketing fans would surely like to see Sachin lift another trophy before retirement, even if it is from 20-over cricket. Across the field, MS Dhoni will captain the Chennai Super Kings with hopes of three-peating as tournament champions. Competition has

capable of the challenge.

It's definitely no secret that fans of all backgrounds are now choosing cricket as a more common source of their sports entertainment. Cricket fans of course have this marked off on their calendars, however if you haven't seen a match before, do try to catch a game or two. It will not disappoint!



Daniel Vettori hopes that RCB is back in the Finals in 2012.

| TEAM | COACH | CAPTAIN |
|-----------------------------|-----------------|------------------|
| Chennai Super Kings | Stephen Fleming | MS Dhoni |
| Deccan Chargers | Darren Lehmann | Kumar Sangakkara |
| Delhi Daredevils | Eric Simons | Virender Sehwag |
| Kings XI Punjab | Adam Gilchrist | Adam Gilchrist |
| Kolkata Knight Riders | Trevor Bayliss | Gautam Gambhir |
| Mumbai Indians | Robin Singh | Sachin Tendulkar |
| Pune Warriors India | Geoff Marsh | Sourav Ganguly |
| Rajasthan Royals | Monty Desai | Rahul Dravid |
| Royal Challengers Bangalore | Ray Jennings | Daniel Vettori |



Recent Event

Royal College OBA (ROCOBA) celebrates Felicitation Night Dinner Dance

Royal College Old Boys Association (ROCOBA) in Canada celebrated a grand event on Saturday, March 31st in Toronto. The Felicitation Night Dinner Dance was held at La Gondala Banquet Hall located in Vaughan, Greater Toronto Area.

President of ROCOBA Rajan Tharmarajah gave the welcome speech after the college song was sung by the Old Royalists living in Ontario followed by honouring the past presidents with mementos. Attendees enjoyed the Gourmet Dinner and went on

the floor to dance for the excellent choice of music by DJ Rekha to the end.

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



Old Royalists living in Ontario gather to sing the college song to commence the Dinner Dance proceedings



Rajan Tharmarajah -President Royal College OBA presenting appreciation plaques to Patrons/ Past Presidents T Kukendran and Azad Hamid



Dilkaran Rajendra -presenting a plaque to past president Yoga Atharay



Janaka Lenaduwa - presenting a plaque to past president Don Perera



Kishan de Silva -presenting a plaque to past president Skandha Fernando



Charitha Senaviratne - presenting a plaque to past president Chubi Jayasinghe



Section of the ROCOBA members and guests at the Felicitation Night Dinner Dance



Section of the ROCOBA members and guests at the Felicitation Night Dinner Dance



Section of the ROCOBA members and guests at the Felicitation Night Dinner Dance



Guests enjoying dancing after a five course gourmet dinner

Recent Event



A Night of Radiance: South Asian Autism Awareness Centre Third Annual Fundraiser Dinner & Dance Community Embraces Hope for Autism



Scarborough, ON ~ March 6, 2012 ~ March 3rd marked a watershed moment for the South Asian Autism Awareness Centre (SAAAC) as they held their annual Radiant Night: Gala Dinner & Dance. The newly constructed Scarborough Convention Centre accommodated the night's festivities, which attracted over 1200 guests. The purpose of the evening was to raise awareness surrounding Autism in the South Asian community along with raising funds to support SAAAC's therapies and social service programs. The organization serves over 40 families by providing easily accessible and discipline-rich management for Autism and related developmental disorders. Geetha Moorthy, founder and Executive Director of SAAAC, was overjoyed at the success of the evening, "Nights like these are important because they illustrate the support and engagement of the community, including countless volunteers and committee members who give their time. Their contribution goes a long way to help the families and the great children we serve. With support like this we can help children with Autism realize their gifts. Every child is gifted. They just unwrap their packages at different times."

Talented emcees Manjula Selvarajah and Shanthan Sivapalan presided over the night's festivities, which saw a host of notable speakers,

an award to highlight their contribution, creativity, and participation in the SAAAC family.

One of the key highlights of the night was the launch of SAAAC's LAMP - Lifetime Annual Membership Plan, <http://saaac.org/donate/lamp>

LAMP was created as another means for supporters to continue to contribute towards SAAAC's therapies and social service programs and ensuring these programs remain free and accessible for the families they serve. The plan is a call for the continued community participation and support in order to keep SAAAC services sustainable and accessible to any and everyone.

The event would not have been possible without the heavy contribution of key business and community leaders which included the Hon. Rathika Sitsabaiesan (PM, Scarborough Rouge River), Minister Brad Duguid (MPP, Scarborough Centre), Bas Billksson (MPP, Scarborough-Rouge

River), Mayor Frank Scarpetti (Town of Markham), Councillor Logan Kanapathi (Ward 7, Town of Markham) amongst others. Individuals and organizations such as Christine Williams from Scotiabank, Sorkkam, IWI Consulting Group, All Saints University, Vince Sinnadurai from CIBC, Cashpoint, VMS Travels & Tours and Dr. Shivajan Sivapalan were instrumental in making Radiant Night a possibility. "The beauty of tonight, amidst the size of the crowd and the class of the hall, was that a parent and their child with autism, a student, a young professional, someone from the temple, an office worker, a VP or a minister could all partake in an event together. A community-run organization, as our founder put it, held a community-attended event. Autism, and the children and families who live with it, are not something to be managed off to the side. It, like all of our challenges, is to be shared and celebrated by everyone. Radiant Night reminds us that this is not a chore - it's an honor. Thank you community" stated Jonathan Bertram, SAAAC Board President as he reflects on the importance of ongoing community of supporters.

The night was capped off with live music presented by Sampath/Showcase and the DJ services of DJ Smoove. The festivity continued into the night with people of all ages, connecting and celebrating as a community. This was the goal of Radiant Night, to bring together an entire community to create change and celebrate hope for those families and individuals impacted by Autism. Ultimately, the success of the event will go a long way to help sustain, support, and develop the efforts of SAAAC in 2012.



performances and visual spectacles provided by Butterfly Squad. The key note address came from Kannan Sinniah whose teenage daughter is impacted by Autism. His account brought awareness of the personal struggles parents and caregivers deal with regarding the challenges posed by the disorder. Honest and engaging, Kannan's address set the tone for what would be a night of hope and celebration. The night also saw an award presentation to the children and adolescent youth of SAAAC. Each individual was given



For Advertisements in Monsoon Journal

Call 416.358.3235



WORDS OF PEACE

The Option of Peace

For decades, Maharaji has traveled around the globe to talk to people about peace, about the joy human beings can experience within themselves right now, while we are alive.

That peace exists within us, he says, and we can choose to know and enjoy it--or we can choose confusion, doubt, darkness. It is up to us.

Pursuing peace, he says, doesn't mean that people have to change the way they live--to commit to a life of austerity or forsake their families.

"Do you want me to tell you the biggest myth, the biggest lie, in the world?" Maharaji says. "The biggest lie is that if you start pursuing joy and happiness in your life, that'll be the end of your job. You will become a vegetable. You will have no interest in men or women--as appropriate--and you will not want a car. You will abandon all luxuries of life."

Choosing to pursue the possibility of peace, he says, just means having options where before there were none.

"Imagine a vacation on a nice, white, sandy beach, with warm, crystal-clear

water, no sharks," Maharaji says. "Sounds pretty good, doesn't it? There's one caveat. If somebody said, 'I'll take you to the middle of the Pacific Ocean and drop you off. There's beautiful, crystal-clear water all around,' you would say, 'No!'"

"The ocean is fine, as long as you have access to land. Otherwise, you don't have an option."

It's the same way with the desire for peace, he says: without listening to that desire, we don't have options.

"So let's listen to it," Maharaji says. "What I'm saying is that just as thirst tells you that water is needed by your body, as hunger tells you that you need food, as tiredness tells you that you need to rest, this innate want to be fulfilled tells you that you need to be in peace, to be content."

"How? This is where I come in. My forte isn't talking. That's not my forte. My forte is that I can put you in touch with that experience that is inside of you."

Maharaji often answers questions

from those who are interested in pursuing fulfillment.

Q: I know many saints have said this world is an illusion, but I find that hard to believe.

A: It's an illusion and it's not. If a car drove over your foot, it would not be an illusion. But it's an illusion if you think that this world is what provides you with happiness. A car cannot give you happiness, nor can it take away your happiness. It is an inert, metallic object.

I am stating the obvious: that you can make a difference in your life. Instead of looking for the answers out there, look for them inside.

Q: If peace is possible, how do I get it?

A: The first step on that ladder to go inside of you is to understand with no uncertainty that what you're looking for is inside of you. That's important, because people look at everything else, when what they need to be looking at is within them.

This is what Socrates said, remember? "Know thyself." Do you think he was just trying to irk you? "Now, what can I



tell these people that will really irk them? 'Know thyself.'"

That's what I do: I go around and open this possibility of peace for people who want it. You don't want it? Fine. It'll always be in you. You can't get rid of it. What a nice plan!

Q: I'm a bit afraid that if I really start to know myself, I might not like what I find.

A: A lot of people think knowing themselves could be scary. Fortunately, it isn't. Whatever you may think of yourself, that is not really you. That is not you. What you are is beautiful. What you are incredible. What you really are is divine. That's you. So is that fun? Absolutely. Fulfilling? You bet

For a free DVD to know more about the process to learn the practical way offered,

call 1 877 707 3221 Eng Toll free
416 431 5000 Tamil
416 264 7700 Hindi.

To learn more about Maharaji, visit:
www.wopg.org
www.tprf.org



Award-winning TV series
tv.wordsofpeace.ca

words of Peace

Peace is possible.
It needs to
be felt.

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

AVAILABLE ON **CTV Two** VIA:

Bell TV Channel 219 Throughout Canada by Satellite

Shaw TV Channel 346 Throughout Canada by Satellite

Most Cable & TV stations carrying CTV2 Toronto and CTV2 Barrie

FOR MORE INFORMATION:

www.wordsofpeace.ca (Canada) Toll free 1.877.707.3221
www.wopg.org (global)

Special Feature



Do Yoga and help build wells

latrines in Ulavanoor, Kilinochchi

By Yogi Tambiraja

In the last issue I referred to a unique fundraiser to better the lives of the unfortunate families "settled" in Ulavanoor, Kilinochchi.

Let me elaborate

WIN WIN - successful business men and women understand that a sale should be a win for the client and win for the business person. We are modeling our fundraiser along these lines.

About Yoga - Yoga is an ancient science to enjoy good health as well as a spiritual path to liberation. The common belief is that Patanjali's yoga sutra written about two thousand years ago is the first text on yoga. However Saiva scholars refer to Thirumoolars thirumanthiram written in the same or earlier period as the original text. Without taking sides it is safe to say that whilst yoga sutras has only two sutras out of over one thousand sutras that speak to yoga asanas, the body of yoga. Thirumanthiram on the other hand gives a step by step guide on the yoga practice.

In thirumoolars immortal words "naan Petra inbam peruha if vaiyahan" was his guiding spirit.

With the vicissitudes of history yoga was almost a lost art in British India. It took a handful of gifted scholars dedicated to revive yoga practice. Foremost was Swami Sivananda in Rishikesh, Himalayas. Other great scholars were Krishnamacharya in Tamil Nadu and Swami Kavalayanada in Maharashtra. It may not be a surprise if you have not heard of Krishnamacharya the great practitioner, however you may know of B.K.S. Iyengar of Iyengar yoga as well as Pataji Jois of Mysore or Astanga yoga.

The credit of teaching traditional rajayoga goes to Swami Sivananda. Sivananda yoga - Swami Sivananda never stepped foot in Europe or Americas. (He did work briefly as a medical doctor in Malaysia and a brief visit to Sri Lanka).

What he did was to give ten rupees to his devoted disciple and say go west Swami Vishnu, the people there want to learn yoga.

With his enormous yoga knowledge and charisma Swami Vishnu founded the yoga ashrams and centres all over the world.

As a humble devotee of his illustrious Master he named his lifework in his Gurus name - Sivananda International, the headquarters of international center is Valmorin - some devotees may remember going to Valmorin Hindu Temple - the temple is part of the ashram, the director of the ashram is prahlada a direct stu-



dent of Swami Vishnu, so is Saraswati.

We are fortunate to have parahlada and saraswati lead our yogathon.

We are planning the sessions to cater to all levels of students, there will be number of teachers on the floor to give personalized attention especially beginners and seniors. Today yoga is proven to be very effective as a part of rehab or as sometimes referred as restorative yoga., Dr Dean Ornish a student of Swami Satchithananda, another disciple of swami Vishnu was able to demonstrate under research monitoring conditions that yoga practice combined with health vegetarian diet and lifestyle can reverse heart disease.

We are also planning a fun yoga session for children ages 6 and up.

Yoga practice is proven to help children improve concentration and other functions.

About charity - charity is a part of our culture and heritage. Sangam poetry speaks of kodai vallals. Thirukral in its immortal verses refers to true charity as giving till it hurts. The saying yathum oore, yavarum kerlir was our tradition in ancient days.

Today in this nuclear age the concept of Yavvarum is shrunken to immediate families or village. Yet as Canadian Tamils we are possibly the part of Tamils from Sri Lanka who are most fortunate to live a life where we are able to exercise all rights of citizenship, be entrepreneurial and give our children an education and future to live as successful global citizens.

We need to be able to reach back to our fellow Tamils caught in a vicious cycle in the aftermath of the war. There is no one more deserving of this than the people of ulavanoor Kilinochchi. Most families here have been uprooted two or three times, lost the man of

the family.

A typical family here is a woman in

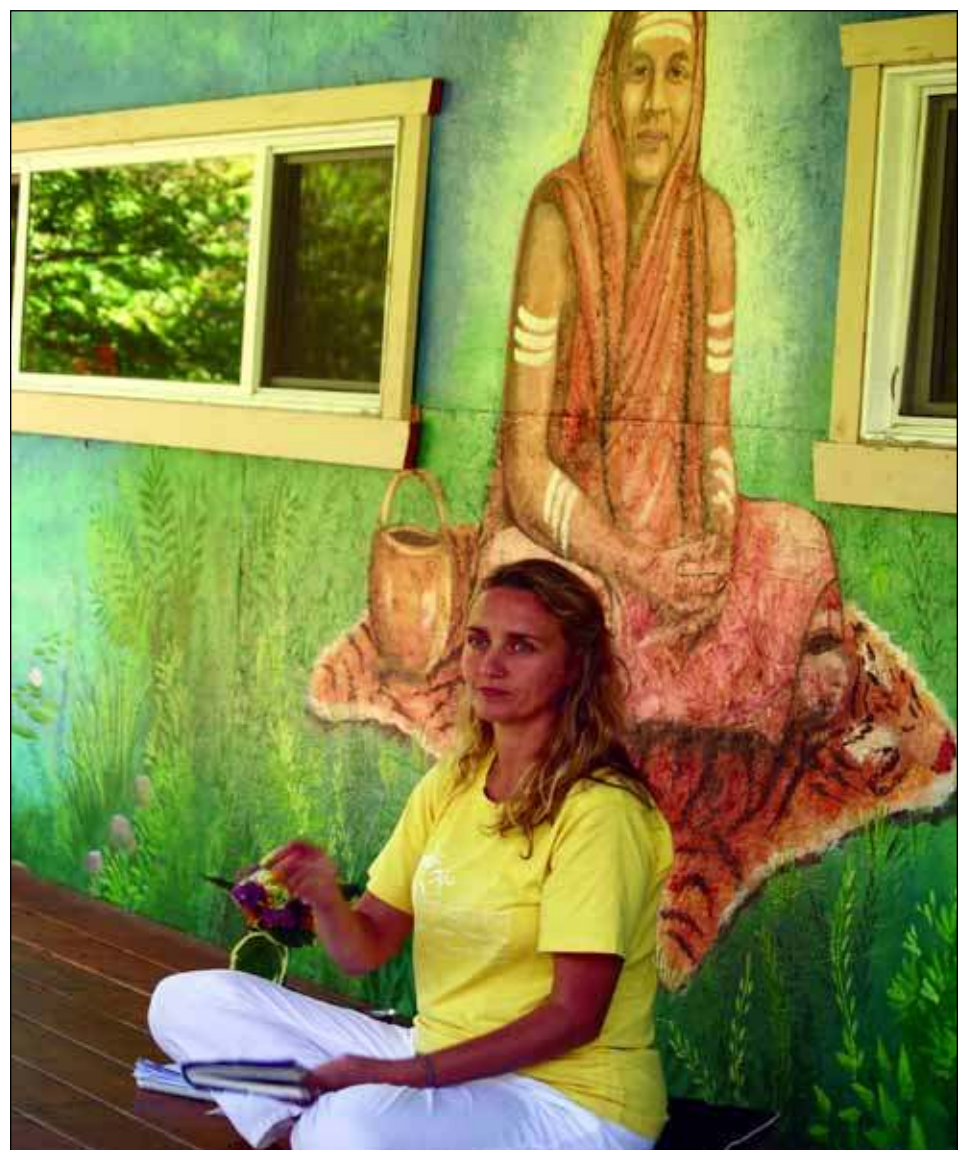


her forties with three or four children ages ranging from 18 to 8, the woman has no earning skills, children have a fractured education, recently in a BBC programme I heard that in India there are more cell phones and tvs than latrines! The families in ulavanoor however have no electricity so no t.s; have no cell phones and no latrines.

CORD is working to empower the women and children to live a life of self respect and children who have basic health and education, sanitation, you will agree is huge part of this landscape, to be disease free, the goal of our modest

fundraiser offering an excellent yoga programme that is heart healthy and raise some money. Individual participants \$50 and up.

We are also hoping for a few high incomer professionals or business owners who will step up to be our gold sponsors (\$500 for six participants) or silver sponsors (\$250 for three participants) the clincher in this win win is that we give a tax receipt for the full amount of the donation, so donors will get a refund of 20 to 45% of their contribution and go home with a feeling of money and time well spent.



MARKHAM NEWS



Bringing the Diversity Discussion to Canada's Most Diverse Community: Markham Holds Inaugural Forum on Diversity and the Media



As the most diverse community in Canada, Markham is also a leading example of the positive contributions of social and cultural diversity, and the rich multicultural experience for which Canada is known around the world. In Markham we see and experience the many positive contributions of all our residents, regardless of age background and ability, to our commercial and retail economy, in our many cultural events and festivals, in the vitality of our neighbourhoods and in our international business missions.

These contributions deserve recognition in many ways and forms, including the media, to help raise awareness and to form representative public perceptions and attitudes.

In March, with that in mind, we launched a unique public forum "Straight Talk- Diversity and the Media: Is the media portraying our diversity?" Held at the Civic Centre on Sunday, March 25, Canadian businessman, and Newstalk 1010 host John Tory moderated a panel of six high-profile media experts. With the help of live and online audiences, the panel tackled questions around challenges faced by the media and within our own communities as we work our way towards a balanced and informed understanding of diversity and a more inclusive community.

In Markham we're working hard to promote the dialogue and to take action. Our groundbreaking Diversity Action Plan - Everyone Welcome was created to better serve our community by developing policies to promote unity and inclusiveness and innovative programs and services to address and adapt to the various needs of all Markham residents. The Straight Talk Forum was a great way to get the conversation going but we can't stop there. Keep talking to your friends, family, teachers, neighbours and colleagues. Keep talking to us too by visiting www.markham.ca or the Town of Markham on our Facebook and Twitter.

Watch our website and Facebook for many more great upcoming community events like the Sedan Chair Challenge (May), Taste of Asia (June), Rotary Ribfest and Night It Up in July and our Canada day celebrations July 1.

I look forward to seeing you there.

Frank Scarpitti
Mayor



14TH ANNUAL MANY FACES OF MARKHAM

A PERFORMER DANCES TO A BOLLYWOOD REMIX AT THE 14TH ANNUAL MANY FACES OF MARKHAM EVENT AT THE MARKHAM THEATRE ON SUNDAY, MARCH 18, 2012. THIS YEAR'S THEME, ONE WORLD, ONE FAMILY, INSPIRED CHILDREN FROM MARKHAM TO PARTICIPATE IN THE WRITING, ART AND VIDEO COMPETITION CELEBRATING MARKHAM'S VIBRANT SOCIAL DIVERSITY.



STRAIGHT TALK DIVERSITY FORUM

MARKHAM PRESENTED: STRAIGHT TALK – DIVERSITY AND THE MEDIA: IS THE MEDIA PORTRAYING OUR DIVERSITY? ON MARCH 25, 2012. THIS WELL ATTENDED FREE FORUM ENCOURAGED A TRANSPARENT DISCUSSION ABOUT THE COMPLEX ISSUES OF PORTRAYING DIVERSITY IN THE MEDIA. MODERATED BY WELL KNOWN RADIO HOST JOHN TORY (CENTRE) AND INVOLVED HIGH PROFILE PERSONALITIES FROM A VARIETY OF MEDIA OUTLETS.



COUNCIL RECOGNITION OF "MARKHAM VILLAGE"



MAYOR AND MEMBERS OF COUNCIL RECOGNIZE STUDENTS FROM THE TORONTO CATHOLIC DISTRICT SCHOOL BOARD AND ADULT VOLUNTEERS FOR TRAVELLING TO PHILIPPINES TO BUILD A COMMUNITY NAMED "MARKHAM VILLAGE". CONSUL GENERAL PEDRO CHAN WAS ALSO IN ATTENDANCE FOR THIS SPECIAL PRESENTATION WHICH HIGHLIGHTED THE IMMENSE EFFORT FROM THE GROUP IN HELPING TO BUILD HOMES IN A POVERTY-STRICKEN COMMUNITY IN LAS PINAS, PHILLIPPINES.



DO YOU KNOW AN EXCEPTIONAL SENIOR? NOMINATE ONE TODAY Mayor's Seniors Hall of Fame Awards

Nomination Deadline: May 25, 2012

If you live in Markham and know of a deserving resident (age 60+), who has lived here for 10 or more years and has demonstrated a unique or outstanding contribution to the Markham community, nominate them for this prestigious award.

Nomination forms are available at all Markham Seniors' Centres, Community Centres, Libraries and the Markham Civic Centre or online at www.markham.ca.

For more information, call 905-477-7000 ext. 4930 or email lgold@markham.ca

APRIL EVENTS

| DATE | EVENT | LOCATION | TIME |
|----------|---|--|----------------|
| APRIL 2 | JAPAN PHOTO EXHIBITION PRESS CONFERENCE | CIVIC CENTRE - GREAT HALL | 4:00 - 6:00 pm |
| APRIL 13 | MAYOR FRANK SCARPITTI'S CLEAN COMMUNITY CHALLENGE | PIERRE ELLIOTT TRUDEAU HS & ST. EDWARDS PS | 1:00 & 2:00 pm |
| APRIL 19 | HOLOCAUST COMMEMORATIVE EVENT | CIVIC CENTRE - GREAT HALL | TBD |
| APRIL 22 | TREES FOR TOMORROW PLANTING | S/W 14TH AVENUE & REESOR ROAD | 9:00 - 3:00 pm |

TO KEEP UPDATED ON MORE GREAT EVENTS HAPPENING IN MARKHAM CHECK OUT WWW.MARKHAM.CA

JOHN BODDY HOMES PRESENTS 'EAGLE GLEN'

John Boddy Homes has been voted 'Best Builder' in Ajax/Pickering for the fifteenth year in a row for this year's Readers' Choice Awards and has released its next phase at their 'Eagle Glen' community in Ajax. Located just minutes east of Toronto 'Eagle Glen' combines the closeness and convenience of city living with a suburban feel, and its prime location makes it a great place to call home. Classic two-storey homes are available, as well as side and back splits. Homes start at 2,553 square feet and range up to a spacious 3,534 square feet. John Boddy Homes offers traditional size lots with a minimum of 105 feet in depth and a great selection of extra deep lots, pie shaped lots and walk out basements. With such a broad range of house sizes and styles 'Eagle Glen' has the ideal home to suit every preference. From the unique exteriors and charming streetscapes to the elegant interiors, various John Boddy Homes include such impressive standard features 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 with 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 entertaining friends. In addition, some models include such impressive extras 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 John Boddy Homes include main or second floor laundry rooms, laundry chutes, kitchen breakfast bars, private water closets, interior garage access, high efficiency furnaces and basement rough-ins for future bathrooms. Also, windows are vinyl clad wood which allows for interior custom colours with a maintenance free exterior. Other features include arched entryways, custom millwork, window mullions on all front and rear facades and decorative garage doors featuring appealing window lites. Custom landscaping packages and paved driveways are also included in all homes providing the renowned curb appeal that enhances the entire 'Eagle Glen' 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 and 'Eagle Glen'. 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 Glen' Sales Office features a Décor Centre that contains a wide range of upgrade items to select from in order to customize your home. Their high-tech electrical and décor consultants allow homebuyers to make upgrade selections on site, enabling them to conveniently personalize their home.

When you purchase a new home in 'Eagle Glen'



The Stonegate



Eagle Glen - Model to View



The Parklane - Model to View

there are no hidden closing costs. John Boddy Homes pays for education levies, development charges, water and hydro meter hookup fees, boulevard tree planting, landscape package and a paved driveway.

Currently John Boddy Homes is offering an incentive package of \$3,000 in free upgrades or 5 appliances to all new home purchasers. Also included is one year of Rogers' services for free! Included in this package are home phone with 150 long distance minutes and 2 calling features, personal TV with free rental of a standard definition box, a HD digital box, VIP package, free on demand programming, Canadian timeshifting channels as well as Rogers Hi-Speed internet service and all are installed for free.

The 'Eagle Glen' community offers many important neighbourhood amenities such as a brand new on-site public elementary school, places of worship, fully equipped parks and easy access to both Ajax and Go-Transit Services. Toronto is easily accessible from nearby Highways 401 and 407. Located just north of a host of shopping and recreation centres, 'Eagle Glen' allows residents all the amenities of the urban lifestyle while providing the beauty and tranquility of the neighbouring countryside.

Since 1955, John Boddy has been involved in the construction of thousands of new homes throughout Ontario, and has earned a reputation as an accom-

plished 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 'Eagle Ridge on the Green' in Ajax developed in the 1990's and early 2000's.

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

With three fully furnished model homes a visit to 'Eagle Glen' is a must. Drop by the Sales Presentation Centre located on Stevensgate Drive, north of Rossland Road West, one half kilometre west of Westney Road three kilometres north of Hwy. 401. Sales office hours are Monday through Thursday 1:00 p.m. to 8:00 p.m.; Saturday, Sunday and Holidays 11:00 a.m. to 6:00p.m; closed Friday. Let their friendly knowledgeable staff help you determine which of the many home styles available is perfect for you and your family and get set to join the ever-growing 'Eagle Glen' family community.

For more information, please call (905) 619-1777 or visit their website at www.johnboddy-homes.com.

**3
FURNISHED
MODELS TO
VIEW**



JOHN BODDY
H O M E S
Eagle
Glen

**\$3,000
IN FREE
UPGRADES**

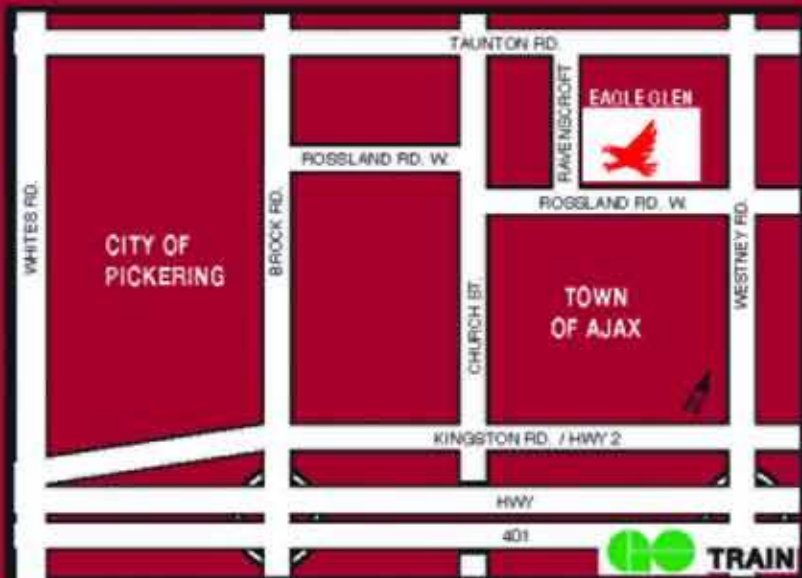
LOCATED JUST MINUTES EAST OF TORONTO



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

THE TUDOR GATE 2,553 SQ. FT.

JOHN BODDY HOMES GIVES YOU MORE!



- FULL DEPTH LOTS
- 2 STOREY, BACKSPLIT & SIDESPLIT
- \$2,000 IN FREE ROGERS SERVICES INCLUDING HOME PHONE, PERSONAL TV AND HI-SPEED INTERNET FOR 1 YEAR
- CLOSE TO GO STATION, HWY 401 & HWY 407
- NO HIDDEN CLOSING COSTS
- NO CITY OF TORONTO LAND TRANSFER TAX

ALSO AVAILABLE:

- CORNER HOUSES
- EXTRA DEEP LOTS
- PIE SHAPED LOTS
- WALK OUT BASEMENTS

PHONE: 905-619-1777
Sales office on Roseland Road, 1/2 km west of Westney Road
Office hours: Mon. to Thurs. 1pm to 8pm
Sat., Sun. and Holidays: 11am to 6pm
Closed Fridays
Rendering is artist concept only. Prices and specifications subject to change without notice. E.S.O.E.

www.johnboddyhomes.com



Canadian Tamils'
Chamber of Commerce®
கனேடிய தமிழர் வர்த்தக சம்மேளனம்

14th
Awards Gala

CHAMBER NITE 2012

Venue: Hilton Suites and Conference Centre
Warden & Hwy 7, Markham

Date: Saturday April 28th, 2012 6:00 p.m

Tickets: \$100 | Parking Free



THE LAW OFFICE OF
Gary Anandasangaree
PROFESSIONAL CORPORATION



LAW OFFICE OF
MELANI DAVID



Computek College

BUSINESS • HEALTH CARE • TECHNOLOGY



PMP Exam Prep
Project Management Professional
Sat April 21st 9am

Food Handler
Sunday April 22nd 9am

PSW
Personal Support Worker
Weekends & Evenings
Next batch: April 9th

Bank Teller
Wed April 25th 6pm

Graduates of the following programs may find jobs as :

| | |
|---|---|
| <p>Community Services Worker (47 wks)</p> <ul style="list-style-type: none"> • Community Support Worker • Community outreach Worker • Resource Counselor • Intake Counselor | <p>Accounting & Payroll Admin (44 wks)</p> <ul style="list-style-type: none"> • Pay & Benefits Clerk • Payroll Clerk • Pay Advisor • Acctg & Payroll Clerk |
| <p>Ent. Network Engineering (50 wks)</p> <ul style="list-style-type: none"> • Network Specialists • Network Designers • Network Supervisor • Network Analyst | <p>Int. Application Development (40 wks)</p> <ul style="list-style-type: none"> • Application Developer • Web Designer • Analyst/Programmer • Web Master |
| <p>Early Childcare Assistant (32 wks)</p> <ul style="list-style-type: none"> • Childcare Assistant • Daycare Worker • Infant Daycare Worker • Preschool Worker | <p>Medical Office Administration (28 wks)</p> <ul style="list-style-type: none"> • Medical Office Assistant • Medical Secretary • Hospital Ward/Unit clerk • Medical Records Clerk |
| <p>Personal Support Worker (24 wks)</p> <ul style="list-style-type: none"> • Personal Support Worker • Home Support Worker • Personal Care Attendant • Residence Care Aid | <p>Network Engineering (28 wks)</p> <ul style="list-style-type: none"> • LAN Manager • Network Administrator • System Administrator • Network Support Analyst |
| <p>Computerized Accounting (26wks)</p> <ul style="list-style-type: none"> • Accounting Assistant • Accounts Administrator • Accounts Payable Clerk • Accounts Receivable clerk | <p>Business Administration (26 wks)</p> <ul style="list-style-type: none"> • Administrative Assistant • Office Assistant • Office Administrator • Executive Assistant |

Second Career

EI, Ontario Works Welfare, ODSB, WSIB recipients & New Immigrants Welcome

www.computek.edu

Financial assistance may be available to those who qualify

Not all the courses are available at all the campuses

* Exact length of the courses are specified

Markham

Markham / Steeles
905.471.3344

Scarborough

Kennedy / Sheppard
416.321.9911

Toronto

Kennedy / Eglinton
416.285.9941

MORTGAGE SPECIALISTS

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

MIKE AHILAN

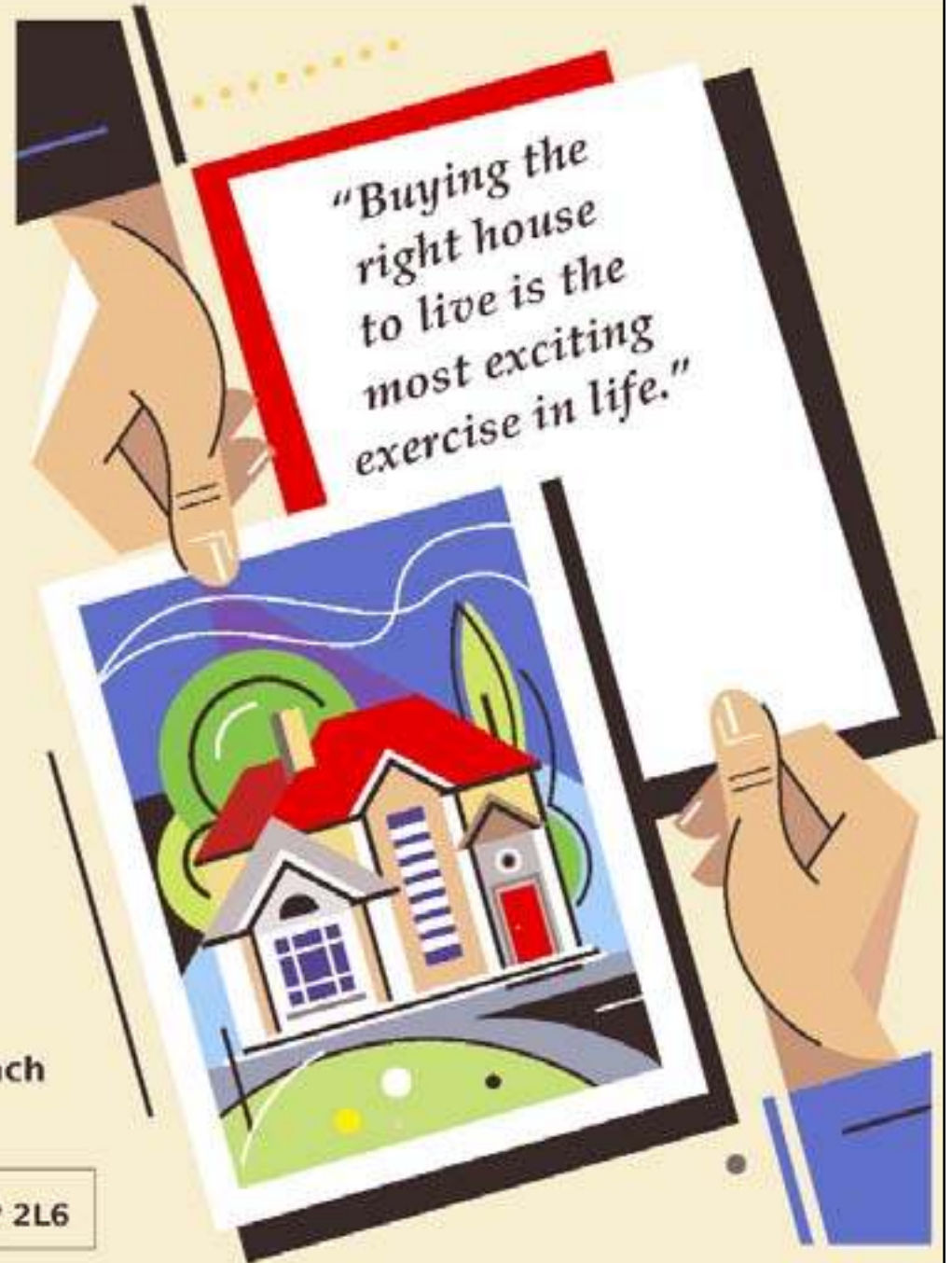
SENIOR ACCOUNTS MANAGER
RESIDENTIAL MORTGAGES

416-220-1184



Royal Bank of Canada
Kennedy & Ellesmere Branch

1421 Kennedy Road, Scarborough, ON M1P 2L6



AROUND THE WORLD WITH SERANDIB

Manasarovaer Tour

The Spiritual Tour to the Roof Top of the World

Kailash Yaathra

From June 2012 to Aug 2012

Serandib Travel
Your satisfaction is our success

SUITE 207- 7 EASTVALE DR, MARKHAM, ON L3S 4N8
 Tel: 416 750-0009 Canada Toll Free: 1800 207 0902
 618 GOYEAU STREET #2A WINDSOR Tel: 519-977-1234
 Montreal :514 448 1389, Calgary : 403 770 9647, Ottawa: 613 482 6590,
 Vancouver :604 625 0495, Mississauga : 905 564 7564, Markham : 905-472-7500

New York : 716-408-0342 Honolulu : 808-457-1730
 Los Angeles : 213-254-0119 Miami : 305-625-4102
 New Jersey : 732-783-1513 Chicago : 312-625-1420
 Washington : 202-517-0139 Detroit : 313-263-0610

OUR CHENNAI OFFICE 23 NOOR VEERA SAMY LANE NUNGAMBAKKAM CHENNAI 600 034. Tel: 044-43596232 044-28266233

Email: info@serandibtravel.com
 Web: www.serandibtravel.com

KINGSWAY
REAL ESTATE BROKERAGE

Commercial Real Estate Services
Independently Owned & Operated

Avtar Sandhu

SALES REPRESENTATIVE

TEL: (905) 268-1000 • CELL: (647) 886-2005 • FAX: (905) 799-7779 • EMAIL: info@avtarsandhu.com

151, CITY CENTRE DRIVE, SUITE 300, MISSISSAUGA, ONTARIO L5B 1M7

WE SPECIALIZE IN HOTELS, MOTELS, GAS STATIONS, LANDS, PLAZAS, INVESTMENT PROPERTIES ANYWHERE IN GTA, ONTARIO



| | | | |
|--|---|---|---|
| <p>GAS STATION FOR SALE</p> <p>• 3 Acre Land • 7 Million Litres Sale • \$500K Store Sale • 4 Bedroom Apt • Close to Wassaga Beach</p> <p>ASKING \$2 MILLION</p> | <p>LAND FOR SALE</p> <p>• 14.69 Acre Land • 2000 S/F house • \$ 1750 Rental Income • In Caledon on Airport Rd - 10 Min Drive From Brampton</p> <p>ASKING \$1.4 MILLION</p> | <p>PLAZA FOR SALE</p> <p>• 25545 S/F • 1.89 Acre Land • Fully Leased • 401 & Midland, Scarborough • Extra space available for extensions</p> <p>ASKING \$4.6 MILLION</p> | <p>FURNITURE STORE FOR SALE</p> <p>• In Mississauga • Low Rent • 7500 S/F • Very Busy Plaza • Making good money</p> <p>ASKING \$125,000</p> |
| <p>COMMERCIAL UNIT FOR LEASE</p> <p>• 5800 S/F - Airport & Queen Brampton • Very busy plaza with AAA tenant • Good for Restaurant or many more</p> <p>ASKING \$28 PER/SF</p> | <p>BEAUTY SALON FOR SALE</p> <p>• Corner of Markham and Steeles • Professionally Finished • 1382 Square Feet • Making Good Money • Low Rent • Spent \$150K Renovation</p> <p>ASKING \$55,000</p> | <p>HOTEL FOR SALE</p> <p>• 24 Rooms • 7.5 Acres Land • Meeting Rm, Banquet Hall & Restaurant • 3 Bdrm Apartment • Close To Orangeville - 1 Hour Drive From Brampton</p> <p>ASKING \$1.2 MILLION</p> | <p>INVESTMENT PROPERTY FOR SALE</p> <p>• AAA tenant in city of St. Thomas. • Long term lease • \$53,000 net income • Free Standing Building</p> <p>ASKING \$650,000</p> |
| <p>UNIT FOR SALE</p> <p>Heart of Brampton Springdale • Ready to use for family doc. & more • Professionally Finished 5 Practice Rooms • Very Busy Plaza • 1389 S/F</p> <p>ASKING PRICE \$612,000</p> | <p>INVESTMENT PROPERTY FOR SALE</p> <p>• Professionally finished unit • Corner of Markham and Steeles • Currently leased by beauty salon • Exclusive use in plaza</p> <p>ASKING PRICE \$549,000</p> | <p>INVESTMENT PROPERTIES</p> <ul style="list-style-type: none"> • Available anywhere in Ontario • Up to \$30 million • With good net income • AAA tenants <p>CALL FOR DETAILS</p> | <p>GAS STATIONS FOR SALE ANYWHERE IN ONTARIO</p> |

EMMANUEL MARIANESAN

WINS 2011 CO-ROOKIE OF THE YEAR AWARD FROM LILAND INSURANCE

*Making your future safe,
so you can relax!*



MEDICAL INSURANCE FOR SUPER VISA 100% REFUND IF VISA IS DENIED



- * Life Insurance up to age 85 (Medical & Non-Medical)
- * Critical Illness Insurance (100% Return of premium @ 65)
- * Disability & Travel Insurance (Special rate for self employed & Truck Drivers)
- * Dental & Drugs Plan (Individual & Group)
- * Super Visa Insurance (100% refund if visa Denial)
- * Children Education Fund RESP (20%-40% Government Grant + up to 15% company Bonus)
- * Retirement Saving Plan & RRSP (With 5% Guarantee interest)
- * Private pension plan (with guaranteed monthly income for life)

Graton Emmanuel Insurance Adviser
416-320-9999

LILAND INSURANCE INC.
LiLand Insurance Inc.
759 Warden Ave, Scarborough, ON. M1L 4B5



Special Feature



The Vicissitudes of the Sri Lankan Ethnic Problem

By: JJ Atputharajah

A. The background:

Sixty-four years of independence has given various faces to the Sri Lankan ethnic issue which has now become one of the world problems being discussed in international forums. When the British gave freedom to Ceylon, they would never have realized the seriousness of the ethnic divide. They in their own way were able to control the economy of the country with their policy of 'divide and rule'. Like their predecessors the Portuguese and the Dutch, they came as traders. Their priority was profits and strategic advantage which they exploited to the maximum. When they had to leave India, they did not want to hang on to Ceylon.

The British introduced the parliamentary form of government in Sri Lanka which was earlier divided into three kingdoms. It was the British who brought the whole of Ceylon into one unified system of government. Earlier the Kingdom of Kotte, Kingdom of Kandy and the Jaffna Kingdom were functioning as independent political entities. The Soulberry Constitution which initiated parliamentary government gave the power to the majority community -the Sinhalese. The party that wanted to form the government wanted the support of the minorities to form the government.

The first prime minister, D.S. Senanayake had to win the support of the influential party from among the Tamils to form the government. That was the beginning of communalism in Sri Lankan politics which ultimately paved the way to the marginalization of Tamils and the demand for the separate state. Tamils gradually found that they were side-tracked by the majority Sinhalese government. At the start the Tamils were in a better position as they were relatively better educated as they benefited out of the western rule as most of the best schools were found in their areas. English education made it easier for the Tamils to occupy the plums of government offices.

S.W.R.D Bandaranaike who wanted to capture power from the United National Party raised the issue of the language and captured power in 1956 with the promise of making Sinhalese the official language of the country within twenty-four hours. Though he used language issue only to capture power, the language cry divided the nation on communal lines. Mutual suspicions rose between the majority Sinhalese and minority Tamils which affected all sectors of the country's national life. It

made the historian cum politician Colvin R De Silva to remark 'that communalism is a 'cankar' in the body politic of the nation'. As a result the country started to be frequented with communal strife which erupted periodically leading to loss of lives and property- the major calamities were in 1956, 1958, 1971, 1977, 1983, 1985, 1987 and 2009. There were several attempts by political leaders both internally and externally to solve the problem which only worsened with the years.

B. Attempts at Solution: Climbing the Greasy Pole!

It has taken decades to solve the problems of the minorities in Sri Lanka. Several conferences, agreements, pacts and conflagrations have not borne fruits. On the other hand the problem has become more complicated and now it is internationalized. Several politicians and parties came forward with their own theories for solutions but none have gathered universal support. G.G. Ponnampalam, the leader of the All Ceylon Congress came out with the most unrealistic solution when he suggested 50-50 representation for the Tamils in the parliament irrespective of their population. Later the leader of the Federal party wanted Federalism for the Tamils which was interpreted as division of the country and rejected by the Sinhalese majority.

The UNP leader Dudley Senanayake proposed the District Councils. It was severely opposed by the SLFP opposition. The cleverest among the Sinhalese politicians came up with the Regional Councils which would give autonomy for the people within the region. The UNP under J.R. Jayawardene ended the idea with the Kelaniya-Kandy March. As all efforts at a passive solution failed, some of the youths among the Tamils chose the violent path. Of course there were a number of among them which had their own differences between them. The Liberation Tigers, the most violent among them were able to bring parts of the North and East under their tutelage. They managed to have talks with the ruling parties -first with the UNP under Jayawardene and Premadasa and then with Chandrika Bandaranaike. The conferring parties were unable to come to an agreement. The Thimpu talks that took place in Bhutan ended in a deadlock. The Sinhalese majority could not accommodate the idea of Tamil home lands.

The major peace accords can be listed as:-

1. July 1956: The Bandaranaike Selvanayagam Pact
2. The Dudley-Chelva Pact-1965
3. July 1987-The Indo-Ceylon Accord



S.J.V. Chelvanayakam known as "Thanthai Chelva" (father) at a Satyagraha in Jaffna, Feb, 1961

4. July 1985: Thimpu Talks
5. SL-LTTE Talks-Jayawardene
6. 1990's: SL-LTTE Talks- Premadasa
7. 1994-SL-LTTE Talks- Chandrika Bandaranaike
8. 2002: Norwegian Mediated peace-Anton Balasingam-G.L.Peiris.
9. 2006: SL-LTTE Talk at Gen. SL-LTTE-Talks at Oslo.

When the Tamil Tigers became uncontrollable, the Indian government stepped in. They sent the IPKF to maintain peace. They were able to manage for some time but there were lots of problems for the Tamil public. When Premadasa came to power he wanted the IPKF to leave the country and wanted to have talks with the Tigers. The talks continued but there were intermittent clashes. Several political leaders from among the Sinhalese and Tamils became fatal victims of violent attacks. Several lives were lost; public properties, businesses were looted and destroyed. Political leaders like Premadasa, Lalith Athulath Mudali, Gamini Dissanayake, Amirthalingam, Yogeswaran, Neelan Thiruchelvam, Laksman Kadirgamar and several others were all assassinated. Tamil leaders who toe the middle path were also hated by the extremists among the Tamils. In short the country and its people bled.

When Mahinda Rajapakse took over the reins of government, he also continued the pattern of talks with the LTTE. However, it did not last long. In 2009, the war resumed and reached its zenith when the government forces were able to defeat the Tigers and also killed most of its leaders. Many were taken as prisoners and others were killed in the battle. The Sri Lankan army was able to kill the LTTE leader too and the militancy was brought under state control. In spite of all these calamities, loss of life and destruction of property and untold suffering to the public, the ethnic problem

remains unsolved. Displaced persons have to be resettled; refugees in camps in South India should be made to feel free to return to their abodes; law and order should be made stronger and trustworthy.

C. Causes for Failure

There are a variety of causes for the failure of the efforts taken by various parties, persons and forums that engaged in bringing about a lasting solution to the ethnic problem in Sri Lanka. One can list them as follows:

1. Lack of Unity among the Tamils
2. Lack of Statesmanship among the political leaders both among the Sinhalese and Tamils.
3. Mutual suspicions between the major communities
4. Inability to come to a unanimous formula to bring about peace.
5. Intransigence of India- the major partner in the peace process.
6. Geopolitical conditions

The Tamil ethnic issue has been the central of gravity of Sri Lankan power politics. At the start it was the party that had good relationship with the minorities' that was able to win the elections. As the years ran by, the party that was able to give the most amount of problems to the Tamils was able to form the government. The rise of militancy built up a sense of fear and uncertainty among all Sri Lankans. Nothing solid was ever achieved in the matter of finding a panacea for the nation's political canker. Now the problem is internationalized. The UN is engaged in the process of checking the human rights offences in Sri Lanka during the 2009 war. The Learnt Lessons and Reconciliation Commission's (LLRC) Report and its recommendations have to be validated and implemented. One cannot predict whether it will be successfully done or the chances of achieving it in good time. Hence the greasy pole!



NEW LIFE FRESH START

உங்கள் கடன் அட்டை, வங்கிக் கடன்களில் 80% வரையிலான கழிவு

We will reduce your debts up to 80%

(ViSA, MasterCard, AMEX, Personal Loans, Line of Credit, Income Tax, HST, GST Owing, Car or House Repossessed, Student Loan Outstanding for 7 years)

கடன் அட்டை, வங்கிக் கடன்களுக்கு விதிக்கப்பட்ட சகல வட்டிகளும் நிறுத்தப்படும்

We will stop all interest on your debts immediately

கடன் தொடர்பாக விடுக்கப்படும் தொலைபேசி அழைப்புகள், சம்பளப் பறிமுதல் போன்ற சட்ட நடவடிக்கைகள் நிறுத்தப்படும்

We will stop collection calls, court action & wage garnishments immediately

உங்கள் சொத்துகள், முதலீடுகள் பாதுகாக்கப்படும்

We will protect all your assets (House, Car, RRSP, RESP, TFSA, GIC, Life Insurance, Stocks, Bonds & Shares)

மாதாந்த ரீதியில் ஒரே கட்டுப் பணத்தில் எல்லாக் கடனையும் தீர்க்க வசதி செய்தல்

We will make one monthly payment to all your creditors

வங்குரோத்துக்கு செல்லாமல் தீர்வுகாண ஏற்பாடு செய்யப்படும்

No need to file for Bankruptcy

பலவருடகால அனுபவமுள்ள

Suren Sornalingam BBA

Post Graduate Diploma in Business Management

Federal Government Registered & Certified (BIA) Insolvency Counsellor

Member of Canadian Insolvency Foundation

CREDIT RECOVERY CANADA

55 Town Centre Court, Suite 700,
Scarborough, ON.
M1P 4X4

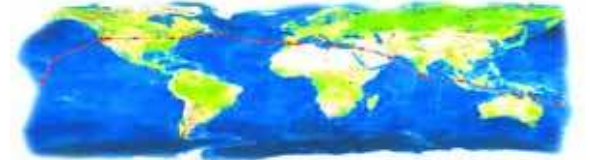
Tel: 416-264-1272

Fax: 416-332-0914

Web: www.creditrecoverycanada.com



Around the world



Aung San Suu Kyi's Rise to Power Spearheads Political Change in Burma



U.S. Secretary of State Hillary Rodham Clinton meets with Daw Aung San Suu Kyi in Rangoon, Burma, on December 1, 2011-pic – US Dept. of State

The party of Burma's democracy leader Aung San Suu Kyi says she has won her bid for a seat in parliament despite voting irregularities in the by-election of April 1st.

Burmese democracy leader Aung San Suu Kyi's 18-month journey from political prisoner to parliamentarian is among the most visible signs of change in her homeland, as the new, nominally-civilian government seeks to repair ties with the West.

The daughter of independence hero Aung San, who was assassinated by political rivals in 1947, Oxford-educated Aung San Suu Kyi first burst onto Burma's political landscape in 1988, when she returned from Britain. She quickly became a central figure in the country's nascent pro-democracy movement, addressing a half million people that year at a mass rally in Rangoon as the military launched a deadly crackdown on dissent.

Months later, as she campaigned, she survived the first of two assassination

attempts. She also helped found the National League for Democracy party that year.

Two years later, the junta called a general election that left the NLD in control of 80 percent of parliament. But faced with marginalization, the military refused to relinquish power and Aung San Suu Kyi was placed under house arrest. She was also awarded the 1991 Nobel Peace Prize.

During that period, she remained separated from her children and husband - the latter of whom she saw only five more times before he died of cancer in 1999. In 2003, during a brief period of freedom, she survived a second assassination attempt and was returned to house arrest.

Military rule and the arrests of thousands of pro-democracy activists brought enormous pressure from Western governments, which continued to impose a wide-range of economic sanctions. Most remain in place today.

[VOA News]

Jaffna High Court delivers verdict in favour of Gods Own children Foundation

Press Statement by Gods Own children Foundation

On 22 March 2012, the Jaffna High Court delivered an much awaited verdict in Favour of Gods Own children Foundation.

The Judgment in Summary Stated that – The Decision of the District Court of Point Pedro / Magistrate Court of Point Pedro to Order the Closure of Puloly Children's Village, Last Year, on the advice of the Department of Probation and Child Care, on the basis that this Children's Home was Not Registered with the Department of Child Care and Probation, was 'not valid in law'.

The Judgment was delivered by His Honour Justice Paramaraja, who is now in the Jaffna Appeal Court, and The Judgment was read out by sitting High Court Judge, His Honour Justice Viswanathan.

Gods Own Children Foundation hired the services of Colombo Lawyer, Mr. Yoosuf Nasar and Mrs. Vijayarani Uruththireswaran to assist him.

Puloly Children's Village was a sincere effort by Gods Own Children Foundation to Rehabilitate and Resettle Disadvantaged War affected Children, by providing them Loving Care, Standard Education, Medical Services, Psychological Counseling, and of Course Basic needs Such as Food and Clothing.

Puloly Children's Village provided shelter to 163 Disadvantaged Children, admitted directly from the Internally Displaced Person (IDP) Camps in Chettikulam, Vavuniya, where more than 300,000 Civilians were interned in the aftermath of the Brutal war between The LTTE and the Government of Sri Lanka.

Similar to Puloly Children's Village, 39 Other Unregistered Children's Homes

Leaked Letter Reveals Indian Army Weaknesses

By Anjana Pasricha

The head of India's army says obsolete defense equipment and a shortage of weapons have weakened the country's defense capabilities.

The comment, reflecting tense relations between the army and the government, was made in a letter written to the prime minister in which army chief V.K. Singh described the state of major fighting forces such as the artillery and infantry "alarming."

Recently, the Indian DNA newspaper published excerpts of the leaked letter dated March 12.

The army chief said India's tank fleet is "devoid of critical ammunition" and its

parliament as opposition lawmakers rallied around the government, saying such issues should not be in the domain of public debate.

The head of the main opposition Bharatiya Janata Party in the Upper House, Arun Jaitley, said he was confident the government would address concerns regarding the preparedness of the armed forces.

"I am sure the defense minister will look into all those facts and make sure wherever there are any shortcomings, he would make sure they are plugged," Jaitley said.

Lawmakers demanded to know how the letter had been leaked. Some called



Indian army soldiers ride on T-72 tanks during the main Republic Day parade in New Delhi, January 26, 2012

air defense system is 97 percent obsolete. The infantry, he said, is crippled with deficiencies and lacks night fighting equipment, while the elite forces are "woefully short" of essential weapons." India, which has fought wars with both Pakistan and China, has the world's second largest standing army.

In parliament, where the leaked letter was debated, Defense Minister A.K. Antony said the government gives the highest priority to security preparedness.

"Our defense preparedness has always been strong and I can assure this house and the nation that it is our intention to keep it strong," said Antony. "Government has spared no effort and will do everything necessary to ensure that our defense forces are provided, equipped and trained to be among the best fighting forces in the world."

For once, there was no acrimony in

for the army chief's resignation, if he was behind it.

The letter comes as the army chief's relations with civilian authorities have hit a low point in recent months following a face-off with the government about his age of retirement.

He said he was younger than military records showed, but lost the case in the Supreme Court.

Earlier this week, he said he had been offered a \$ 2.8 million bribe to buy substandard trucks for the army.

Defense analysts say it is well known that India's armed forces need to be modernized. The government is spending billions of dollars to buy new equipment and weapons, but critics say the upgrading has been slow.

In 2007, India took over from China as the world's biggest importer.

[VOA News]

are earmarked for closure, but with this Landmark Decision, it is now Doubtful, whether the Department of Probation and Child Care, will go ahead with their plans.

Gods Own Children Foundation is the Non Profit Organization, operating Puloly Children's Village in Point Pedro. GOCF also operates a Children's Home for Differently Able Children, in

Achchuveli, in the Jaffna District.

Gods Own Children Foundation is a Non Profit Organization, Registered with the Registrar of Companies, Sri Lanka, and is also Registered as a Non Governmental Organization with the Divisional Secretariats of Nallur and Point Pedro, in the Jaffna District

For more information: www.godsown-children.com



Around the world

Tamil Nadu peoples protest against the Koodankulam nuclear power project

By D.B.S. Jeyaraj

Fifteen persons comprising eight men and seven women have been on an indefinite hunger strike since March 19th at a place called Idinthakarai adjacent to Koodankulam in Tirunelvely district of the Southern state of Tamil Nadu in India.

The indefinite hunger strike is a continuation of a long drawn out peoples struggle a nuclear power plant being set up and commissioned in Koodankulam.

The India-Russia Nuclear plant project got underway in the eighties of the last century but a vigorous peoples protest going on for nearly eight months has prevented it from commencing operations.

The protests have been spearheaded by a committed grass roots activist SP Udayakumar who is the Convener of the Peoples Movement Against Nuclear Energy (PMANE).

The sustained campaign against the nuclear plant being commission entered a new phase on March 12th 2012 when a relay of protest fasts were held at Koodankulam in opposition to the nuclear plant.

On March 19th the authorities cracked down by deploying thousands of Police and para-military personnel to Koodankulam. Several leaders of the non-violent peoples struggle were arbitrarily arrested and charged for sedition. The inhabitants of Koodankulam were forcibly evicted from their village.

The Para-military and Police personnel also cordoned off the village and curtailed transport to and from the village. Inflow of food and medicine and other essentials were restricted. Outsiders were not allowed to come in.

Media access was denied.

The forcibly dispersed people relocated to neighbouring Idinthakarai village where the protest demonstration continued. The PMANE convener SP Udayakumar commenced a fast unto death campaign protesting the crackdown and arrests. 14 others comprising seven men and seven women accompanied him on an indefinite hunger strike in solidarity.

Thousands of people from Koodankulam, Idinjakarai and other villages in the region have assembled in sympathy and in support at Idinthakarai where the Koodankulam nuclear project protest campaign continues.

Despite threats and intimidation and offers amounting to bribes the fast continues. Despite news stories planted in sections of the media that the protest has fizzled out the indefinite hunger strike goes on. It will enter its ninth day on March 27th 2012.

As stated earlier the on going hunger strike is the culmination of an eight month struggle launched by the peoples movement against the commissioning of a hazardous nuclear plant in their vicinity.

While more than 200 protestors have been arrested in batches over the past weeks, Udayakumar and his core group of hunger strikers have not been arrested yet.

One reason for that may be due to thousands of people including women and children keeping vigil over the fasting persons both day and night. It may be that the authorities fear a huge backlash if the highly respected, popular Udayakumar and his fasting band are arrested.



People's Movement Against Nuclear Energy (PMANE) convener S.P. Udayakumar-PTI photo

The Police have surrounded the area in large numbers and set up a blockade around Idinthakarai village where Udayakumar now resides. Food and medicine supply have been curtailed. Journalists have been denied access.

Udayakumar obtained a Ph D at the University of Hawai in the USA and then returned to India where he set up a school for poor children.

Along with his wife, Udayakumar founded the South Asian Community Center for Education, Research and Action-SACCER near Nager Koil in Kanniyakumari district in 2001. Last week this free enrollment school with 250 children was destroyed by those a gang of hooligans backed by sections of the Police.

The Koodankulam nuclear project is an Indo-Russian joint venture. Currently Udayakumar is being vilified as an American Agent. The Christian church is

also being blamed for the protest. Ironically the supposedly US backed protest has also been labelled as Maoist and Naxalite.

I have never met Udayakumar personally though I used to receive e-mails regularly from him in the past when he was in the USA. Although I lost touch with him after he returned to India, I have often been reading news reports about him galvanising people into action as a non-violent grassroots protest movement against the Indo-Russian nuclear project

SP Udayakumar is an inspired, sincere activist who has embarked on a tremendous struggle against overwhelming odds. I have the greatest respect for his courage and dedication.

Factual information about the Koodankulam-Idinthakarai situation is hard to get due to the controls imposed by the Indian state. Udayakumar was sending out e-mails frequently in the early days. Nowadays it has become infrequent as the fasting persons become progressively weaker.

Some of his friends are circulating Udayakumar's e-mails widely in a bid to attract global attention to the David vs Goliath battle going on in Koodankulam-Idinthakarai. I would like to reproduce two of them here.

In references that convey depths of feeling and meaning Udayakumar cites in these e-mails the burning of the JAFFNA LIBRARY and MULLIVAIKKAAL.

Subsequently after discussions at Radhapuram with officials on March 27th the indefinite hunger strike has been called off but protest relay fasts continue. [dbsjeyaraj.com]

USAID Boosts Female Entrepreneurs in Pakistan

By Michael Bowman

Despite tensions between Washington and Islamabad, Pakistan remains a major recipient of U.S. foreign aid, including efforts to boost the earning power of women. One such program is helping thousands of embroiderers market their garments and manage their businesses. A mother of seven has quadrupled her monthly income since taking part in the U.S. Agency for International Development's Entrepreneurs Project.

An accomplished embroiderer with no formal education, Jamila struggled for years to augment her husband's income by doing stitching and beadwork in a poor Karachi district. Thanks to USAID-funded business training, she now manages a team of embroiderers, spearheading a thriving enterprise.

"My life has been transformed. I am proof that a woman can earn and do something productive for herself and her children," said Jamila.

She also said the instruction she received from USAID is invaluable.

"The training showed us how to run a successful business. We were taught marketing and improved our skills. We learned to take orders and the importance of on-time deliveries for growing the business," said Jamila.

Helping female entrepreneurs like Jamila is a cornerstone of USAID's global anti-poverty efforts.

"If you can effectively engage women in development solutions, you get better results, more sustainability, more kids in school, reduced malnutrition," said Agency administrator Rajiv Shah.

The strategy has the backing of some

American lawmakers who decide USAID funding levels.

"Empowering women is one of the most critical tools in our toolbox to fight poverty and injustice," said Democratic Senator Ben Cardin.

At a time of runaway U.S. debt, many lawmakers want assurances that foreign aid money is wisely spent and generates real results.

"Our national debt has grown to more than \$15 trillion. This scenario brings great pressure to our government's financial obligations, and places our entire economy at some risk. In this context, the dollars available for global development will necessarily be limited," said Republican Senator Richard Lugar.

In Pakistan, training provided by USAID helps to build a lifetime of high-



Pakistan is a major recipient of U.S. foreign aid, and one program by the U.S. Agency for International Development's Entrepreneurs Project is helping thousands of embroiderers market their garments and manage their businesses, March 2012

er incomes for women like Jamila. "I am now earning up to 2,000 rupees [\$22] a month, up from 450 rupees [\$5], and 40 other women are working with me. I hope even more will come forward after seeing how my life has been changed," said Jamila. [VOA News]

VOA correspondents Ayaz Gul and Maqsood Mehdi in Pakistan contributed to this report

Special Feature



'Can fix it plan' of Sri Lanka Government failed in Geneva

By Dr. Paikiasothy Saravanamuttu

The reaction of the Rajapaksa regime to the successful US resolution at the Human Rights Council makes out the resolution to be, in effect, the first defeat suffered by the regime, its feeble efforts at damage limitation notwithstanding. Needless to say it should not have come to this. What passed for policy was "shy-making" when set against the standards set by Sri Lankan diplomats of yore who were the envy of the developed and developing world.

It was strident and incoherent, lacking in strategic input and downright expensive to boot – the travels to Africa and elsewhere, the sojourn in a five star and other hotels for all and sundry numbering seventy according to some counts and in one of the most expensive cities in the world!

Who will take responsibility for this? Probably no one and this is a key reason why this episode should be seen as a microcosm of policy making and execution under this regime that cries out for remedial action.

Comments and Questions are in Order.

The first is the demonstrable inability of the regime to fully comprehend an interdependent world in which domestic and international politics are not totally separate spheres of action. Regime consolidation and survival being paramount, from the outset it characterized the resolution as an infringement of national sovereignty and expended a lot of energy and muscle in galvanizing public opinion at home against it.

In addition to the many public demonstrations it organized, through the state controlled media and privately owned clones, the regime orchestrated vicious and vituperative attacks on human rights defenders including this columnist. Ministers and at least one high-level state media functionary were enthusiastic revellers in this carnival of hate. All of this has been noted by a somewhat bewildered international community, which is at the same time, supposed to believe that the regime is passionate about reconciliation – in its own time of course!

On one occasion the Uruguayan president of the UNHRC noted the intimidation of civil society representatives in the Council without naming Sri Lanka and subsequently, naming Sri Lanka, the High Commissioner for Human Rights issued a statement of concern with regard to the intimidation and attacks on civil society representatives at the Council, in Geneva and back at home.

The domestic drama and hiatus may have made good political sense to the regime. It distracted from the economy and reminded the masses yet again of the historic defeat of the LTTE and who was



Dr. Paikiasothy Saravanamuttu

responsible for it. It also revived the patriot vs traitor categorization of the public discourse.

What it did not do was to impact positively on what was most important, the vote in Geneva, which by the regime's own reckoning, is a violation of national sovereignty and more dangerously, the thin edge of the wedge in respect of regime change and an international war crimes tribunal.

More fundamentally illustrative of its ignorance of an interdependent world is the assumption that it can get away with the portrayal of contemporary Sri Lanka as a place in which reconciliation and harmony, the rule of law and democracy sans disappearances, militarization, torture and the culture of impunity are the order of the day. This too, when the LLRC notes that its interim recommendations dating from September 2010 have yet to be implemented.

It is worth noting that the disappearance of Ramasamy Prabhakaran in Colombo two days before his fundamental rights petition was to be heard by the Supreme Court, the abduction of Jesudasan outside a court in Colombo and the alleged attempted abduction of the Mayor of Kollonawa by members of the security forces, all took place in the lead up to the sessions of the Human Rights Council and during them.

Information, despite the determined efforts to suppress it, like water in a clenched fist, seeps out. When it does it cannot be dismissed or wished away by disingenuousness, invective and deceit.

This is why local human rights defenders are being maligned – for challenging the regime's portrayal of human rights and governance on the ground, in the belief that if there is to be genuine reconciliation we need to begin with an honest diagnosis and acknowledgement of the gravity and dimensions of the problem.

On the ground with respect to the international community, the regime seems to have been anywhere but. Did they not see this resolution coming? What did the mission in Washington report?

What did the US public relations company hired to do the work of the mission report?

Was it not the case that the US pulled

the Canadian resolution in the Council last year on the grounds that the international community should wait for the LLRC report?

Was not the foreign minister invited to Washington to discuss the resolution in a letter from the US Secretary of State informing the GOSL of the US intention to move a resolution in the Human Rights Council?

Would a visit to Washington have made a difference and obviated the need to travel around the world drumming up support?

Or is it the case that the regime is so damn arrogant that it does not give a damn, confident that it would defeat the resolution – that every time it would only be a matter of "shape" karala ganna puluwan (we can fix it)?

"Shape" karala ganna puluwan?,



Sri Lanka's 'Military Governor' of Northern Province Major General G. A. Chandrasiri led several rallies organized by his office

seems to be the attitude towards India as well, in fact the leitmotif of the regime.

Whilst domestic political pressure from the south was certainly a factor (and what did the Rajapaksa regime do about that?), it is worth considering as to whether stringing along the Indian government on a commitment to a political settlement, for example, may not have been another.

Given the President's subsequent remarks on what the Indian Foreign Minister thought the President had told him on his last visit about a political settlement and Thirteenth Amendment Plus and the cumulative frustrations Delhi has endured with regard to its assistance to the north and east, could it have been taken for granted?

Were it to be the case that Delhi's relationship with Washington trumps all else including regional solidarity, did the denizens of the foreign ministry, associated monitors and advisors not detect this?

If they did, was their advice heeded at the apex of power?

Indeed, was there any consideration of the possibility that Washington would not have moved in the first place without Delhi's concurrence and therefore that

the real change in the Indian position was from abstention to a positive vote?

Equally important as the strategic reappraisal of the design and execution of our foreign policy is the fate of the LLRC report. In the babel of ministerial voices it is difficult to discern as to whether all of it or some or none at all will be implemented.

The resolution calls on the GOSL to implement the constructive recommendations of the report, to take all necessary additional steps to fulfill its relevant legal obligations and commitment to initiate credible and independent actions to ensure justice, equity, accountability and reconciliation for all Sri Lankans and to present as expeditiously as possible a comprehensive action plan detailing the steps taken and to be taken re the above as well as requests the Office of the High

Commissioner to report to the Council on the provision of assistance to the GOSL made in consultation with the GOSL and with its concurrence.

The challenge confronting the regime is as to whether the LLRC recommendations are good for the country and therefore warrant implementation or as to whether the LLRC recommendations are bad for dynastic consolidation of power and therefore should be jettisoned, especially since it could be made out post-resolution, that the recommendations are being implemented under international pressure.

When the LLRC report came out, the Centre for Policy Alternatives (CPA) issued a statement in which it made the point that the implementation of the LLRC recommendations required a paradigm shift on the part of the regime. In conclusion, I would like to reiterate that point and to continue to live in hope. (transCurrents.com)

(Dr. Paikiasothy Saravanamuttu is the Executive Director of the Centre for Policy Alternatives, a leading public policy research and advocacy think tank in Sri Lanka)



Spirituality

Dynamic Stillness, Static Stagnation

If you look at it objectively, stillness and stagnation are about the same. Physically they could be seen as about the same, but qualitatively they are worlds apart.

Stagnation is a certain disease. It is anti-life. Stillness is a tremendous amount of life not manifesting itself in any way. It is just there - potent. That is God. God is stillness, not stagnation. The mind is stagnation. Sadhana is a force that moves you from stagnation to stillness, but between stagnation and stillness, when they are together, there seems to be very little difference, since your logical mind only understands in terms of moving and not moving. Not moving is stagnation, but stillness is also not moving. This non-movement, you may call it stillness or stagnation because it's purely subjective.

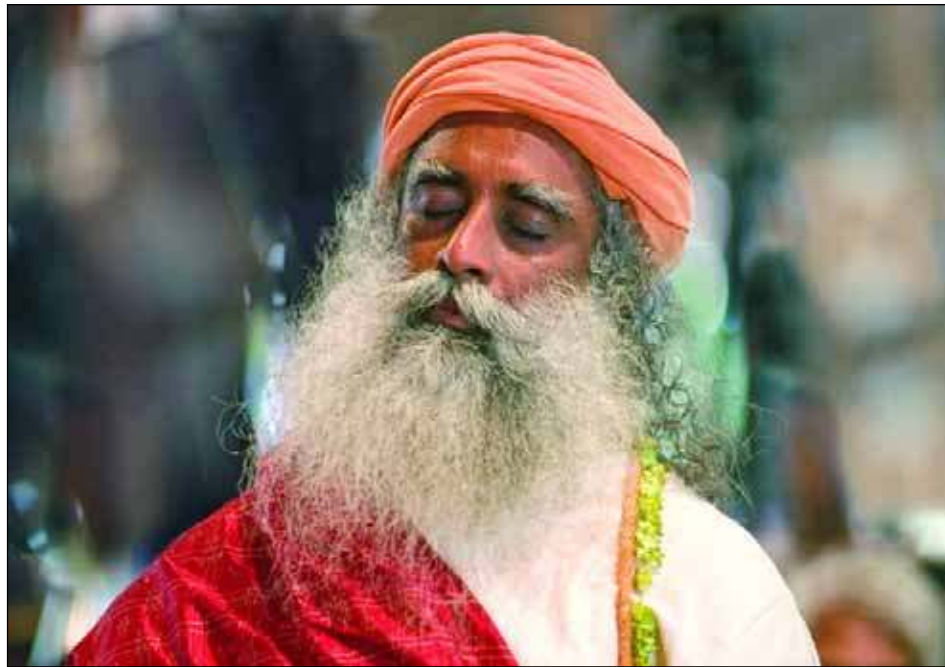
If you look at it objectively, stillness and stagnation are about the same. Physically they could be seen as about the same, but qualitatively they are worlds apart. A person who is meditating and a person who is sleeping may look about the same. One is sitting and sleeping, another is lying down and sleeping, that is all. For a person who doesn't know the difference, that's all he sees. Have you seen with how much sarcasm people look at meditation - those so-called dynamic people of the world? They think it's for people who don't even know how to sleep.

Externally there may be no difference between stillness and stagnation. Internally there is a tremendous difference. From stagnation to stillness, from ignorance to enlightenment, that's the difference. In a way, it is the same thing, only the quality has to change, that's all.

But how can you know the qualitative difference when you're drowned in ignorance? This is why the movement of sadhana has to go in full circle. Depending on how stupid a person is, that is how long the sadhana has to be. Physically and mentally, push yourself to the limit and see what is there. If you stop for every little discomfort, you will never know what it is. Just push yourself to the limit. Physically, mentally, emotionally, in every way push yourself to the last point, either you must go mad or you must get enlightened, that's all there is; and we will not allow you to go mad, don't worry.

That is why I keep asking you, "What is your priority? What is it? You have to increase it." Every time I ask that question, you have to push it up one more notch. To the point of discomfort you have pushed, but don't let up, push it up one more point and yet another point. It has to be pushed to the ultimate, to the optimum. Only then can the mind dissolve by itself. You don't have to do any other sadhana. This is the only sadhana needed. All other activity in the form of sadhana is just to get this one thing done. Make it in such a way that your sankalpa 1 is unshakeable.

Why someone is asked to go and live in the Himalayas for twelve years is not because if he lives in the Himalayas, the rocks could give him enlightenment. It is because he is even willing to waste his life for twelve years, with all kinds of hardship, just to seek Truth. If that kind of sankalpa has come, that man is very close. In a way, it is like literally wasting your life. When the whole world is eating well, drinking well and enjoying themselves, you are sitting there in the cold and chanting, "Shiva, Shiva, Shiva," knowing nothing might happen.



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

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

If you live there for long enough, you may come to know. Shiva probably will not come and bail you out. When you're hungry, you're plain hungry. When you're cold, you're just cold. You know it may turn out to be hopeless being there. In spite of that you stay, because the most important thing in your life is something else. When that sankalpa comes, it does not take twelve years. In one moment, it can happen. Nobody needs to wait for twelve years. This can be the moment. It is because you don't use this moment that you have to wait for the next one. This is always the moment. Are you going to tighten it up, or every time discomfort comes, will you think, "Oh, this is not for me?" It is definitely not for you if this is so. I am not saying the path is difficult, it's just that you make it difficult. The path is not difficult, it's very simple. If you are simple, it's very simple. If you are all wound up, the path is very, very winding. That's all it is.

This moment, when you're very simple and at ease, life is very simple, isn't it? When you're wound up, just see how complicated it is. Don't become all wound up. There is enough nerve-racking past in you, which is already in knots. Don't create new knots now. The old knots are already causing a lot of pain, causing a deep pit inside, which is eating you up in many ways. Some of you have become aware of this, and some are yet to become aware of that, but it is there in every human being. There is one empty pit within you which just eats you from inside. That is enough, isn't it? Don't create more now. What you have created in the past is enough. Many lifetimes of opportunities have been wasted, but this one need not go to waste too. Those of you who feel the urgency, please go on unrelentingly. To those of you who think, "Anyway, another ten thousand years are there, no problem," I am saying, "Why only ten thousand? There is a whole eternity ahead of you. There is no hurry. After all, what is wrong with life?" When I say it, it may look like a curse, but it is not a curse. I am saying, in this situation, when the energies are high like this, if you don't make use of this situation and me, if you don't see this, well then...

Life That Expresses Energy

If you gain a little bit of mastery over

your own energies, you will see, things that you never imagined possible, you will do simply and naturally.

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

Now, yoga is the science of activating your inner energies in such a way that your body, mind and emotions function at their highest peak. When your body and mind function in a completely different state of relaxation and a certain level of blissfulness, you can be released from so many things that most people are suffering from. Right now, you come and sit in your office, and you have a nagging headache. Your headache isn't a major disease, but it takes away your whole capability for that day. Just that throbbing takes away everything. With the practice of yoga, your body and mind will be kept at their highest possible peak.

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

Similarly among human beings, though

we're all made of the same energy, we still don't function at the same level of capability. What you call capability or talent, what you call your ability to do things in the world, your creativity, is just a certain way your energy functions. This energy, in one plant it functions to create rose flowers, in another plant it functions to create jasmine, but it's all the same energy manifesting itself. If you gain a little bit of mastery over your own energies, you will see, things that you never imagined possible, you will do simply and naturally. This is the experience of any number of people who have started doing these practices. It is the inner technology of creating situations the way you want them.

With the same mud that we build such huge buildings, initially people were building little huts. They thought that's all they could do with it. With the same earth, haven't we built computers? What you call a computer is dug out of the earth. We thought we could only dig mud and make pots or bricks out of it. Now we dig the earth and make computers, cars, and even spacecrafts out of it. It is the same energy; we have just started using it for higher and higher possibilities. Similarly, our inner energies are like that. There is a whole technology as to how to use this energy for higher possibilities. Every human being must explore and know this. Otherwise, life becomes very limited and accidental; you get to do only what you're exposed to. Once you start activating your inner energies, your capabilities happen in a different sphere altogether.

Yoga is a tool to find ultimate expression to life.

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

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

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

Website: www.ishafoundation.org

Email: toronto@ishafoundation.org

Phone: 416 300 3010

Short Story



First Day

As usual Anuja after completing her home work, went into "chat" on the computer. One guy came on line.

Hi, I am Mathan. Who are you?

I am Sutha*, but I don't like to chat with you.

(*Anuja's on line name)

Don't worry .Why not just chat for few minutes.

Ok, What are u doing?

I am at university of Toronto.

Good. Which year?

Second year Science.

What r u doing Sutha?

I am also studying.

Good. May I know where?

In a college, in grade 12.

Which college?

A college in Toronto.

Which college in Toronto?

I think it is unnecessary.

Don't worry. What is your past time.

I watch good Tamil movies.

Good, I like that. Why u did not ask my background?

I don't need that.

But I would like to tell about me.

If u want go ahead.

I am at the University, but my parents are in Srilanka. Here I am with my uncle. He is a very strict man. He doesn't like me going around with friends. I came to Canada with the help of my aunty (sinnammah) in Swiss. She helped me with money. I am mostly confined to my room in the evenings.

Sorry to hear that. I pity u.

Even though I don't know u. I feel relaxed in getting a person, who is ready to listen to me.

I think we have been chatting for some time and someone is coming into my room.

Thanks. We will chat this time tomorrow.

We will see, Bye.

Bye, bye.

Good. But can't chat daily.

Doesn't matter. We will chat when we have time. U know that it is possible to talk on skype by looking at each other.

Yes, I know that but don't like to do that.

Ok, I don't want to force u.

How goes yr studies?

Not bad except this Math.

I like math. U have to work on problems on a daily basis. Then only u could improve.

But first, u must understand the basics, to practice the problems.

Why not ask the teacher to help u?

Her explanation is difficult to understand.

How about yr friends.

They r also on the same boat.

I am prepared to help u. I think it

Original in Tamil and English version by Thuraiyuraan

Caught on the Net



What do u mean by good movies?

I like movies with good story with real life events in a rural set up.

Good, u r also like me. I do have the same taste as u. Ok what type of songs u like?

I like melodies and songs with some philosophical ideas.

May I know why u like philosophical songs?

They really touch my mind and also they stick to yr mind for ever.

Good. I also support u. See we both have the same likeness.

How long ago u came to Canada?

I did not come to Canada.

Sorry, I think u were born here.

Yes. My parents came here twenty years back.

Good. U seems to be good in Tamil.

Why u say so?

b/z to understand philosophical songs u must have sufficient knowledge in Tamil.

Yes. We at home talk in Tamil and I read a lot of Tamil books and watch movies.

Second day

Anoja was busy going through her emails. Mathan's name appeared on chat many times. She was wondering whether to go or not on chat. She was feeling sorry for him and was tempted to go.

Is it Mathan?

Yes, I am Mathan. Is it Sutha?

Yes. Why u are here?

U told me that we will continue chatting today.

Yes. But I don't like to chat without any reason.

I can understand yr position. U don't like to chat with unknown guys. But I have told u who I am. So u don't have to be afraid of anything.

U have guessed me correct. U know lots of things happening on line. that is why I was reluctant to continue.

Yes, I know. U don't have to be worried as I have told u, who I am. But if u don't like u may stop chatting.

Doesn't matter. I know yr plight. So continue.

I feel peaceful in chatting with you, as though chatting with a close relation.

may b difficult.

No, that is not possible. I will try to manage.

Why not talk to yr parents?

No it is not possible. Drop it.

It is yr choice. I don't like to force u.

How about yr studies?

No problem with my studies. But money is the problem.

U said yr aunty (sinnammah) is helping u.

Yes. But she is also having problems. She lost her job and she has her own family problems. So instead of troubling them, I am thinking of dropping studies and finding a job.

After completing two yrs, it is not advisable to drop out. Why not go for student loan?

I can't apply for that since I am not a citizen yet.

How about working part-time?

I am just managing like that but tuition fees is the problem.

Sorry, I am not in a position to help u.

I never asked u for help. I just told my position.

Why not ask someone or yr uncle?

He is already having enough financial problems and furthermore no one will give me that amount of money.

Try yr level best. I am going to go now.

We will chat tomorrow. Bye.

Bye. we will see.

Their chatting continued for some days.

One day evening.

Hi, I am Mathan, Is that Sutha?

Yes. How do u know that?

This is simple. Who will be on line at this time other than you.

Ok. How r u managing yr studies?

Just time flies. U don't seem to care about me.

I don't have to worry about u.

After chatting for so long u r telling like this. I feel sad to hear it.

U don't come to hasty conclusion. U have to think well before taking any decision.

Yes. u r correct. Better for us to meet before we come to a decision.

But it is difficult for me to meet u.

If u have the mind to meet me u could do it. There r lots of ways to meet me. I don't have to tell u about them.

Ok . What do u want me to do?

Good. That is a sign of true love. Read my instructions carefully.

Go ahead.

How about meeting at Morningside Park this Saturday?

No. I don't like to come there since many of our people will be there.

Then why not come to Brimley Park.

Where is it? Tell me the location?

Very strange. U don't know where it is. It is on Brimley between Ellesmere and Lawrence. U will not miss it.

At what time we r meeting?

Come around 3pm. Hope u r coming alone?

Why, u want me to bring another person?

Good one. So u will be there on Saturday.

I don't promise easily, but if I do, I will stick to it.

Good. I am also like u. See we both r on the same wave length.

So shall I go now?

Good. Be healthy till we meet next Saturday.

Bye.

Bye. Bye.

Saturday

Mathan was at the parking lot at 2.30pm.

He was feeling uneasy and felt every minute passing by as an hour.

At 2.45 he saw a good looking girl of about 18 yrs, getting down from the bus near the entrance to the park.

He was glad to see her and went towards the entrance with a smile.

But she crossed the road and went to the other side of the road. A big disappointment.

He thought Sutha may have cheated him. He said to himself that it is very stupid to believe these girls. He was so mad, he got into his car and waited impatiently.

Around 3.05, he saw a girl with a frock getting down from the bus and walking towards the park. He watched her entering the park without getting down from the car.

As she approached the parking lot, he got down and went towards her and asked "I think u r Sutha?. She nodded her head in approval. He looked at her very closely. Good physique, not very beautiful but not bad.

She also looked at him from head to toe. He was not looking good as she expected. He had a rude look and was dark in color.

Continued on next page...



Short Story

July, 1983, Colombo, Sri Lanka

Plumes of black smoke were spiraling up in the sky early that day, making the July heat go up a notch. Makeshift check points manned by the mobs along the Galle road made the idea of harboring the Tamils evaporate from the minds of kind-hearted Sinhalese. The police were conspicuously absent in the heart of the capital. Fishmongers, milkmen, street vendors and the day laborers were all busy pointing out the Tamil establishments to the mobs and helping them set fire. Ironically the mobs received their overt blessings from the saffron robed Buddhist monks, who conspicuously thrust themselves into the midst of this human tragedy. An island-wide pogrom

Tamil refugees, ready to be taken by the Indian ship to Jaffna. Senenayakes were waiting for the curfew to lift so they could take Kumar, hidden in their car, to one of the refugee camps safely. In these idling hours, up in the attic, Kumar would day dream about many things: mostly about his girlfriend, sometimes about his brothers and their families; their house in Wellawatte and especially the small library that he had spent time in with his father up until his death ten years ago. He would think about his mother spending large chunk of time in that library, secretly drinking scotch, while duping everybody to believe in her literary pursuits until she was found dead clutching a Johnny Walker bottle instead of one of her self-proclaimed beloved Jane Austen

trying to help others. They quickly jotted down the names of the relatives and scroll down the list of names to find any matches. It didn't take too long to find out that his brothers were in the same camp but there was no match for his girl friend's family. We can't locate everyone for you was the answer that brought him back to his senses. Clutching the pair of shirts and sarongs forcibly given to him by the Senenayakes, he threaded his way through the crowd looking for the brothers. He had to be extra careful not to trip on legs crisscrossing the floor, as bodies were strewn haphazardly in total disarray. The stench emanating from disparate sources suffocated his nostrils; bewilderment and melancholy were plastered on the faces of the occupants. He

on the ship, his brothers had already left with their families. They packed the buses to the brim and placed a couple of armed guards to escort to the pier. This was the first time Kumar's family was going to Jaffna; for generations his family had lived in Colombo among Sinhalese. The guards gave instructions to keep all the windows shut and lie low through out the journey. The stench and the heat in that unairconditioned bus would have been too much to bear under normal circumstances, but no one except the guards complained about the condition. Kumar could see, through the glass windows, the people along the roadside chanting something, but could not hear what they were saying; but he could get a sense from their demeanor that they were happy seeing the bus loads of people leaving. Halfway in to the journey, Kumar saw a commotion originating from the rear of the bus: someone was bleeding from an injury resulted from the shattered glass from a pelted stone by the onlookers. The armed guards told the driver to keep driving and ignored the whole incident. Finally the seemingly

THE TRAIL OF TEARS FROM THE LAND OF PALMYRAH

By: SIVAGAMI



was set in motion, in retaliation to the loss of thirteen Sinhalese soldiers ambushed and killed by the Tamil separatists two hundred miles north of the capital, in a small village in Jaffna.

Kumar had striped down to his underwear to cope with the scorching heat in that small attic like space. He was hiding there for the past six days, thanks to the extraordinary courage of Mr & Mrs. Senenayake to provide refuge in the hour of need against their personal safety. He sprinkled some water from the bucket next to him on his body and drank the rest. He knew Mrs. Senenayake would replenish when she brought food up the ladder. On those occasions Kumar would quickly cover himself with the sarong he borrowed from Mr. Senenayake. He would gather some bits and pieces of news on those rare encounters and as the days rolled over, the news slowly took a turn for the better: finally the army had imposed a curfew and brought some semblance of order and the refugee camps were sprouting all over the city brimming with

novels. He didn't want to believe that the whole house was consumed by fire, in spite of Senenayakes being the eyewitness. He told them that he felt like Anne Frank hiding in the attic, although he was twenty-five years old and was there only six days by then. He meant it as the highest compliment and Senenayakes took it likewise, because unlike the Dutch trying to save the Jews from the Germans, Senenayakes were trying to save a Tamil from their own kind.

When Senenayakes dropped him off at the nearest refugee camp, Kumar didn't know how to thank them for saving his life; he bent down and touched their feet and cried like a baby. He kept telling that they were equal to God and he would never forget what they had done for him. Senenayakes, on the other hand, didn't want to risk being identified with him, and felt a great relief when he said goodbye. The refugee camp was buzzing with people and he stood in line patiently to register. It took a long time before he could reach the desk and people at the desk, despite their personal loss, were

searched each and every face on his way until he heard a roar of happiness from the corner. For a moment the reunion had wiped out all the sadness from his family members: they spent the next couple of hours recounting the details of each other's experience until they reached the refugee camp. In every tale, Kumar's mind would subconsciously seek an inkling about his girlfriend but it never materialized. He didn't want to give an impression that he was desperate about her, so he waited for the right moment to insinuate an inquiry. When one of his brothers wondered aloud about her family, he felt the stares of everyone filled with sadness on him.

The buses started evacuating the sick, the elderly and families with small children first to the cargo ship, sailing from Colombo harbor to Jaffna. It took a couple of weeks before Kumar got a spot

interminable journey came to an end at the pier; for Kumar though, the grimacing faces that he witnessed that day got seared deeply in to his mind and convinced him that Senenayakes were the rarity, and living with Sinhalese in harmony was an illusion.

These were not people used to traveling in luxury liners: they wouldn't know the difference between cargo ship and passenger ship; and their mindset was such that they didn't even care to know the difference. There were no cabins but large open cargo spaces ready to accommodate people en masse. Once they settled, People created their own enclaves side by side, demarcated by male members on the perimeter.

To be continued in May Issue ...

Caught on the net Continued from previous page

He said "why u r looking at me like that. Don't be afraid. Shall we get into the car and talk?"

"No, don't worry we will stay here". She was looking around while talking.

"Why u r looking around? Are u scared?"

"No. I am checking whether there are any of our people?"

"No one will be here at this time. Don't worry, you get into the car."

She was reluctantly waiting.

Suddenly a police cruiser entered the park and came towards the parking lot. Mathan started running. Two police officers got down and started chasing him. Anuja's dad got down from the cruiser and walked towards her.

"Are you frightened Anuja", he asked

her.

"Not much dad, but he looked terrible."

"You have done a brave deed my girl"

After a few minutes the police came back with Mathan with handcuffs.

"Anu you are a brave girl. You have done a good job. The police department is thankful to you. We will contact you soon." said one of the officers and congratulated her and her dad. They left the park with Mathan in their cruiser.

Mathan is an ex-convict on parole, after serving term on sexual assault charges. He used to target school girls and sexually assault them.

Anuja was honored for bravery by the police department at their annual awards night.

Special Feature



Would you like to become a powerful healer? You can! It doesn't matter if you are a healthcare professional, a healer of any modality, a homemaker, a lawyer or whatever. You can become a Divine Healing Hands™ Practitioner, which is to become a divine soul healer to serve humanity.

There are many healing modalities all over the world. Dr. and Master Zhi Gang Sha is an M.D. from China and a doctor of traditional Chinese medicine in China and Canada. He is a grandmaster of many ancient disciplines including QiGong, Feng Shui, and Tai Chi. He honors every healing modality because every modality can work.

Soul healing means using the power of soul to heal. In his book *Soul Mind Body Medicine*, a complete soul healing system to empower people to attain optimum health and vitality is described. It

and more. Many people have serious relationship challenges with their partners, closest family members, colleagues and more. Many people are struggling financially, losing jobs and homes.

Spiritually we would say that humanity is in a special time of serious purification and the earth is in a special time of serious transition. Natural disasters, including hurricanes, earthquakes, volcanoes, tornados, floods, dust storms and more; drought and other extremes in weather; famine; wars and all kinds of conflict between people and countries, including threats of nuclear weapons; economic challenges for individuals, institutions and entire nations; emotional volatility and mental instability; new communicable diseases; pollution of the land, air and water—all of these are present and increasing.

At this special time, special abilities



Develop Your Soul Healing Power

combines the essence of Western medicine and traditional Chinese medicine with ancient energy and spiritual healing secrets from China. The key principle is: Heal the soul first; then healing of the mind and body will follow. This system has benefited millions of people worldwide. It is very much needed by humanity and Mother Earth, especially at this time in the twenty-first century.

"Just as our thoughts can influence water, our souls can bring healing and balance to ourselves, our loved ones, and our world today. Dr. Sha is an important teacher and a wonderful healer with a valuable message about the power of the soul to influence and transform all life."

---Dr. Masaru Emoto, author of *The Hidden Messages in Water*

Humanity is suffering. Many people have chronic pain and life-threatening illnesses. Many people suffer from emotional and mental imbalances such as anxiety, depression, worry, sadness, fear

are needed to help humanity get through the purification. More and more people are searching for wisdom, knowledge and practical techniques, outside of the traditional modalities. There are ancient secrets and new teachings, which are now being shared through teachers like Dr. and Master Zhi Gang Sha, because they are needed.

The Divine Healing Hands Practitioner Program gives everyone who wishes to receive it divine soul healing power to serve others by transforming their health, relationships, finances and every aspect of their lives. What are Divine Healing Hands? Divine soul power is transmitted to approved, chosen applicants through Master Sha, a Divine Channel, and his Worldwide Representatives. In addition, divine consciousness, divine energy and the divine matter of God's hand are transmitted to recipients. These are called Divine Soul Mind Body Transplants and they reside

permanently with the recipient. She or he can then invoke them to offer self-healing and healing of others, including group healing and remote healing, for the physical, emotional, mental and spiritual bodies and for every aspect of life, including relationships and finances.

Divine Healing Hands empowers you to assist many people in this special time of transition and purification for humanity and Mother Earth. It helps you fulfill your soul's purpose which is to serve humanity. By receiving the Divine Healing Hands transmission, you become a divine soul healer. You are empowered to offer divine healing blessings that carry divine frequency and vibration with divine love, forgiveness, compassion and light to transform blockages in health, relationships and finances for you, your loved ones and others.

This is a unique opportunity to learn, and to serve humanity. Divine Healing Hands Practitioners are urgently needed

on Mother Earth. Everyone can become a part of this movement. More information is available on our websites.

Master Lynne Nusyna is a Divine Channel, Worldwide Representative of Dr. and Master Zhi Gang Sha, and Director of Master Sha's Soul Healing Centre Toronto. The Centre is one of three in the world. Master Lynne offers personal consultations, soul healings and classes to transform every aspect of your life. Her highly developed third eye, soul communication abilities, soul healing power and deep knowledge of this ancient wisdom is profound. Her compassion and love for humanity is her guiding star.

Master Sha Soul Healing Centre Toronto

1160 Ellesmere Road, Toronto, ON. M1P 2X4

416 609-2777

www.MasterShaSoulHealingCentre.com

After 'Gen X', Today's Young Might be 'Gen E' - Today's easy-to-use technology gives everyone a voice

Americans like to give names to generations. We call those who lived through World War II, the "Greatest Generation;" those who came of age reading the beatnik poets of the 1950s, the "Beat Generation;" those for whom the reckless investors in the 1970s were role models, the "Me Generation;" and those who grew up disaffected and cynical at the end of the 20th Century, "Generation X."

But we can't seem to agree on a name for the millions of people today - young people, especially - who are flooding the Internet with their own stories, music, films and art.

A survey by the Pew Internet and American Life Project found that 44 per-

cent of Internet users are generating creative content and posting it on the web. The survey found that it would be only a slight exaggeration in some cases to say that young people spend most of their free, waking hours on the Internet or using hand-held devices, blogging, texting or posting their original work.

Some people call these do-it-yourselfers "Generation C," for the creative content they post. Or C for "citizen media," meaning they're average people sharing their observations with the world. Another name some have given them is "Generation E" for "entitled," because these folks feel they have just as much right as established writers or musicians or filmmakers to be heard.

There are programming packages that enable musicians, including those with scant musical backgrounds, to make pretty good tunes in cyberspace. Others help average people create and edit films, which is work that used to require the costly skills of experts. Critically acclaimed films have been completed on budgets as low as \$218!

Donnie Deutsch, who hosts a cable-TV show featuring creative Internet wizards, says Generation C or E is not an age group. It's a mindset.

"This is the first generation that's saying, 'You know what? We count,' that 'my opinion is as good as anyone else's, and my ability to create music is as good as any musician's,'" he says. "It's



kind of a crazy, brave new world."

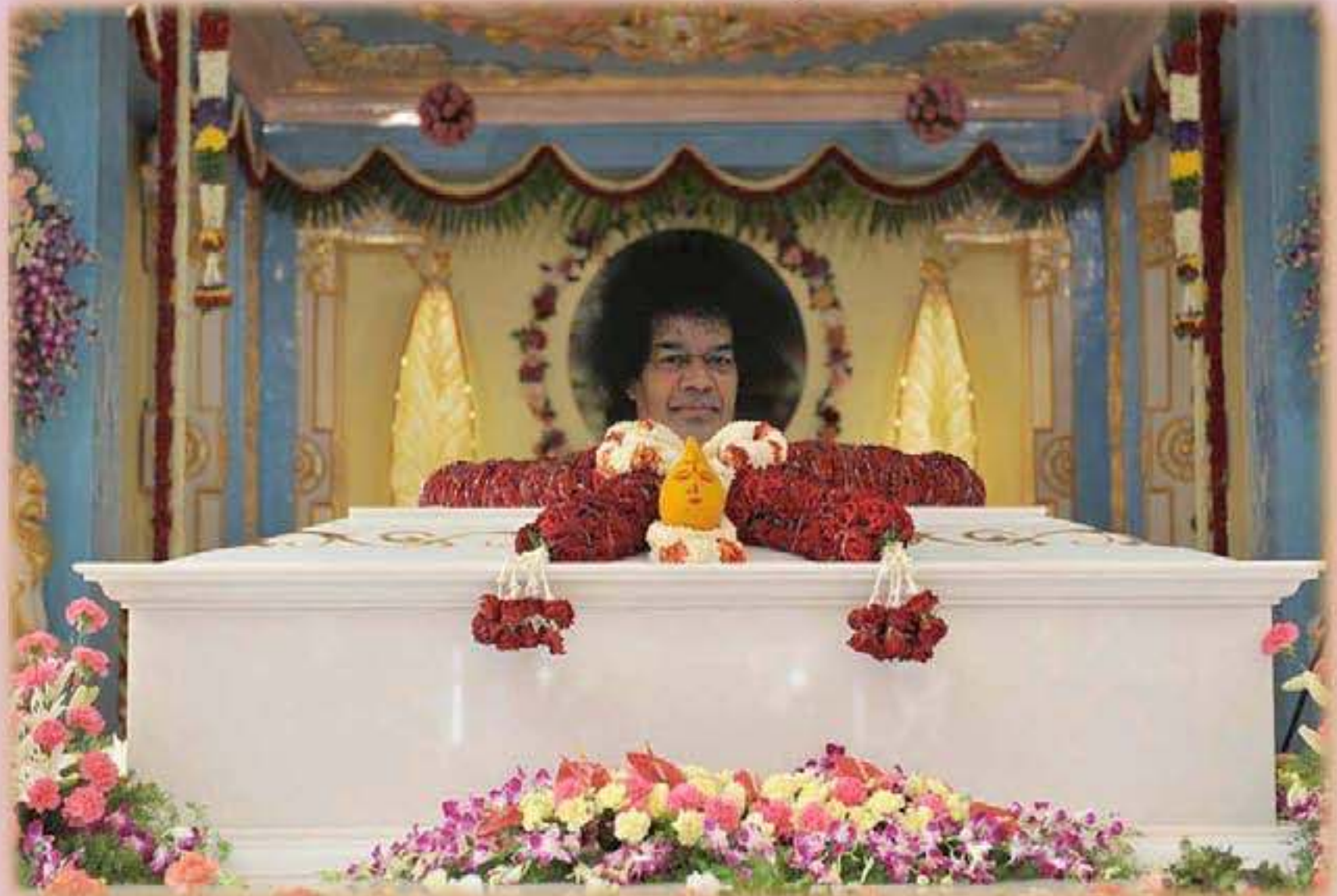
In short, readily accessible and easy-to-use technology is giving a voice to what "Generation E" may really stand for: everyday people. [VOA News]



Sri Sathya Sai Baba Centre

of Scarborough Canada

We Offer our Salutations of love at the Divine Lotus Feet of
Bhagawan Sri Sathya Sai Baba
On the Occasion of the First Anniversary of His Divine Mahasamadhi



You cannot see Me, but I am the Light you see by...
You cannot hear ME, but I am the Sound you hear by...
You cannot know Me, but I am the Truth by which you live...
Sri Sathya Sai Baba



**AS AN EXPRESSION OF OUR GRATITUDE...THERE WILL BE SPECIAL PRAYERS & PROGRAMS
WILL BE HELD ON TUESDAY, APRIL 24TH 2012**

MORNING 6:30AM – 8:00AM

EVENING 7:00PM – 9:00PM

AT

**SRI SATHYA SAI BABA CENTRE OF SCARBOROUGH
5321, FINCH AVENUE EAST,
SCARBOROUGH, ON M1S 5W2**

For more details: 416•335•7242 or 416•725•5410 or 416•724•4289 | www.saicentre.net

Holy Land Tour



S. Raymond Rajabalan



One Land – Three Religions An experience of a life time

CONTINUED FROM DEC 2011, JAN 2012, FEB 2012 & MARCH 2012

Where exactly is Holy land?

The Holy land referred to as Kingdom of Israel in Judaism is located at the extreme end of the Mediterranean. The term “Holy Land” is also used by Muslims and Christians to refer to the whole area in between the Jordan River and Mediterranean Sea. It is bounded on the north by Lebanon, on the East by Syria and Jordan on the south by Sinai desert.

Our Tour to the Holy Land

This article attempts to provide detailed information about the significance of the various places the author and his wife recently visited the Holy Land.

Mount of Temptations

The Mount of Temptation is a hill in the Judean Desert where Jesus was tempted by the devil (Matt. 4:8). The exact location is



Mount of Temptation

unknown, and impossible to determine. However, It is generally identified as Mount Quarantania, a mountain approximately 366 m high, located about 11 km north-west of the West Bank town of Jericho

Pomegranate Plantation - Jericho

Vast groves of pomegranate trees and acres of banana plantation in the adjacent valley together with the verdant vegetation in the region was a very pleasant sight. We



tasted freshly squeezed pomegranate juice sold by vendors nearby and it brought back memories of Sri Lanka where we used to taste freshly picked pomegranate from our back yard.

As it was late afternoon, we were able to watch the radiant glow of the setting sun in all its glory with a haze of gold enveloping the mountainous range.

From Jericho we proceeded to nearby area of Mount Zion

Tomb of King David-Mount Zion



This place on Mount Zion is the traditional site of the tomb of King David and is holy to Jews, Christians and Muslims.

On the ground level are several Jewish synagogues, and the site is one of the holiest Jewish places. The second level is a holy place for Christians - the location of the “last supper”. The third level has a Muslim muezzin tower.

Room of Last Supper – Jerusalem

The Last Supper is the final meal that, according to Christian belief, Jesus shared with his Twelve Apostles in Jerusalem before his crucifixion and this event provides the scriptural basis for the Eucharist, also known as “communion” or “the Lord’s Supper”.

The Cenacle on Mount Zion just outside the walls of the old city of Jerusalem is claimed to be the location of the Last Supper and Pentecost. According to tradition, the Last Supper took place in what is called today The Room of the Last Supper and is traditionally known as The Upper Room. This is based on the account in the Synoptic



The Cenacle on Mount Zion, claimed to be the location of the Last Supper and Pentecost

Gospels that states that Jesus had instructed a pair of unnamed disciples to go to “the city” to meet “a man carrying a jar of water”,

who would lead them to a house, where they would find “a large upper room furnished and prepared; there make ready for us”.

Church of Saint Peter – Mount Zion



Church of Saint Peter-Gallicantu

Built on an almost sheer hillside, the Church of St Peter in Gallicantu (Gallicantu means cockcrow in Latin) area stands on the eastern slope of Mount Zion, near the house of Caiaphas, the High Priest. Jesus betrayed and arrested was brought to his house. Here Jesus spent the entire night and this was the scene of His First trial.

This church in Jerusalem commemorates the Apostle Peter’s triple denial of his Master, his immediate repentance and his reconciliation with Christ after the Resurrection. On its roof rises a golden rooster atop a black cross — recalling Christ’s prophecy that Peter would deny him three times “before the cock crows”.

Peter’s denial of Christ is recorded in all four Gospels (most succinctly in Matthew 26:69-75). Three of the Gospels also record his bitter tears of remorse.

The Assumptionist Fathers who built the church of St Peter believe that it stands on the site of the house of Caiaphas. Under the church is a dungeon thought to be the cell where Jesus was detained for the night following his arrest.

The church is built on four different levels — *upper church, middle church, guardroom and dungeon*. Its design and art are a colorful blend of contemporary and ancient works.

Inside the upper church, on the right are two Byzantine-era mosaics. It is dominated by a huge cross-shaped window designed in a radiant variety of colours. Facing the entrance is a bound Jesus being questioned in the house of Caiaphas. On the right Jesus and the disciples are shown at the Last

repentance and his reconciliation with his Master on the shore of the Sea of Galilee after the Resurrection. The lower levels contain what are believed to have been a *guardroom* and a *prisoner’s cell*, both hewn out of bedrock.

- The *guardroom* contains wall fixtures to attach prisoners’ chains. Holes in the stone pillars would have been used to fasten a prisoner’s hands and feet when he was flogged. Bowls carved in the floor are believed to have contained salt and vinegar either to aggravate the pain or to disinfect the wounds.

Jesus of course was not flogged by the Jews but by the Romans. But some of his disciples, probably including Peter were flogged by order of the Jewish council after the Resurrection for teaching in the name of Jesus in the Temple (*Acts 5:40*).

- The *prisoner’s cell* offers a sobering insight into where Christ might have spent the night before he was crucified. It has become known as “Christ’s Prison”. The only access to the bottle-necked cell was through a shaft from above, so the prisoner would have been lowered and raised by means of a rope harness. A mosaic depicting Jesus in such a harness is outside on the south wall of the church.

Courtyard of Caiaphas-Mount Zion

Caiaphas was a historical figure whose name is forever associated with the crucifixion of Jesus. His full name was Joseph Caiaphas, and he was a son-in-law of Annas (John 18:13), who filled the post of high priest during 18-36 A.D.



Court yard of Caiaphas.



Dungeon below church of Saint Peter

Beside the church of St Peter in Gallicantu, excavations have brought to light a stepped street which in ancient times would have descended from Mount Zion to the Kidron Valley. These stone steps were certainly in use at the time of Christ. On the evening of his arrest, he probably descended them with his disciples on their way from the Last Supper to Gethsemane.

Ein Kerem

Ein Kerem is an ancient village of the Jerusalem District and now a neighbourhood in southwest of Jerusalem. According to

Supper and on the left Peter is depicted in ancient papal dress as the first pope.

Downstairs, in the middle church icons above the altars depict St Peter’s denial, his

Holy Land Tour



Christian tradition, John the Baptist was born here.

According to the Bible, Mary went "into the hill country, to a city of Judah" when she visited the home of Zechariah and Elizabeth, the parents of John the Baptist. Tradition teaches that during her pregnancy, Elizabeth was visited by a family relative - Mary, who was also pregnant, with Jesus. The two women met beside the village well in Nazareth and Mary drank from its cool waters. That place is now called *Mary's Well*.



Mary's well – Nazareth

Church of St. John the Baptist

There are two churches by this name in Ein Kareem. One is a Catholic church built in the second half of the 19th century on the remnants of earlier Byzantine and Crusader churches. Inside are the remains of an ancient mosaic floor and a cave where, according to Christian tradition, John the Baptist was born.



Grotto inside the church of St. John the Baptist

The most revered site in the church is the grotto. Believed to be part of the home in which John the Baptist was born to Zechariah and Elizabeth, and perhaps even the site of his birth, it was incorporated into the church's left apse.

There is another church at this site - an Orthodox church built in 1894.

Church of the Visitation – Ein Karem

The Church of the Visitation honours the visit paid by Mary, Jesus' mother, to Elizabeth, John the Baptist's mother. (Luke 1:39-56) This is the site where tradition tells us that Mary recited her song of praise, the Magnificat (also known as Song of Mary or the canticle of Mary), one of the most ancient



Church of the Visitation

hymns to Mary. The church is beautifully adorned with tiled representations of that canticle in many languages.

From Ein Karem we proceeded to the nearby village of Bethany

Tomb of Lazarus-Bethany



Entrance to the Tomb of Lazarus

Bethany is a village located on the south east slope of the Mount of Olives, about 2 kilometers east of Jerusalem

The Tomb of Lazarus is a traditional spot of pilgrimage located in the West Bank town of al-Eizariya (traditionally identified as the biblical village of Bethany) on the southeast slope of the Mount of Olives, some 2.4 kilometers east of Jerusalem. The tomb is the purported site of a miracle recorded in the Gospel of John in which Jesus raises Lazarus from the dead.

The site, sacred to both Christians and Muslims has been identified as the tomb of the gospel account since at least the 4th century AD. The entrance to the tomb today is via a flight of 22 uneven rock-cut steps from the street.



Jordan River

The Jordan River is a stream which flows from the snow capped heights of Mount Hermon to the depths of Dead Sea.

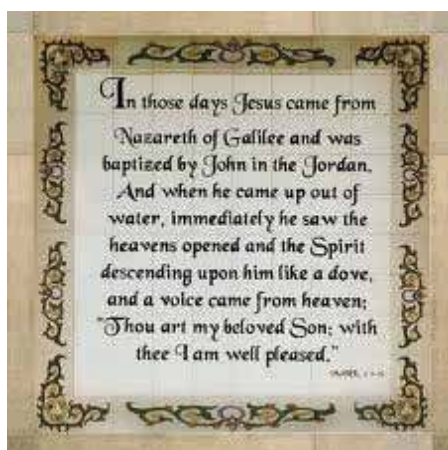
Yardenit is the site believed by some traditions to be the actual site where Jesus was baptized by John the Baptist (Matthew 3: 13: "Then Jesus came from Galilee to the Jordan to be baptized by John"). It is located at the place where the Jordan River flows out of the Sea of Galilee and into the Dead Sea. Yardenit is a crossroad for many pilgrims, one among other holy places around the Sea of Galilee, such as Capernaum, Tabgha and the Mount of Beatitudes.

The baptismal site is located on the banks of the Jordan River between magnificent eucalyptus trees and the natural river flora. It is an ideal spot for recollection in serenity and meditation.



Yardenit – the site where Jesus was baptized

Wall of New Life



"The Wall of New Life" is a prominent feature of our site at Yardenit. It is a wall that begins at the entrance to our site and continues along the banks of the Jordan River to our baptismal pools. The wall is dedicated to "Christians throughout the world, who at this place has followed their Savior through the waters of baptism. (ICEJ) "The wall consists of panels in a multitude of languages created by Armenian artist Hagop Antreassian from the Armenian Quarter in the Old City of Jerusalem. The panels portray a verse from Mark describing the baptism of Jesus.

The verse reads:

"In those days Jesus came from Nazareth of Galilee and was baptized by John in the Jordan. And when he came up out of water, immediately he saw the heavens opened and the Spirit descending upon him like a dove, and a voice came from heaven;

"Thou art my beloved Son; with thee I am well pleased." Mark 1:9-11

Mount of Beatitudes -Tabgha

The traditional location for the Mount of Beatitudes is on the North western shore of the Sea of Galilee, between Capernaum and Gennesaret. However, the actual location of the Sermon on the Mount is not certain, but the present site (also known as Mount Eremos) has been commemorated for more than 1600 years. The site is very near Tabgha, close to Sea of Galilee.

The mountain is topped by a Catholic chapel built in 1939 by the Franciscan Sisters with the support of the Italian ruler Mussolini. The building which was constructed by the noted architect Antonio Barluzzi is full of numerical symbolism. In front of the church, the symbols on the pavement represent Justice, Prudence, Fortitude, Charity, Faith and Temperance



Roman Catholic Franciscan Chapel



Plain of Gennesaret

The Beatitudes

"Blessed are the poor in spirit: for theirs is the kingdom of heaven. Blessed are they that mourn: for they shall be comforted. Blessed are the meek: for they shall inherit the earth. Blessed are they which do hunger and thirst after righteousness: for they shall be filled. Blessed are the merciful: for they shall obtain mercy. Blessed are the pure in heart: for they shall see God. Blessed are the peacemakers: for they shall be called the children of God. Blessed are they which are persecuted for righteousness' sake: for theirs is the kingdom of heaven. Blessed are ye, when men shall revile you, and persecute you, and shall say all manner of evil against you falsely, for my sake" (Matt 5:3-11 KJV).

Even after many centuries, these sayings of Jesus Christ during the Sermon on the Mount are still extremely valuable, especially in these troubled times in the world. The writer who has extensively contributed a number of articles to Monsoon Journal feels that his recent travel to Israel on a Holy Pilgrimage was a great experience of a life time.

Monsoon Journal is pleased to publish a series of articles describing the various places visited by the writer – Managing Editor.

To be continued.....



Markham Stouffville Hospital

Canadians of Pakistani Origin (COPO) Surpasses \$1 Million Pledge to Markham Stouffville Hospital's Expansion Project

Markham, ON (April 2, 2012) – The Canadians of Pakistani Origin (COPO) of Ontario hosted their 10th Annual Fundraising Gala on Friday at the Crystal Fountain Banquet Hall, raising enough funds to surpass their \$1 million commitment to Markham Stouffville Hospital Foundation's \$50 million expansion campaign.

This sold out event with 700 guests, including politicians, diplomats, community leaders and philanthropists, celebrated Pakistan National Day at the 2012 Gala, raising over \$300,000 bringing COPO's total contribution to the hospital to more than \$1.1 million.

"I am heartened that the Pakistani and Muslim communities have come together to support our community hospital and that COPO has surpassed its \$1 million goal," says Khalid Usman, Chair of COPO. "The health and well-being of our community represents the foundation for our economic success, and hospitals are the cornerstone of that foundation."

Usman, former Town Councillor and current member of the Markham Stouffville Hospital Foundation's Board, continues to raise the bar while leading COPO through its long history of fundraising success. COPO initially pledged \$500,000 to Markham Stouffville Hospital Foundation's expansion campaign; by 2010, COPO increased the pledge to \$1 million; on Friday, COPO surpassed that goal, taking Markham Stouffville Hospital's expansion one step closer to reality.

"We are honoured that the Canadians of Pakistani Origin selected Markham Stouffville Hospital as the focus of their generosity, leaving a legacy for years to come," says Janet Beed, President and CEO of Markham Stouffville Hospital. "They have been a tremendous partner, demonstrating the importance and meaning of culture and diversity, and we are very happy to celebrate their commitment and support."

Markham Stouffville Hospital Foundation recognized COPO's generosity by naming a Radiography Suite and the Emergency Department Orange Zone in their honour. COPO's donation to Markham Stouffville Hospital ensures



Members of the Canadians of Pakistani Origin (COPO) presents a \$1.1 million cheque to Markham Stouffville Hospital (MSH) Foundation with Mayor Frank Scarpitti, Town of Markham, Janet Beed, President and CEO of MSH, Suzette Strong, CEO of MSH Foundation and Khalid Usman, Chair of COPO.

that thousands of families in the community will continue to have access to high quality care close to home.

About Markham Stouffville Hospital Foundation

Markham Stouffville Hospital Foundation exists to provide financial support as the hospital fulfils its mandate of providing compassionate, patient-centered 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 us at <http://www.msh.on.ca/foundations/msh>

About Canadians of Pakistani Origin

Canadians of Pakistani Origin (COPO) in Ontario is a registered not-for-profit organization that aims to unite the Pakistani and Muslim communities with other cultural communities while promoting understanding and respect for national laws and human rights standards. Fundraising and giving back to communities that are kind and welcoming to Pakistani and Muslim immigrants is a core objective of the organization. COPO does not provide grants intended to influence legislation or support candidates for political office.

Markham Stouffville Hospital Names Nuclear Medicine Centre in Honour of Mattamy Homes' \$1 Million Donation

Markham, ON (March 20, 2012) - Peter Gilgan, Founder and CEO of Mattamy Homes, celebrated a \$1 million donation to Markham Stouffville Hospital Foundation's campaign for expansion by unveiling the signage for the Mattamy Nuclear Medicine Centre at the hospital yesterday.

"This generous gift from Mattamy is an investment in our community," says Janet Beed, President and CEO, Markham Stouffville Hospital. "We know that community is at the heart of everything that Mattamy does and we are truly thankful for their support to help us build a better community hospital."

Markham Stouffville Hospital was selected as the 2011 recipient of Gilgan's annual cycling fundraising event, Tour de Bleu, which supported the \$1 million donation.

"On behalf of all of our Tour de Bleu riders and the many employees at Mattamy, I am delighted to celebrate the new Mattamy Nuclear Medicine Centre at Markham Stouffville Hospital," says Gilgan. "This growing hospital continues to play an important part in the overall wellbeing of the entire community."

Mattamy Homes is not only building neighbourhoods in the Markham and Stouffville area, they are building healthier

communities. Through Gilgan's philanthropic leadership, Mattamy Homes has made a significant impact to the future of healthcare.

This donation of \$1 million will help expand Markham Stouffville Hospital's diagnostic imaging department so it can continue to provide exceptional care to our growing community. The expanded department will be designed to increase efficiency, while improving patient comfort and flow. State-of-the-art equipment will provide more detailed images, with less energy and less radiation exposure. The unit will also include enhanced patient waiting areas, and space for a second MRI, a third CT scanner and a PET scanner.

With Mattamy Homes' generous gift, Markham Stouffville Hospital Foundation is another step closer to meeting the \$50 million Expansion Campaign goal, making our new hospital a reality.

About Markham Stouffville Hospital Foundation

Markham Stouffville Hospital Foundation exists to provide financial support as the hospital fulfils its mandate of providing compassionate, patient-centered 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 us at <http://www.msh.on.ca/foundations/msh>

About Mattamy Homes Limited

Peter Gilgan's corporate vision has enabled Mattamy Homes to become one of the largest homebuilders in North America. Since 1978, Mattamy has aspired to create an enjoyable home buying experience for each and every homeowner. With over 50,000 homes in more than 100 communities in Canada and across the U.S., Mattamy is still involved in every aspect of neighbourhood planning. It is also part of Peter Gilgan's personal drive to benefit community healthcare close to home.

For more information on how to give, please visit us at www.mattamyhomes.com



Mattamy Homes Limited unveils a plaque, naming the "Mattamy Nuclear Medicine Centre" in honour of their generous \$1 million gift towards Markham Stouffville Hospital's expansion.

Left to Right: Dr. Andrew Arcand, Chief of Emergency, Markham Stouffville Hospital; Mary Jane DeKort, President of Canadian Operations and Chief Marketing

Officer, Mattamy Homes Limited; Craig Campbell, Campaign Cabinet, Markham Stouffville Hospital Foundation; Mayor Wayne Emmerson, Town of Whitchurch-Stouffville; Mayor Frank Scarpitti, Town of Markham; Peter Gilgan, Founder and CEO of Mattamy Homes Limited; Mark Lievonen, Chair of Markham Stouffville Hospital Foundation Board; Dr. Anoosh Sharif, Radiologist, Markham Stouffville Hospital; Neil Walker, COO, Markham Stouffville Hospital.

DEBT PROBLEMS???



JOINTLY SERVING ALL COMMUNITIES UNDER ONE ROOF

Unsettled Life due to Credit Problems!

Is Your Daily Life affected?

Worried that you will lose your House or Car!

Phone harassment from Collection Agencies !

Concern that your wages will be garnished by your creditors!

www.creditsolutioncanada.com

For All Your Problems, call for a free consultation

SRI

CREDIT SOLUTION CENTRE

Services of Trustee is available

80 Corporate Drive, Suite 309

Scarborough, ON M1H 3G5

Tel: **416.439.0224**

Fax: 416.439.0226

creditsolutioncentre@gmail.com



We have moved!



**Honest Assessment
Vigorous Defence**

Shannon B. McPherson

Barrister & Solicitor

Criminal Defence Lawyer

Former Federal Crown

Telephone: 905.454.5590

Facsimile: 905.454.6385

Cellular: 416.709.1529

252 Queen Street West.

Brampton, ON L6X 1A9

www.the-criminal-lawyer.com

smcpherson@lawyer.com



Obituary



Rev. Fr. Francis Joy Chrysostom

Rev. Fr. Francis Joy Chrysostom, at rest with Jesus on March 27, 2012. Loving Mother of late Mary Susan Chrysostom and Father of late Savarimuthu Chrysostom, Loving Brother of Britto, late Mabel, Millie, Ida and late Percy. Brother-in-Law of Daisy, late Joseph Xavier, late Innocent Chelvanayagm, late Victor St George and Antonnette. Adored uncle of Ranjit, Ramani, Marino, Reny, Raji, Terreny, Menna, Chicky, Melanie, Rohan, Romanie, Judy, Dharshan, Roshan and Anusha. He inspired all who passed through him by his guidance, generosity and affection.

Funeral arrangements for Fr. Joy Chrysostom begin with viewing on Wednesday, April 4, 2012 at 11:00 a.m. followed by mass at 2:00 p.m. Burial on Thursday, April 5, 2012. Both viewing and burial will be at:

Holy Cross Funeral Home, 5835 West Slauson Avenue, Culver City, CA 90230-6505

E-mail: joychrysostom@gmail.com.

Tel: Roshan 416 561 5733, Ajith 647 401 5800, Britto 905 279 5301, Ida 416 291 9608

Durham Tamil Association



DTA celebrates "Herstory at the INTERNATIONAL WOMEN'S DAY in Whitby

On March 8, 2012, DTA was a proud participant at the International Women's Day Event "Celebrating Herstory". Many renowned organizations in the Region such as YWCA Durham, UOIT, Durham College, Girls Inc., WMRCC, Bethesda House, HERIZON HOUSE, The Denise House, My Sister's Voice, Y's WISH Shelter and Women's Centre

ODRCC also participated in the event held in Durham College, Whitby.

DTA Youth and Committee decorated the booth with numerous ornaments depicting the Tamil Culture. It was a fun filled event as well with stations for temporary tattoos, candies and other souvenirs for the children adults alike. Ms. Banuja Ganesalingam, a DTA Youth, thrilled numerous guest by drawing Henna on their hands. In addition, Mrs.

Uma Suresh, one of our co-ordinators drew guest names on grain of rice and presented it as a complement

of Durham Tamil Association. Also, Mrs. Radha Ravi displayed a collection of her Hand Made crafts. The event was organized by WMRCC of Durham and DTA thanked them their initiative to bring all ethno cultural groups under one roof for this event. By working together, we can achieve more and the theme was in full flow at this event. Everyone at DTA are proud to join hands our community partners in the Region to achieve the same goal.



DTA's BANUJA GANESALINGAM beautifying a guest's hands with her HENNA ART at INTERNATIONAL WOMEN'S DAY



ESTHER ENYOLU of WMRCC with DTA's UMA SURESH, NANTHINI KAILAI NATHAN, BANUJA GANESALINGAM and THIVIA JEYARUBAN



Mrs. RADHA RAVI of DTA displaying Hand Made Crafts to the guests



UMA SURESH of DTA performing the unique Art Of Writing Names On The Grain Of Rice

DTA Youth supports OPG Bowl for Kids Sake:

OPG Bowl for Kids' Sake is a signature fundraising event for Big Brothers and Sisters of Ajax-Pickering. The event helped raise \$62,000. All funds raised go directly to meeting the needs of children in Durham Region. DTA was a proud participant in the event and also helped Big Brothers and Sisters achieve their fundraising goal. The motto of the event was "community. Everyone can have a little fun while helping those in need". Team DTA had a wonderful time at the event and were proud to contribute their share to improve the lives of children in the Region. Team DTA participants for this event were Banuja Ganesalingam, Neeraja Thillairajah, Melany Kandiah, Naveen Nandadas, Prashan Rajaratnam and Rishi Suresh.



TEAM DTA getting ready for the Bowling Game



TEAM DTA Youth with DON TERRY @ Bowl For Kids' Sake Fundraising Event



Durham Tamil Association

DTA's participation at THE PEACE AND HARMONY CONCERT

Durham Tamil Association was one of the participants of THE PEACE AND HARMONY CONCERT, organized by THE BAHAI COMMUNITIES OF DURHAM in association with FOREST BROOK COMMUNITY CHURCH on Saturday, March 3rd. It was an event designed to celebrate THE UN INTERNATIONAL WOMEN'S DAY and THE UN INTERNATIONAL DAY FOR THE ELIMINATION OF RACISM. DTA's Youth Member Sivi Pradeepan performed O' Canada followed by a Hindu Prayer by our Youth member Rishi Suresh. There were many other colorful performances by various artists and community groups. The programme also included a melodious musical presentation by the children of DTA. They were the students of "Isai Klaimani" Mrs. Thulasi Ragnathan - Director of Bruntalaya School of South Asian Violin. We were also proud to share our country snacks with other guests in the Potluck. Our elegant booth was decorated by our secretary Ms. Nanthini Kailainathan and it was exciting to see lots of other community guests to have their hands decorated with Henna by Melany Kandiah. Also they were extremely happy to receive our unique complement, their Names Written on the Grain of Rice by Uma Suresh. It was a successful event organized by Mr. Roland Rutland, Director of The Bahai Community of Durham. We expressed our wish to participate in more of these events that would help our kids and youth to eliminate racism and develop a healthy friendship in this community.



DAPPER RAPPERS Artists excited about the DTA's Unique NAME ON RICE Complements



DAPPER RAPPERS Artists with DTA



Guests at DTA Booth

DTA Youth's LOVE TO FEED Food Donation Campaign

Durham Tamil Association's Youth Committee organized a food donation campaign for Herizon House, a women shelter in the Durham Region. Food Donation Campaign LOVE TO FEED will be an annual event conducted by the youth to serve the needy in the region.

On March 25, 2012, Shirley Burnett, Executive Director of Herizon House was on hand to accept DTA's food donation. Herizon House is shelter for abused

women and their children in the Durham Region. Furthermore, Ms. Burnett spoke to DTA Youth and the Committee about the importance of maintaining a healthy relationship within the

family. She also offered to work in partnership with DTA to help improve lives of Tamil women in the community who may require a helping hand at times of distress. Ms. Burnett also offered to conduct seminars and

discussions with our youth and members about maintain Healthy Relationships and Community building.

Durham Tamil Association has been serving Tamils in the Region since 2000. Our partnership with Herizon House and other Service Organizations in the Region is part our on going effort to enhance our service to our community.



SHIRLEY BURNETT of HERIZON HOUSE with DURHAM TAMIL ASSOCIATION Executive Committee @ the LOVE TO FEED Food Donation



SHIRLEY BURNETT, Executive Director of HERIZON HOUSE with DTA Youth

Tamil Cultural & Academic Society of Durham



Peace & Harmony Community Concert

On March 3rd 2012, the youth members of the Tamil Cultural and Academic Society of Durham (TCASD) participated in the Peace and Harmony Community Concert, hosted by Mr. Roland Rutland, the External Affairs Co-ordinator for the Durham Bahai' Community. The Concert is held at the Forest Brook Community Church, Ajax. The main goal of the concert was to promote diversity and humanitarian rights.

The youth of TCASD did two beautiful dances, both to represent diversity and human rights. One of the dances was named as "Breaking the Ties". It was performed and choreographed by Vashine Kamesan.

The dance was created based on the concept of the social morals tying and bringing down the dreams of a girl. The dancers' hands were tied with black and white knots to symbolically represent the

different stereotypes and stigma affecting the life of a girl. In the end of the dance, the dancer broke free from the knots and ended her dance by symbolically representing a girl becoming free and independent.

The second one was the Peacock dance, which is originated from Mathura, India, the birth place of Lord Krishna. The peacock dance has some religious significance to the Hindu Religion, and,

it is the National Bird of India. The peacock dance is performed in the rainy seasons. The rain is welcomed by all the people and particularly by the peacock. People enjoy and dance like peacocks during the rainy seasons. This very popular "Peacock Dance" is performed by Maga Ratnaraja, Taniya Maniam and Taneeka Thirukumar. This peacock dance is choreographed by Tanesha Thirukumar.



Inner Engineering 3 day Program led by Isha yoga teacher (English)

Date: May 11 to 13, 2012

Venue: Toronto Botanical Garden
777 Lawrence Avenue East,
Toronto, ON - M3C 1P2

Timings:

Fri: 6:30 pm to 9:30 pm
Sat: 8:30 am to 7:00 pm
Sun: 7:30 am to 7:00 pm

One must attend all three days

For more information:

Phone # 416 300 3010 / 647 857 ISHA (4742)

email: toronto@ishafoundation.org

website: www.ishafoundation.org/toronto



Alphonsus & Associates
Chartered Accountants

Accounting • Assurance • Taxation • Business Advisory

Do you have a

CHARTERED ACCOUNTANT to look after your business?

Our services include:

- Audit, review and compilation of financial statements;
- Preparation and consultation of personal and corporate taxes;
- Preparation of business plans;
- Advice on businesses purchase and sale;
- Bookkeeping services, monthly payroll remittances, HST (GST) return filing and consultancy;
- Represent clients with Canada Revenue Agency and Ministry of Finance;
- Assistance with incorporation, start-up planning and advice;
- And other professional accounting services you need.

HEAD OFFICE

305 - 29 Gervais Dr, North York,
ON. M3C 1Y9

BRANCH

223 - 5215 Finch Ave East,
Toronto, ON. M1S 0C2

Tel: 416-493-8220 Fax: 416-493-6760 www.alphonsusca.com



News from Waterloo

University of Waterloo awarded six Canada Research Chairs

WATERLOO, Ont. (Thursday, Mar. 22, 2012) - The University of Waterloo has cemented its place in the top echelon of Canadian research centres after six of its researchers received \$7.5-million to pursue projects ranging from alternative energy storage to improved interactive audio.

The latest round of funding for Canada Research Chairs puts Waterloo in the top five research universities across the country. These research professorships allow faculty members to focus on their research and train the next generation of leading scientists.

"This support underscores the importance and impact of research taking place at the University of Waterloo," said Feridun Hamdullahpur, president & vice-chancellor of Waterloo. "Not only is the work that received this funding changing how we interact with technology and live our lives today, but it is shaping how our society will work in the future."

The six Canada Research Chairs from the University of Waterloo included in this latest round of funding are:

• **Professor Karen Collins, Canadian Centre of Arts and Technology**

CRC in: Interactive Audio

Received: \$500,000 over five years (Renewal) Research: Emotional impact is one of the biggest challenges for interactive media creators, and sound is integral



Professor Karen Collins, Canadian Centre of Arts and Technology

to creating the desired effect. Collins is creating software to insert user-generated content into games, to make game sound more accessible, and to automatically generate sounds and music to accompany existing musical scores. Collins' work could be used in any place or medium in which sound is used, and could open up a new realm of interactive media activity in Canada's high-tech and cultural sectors.

• **Professor Richard Cook, Department of Statistics and Actuarial Science**

CRC in: Statistical Methods for

Health Research

Received: \$1.4 million over seven years (Renewal) Research: Huge amounts of information and data are collected in medical research, from dates of diagnoses and history of health issues to



Professor Richard Cook, Department of Statistics and Actuarial Science

contact with possible agents of causation. Cook works with oncologists, epidemiologists and rheumatologists to study this data in a bid to better understand the natural history of disease, to identify risk factors in disease progression, and to better predict the course of a disease for a person or a wider population.

• **Professor Brian B. Dixon, Department of Biology**

CRC in: Fish and Environmental Immunology



Professor Brian B. Dixon, Department of Biology

Received: \$1.4 million over seven years Research: While we know much about disease prevention in mammals, the world of fish is another matter. Only a handful of immunologically important molecules have been found in fish, making it difficult to create vaccines and drugs for the aquaculture industry. Dixon studies the immune systems of fish and frogs in the hope of working out how these systems work. This information will not only help create vaccines and drugs for fisheries, but it will help us better understand ecosystems including the Great Lakes, and the evolution and function of similar immune-system mole-

cules in mammals.

• **Professor Carl Haas, Centre for Paving and Transportation Technology**

CRC in: Construction and Management of Sustainable Infrastructure



Professor Carl Haas, Centre for Paving and Transportation Technology

Received: \$1.4 million over seven years (Renewal) Research: Canada's civil infrastructure is worth more than \$3 trillion, encompassing everything from roads and sewers to suspension bridges, skyscrapers, and miles-long tunnels, and Haas and his research team want to find the most sustainable ways to make and manage it. By studying 3D scanning of road surface aggregates, the role of tele-operated robots in hazardous environments, automated infrastructure maintenance, remote highway condition, and other issues, Haas aims to make things better for longer, and in doing so ensure Canada's economic competitiveness and well-being.

• **Professor Amir Khandani, Electrical and Computer Engineering**

CRC in: Multiuser Wireless Communications



Professor Amir Khandani, Electrical and Computer Engineering

Received: \$1.4 million over seven years (Renewal) Research: The future of wireless systems promise higher bit rates at lower costs, but it will also put huge pressure on the frequency spectrum. Khandani and his research team are developing new communication algo-

rithms and circuits to handle the needs of the future wireless networks. By linking several high-impact areas of electrical engineering, his work could lead to breakthroughs in design and implementation.

• **Professor Linda Nazar, Waterloo Institute of Nanotechnology**

CRC in: Solid State Energy Materials



Professor Linda Nazar, Waterloo Institute of Nanotechnology

Received: \$1.4 million over seven years (Renewal) Research: One of the greatest challenges to the sustainable energy field is adequate storage. For 15 years, Nazar has focused her research on developing new materials to store and deliver energy at a high rate. This ongoing work is exploring the potential of nanotechnology to improve rechargeable batteries, like those used in plug-in hybrid vehicles.

Canada Research Chairs is a federally funded program that is part of a strategy to make Canada one of the top research and development countries in the world. The program invests \$300 million annually to attract and retain to top researchers in the world.

About the University of Waterloo In just half a century, the University of Waterloo, located at the heart of Canada's technology hub, has become one of Canada's leading comprehensive universities with 34,000 full- and part-time students in undergraduate and graduate programs. Waterloo, as home to the world's largest post-secondary cooperative education program, embraces its connections to the world and encourages enterprising partnerships in learning, research and discovery. In the next decade, the university is committed to building a better future for Canada and the world by championing innovation and collaboration to create solutions relevant to the needs of today and tomorrow. For more information about Waterloo, visit www.uwaterloo.ca



Small Business Venture

Has US Dollar Vs Gold Inverse Price Relationship been Re-established?

Arun Senathirajah ACIB, MBA (Banking Mgmt)

Gold Standard

By adopting gold standard, a government would stand ready to trade dollars for gold at a fixed rate. Under such a monetary rule, it seems the dollar is as good as gold. American professor Barry Eichengreen blamed the gold standard of the 1920s for prolonging the Great Depression. Adherence to the gold standard prevented the Federal Reserve from expanding the money supply in order to stimulate the economy, fund insolvent banks and fund government deficits which could prime the pump for an expansion.

Gold Exchange Standard – The Bretton Woods system and its Collapse

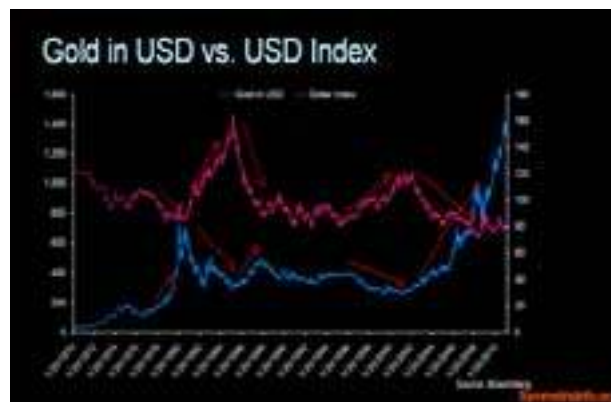
After the Second World War, a system similar to a Gold Standard described as a gold exchange standard was established by the Bretton Woods Agreements. In an effort to free international trade and fund postwar reconstruction, the member states agreed to fix their exchange rates by tying their currencies to the U.S. dollar. It assured the rest of the world that its currency was dependable by linking the U.S. dollar to gold; \$1 equalled 35 oz. of bullion. Nations also agreed to buy and sell U.S. dollars to keep their currencies within 1% of the fixed rate and thus the golden age of the U.S. dollar began. Implicitly all currencies pegged to the dollar also had a fixed value in terms of gold. The Bretton Woods system itself collapsed in 1971, when President Richard Nixon severed the link between the dollar and gold which contained only a third of the gold bullion necessary to cover the amount of dollars in foreign hands. By 1973, most major world economies had allowed their currencies to float freely against the dollar. It was characterized by plummeting stock prices, skyrocketing oil prices, banks failures and inflation.

US Dollar Vs Gold Inverse Price Relationship



US-GOLD-CERTIFICATE-1922

The inverse relationship between the dollar and gold began back in 1971, with the collapse of Bretton Woods System. US dollar is now having no intrinsic value, and only being backed by the faith of the United States Government. Gold was value at \$35 per ounce in 1971, and its value had risen to a high of \$800 in the next decade. The value of gold has always stayed strong, whereas the value of the dollar has been extremely volatile. Currently, the top two economic



Gold in USD VS USD Index

superpowers of the world are China and India. Both of these countries have long been known to hoard large amounts of gold. Both the Chinese and the Indians have always held on to gold as a way of personal saving. When faced with a global economic crisis, it is the people who invested in gold that are on top. The graph given covers the period from 1970 to 2011 to see a historical trend of relationship between Gold prices in US dollars and the exchange rate between US dollars and ROW currency. The blue line shows the price of gold in US dollars which we've been referring to as the exchange rate between US dollars and gold. The pink line shows the value of the US dollar relative to a basket of currencies from the ROW and so when the pink line is going up it means that the value of the dollar is strengthening relative to other currencies and if the pink line is going down it means that the dollar is weakening relative to other currencies. As you can see these two lines tend to the inverses of one another.

Gold as a Currency

In the global markets are people who are looking for a store of value for their money and because people who are investing in gold or buying gold are often comparing it to

other currencies. So it makes sense to think of gold as a currency. When go out into the gold market and buy gold you are buying exposure to this exchange rate between Gold and US Dollars. That means preservation of value is the important factor here irrespective of whether it is dollar or gold. That's why traders use the volatility between the US dollar and gold to profit from. When you buy gold in the market and you buy gold some of the profitability of that investment is simply



Delegates attend the Bretton Woods conference in July of 1944 at the Mt. Washington Hotel in Bretton Woods, New Hampshire

determined by changes in the exchange rate between the US dollar and ROW (Rest of the world) currencies. Put in other words when you buy gold you are getting inverse US Dollar exposure. What exposure do you obtain from buying/selling Gold? Symmetric Information says, Gold prices are denominated in US dollars and this means that if you are long Gold quoted in US Dollars you are effectively short the US dollar. This relationship doesn't have anything to do with demand or supply imbalances between US Dollars and the Gold, it's about exchange rates. For example, the exchange rate between Gold and US Dollar as of April 1st 2011 is such that 1 oz gold = 1421 US Dollars, so a decreasing/ increasing value of the US Dollar relative to other paper currencies will increase / decrease the price of Gold quoted in US Dollars.

Break Down of Dollar vs. Gold as Inverse Relationship Year 2010



PURE GOLD BAR

The US currency and gold traditionally trade in an inverse relationship, but the trend has broken in recent weeks and both have gained in value. The gold price raced to a new record of \$1 248,95/oz on Friday, 14th May 2010 before slipping back to around \$1 230/oz. Fears of Greece's debt crisis spreading to other European nations has fuelled gold's rise, along with the US dollar, which are both seen as sturdy investments in volatile times. During the first nine years of this gold bull market, gold prices moved with a near-perfect inverse relationship to the US dollar. Indeed, in the early years gold was only really moving up against the greenback, it was only after a few years that it began to appreciate against all currencies. The game plan was simple: the dollar is going down, so gold in USD terms is going up with some leverage factor. Gold worked well as both a USD hedge and as a tool to speculate on a USD decline. This is no longer the case. In March 2011 increasing scarcity value of the currency undermined precious metals that have recently looked bullet-proof with gold breaking down on key technical indicators. Traders, spoiled by the recent inversion between gold and

opening soon

Nilax
optical



Latha
Sriganeshan
Optician



Sriganeshan
Thambaiah

3852 Finch Ave. East Unit G04, Scarborough, ON.
(Kennedy Road & Finch Ave.)
Tel. 416-298-2111



Small Business Venture

➡ Senti's Tamils' Guide 2012



Senti's Tamils' Guide 2012 released has made the Business People and the general public amazed with its entirely new look, radiance and information. As for the words of Kavi Perasru Vairamuttu, Senti has proved himself worthy of it as 'Seyal Veeran.'

Mrs. S. Ariaratnam, wife of the emeritus president of the Canadian Tamils' Chamber of Commerce Late Mr. Kingsley Ariaratnam, Mrs. Manchula Mahendran, wife of the president of Manchula Fashions, Late Mr. K. Mahendran, Mrs. Jenitta Singh, wife of the late Bagawatt Singh, President of the Markwood Constructions and his Father Mr. Mark are seen receiving Copies of The Tamils' Guide, here in the pictures.

The Tamils' Guide 2012 bloomed as a historical handbook of the Canadian Tamil Diaspora with pictures of our not to be forgotten departed, Popular Persons, Famous business People, Sections including First Canadian Tamils, Landmarks in the History of the Canadian Tamils (in English), Pictures of award winners and Homeland associations with more than hundreds of other important in formations with of course commercials. It shines with the support of all as an encyclopedia as for its name.



Online Stocks and Derivatives Trading

Learn to succeed



The Academy of Finance Managing Director Arun Senathirajah ACIB, MBA (Banking Mgmt-Derivatives Strategies) UK, now in collaboration with Toronto Business College, teaching you how to make money in Stocks & Derivatives Day Trading, irrespective of bear market (*prices of securities are falling*) or bull market (*prices of securities are rising*).

Some of the Instructor's Track Records:

- ▶ Experienced as Trade Analyst, Securities Analyst and Pricing and Valuation Analyst for Mutual Funds, Hedge Funds and Segregated Funds at all the three Major Global Fund Custodians in Canada
- ▶ 15 years of experience in multi-million dollar value trading for Institutional Investor Clients
- ▶ 15 years of experience as successful instructor for professional courses in Finance - CFA, CSC, IFIC & DFC.
- ▶ Bloomberg University Certifications in Equity, Fixed Income & Foreign Exchange
- ▶ 30 years of International Banking experience including experience in International Trade & Finance
- ▶ Former Lecturer at People's Bank Staff Training School

To enroll for Online Stocks and Derivatives Trading and CSC, IFIC, CFA & DFC classes,

Please Call: **Arun Senathirajah** ACIB, MBA (Banking Mgmt) UK
The Academy of Finance (416) 525-8213

TORONTO BUSINESS COLLEGE – 4465 Sheppard Ave E., Suite 208, Toronto, ON M1S-5H9 - Sheppard & Brimley (416) 291-5155

(Continued from Page 56) Has US Dollar

equities, have actually sounded surprised when big sell-offs have not been accompanied by big gold rallies. That relationship appears to have now decisively broken down and returned to a more historically consistent relationship of non-correlation rather than a straightforward seesaw trades. In times of uncertainty, old habits die hard. In the face of what appeared to be pure fear and panic in August 2011, investors turned not to gold, but to the familiar comfort blanket of the dollar. Eric Steiman, investment consultant to US advisory Covester. 'I see potential downside of nearly 20%. 'Making matters worse is that the overall market is taking a major hit. Many investors that have been in the GLD (SPDR® Gold Shares – an ETF) trade will look to sell positions that are in the money or out of the money. 'You can expect major volatility in the GLD over the coming days. Just because the gold and USD relationship has been weak over the last couple of years doesn't mean that there were not periods where the USD and gold exhibited strong negative correlations.

Inverse Relationship Re-established?

In March 2012 gold price rose to the highest in almost two weeks after Federal Reserve Chairman Ben S. Bernanke said accommodative monetary policy is still needed to reduce

unemployment. Gold has surged about 90 percent since December 2008 as the Fed held U.S. borrowing costs at a record low and bought \$2.3 trillion in housing and government debt during two rounds of money pumping - so-called quantitative easing(QE). Thus means dollar to depreciate in value. "The market is reacting to Bernanke's comments, as it brings the back another QE3," Frank McGhee, the head dealer at Integrated Brokerage Services LLC in Chicago, said in a telephone interview. "If you end up with any type of stimulus that will benefit all metals." Gold futures for April 2012 delivery rose 1.1 percent to \$1,680 an ounce at 9:38 a.m. on March 26, 2012 on the Comex (Commodities Exchange) in New York. Earlier, the metal touched \$1,684, the highest since March 13, 2012. Hedge funds and other money managers cut their net- long positions to the lowest since January in the week ended March 20, per Commodity Futures Trading Commission data. It could be that some people are re-establishing positions after Bernanke's comments, Fred Schoenstein, a trader at Heraeus Precious Metals Management in New York, said People are starting to see that gold may not go down the tubes. Gold simply is not a clean hedge against the USD any more. Pay attention to optimize the risk/reward dynamics while picking your stock.

Business



Too much of a good thing? Information isn't knowledge

David Joseph, M.A (Economics)

You can get it if you want it – everywhere! Information, that is. And these days many consumers turn to social media and other electronic sources for information and guidance. But are Twitter, Facebook, blogs and websites the best places to get what you need? When it comes to sound financial and investment information that reflects your life and your goals, the answer may be . . . “no” Here’s why.

It’s so easy Having an abundance of information at your fingertips is great -- but there are also many risks. The top risk: Is the information reliable? You key in your investment-related question into a search engine and bingo – pages and pages of websites to choose from. And while that’s impressive, it’s also a problem. Now you have to sort through a mash up of unfiltered, unverified sources – and that can be a lengthy and frustrating process. It can also lead you to an

abundance of poorly researched or woefully incorrect information. And that can lead you to make decisions based on false evidence or ideas that are not in the best interest of you and your family.

It’s so not you Whether the information you source is correct or not (and most of the time, it’s tough to tell) one thing you can count on is this: That information may not properly take you into account. You’re getting wallpaper info not personal advice. You are you – an individual with a unique life, characteristics and goals that change and evolve over time. So even if you manage to hit on reliable internet information, how can you tell that the info is right and beneficial for your specific circumstances?

It’s so personal That’s where professional financial advice comes into the picture. It is information and expertise you can trust that puts you at the centre of things, where you belong.

Your professional advisor is a valu-

David Joseph, M.A. (Economics)
Consultant

Investors Group Financial Services

300 – 200 Yorkland Blvd., North York, ON M2J 5C1

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

david.joseph@investorsgroup.com

Ph. (416) 491-7400 Ext. 674

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

able, face-to-face (not face-to-Facebook) resource who will assess your individual (and evolving) circumstances and provide you with a right and reasonable plan to meet your goals as they are today and as they will be tomorrow. Whether you’re searching for: investment advice, how to save taxes or protect your family, how to pay for your dream home or fund a dream retirement; partnering with a professional will help you make informed, confident decisions you can trust.

Eliminate uncertainty, frustration and confusion and sleep better at night. Your search for the best financial and investment advice begins and ends with your professional advisor.

Disclaimer:

This report specifically written and published as a general source of information only, and is not intended

as a solicitation to buy or sell specific investments, nor is it intended to provide investment advice.



Travels & Tours



SriLankan Airlines participates at the Ottawa Travel and Vacation Show



SriLankan Airlines, the national airline of Sri Lanka, in collaboration with the Sri Lanka High Commission, Ottawa, Canada participated at the 18th "Travel & Vacation Show" held at the New Ottawa Convention Centre on March 10 & 11, 2012.

Taking part in the show were in excess of 200 exhibitors including Tourism Boards of various countries, Embassies, Hotels Travel Agents, Tour Operators and the Canada Border Services

Agency. According to the event organizers, this year's event drew record numbers totalling 17,800 visitors. Curious visitors in large numbers stopped by at the Sri Lanka booth, eager to learn about this resplendent Island and the many exciting opportunities she has to offer the discerning traveller. They helped themselves freely to the many colorful brochures on display at the booth. SriLankan Airlines handed out its own complementary 'Tea' packets to the visitors.

H.E. (Mrs.) Chitrangenee Wagiswara, High Commissioner for Sri Lanka in Canada and Lalith Wickremasinghe, Manager Canada for SriLankan Airlines were personally present to welcome the visitors.

In the picture are: H.E. Chitrangenee Wagiswara, High Commissioner, Mr. Lional Premasiri, Deputy High Commissioner, Mr. Sumith Dassanayake, Minister-Counsellor, Mr. Lalith Wickremasinghe and few visitors to the booth.

SriLankan Airlines on the 'Silk Route'

Business class passengers, departing Bandaranaike International Airport on SriLankan Airlines, to any of its 34 online destinations, could avail of a unique 'Silk Route' offer which streamlines check-in, customs, immigration & security formalities.

The 'Silk Route' experience, is the latest addition to SriLankan's premium Business class product, commencing 15th March, 2012. There will be no more queues, as passengers will be met on arrival at the 'Silk Route' Departure entrance and escorted to the Silk Route Lounge, while all travel formalities are finalised and the Boarding Pass is handed to the passenger.

Passengers can then look forward to be pampered at SriLankan Airlines' Business Class lounge - Serendib, which offers a unique serene atmosphere with an exclusive 24-hour buffet which includes starters, main courses, salads, fruits, juices, snacks, desserts, alcoholic beverages and a choice of cocktails, smoothies and mocktails; Ayurvedic Spa treatment; sleepers for a quiet nap; shower rooms; smokers' room; and an Internet Café complete with WiFi Zone, movies, Cable TV and 3D Games.

"Our focus is to streamline the travel experience and with 'Silk Route' we open an exclusive area, available to SriLankan's Business Class and which is specially advantageous during peak times" said Saminda Perera, Country Manager, Sri Lanka & the Maldives.

SriLankan Airlines is progressing with its aircraft cabin interior upgrade in all its long-haul aircraft, expected to be complete by the middle of this year. The business class product offers the latest flat-bed seats with a seat pitch of 79 inches. All seats will be equipped with the latest Inflight Entertainment System with audio/video channels and video games. Business Class will also have an On-Demand Movie Library.

SriLankan has already completed the upgrade in more than half of its long-haul fleet.

The Silk Route Lounge located at the Departure area of the BIA, is managed by Airport & Aviation Services (Sri Lanka) Ltd.

For more details please call SriLankan Airlines - Canada on 416 227 9000 or visit www.srilankanca.com



Learning Enrichment



Discovering Your Child's Learning Style

Thanuja Ravindran, B.A., B.Ed., OCT
Director, My Stars Academy Inc.

Have you noticed that your children sometimes find it difficult to focus and are easily distracted? Do they fidget while studying? This is a common problem observed in many children and can be very frustrating to the parents. Not all children learn using the same traditional techniques. Parents fail to realize that their child is using the strategies that help him learn and understand. It is vital for parents to adapt and understand their child's learning style to help them with their school work.

Three basic learning styles your child may fall under are auditory, kinesthetic and visual.

Visual Learners: See

Visual learners learn best by looking at pictures, words, images, diagrams and books to help them understand. This type of learner needs to see a word written down to remember it. It is easy for them to look at charts and graphs, but they may have difficulty focusing while listening to an explanation. In order to teach a visual learner it is important to show visual props and provide handouts.

Characteristics:

| |
|-----------------------------|
| Draws while listening |
| Strong readers |
| Good spellers |
| Are not distracted by noise |

Auditory Learners: Hear

Auditory learners prefer listening to explanations, to absorb it. In order to learn vocabularies, this type of learner must hear the words to remember it. Reciting information out loud is a common study method for auditory learners. In order to teach them, it is important to explain things rather than provide them with written information.

Characteristics:

| |
|-----------------------------|
| Very good listener |
| Easily distracted by noise |
| Likes reading out loud |
| Have strong language skills |

Kinesthetic Learners: Touch

Kinesthetic learners process information best through hands-on activities. This type of learner needs to write down the word in order to learn it. Sitting still for extended periods of time is difficult for them. Kinesthetic Learner must be taught using manipulatives. They need to physically be involved in the learning procedure. "Tell me and I'll forget; show me and I may remember; involve me and I'll understand" as Chinese proverb states is the performance of a kinesthetic learner.

Characteristics:

| |
|---|
| Like hands on activities |
| Hyperactive |
| Moves around a lot |
| Enjoys physical activities and are athletic |

It is likely that many children use a combination of the three learning styles, however they will lean more towards one. As children grow, it is very important to practice and dabble into other types of learning styles. For a child to be motivated, parents and teachers must provide a stress free environment. Learning must also be enjoyable. Children must be encouraged to follow their own interests. For example, if your child likes animals; reading a book about animals will gain the child's interest to study.

The different learning styles will have an impact in larger families with more children. Have you noticed that one of your children is able to memorize and recite information more quickly than the other? Do you find that one child is able to understand new concepts with greater ease? This should not simply be considered that one sibling is the brighter child, but because of the learning style being encouraged at your household benefits one rather than the other. Your teaching style may be uni-directional and ignore the preference of the other child. As parents and educators, you must remember that, at all times each child is unique and requires individualized teaching preparations. Children must be given the opportunities to discover their own personal learning style and nurture it to its full potential. Encouragement is a necessity for a child's educational success

Discover your child's learning style!

Registered Non-Profit Charitable Organization

SCIENCE OLYMPIAD (Grades 9-11)

Show us your skills in Biology, Physics, Chemistry!
WIN GTA TROPHY AND \$300 OR \$200 OR \$100

THIS IS YOUR OPPORTUNITY !!!
REGISTRATIONS OPEN

Markham/Vaughan/Newmarket/Scarborough/Pickering
Etobicoke/Brampton/Mississauga

For Details Contact us at :

info@towef.org www.towef.org
(647) 201-1086 (647) 708 6748

Registered Non-Profit Charitable Organization

GTA Jr. Spelling Bee REGISTRATIONS OPEN - 2012

Markham/Vaughan/Newmarket/Scarborough/Pickering/
Etobicoke/Brampton/Mississauga

We are now accepting online registrations www.towef.org

GTA JR SPELLING BEE (GRADES 5 - 8)
CONTACT INFORMATION: info@towef.org

(647) 201-1086 (647) 708 6748



Registered Charitable Organization

www.towef.org
info@towef.org
647-201-1086



GTA Jr. SPELLING BEE COMPETITION 2012 GRADES 5-8 REGISTRATION FEES: \$20

FIRST PRIZE
\$300 AND
THE TROPHY

SECOND
PRIZE
\$200

THIRD
PRIZE
\$100

Many complimentary prizes and certificates

PRELIMINARY ROUNDS

| Dates | Time | Venue | Regions |
|---------------------|-----------------|--|--|
| April 14, Sat, 2012 | 10a.m to 1p.m | Woodside Square Library McCowan/Finch | Scarborough Markham, Pickering |
| April 14, Sat, 2012 | 4p.m to 7p.m | Burnhamthorpe Community Centre, Mississauga | Mississauga, Brampton, Etobicoke |
| April 20, Fri, 2012 | 6p.m to 9p.m | Vellore Village Community Centre Woodbridge | Brampton, Etobicoke, New market, York |
| April 21, Sat, 2012 | 11a.m to 2p.m | Thistle Town Community Centre 925 Albion Road (Albion/Islington) Etobicoke | Brampton, Etobicoke, Mississauga, Vaughan |
| May 11, Fri, 2012 | 6p.m to 8.30p.m | Pickering Central Library 1 Esplanade Rd | Pickering, Whitby, Ajax/Oshawa |

SEMI-FINALS

| Dates | Time | Venue | Regions |
|-------------------|----------------|--|---|
| May 12, Sat, 2012 | 11p.m to 2p.m | Century Garden Recreation Centre Brampton(Vodden/Rutherford) | Etobicoke, Peel, Vaughan, Brampton |
| May 12, Sat, 2012 | 4p.m to 7p.m | Malton Community & Recreation Centre , 3540, Morning Star Drive, Mississauga | Mississauga, Brampton, Etobicoke, Vaughan |
| May 13, Sun, 2012 | 2p.m to 5p.m | New Market Public Library, 438 Park Avenue, New Market | Aurora, Markham, Scarborough, New Market, Vaughan |
| May 26, Sat, 2012 | 11a.m to 2p.m | Vellore Village Community Centre Woodbridge, 1 Villa Royale Ave | Brampton, Etobicoke, New Market, New York, Vaughan, |
| May 27, Sun, 2012 | 1a.m to 4.30pm | Pickering Central Library auditorium 1 Esplanade Rd | Pickering, Whitby, Ajax/Oshawa |

GRAND FINALE Markham or Mississauga (TBD)

June 9, Sun, 2012 3p.m to 8p.m Burnhamthorpe Community Centre
1550 Gulleden Drive Mississauga, Fleetwood Village Room

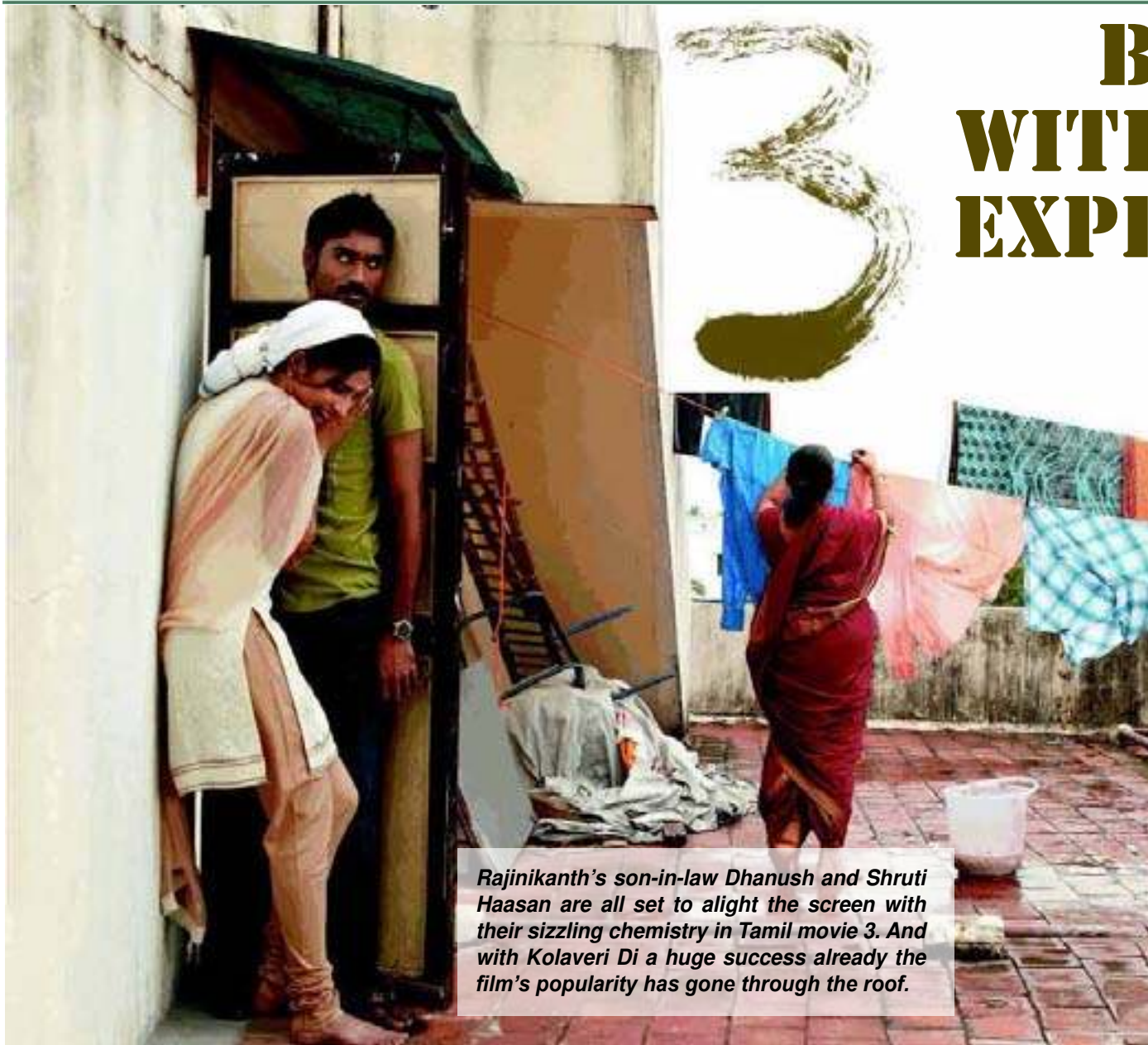


**3341 Markham Rd. Unit 127
Toronto, Ontario, M1X 0A5
(647)702-7737 (647)717- 5617
www.stars-academy.ca**

- Montessori Method of Learning: Ages 3-5
- Tutoring JK-Grade 12
- Abacus Training For Creative Minds



Cinema World



BEGINS WITH A HUGE EXPECTATION

Rajinikanth's son-in-law Dhanush and Shruti Haasan are all set to alight the screen with their sizzling chemistry in Tamil movie 3. And with Kolaveri Di a huge success already the film's popularity has gone through the roof.



3 BEGINS WITH A HUGE EXPECTATION, MOST OF IT EGGED ON BY ONE OF ITS SONGS, KOLAVERI D, WHICH SOME MONTHS AGO BECAME AN UNIMAGINABLE RAGE – ATTRACTING MILLIONS OF CLICKS ON YOUTUBE AND PLAYING ON JUST ABOUT EVERYBODY'S LIPS.

The soundtrack and background score is composed by Anirudh Ravichandran.



The censor board has given it U-certificate. "Very happy to announce that 3 has been certified as "U." God bless," Dhanush had tweeted.



Dhanush is also making his Bollywood debut with Raanjhnaa, being directed by Tanu Weds Manu director Aanand L Rai



After 3, Shruti Haasan will be seen in Telugu film Gabbar Singh.

Manisha Koirala to make a comeback in Bollywood



Actress Manisha Koirala, best known for her performances in films like 'Khamoshi', '1942: A Love Story', 'Bombay' and 'Dil Se', is set to make a sort of comeback in Bollywood after a brief break. "I will talk about my films later.

Because I don't know when the directors and producers are ready to make an announcement. But there are three films whose script I have okayed. I am meeting two more directors, I am okaying those scripts as well," Manisha

told reporters here last night.

"This year I will be working (on these films) so next year would be a kind of comeback," she said. The 42-year-old Nepali-Indian actress made her acting debut in Bollywood with Subhash Ghai's 'Saudagar' (1991), which was a huge hit.

After years of success, she was later seen in several low-budget films like 'Paisa Vasool' (2004), 'Sirf' (2008) and a few others, which were box office dud. Recently, it was reported that

Madhur Bhandarkar's much-awaited film 'Heroine' is inspired by Manisha's life.

Bhandarkar has, however, denied such reports. When asked Manisha about the same, she said, "I hope he knows me well to make a movie on me." Manisha was here to see filmmaker Vidhu Vinod Chopra's blockbuster 'Parinda' (1989). "He is one of the finest directors we have today. I was fortunate to work with him in '1942: A love Story'," the award-winning actress said. PTI

Children's Corner



April Fool! Why is it called so?

By Chandrani Warnasuriya

Of the 365 days in the year April first is the one day when it is permissible to "befool" people. Though it is in no way encouraged by governments, nor encouraged in schools and seldom mentioned by writers, never praised in song or verse, still it continues to hold its own in the minds of people. On this day from the time you get up in the morning until you go to bed you can expect to fall prey to an April fool joke.

How did April Fool's Day get its name? In 1760 the following was written in Poor Robin's Almanac –

"The first of April some do say,
Is set apart for All Fool's Day;
But why the people call it so,
Nor I nor they themselves do know.
But on this day are people sent,
On purpose for pure merriment."

As stated in the above the origin of the day is vague. The reason for its observance however is long lost, but still remains customary. It is supposed to have been copied by the English from the French and so spread all over Europe.

In days gone by people observed the Vernal equinox quite faithfully. This occurred around March 21st. Till the Gregorian calendar was adopted in the 16th century March 21st was also the beginning of the new year and celebrations continued for about a week. In 1564 Pope Gregory introduced a new calendar and March 21st was no longer the beginning of the new year and April first no longer an important day for festivities in the combined vernal equinox and new year celebrations. In those days news spread very slowly and greetings and gifts continued to be exchanged on April first.

How sad? Those people who still clung to the old calendar came to be called April fools. In France first of April

came gradually to develop into a day of fooling and being fooled! And the custom spread all over Europe.

Historians relate a joke played on this day in London long time ago. Before the first of April invitations were sent to city's some important persons. The message read as follows –

"Tower of London, Admit Bearer and Friend to view annual ceremony of washing the white lions on Sunday April 1st 1860. Admittance only at White Gate."

Many folks drove around the Tower of London that morning looking for the White Gate, that was never found.

Another story from history tells us about Francis, Duke of Lorraine and his wife who were held in captivity at Nantes France. On the first of April they disguised themselves as ordinary folk and attempted to pass through the city gates. Everything went well till the guard recognized them and asked to inform the sentry that the couple was in reality Francis and his wife. But when the sentry heard about it he shouted "April Fool," and everybody considered it an April Fool joke.

The Governor however when he heard about it was suspicious. But it was too late, and the couple escaped because the day they chose to escape was April first.

April Showers Bring May Flowers --- April is known to bring rain for Spring harvests in the Northern hemisphere.

So if you are faced with a rainy afternoon and have nothing to do.... Try the following

To flower your mind with word construction. The first one is done for you...



* Ajax *

Tutoring Classes 2011-2012 Westney & Rossland

Math & English - Grade 1 - 12

Classes are arranged without causing any conflict to the student's regular school.

Evening Classes from Monday to Friday.

03 days/ week classes.

Small classes. One-on-one help is provided for student.

School homework support. Relieve homework and exam stress.

Extra worksheet would be provided.

Up to date help, accommodating with Ontario's new curriculum requirements.

Flexible hours and reasonable fee.

Extra classes for the students who are below their grade level.

Call: 416-268-7943

EDUCATION IS THE KEY TO SUCCESS

Syllable Fun

- | | | |
|--------------------|---|----------------------|
| 1. Lazy ----- | 2 | 8. Chatterbox ----- |
| 2. Remember ----- | | 9. Sorry ----- |
| 3. Pounce ----- | | 10. Ridiculous ----- |
| 4. Impossible----- | | 11. Stall----- |
| 5. Tickle ----- | | 12. Cherry----- |
| 6. Absence----- | | 13. Adorable----- |
| 7. Stump ----- | | 14. Grumpy----- |

SOLUTIONS

2. 3, 3. 1, 4. 4, 5. 2, 6. 2, 7. 1, 8. 3,

9. 2, 10. 4, 11. 1, 12. 2, 13. 4, 14. 2

Learning Enrichment



“Healthy Tooth” Brush-a-mania mascot with Ontario Consumer Services Minister Margaret Best (second from right) with program Chair Dr. Raffy Chouljian (third from left), along with supporters and a roomful of kids at the 2012 “Brush-off” at Sathya Sai School in Scarborough, Ontario, on March 30.



Rotary’s “Brush-a-mania” Promotes Oral Health to Kids and Gets Boost from Minister Best

March 30, 2012 – Toronto –During the month of April, dentists and Rotarians will visit elementary schools across Ontario and the rest of the country to teach kids how to take good care of their teeth. The volunteer program, now in its 12th year, is called “Brush-a-mania” and is part of Oral Health Month in Ontario. It celebrated its official 2012 kick-off at Sathya Sai School in Scarborough, Ontario, on March 30.

The Honourable Margaret Best, Ontario Minister of Consumer Services, was on hand as the event’s featured guest who helped lead the proceedings. Over a hundred young students at the school were handed toothbrushes, toothpaste, and brochures and given hints on proper brushing techniques. Best spoke enthusiastically to the kids amid wild shouts of “Brush-a-mania” about the merits of keeping their pearlys bright and healthy. At the end, she joined in on a three-minute mass “Brush-Off.”

“Brush-a-mania is a program that teaches youth about the importance of oral hygiene,” said Best. “Special thanks to the Rotary Club of Toronto Don-Mills and the Ontario Dental Association for being leaders in this cause. Today is Toronto’s Oral Health Day and April is Ontario’s Oral Health Month. A healthy body needs a healthy mouth. Brush and floss the month away to a bright, healthy smile and a healthy body.”

Brush-a-mania Chair Dr. Raffy Chouljian added, “Our main message to students and kids everywhere is to brush three times a day for three minutes.”

Brush-a-mania, which is operated by the Don Mills Rotary Club in conjunction with numerous sponsors and other Rotary Clubs across the GTA, has reached over 400,000 students since it began in 2001. “Brush-a-mania promotes oral health among young students in a fun way, and aims to develop good brushing habits that will last a lifetime,” said Chouljian.

Sponsors include: Rotary Clubs of Toronto—Don Mills and Toronto-Eglinton; Colgate; Tippet Richardson; TD Canada Trust; RBC; Shaw Group; Toronto District School Board.

**For more information:
Mahendra Singh,**

Mahendra.deo.singh@gmail.com;

416-483-7667 (office); 416-893-2708 (cell)

Jaan Koel, Koel Communications:

jaan.koel@primus.ca; **647-991-6774**

www.brushamania.ca

Smile Sponsors



TIPPET-RICHARDSON
Moving and Storage
416-295-4200
www.tippet-richardson.com

HOME OR BUSINESS FOR YOU RESIDENTIAL OR COMMERCIAL FOR YOU

**Buying, Selling or Leasing
Call for a free market evaluation**

**Many years of
experience**

Murali Sivaguru Sales Rep.

416-271-2579

info@sivaguru.com

ROYAL LEPAGE

EXCEPT ON REAL ESTATE SERVICES BROKERAGE

V. Logan, Broker

416-410-1620

vlogan599@yahoo.com



*If you get sick,
you get paid.
If you don't get sick,
you get paid back.*



Why Life's brighter with Sun Critical Illness Insurance

- Helps pay your mortgage and other regular expenses while you take the time you need to recover.
- More control over treatment options and ongoing care, including access to services to help you through the medical maze.
- Serious illnesses do happen – but your premiums can be returned if you don't make a claim.

Today is a good day to learn more, so let's talk.



Ajith Sabaratnam
Bus 416-439-2800
Cell 647-401-5800
ajith.sabaratnam@sunlife.com
www.sunlife.ca/ajith.sabaratnam

Sun 
Life Financial

Life's brighter under the sun

© Sun Life Assurance Company of Canada, 2012.

Beyond mind over matter ... enter the universe of soul over matter with

Worldwide Representative of Dr. & Master Zhi Gang Sha.

Master Lynne Nusyna



Worldwide Representative of Master Sha
Spiritual Leader, Soul Healing Centre

Brampton

Thursday, April 26
7 PM to 9 PM

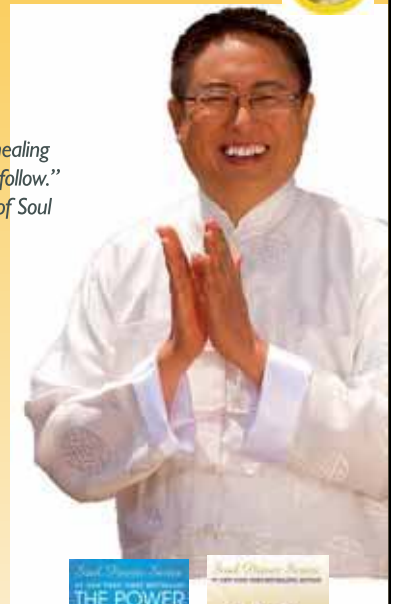
Chandni Garden Banquet Hall
335 Deerhurst Dr., Unit 9-11

FREE Soul Healing Evening
with Divine Healing Hands

Join Master Lynne Nusyna to learn and experience both self-healing and divine soul healing techniques to empower you to heal every aspect of your life, including health, relationships and finances. These extraordinary teachings are based on the work of Master Zhi Gang Sha. World-renowned spiritual master, soul healer and best-selling author.

Everyone who attends will receive a very special Divine Healing Hands blessing, and a chance to win one of Master Sha's best-selling books.

*"Heal the soul first; then healing of the mind and body will follow."
- Master Sha, The Power of Soul*



New York Times Bestsellers!

Master Sha's Soul Healing Centre | 160 Ellesmere Rd. • Scarborough • 416.609.2777 • Lynne@DrSha.com • MasterShaSoulHealingCentreTor.com

Institute of Soul Healing & Enlightenment™ • 888.3396815 • www.DrSha.com • Facebook.com/ZhiGangSha