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A parfait media publication

VOL 7

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JUNE 2012

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"Our lives are defined by opportunities, even the ones we miss." ?  
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## Canadian Tamils' Chamber contribution to Scarborough Hospitals through Walkathons reaching \$200,000

By Siva Sivaprasam

The Canadian Tamil community has demonstrated its generous and contributing spirit through the Canadian Tamils' Chamber of Commerce to raise \$ 200,000 over the years for the Scarborough Hospitals through the Chamber sponsored annual walkathons.

The 12th year Walkathon was held on Sunday, June 3rd at the Kidstown Water Park with a 4 Km walk raising over \$10,000. In addition, an auction of items was also held after the walk. The participants demonstrated a great amount of enthusiasm and encouragement for a worthy cause to improve the services of the Scarborough Hospitals. This year's Walkathon Committee was chaired by Dr. Tham Vasanthakumar & Sritharan Thurairajah.

Dr. John Wright, President of the The Scarborough Hospital addressing the participants & guests thanked the CTCC and its membership for their tireless efforts over the past 12 years in raising these funds for the Hospitals. Mr. Guy Bonnell, Vice - President, Community



Guy Bonnell, Vice President for Community Development, The Scarborough Hospital Foundation cutting the ribbon along with Dr. C. P. Giri, Dr. Tham Vasanthakumar on right and President Mike Ahilan, Jeyakumar Sinnadurai and Sritharan Thurairajah on left to start the 4 km walk

Development of The Scarborough Hospital Foundation also paid a glowing tribute to the Tamil community and the Chamber for the generous spirit in collecting these funds which will go to improve the services in the Hospitals. Ms. Rathika

Sitsabaiesan, Federal M.P for Scarborough Rouge-River, Mr. Jim Karigiannis, M.P. for Scarborough Agincourt and Ms. Juanita Nathan, York Region School Board Trustee were among those present at this year's Walkathon.

It may be mentioned here that The Scarborough Hospital Foundation has recognized the Chamber's efforts in raising funds by giving the name of the Chamber to one of the units in the Emergency and Critical Care Center in the Hospital.

**Canadian Tamils' Chamber of Commerce Award winner Meleni David selected as one of Canada's Top 25 immigrants of 2012**



Meleni David, an entrepreneur and lawyer who was one of the Award winners at the Canadian Tamils' Chamber of Commerce Annual Gala in 2010 has been selected as one of Canada's Top 25 immigrants of 2012.

This Award was presented by the Canadian Immigrant magazine and sponsored by RBC Royal Bank. More than 28,000 Canadians voted online for their top choices in selecting the award winners. The first set of award winners were honoured at a ceremony held in Toronto on Tuesday, May 29th and each of these winners were presented with a commemorative certificate and \$ 500.00 donation towards a charity of their choice.

Meleni David runs a lucrative legal firm in Toronto.  
 (Detailed report, please visit pages 48 & 49)

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# Canada News

## NEW COMERS LIST ADVICE AS KEY INGREDIENT IN ESTABLISHING THEIR FINANCIAL LIFE IN CANADA: RBC

### Building a credit history important to newcomers



Most newcomers to Canada (79 per cent) feel it's important to start building credit history quickly and three-in-four (75 per cent) believe that expert advice is important when it comes to lending or borrowing money, according to an RBC poll.

"Building a new life in a new country is no small feat. Newcomers are faced with a myriad of tasks and decisions to ensure their future success," said Paul Sy, director, Multicultural Markets, RBC. "Among these are important financial decisions and professional advice can be critical to overcoming obstacles and challenges in this area. That's why speaking to a financial advisor, someone who understands the challenges and can provide solutions, is integral to helping newcomers build their lives in Canada."

The RBC poll also found that most newcomers (68 per cent) say that using credit cards is a smart way to manage their finances and expenses.

"Building credit history is a key step to starting a new life in Canada, but it can also be a significant hurdle for newcomers," added Sy. "We recognize this challenge and are committed to providing newcomers with relevant banking solutions to help them get financially established in Canada."

Sy offers the following three tips to help newcomers build credit in Canada:

1) **Build your credit history** – Take advantage of options available to you, such as RBC's Newcomer to Canada Credit Card program – an unsecured credit card for newcomers with zero credit history. This option also provides access to a second credit card, for a spouse or partner, and will help the cardholders build a credit history together. Credit history is used to establish a pattern on how well you manage your financial obligations and determine how safe it is to lend and do business with you.

2) **Meet the minimum payments** – It's important to pay all of your bills on

time, even the ones that seem small and insignificant. Even if it's just the minimum payment, staying on top of your bills regularly reflects positively towards your credit rating.

3) **Check your score** – Your credit score, that is. It's good to know what your current score is. You can request a copy of your credit report from either of the two agencies in Canada - Equifax or TransUnion. It's a good idea to review your credit report in case of any errors or fraudulent activity.

RBC's Welcome to Canada ([www.rbc.com/settlequick](http://www.rbc.com/settlequick)) package offers advice and tips to help newcomers get settled in Canada and now includes a preferred rate on Foreign Exchange transactions for up to 12 months.

## "Thamilar Mathiyil" Business Directory Founder Nandakumar passes away



Nandakumar Rajendram, the founder of the Tamil Business Directory "Thamilar Mathiyil" (Amidst Tamils) passed away recently after a period of prolonged illness. "Thamilar Mathiyil" which was published annually for over 20 years was the first Tamil Business Directory published in Canada and served as a valuable Advertisement and information guide to the Tamil community in Canada.

Mr. Nandakumar was an Architect by profession and worked for a leading Architectural firm in downtown Toronto. He graduated with a Bachelor's Degree in Architecture from the Katubedde

University in Sri Lanka and later moved to Canada. His Business Directory served as a bridge between the Tamil Business sector and the Tamil community in Canada. A substantial number of telephone inquiries for products & services from the Tamil Business community originated from "Thamilar Mathiyil". Mr. Nandakumar was also a former Director of the Canadian Tamils' Chamber of Commerce. He was also the recipient of the Chamber's Tenth Year Business Award and his Company Nanda Publications also received an Appreciation Award from the Chamber in 2006.



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21818 (03/2011)



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

**"The purpose of one's life is  
fulfilled only when one is  
able to give joy to another."**

- "Holy Mother" Sarada Devi  
(1853-1920)

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"Source for Multi Ethnic Exposure"

# from the publisher's desk

## World Refugee Day - June 20th

**By Tashvir Narine  
B. Sc. (Hons)**

"No one wants to become a  
refugee. No one should have to  
endure this humiliating and  
arduous ordeal. Yet, millions do.  
Even one refugee forced to flee,  
one refugee forced to return to  
danger is one too many."

**Secretary-General  
Ban Ki-moon**

According to the Canada  
Border Services Agency (CBSA),  
a refugee is "a person who has  
had to flee his or her country  
because of a well-founded fear of  
persecution and has been given  
protection by the Government of  
Canada". This persecution has  
been linked to categories such as  
race, religion, nationality or  
political affiliation. Although  
these atrocities should never

make it to existence, the reality  
is that this happens too often.

Canada has always been a  
source of asylum for displaced  
persons, going back to before the  
Second World War. The United  
Nations Refugee Convention was  
officially signed by Canada in  
1969 and in the 50 years since,  
this country has become a fron-  
trunner in protecting such indi-  
viduals.

One strong way of continuing  
this fight is by gaining aware-  
ness. The United Nations High  
Commissioner for Refugees  
(UNHCR) was established in  
1950 by the UN General  
Assembly. Its goal was to head  
the worldwide initiative of avoid-  
ing the creation of refugee con-  
flicts along with the protection of  
refugee instances. Since 2001,

World Refugee Day is observed  
on June 20th each year where  
individuals all around the globe  
celebrate the role of exiled people  
in worldwide communities. This  
is always attended by many gov-  
ernment personalities, charita-  
ble figures, public-spirited  
celebrities and distinguished  
refugees themselves.

This year the campaign of  
"One Refugee Without Hope is  
too Many" will spread awareness  
of World Refugee Day. If you  
break the numbers down, the  
UNHCH indicates that every  
minute eight people leave every-  
thing behind to escape war, per-  
secution or terror. Hollywood  
actress and UN Goodwill  
Ambassador Angelina Jolie is on  
board for this project, distribut-  
ing the message that one is too



many. Currently, the UNHCR is  
working with such nations as the  
Republic of Congo, Syria and  
Mali to assist with the tens of  
thousands of displaced inhabi-  
tants.

For anyone interested in  
helping out this great cause on  
June 20th, visit the UN Refugee  
Agency page for more informa-  
tion on events that will be hap-  
pening in your city.

## Ramakrishna Mission volunteer efforts in Sri Lanka North and East

Volunteers from the  
Ramakrishna Mission, Colombo,  
Sri Lanka have visited war  
affected areas of Viswamadu,  
Jeyapuram, Kilinochchi and  
Mullaitivu this year through the  
end of the May in organizing  
and participating in several  
activities to assist the war  
affected people; they include:

-Aid to repair houses in  
Jeyapuram, Kilinochchi.

-Sunday Religious School  
and free tuition classes;  
Ramakrishna Mission funded to  
setup a shed to conduct free  
tuition classes to the needy chil-  
dren; three teachers conduct the  
tuition classes and the Mission  
pays USD 75 as honorarium per  
month to the teachers.

-Free medical camp was held  
in Jeyapuram; nearest  
Medical facility to this village is  
Mulankavil Base Hospital,  
which is 17 km away and there  
is no public transportation.

-In the East, in  
Tampalakam, Ramakrishna  
Sarada Vidyalayam and Sunday  
Religious School in Mulankavil  
in the North are learning cen-  
tres where children continue  
education with a spiritual foun-  
dation as in the message of  
Swami Vivekananda for 'educa-  
tion with high moral values and  
Man Making Education with  
global perspective'.

- The Mission also conducted  
150th Birth Anniversary 2012-  
13 of Swami Vivekananda at  
Jeyapuram and Mulankavil.

The Colombo, Wellawatte  
based Mission has announces  
that is anticipating developing  
the new Ramakrishna Welfare  
Centre, at Urumpirai in the  
Jaffna peninsula, towards  
spreading the Message of Sri  
Ramakrishna, Sri Sarada Devi  
and Swami Vivekananda by way  
of running a Sunday school, set-  
ting up a Books Store to supply  
books at nominal rates and to  
organize local welfare activities.

In Kilinochchi the Mission  
is planning support for a Multi-  
Purpose Welfare Centre with  
the facilities of Vocational  
Training, to provide support for  
Widows and orphans and aid in  
self-employment mainly for war  
affected people.

The Ramakrishna Mission  
carries forward volunteer activi-  
ties and promotes 'The Religious  
Harmony Message' of Sri  
Ramakrishna and in making  
Swami Vivekananda's 'Dream of  
Unity' a reality.

Donations to support  
Ramakrishna Mission activities  
in the North and East can be  
sent to their offices at:

Ramakrishna Mission  
Ceylon Branch  
40, Ramakrishna Road,  
Colombo 6

Phone: 0094 11 2588253  
Email: rkmcey@gmail.com-  
Website: www.rkmceylon.org

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Children at 150th Birth Anniversary of Swami Vivekananda,  
Mulankavil



Meal preparations at the Sunday School, Mulankavil

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Lanka

Ramakrishna Mission  
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ed by a special Act of Parliament  
i.e. Ordinance No. 8 of 1929 and  
declared as an APPROVED

CHARITY vide the Extra  
Ordinary Issue No. 10358 of the  
Ceylon Government Gazette  
published on the 22nd of  
February 1952. It is a worldwide  
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# Canada News

## GO Transit Service Guarantee Begins This Fall

### McGuinty Government Improving Public Transit

Starting this fall, Ontario will offer refunds to GO Train riders whose trains are more than 15 minutes late, except when delays are caused by extreme weather, police investigations, accidents and medical emergencies. The 15-minute guarantee is the next step the Ontario government is taking to ensure the best customer experience possible for GO passengers.

In May 2012, Ontario is celebrating 45 years of GO Transit service.

The first GO Train departed Oakville Station for Toronto's Union Station on May 23, 1967. Back then, GO served just 8,000 riders a day; 45 years later, that number has jumped to over 219,000.

The popular transit system grew from a single rail line along the shore of Lake Ontario to a regional transportation network that includes seven rail lines spanning 444 kilometres of track, and a regional bus service that connects 16 bus terminals along 2,784 kilometres' worth of routes. Without GO and public transit, the Greater Toronto and Hamilton Area (GTHA) would need four more Gardiner Expressways and four new Don Valley Parkways to accommodate its car traffic.

Investing in public transit is part of the McGuinty government's plan to strengthen the economy. A strong economy protects the services that mean most to Ontario families — health care and education.

*"For the last 45 years GO Transit has provided commuters in the GTHA with safe and reliable public transit. Our government has continually supported GO Transit to make it easier for commuters to reach their destinations. Better public transit means a better quality of life for Ontario families."*

**- Bob Chiarelli,**  
Minister of Transportation and Infrastructure



*"GO Transit continues to provide the Greater Toronto and Hamilton area with a reliable, comfortable and safe travelling experience."*

**- Gary McNeil,**  
President of GO Transit  
*"GO Transit is the GTHA's only regional rail and bus service and it continues to expand. GO has an exciting future. We have an ambitious capital expansion program to move from a peak hour commuter service to a regional rapid transit service providing all-day two-way service."*

**- Bruce McCuaig,**  
President and CEO of Metrolinx  
§ GO Transit carries approximately 61 million passengers per year — about 75 per cent by rail and 25 per cent by bus.

§ During rush hour, the average Toronto-area car carries only one person. One full 10-coach GO Train replaces over 1,400 of these car trips; one 12-coach train replaces 1,670.

§ On a typical weekday, GO runs more than 180 train trips and over 2,100 bus trips that carry over 219,000 passengers — reducing the number of car trips in the GTHA by about 187,000.

§ GO Transit has maintained a 95 per cent on-time rate for GO Train service over the past year.

§ GO Transit is a division of Metrolinx.

## Harper Government announces that Canadians can cross Canada-US border with a rental vehicle from the United States



OTTAWA — The Honourable Rob Nicholson, P.C., Q.C., Minister of Justice and Attorney General of Canada, the Honourable Maxime Bernier, Minister of State for Small Business and Tourism, and Ryan Leef, the Member of Parliament for Yukon, on behalf of the Honourable Denis Lebel, Minister of Transport, Infrastructure and Communities, today announced that Canadian residents will be able to bring a rental vehicle into Canada from the United States. They were joined by fellow border Members of Parliament John Williamson, MP for New Brunswick South west; Russ Hiebert, MP for South Surrey—White Rock—Cloverdale; and, Guy Lauzon, MP for Stormont—Dundas—South Glengarry .

A revision to the Motor Vehicle Safety Act (MVSA) will allow Canadian residents to temporarily import a U.S.-based rental vehicle for non-commercial purposes for a period up to 30 days. To facilitate access to Canadian tourism destinations and provide more flexibility for travellers, Canada's Economic Action Plan 2012 will also eliminate taxes on these vehicles for Canadians who have been outside of Canada for at least 48 hours, effective June 1, 2012.

"Our government is making cross-border travel easier for Canadians," said Minister Nicholson. "For example, a Canadian taking a cruise from San Francisco to Seattle can now rent a car in Seattle and drive it across the border to visit Vancouver; or, when a Canadian is

visiting the U.S. and their car breaks down or they experience a last-minute flight cancellation, they now can rent a U.S. vehicle and return home safely."

"This important change will provide more options for Canadian travellers and benefit the tourism industry," said Minister of State Bernier. "Our government's top priority is jobs, growth and long-term prosperity, and what's good for tourism is good for Canada's economy."

"The inability of Canadian residents to bring rental vehicles into Canada has been a long-standing irritant to Yukon's tourism industry," added MP Leef. "This change is great news for Yukon — it will improve access to our tourism destinations, encourage new visitors and benefit the local economy."

The Government of Yukon Territory has been particularly concerned about this issue, noting that this prohibition has been an impediment to tourism. For example, when Canadians take Alaskan cruises, they are unable to enter Canada from Alaska in U.S. rental vehicles. Transport Canada has received many requests for this change from Canadians, and the new amendment addresses this concern in an effective way.

Today's announcement is another example of the Government of Canada's commitment to building partnerships and strengthening Canada's tourism sector as outlined in the Federal Tourism Strategy (FTS). For more information on the FTS, please visit our website at [www.tourism.gc.ca](http://www.tourism.gc.ca)

## Highway 407 East Project to Create 900 Direct Construction Jobs Work Begins This Fall on New Highway to Harmony Road in Oshawa

Drivers in the GTA will soon have more and better options to quickly get to where they need to be. Work is set to begin on building the new Highway 407 East from Brock Road in Pickering to Harmony Road in Oshawa.

The \$1-billion project will create 900 direct construction jobs as well as thousands more spin-off jobs in local companies. Construction is set to begin this fall and is expected to be completed by the end of 2015.

The extension will improve the transportation network in the GTA, helping to attract more families and

businesses to local communities. The second phase of the extension will bring the 407 to Highway 35/115 by 2020.

Highway 407 East is being delivered using the province's alternative financing and procurement delivery model, which is managed by Infrastructure Ontario.

*"With a challenging global economy, it's more important than ever that Ontarians continue working together, building vital infrastructure that will create much-needed construction jobs today and lead to countless more jobs down the road as we make our economy*



*stronger and more competitive."*  
**- Ontario Premier Dalton McGuinty**  
*"The development of new highway infrastructure is an essential element of Building Together, Ontario's 10-year infrastructure plan. Highway 407 East will help drivers move more efficiently,*

*support local businesses by providing better access to communities, create jobs and strengthen our economy for many years to come."*

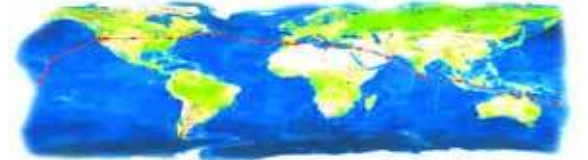
**- Bob Chiarelli**  
Minister of Infrastructure, Minister of Transportation

The Province will own Highway 407 East, establish customer service standards, set toll rates and retain all revenues generated by tolls.

Ontario has made historic investments in provincial highways and bridges totalling more than \$14 billion since 2003.



# Around the world



## Old boy of School in Galle, Sri Lanka now Mayor of Harrow, UK



Harrow's new mayor announced as Cllr Nizam Ismail

Councillor Nizam Ismail was announced as the new Mayor for Harrow in UK on May 22.

The Mayor was elected at Harrow Council's AGM, and formally appointed at the mayor making ceremony on that evening.

According web portal iharrow.com, Cllr Nizam Ismail has been a Labour councillor since 2002 in Queensbury, and is also a governor at three local school. The new Mayor, and his wife Zarafaran – the new Mayoress – have declared AGE UK Harrow as their chosen charity for the year.

Mayor Nizam Ismail is an old boy of St Aloysius College, Galle, Sri Lanka.

## China may overtake India in gold demand in 2012

China may overtake India as the largest consumer of gold this year as demand for the precious metal in the neighbouring country in the first three months of 2012 has surged while the same has declined in India in the same period, the World Gold Council (WGC) said ON May 17th.

The demand for gold in China has touched a record high of 255.2 tonnes during the January-March period, whereas it fell by a sharp 29 per cent to 207.6 tonnes in India.

"As we previously forecast, it is likely that China will become the largest source of demand for gold in 2012," WGC managing director for investment Marcus Grubb said in a release.

The demand slowed due to certain tax issues faced by the jewellery trade, increased import duty and the weakening rupee, the Council said.

Last year, the country imported 969 tonnes of gold, valued at a tad over USD 50 billion. The demand last year was 933.4 tonnes. It may fall to 800-900 tonnes this year.

In 2011, gold demand in China touched 769.8 tonnes, which is likely to hit 900-1,000 tonnes this year.

"As China locally produces 350-400 tonnes annually, India will still remain the largest importer of the yellow metal this year too," WGC India MD Ajay Mitra told PTI.

China's gold investment and jewellery demand reached 255.2 tonnes in



the first quarter, up by 10 per cent over last year.

This growth was mainly due to the strong demand during the wedding season, Chinese new year and gifting for babies born in this auspicious year of the dragon, it said.

Demand for gold investment went up 13 per cent with a quarterly record of 98.6 tonnes in the first three months of this year, up from the year ago period, demonstrating continuing investor demand to preserve wealth amidst ongoing concerns over inflation and economic slowdown, the report said.

Jewellery demand in China also increased significantly to 156.6 tonnes, accounting for 30 per cent of the global jewellery demand, making the country the largest market for the third consecutive quarter.

Although the pace of growth in China is slowing, gold continues to benefit from rising income levels, increasing urbanisation, economic growth and the high inflationary environment, the WGC pointed out. - PTI

## Amnesty Says UN Security Council 'Unfit for Purpose'

By Selah Hennessy

LONDON - "Failed leadership has gone global" -- according to Amnesty International's annual report on the state of human rights around the world. The United Nations Security Council is receiving the most focused criticism in the report that was published on May 23.

Amnesty International describes 2011 as having been a tumultuous year. On the plus side, it says, millions of people took to the streets to demand their rights -- and some secured victories. Most notably, the report says, in the Middle East and North Africa, popular movements threatened or even swept away governments that had "ruled with an iron fist."

But Amnesty says the hard work of the people was not matched by strong leadership at the national or international level.

Amnesty's London-based senior director of International Law and Policy, Widney Brown, says politicians have repeatedly responded to protests with brutality. And at an international level, she says alliances and financial interests have driven policy -- rather than human rights.

"Governments are willing to promote it when the country that they are being critical of either has no power or has no strategic importance to them. And at the same time are totally willing to bend the rules when it does," Brown said.

What is more, the Amnesty report says, the U.N. Security Council has shown itself to be tired, out of step and "unfit for purpose."

It says inaction over alleged abuses in Sri Lanka and Syria made the Security Council look redundant.

"Our concern is that the U.N. Security Council is charged with protecting international peace and security and yet in a case like Syria, where civilians are clearly being targeted, they basically chose not to act and when they did finally act, it was quite weak," Brown said.



UN Security Council meeting in session – file pic

China, France, Russia, the United Kingdom and the United States are permanent members of the Security Council.

Brown says these countries are also major arms exporters, a situation that can create a conflict of financial interest.

"Of the top six arms dealers in the world, five of those top six are permanent members of the Security Council. And there is a certain irony in the fact that the governments charged with international peace and security in fact are major arms dealers," Brown said.

Amnesty used the 2012 report to highlight the global arms trade and call for a strong global arms-trade treaty later this year. The treaty is set to be negotiated at a global conference in New York during the month of July.

Amnesty Arms Control Manager Brian Woods says if there is a risk that arms exported to another country could contribute to human-rights abuses, then those supplies should be stopped. He says a global treaty is the only way to make that work.

"Wherever we go and say look you should not have sent those arms to country 'X' or 'Y,' people will say, 'Oh yeah, but if we did not send them somebody else would.' Governments say that to us, companies say it, so there is no way you can tackle this problem unless you have a level playing field at a pretty high level for all countries," Woods said.

Amnesty International Report 2012 looks at the state of human rights in 155 countries and territories.

- VOA News

## India's IOC may cut petrol prices if crude oil falls

Indian Oil Corp (IOC), the country's biggest refiner, may cut petrol prices if global crude prices drop, Chairman R.S. Butola said on May 24, but it will not immediately roll back an increase announced this week recently, according to a report by Reuters. The report further states,

IOC Chairman Butola said the company will review petrol prices again in early June.

Indian state oil companies raised the

price of petrol on May 24th for the first time in more than six months in a gesture of fiscal discipline that economists said is unlikely to give a significant lift to the embattled rupee.

Indian state oil companies together lost roughly \$830 million by selling petrol at below market prices since the last price revision in December, P.K. Goel, head of finance at Indian Oil, said.

India imports 80 percent of its oil.





# Around the world

## UN: Facing Eurozone Risks, Asia-Pacific Must Hasten Integration

By Ron Corben

BANGKOK -- A panel of the U.N. Economic Commission for Asia and Pacific says exports, which are historically the region's traditional growth driver, are slowing due to the Eurozone debt crisis and uncertainties in the United States.

UNESCAP's panel has lowered the Asia-Pacific region's growth outlook to 6.5 percent in 2012, from last year's 7.0 percent, and the U.N. group's Executive Secretary Noeleen Heyzer said new economic drivers are needed in the increasingly uncertain global climate as a means to combat slower growth.

"The old model of development no longer works," she said. "In terms of the new paradigm, we have to address the issues of poverty reduction -- the issues of growing disparities in our region -- but to turn these around as new drivers of growth."

Addressing UNESCAP's ministerial session in Bangkok, Heyzer told delegates from 62 countries that Asia-Pacific growth in recent decades had come at a cost of damage to eco-systems and rising social inequalities.

Thai Foreign Minister Surapong Tovichakchaikul told the commission the issues are timely, given the global economic challenges.

"We believe the driving force for survivability and prosperity lies in our close cooperation: Each of us can contribute to the stability and the prosperity of the region by forging closer regional econom-

ic integration," he said. "This will provide enormous economic and social development potentials to our region."

The 10-member Association of South East Asian Nations is moving to a single market by 2015, opening borders to trade and people at an unprecedented level.

Tommy Koh, Singapore Foreign Ministry Ambassador at Large, said economic integration will boost employment and human welfare, adding that ASEAN's single market will help meet the challenge of China and India's growing influence in the region.

"Take, for example, the 10 ASEAN economies [that] cannot compete [individually] with China or India," he said. "But when we integrate into one, we are 600-million interconnected citizens with a very considerable GDP of \$1.8 trillion -- we are in a better position to compete with India and China."

But Koh said concerns over the impact of a eurozone downturn are lingering and called for European policy makers to resolve the problems quickly due to the growing threat of a "dampening impact to the world economy".

A eurozone downturn, he explained, may see Asia's economic growth rate cut by up to 2.0 percent.

The UNESCAP panel said the region needs to promote seamless regional trade and business links, as well as financial cooperation and a coordinated regional response to risks posed by social and environmental threats.

## Sri Lanka dismisses US human rights report

Sri Lanka on May 27th dismissed a US report that questioned the human rights record of its police and security forces, saying that the situation in the island nation is "better than most of the countries with five star democracies".

Colombo's reaction came after the State Department report alleged that "a number of suspects detained by police or other security forces died under questionable circumstances, there were several instances in which police were held accountable for unlawful killings".

The report also cited that the Asian Human Rights Council (AHRC) had compiled 1500 cases of police torture between 1998 and 2001.

As of October 2011, the AHRC had received 102 reports of police torture.

Responding to the accusations, Lankan police spokesperson, Ajith Rohana told reporters that the police categorically rejects all charges.

Rohana said that Sri Lanka had adopted the Convention against torture and cruel inhuman or degrading Act in 1994.

"For the last 18 years, only five policemen had been found guilty, not even one

per year. This rate is better than most of the countries with five star democracies", Rohana said.

"There has not been a single case of disappearances after police arrest. People have legal redress for any such happening," the spokesman said.

He said those arrested under Prevention of Terrorism Act from the former battle zones in the north and east were handled by three separate units.

In response to accusations that detainee information had not been made available, Rohana said such information has been released to the close relatives of the detainees.

On the charges of police assault at times of arrest, Rohana said that police may have used force when resisted arrest.

These incidents cannot be classified under torture and such cases are grossly exaggerated, he said.

"We have educated all policemen about international conventions and human rights. Training entails such awareness including legal positions," Rohana said.

- PTI

## Economic crime costs Sri Lanka billions of rupees each year



Fraudulent practices across business activities has risen over the past two-years in Sri Lanka, with billions of rupees lost each year to economic crime, a new study showed, says a report in the island nation's premier business portal Lanka Business Online; the report further says:

Some 83 percent of those surveyed by international accounting firm, KPMG Sri Lanka, felt incidences of fraud has increased over the last two-years.

While the survey, which was done between 2011/12, was unable to quantify the total economic loss, KPMG said the highest fraud related loss in excess of 3.0 billion rupees was discovered in the industrial sector. The lowest loss of 2.5 billion rupees came from the agriculture sector.

"Fraud is defined as a financial loss as a result of a deceit," explained Deepankar Sanwalka, Partner and Head Risk Consultancy at KPMG India.

Most frauds in Sri Lanka were related to financial services, intellectual property, bribery and corruption and diversion of funds and goods.

Sanwalka said the fraudulent patterns were similar to India, but going forward technology related crimes will emerge the largest segment in Sri Lanka.

"Fraud is all about making money. Certain types of technology crimes are all related to intellectual property. If intellectual property is valuable, fraud follows where the money is," said Sanwalka.

Those responded said top and mid-management were aware that most frauds happen within the firm.

"The survey findings, came as a surprise to me, being a senior in the trade," KPMG Sri Lanka's Managing Partner Reyaz Mihular told businessmen during the report's launch.

"Awareness of fraud is always the first step towards managing the issue. It's the first step towards beginning a new era of responsibility in Sri Lankan society," said Mihular, a 25-year-old industry veteran.

The survey, which was the first in Sri Lanka, was based on a questionnaire sent out to 400 public and private sector organisations. KPMG targeted organisations whose annual turnover ranged

between 50 million to 10 billion rupees and had staff strength between 100-5,000.

The survey attracted 90 respondents, representing 102 industry segments. Their responses were classified into agriculture, consumer markets, financial services, NGO, information, communication and entertainment, industrial and other areas.

Some 70 percent of respondents admitted to having encountered fraud in their organisations, said Jagath Perera, who heads KPMG Sri Lanka's Risk Consultancy unit.

Firms reported fraudulent activities through:

- whistle blowing hotlines (nine-percent),
- internal and statutory audits (36 percent),
- anonymous callers/letters (17 percent),
- accidental(15 percent),
- IT controls (six percent),
- data analytics (17 percent).

Some 44 percent of economic crimes were reported from the supply chain areas, 35 percent came from bribery and kickbacks, while 27 percent felt financial statements were altered to inflate performance.

The KPMG survey showed that companies were reluctant to disclose a fraudulent activity as it erodes stakeholder confidence. Firms also face a dilemma of whether to seek legal redress or limit the potential fallout through a public notice.

Those caught in the act, are sometimes allowed to repay the loss and let-off lightly through a voluntary resignation.

But Perera felt a zero-tolerance policy is the best option, if a company or industry is keen to adopt transparency and good governance.

While zero-tolerance was practiced when it came to middle or lower management, it was not so when the perpetrators were in senior management.

"If you don't make an example of people, then people don't know the seriousness of creating the fraud. Make sure the grapevine knows why people were allowed to go. Idea is to have zero tolerance of fraud," Perera said.



# Health & Fitness



## Management of Knee Osteoarthritis

**Dr. Amalraj Siva**

B.Sc (Hons), DC, CSCS

Osteoarthritis (OA) is the most prevalent form of arthritis, affecting the knee more than any other large joint in the body. Recent studies report that 6% of the population over the age of thirty experience pain, functional disability, and reduced quality of life due to knee OA. OA is the most common joint disease in the world and the single greatest cause of disability for people over 18 years of age. To give you an idea of its prevalence, it affects more than twice as many people as does cardiac disease, and increases consistently in incidence and prevalence with age. Osteoarthritis can cause pain, stiffness, swelling, joint instability and muscle weakness, clicking or cracking noises when moving the knee, all of which can lead to severe impairment of physical function and reduced quality of life.

### What is Osteoarthritis?

When looking at a healthy knee joint there is connective tissue known as articular cartilage that covers the areas where each bone comes into contact with one another. The articular cartilage allows for smooth movement within the joint as well as acting as a shock absorber for the joints.

Osteoarthritis is a clinical syndrome that results from a generally progressive loss of articular cartilage that is accompanied by attempted and eventually failed repair of cartilage. Once there is a degradation and degeneration of the articular cartilage, the bones themselves become thicker and form bone spurs. Loss of articular cartilage promotes wear and tear of the joint and leads to pain and impaired movement.

### Risk Factors for Knee OA:

The following are generally accepted as risk factors for developing OA:

- Age
- Female gender (particularly for knee OA)
- Obesity
- Previous joint injury (particularly ACL rupture in the knee) is a strong indicator for development of OA in the future
- Prolonged and excessive use of the knee joint
- Genetics (generally accepted but still requires clarification)
- Muscle weakness
- Knee osteoarthritis is common in

individuals who play intense physical sports, such as football.

### Diagnosis:

Medical history, physical examination, and x-rays are used to diagnose knee osteoarthritis. Taking an X-ray of the knee allows the doctor to see the narrowing of the joint space is a good indicator of OA. In some cases a more detailed imaging is needed, an MRI may be ordered. MRI Scan allows the doctor to see whether soft tissue changes have taken place within the joint.

### Treatment of Knee Osteoarthritis:

Current guidelines for the treatment knee OA rely heavily on conservative therapy, as there is no cure for the disease, and prescription medications and surgery carry considerable risk for unwanted side-effects. Medications can help manage and relieve pain for the short term but should not be looked at for long term care.

Number of treatments can be put in place to slow the progression of the disease:

- Knee supports/braces - Braces have been proven to provide pain relief in some cases of osteoarthritis, by reducing the load and strain placed on the knee joint.
- Weight Loss - As obesity is associated with the onset of osteoarthritis, weight loss, if needed, can have a significant effect on slowing the disease progression.
- Exercise/ Rehabilitation Therapy - Aerobic, strengthening, aquatic and Tai chi exercise are beneficial for improving pain and function in people with OA with benefits observed across the range of disease severities.
- Acupuncture - growing amount of evidence that acupuncture provides a real treatment alternative for those afflicted with knee osteoarthritis
- Heat and Cold Treatments - Local application of heat and cold can help with relief from pain and inflammation after exercise.
- Glucosamine and Chondroitin Sulfate - These supplements can help to lubricate the knee joint and can decrease the amount of inflammation.
- Knee Replacement - Surgery should be sought as a last resort if all other treatments has not helped.

Rehabilitation Exercises for Knee Osteoarthritis:

A specific exercise program can help to



maintain healthy cartilage and range of motion of the joint. In addition, keeping the attaching muscles and tendons conditioned and strong will aid in the joint's stability.

- 5 minute stationary bike
- Active range of motion exercise- Trying to bend and extend the knee to the available range of motion without pain
- Stretching of hamstrings and quadriceps
- Knee extension - Straightening the knee against resistance will strengthen the quadriceps muscles at the front of the

thigh.

- Squats - Exercise develops your leg muscles and buttocks.
- Balance exercises- 25 metres backwards walk, 25 metres heel walk, 25 metres toe walk, 25 metres eye closed walk.
- 30 second 1 legged stand with eyes open and closed.

To be effective, exercise programs should be accompanied by advice and lifestyle modification. If any exercises are difficult or painful please see the proper health care professional before continuing.

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# Health & Fitness

## Stretching: The important facts

By Ayktah Grover

Founder, Aura Wellness

Certified Nutrition, Fitness, Pre and Post Natal Specialist

**Fact:** Stretching reduces the chances of injury and prevents muscle soreness.

**Fact:** There are two types of stretches; dynamic and static. Dynamic stretches are performed BEFORE a workout and include low intensity activities such as marching or jogging on the spot, jumping jacks, arm rotations or slow front kicks. Static stretches are performed AFTER a workout and require slow, stationary, controlled movements.

**Fact:** Stretching increases the range of motion of your joints and maintains the health of your ligaments and tendons.

**Fact:** Stretching increases flexibility which may improve your overall performance during physical activities.

**Fact:** Stretching improves blood circulation; allowing adequate blood supply to the working muscles and the rest of your body.

**Fact:** During the warm up phase, stretching increases your blood flow, raises your body temperature, ensures adequate blood and oxygen supply to your muscles and helps prepare your mind, body and spirit for the activity. During the cool down phase, stretching helps return the body to its normal temperature, prevents blood from pooling in your limbs and helps in the removal of lactic acid from your muscles.

With all these facts at hand, most of us still put stretching on the backburner. We forget about it altogether or just don't consider it an important part of a workout. However, it is a vital part of your exercise regimen that has many short and long term benefits to keep your body healthy, active and injury free! Most importantly, remember to perform stretches safely and effectively with proper technique.

### Stretching Do's and Don'ts:

**Listen to your body:** if it hurts don't do it! Expect to feel slight tension in your muscles but don't stretch your muscles to the point where you feel any pain or discomfort.

**Do not perform static stretches before your workout.** As mentioned above, perform low intensity exercises such as walking, a slow jog, or cycling at a slow speed to warm up your muscles. Stretching cold muscles can make them susceptible to injury. Save the static stretches for AFTER the workout.

**Breathe!** Don't hold your breath while stretching. Take deep inhales and exhales, shut off the mental engine for a few moments and try to relax your body.

Stretch all major muscle groups such as your chest, back, shoulders, quadriceps, hamstrings and calves.

Perform slow, controlled movements and avoid bouncing, jerking or rapid movements while stretching. Hold each stretch for at least 10-15 seconds. Stretches can be performed on a mat on the ground or while standing. If you're standing, hold on to a bar, door or chair to prevent losing your balance.

**Be consistent.** Perform stretches after EVERY workout. Make it part of your exercise regimen to ensure that you reap all the benefits and continually improve your physical performance.

Perform stretches that are sport or activity specific. For example, if you went for a 5km run on the treadmill then focus on stretching your glutes, quadriceps, hamstrings and calves since those muscles were used mostly during your workout.

**Don't be lob-sided.** You have a right and left side so perform stretches evenly on both sides. Both sides work in conjunction with each other and should be equally strong to help you perform at your best!

### Simple full body stretches

You can perform the following stretches anywhere – at home, work, the gym, or in the great outdoors. Hold each stretch for 10 to 15 seconds and remember to breathe!

**Knees to chest** - Lie on your back and bring both knees towards your chest. Wrap or hug your arms around your knees and gently press them towards your chest for a gentle stretch.

**Leg extension hamstring stretch** - Sitting upright, extend your left leg forward with toes pointing up. Bring the sole of your right foot towards your left inner thigh. Bend slightly at your waist and reach for your left shin, ankles or toes with both hands, reaching only as far without bending your knee or feeling any pain. Hold and repeat on right leg.

**Quadricep stretch** - Sitting upright, bring your right ankle behind you towards your glutes and extend your left leg straight in front of you with toes pointing up. Lean back slightly until you feel a stretch on the top of your right thigh. Hold and repeat on other side.

**Downward dog** - Facing the ground, place your hands and feet on the ground so your body is in the form of the letter "V." Balancing your weight on your toes, slowly press your heels into the ground. Stop when you feel the stretch in your calf muscles. Gently cycle your legs, bending your right knee towards the ground, returning to starting position then bending your left knee.

**Thread the needle** - Lie on your back and bring both legs in the air keep-



ing knees bent. Cross your left ankle over right knee and wrap your hands around the center of your right thigh and gently pull your right thigh towards your chest. Hold and repeat on other side, this time crossing your right ankle over left knee.

**Seated Back stretch** - Sitting upright with your chest expanded, extend both legs in front of you with knees and ankles together and toes pointing up. Bend forward at your waist, gently reaching for your ankles or your toes, wrapping your fingers around the outside of your feet while keeping your knees slightly bent. Lower your head into your upper arms and relax your shoulders.

**Chest stretch** - Sitting upright with legs extended forward, bring your hands behind your back with fingers pointing away from you. Gently drop your neck back, expand your chest, lift your chin and roll your shoulders back so you feel the stretch across your chest. Bring your hands closer together if you do not feel the stretch.

**Shoulder stretch** - While sitting or standing, bring your left arm across your

chest and your right hand to your left wrist. Gently press your wrist towards your chest until you feel the stretch. Release and repeat on right arm.

**Tricep stretch** - Extend both arms above and behind your head bending at your elbow. Bring your right hand to your left elbow and gently press back until you feel a stretch from your arm pit to your elbow. Release and repeat with right arm.

**Abdominal stretch** - Raise your arms above your head, interlace your fingers and keep palms together. Keeping your ears close to your upper arms, and knees and feet together, gently bend at your waist to the right. Hold for 10-15 seconds then return to center and repeat on left side.

You can also perform these stretches on recovery days. They are an excellent way to relieve sore muscles and relax after a long, stressful day. Try a yoga class or Tai Chi to mix things up. Whether you're a morning person or a night owl, perform these stretches whenever and wherever! Just remember to be safe and use proper technique. Happy stretching!

Ayktah Grover

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



# Rouge Valley Health System



## "Ask me if I've cleaned my hands" Go ahead and ask us



Staff members and doctors at Rouge Valley Health System are wearing colourful "Ask Me If I've Cleaned My Hands" buttons.

The purpose of the buttons is straight forward enough. "We want patients and visitors to ask us – their health care providers – whether we have cleaned our hands," says Paula Raggiunti, director of infection prevention and control at Rouge Valley.

"Clinical and non-clinical staff, physicians, and volunteers are wearing them. The idea is to increase our already solid hand hygiene percentages and to encourage visitors and patients to wash their hands frequently throughout the day," she adds.

Hand hygiene is the primary measure to prevent infections. Rouge Valley staff members have demonstrated strong performance in hand hygiene compliance during the last year. The "Ask Me" buttons are part of the hospital's plan to sustain and improve those levels.

"So far, we've had a very positive response from staff. Hand hygiene is a top priority at Rouge Valley, and we will continue to promote it in many different ways," Raggiunti adds.

"Patients are more aware that we are washing our hands frequently and regularly," says Mary Ann Giberson, a registered nurse who has been proudly wearing her button since Monday. "I have already had patients ask me."

## Extra! Extra! Read all about us Rouge Valley's Echo magazine keeps community informed on hospital news

How a new paediatric rheumatology clinic is bringing care closer to home for patients; and a cardiac procedure now offered at Rouge Valley equals a cure for patients. This is just some of the latest news highlighted in the spring 2012 edition of the Echo, Rouge Valley Health System's (RVHS) quarterly magazine.

### Other Echo highlights include:


- Celebrating the quality care we deliver everyday – Rouge Valley gears up for Accreditation 2012;
- Welcoming the newest physicians to join Rouge Valley's medical team;

· New beds at Rouge Valley Ajax and Pickering mean more timely access to quality patient care;

· A generous donation by Rouge Valley Centenary volunteers adds beds for paediatrics, and echo machines for cardiac patients.

Copies of the Echo are available throughout the hospital's two campuses in east Toronto and west Durham, and can be found online on the RVHS Community News page [www.rougevalley.ca/community-news](http://www.rougevalley.ca/community-news).





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## 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.





**Rouge Valley**  
HEALTH SYSTEM

# Rouge Valley Health System

## Heart attack survivor credits Rouge Valley doctor, staff

By Tracey Fidler  
Intern, Public Affairs  
and Community Relations

Fifty-four year old Whitby resident Angelo Joucas had barely been sick a day in his life. He exercised regularly, wasn't overweight and didn't have high cholesterol or diabetes. What he didn't know, was that his 40-year, two-pack a day smoking habit was about to catch up to him.

At about 11:30 p.m. on February 10, 2012, Angelo was getting ready for bed, when he suddenly began experiencing what he thought was a bout of indigestion. He drank six or seven glasses of water, trying to settle it down. Once in bed, he tossed and turned, unable to get comfortable. His chest felt heavy, he was having difficulty breathing and he began to sweat profusely.

Laurie, Angelo's wife, grew concerned, and called 911. Within minutes, Durham Emergency Medical Services (EMS) arrived and assessed his condition

right at the scene, determining it was not indigestion, but in fact a heart attack. Angelo was given some baby aspirin, put on a stretcher and loaded into the ambulance to be taken to hospital, as his wife and two daughters looked on helplessly.

"My girls were balling their eyes out, and my wife was very upset," remembers Angelo. "But at no point was I afraid. I was just trying to reassure them that everything would be okay."

Once on their way, Angelo grew concerned when he noticed that the ambulance was driving in the opposite direction of the nearest hospital. What he didn't know then is that the extra half hour drive to Rouge Valley Centenary (RVC) saved his life. This hospital campus is the designated cardiac centre for the Central East Local Health Integration Network (CE LHIN), and has experienced staff with specialized training in cardiac care.

Upon arrival, Angelo was rushed straight to RVC's cardiac catheterization lab, where cardiologist Dr. Peter

Gladstone and the cath lab team immediately tended to him. Angelo's left main coronary artery was blocked, obstructing most of the blood flow to his heart. Dr. Gladstone performed an emergency life-saving procedure, called a primary angioplasty. A catheter was inserted through the radial artery in his wrist, and a balloon was used to open the main artery to his heart. A stent was then deployed to keep the artery open. Because of the extent of damage, a balloon pump was then inserted to support the heart while it recovered.

"Heart attacks don't come any worse than this," explains Dr. Gladstone of Angelo's condition. "This was an unusual type, and it's universally fatal. He would have been dead within a few hours if he hadn't been transported to Centenary."

After the procedure, Angelo was sent to the coronary care unit (CCU), where he awoke several hours later. "It was like a very bad dream," he says. "They were telling me the next 18 hours were critical, but I felt fine. I guess I didn't realize how serious it really was."

Two days later, a second stent was placed in another artery that was also blocked. Thanks to the expertise of the staff and the less invasive nature of the procedure, Angelo was able to go home the next day, with a minimal recovery



Patient with Dr. Gladstone

period. One month later he returned to the hospital for a check-up with Dr. Gladstone. An echocardiogram showed that Angelo's heart was almost back to normal. "He was quite amazed that I was doing so well," remembers Angelo.

Two months after his heart attack, Angelo is back at work and back to his regular routine: muscle cars, music, sports, and spending time with his family. He also quit smoking.

He has only positive things to say about his experience at Rouge Valley and Dr. Gladstone, in particular. "He's exceptional. I just can't say enough about him."

Dr. Gladstone credits a number of systems and procedures in place that helped save Angelo's life. He recognizes the in-field diagnosis by the EMS, which has only been in place in Durham Region for about 18 months. Secondly, he adds the fact the ambulance went directly to RVC, the regional cardiac care centre, gave Angelo access to the best care. He also credits the nurses, who are on-call 24 hours a day, and will come in on a moment's notice.

"It's a system success," he says. "This man is alive today because of the EMS, the hospital staff, and the life-saving procedures we do here."

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## Celebration of Learning & RVHS Bursary Awards Ceremony



On Wednesday, May 9, RVHS held the Celebration of Learning and Bursary Awards Ceremony, where nursing bursaries were presented, and the winner of the Nursing Leadership Award, Dotty Nicholas, was announced.



# Special Feature



## BOOK REVIEW

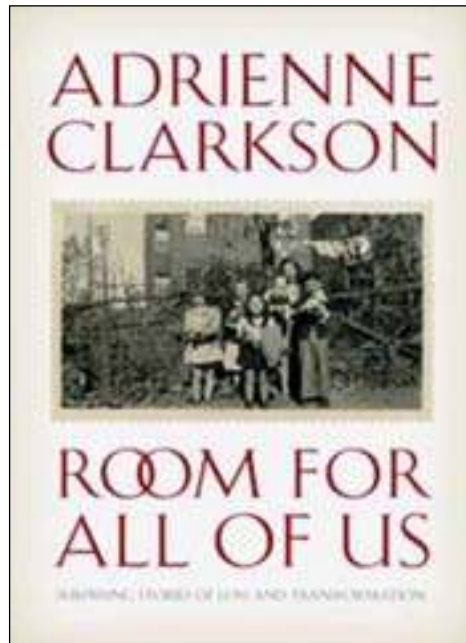
### Room for All of Us

**Canada is perhaps the only country in the world where a refugee from Hong Kong can end up as the Governor- General.**

**By Siva Sivapragasam**

Room For All of Us is a collection of inspiring success stories of immigrants to Canada who built the framework for a mosaic community and made Canada the global gateway for multi-culturism. The author is none other than Canada's former Governor- General Ms. Adrienne Clarkson who herself was an immigrant from Hong-Kong and finally rose to the prestigious position of the Governor-General of Canada.

The stories of the men and women portrayed in this book are not just stories of survival, but of people who had very little choice and had to make the best of what was offered to them. Three of them are classic examples of persons who made the best of what was given – Nadir Mohamed, an Ismaili from Tanzania who has become one of the most powerful Business leaders in Canada – President & Chief Executive Officer of Rogers Communications, Naheed Nenshi-Mayor of Calgary and Rathika Sitsabaiesan from Sri Lanka who stepped into Canada when she was five years old and has now become the first Sri Lankan Tamil Member of Parliament. The characters in



this book are men and women who worked hard to succeed and became a very accomplished group.

Room for All of Us is a collection of moving stories of men and women most of whom left their countries of origin to escape the dangers of civil strife, racial discrimination and war-like conditions. The absence of equality among citizens and the failure of recognition between individuals made them leave their countries of origin. As the philosopher Charles Taylor says, "A prolonged refusal of recognition between groups in a society can erode the common understanding of equal participation on which a functioning liberal democracy crucially depends". These men and women found

**Author: Adrienne Clarkson (Former Governor-General, Canada) Success Stories of Immigrants who transformed Canada to become a great Country**

**(A Chapter on Radhika Sitsabaiesan, 1st. Tamil Member of Parliament- "First by Boat & then by Plane")**

**Publishers: Penguin, Canada & Available at Chapters & Indigo Bookshops**

Canada a level-playing field where their skills and talents were recognized and allowed to be utilized to the maximum. They therefore decided to make Canada their country of adoption. Their success stories go to prove that Canada is a country developed by immigrants. The struggles and successes of immigrants have enriched Canada immeasurably. Room for All of us is a tale of many destinies and it is an unforgettable portrait of a changing country and it's people. Being race and color-blind, Canada has certainly become the most advanced immigrant nation in the World. Author Clarkson has brilliantly woven the stories of suc-

cessful immigrants into this book and she has very appropriately quoted the words of Canada's first French Prime Minister Sir Wilfrid Laurier as what is expected of these immigrants in his speech on the occasion of Alberta and Saskatchewan entering the Confederation:

"We do not anticipate, and we do not want, that any individuals should forget their land of their origin or of their ancestors. Let them look to the past, but let them also look to the future: let them look to the land of their ancestors, but let them also look to the land of their children. Let them become Canadians.



### Regional Advisor of UNESCO writes to Secretary General on plight of Tamils

Hasan Mohammed Jinnah, Regional Advisor (Asia-Pacific Region) for Human Rights and Information and Communication Technology (ICT) has written to United Nations Educational, Scientific and Cultural Organization (UNESCO) Secretary General, Dr. Tae Sul Kim towards emphasizing the United Nations taking measures in establishing an Independent State of Tamil Eelam, a report in Viduthalai newspaper said.

Viduthalai, the Tamil Rationalist Daily published in India is the official organ of Periyar Kazhagam.

Hasan Mohammed Jinnah assumed duties at the UNESCO on the 8th of May 2012. He stated in his letter that bringing the plight of Tamils in the aftermath of Sri Lankan military onslaught to the attention of the UNESCO Secretary General is his first priority in the newly assumed position.

Mr. Hasan Mohammed Jinnah was born on November 22, 1977 and has held

offices previously as an additional public prosecutor at the High Court, Chennai and Deputy Secretary for the Dravida Munnetra Kazhagam (DMK) Youth wing.

A communiqué from the DMK congratulating Mr. Jinnah on assuming duties at the UNESCO states, "A human rights activist, Mr. Jinnah has been one of the most vocal and influential advocate for the freedom and entitlements of women in particular".

In his letter to UNESCO Secretary General, Dr. Tae Sul Kim, Hasan Mohammed Jinnah has pointed out that military onslaught by the Sri Lankan Army has brought catastrophic consequences to the Tamil people, particularly to women and children. He said that Tamils around the world and in our Tamil Nadu – held in high esteem by Tamils as the Motherland – are in distress over the plight of Tamils and longing to see them liberated from tyranny.

He has pointed the out lack of liveli-



**Hasan Mohammed Jinnah with Superstar Rajinikanth**

hood, threat to culture and insecurity particularly to women are widely prevalent in the areas now occupied by the Sri Lankan armed forces.

Mr. Hasan Mohammed Jinnah emphasized in the letter that UN supervised referendum on independent Tamil Eelam as solution and asked it be conducted among Tamils displaced from there and living all around the world as well. Just conducting it amongst the altered demographics of the place seeing

enforced settlements today will defeat the purpose of a referendum he added.

According to UNESCO, in the year 2004, Jinnah was chosen as a Young Political Leader from India, for the yearly convention of the American Council of Young Political Leaders, among a pool of local, state and national nominations by Governors, Members of Parliament, National and State political party chairs, State legislative leaders, and corporate contributors.





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# Markham Stouffville Hospital



## Markham Stouffville Hospital launches the \$50 Million Expansion Campaign; bringing care close to home Markham, ON

May 15, 2012 marks an exciting day at Markham Stouffville Hospital (MSH) as the Foundation publically launches the \$50 million Expansion Campaign.

"We are building a healthcare facility for the future and our \$50 million Expansion Campaign plays a critical role in making our hospital expansion a reality," says Janet Beed, President and CEO of MSH. "Every dollar raised through the campaign will help build a facility that will ensure Markham Stouffville Hospital can continue to provide excellent quality care to our growing community."

Three years ago, Penny Wannamaker was rushed to MSH's critical care unit with a severe viral condition. Her healthcare team provided critical care and worked closely with a partnering hospital for her to receive a specific type of treatment.

"Markham Stouffville Hospital helped saved my life," says Wannamaker. "I spent several weeks at Markham Stouffville Hospital. I received exceptional care here and the team helped me start my road to recovery."

The expanded hospital will have more specialized medical equipment so patients like Wannamaker can access a wider range of healthcare services. Through the generosity of the community, the Expansion Campaign will help build Markham Stouffville Hospital's new acute care facility and purchase additional ventilators, MRIs, CT scanners and over 100 new patient beds.

"The care and compassion of the hospital staff really helped me and family get through this tough time in our lives. I couldn't be more grateful to be a part of



LtoR: Allan Bell, Director of Corporate Sponsorship and Special Events; Mayor Frank Scarpitti, Co-Chair of Markham Stouffville Hospital Expansion Campaign; Peter Mason, Co-Chair of Markham Stouffville Hospital Expansion Campaign; Erin Davis, Co-Host of 98.1 CHFI Morning Show; Janet Beed, President and CEO of Markham Stouffville Hospital

this wonderful community," says Wannamaker.

Many community members have already stepped up and contributed to the Expansion Campaign. Donors and community groups who have already made donations attended the launch to show their ongoing support. This group is made up of a number of extraordinary individuals and families, ethno-cultural groups and corporations who have reached deep and committed \$1 million and more. An honorary "key to the hospital" will be presented to the million dollar donors in recognition of their generosity.

"Our donors are helping build more than just a hospital, they are making a difference in the lives of people and their families who depend on Markham

Stouffville Hospital," says Suzette Strong, CEO of MSH Foundation. "We are truly grateful for their unwavering support."

In March 2013, the doors of the new building are expected to open and renovations to the existing building will then begin. The MSH Foundation will continue to raise funds to support the hospital expansion as renovations take place.

"This has been an incredible journey so far," says Mayor Frank Scarpitti, standing with Peter Mason, Co-Chairs of MSH Expansion Campaign. "Through the incredible support of our major donors, corporate community and the Markham Stouffville Hospital family, we have reached over 75 per cent of our campaign goal. We are excited to see the entire community come together to help

us achieve \$50 million."

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>



Guests in front of new expanded hospital with some school kids from the neighbourhood





# The Scarborough Hospital

## Foundation launches lifetime achievement award

# Gala to raise \$1 Million to support Chronic Kidney Disease

**SCARBOROUGH (May 16, 2012)** - The Scarborough Hospital Foundation launched its first ever Scarborough World Gala Lifetime Achievement Award with a special event on Tuesday, May 15.

This year's inaugural Lifetime Achievement Award Gala, scheduled for November 10, honours Dr. Neville G. Poy, whose contributions to The Scarborough Hospital, the medical field and the community have been truly outstanding.

He was Director of the First Burn Unit in Canada, and his keen interest in Hand Reconstructive Surgery led to appointments in numerous educational and executive roles within the American Association for Surgery of the Hand. Dr. Poy has been active in the medical community as President of the Ontario Medical Association, Plastic Surgery Section, and President of the Sydenham Club, and was the first honorary member of the medical staff at The Scarborough Hospital.

Dr. Poy also holds several prestigious awards including the Chairman of the Board of Governor's "Award of Excellence in the Medical Community" and the Queen's Golden Jubilee Medal.

The Scarborough Hospital Foundation aims to raise \$1 million through the Gala. So far almost half a million has been donated to support Chronic Kidney Disease, a disease that touched the life of Dr. Poy when his son, Justin, was diagnosed with CKD. Individuals with an Asian or South Asian background suffer a high incidence of Chronic Kidney Disease. With these ethnicities forming a large part over our overall community, it is essential to provide appropriate services to meet their healthcare needs.

"Supporting the Chronic Kidney Disease program is a major goal for the Foundation due to the thousands of patients in our community who suffer from this disease," says Michael Mazza, President of The Scarborough Hospital Foundation. "We aim to ensure these patients receive outstanding quality of care in a modern facility, while still remaining close to home."

The Scarborough Hospital currently has one of the largest CKD programs in North America, and patients benefit from the innovative treatments provided right here in our own community. More than 5,000 patients with Chronic Kidney

Disease and another 750 dialysis patients receive treatment at TSH's program. Due to the life and death nature of this disease and the hospital's expertise in this area, patients are never turned away.

However, the program is over-capacity, and expansion is necessary to deliver modern care and advance treatments to improve the quality of life for individuals suffering from CKD.

"We don't have the space in our hospital to carry out our focus on Chronic Kidney Disease management," says Dr. Paul Tam, one of Canada's leading Nephrologists, and Medical Director of the Regional Nephrology Program at The Scarborough Hospital.

There was extensive community support at the launch with presentations from Gerry Phillips, former MPP from Scarborough-Agincourt, Soo Wong, MPP for Scarborough-Agincourt, Dr. Paul Tam and Justin Poy, President and Creative Director of the Justin Poy Agency, who spoke to the importance of raising funds to benefit the CKD program at the hospital. The program is a driving force behind the need for an integrated partnership to create a Community Hub for leading edge treatment of Chronic Kidney Disease to an area of Scarborough which has a high incidence of the disease.

"Chronic kidney disease is a major healthcare issue within the Asian and South Asian communities," says Mike Ahilan, President of the Canadian Tamil Chamber of Commerce. "Recognizing this issue and raising funds to support the much needed expansion of the Chronic Kidney Disease program at the hospital is a remarkable initiative and a turning point in addressing this common problem in our community."

Donations can also be made online through The Scarborough Hospital website at [http://tsh.r-resourcecenter.com/event/index.asp?Page\\_ID=141](http://tsh.r-resourcecenter.com/event/index.asp?Page_ID=141).



(left to right) Dr. Neville G. Poy, honouree of The Scarborough Hospital Foundation's first ever Scarborough World Gala Lifetime Achievement Award, and his son Justin Poy.

(left to right) Dr. John Wright, President and CEO of The Scarborough Hospital; Dr. Michael Dan, Member of The Scarborough Hospital Foundation's Board of Directors; Dr. Paul Tam, Medical Director of The Scarborough Hospital's Regional Nephrology Program; Dr. Neville Poy, honouree of the Scarborough World Gala Lifetime Achievement Award; Gerry Phillips, former Scarborough-Agincourt MPP; and Henry Chow, Co-Chair of the Scarborough World Gala Lifetime Achievement Award.







# The Scarborough Hospital

## TSH's Mental Health Services has a strong contingent of Chinese psychiatrists

Countering the stigma of mental illness, especially in certain communities, has been an ongoing mission of the Mental Health Services Department of The Scarborough Hospital.

One of those communities – a large Chinese population located around the Birchmount campus of TSH – is well served by the hospital's seven Chinese psychiatrists and a strong contingent of Chinese nurses and support staff.

"We have a good working relationship with the local Chinese community, and we try to have a good representation of psychiatrists who can relate to the Chinese population – understanding the culture and language," explains Psychiatrist Dr. Thomas Choy, a native of Hong Kong. "Our psychiatrists each come from different backgrounds, and that reflects the Chinese population, which is very diverse.

"We try to be culturally relevant and, as far as I know, we are the best known provider of mental health services among the local Chinese community."

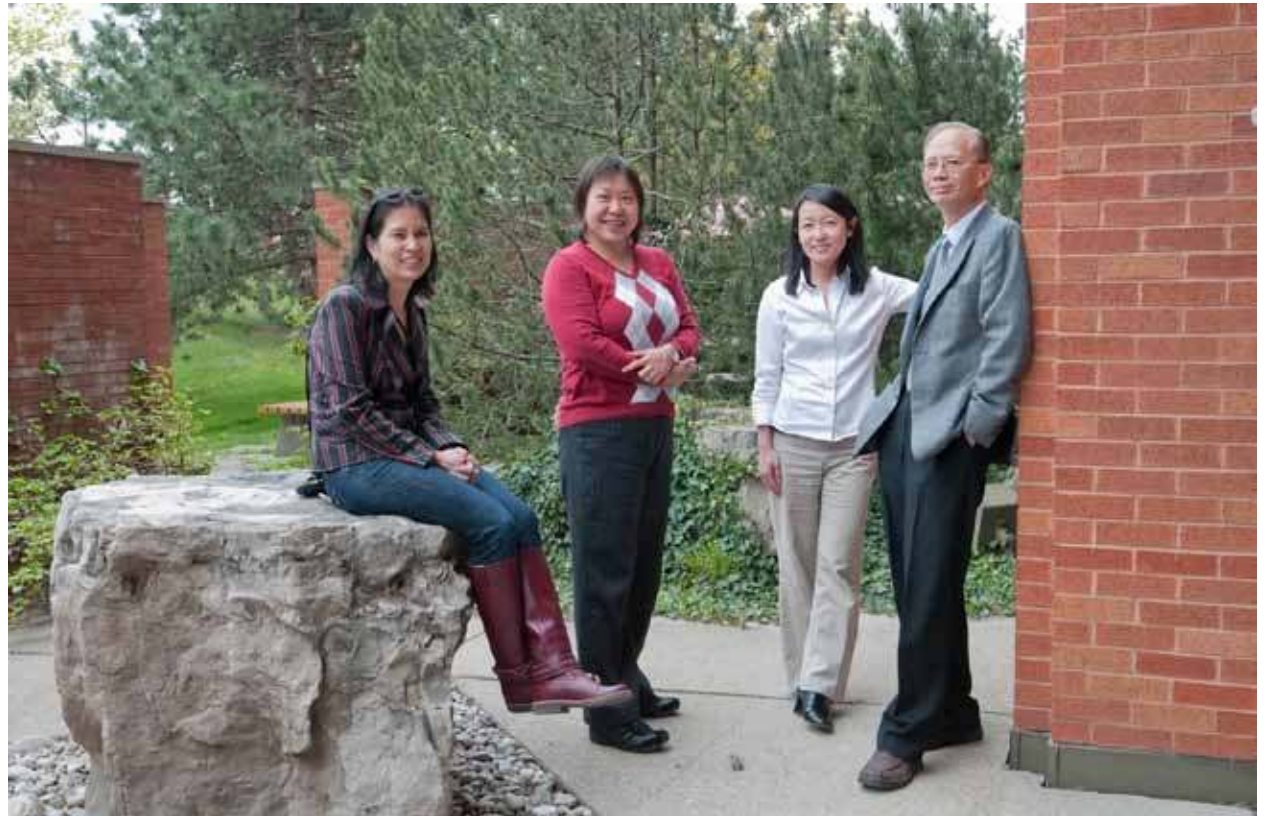
TSH Mental Health Services also offers literature in Chinese on a variety of mental health issues, such as suicide prevention, bipolar, depression and schizophrenia. And over the years, TSH has nurtured an excellent relationship with Hong Fook Mental Health Association, which provides a wide range of mental health services to the East and Southeast Asian communities.

"Many Chinese new to Canada face language barriers, or a lack of education about what resources are available and how to access them," explains Psychiatrist Dr. Regina Liu. "They often experience social isolation, major cultural adjustments to Canadian customs, climate and transportation. And there's the stigma around mental health issues."

Depending on where they originated in China, the stigma of mental illness is one of the most difficult barriers to treatment. Dr. Choy explains those Chinese who come from urban areas, such as Beijing or Shanghai, face fewer problems since those centres are very sophisticated.

"But if they come from the inland or rural areas of China, mental illness is regarded as shameful to the family or violent behaviour is associated with mental illness," explains Dr. Choy. "There are many myths surrounding mental illness. The traditional Chinese family constellation is quite unique, with the one-child syndrome.

"New Chinese residents are often not well-counselled before arriving in Canada. But when they access our services, they feel less alienated. Many deliberately ask for a transfer from another service to our services, or from another



**TSH's Mental Health Services has a strong contingent of Chinese psychiatrists to serve Scarborough's growing Chinese population. From left to right: Dr. Karen Shin, Dr. Jacqueline Sze, Dr. Regina Liu and Dr. Thomas Choy.**

psychiatrist to one of ours at the Birchmount campus."

Psychiatrist Dr. Jacqueline Sze agrees that new Canadians from China face unique challenges.

"I think TSH's Mental Health Services play an important role in servicing our Chinese community," Dr. Sze adds. "There are many individuals in the Chinese community who suffer from mental illness and do not seek help because of stigma or they hope their symptoms will just go away on their own."

And that is why TSH continues to seek new ways to reach out to its Chinese community in an effort to provide effective treatment options that are culturally relevant.

"Dr. Karen Shin is a specialist on Cognitive Behaviour Therapy, and does one-on-one therapy with patients as well as running a Cognitive Behaviour Therapy group for patients primarily with depression," explains TSH's Chief of Psychiatry, Dr. Stephen Barsky. "Dr. Sze is working with family physicians and residents in a Shared Care Clinic for their patients with mental health issues. She is also working on a Concurrent Disorders Clinic. Our Child Psychiatrist, Dr. David Ng, speaks fluent Cantonese.

"In addition to our psychiatrists who serve Chinese clients, our Occupational Therapist in the inpatient side speaks Cantonese, and our outreach worker in nursing homes speaks Cantonese. We have several nurses who also speak Chinese."

## Global Community Resource Centre offers unique services for patients, families & community

Patients, families and community members of The Scarborough Hospital now have access to a unique new resource centre offering reliable, current, multilingual health

and community information, in multiple formats including workshops and printed material.

"Although TSH has had patient resource

centres in the past, the model for our new 'Global Community Resource Centre' is unlike anything ever offered here or at any GTA hospital," said Waheeda Rahman, TSH Director of Diversity, Equity and Stakeholder Outreach.

One of the major elements that makes the Centre unique is the way it operates. Twelve community agencies have partnered with TSH to staff a 'Community Desk' on a rotating basis. These agencies will also be providing bi-monthly multilingual workshops on a range of topics of interest to our patients and community.

As well, there are 11 Volunteer Information Resource Coordinators that have been trained by the hospital's Manager of Library Services Tonya Mahar who will also be working on a rotating basis to assist visitors to the Centre in accessing the information they require. Six of these individuals are internationally-trained professionals, two are from the University of Toronto's Library Sciences program and three are TSH volunteers.

"By providing education in a variety of formats, including print, online, and through interactive seminars, we hope

to empower patients, families and our community with increased health literacy and better access to community services," explains Waheeda.

She adds that the Centre "will also help us deliver on an Accreditation Required Organizational Practice (ROP) relating to educating patients and families in the role they play in safety."

The Centre is located in the old Gift Shop location on the Ground Floor of the Tower Lobby entrance at the General campus. It will be open from 9 a.m. to 5 p.m. Monday to Friday, with the Community Desk operating from 10 a.m. to 2 p.m. Monthly workshop calendars will be posted on the "What's New" bulletin boards throughout the hospital, on the hospital's website, as well as on iConnect along with full details about the Centre. The workshops along with the Centre will also be promoted by the community agency partners.

However, Waheeda stresses that it's also important for staff to spread the word.

"We really hope staff will take the time to visit the Centre and learn more about everything it has to offer so that they can educate the patients they care for, their family members and visitors on its many available services and programs."



**Director of Diversity, Equity and Stakeholder Outreach Waheeda Rahman (second from right) and Manager of Library Services Tonya Mahar (far right) talk with some of the Volunteer Information Resource Coordinators from the Global Community Resource Centre.**





# The Scarborough Hospital

## Critical Care Response Team (CCRT) at the Birchmount campus



RNs Suja Joseph (left) and Angela Browne (right) rush with a crash cart as members of the new Critical Care Response Team at the Birchmount campus. Dr. Sandy Finkelstein (centre) says the CCRT will mean quicker access to a higher level of care for patients when they need it.

A new Critical Care Response Team (CCRT) at the Birchmount campus springs into action this fall, bringing critical care expertise outside the walls of the ICU right to the patient's bedside.

The CCRT at the Birchmount will be RN-led with assistance from internal medicine, which sets it apart from the physician-led CCRT at the General campus.

"The first physician responders at the Birchmount campus are the internal medicine group while the intensivists will be secondary responders," explains Lori Sterling, Patient Care Manager, Critical Care and 3D Telemetry/Medicine and CCRT co-lead with RN Pat Tamlin. "We're excited that the physicians are onboard with this."

There was also significant support from the well-established CCRT at the General campus, co-led by Carol Shelton, Patient Care Manager at the Critical Care Centre and one of the drivers behind the move to launch a CCRT at the Birchmount campus.

The initial Birchmount team will consist of 10 members - all critical care nurses who have taken a two-day course and additional training in CCRT.

"CCRT will go to a unit based on a page through locating," Pat explains. "We take the 'ABC' approach to each patient: airway, breathing

circulation. We want all the units to know when and why they should call us. We are there to support and educate the staff on the reasons they call. No call is a bad call. The fact that we're critical care nurses means we have an extension of knowledge in relation to what some patients may need. We're here to help, support and assist, not take over."

Units will be provided with detailed criteria for how and when to call the CCRT as members of the CCRT visit nursing units throughout the hospital just before the launch date.

CCRT provides support to healthcare providers, identifying early assessment of patients and access to timely attention to sudden and significant changes in a patient's status.

"It's going to mean quicker access to a higher level of care for our patients when they need it," explains Dr. Sandy Finkelstein, a specialist in internal medicine and critical care. "It will also mean training of all ward staff nurses so that they can recognize a deteriorating patient earlier. It's going to help get the right patient in the right bed as quickly as possible.

"I think it will work very well and allow us to step in and intervene in the patient's care at the earliest possible moment."

## Kayla Robbins with teddy bear gift by Ruth Joyce

Kayla Robbins loved playing spy. She loved the adventures, the excitement and, of course, the gadgets. So naturally when Kayla needed an earpiece for her latest imaginary mission, she borrowed a bead from the craft bucket and placed it in her ear.

The bead got stuck, and Kayla ended up in the Emergency Department at The Scarborough Hospital. It was her sixth birthday.

"We brought her to our family doctor first," says Kayla's mother, Ashley Robbins. "When he couldn't get it out, we brought her to the emergency room right away."

When they arrived at TSH, Ashley was in a state of panic and Kayla was terrified, but long-time volunteer, Ruth Joyce, spotted them from the Information Booth and took the initiative to help them find their way.

"Our function at the info desk is not merely to inform, but to help decrease the level of anxiety in our patients and follow up to make sure they're okay," says Ruth.

She could tell the young mother was frazzled and helped to calm her down. As a retired grade school teacher, Ruth has had plenty of experience with children and has seen many similar circumstances.

"As a parent, you think that people will judge you if something happens to your child," says Ashley. "But Ruth made me feel at ease, and took the weight off my shoulders. She was also the only person Kayla would talk to."

Ruth guided Mom, Kayla, her little sister, Alexa and grandmother, Debra to the

Emergency Department and waited until they were attended to by a clinician.

She then headed straight to the Gift Shop where she bought a teddy bear to provide comfort to the little birthday girl during her ordeal.

"I was so happy, and I still sleep with him," says Kayla.

Her Mom adds that Kayla now alternates between her previous favourite bear and this new one.

"Ruth is such a nice lady," adds Debra, Kayla's grandmother. "It brought a tear to my eye when she gave the gift and I saw Kayla's eyes light up."

Kayla is now scheduled for surgery to remove the bead, and Ruth has arranged to meet her beforehand as a familiar face at the hospital.



## Dr. Dhun Noria of The Scarborough Hospital receives prestigious OMA Presidential Award

**SCARBOROUGH (May 14, 2012)** – Dr. Dhun Noria, Chief of Laboratory Medicine at The Scarborough Hospital, has received the Ontario Medical Association's Presidential Award in recognition of her exceptional and long-standing humanitarian service to the greater community in Ontario that brings honour to the medical profession.

The award is presented annually to only one physician out of the 27,000 members of the OMA.

"I am overjoyed but also very humbled to receive this award," says Dr. Noria. "It can only happen in Canada, because Canadians welcome people from all over the world. Canadians celebrate diversity. We come here, we pursue our careers, raise our families and contribute back to society, and then Canadians are also generous in recognizing us."

"We go about our work, participate in community activities, not really thinking about receiving an award. I have thoroughly enjoyed this journey and yet to be rewarded is doubly pleasurable," Dr. Noria adds.

Dr. Noria came from India to Canada where she completed her studies in pathology at the University of Toronto. Her medical contributions are widely known in the community. She



Dr. Dhun Noria, Chief of Laboratory Medicine at The Scarborough Hospital (left) receives the prestigious President's Award from Ontario Medical Association President Dr. Stewart Kennedy (centre) and OMA Past-President Dr. Mark MacLeod (right). Photo: Courtesy of Anand Maharaj/CP IMAGES.

founded the Shared Hospital Laboratory that opened at North York General Hospital's Branson site, and she was

Chair of the Metro Toronto District Health Council during hospital restructuring. Dr. Noria was a member of the core planning team that designed and oversaw the construction of what is now the Birchmount campus of TSH. She has served on both the TSH Board of Directors and the Foundation Board.

In addition to her work at TSH, Dr. Noria is a member of the Toronto Police Services Board, and a Trustee on the Board of the University Health Network, chairing its Quality Committee.

In recognition of her medical and philanthropic achievements, the City of Scarborough honoured Dr. Noria with a Star on the Scarborough Walk of Fame in May 2011.

### About TSH

Situated in the most diverse community in Canada, The Scarborough Hospital (TSH) delivers innovative, high-quality patient care at two hospital campuses and six satellite sites. The Scarborough Hospital is a regional centre for dialysis and is renowned for its sexual assault care centre and mental health programs. Affiliated with the University of Toronto, TSH is also a referral centre for vascular surgery, pacemakers and cataract surgery.





# The Scarborough Hospital

## Patient satisfaction rates high on the 4 East Surgical Unit at The Scarborough Hospital

Patient satisfaction rates have climbed steadily over the past year on the 4 East Surgical Unit at The Scarborough Hospital, and Patient Care Manager, Kristine Smolsky, credits the entire healthcare team for their success.

“The major reason for increased patient satisfaction is the team’s commitment to open and honest communication,” says Kristine. “They have really stepped up to the plate and worked together to improve quality of care for our patients.”

Since January 2011, the overall satisfaction score has risen to 72.5 per cent, which exceeds the GTA average. Several indicators have improved and now rank well above both the GTA and provincial averages, with two indicators reported at 100 per cent.

### Some outstanding highlights include:

Indicator Oct.– Dec. 2011	TSH	GTA	Province
Overall Doctor Care	100%	94%	95%
Minutes to get Pain Medication	100%	85%	88%
Availability of Doctors	95.7%	85%	86%
Availability of Nurses	95.2%	86%	89%
Organization of Admission Process	85.7%	76%	80%

The team on 4 East improved many of their indicators by identifying efficiencies in their current care delivery processes such as encouraging RPNs to work at their full scope of practice. On a surgical floor like 4 East, patient pain levels are an important factor in care and recovery. With RPNs now able to administer different types of pain medication, pain management has improved leading to an enhanced patient experience.

“Patients on our unit stay, on average, one to three days,” says Kristine. “So everyone has to be on top of their game to ensure every measure is taken to provide our patients with everything they need in the short time they are with us.”

Clinicians also work very closely with the hospital’s Acute Pain Service to appropriately manage and control each patient’s level of post-operative pain.

Discharge follow-up calls are another initiative implemented on 4 East, which are made approximately two business days following a patient’s departure. These calls have garnered a tremendous amount of positive feedback. Except in one area:



**Rose Marie Perez, patient on 4 East says the overall care she has received has been great. She added that the nurses including Lamija Muhic, RN (left) and Mary George, RPN (right) have been very friendly and attend to her right away when she requires care.**

a lack of communication among the team.

From that feedback, the unit developed daily interprofessional rounds to update the entire team including physicians, nurses, pharmacists, social workers and occupational therapists on the status and needs of each patient. Another initiative implemented as a result of patient feedback was the installation of patient communication boards at each bedside to enhance shift-to-shift communication among staff, patients and families.

“We’re so thrilled that our patients took the time to discuss their experience with us to help identify the areas in which we can improve,” says Kristine. “It’s so important for them to be a part of the process in affecting positive change at the hospital.”

Since implementing the daily interprofessional rounds, the team is better able to meet their patients’ needs, and the positive changes on 4 East are reflected in more than just their rising satisfaction rates.

“This has to be the greatest hospital I’ve been in,” says Darlene Oldfield, a patient who received care on 4 East. “I

have been in over six hospitals throughout Ontario and TSH ranks number one in my book.”

Darlene adds that the care she received in her two visits to the hospital were truly “an awesome experience.”

The team on 4 East also participated in team training exercises to build stronger relationships, create a more positive culture and help staff effectively manage challenges in the workplace.

From this learning, they developed an Assignment Committee made up of RNs and RPNs to review patient assignment distribution. The committee helped to enhance staff morale as assignments became fairly distributed based on patient acuity.

Staff on 4 East are thrilled to see their scores improve each quarter and hear the positive feedback from their patients.

“We’re happy because our patients are happy,” says Lamija Muhic, RN. “If they have to return for further care, they’re happy to see us. I even had one patient who returned, and when she saw me she gave me a big hug. It’s nice to know they’re pleased with the care they receive on our unit.”

## Outpatient Lab changes focus on improving service for TSH patients

We live in a time when information is often available at our fingertips, and when waiting even a few minutes for an answer can seem like an eternity. And while this is certainly true of the Internet, it has also become a reality for physicians and patients awaiting important test results.

To help our physicians diagnose our clinic patients as quickly as possible, our Outpatient Laboratory has made some changes designed to provide better service and reduce wait times for patients.

On June 4, the Outpatient Lab began performing tests exclusively for patients of The Scarborough Hospital, a practice that is common at every other GTA hospital. Family physicians and specialists in the community have been asked to refer their patients to one of more than a dozen community labs located throughout Scarborough.

“By focusing our resources on our own patients, we can improve the level of service

we provide and help our physicians diagnose and treat patients faster,” says Sadie Fairhead, Manager of the Outpatient Lab.

Already, the Outpatient Lab has a history of meeting the needs of patients—comment cards collected by the department show a 98 per cent overall patient satisfaction rating.

Pediatric patients up to the age of 10 can still have tests processed through the Outpatient Lab, as some community labs do not draw blood from children.

Since most common laboratory tests ordered by a family physician are covered by OHIP, there are not expected to be any additional costs for patients.

“We have provided family physicians in Scarborough with information about the service changes, along with a map showing alternate lab locations in the community,” says Sadie. “We are working with them to make the transition as smooth as possible.”

The Outpatient Lab received a full Quality



Management Program - Laboratory Services (QMP-LS) accreditation in 2010. Based on ISO 15189 standards, the program uses the principles of quality management to help labs improve their processes and the accuracy of their test results.



# Law & Order



**CO-SIGNERS BEWARE:** the bank has no obligation to investigate the background of a mortgage application and no obligation to ensure that the borrower understood the transaction

**James Chester & Josephiine Chester**  
*Chesters Law Office – Litigation Lawyers*

She was foolish to rely on strangers to the extent she did. She was foolish to sign documents she did not read and did not understand... She was not prepared to take the risk for \$4000, but changed her mind when she was offered \$6000. She took the risk, and she got stung. That is her own responsibility, not the fault of the Bank.

*- Justice Molly,  
 Ontario Superior Court of Justice*

In October 2004, Ms Isaacs was sitting in a Tim Horton's having a coffee with her then common-law husband, Dexter Abrams. They were discussing the sorry state of their finances. Isaacs worked full-time, but earned only \$35,000 a year. She had three young children and had recently purchased a house. A man who introduced himself as "Mike" sitting nearby overheard their conversation and told them he could help them with their financial troubles.

Mike told Isaacs that she could receive \$4,000 for co-signing a mortgage for six months so that a man with poor credit could buy a house. Isaacs then received a call from Marcia Briggs, a mortgage broker. Isaacs provided Briggs with personal and financial information. Later, Isaacs decided against it but was persuaded after she was offered \$6,000 by Briggs.

Subsequently, Briggs instructed Isaacs to go to a Royal Bank branch where Isaac signed some bank forms including a mortgage application. The mortgage application states that the borrowers are Angelita Isaacs and Mark Forrest, the property involved was 48 John Stoner Drive in Toronto and the principal amount of the mortgage was \$279,451.29. On Briggs' instructions, Isaacs went to the office of a lawyer to sign the legal documents. Isaacs only met the secretary and she signed whatever documents she was given without any explanation or discussion. At closing, Isaacs was



paid \$6000.00. She believed that Mark Forrest was the owner, that he would live at the property, and that he would pay the mortgage.

The monthly payments under the mortgage were to be \$1838.09, with the first payment due on December 26, 2004. It was not paid. The Royal Bank contacted Isaacs and she in turn tried to contact Mr. Forrest. She came to know that Forrest was not living at the property. Through her subsequent inquiries, Isaacs discovered the extent of the fraud that had been perpetrated. The property was in a dilapidated state and not worth the amount for which it had been appraised or sold. Its real value was

approximately \$220,000. The fraudsters appear to have vanished with the funds.

The mortgage then went into default and the property was sold by the Bank in 2007 for \$225,000. There was a shortfall of approximately \$95,000, and the Bank sued Isaacs. In Court, Isaacs argued that the Bank should take the loss because the Bank was in the better position to detect, and therefore to avoid the fraud. The Bank argued that Isaacs should be liable for the loss because she actively assisted the fraudsters to carry out the fraud, thereby misleading the Bank, even if unwittingly.

Madam Justice Molly of the Ontario Superior Court of Justice ruled that Isaacs signed numerous documents without taking any care about their content. Isaacs knew that these documents would be relied by the Royal Bank in advancing mortgage funding. If she had taken the simple precaution of reading the documents she was signing, Isaacs would have realized that she was a victim of fraud and she could have backed out of the deal.

Justice Molly said that there was no obligation on the Bank to explain the documents to Isaacs or verify that she knew what she was getting into. There is no fiduciary duty owed by a Bank to a borrower - their relationship is strictly that of debtor and creditor. (Fiduciary duty means that there is a legal obligation of one party to act in the best interest of another.) The Bank was not required to protect Isaacs from others who were deceiving her without any knowledge of the Bank. It was not the Bank's role to provide advice to Isaacs or to protect her interests. The Bank was entitled to rely on the documents signed by Isaacs. It had no obligation to investigate the background and no obligation to ensure Isaacs understood the transaction. A failure by the Bank to detect the fraud does not excuse Isaacs from her liability. Isaacs was ordered to pay the Bank the shortfall of approximately \$95,000.



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# Special Feature

## 'SMALL STEP FOR A MAN, GREAT GET FOR ACCOUNTANTS'

'As the first person to walk on the moon, he is a man whose name will be remembered for generations to come. But one of the other well-known things about Neil Armstrong is that he hardly ever gives interviews; It was therefore something of a coup for Alex Malley, chief executive of Certified Practising Accountants (CPA) of Australia, to secure almost an hour of Armstrong's time to discuss the astronaut's trip to the moon', writes Alok Jha, science correspondent of the Guardian, UK.

The The Guardian UK report by Alok Jha capturing the Neil Armstrong presentation on Australia's CPA website is as follows:

In the illuminating conversation posted online on the CPA Australia website, Armstrong revealed how he thought his mission, Apollo 11, only had a 50% chance of landing safely on the moon's surface and said it was "sad" that the current US government's ambitions for Nasa were so reduced compared with the achievements of the 1960s.

"Nasa has been one of the most successful public investments in motivating students to do well and achieve all they can achieve," said Armstrong. "It's sad that we are turning the programme in a direction where it will reduce the amount of motivation and

AS A CHILD, ARMSTRONG SAID HE HAD "BECOME FASCINATED WITH THE WORLD OF FLIGHT, AS AN ELEMENTARY SCHOOL STUDENT, AND DETERMINED THAT, SOMEHOW, I WANTED TO BE INVOLVED IN THAT."

stimulation it provides to young people."

As a child, Armstrong said he had "become fascinated with the world of flight, as an elementary school student, and determined that, somehow, I wanted to be involved in that."

He served as a fighter pilot in the Korean war and was working as a test pilot when President John F Kennedy issued his challenge to the country's scientists to land on the moon. "We choose to go the moon and these other things," said Kennedy to an audience at Rice University in 1962, "not because they are easy but because they are hard, because that goal will serve to organise the best of our energies and skills, because that challenge is one that we're willing to accept, one we are unwilling to postpone and one we intend to win."

**"A MONTH BEFORE THE LAUNCH OF APOLLO 11, WE DECIDED WE WERE CONFIDENT ENOUGH WE COULD TRY AND ATTEMPT ON A DESCENT TO THE SURFACE," SAID ARMSTRONG.**

**"I THOUGHT WE HAD A 90% CHANCE OF GETTING BACK SAFELY TO EARTH ON THAT FLIGHT BUT ONLY A 50-50 CHANCE OF MAKING A LANDING ON THAT FIRST ATTEMPT."**

At the time, the US had only managed to send Alan Shepard 100 miles above the surface of the Earth for 20 minutes. "Now the president was challenging us to go to the moon," said Armstrong. "The gap between a 20 minutes up and down flight and going to the moon was something almost beyond belief, technically."

Over the course of the following decade, each Apollo mission was used to test different parts of the propulsion, navigation and communication technology required on a journey to the moon.

"A month before the launch of Apollo 11, we

decided we were confident enough we could try and attempt on a descent to the surface," said Armstrong. "I thought we had a 90% chance of getting back safely to Earth on that flight but only a 50-50 chance of making a landing on that first attempt. There are so many unknowns on that descent from lunar orbit down to the surface that had not been demonstrated yet by testing and there was a big chance that there was something in there we didn't understand properly and we had to abort and come back to Earth without landing."

When Armstrong and Buzz Aldrin made their descent aboard the Eagle to the moon's surface, the on-board computer had intended to put them down on the side of a large crater with steep slopes littered with huge boulders. "Not a good place to land at all," said Armstrong. "I took it over manually and flew it like a helicopter out to the west direction, took it to a smoother area without so many rocks and found a level area and was able to get it down there before we ran out of fuel. There was something like 20 seconds of fuel left."

Once the astronauts had reached the surface and he had muttered his immortal line, "one small step for a man, one giant leap for mankind", Armstrong said there was too much work to do to spend too long meditating or reflecting on where he was.

In the years since his legendary mission, Armstrong has watched Nasa's position and ambitions erode. "I'm substantially concerned about the policy directions of the space agency, which are directed by the administration," he said. "We have a situation in the states where the White House and the Congress are at odds



Neil Armstrong during interview with Australia's CPA

over what the future direction should be and they're playing a game and Nasa is the shuttlecock they're hitting back and forth as both sides try to get Nasa on the proper path."

So how did Malley, who was clearly in awe of Armstrong during the interview, manage to land his exclusive? "I know something not a lot of people know about Neil Armstrong - his dad was an auditor," he said. "For people who are leaders or aspire to be leaders, listening to Neil Armstrong is far better than doing any educational MBA programme that exists in the world today."



Neil Armstrong, Mission Commander of the Apollo 11 moon landing, July 20, 1969



# Lifestyles

## SCARBOROUGH TOWN CENTRE:

# SUMMERTRENDS THAT FIT EVERY BODY TYPE

**Toronto, ON:** Whether it's brightly coloured denim pants, patterned shorts, or sexy fitted dresses, trends are about trying something new and playing up the body's best assets. To

feature, you'll automatically camouflage problem areas," says STC's fashion director, Julie Hanning. "This season, bright colours can work for everyone – if you're larger on top, opt for a brighter colour on the bottom to show off great legs. If you're smaller on top, that's where the bright colour should be." Window shopping and

or "boyish" figure. With a balanced bust and hip, the waist is not strongly defined. Shapely lower legs are a stand-out as set.

### TRENDS THAT FIT:

A Mad Men inspired form fitted dress: create a waist by adding a belt or ribbon.

Bright, structured jackets with a short skirt to show of great legs.

Bright colours on top AND bottom will add curves and maintain a balanced proportion.

### Hour glass:

Mixing prints works great with the hourglass figure: try stripes on top with bold prints on the bottom.

Head-to-toe colour exudes confidence. For a more subdued look, try combining different shades of the same hue.

### Pear:

Hips are larger than bust, waist is nicely defined. With an elegant neck and proportionately slim arms and shoulders, a narrow waist is a pear shape's best asset.

### TRENDS THAT FIT:

Bright colours around the bust and shoulders to add volume and emphasis to upper body.

### Inverted Triangle:

Proportionally larger upper body: broad shoulders, ample bust, a wide back, slim hips and a flatter bottom. Beautiful, shapely legs are a standout asset.

### TRENDS THAT FIT:

Keep bright colours and bold prints on the bottom to show off legs and balance upper half.

Halter-style dress with a narrow neckline to visually minimize bust.

Short, colourful skirts to play up great legs.

### Diamond:

Hips are broader than bust and shoulders, with a fuller midsection. Waist is undefined and the widest part of frame. Best assets are shapely calves and slender arms.

### TRENDS THAT FIT:

Dresses with nipped, ruched or belted to define the waist.

Bright jackets with structure and a high collar to draw attention away from hips and mid section.

Lightly gathered or an A-line skirt silhouette that skims the figure.



alleviate the stress women may feel about summer's new styles, Scarborough Town Centre (STC) created body shape and style tips and posted them online at scarboroughtowncentre.com. STC also produced a short video demonstrating how to dress different body types in the season's hottest looks (<http://bit.ly/J0uf3a>). Many STC retailers, including Forever 21, Aritzia, M for Mendocino, H&M, Melanie Lyne, Laura, and Le Château, are fully stocked with all of the hottest summer fashions including bright colours, Mad Men inspired feminine frocks, flowery designs, and tribal, graphic, and animal prints.

"Dressing for your body type is about enhancing your best asset. By highlighting your best

people watching are two great ways to check out the fabulous spring offerings. "Pay attention to how 'real' women look in the trend you like, ask for advice from sales associates, and check out STC's body type tips and video presentation online at scarboroughtowncentre.com," Hanning suggests.

### BODY TYPES AND TREND TIPS

#### Straight:

The most common body type, also called rectangle

Bust and hips are well balanced with a beautifully defined waist and shoulders that align nicely with hips; Waist is well defined and gracefully curves out to hips.

### TRENDS THAT FIT:

Form-fitting dresses with a defined waist to show off this envious shape. Be bold!

Bold necklaces or earrings to draw the eye up to elegant neck and slim shoulders.

Soft, feminine, flowing dresses that float away from the lower half.

Scarborough Town Centre is located at Highway 401 between Brimley and McCowan Road. The Centre is managed by Oxford Properties Group and owned by AIMCo and Omers Realty. For more information visit STC online at

[www.scarboroughtowncentre.com](http://www.scarboroughtowncentre.com).

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# Special Feature



## ELAI PADUM PAADU

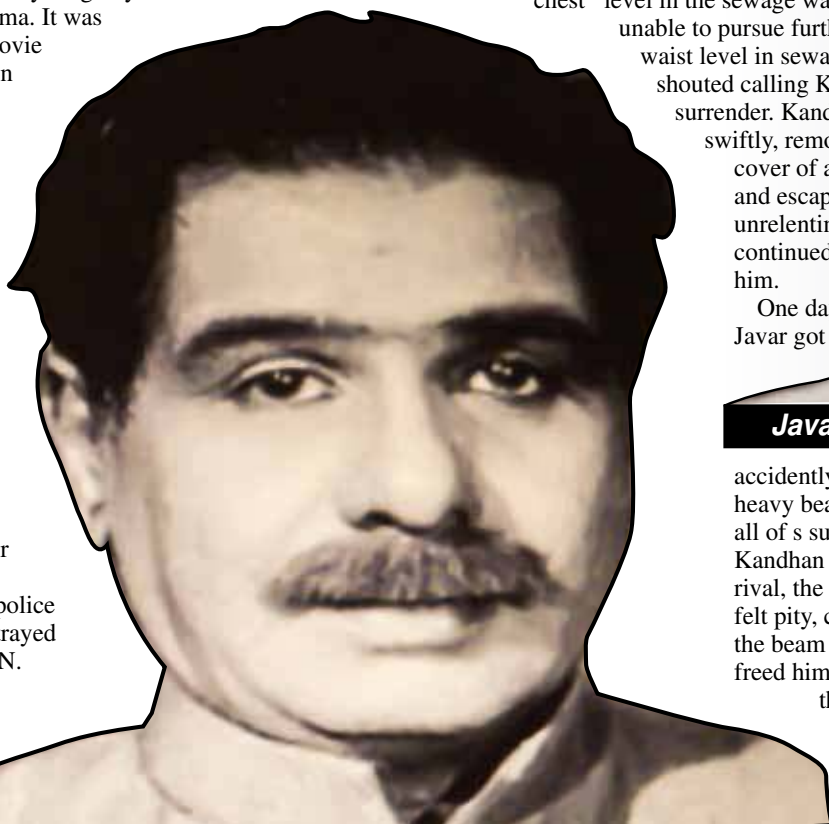
An adaptation of Victor Hugo's French novel *Les Miserables*

By: C. Kamalaharan

One of the classics of the Tamil Cinema is the forgotten movie *Elai Padum Paadu*, literally meaning plight of the poor. It was simultaneously released with the Telugu version, *Beedala Patlu* on Deepavali day in 1950.

I saw the movie as a young boy at the Wellington Cinema. It was such an awesome movie that even now certain episodes are fresh in my memory, especially the one in which the police inspector Javar pursued the thief Kandhan in the sewage filled underground drainage. The movie revolved around these two characters; the thief Kandhan, portrayed by the multilingual star of many talents, Chittor V. Nagaiah and the tough and ruthless police inspector Javar, portrayed by the multifaceted N. Seetharaman.

According to the plot



Chittor V. Nagaiah

Kandhan, a small time criminal released from prison broke parole to create a new life for himself and evaded the grip of the police inspector. With the help of a Christian Bishop, ably portrayed by Seru Kalathur Sama, Kandhan turned over a new leaf, changed his identity and reformed himself. He successfully put up a glass factory, rose to fame and became the mayor of his town.

Later the police inspector came to know about Kandhan's new life and stepped out in search of him. It was during this search operation that the spine - chilling underground scene was filmed. Noticing the inspector following him at a distance, Kandhan removed the cover of the manhole on the

**V. NAGAIHAH, THE ACTOR, SINGER, MUSIC COMPOSER, PRODUCER AND DIRECTOR GAVE A SCINTILLATING PERFORMANCE THAT TOOK HIM TO GREATER HEIGHTS TO BECOME A POPULAR TAMIL AND TELUGU ACTOR. EQUALLY BRILLIANT WAS THE LAWYER TURNED ACTOR AND SCREEN WRITER SEETHARAMAN'S PERFORMANCE. IT IS THIS MEMORABLE PERFORMANCE THAT HE CAME TO BE KNOWN TILL THE REST OF HIS LIFE AS 'JAVAR' SEETHARAMAN.**

road and stealthily slipped down into the underground drainage. But the ever vigilant inspector Javar followed Kandhan and descended into the drainage. Aware of this Kandhan began to wade fast through the stinking sewage and reached chest level in the sewage water. Javar unable to pursue further stood at waist level in sewage water and shouted calling Kandhan to surrender. Kandhan acted swiftly, removed the cover of a manhole and escaped. Yet the unrelenting inspector continued to apprehend him.

One day Javar got

Javar N. Seetharaman

accidentally pinned under a heavy beam when a building all of a sudden collapsed. Kandhan on seeing his arch-rival, the inspector's plight, felt pity, crept down, lifted the beam by his shoulder and freed him. I still remember the instant remarks of the inspector, "Kandha! You are a good fellow". It is this humane act of Kandhan that brought a

change in the attitude of the inspector towards Kandhan. Faced with a deep sense of gratitude the

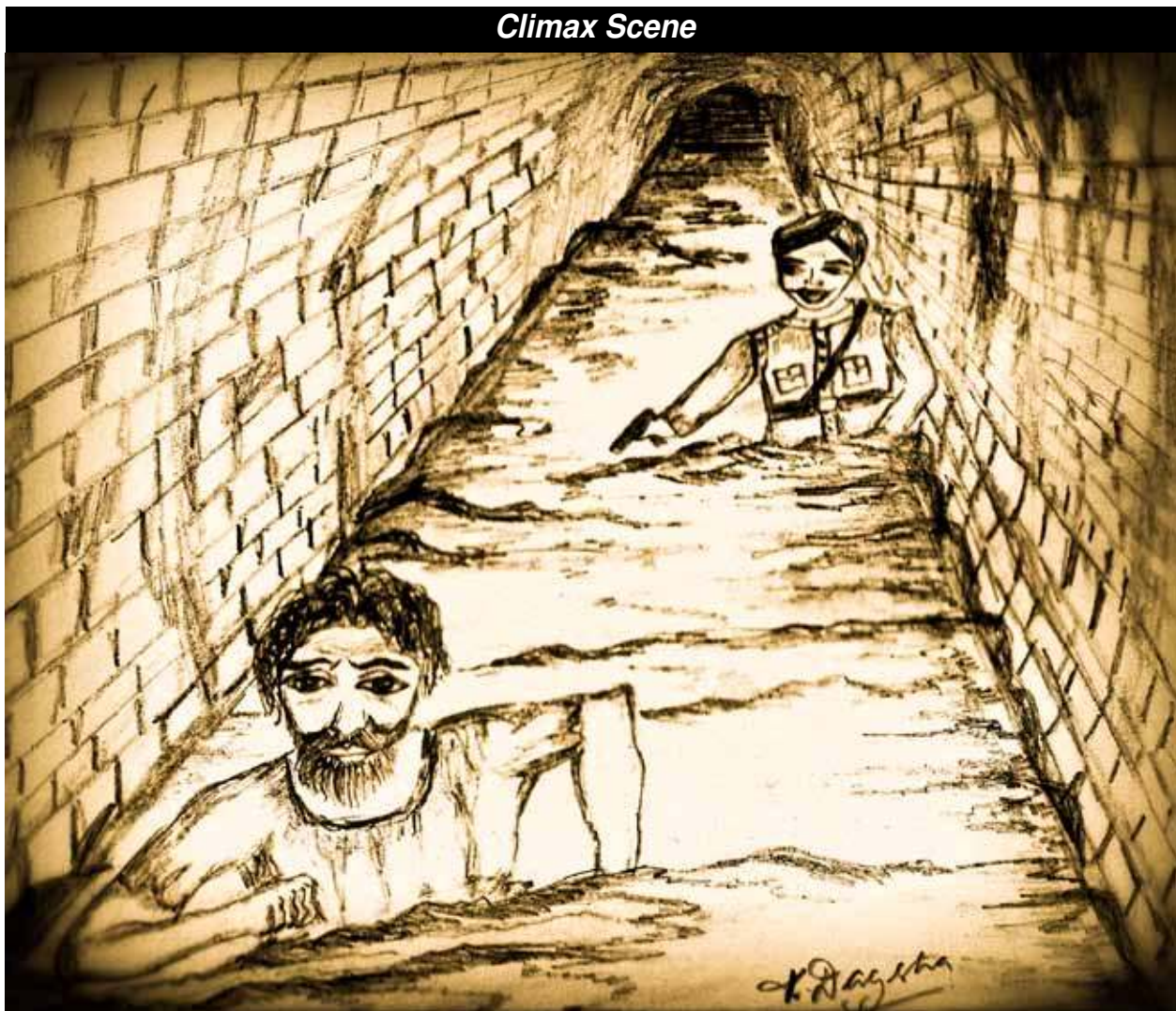
inspector was unable to arrest Kandhan and hand him over to the authorities. Feeling guilty of dereliction of duty, the hitherto duty conscious inspector unexpectedly committed suicide.

V. Nagaiah, the actor, singer, music composer, producer and director gave a scintillating performance that took him to greater heights to become a popular Tamil and Telugu Actor. Equally brilliant was the lawyer turned Actor and screen writer Seetharaman's performance. It is this memorable performance that he came to be known till the rest of his life as 'Javar' Seetharaman.

Another important feature of this movie was the melodious music composed by S.M. Subaiah Naidu. Not many are aware that music maestro M.S Visvanathan worked under Naidu as his harmonium assistant.

I tried in vain to get a copy of this movie, to present some visuals to the readers. Hence this piece of art to share the climax scene. It's a pity that many memorial films like *Elai Padum Paadu* have been sunk into oblivion.

Climax Scene







## WORDS OF PEACE

# Ready for Peace

There's a subtle difference between waiting for opportunities to strike and being ready for them, says Maharaji, an internationally renowned ambassador of peace.

"Have you seen people at the doctor's office?" he says. "They're waiting, reading magazines while their minds are going a hundred miles an hour: 'Am I going to live? Am I going to die? Is it going to hurt?'"

In contrast, he says, "in nature, nothing is waiting. It's ready. If there are three days of warm weather in January, the buds on the plants will launch. They're not going to say, 'It's not March yet.' No, they're ready now--ready to accept, ready to be a part of it."

It's an important distinction, Maharaji says, because life itself is an incredible opportunity. He has crisscrossed the globe dozens of times with a message that, just by being alive, everyone has the possibility of experiencing peace--but it requires that conscious state of readiness, not just passive wait-

ing. It's readiness, Maharaji says, that makes the desert bloom.

"I was watching a documentary about deserts," he says. "It's really amazing. Especially on dry lakebeds, when it starts to get really dry, the ground starts to crack. What is the point of this cracking? When the raindrops come, if it weren't for those cracks, all that water would just run off. Those cracks allow the water to go in and get to the root, deep, deep down. That's the depth of the thirst. It's the earth saying, 'Come. I am ready.'"

"Then it begins. Lightning, thunder: the heralding of the coming of the thirst-quenching water. What a trumpet! What a show! The air begins to fill with humidity, and then, it's one big, fat drop after another.

"The air fills with the perfume of the soil being drenched with this pure, magnificent water for which it had been waiting. The waiting is no more. In that moment, it's over, and it begins to fill and flow. In nature, the word would not be

waiting. It would be ready. It's ready, not waiting. Is the ocean ready? Yes. Are the vapor and the sun ready? Yes. Are the clouds and the wind ready? Yes. The rain is ready, and that little seed lying in some desert, lying in some land somewhere, is also ready--whenever, wherever. There will be fulfillment.

"Please ask yourself, are you waiting, or are you ready? Because if you're waiting, it's not going to happen, but if you're ready, it will. It always does.

"This breath that comes into you is your drop. This is the gift of all gifts. It comes into you, and it splashes you with life. Are you waiting? Or are you ready? Don't wait; this is too quick. It is quicker than that drop of water. It takes focus."

Readiness, says Maharaji, is all about staying focused.

"They say a bumblebee can go around the world on one gallon of honey," he says. "That's pretty good. We couldn't go around the world on one gallon of anything, but it does. The production of that honey is totally natural. It's something



that the flowers want to give, voluntarily, so that the bee will come.

"A bumblebee is so focused on getting that honey that it doesn't care about anything else. It just goes from flower to flower to flower. What an agenda! What a plan! It just keeps doing it. If there isn't anything in one flower, it will go to another flower. It will go somewhere else, give that flower a little time to recuperate, and then come back and see if it has some more.

"It does this without one single complaint. I can imagine the teenager of today saying, 'This is boring! I just did this, didn't I?' No. The bee is so focused. That's what focus means.

"Be focused. Be conscious. Most importantly, enjoy every single moment of this life."

To learn more about Maharaji, visit:  
[www.wopg.org](http://www.wopg.org)  
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## Maharaji Prem Rawat Live Event in Toronto

July 8, 2012

Toronto is one of the world's most diverse cities, with about 49% of the population born outside of Canada. On July 8th, residents will get a chance to hear about what they all have in common — regardless of birthplace, language, or religion. That's the day Prem Rawat comes to town to speak about peace.

Admission is free and the event is open to everyone.

The event will be held at:

**Roy Thomson Hall**  
**60 Simcoe St.**  
**Toronto, Ontario M5J 2H5**  
**Canada**

<http://www.roythomson.com>

Translation will be provided in French and Tamil. A nominal fee of

\$10.00 will be collected for the use of the translation equipment.

If you want to attend, you'll need to request an invitation. Please click here to read an explanation about how the invitation process works. You can check the status of your invitation, cancel it, or update your profile at any time. If you need further assistance, please write to [events@wopg.org](mailto:events@wopg.org).

Invitations will be sent out 30 days in advance of the event, and continue to be sent on an ongoing basis. Please be aware that, due to limited space, locals and those living in surrounding regions will be given preference. If seats remain, invitations will be allocated randomly to the remaining requesters.

Please note that the production costs for the Toronto event are supported solely

by contributions. If you would like to make a contribution, no matter how small, you are warmly welcomed to do so below. Your support is very much appreciated.



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## Recent Event



# Markham Celebrates Asian Heritage at the Sedan Chair Challenge!

Markham, ON, During the recent Victoria Day long weekend, the community brought back a tradition with Asian and International roots at the 2nd Annual Remington Markham International Sedan Chair Challenge. On May 20th (noon till midnight) and 21st (noon till 5 pm), the Markham Civic Centre was bustling with festivities including a carnival, sedan chair parade, fireworks, and the much anticipated sedan chair races. The races welcomed over 20 community teams and more than 7,000 spectators across the GTA all in celebration of Asian Heritage and multiculturalism in Canada.

New and exciting this year was the traditional Chinese folk performance of Piao Se. Originally from Guangdong (a southern province in China), this performance made its Ontario debut at the event. It combines the art of opera, acrobatics, and mechanics to display elaborately dressed children "floating" through the air.

As organizers of the Sedan Chair Challenge, The Cross-Cultural Community Services Association (TCCSA) was proud to bring together members of the community from all backgrounds to embrace and share cultures. "The sedan chair was used all over the world. It represents multi-culturalism, a value we uphold in Canada and will continue to promote as an organization," says Nelson Cheng, president of TCCSA and co-chair of the event.

The carnival boasts over 50 booths selling unique merchandise and delectable treats from around the world. These booths provided an opportunity for local vendors from neighbouring communities to promote their merchandise and enhance understanding of different cultures. Co-chair Alex Chiu, councillor of Markham says: "The Town of Markham is proud to co-organize the Sedan Chair Challenge. The event helps drive the people from across the GTA and other regions to Markham." Also new this year was a multitude of carnival rides and games for families.

The event extends beyond the local community as it welcomes international competitors from Beijing to participate in the sedan chair race.

Entertainment features included performances by Jeff Scott in a tribute to



Mark Adler, Member of Parliament for York Centre, representative of The Honourable Jason Kenney, Minister of Citizenship, Immigration and Multiculturalism, Member of Parliament (L5), The Honourable Michael Chan, Minister of Tourism, Culture and Sport and Member of Provincial Parliament of Markham-Unionville (L7), Frank Scarpitti, Mayor, Town of Markham (L6), Alex Chiu, Ward 8 Councillor, Town of Markham (L4), Howard Shore, Ward 2 Councillor, Thornhill/Markham (L1), Dongmei Wu, Deputy Consul General, The Consulate General of the People's Republic of China in Toronto (L3), Johnson Yip, Presenting Sponsor, The Remington Group (L2), Alvin Wang, Fireworks Sponsor, King Square (L9), Nelson Cheng, President, The Cross-Cultural Community Services Association (L8), officiating at the ribbon cutting ceremony to kick off the 2nd Annual Remington Markham International Sedan Chair Challenge, featuring sedan chair races, a sedan chair parade, a carnival, fireworks, and a special traditional Chinese folk performance "Piao Se." The event runs from noon to midnight on Sunday, May 20th, and continues on Victoria Day, Monday, May 21st from noon until 5pm. For more information please visit <http://www.tccsa.on.ca/sedan>.

pop legend Elton John, the Thornhill Community Band, and the Philippine Heritage Band. Cultural performances included the art of Tai Chi and Chi Kung, traditional Filipino dancing and singing, and a Chinese dance workshop.

Kicked off with an opening ceremony on May 20th at 2 pm, this event was free to the public and attended by government dignitaries, sponsors, and media. More information about the event can be found at [www.tccsa.on.ca/sedan](http://www.tccsa.on.ca/sedan)

The Remington Group was the title sponsor of this event. Other sponsors included, but was not limited to, King Square, Korean Airlines, PowerStream Inc., Sheraton Parkway Toronto North Hotel & Suites, Forward Signs Inc., Sun Life Financial, York Regional Police, Star King Viet Thai Restaurant, and RST Creative Studios.

Founded in 1973, The Cross-Cultural Community Services Association is a non-profit organization that helps new



Teams representing The Remington Group (L) and the Town of Markham (R) competing in the 2nd Annual Remington Markham International Sedan Chair Challenge, co-organized by TCCSA and the Town of Markham

immigrants settle and integrate into Canadian society. TCCSA provides settlement and English language training

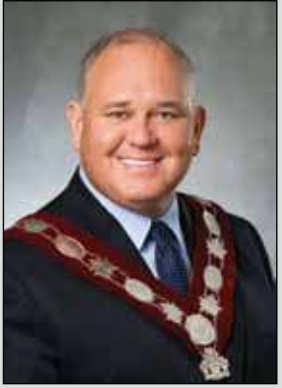
services through its four centres in Downtown Toronto, Markham, Scarborough, and Mississauga.



# MARKHAM NEWS



**Message from Mayor, Town of Markham**



## MARKHAM: A CITY THAT THRIVES

A city that thrives was my theme for last month's address to the Markham Board of Trade.

Joining me on May 10 were over 500 business leaders from Markham and far beyond, eager to hear our latest news.

With over 310,000 people, Markham is Canada's 16th largest urban centre. Our highly diverse, respected and growing business community includes over 9,000 employers, with 400 corporate head offices and 900 high-tech/life sciences companies accounting for 130,000 jobs.

We're continuing to attract new investment, while upholding our heritage and sustainability.

What is igniting and shaping Markham's future? In 2011 alone, we:

- ▶ Achieved a \$1 billion milestone in new construction
- ▶ Delivered \$25 million in infrastructure projects
- ▶ Hosted 8 million visitors at our community and cultural centres
- ▶ Welcomed 15,000 people in three months to our new Civic Centre outdoor skating rink, the largest in the GTA
- ▶ Announced our new Pan Am Centre, putting us on the international sporting scene
- ▶ Presented our Greenprint Sustainability Plan to ensure balanced growth
- ▶ Won awards for financial reporting and budget presentation, and recognized by the CD Howe Institute as one of top three Canadian municipalities for fiscal management and transparency

That's just a partial list.

We're proud Markham has had the lowest tax rate increase in the GTA for the past four years.

Always looking to improve, we just announced perhaps the most exciting initiative in the GTA – a new 20,000-seat Sports, Entertainment and Cultural Centre, backed by a solid financial plan, which will not use property tax funding.

Our commitment is to enhance residents' quality of life, to be fiscally prudent, to offer excellent services, to ensure our sustainability, diversity, economic prosperity and security.

Markham is ours, and I encourage everyone to enjoy all we offer. June's calendar includes: Markham Music Festival, Taste of Asia, Unionville Festival, and dance and classic concerts at our newly sponsored Flato Markham Theatre. Even more can be found on [www.markham.ca](http://www.markham.ca)

**Frank Scarpitti**  
Mayor



The Toronto Multicultural Youth Council present was recognized by Mayor Frank Scarpitti and Councillor Don Hamilton for the donation of \$5,700 to World Vision.



(Left to right) Diamond Jubilee Vice-Chair, Deputy Mayor Jack Heath, and Co-Chair, Captain Stu Kellock, share cake cutting duties with Mayor Frank Scarpitti and Town Crier and Co-Chair, John Webster, at the Diamond Jubilee celebration at the Markham Civic Centre.



An audience of over 500 attended the Mayor's Annual Board of Trade Luncheon at the Hilton Suites Conference Centre & Spa on May 10.



Representatives from Markham Fire Services race to the finish line at the 2nd Annual Markham International Sedan Chair Challenge on Sunday, May 20. The two-day event attracted hundreds to the Civic Centre and, in addition to the races, featured a carnival, parade and fireworks.



Sedan Chair Fireworks



A delegation from the Bureau of Shunde, Foshan City, China, visited Markham Civic Centre, and Markham Council members and officials as part of exploring future bi-lateral trade opportunities and cultural exchange.



# Recent Event



## Big Bike Ride by Tamils' Chamber raises \$3,000 for Heart & Stroke Foundation

Co-Chairs of Big Bike Ride – 2012 Esa Para & Ken Kirupa from Canadian Tamil's Chamber of Commerce inform Monsoon Journal that the event was a great success. The Big Bike Ride event was held on Thursday, May 24th at Morningside and Milner raised over \$3,000 for Heart & Stroke Foundation.

We couldn't have done it without the help of each and every one of you. Indeed, this is the first time an organization within our community had participated in such an event and hopefully many more organizations in our community will follow the suit. We look forward to your continued support and participation in such worthy events for many years to come, jointly reports co-chairs of the event.



## 12th Annual Walkathon by Tamils' Chamber to raise funds for The Scarborough Hospital on June 3rd



## Grand Opening of Strategic IT & Business Solutions

On Friday, June 1st, Strategic IT and Business Solutions hosted a grand opening attended by their clients and friends. Canadian Member of Parliament for Scarborough-Rouge River, Rathika Sitsabaiesan was the chief guest for the ribbon cutting opening ceremony.

Strategic IT & Business Solutions delivers a complete line of managed IT services, business continuity solutions, and network services to help customers increase operational effectiveness and

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committed to providing superior support services. We deliver technical support to our customers through quick response time and timely problem resolution. In the event of a hardware, software, or network issue, our goal is to deliver full customer functionality as soon as possible. Critical issues are escalated to SIBS engineers the day they are reported, says President of the company, Manal Williams.

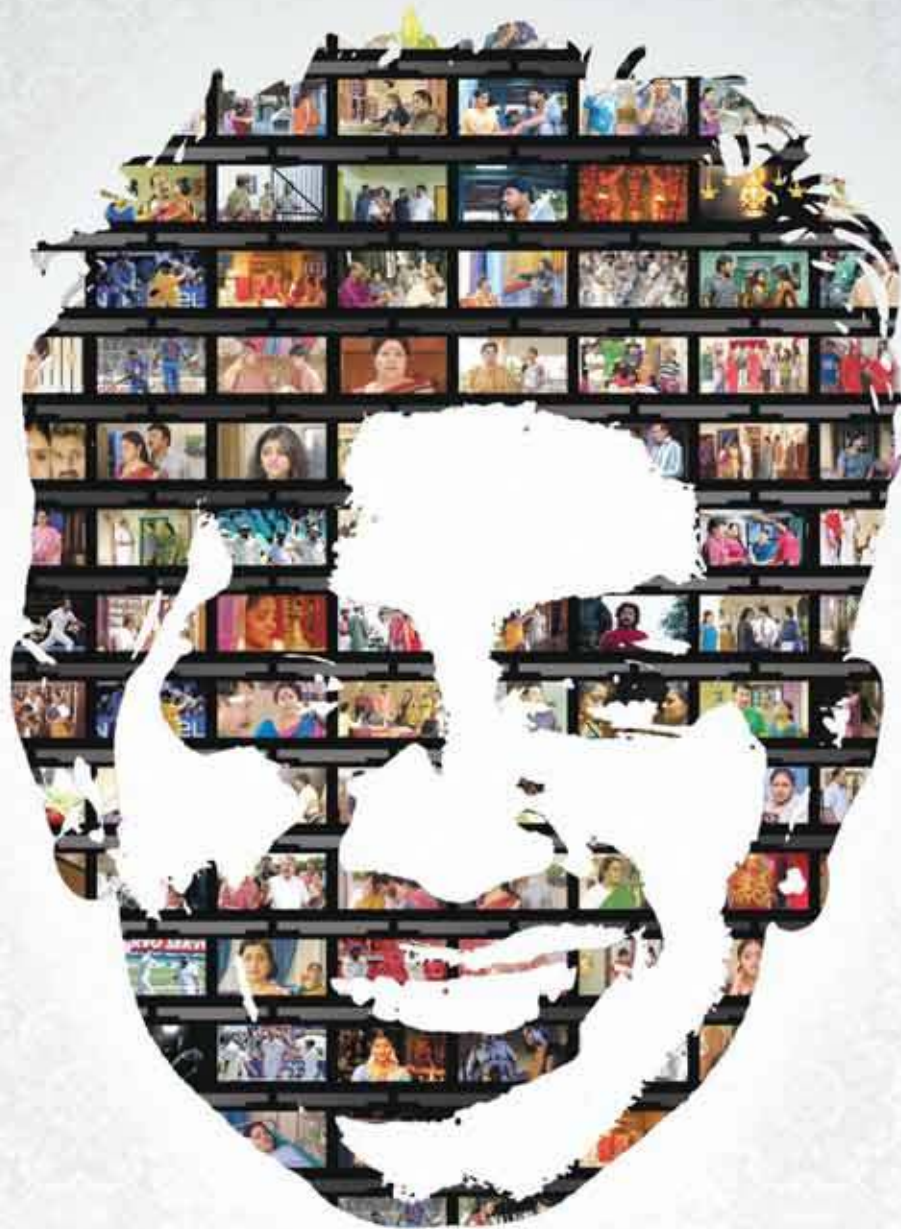
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# Recent Event



## Celebrating Our Volunteers

Volunteers at The Scarborough Hospital (TSH) are none like any other. They spend each and every day volunteering their time and support to patients and visitors that enter the hospital. They are a friendly face for patients to turn to and experts in locating anything and everything in the hospital.

From finding a physician's office to locating where the nearest ATM is, TSH volunteers have mastered the hospital like no other. April 15th – April 21st marked National Volunteer Week where The Scarborough Hospital held various events to thank the volunteers.

One of those events included a cooking demonstration by JC's Banquet & Catering which serves a style of Euro-Asian Fusion. Chef James and Theavan showcased two very different styles of food. The first style was a dosa, which can be described as a crepe or pancake. This is a dish that many Indians and Sri

Lankans have for breakfast, but can be eaten at any time of the day.

Many of the volunteers that attended the demonstration were very new to this style of food but loved it after trying it for the very first time. A second style of food that was prepared was a penne pasta dish mixed with a variety of vegetables including green peppers, red onions, mushrooms, broccoli and olives, along with chicken and shrimp. The volunteers were more familiar with this dish but still enjoyed it nonetheless. The food was delicious and the volunteers were impressed by the quality of food that was showcased by JC's Banquet and Catering.

Monsoon Journal and JC's Banquet and Catering wish to thank the volunteers for all of their hard work and dedication at The Scarborough Hospital.

**For catering services please contact  
Jude Francis at 647-831-1294.**



Egg Dosa with side dishes



JC's Banquet & Catering staff serving the volunteers



JC's Banquet & Catering owner Jude Francis with Chef James and Theavan



Volunteers watching the cooking demonstration



Penne Pasta dish mixed with a variety of vegetables including green peppers, red onions, mushrooms, broccoli and olives, along with chicken and shrimp

## Canadian Filmmaker Roger Nair receives Queen's Medal for Human Rights work

Roger Nair, a Canadian Filmmaker, (Bollywood as well as Hollywood) was awarded the Queen's Diamond Jubilee Medal for his work on Human Rights and attended the Military Muster with Their Royal Highnesses Prince Charles and Camilla along with the Canadian Prime Minister Stephen Harper and Loretta Harper at Fort York in Toronto. Roger Nair is currently serving as the chairman of SAHRA (South Asians for Human Rights Association) and has been a strong advocate of Human Rights throughout the world, more prominently in Kosovo, Sri Lanka, Afghanistan and Pakistan. Roger also serves on the executive

of Film Board of Toronto.

Canada's Minister of State (Democratic Reform), The Honourable Tim Uppal, who has supported SAHRA on raising awareness on Human Rights issues like Jiziya (a per capita tax levied on a section of an Islamic state's non-Muslim citizens) and Blasphemy law in Pakistan. Minister Uppal who also travelled to Pakistan after announcing a 5 million Dollar aid at SAHRA's round table for Pakistan's displaced persons, while commending Mr. Nair's service to the community and country, said, "Honourees, like Roger, help make Canada the great nation it is today."



Roger Nair with Diamond Jubilee pin





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- Personal Support Worker
- Personal Care Attendant
- Home Support Worker
- Residence Care Aid

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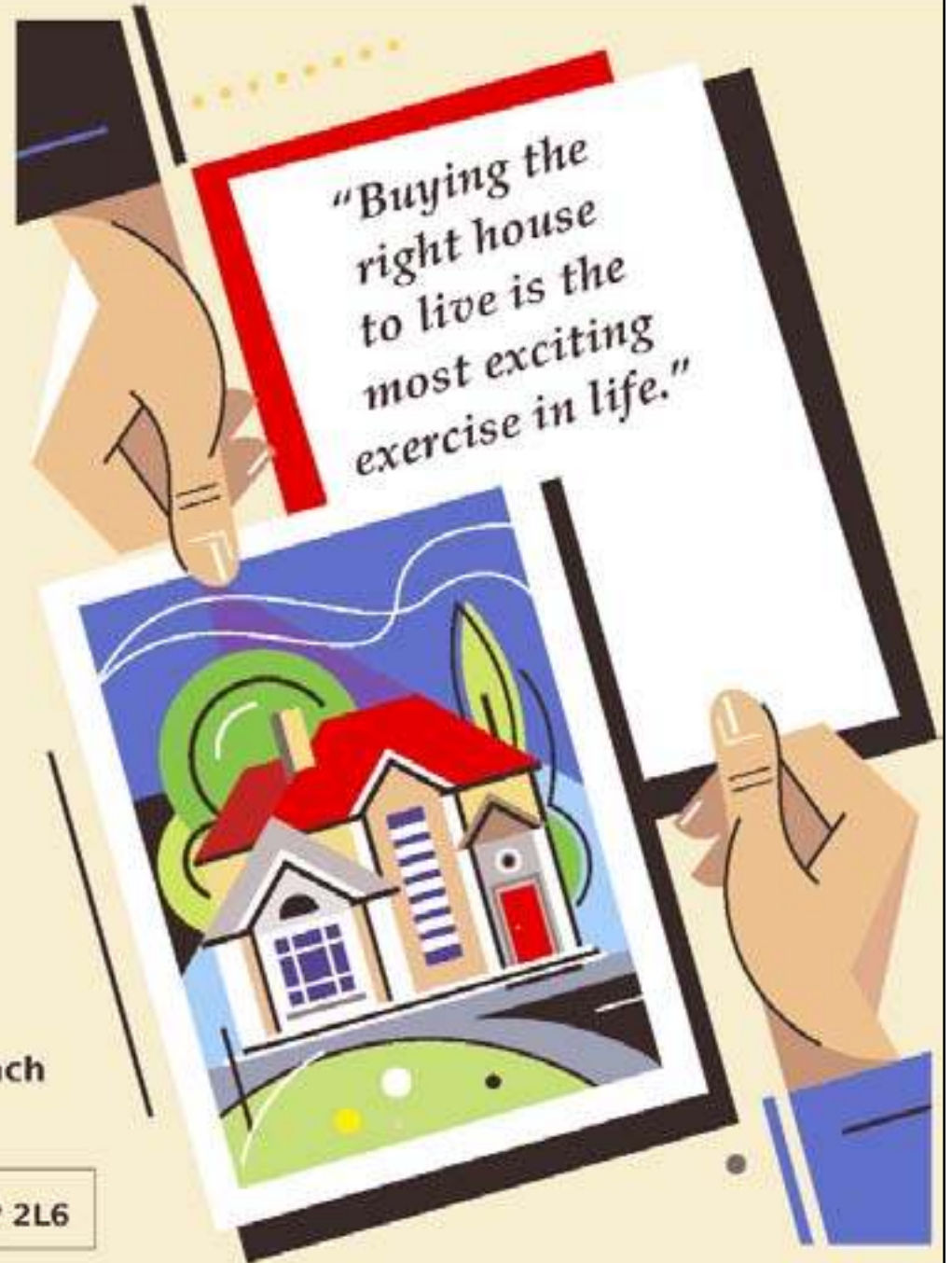
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# Special Feature



## Centre for Addiction and Mental Health announced as CTC's 2012 Walk-a-thon Charity

By Piragal Thiru

Members of the Tamil Canadian community engaged in an open dialogue regarding mental health and addiction issues in the community. This discussion took place at a campaign launch event for the annual Tamil Canadian Walk hosted by the Canadian Tamil Congress (CTC).

The event follows an earlier announcement by CTC spokesperson David Poopalapillai that the Centre for Addiction and Mental Health (CAMH) is the selected charity for CTC's 2012 walk-a-thon.

The launch was kicked off by Hon. Brad Duguid, Minister of Economic Development and Innovation and an avid supporter of the annual event since inception, as well as in the presence of Soo Wong, MPP for Scarborough-Agincourt. "Mental health is an important subject that affects all of us directly or indirectly and I am pleased to see that CAMH is the charity for this year's walk and I thank CTC for taking the leadership on this important initiative" said Minister Duguid.

"One in five Canadians will experience a mental illness in their lifetime and the remaining four will have a friend, family member or colleague with mental illness" said Dr. Priya Jeganathan, Co-chair of the Annual Tamil Canadian Walk campaign.

Service providers who work closely with the Tamil community continue to point out both the impact and magna-



Hon. Brad Duguid MPP

nimity of the issue within the Tamil community – the incidence of mental illness and addiction is largely triggered by the ongoing conflict in Sri Lanka. Other impact factors include migration and challenges around settling in a new environment.

Stigma and taboo-ism has made it difficult for service agencies to assess the need of the community and plan culturally sensitive services and programs to address the issue. Resulting from this challenge, Youthlink, a Toronto based organization recently completed a survey of the Scarborough Tamil community's needs around mental health and addic-



Hon. Soo Wong MPP

tion. Findings of the report are expected to be released this summer.

The enriched open dialogue and the willingness of participants to share personal stories granted a number of participating medical and sector professionals an opportunity to elaborate on how to identify symptoms of mental health, provide support and seek help. "This is an important issue in our community and events as such provide a platform to start a dialogue and certainly pave way for removal of stigma, allowing further discussion in the future" said Mathura Thiagarajah, a School Settlement Worker in the Scarborough area.



"CAMH is culturally adapting its practice and technology to make the treatments culturally sensitive and competent" said Akwatu Khenti, Director of International Health Programs at CAMH. "We welcome this effort by Canadian Tamil Congress, not only to raise money, but more importantly to raise awareness around mental health which will create a healthy future for all of us" Mr. Khenti added.

CAMH is also well known for its work globally on mental health initiatives, providing clinical training and education in several countries including Nigeria, Brazil, Mexico, China, India and Sri Lanka.

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# Special Feature



## Congressman Danny Davis hopes for Sri Lanka peace and stability its citizens rightly deserve

by Congressman Danny K Davis (D), Illinois, Marking the 3rd Anniversary of the "End of Civil War in Sri Lanka" - Delivered in the 112th Congress on the Legislative Day of 17th May, 2012

Thank you Madam, Chairman

It is my pleasure to rise today, to note the 3rd Anniversary of the ending of the civil war in Sri Lanka.

On May 19, 2009, a new era – an era of peace began in this country, an era of hope, an era of possibility and an era of justice with movement towards reconnection and reconciliation.

Unfortunately implementation of this new era of hope seem to be slow in coming. And still seem to Many Tamils in the country and throughout the diaspora who have lingering fears that the governance of the country will remain closed and not as democratically operated as they would like to see and that justice demands.

The President of Sri Lanka started talks with the Tamil National Alliance, the party that has won all elections in the North and East since the end of the war more than a year ago. Unfortunately these talks seem to have bogged down, and are not progressing as was anticipated.

Sri Lanka is a highly centralized state. The lack of control of areas that we take for granted such as the police, the use of land and the education system are often cited as being one of the causes of the civil war.

It is reported that even areas not affected by war suffer from neglect by Colombo and distant government officials who make arbitrary decisions, as its



U.S. Representative for Illinois's 7th congressional district, Danny K. Davis, serving since 1997, speaking on House floor on May 17, 2012

frequently noted by the World Bank and others.

Tensions continue to exist between the Sinhalese who control the government and the Tamils who consider the North and East as their traditional homeland.

It is unfortunate that after hostilities ended on the battlefield, they still seem to exist in many of the same ways that occurred before the war actually broke out.

It is my hope that Sri Lanka would be able to work through it difficulties so that this beautiful country can experience the peace and stability its citizens rightly deserve.

The peace and stability its citizens rightly deserve.

I Thank you Madam Speaker

## Sri Lanka: Thousands missing three years after war ends

COLOMBO, 18 May 2012 (IRIN) - Three years after the government of Sri Lanka declared an end to decades of civil conflict with separatist rebels, thousands of people are still missing, according to the UN and Sri Lankan activists.

The Working Group on Enforced or Involuntary Disappearances (WGEID) of the UN Office for the High Commissioner for Human Rights has recorded 5,671 reported cases of wartime-related disappearance in Sri Lanka, not counting people who went missing in the final stages of fighting from 2008 to 2009.

Hostilities between government forces and the Liberation Tigers of Tamil Eelam (LTTE) rebels, who had been fighting for an independent Tamil state for nearly 30 years, ended on 18 May 2009.



Still searching

"It's been almost three years. My son went missing on 14 May [2009] and I have not heard from him ever since. He was not a member of LTTE or [any] other group. He was just a normal Tamil

## Remembering and Reflecting: A Path to Accountability

On Sunday May 13th, Tamil Americans in Northern California Bay Area marked the third anniversary of May 2009 by Bringing Together Genocide Victims from Various Communities.

Rwandan Americans joined Tamil Americans in solidarity, while the Darfur, Kosovar, and Armenian communities offered their full support to the event.

The mood was somber but energized, as victims of genocide from different communities shared personal stories and emphasized the importance of recording their history for the sake of catharsis and accountability.

Rwandan community member Vincent Mugabo recalled the world's inaction during the Rwandan genocide, and the subsequent pursuit of justice, and urged Tamils not to be discouraged and to continue their struggle for accountability and justice.

In keeping with the event's theme – "Remembering and Reflecting: A Path to Accountability" – attendees wrote down their memories and dreams for inclusion in a time capsule that will be re-opened in five years' time. The participation of genocide victims from various parts of the world made this event particularly unique, and was a testament to the diversity and solidarity inherent in the Bay Area community.

Tamil Americans held Remembrance events in several other cities across the US, including Raleigh, Columbus, Boston, and New York City; rally and vigil on Friday, May 18 in front of the United Nations building.

Tamil Americans from across the country also took action to mark the day by attending an "Advocacy Day" on Capitol Hill, meeting with their elected representatives seeking their help in implementing the UN Human Rights Council Resolution on accountability in Sri Lanka.

On Thursday, May 17th a briefing was held for the US House Foreign Affairs Committee that screened the doc-

umentary "Sri Lanka's Killing Fields" and its sequel "War Crimes Unpunished." The event, hosted by Representatives Bill Johnson and Michael Grimm, included an expert panel consisting of Scott Gilmore (Center for Justice and Accountability), Ali Beydoun (American University, Washington College of Law), and representatives from Amnesty International, Human Rights Watch and the International Crisis Group.

civilian," said Aarati\*, 56, a mother of three in the northern town of Kilinochchi, in the former war zone. Another son has been missing since 1993.

Ganeshan Thambiah from the town of Jaffna, also in the north, told IRIN he has lost hope. "My son has gone missing for three years. It hurts me a lot but he is probably dead."

Disappearances occurred on a "massive scale", especially between 2006 and 2009 during the last phase of the war, said Ruki Fernando from the Christian Alliance for Social Action, a local NGO. "At the end of the war, many who surrendered to the army disappeared, including a Catholic priest and several high-profile LTTE leaders."



Victims of genocide from different communities shared personal stories



San Jose City Council member Ash Kalra in attendance



'Importance of recording their history for the sake of catharsis & accountability'

umentary "Sri Lanka's Killing Fields" and its sequel "War Crimes Unpunished." The event, hosted by Representatives Bill Johnson and Michael Grimm, included an expert panel consisting of Scott Gilmore (Center for Justice and Accountability), Ali Beydoun (American University, Washington College of Law), and representatives from Amnesty International, Human Rights Watch and the International Crisis Group.

Fernando includes journalists, human rights defenders and humanitarian workers among the missing, but says the real "tragedy" has been the reluctance of law enforcement authorities and state institutions to confront "this horrible crime, even when some leads are available".

In one alleged disappearance, Fernando said, law enforcement personnel and the Human Rights Commission of Sri Lanka have been unable to get a statement from a government advisor six months after he indicated he had information about a missing journalist.

Successive governments resorted to abductions to deal with political dissenters, militants, and now criminals.

Contd. on page 39...





# Special Feature

## 'Journalists failed to tell the story of war crimes in Sri Lanka'

By Frances Harrison former BBC correspondent in Sri Lanka

May 18, 2012 - marks three years since the end of the fighting in Sri Lanka. I would like to mourn the dead but still I do not know how many. Estimates range from seven to 147,000. It is a shocking difference.

How is it possible in this world of satellites, rolling news and internet we have no idea how many human beings really perished, even rounded up to the nearest thousand?

It is because as journalists we have failed to get close to the truth. On one hand the Sri Lankan government says the 2009 war was a magnificent humanitarian rescue operation, while on the other many Tamils say it was a genocide. As reporters it is not enough to quote both extremes without digging a little deeper, but that is what the media reports in 2009 were like, citing army and rebel claims and just adding a proviso that these were unverified because journalists had no access to the war zone.

Perhaps that is why the media dubbed the Sri Lankan conflict "a war without witness". That is simply not true. There were 60 Catholic priests and nuns, 240 local NGO workers, and Tamil civil servants working for the central government including five doctors. All of them were people who prided themselves on their professional integrity. Not to mention the survivors of this war, many of whom are now traumatised, suicidal, destroyed people, racked with guilt at being alive when so many around them died. Every emaciated person who walked out of those months of hell had a tale of narrowly missing death, of sitting chatting to someone one minute and seeing them dead the next. This is a story that has been largely missed, with the notable exception of Channel 4 news.

There is little knowledge of the horror of those final months of war in a tiny patch of tropical, palm-fringed beach. It was a place where milk powder was more precious than gold, where women cut up their best silk wedding saris to make sandbags and children died hungry while an hour down the road the shops were full of food.

Numbed to the sight of death, families were forced to abandon the corpses of their loved ones as they ran for their lives. A brave doctor who saved thousands of lives is haunted by the memory of the 150 patients he abandoned under a tree on the last day of the war; he can no longer stand the sight of blood and does not want to be a surgeon. It was a place where loving parents discussed suicide with their children, unable to tolerate the agony of dying one by one. A medic saw a baby born with a bullet lodged in his tiny leg, shot while still in the womb. In the makeshift hospitals dying mothers screamed for their babies to give them



Frances Harrison

one last feed – knowing the breast milk would be their last gift of life.

It was not just the indiscriminate government rockets fired from multi-barreled launchers into densely packed civilian refugee camps that caused untold suffering. At night in the bunkers women cursed and ranted against the Tamil Tiger rebels who stole their children. At first it was one child recruited from each family; in the final months they came back for the second and third children.

Parents buried their teenagers underground, hiding them in suffocatingly hot diesel cans with just a pipe to breathe through, hoping to evade the child-catchers. It was bad enough to lose your home and possessions, even worse to have your precious son or daughter taken away to die a pointless death in a jungle trench.

Three years on there is still no clarity about what really happened. The Tigers refused a credible Norwegian surrender

plan with international supervision, which would have given amnesty to all but the two top rebels. It would have prevented all the torture, rape and disappearances after the end of the war. But the rebel leadership preferred to hold out for a humanitarian intervention that could have saved them as a political force. As a result they exposed their own people to more bloodshed at the hands of the Sri Lankan army when defeat was already guaranteed. It was an immoral and callous decision and it fed the cycle of revenge, ensuring the continuation of the struggle.

In Libya Colonel Gaddafi took his loyal bodyguards and fought to the death, but Velupillai Prabhakaran, leader of the Tamil Tigers, took tens of thousands of exhausted but trusting Tamil civilians with him to the end. There is no public discussion of these choices in the Sri Lankan media, no questioning of what armed struggle really achieved, no acknowledgement of the assassination, extortion and child recruitment by the rebel leaders.

The evidence of war crimes and crimes against humanity by the Sri Lankan government has been independently documented by a United Nations inquiry that many journalists do not seem to have read in full.

For a long time the government claimed theirs was a "zero civilian casualty war" – a ridiculous assertion that was never properly challenged. Human rights groups documented more than 30 attacks on makeshift hospitals in six months. It is hard to believe they were all accidental.

On May 17th, 2012 at a Frontline Club debate I heard a Sri Lankan MP in charge of reconciliation say the international Red Cross had praised the Sri

Lankan army for its restraint. The same Red Cross publicly confirmed its staff had come under fire inside a hospital from positions held by the Sri Lankan military. When the fighting ended, the Red Cross said it had seen a lot of wars, but rarely one where civilians had been so badly affected. They called it an "unimaginable humanitarian catastrophe".

Many Tamils blame the international community for abandoning them to die. It is true that the United Nations failed utterly in its duty of care. Those aid workers who spoke out were forced to leave the country. Record numbers of journalists were killed and exiled in a deliberate attempt to silence the truth.

But no intrepid journalists smuggled their way into rebel territory as they did in Syria, even though an erratic bus service ran across the front line until mid-January 2009. There were Scottish, Australian and Bangladeshi UN staff who witnessed war crimes at the start of the war, but their stories did not get out at the time. Journalists reported on British politicians wooing the Tamil vote in general elections but they failed to read a Swedish study that found the UK issued more arms-export licenses for Sri Lanka during 2001-2008 than any country in Europe.

At the time 400,000 Tamils were trapped in the war zone in Sri Lanka, international media attention was focused on Gaza where at most an estimated 1,500 died. A UN report now says reports of up to forty thousand civilian deaths in 2009 in Sri Lanka are credible. If that number is correct, then the defeat of the Tamil Tigers was one of the bloodiest conflicts so far this century. Every journalist has heard of Srebrenica. How many have heard of Mullivaikkal where just as many perished?

(Frances Harrison is a former BBC correspondent in Sri Lanka and her book "Still Counting the Dead" which tells survivors' stories from the 2009 war will be published in London by Portobello Books in July in e-book form and October in print).

### Contd. from previous page...

"This indicates a reluctance to use the criminal justice system and [a] total breakdown of rule of law," he commented.

However, a high-ranking military officer who requested anonymity maintains that the state has not been involved in any alleged abductions, and that most of these allegations have been politically motivated. "There is a law in the country and we respect it. The army and government [are] clearly not behind any abductions, as claimed by various groups," he told IRIN.

But, three years on, the numbers of disappeared do not add up, said Jehan Perera, executive director of the National Peace Council of Sri Lanka. He points to the discrepancy between the number of people who once lived in five districts in the north - collectively known as the Vanni, and most heavily affected by fighting - and the number there today.

"There needs to be a credible investigation into [these disappearances] to lay all doubts to rest. There needs to be involvement of independent groups in ascertaining the facts, or else the doubts will continue as to the fate of the missing persons," he said.

The government has faced mounting pressure to act on the recommendations of a commission appointed by the president in December 2011, one of which is the criminalization of enforced or voluntary disappearances.

Acknowledgement of the disappearances and legal remedies are "prerequisites for any successful, durable and all-inclusive reconciliation process," noted the Commission of Inquiry on Lessons Learnt and Reconciliation.

Yet local activists say the disappearances have not stopped. "They still occur with sufficient regularity to make people feel that there is no clear break with the past, so there is still a dark cloud of fear in the country," said

Perera.

"Many dissenting voices faced 'white van' abductions more recently, and the list is not short by any means," said Jayasuriya Chrishantha Weliamuna, a senior human rights lawyer in Colombo, the capital. He reported that two activists working against abductions, while organizing Human Rights Day events in Jaffna on 9 December 2011, had also been abducted.

Twenty-one disappearances have been reported to the government-appointed Human Rights Commission of Sri Lanka from the beginning of the year to 18 April.

Perera said that with the state's "massive security network" and "top class intelligence system" there should be "no justification for even a single disappearance today". (\*not her real name)

(IRIN News: a service of the UN Office for the Coordination of Humanitarian Affairs)



# Spirituality



## The Act of Worship - its essentials and imitations

BY J.J. Atputharajah

### A. The Need for worship

Man from time immemorial has realised the need for worshipping God mainly due to his insecurity, incompleteness, fear and uncertainty. He feels helpless in the vast, limitless gigantic cosmos or the universe. He needs the protection of a supreme being and hence his longing for God and divine relationship. As a result, worship has become the activity of human life. Man started by worshipping almost anything that was beyond his power and imagination. He even worshipped the elements like the wind and the ocean. His spiritual hunger enabled him to find a God who is worthy of worshipping. God to him is the supreme being-almighty, omnipresent and accessible to anyone who seeks his help and protection.

### B. Pattern of Worship

The pattern of worship varies according to cultural background and ethnic behaviours of communities or people. However one could find some similarities in the elements of worship among the various religious practices of the world. The main features of worship in the Christian tradition are singing, praying, preaching, giving and communion. These are mostly present in other religions too. Men have devised several means of communing with the Almighty but these elements are found to be the most modes of expressing closeness and affinity with the divine.

Singing is the most popular forms of religious expression. This is the physical action that allows worshippers to through songs what is in their heart. Even though singing is using our voice, it is quite different from just talking. Perhaps the most unique thing about singing is the ability for a group to express their worship in unison. With singing a group of worshippers can corporately say to God their expression of praise, gratitude and thanksgiving. This is very common in Hindu and Christian faiths. The Hindus have the joint or corporate worship when the leader sings and a group of worshippers repeat the song or lyric in unison. This way of was introduced into Christianity and it became common among the worshipper in Ashrams. It helped the indigenisation of Christianity in eastern countries like India and Srilanka. Singing is the most inspiring element of worship which is acknowledged universally. The psalms of David, the hymns of John Wesley and Charles Wesley, the 'thevarams' of the four Tamil religious poets-Appar, Sunderar, Sampathar and Manicavasagar are examples of excellent songs which portray the longing of the soul. It is when human beings are put to the most severest of troubles that they were able to give expression to their utmost expressions of their love and



longing for divine help and guidance. Both the psalmist David and Thirunavukkarasar say that the thirst for God's love is like that of a deer that yearns for water on seeing the mirage. Tamil literature abounds with long-versed devotional songs depicting the eternal connection between the soul and the Almighty God. The other religions like Islam and Buddhism also have mantras, slogans, recitals and several types of songs that are basically praises for God. Hence is the universal expression of the human's love and desire for the fellowship with God. Now hymns and lyrics are available in the internet for devotees to listen and gather inspiration. The U-tube has a vast collection of Tamil lyrics that can be heard and appreciated on-line.

Praying is another vital form of communication with the deity. People pray both individually as well as in a group. Prayer is a kind of dialogue with God where people express both their problems and praises to God. Prayer involves four main features. A better way to start prayer is to tell God in what ways you love him-adoration. Second step is confession. Your heart needs to be in the right place when praying to God. We have to confess the truth. Thanksgiving forms the third step where you thank him for all the good things he has done for you in life. Thank God for everything and every circumstance. We should not heap on the requests to God. However supplication has a place in prayer. Prayer needs balance. It is o.k to ask but it should not be the main focus. We should have the right attitude to ask for those things that are pleasing to God. Prayer is the vital link between God and man. It will help to galvanise our lives and make it more meaningful for us and to others.

Preaching is yet another aspect of worship. Most religions give high priority for sermons. It is sermons that the most relevant doctrines are explained to the devotees for their edification and inspiration. Jesus' Sermon on the Mount proved to be the model sermon for all

times. He skilfully correlated Christian principles to the daily lives of the people and made it meaningful. Modern day pastors rarely follow his example and simplicity. The doctrines are fashioned to suit the various spiritual needs of the congregation. Preaching involves not only the impartation of one's religious knowledge but also exhorting the hearers to tell others the good tidings that they have received. People are encouraged to get interested in evangelism. Preaching enable a hearer to know one's religious obligations more clearly and intimately. Preaching and singing complements each other. Not only Christianity but also other religions like Islam, Buddhism and Hinduism place high premium on preaching. Hindus with their 'katha prasangam', Buddhists with their 'banna' preaching; Islam with their Koran discourses by moulavies are examples of how preaching is very indispensable to one's religion.

Giving forms another aspect of the act of worship. Christian life is not about receiving, it about giving. Other religions too give high place or charity in their religious observances. Religious festivals too give lot of importance to the act of giving. God is the best example for generosity. He owns the universe and everything in it. People obtain everything for free but have to please God by praising all the time. Money is not the only mode of giving. It could be manual work. We can give all our resources. This may include out time, body and mind. Religious festivals like Christmas, Vesak, Deepavali, and Ramadhan abound with opportunities for giving. Most religions expect their devotees to contribute lavishly for charities. Many religions places of worship are funded by devotees who find satisfaction in giving for a worthy cause.

Fellowship, feasting or communion plays another significant role in worship. Communion is the greatest privilege a Christian can experience. It is the time for true intimate relationship with Jesus. The worshipper establishes his bond with the saviour. It allows the Christians to focus on the greatest gift

ever given to mankind. Other religions too have such ceremonies. The Hindus have the theertham, the Muslims, milad/kanthoori and the Buddhists Dana. Worship binds people together in faith and fellowship.

### C. Its Imitations

Religion is one of the institutions that have been abused by man. Karl Max said that 'religion is the opium of the masses'. People are highly sentimental and they could be easily misled by these sentiments. Politicians have made use of religious sentiments to achieve their temporal goals. Napoleon made a pact with the Papacy to win the loyalty of his catholic subjects. He believed that religion is a social cement. We very well know the exploits of Rasputin-the mad monk in Russia. Many religious leaders have been accused of financial squandering as well as sexual misconduct. Many tele-evangelists are also found to be greedy and subject to sexual misconduct. Ted Haggard, Lonnie Latham, Earl Paulk, Paul Barnes and several others-all tele-evangelists - were accused of sexual exploits and drug abuse. John Macarthur (2009) said 'The faith healers and health and wealth preachers who dominate religious television are shameless frauds. They claim to possess great spiritual powers, but in reality they are rank materialists and enemies of everything holy.' Religion, like any other human institution is prone to abuse. Many Christian and Hindu religious leaders have exploited the religious susceptibilities of people to amass wealth. In the modern world, religion is becoming more and more commercialised. Modern scientific technology has helped religious propaganda as well as its exploitation. The Muslim religious leaders twist the doctrines to encourage people to take up to arms in order to defend their faith. They call it 'jihad'. The image of religion is tarnished by the acts of such leaders. Even in Canada, we find a number of religious groups raising up funds to help propagate their religion. One cannot deny the altruistic purposes of such efforts but they are not free of corruption. Religion is not practiced in its pure sanctified manner. It is used as a pedestal to promote power and influence in society. Pastors are appointed on a contract basis and they are forced to fulfill their duties on a temporal basis and not spiritual. They are not bold enough to point out the irregularities in the congregation they serve for fear of breach of contract. Commercial values have seeped into the activities of religious bodies and they continue to corrupt the effective and spiritual nature of the 'holy' services. Most church services appear to be public performances and the element of worship is not given the opportunity to be observed in the required desired fashion.

CONTD. ON PAGE 43...





# Spirituality

## Spiritual Allergy

**Unless you do something to the inner, you will not know what it is to be peaceful, to be joyous, you will not know how to go beyond the limitations of being just a physical body and mind.**

It is very important that the spiritual dimension of life is brought into everybody's lives. Why many people have developed an allergy to spirituality is because somebody always told them, spirituality means leaving everything and going to the mountains. Even if you want to go, there is not enough space for all of you there. You had better learn how to be spiritual in your office, in your home, on the streets, wherever you are. You had better learn that, because spirituality is about your interiority, not what you do outside. Spirituality is an inner science to create a conductive inner atmosphere because the quality of your life is dependent on how you are within yourself. That quality this moment depends on how joyous, how peaceful you are. This dimension you have completely neglected. Unless you do something to the inner, you will not know what it is to be peaceful, to be joyous, you will not know how to go beyond the limitations of being just a physical body and mind.

See, your body is simply accumulations of what you have gathered from the earth – when you leave you can't take an atom of this body. So this body is not really yours. Your mind is not yours too. It is also just an accumulation – what you have gathered from the backgrounds in which you were brought up in life. So there is something else which needs to be looked at beyond these dimensions.

Even if I erase all your memory, still you will be here. Yes? Your family will disappear, your status will disappear, your business will disappear, everything that you own in the world will disappear. But still you are here. So beyond all the things that you identify yourself with, still there is something called as you. That you is not subject to what you accumulate from outside. But unfortunately that you has been so much covered, so much crowded with other things that you never allowed yourself to look at that. You always thought that what you are identified with is much more important than who you really are. Now if your focus shifts, then the other dimension can start opening up for you.

The whole process of spiritual science, yoga in particular, is to somehow elevate you to an experience that is beyond the five sense organs. When you transcend the limited experience of what you know as yourself, your experience of life is naturally in a different dimension. Then you begin to experience that which is not physical - the spiritual, the Divinity of your true nature. If you are ready and willing to experience life in a deeper dimension, to be truly happy, I have methods. Then you can begin to experience the joy, the blissfulness of knowing who you really are.

.A True Prayer



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](http://www.ishafoundation.org)  
Toronto local contact 1-866-424-ISHA (4742) or email [Toronto@ishafoundation.org](mailto:Toronto@ishafoundation.org)



A prayer is not a means to reach God, but God is only a means so that we can pray.

The first question to ask is what is your prayer? "God, give me this, give me that, and save me." What you are seeking in prayer is not God, what you are seeking is free happiness. Ultimately what you want with prayer is well-being, you just are not willing to admit it. The first step is to be straight with yourself – then we can see how to cross the threshold of limitations to true happiness and well-being.

It is time that we realize that looking to God will not help until we look at our own foolishness. If you sincerely look at your deepest motivation for religion, you will see you have never aspired for the Divine. Please understand this. Your aspiration has never for the Ultimate. Your aspiration is for comfort, for wealth, for power, pleasure. And you think God is

a tool to achieve all those things. When you are seeking protection or materialist things, greed and fear have become the basis of your prayer and this will not work.

Ordinarily, we think prayer is a means to reach God, but what do we really know about God? If we are truthful, we must admit we have no direct experience of God; we are coming from a particular belief system. The danger in using prayer to reach a God we have no direct experience of can be illusionary. Thoughts and prayer can open a person but at the same time they can create hallucinations. Once hallucinations start growing, they take on such a big dimension because the illusory is always more powerful than reality. An illusion has the freedom of becoming anything it wants.

The cinema is more powerful than real life, given that you can just exaggerate it the way you want it. When the illu-

sory process gets exaggerated, it becomes more powerful than life. That is why we have always stayed away from prayer because prayer can be not only misused but also deceptive. Meditation, compared to prayer, is a much more reliable method to reach the inner nature and experience the Divine.

Authentic prayer is a deep connection with the Divine inherent in everything and everywhere. It is a quality, a state of being. As we become prayerful it is extremely beautiful but that state is reached only when we connect to our inner nature. Then the experience is absolutely joyous.

When we are really joyous, we are wide open and can receive. Prayer no longer becomes a monologue, but a beautiful phenomenon and a celebration which brings great joy. Then we pray not out of fear or greed, but because prayer itself is the reward. Patanjali, considered the father of yoga, goes as far as to say that when one knows how to be truly prayerful, prayer is not a means to reach God, but God is only a means so that we can pray.

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](http://www.InnerEngineering.com)

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# Short Story



Continued from previous issue ...

The villager on the other hand reacted entirely different and patted the heads through the grid while pushing them away by opening the gate. The house was located at a distance, and the barking dogs had made the people fully alert. There was a lag period before there was any response from the house hold: people were overly sensitive to everything around them, especially any intrusions. Finally the front door of the house opened and an old man came out. He stood at the threshold for a long time, squinting his eyes and did a thorough reconnaissance in silence so the villager had to bellow out his name before the old man would make any move.

first men and then the women. When Kumar saw his brother and his family, it dawned on him that the old man was his brother's father-in-law. Kumar felt a bit self-conscious for being wimpy around the dogs and the old man wished he never said anything tantamount to emasculating his son-in-law's brother. The villager seeing the happy ending, quietly left the scene while the family members were fussing around Kumar. When the dogs rejoined the party, Kumar put a brave face, trying to acknowledge their inherent friendliness.

The old house had an open verandah with a few furniture, and the solid teak double door opened in to an inviting drawing room with eight large wooden pillars holding the roof, with a sculptural

made Kumar hungry again. He knew the cooking was being done because of his unexpected arrival. The anxiety was palpable among all the participants that day, and Kumar knew neither he nor his brothers could survive in Jaffna. Although they had made a pledge in the heat of the moment that they would never leave Jaffna ever, he knew there would be a time that they would pack up things and go back to Colombo and start all over.

Early dinner was served on the verandah floor, reminding of the Hindu weddings where food would be served in banana leaves on the floor. When Kumar sat down on the mat, he felt something rubbing against his back. He got startled and got up to see a frightened cat stand-

way can I ask you something?" Kumar prepared to confront the old man, when others were fast asleep.

"Oh, yes; what ever on your mind"

"I'm curious about a family known to us in Colombo; I heard they were coming to Nallur too----- Selvaratnams: a middle aged couple with two sons and a daughter; his sister lives here and they have a house here too; he is a customs officer--- do you have any idea where they will be in Nallur?"

"I wouldn't know; there are so many families from Colombo; it's hard to keep track of all these people---I need to go to the shop" the old man hurriedly left the house. Kumar didn't fail to notice the sudden awkwardness and the lack of eye contact during reply; but he was determined to find the whereabouts of his girlfriend.

Toothbrush in hand with the towel on one shoulder, and the sarong folded above the knees, Kumar approached the well. Luckily the tub was filled up so he didn't have to call someone to help with the shadoof to draw water from the well. He never saw a trunk of a tree being used for this purpose, but had read about it, having been in use since Mesopotamian time. The July wind came in spurts, and each wave gyrated the tall coconut trees in all directions; the dry coconuts got detached like missiles and hissed through the leaves and went bouncing a few times before the complete stop. It had sent the chickens stampede to their safety, and made the bleating goats run in circles, entwining the trees they were tethered to. But the black majestic palmyrah trees stood still, not showing any effect from the gale.

First time Kumar ever witnessed those trees bordering the land's end, famous for the alcoholic drink, Toddy, which he heard of, but yet to enjoy. The cold water made his whole body shudder, so he poured water on himself in quick succession and eventually his body got accustomed to the coldness. The sun light penetrated the canopy and reflected on the surface of the water, making the shadows wobble with each scoop by the pail. When he was done, the cool breeze and the rapidly ascending humidity made the drying easy and he felt really rejuvenated. He wrung the wet sarong and put it on the cloth line, checked the towel around his waist, and stamped his feet repeatedly at the threshold of the kitchen.

The odor of cow dung used as manure in the vegetable garden around the well hastened his entry in to the kitchen. He wasn't prepared to meet the ephemeral glances toward his bare torso in the kitchen, but the womenfolk made it easy for him to scoot through. The clothes provided by the young siblings of his sister-in-law fitted okay. He had a small talk with them in the room that he was sharing with for courtesy's sake and quickly realized that they were worlds apart. He

Continued on next page...

## THE TRAIL OF TEARS FROM THE LAND OF PALMYRAH - Part 3



"I was wondering who would be visiting us at this time; --- don't you know, the times have changed--- we have to worry about everything, especially when you have young marriageable women among your household" it was three o'clock in the afternoon.

Kumar stood behind the villager, fearing the dogs, so the old man couldn't see his face and when the dogs finally left the scene he poked his head out, still holding the man's shoulders.

"Who's standing behind you, hiding like a girl just attained puberty" the old man quipped.

"I don't know, I thought you would know; he claims he is related to you; don't ask me the details, ask him--- Thamby, why don't you tell the relationship" the villager stepped aside so the two could face each other. Before Kumar could even finish the sentence, the old man yelled at the top of his lungs; "come out and see who is here"

Suddenly more faces popped up beside the door and one by one members of the family came out of their hiding,

ceiling. Beyond the drawing room was the rectangular open courtyard, wrapped all around by the rectangular verandah whose slanting roof was supported by multiple slender pillars. Four bed rooms, two on each side had an open access to the courtyard through the verandah. The kitchen was located right opposite to the drawing room beyond the courtyard and it was the only exit to the backyard. Kumar was amazed by the whole setup bringing ample sunlight into the rooms and wondered how one would cope during monsoon rains without flooding the inner verandah. He reassured himself that the drainage must be efficient. He was soon shocked to learn that there was no running water system in place, nor were there any bathrooms or attached toilets; instead a well in the backyard with an area for bathing and an outhouse faraway from the well. He couldn't thank the heavens enough when he saw the electric bulbs hanging by the wires covered with spider webs. The cooking smell from the kitchen permeated the drawing room despite the open courtyard and

ing at the corner, ready to runaway. The old man chased the cat away and told his son to keep the animals out. Kumar mixed all the curries with rice, made a lump, bent down and was about to shove it in to his mouth. And then he dropped the lump on hearing a loud bleating from a goat near the kitchen.

"It looks like Thamby is not used to all these animals; he will get used to it once he starts living here; this is the difference between city living and country living" the old man was a little diplomatic now.

Kumar ignored everyone's attention and paid respect to the homemade meal in a long time. He wiped the leaf clean in one go and looked up for more. He didn't know what he was getting into; because the Jaffna hospitality wouldn't stop short of one's suffocation. When Kumar got up, his legs were numb, his stomach was full, distended and painful and he felt giddy. He remembered sitting on the mat after coming back from washing at the well; but when he woke up, it was 6 o'clock in the morning and no one but the dogs and the cat were sleeping near him; the roosters' crowing was heard intermittently at differing pitch, the ticking of the clock was heard at constant intervals; otherwise an eerie silence was pervasive.

"Thamby, I hope you were comfortable sleeping here, we were trying to get you in to the room, but couldn't wake you up on many attempts last night" the old man was apologetic.

"I don't even remember falling asleep here, I must have been really tired"

"Of course you were dead tired; that's why finally we decided to leave you here; but middle of the night when I got up, I came out to check and placed the blanket on you"

"Thank you very much,----- by the





# Short Story

couldn't believe that he was hungry again. The lady of the house offered a glass of warm milk straight from the udder and it was a surprising change for a man used to early morning bed coffee. The smoke escaped in to the kitchen from the chimney, making his eyes burn; the boiling water gurgled and pushed steam through the bamboo stem filled with puttu; the crackling ember was stoked in to ablaze from time to time by blowing through a soot- laden metal pipe.

One of the daughters was squatting awkwardly, pinning the coconut grater by one foot, and grating a half coconut with both hands. The other daughter was busy making a red paste from dry chillies on a large motor and pestle for sambol. A second burner was turning beaten eggs in to omelette. The womenfolk were in full swing, taking their responsibility very serious. One of the daughters placed Banana leaves on the small table and sprinkled water to wipe the dust off. The steamy hot food was served for the men and women by custom waited on the men. Some took the food in metal plates and sat around the courtyard. Kumar decided to sit on the inner verandah floor, because that's where his older brothers were sitting. Between each mouthful, they expressed their opinion about the reportage aired by the Indian government, BBC, and Voice Of America on the racial riots and all earnestly prayed that India should come to their rescue.

In the process of moving back and forth between the kitchen and the courtyard for more servings, the brothers ended up creating a small niche around the corner for themselves, away from the men clustered around the kitchen. This gave an opening to discuss personal matters: ever since they lost their parents, the three brothers were like friends, being able to talk anything and everything with each other freely.

"Kumar, the last few days, we have been talking about you a lot"

"I hope something good"

"Not really; you know there is nothing good that we could think about you, especially when you are not around----- anyway, it was all about you being single; and what an eligible bachelor you are; that sort of talk"

"I'm very happy the way I am---- wait a minute, what the hell did you say now, what do you mean I'm eligible?"

"You are not married, aren't you?, unless you did something that we don't know"

"You all know that I'm engaged to Mala; by the way did you find out where she lives in Nallur?"

"I can't believe I totally forgot about it; I must ask my father-in-law"

"Don't even bother, I tried this morning when I saw him alone; he told me he was clueless-----I don't know, he looked a little weird"

"It may be true----- I wanted to say something and you cut me off and now I can't recollect"

"What?"

"Ah, yes, coming back to you being alone or single rather, my father-in-law asked if his youngest daughter would be a good match for you"

"What's wrong with you?; you never told him about Mala?"

"I did mention---- I guess----- but not all the details"

"No wonder he acted weird"

"How are you going to find out where Mala's family is?"

"Where there is a will, there is a way--- I know who to ask"

Everything had to be scaled down to commensurate with the tragedy in hand: the Nallur festival was on but every one anticipated that it would be a quiet event in August that year. Usually by late July tenders would be circulating for sought-after locations around the temple by the business community and business people would be seen jostling for favors from the local officials and the police. Religious establishments around the temple would see an increase in traffic in preparation to welcome their long distance patrons. Cajan shelters would crop up all around the temple, competing with one another for their size in structure and the purse. Obviously nothing of that sort was evident and one had to remind that it was indeed the time of the annual festival.

Kumar walked across the white sand field beside the Temple to reach the front where the shops were located. He was looking for the man afflicted with polio; he knew he was the only hope to find out where Mala was staying with her family. People congregated to discuss the latest developments and argued that India wouldn't turn a blind eye this time. They were cautiously optimistic that some favorable answer would come to their protracted sufferings; no one was prepared to blame the rebels for their misadventures. The rebels were looked up as the buffer between the evil forces and them. The man with the polio was seen going back and forth, carrying tea in a rack, between the tea shop and other establishments. The way he was balancing many glasses filled to the brim, without spilling the contents, was amazing, given the handicap. Kumar went behind him and tapped on his shoulder.

"You scared me to death" he got startled and almost spilled the contents.

"I didn't mean to scare you, thank you for helping me yesterday"

"Not a problem, any time; so tell me, how things are with you, I see you fully recuperated; the old man must have fed you well"

"Oh, yea, he is something; isn't he?"

"I see you have something on your mind; how can I help you?"

"Well, I'm trying to locate a family very close to us in Colombo; I hear they came to Nallur; I thought you might know"

"How come you never asked the old man?; nothing escapes his eyes and ears in Nallur"

"He doesn't seem to know; I asked him this morning"

"Try me then, the chances are that I

wouldn't know if he didn't know"

"Selvaratnams----customs officer with three children and his sister apparently lives here; and I hear they have----"

"Say no more, I know who you are talking about; now I wonder why the old man said he didn't know them"

"I don't know; probably he's getting a little forgetful?"

"I wish that is the case; on the contrary, he can't forget anything; you know something, he won't recognize me if he sees me first thing in the morning; I know why, he thinks I'm a bad omen for the day; can you believe, in this day and age; I shouldn't be talking bad about him, especially with you---you are not related, you are just connected through marriage, aren't you?; that's what i heard you telling yesterday"

"That's correct, so can you show me where they live? "

"Who"

"The Selvaratnams"

"I can't take a break today; and also something tells me that I shouldn't get involved in this, given the fact that the old man wouldn't recognize the family that has been coming here every year for Nallur festival for as far back as I could recall"

"So you are not going to help me ah"

"No,no; I will tell you where, it's not that difficult---- go back as you came, and instead of going straight, you veer to the left and traverse the whole white sand field behind the Temple until you come across a road; that's the Temple Road--- make right on that and pass the public latrines, you can't miss that, you know what I mean,and on your left hand side there will be a double story house. You can't miss it because that is the only double story house in Nallur"

"Thank you so much "

"All jokes apart, I would have come with you had I not promised to help the owner of "Murugan Stores"----- you may not know what happened-- what a terrible tragedy it was"

"What happened"

"Soon after the death of the thirteen

soldiers---I'm sure you would have heard--- the army went on a rampage and the owner of "Murugan Stores", the son of this old man, was in the wrong place at the wrong time and was shot dead in an execution- style; that too while he was carrying his newborn child"

"What happened to the child"

"Thank god, they spared the child and the mother--- and ever since the incident, the old man is a train wreck-----by the way, everyone knew some bad thing was going to happen to this fellow"

"What do you mean?"

"I should have told you that the newborn is a son; then you would have picked up"

"I'm still not following you"

"That's what happens when you live in big cities for too long; you become ignorant of our age-old wisdom; we are talking here of a birth of a male child in the month of July; now you got it?"

"No, what are you talking about?"

"Come on, you never heard a male child born in the month of July is bad for the father"

"No, never"

"It is not just a belief, it's a true fact; I myself have seen on many instances"

"It is a superstition; I don't buy that"

"You can't brush these off as superstitions, these are observations made by our elders and we must respect their age-old wisdom"

"Let me ask you, how many people died on that rampage"

"I would say around fifty"

"So you mean to say that all men died that day had a male child born in July!"

"Come on Thamby, don't be such a smartarse with me, ridiculing our believes and traditions"

After learning this piece of shocking information, Kumar couldn't resist taking a peek into the shop, looking for the old man. But he couldn't decipher anything pertaining to his personal tragedy from his body language; on the contrary, he found a man ministering his duties with unusual stoicism.

CONTD. IN THE JULY ISSUE

## CONTD. FROM PAGE 40

### D. The Need for Sanity in Religious Observances:

People should be able to worship in truth and holiness. There should be no compromise about it. Religious organizations and leaders must be very vigilant about it. Religious activities should not be commercialised and manipulated as a devise to make money or be subjected to any kind of exploitation. People find peace of mind and ease of living through religious activities. They should not be the means in the hand of hypocrites or pleasure seekers. Worship is an act of attention to the living God who rules, speaks and reveals, creates and redeems, orders and blesses. Jesus said that a true worshipper ' should worship with 'heart, soul and mind'. It is the responsibility of leadership to correct congregational worship when it begins to become artificial, predictable or routine. Leaders must be

aware that the world, the flesh, and the devil are all at work to make worship superficial, shallow and performance - oriented.

They must teach the whole congregation what God desires in worship and resist the constant drift toward mere entertainment than devotion. Biblical patterns of worship should be expressed with sensitivity to the feelings and judgments of others. The ultimate exercise of God's people is worship. In true worship minds are cleared, perceptions come into focus, spirits are renewed, and truth breaks out in new clarity. That is what sends out to tell good news to those who long for hope, or peace, or freedom from guilt. The three-fold mission of the church are: worship, evangelism, and edification. But the greatest of these is worship because worship is the source of evangelism and edification.



# Short Story



Three hours since the airplane started its journey.

Mathura's husband Vakeesan and her children Sajith and Renu were all enthusiastic about their trip. Since their flight started around midnight 12.40 all started sleeping within a short time. But she could not do so.

She may reach Colombo the next day and Jaffna the day after. She is going to meet her father, mother, sister Revathy, her husband Maruthavanan and their infant son in Jaffna. They are the only people in Jaffna.

She was not able to go to Jaffna for Revathy's wedding, because of the protracted war in Srilanka at that time. She was longing to see her sister as house-

sleepless nights thinking about her family in Jaffna.

Now she is going to meet all of them. This is going to be a memorable and enjoyable event. Her parents are going to meet their grandchildren after a very long time.

She looked at her children who were fast asleep.

Both were born in Jaffna but they are now new to Jaffna. When she moved to London Sujith was two years and Renu was a five months old.

Now both are immersed in their present surroundings. She tried to infuse Tamil culture when they were young at home, but after they started attending school things changed.

westerners. But Renu is always with jeans and shirts. Mathura told her to wear half "pavadai" when visiting Srilanka but she refused to do so.

When Mathura was in Sri Lanka, she was eight years old and her grandmother was living with them. She recollected the time when her Rajes 'periyamma' and her daughter Thilaka came from Germany.

Thilaka was eight years older than Mathura and she arrived in a skirt. Her skirt was trying to touch the knee and failed. She had red color on her lips. Her hair was cut to the neck line and curled. Mathura liked her appearance. She felt like a village girl and was feeling inferi-

If my mother to look at my daughter Renu?

My mother is grandma to Renu.

The air plane was flying and everyone was sleeping.

Mathura was feeling afraid of her mother's reaction and was unable to sleep.

Her eagerness to see her mother, was obstructed by the fear of her mother's reaction to her daughter's attire.

The attire of a Tamil stewardess wearing sinhala style saree, was serving drinks to all and this brought a feeling of guilt in her mind.

After landing at Katunayake airport and while travelling in a car, she was able to notice the vast changes in Colombo. She was admiring the sights along the way.

She could see many from foreign countries arriving there, may be because the war is over. Her assumption was proved correct by the number of relations from foreign countries at her cousin's house. She was happy and moved by meeting many of her relations at one time there. Her two children were happy and were busy conversing with the children who were there. She noticed their dresses and found they were all in western attire.

This was a great relief to her and freed her from the annoying fear of her mother's reaction. She was able to speak and mix freely with all of them.

After a shower and meal, they rested for few hours and started their journey to Jaffna in the evening. The fear started to grip her again.

After travelling through the night, they arrived home early morning and saw her family members all assembled at the entrance. Mathura's dad got hold of her hands with tears in his eyes and then embraced the children. Mother followed after him. Mother embraced her daughter saying "Renu kutty (kid)". Mathura was watching this with surprise and did not even feel her sister's embrace. She was staring at her mother's face. She was relieved noticing no change in her mother's face.

"What akka (older sister) why you are looking at mother so intensely?" asked her sister and she turned towards her. There were two girls of the same age of Renuka standing by the side of mother.

"Who are these girls"

"They from Maviddapuram. They have been displaced and staying in the house in front. They are always with mother and like her very much" said her sister to Mathura's question.

One of them teased mother by saying "grandma will not look at us any more since she is having her own grandchildren."

"Look at my grand children. How they are smart and stylish. You must also learn to be like them. Dress like them and speak like them."

Mathura suddenly turned and looked at her mother.

## Mother is a mother

Original in Tamil by Yokeswary Sivaprakasam (Sri Lanka)

English version by Thuraiyoran



wife.

Mathura's older sister and her two younger brothers are in Canada. She is the only one living in London.

There were times when she could not get a telephone call to Jaffna or send a letter to inquire about their health and safety. She was sometimes worried about them and was wondering whether they are alive and well. She was trying to recollect those terrible days when she spent

Mathura and Vakees went to London empty handed, hence both were forced to work, to earn a livelihood. Both their children were in the care of others when not in school. This was also one of the causes for the children's change in behavior. She was worried about the reactions of her parents to her children.

There may be no problem with Sujith's dress since all the males in Jaffna are wearing dresses like that of

or. But her grandmother's face turned dark.

"Why you are bringing up your daughter like this? Why is her appearance like this?" asked grandmother directly to periyamma. Thilakka's appearance raised strong feelings in grandmother more than the affection she had on her granddaughter. She was commenting on her dress and behavior till they left for Germany.





## SCARBOROUGH SENIOR THAMILS' ASSOCIATION



At the Annual General meeting of the Scarborough Senior Thamils' Association held on May 07th, in the Recreation Hall of the Neilson Seniors' Apartment at 1315, Neilson Road, Scarborough, the following were elected as office bearers for the year 2012 - 2013.

Seated from left: Mrs.K. Liyanage (Board Member), Mrs.N. Thurairajasingham (Vice President),

Mrs.J. Poopalasingam (Secretary), Mr.M. Thevarajah (President), Mr.A. Natgunasegaran

(Asst. Treasurer), Mr.A. Sivapiragasam (Auditor), Mr.N. Sivapatham (BM).

Standing from left: Mrs.T. Mariathas (BM), Mrs.J. Arumainathan (BM), Mrs.T. Sivapiragasam (BM),

Mrs.J. Innasithamby (BM), Mr.N. Balasundaram (BM), Mr.C.K. Sivalingam (BM), Mr.M. Soosai (Asst. Secretary), Mr.S. Kanesu (Treasurer) - Absent.

## Ontario Sri Lankan Pensioners Association (OSPA) Board of Directors



The following members of the OSPA were elected to office of Board of Directors of the Association for the current year at its annual general meeting recently held at the Council Chambers in the City Hall at Scarborough Civic Centre with its President Mr R.S. Jogendra, Attorney-at-Law presiding.

President: R.S. Jogendra, Vice Presidents: G.S. de Silva and Maya Kandiah,

Secretary: T. Ponnampalam, Assistant Secretary: R. Ragupathy, Treasurer: T. Thangarajah, Assistant Treasurer: N. Viveganathan.

Directors: K. Vadivelu, N. Skandaraajah, S. Mathieparanam, K.C. Nadarajah, Daya Hettiarachi, V. Gunaseelan, Siva Sivaramalingam, C. Shanmugasinkam, K. Nadesan, S. Nagalingam, R. Sundaralingam.

Auditor: M. Velauthapillai. Advisor: Manuel Jesudasan, Barrister, Solicitor and Notary Public.

The President of the Association R.S. Jogendra in his closing address earnestly appealed to the audience and the membership at large to mobilise support from all men and women retired from Sri Lanka's State Service and permanently resident in the Province of Ontario to

demonstrate their solidarity for the OSPA to rapidly resolve the grievous issues caused by Sri Lanka's Director General of Pensions (DGP) Circular 16/2009 of September 25, 2009 and to recover all outstanding claims long overdue. The Vice President Maya Kandiah on behalf of the elected Board of Directors thanked the members in attendance for electing them to office and for the implicit faith and trust reposed in them. He further assured that the Board would work in the best interest of the OSPA and serve the concerns and objectives for which it has been organised.

The outgoing Secretary Mr M. Velauthapillai, in proposing the vote of thanks, expressed his appreciation of the enthusiastic support the Board had from members and further thanked the outgoing directors for the dedicated co-operation extended to him and the Board in the discharge of their duties and for the Board to function well.

Sri Lankan Pensioners resident in the province and in need of information of the OSPA may call the President R.S. Jogendra on 647 285 9336, Vice President G.S. de Silva on 416 293 8592, the Secretary T. Ponnampalam on 289 997 0934 and the Treasurer T. Thangarajah on 416 266 7895



### Jaffna College Alumni Association-Ontario

## Silver Jubilee Celebrations

To all Jaffna College past students and teachers;

On behalf of the Alumni Association of Jaffna College, we would like to extend our invitation to our members to attend our grand 25th anniversary celebrations.

The celebrations start with our annual picnic at the Greenwood Conservation Area,

**2290 Greenwood Rd,  
Ajax, Ontario, L1T 4S4  
on July 2nd 2012 at 10.00am**

The Jubilee Celebrations end with the Grand Dinner and Dance,  
at

**La Gondola Banquet hall,  
227 Bowes Road, Concord  
on Saturday July 7th 2012 at 6.30 p.m.**

We are expecting many of our past students and teachers from around the globe to join us during this period. We would appreciate if you can accept this invitation and make your calendar available to attend these events. Our members will be delighted to meet and greet their friend's teachers and colleagues and renew old ties.

Further information please call one of the organizing committee members;

**Walton Rajah @ 647 839 2563  
Rohan Alphonsus @ 416-491-0105  
Karuna Wijayanayagam @ 416-299-0672  
Pushparajah @ 905-554-4430**

## Senior Tamils Society of Peel

The Annual General Meeting and Releasing of the Annual Magazine 2012 were held at St John The Baptist Church, Mississauga on the 26th of May, 2012. The following Board of Directors were elected for 2012 - 2013.

**President:** Capt. S. Santhiapillai  
**Vice President:** Mr. S. Sathanathan  
**Vice President (Women Affairs)** Mrs. Saro Sivaganam  
**Secretary:** Mr. R. Suntharalingam  
**Asst. Secretary:** Mr. S. Sivaganam

**Treasurer:** Mr. J.S. Bastiampillai  
**Asst Treasurer:** Mr. R. Balasubramaniam  
**Board of Directors:** Mr. Arun Anandarajah  
Mr. Pala Shanmugam  
Mrs. Nirmala Bastiampillai  
Mrs. Kanagmany Rudran  
Mr. Nadarajah Selvarajah.  
Mr. K. Jeganathan  
Mr. S. Sivapakiyarajah  
Mr. S. Sivapathasundaram.





# Cinema World

## Kamal Hassan to attend IIFA for the first time

Kamal Hassan is all set to make his debut appearance at the upcoming IIFA awards to showcase excerpts from his highly anticipated film 'Vishwaroopam'

The 57-year-old has directed and co-produced the spy thriller, which is being made in both Hindi and Tamil. Excerpts from the film and its first look will be showcased at the 13th IIFA in Singapore, which starts from June 7.

"IIFA is one of the biggest events for the Indian Film Industry. This year is particularly special for my film and me; it is a great opportunity to present my film on such a large and international



scale. I look forward to unveiling the first look of 'Vishwaroop' and I am hopeful that it will be well received," Hassan said.

The Hindi version of 'Vishwaroop' will be unveiled on June 8 at the Raffles City Convention Centre, giving world-media key glimpses from the film.

The movie features Haasan in the lead role along with a superstar line up Andrea Jeremiah, Rahul Bose, Pooja Kumar, Jaideep Ahlawat, Samrat Chakrabarti, Zarina Wahab and a special appearance by Oscar nominee filmmaker Shekhar Kapur. Musical trios Shankar-Ehsaan-Loy have composed the film's music and Javed Akhtar has penned the lyrics for the film.

## MIAMI UNIVERSITY CONFERS DOCTORATE ON A.R. RAHMAN

A.R. Rahman gives commencement speech, performs at Miami University (MU), Ohio, USA Graduation:

Oxford - A beautiful day, a packed venue, and the ritual of graduation were the backdrops of a major celebration of the arts at Miami University's Spring 2012 Commencement at Yager Stadium on Saturday, May 5.

More than 3,500 red-gowned men and women saw their collegiate careers at Miami University come to end with the serenading by an Academy Award-winning singer and composer supported by MU instrumentalists and vocal ensembles during its 173rd commencement ceremony, awarding 3,529 degrees, including 3,102 bachelor's degrees in a variety of fields and disciplines.

A. R. Rahman, the most well-known musician in all of India and whose most famous works include the soundtrack to the movie "Slumdog Millionaire," gave the keynote address and was awarded an honorary degree by the university. His presence was a culminating highlight of the University's "Year of the Arts" that it celebrated during the 2011-2012 academic year.

"It was an extremely special weekend," writes Fine Arts dean Dr. James Lentini. "With A.R. Rahman here on Saturday as the keynote speaker and performer, the event reached a full house in Yager Stadium and thousands watching online. Rahman's

Facebook page (he has 8.4 million followers) posted his Commencement speech at Miami and a photo of him with his honorary doctorate. The posts have received 43,000 likes and over 4000 comments."

Rahman has worked with Miami for more than a decade and was a co-founder of the Global Rhythms World Music Ensemble (GRWME) on the Miami University campus. After his address he performed several of his own compositions and was then joined by drummer and co-founder of GRWME Srinivas Krishnan, guitarist/dean of the School of Fine Arts James Lentini, and GRWME vocalists conducted by Jeremy Jones, in performances of Dilse and Jaiho, two of his Rahman's more famous pieces.

In his address, Rahman said to "make sure you are always learning through your travels and keeping an open mind. Many hidden treasures of a place are never revealed until we experience them for ourselves. Never rush into judgment about a person, place or idea." He encouraged the students to be bold and adventurous - and to look for ways to help mankind. "Music doesn't belong to one culture or time period" Rahman said.

Also helping with the musical aspects of the day's ceremony were the Miami University Wind Ensemble under the direction of Gary Speck and vocalist Armando Linares, who led singing of the National Anthem and the Miami University Alma Mater. - <http://arts.muohio.edu>



A.R. Rahman accompanies members of the Miami University Global Rhythms in Jaiho

## No complaints about juggling work with motherhood: Aishwarya

Aishwarya Rai, who made her much-anticipated red carpet appearance at Cannes in a cream and gold saree on May 25th, 2012, said she has no complaints juggling work commitments with motherhood.

This is the actress' 11th year at Cannes and her first red carpet outing since the birth of daughter Aaradhya last November. The 38-year-old actress is attending the film festival for two days as a L'Oreal brand ambassador and has taken her six-month-old daughter along for the trip.

When asked about juggling work with motherhood, Aishwarya, who walked the red carpet for the AmfAR Cinema Against Aids gala, said, "I'm not complaining as this has been a way of life for so long now, from your adult life till the time that you have stepped out, working, multi-tasking round the clock." "People talk about sleepless nights, but that is the way we live our lives. Can't be complaining about it when it comes to your baby," she added.

The actress was spotted wearing a grey and white maxidress by Australian designer Angelo Katsapis earlier in the day but later opted for the cream colour saree with a golden embroidered full-sleeved blouse by Indian designer Abu Jani-Sandeep Khosla for the charity fundraiser. With her hair piled high and adorned with a gold band, the actress kept her make-up minimum. "This time it was easier to make my trip here and my appearances at the film festival because I'm not filming right now.

So I could work it into my schedule. It is about the cause and helping raise funds. I have brought a drape from Abu and Sandeep to auction off here and contribute to the cause," Aishwarya told NDTV. Her Cannes wardrobe was kept a closely guarded secret and it was reported recently that she would be wearing Indian outfits instead of the usual haute couture gowns she sports every year. Her post-pregnancy weight gain had attracted criticism, so there was much curiosity about her appearance on the French Riviera (Pic by: Getty Images). - PTI



Aishwarya Rai Bachchan appears at the red carpet of Cannes Film Festival and how! The actor got her style bang on in an Indian attire by designers Abu Jani and Sandeep Khosla

## Aishwarya is the ideal celebrity mom: Survey

Bachchan 'bahu' Aishwarya Rai tops the list of the ideal celebrity mothers in Bollywood, a status she shares with her Hollywood counterpart Angelina Jolie, according to a survey. Altogether 54% of the respondents voted for the former Miss World followed by Karisma Kapoor who got 27 % votes as the ideal mother.

Married to Abhishek Bachchan, 38-year-old Aishwarya gave birth to a girl in November last year. The survey was conducted by matrimonial portal Shaadi.com to find out the Bollywood diva who has the qualities of being an ideal mother and if Indians see her fit the role well. Two other actresses, Malaika Arora Khan and Lara Dutta, were the other contenders as the ideal celebrity mom in the survey.

When it comes to be an ideal mother in Hollywood, 67% respondents voted for Angelina Jolie. The survey further revealed that Indians feel that National Award winning actress Priyanka Chopra would make an ideal mother once she attains motherhood as she got 30% of the votes followed by Kareena Kapoor.

Yesteryears' actress Hema Mailini and her daughter Esha Deol were voted the 'Most popular celebrity mother-daughter duo' who make a great pairing and share a bond. They led the poll with 39% respondents voting for them followed by Tanuja and Kajol who got 27% votes. The other contenders were Kareena Kapoor and Babita, Soha Ali Khan-Sharmila Tagore and Twinkle Khanna-Dimple Kapadia.

- PTI





# DEBT PROBLEMS???



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# Special Feature



## CANADA HAS SPOKEN:

### TOP 25 IMMIGRANTS OF 2012

Canadian Immigrant Magazine and RBC Honour Canada's Top 25

Congratulations from Monsoon Journal to all of the inspirational group of 2012 winners.

Hip-hop artist K'naan, Member of Parliament Olivia Chow, Olympic wrestling legend Daniel Igali, an entrepreneur and lawyer, a cardiologist, former professional wrestler and many other community leaders from across Canada are among the winners of the fourth annual Top 25 Canadian Immigrants awards presented by Canadian Immigrant magazine and sponsored by RBC. This national people's choice award celebrates the untold and inspiring stories and achievements of newcomers to Canada.

More than 28,000 Canadians voted online for their top choices, the largest number since the awards program began in 2009. First set of award recipients were honoured at ceremony held in Toronto on May 29th and final will be held in Vancouver on June 5th.

"Even though this is our fourth annual awards, there is no shortage of immigrants deserving to be recognized for their contribution to Canada," said Margaret Jetelina, editor, Canadian Immigrant magazine. "The calibre of our 25 winners — indeed of all the 75 shortlisted candidates — attests to that. From professional athletes, artists and politicians to entrepreneurs, philanthropists and community activists, the Top 25 Canadian Immigrants of 2012 are inspiring role models not only for all immigrants, but also for everyone born in Canada."

During the ceremony held on May 29th in Toronto, 16 out of the Top 25 winners received a commemorative certificate and a \$500 donation towards a registered Canadian charity of their choice. Winners will be featured on [canadianimmigrant.ca](http://canadianimmigrant.ca).

"On behalf of RBC, I want to congratulate and recognize this year's winners for their contribution to Canada's prosperity," said Paul Sy, Director, Multicultural Markets, RBC. "Newcomers bring their unique skills and talents, which benefit us all and enrich Canada's productivity and diversity."

More than 550 nominations were received over a two-month period from which 75 finalists were shortlisted by a panel of judges comprised of past winners. The awards program is also supported by the Toronto Star, Metro, Suhaag and Sing Tao.



Paul Sy, Director, Multicultural Markets, RBC with one of the winners - Dr. Vivian Rambihar, cardiologist from The Scarborough Hospital

The Top 25 Canadian Immigrants of 2012 are (in alphabetical order) and photos of some of the winners:

**Francis Atta (Toronto, ON/Ghana)** is founder of K.E.Y.S., a motivational speaking company through which he encourages people to return to school or look for a more satisfying job.

**Kehar Singh Aujla (Burnaby, BC/India)** is an avid volunteer with nine organizations, including Volunteer Grandparents.

**Iman Biock Aghay (Port Coquitlam, BC/Iran)** is a recent immigrant who has an Internet consulting firm, Success Road Enterprises, and founded a Vancouver networking group.

**Juan Carranza (Toronto, ON/El Salvador)** is the first lawyer from Central American to be called to the Law Society of Upper Canada.

**Olivia Chow (Toronto, ON/Hong Kong)** is Member of Parliament for the federal riding of Trinity-Spadina, and wife of the late NDP leader Jack Layton.

**Isabel Cisterna (Waterloo, ON/Chile)** is the owner of Neruda Productions, which provides space for new immigrant aspiring artists to showcase their talents.

**Narima Dela Cruz (Surrey, BC/Philippines)** is a realtor and community activist.



Meleni David (Toronto, ON/Sri Lanka) is an entrepreneur and lawyer.



Jagjit Singh Hans (Tiger Jeet Singh) – (Milton, ON/India) is a former professional wrestler and philanthropist.

**Daniel Igali (Surrey, BC/Nigeria)** is an Olympic wrestling legend who founded a school in Nigeria.

**Commodore Hans Jung (Ottawa, ON/Korea)** is Surgeon General of the Canadian Forces and spearheaded the establishment of physician assistants in Canada.

**Suresh Kurl (Richmond, BC/India)** is a former University of British Columbia professor, social worker and member of the National Parole Board, who regularly volunteers in his community.

**Peter Legge (Coquitlam, BC/UK)** is chairman and CEO of Canada Wide Media, a motivational speaker, author, philanthropist and face of the Variety Club Telethon.

**Tonny Louie (Toronto, ON/Hong Kong)** is chair of Toronto Chinatown Business Improvement Area board. He also started the Toronto China Street Festival.



Ahmed Mustaq (Toronto, ON/Bangladesh) is a financial executive who wrote a guide for newcomers.



Jennifer Tory, Regional President-Greater Toronto, RBC Royal Bank being interviewed by Amin Dhillon of ATN TV



# Special Feature



*Dr. Rey Pagtakhan (Winnipeg, MB/Philippines) is a physician, professor and politician.*



*Bing Thom (Vancouver, BC/Hong Kong) is an internationally renowned architect.*

*Ai Thien Tran (Gatineau, QC/Vietnam) is a social worker and executive of the Vietnamese Canadian Federation.*



## About Canadian Immigrant and [canadianimmigrant.ca](http://canadianimmigrant.ca)

Attracting more than 287,000 readers each month, Canadian Immigrant is distributed in Toronto and Vancouver and helps new Canadians build a successful life and home during their first years in Canada. Its mandate to inform, educate and motivate provides easy-to-access content for newcomers looking for information, from careers, education and settling in to culture, money and business. Our website, [www.canadianimmigrant.ca](http://www.canadianimmigrant.ca) offers daily editorial, forums, tools, resources and more to help newcomers across Canada. Canadian Immigrant is a division of Star Media Group, which is broadly based with interests in print and digital media, led by its flagship property, the Toronto Star, Canada's largest newspaper, which is read in print and online by 3.1 million readers every week.

*Dr. Vivian Rambihar (Toronto, ON/Guyana) is an internationally respected cardiologist and a pioneer in studying ethnicity-related heart disease.*



*Madhu Verma (Fredericton, NB/India) is a multicultural community leader.*

*Keinan "K'naan" Abdi Warsame (Toronto, ON/Somalia) is the popular hip-hop artist of "Wavin' Flag" fame.*

*Tonya-Lee Williams (Toronto, ON and Los Angeles, USA/UK) is an Emmy-nominated actor known for her role on the Young and the Restless, and is founder of the Reel World Film Festival.*

*Nancy Zein (Edmonton, AB/Jordan) is executive director of the Canada Arab Friendship Association.*

## About RBC

Royal Bank of Canada (RY on TSX and NYSE) and its subsidiaries operate under the master brand name RBC. We are Canada's largest bank as measured by assets and market capitalization, and are among the largest banks in the world, based on market capitalization. We are one of North America's leading diversified financial services companies, and provide personal and commercial banking, wealth management services, insurance, corporate and investment banking and transaction processing services on a global basis. We employ approximately 74,000 full- and part-time employees who serve more than 15 million personal, business, public sector and institutional clients through offices in Canada, the U.S. and 51 other countries. For more information, please visit [rbc.com](http://rbc.com).

*Zubeida Ramji (Toronto, ON/Tanzania) is the founder of CARE Centre for Internationally Educated Nurses.*



*Satish Thakkar (Brampton, ON/India) is president of Indo-Canadian Chamber of Commerce.*

**For more information, contact:**

Diversity Communications:  
**Pracheer Saran, 905-907-6911 x 277,**  
**[pracheer.saran@dyversity.com](mailto:pracheer.saran@dyversity.com)**  
**Irene Tang, 416-818-0887,**  
**[irene.tang@dyversity.com](mailto:irene.tang@dyversity.com)**



# Recent Event



## North York General Hospital launches historic fundraising campaign

**Family donation is the largest gift by individual donors to a community hospital in Canadian history**

On Thursday, April 26, North York General Hospital (NYGH) formally launched the largest fundraising campaign in its history and the most ambitious comprehensive campaign to be undertaken by a Canadian community hospital.

The \$150 million fundraising initiative will support facility upgrades, new technologies and equipment, research and education, as well as emerging priorities.

The Steinbergs and Nanjis, two Canadian families who are well known to the Hospital for their long-standing philanthropic leadership and generosity, helped launch the fundraising campaign with monumental contributions.

To celebrate the launch of this historic campaign, NYGH hosted an event at the Hospital well attended by many dignitaries, donors, hospital staff, well wishers and Media. At the event, Lead Donors spoke about their personal motivation for giving and Foundation representatives provided insight information into the importance of this community campaign.

Exclusive tours of the Hospital were also arranged to highlight areas that will be positively impacted by the current campaign and showcase recent hospital areas that have benefited from community philanthropy.

There were speeches about the details of the campaign and their experience from:

- Dr. Tim Rutledge, President and CEO, North York General Hospital
- Terry Pursell, President and CEO, North York General Hospital Foundation
- Mr. Pyarali G. Nanji
- Mr. Lewis Steinberg



Mr. Pyarali G. Nanji



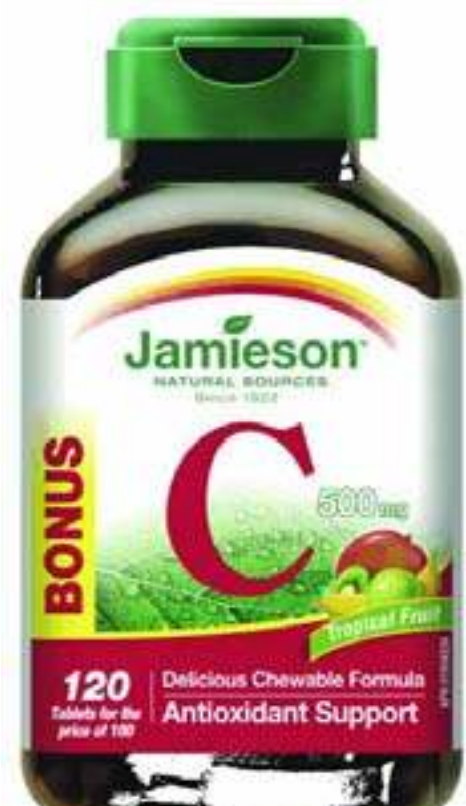
Steinberg Couple

## On May 10, 2012, Jamieson Vitamins turned 90!

To celebrate, Jamieson will be giving away 90 trips spanning the globe to countries who supply the finest raw ingredients for the supplements.

Below are some fun facts about Jamieson:

- The vitamin industry was worth \$370.5 million in Canada last year
- Established in 1922, Jamieson Laboratories is Canada's largest manufacturer and distributor of advanced natural-health products
- Jamieson offers more than 200 products and exports to more than 50 countries
- 105,000 Jamieson products are bottled each day in Windsor, Ontario
- Jamieson produces 11,600,000 supplements per day - that's more than 4,176,000,000 supplements manufactured in a year
- If you were to line-up all the vitamins Jamieson manufactures in one year it would be more than 52,728 KMs - greater than the circumference of the earth







# Health & Fitness

## Study: C-Section Babies Face High Obesity Risk

By Jessica Berman

(May 25, 2012) WASHINGTON - A new study has found that babies born by Caesarean section are twice as likely to become obese by the age of three as newborns delivered vaginally, and authors of the report say women who plan to deliver their babies via C-section because it is more convenient might want to reconsider their options.

The study, conducted by researchers at Children's Hospital in Boston, monitored 1,250 women from before their 22nd week of pregnancy until they delivered their babies at hospitals in Massachusetts between 1999 and 2002.

Twenty-five percent of the babies were delivered by Caesarean section and the rest were born vaginally.

Height and weight of each baby was taken at three months of age and again at three years of age. Researchers found that by the third year, 16 percent of the C-section toddlers were obese, compared to 7.5 percent of those born vaginally. Differences in the children's birth weights did not appear to be a factor.

Researchers also found that three-year-olds born by C-section also had a

higher skinfold thickness, a measurement of body fat. Although motherhood obesity is a known risk factor for overweight children, researchers said this finding was consistent regardless of the mother's weight.

According to Dr. Amos Grunebaum, director of obstetrics and chief of labor and delivery at the New York Weill Cornell Medical Center in New York City, it is important to tell mothers who do not need a C-section for medical reasons of the obesity findings and other risks associated with surgical delivery.

"We already know that if you do Caesarean-section, especially when there's no medical indication, there's an increased risk of babies being admitted to the intensive care unit for breathing issues," he said, adding that there are a number of legitimate reasons for a C-section, including babies who are positioned buttocks or feet first in the birth canal, and babies in distress or whose births are not progressing normally.

The Massachusetts researchers have speculated that obesity may be influenced by bacteria in a newborn's gut, which could be different in C-section



Maria Iozia holds newborn son Dio Anthony Flore, Queens, New York, 2007 (file photo)

babies than in vaginally-delivered babies. The microbes, they said, could affect how calories and nutrients are absorbed from food, promoting insulin resistance, inflammation and fat.

Another possibility, researchers said, is that hormones released during labor may influence the development of obesity, but that both possibilities need further study.

Grunebaum said he is likely to inform patients seeking an elective C-section of

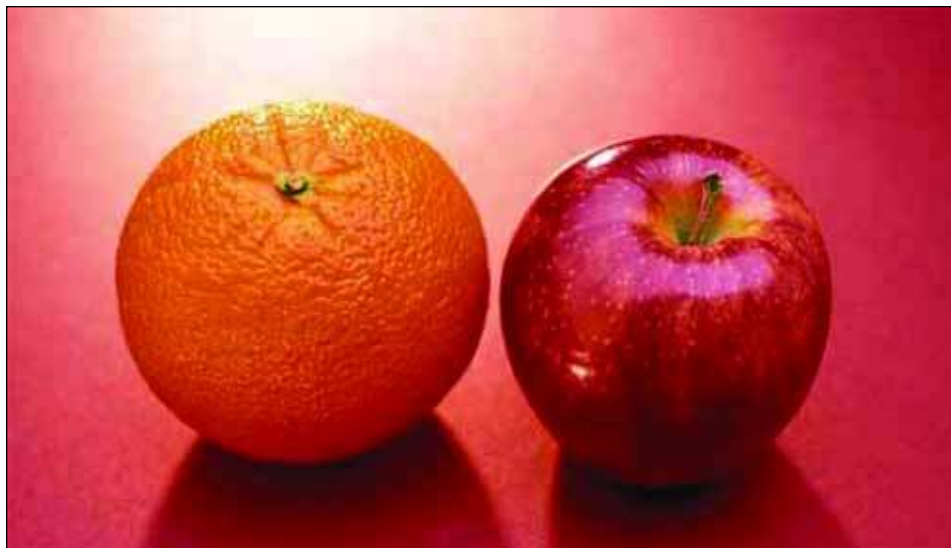
the additional risk of obesity.

"Whenever we do any procedure, we balance risks with benefits," he said. "And if risks outweigh benefits -- and in this case there are some risks such as obesity versus very little benefits -- then women should be aware of this."

A study on Caesarean section and the increased risk of childhood obesity is published in the journal Archives of Disease in Childhood.

- VOA News

## Eating apples, onions, oranges 'can prevent blood clots'



A team at the Harvard Medical School have found that a chemical, called rutin, found in apples, oranges and onions could prevent blood clot formation in the arteries and veins, the 'Daily Mail' reported. They believe that rutin also present in black and green tea could be used in future treatments to protect against heart attacks and strokes.

In their study, the researchers found that the chemical helped block a potentially dangerous enzyme involved in the formation of blood clots. This enzyme protein disulfide isomerase (PDI) is released very quickly when blood clots form in the arteries and veins.

They tested the ability of 500 different chemicals including rutin to block PDI using scientific models on computers. They found rutin was by far the most

effective.

Prof Robert Flaumenhaft, who led the study, said: "Rutin proved to be the most potent anti-thrombotic compound that we ever tested in this model. Clots occur in both arteries and in veins. Clots in arteries are platelet-rich, while those in veins are fibrin-rich. This discovery suggests that a single agent can treat and prevent both types of clots."

He added: "A safe and inexpensive drug that could reduce recurrent clots could help save thousands of lives."

Blood clots, or thromboses, occur in arteries and vein and restrict the flow of blood. If a clot occurs in one of the main arteries leading to heart it causes a heart attack. A clot occurring in an artery leading to the brain causes a stroke.

- PTI

## Eat slowly 'to stave off diabetes'



Want to stave off diabetes? Eat slowly, says a new study.

Researchers at the Lithuanian University of Health Sciences have found that people who wolf down their food are two-and-a half times more likely to develop Type 2 diabetes than those who savour their meal.

This is in line with previous research that found links between eating quickly and obesity. But it is the first time that the speed at which people eat has been identified as an independent risk factor for Type 2 diabetes.

For their study, the researchers compared 234 newly diagnosed Type 2 diabetes patients to 468 people free from the disease. The participants were quizzed on diabetes risk factors and asked to rate their eating speed. Body weights and measurements were also taken, the 'Daily Express' reported.

After adjusting for other factors including a family history of diabetes,

exercise habits and smoking, the researchers found those with faster eating habits had a more than two times greater risk of developing Type 2 diabetes.

Lead researcher Dr. Lina Radzeviciene said, "The prevalence of Type 2 diabetes is increasing globally and becoming a world pandemic. It's important to identify modifiable risk factors that may help people reduce their chances of developing the disease."

Type 2 diabetes, which normally develops during middle age and is associated with obesity or an unhealthy lifestyle, is a largely preventable disease that can be controlled through a healthy diet and exercise, even if an individual finds it a struggle to lose weight.

Dr. Radzeviciene's team now hopes to perform a larger study looking at how types of food, calorie intake, exercise, and psychological and emotional well-being affect diabetes risk factors. - PTI



# Durham Tamil Association



## DTA raised \$2006.75 for the Canadian Cancer Society

Durham Tamil Association organised a fundraising event to support The Canadian Cancer Society. The event took place on Saturday, March 31st and Sunday, April 1st in different locations. 21 Youth members of Durham Tamil Association stood in various locations like The Pickering Town Centre, Loblaws Store, LCBO etc., and sold Daffodil Pins. Our Youth Team mostly received encouragements and they completed the fundraising successfully on Sunday evening.

To add to our surprise, The Canadian Cancer Society declared that the total money our Team DTA Youth raised was \$ 2006.75 and this encouraged our youth

to contribute more in the future. DTA appreciates the continued support of the parent volunteers and sincerely thank Sharon Alipanopoulos, Kristi Gregor and Leanne Gibbons-Goode for all their support and guidance they offered to our young team.

Durham Tamil Association also invited our Honourable MP Chris Alexander and Sharon Alipanopoulos - Volunteer Engagement Coordinator to appreciate our TEAM DTA Youth on Sunday 22nd April to Ontario Power Generation. Our vibrant and energetic Youth Team presented the BIG CHEQUE for \$2006.75 to Sharon of The Canadian Cancer Society.

Our Youth were excited to receive the Certificate of Appreciation from our MP Chris Alexander and Sharon. Complementary gifts were provided to encourage our Youth by major organisations such as Warner Bros, Scotia Bank, CIBC Mr. Vince Sinnadurai, Dove, Taste Of Nature, Softron, Welcome Centre Immigration Services and Money Saver. Our MP Chris Alexander in his speech recognised the following TEAM DTA Youth members for their selfless efforts for this good cause:

**Abhishek Ravi**  
**Mathukshan Jeyaruban**  
**Thiviyaa Jeyaruban**  
**Geeththanah Gnaneswaran**

**Keeran Sivanesan**  
**Abbinash Sanmugan**  
**Abarna Jeevahan**  
**Piravena Selvakumar**  
**Anjali Suthakaran**  
**Karthek Shanmugamoorthy**  
**Sangeetha Shanthakumaran**  
**Aresh Srisuresh**  
**Anitha Srisuresh**  
**Peeraveena Sivakumaran**  
**Naveen Sivakumaran**  
**Luxsiya Muthalitharan**  
**Banuja Ganesalingam**  
**Arabi Sriranjana**  
**Anith Sriranjana**  
**Saranya Suresh**  
**Rishi Suresh**



DTA's SANGEETHA SHANTHAKUMARAN Fundraising For CANADIAN CANCER SOCIETY - March 31 & April 1, 2012



DTA's GEETHTHANAH GNANESWARAN Fundraising For CANADIAN CANCER SOCIETY in Pickering Town Centre on April 1, 2012



DTA's ANJALI SUTHAKARAN Fundraising For CANADIAN CANCER SOCIETY - March 31 & April 1, 2012



DTA's KEERAN SIVANESAN Fundraising For CANADIAN CANCER SOCIETY @ Loblaws on March 31, 2012



DTA's ANITHA & ARESH Fundraising For CANADIAN CANCER SOCIETY @ Loblaws on April 1, 2012



DTA's PEERAVEENA, LUXSIYA & NAVEEN Fundraising For CANADIAN CANCER SOCIETY in Pickering Town Centre on March 31, 2012



DTA's ABHISHEK, THIVYAA, UMA SURESH & KARTHEK Fundraising For CANADIAN CANCER SOCIETY in Pickering Town Centre on March 31, 2012



Proud TEAM DTA Youth holding DTA's BIG CHEQUE for \$2006.75



TEAM DTA with MP CHRIS ALEXANDER, donating \$2006.75 to SHARON ALIPANOPOULOS of The Canadian Cancer Society on 22 April, 2012

-- MORE PICTURES ON PAGE 53 --





# Durham Tamil Association

## DTA raised \$2006.75 for the Canadian Cancer Society



DTA's THI VI YAA, MATHUKSHAN, ABI NASH, SARANYA, BANUJA, ARABI & ANI TH Fundraising For CANADIAN CANCER SOCIETY April 1, 2012



ABARNA JEEVAHAN of DURHAM TAMIL ASSOCIATION appreciated by MP CHRIS ALEXANDER & SHARON ALI PANOPOULOS of The Canadian Cancer Society - 22 April 2012



PI RAVENA SELVAKUMAR of DURHAM TAMIL ASSOCIATION appreciated by MP CHRIS ALEXANDER & SHARON ALI PANOPOULOS of The Canadian Cancer Society - 22 April 2012



RISHI SURESH of DURHAM TAMIL ASSOCIATION appreciated by MP CHRIS ALEXANDER & SHARON ALI PANOPOULOS of The Canadian Cancer Society - 22 April 2012

# Durham Tamil Association helped the local school to raise money

Ms. Shamira Kandiah, a 12 year old henna artist and a long standing member of Durham Tamil Association along with Uma Suresh, rice art artist joined hands on May 24th, 2012 to raise funds for Valley Farm Public School in Pickering at their Multi Cultural Night. Their talents attracted many visitors and helped them to raise \$157 dollars to the school. The school principal Mrs. Gurdin was excited by the cultural performances and displays by various organisations and she also expressed her gratitude to DTA for it's selfless contribution.



DTA's Shamira Kandiah & Uma Suresh raising money for the local school - 24th May 2012



Principal of Valley Farm Public School Mrs. Gurdin and guests @ DTA booth



# Durham Tamil Association



## Durham Tamil Association's participation at the South Asian Heritage Festival

It was a colorful evening for all the guests at the South Asian Heritage Festival, hosted by Indo Canadian Cultural Association of Durham on May 26th, 2012 at St. Francis Centre for Community, Arts & Culture in Ajax in association with the Town Of Ajax to promote multiculturalism in Durham region.

Six different countries' representatives displayed their cultural and ethnic based musical instruments, statues, art works, symbols and banners. Indo - Canadian Cultural Association of Durham (Indian), Durham Tamil Association (Sri Lanka), D-Maatrik (Bangladesh), Friends Indeed Canada (Pakistan), Canadian Afghan Council (Afghanistan), Nepalese Canadian Community Services (Nepal) and Tamil Cultural and Academic Society of Durham (Sri Lanka) were brought together in the limelight by Mrs. Shashi Bhatia who is the Chairperson of the ICCAD.

Her hard work helped all these organisations to put together an excel-

lent show. Dignitaries from various parts of Durham graced this special occasion. The highlight of the program being the charming Master of Ceremony, none other than Chris Alexander, our MP - Ajax-Pickering along with Shashi Bhatia.

The evening program commenced with a popular Afghan film, ACT OF DISHONOUR. Each organisation showcased their cultural and theme based performances and it was a proud evening for the kids and youth of Durham Tamil Association for being the first participant of the evening. UNITY dance which was performed by 31 young children and youth of DTA aged between 6 and 18 for a popular number from Tamil movie Ezham Arivu attracted the audience. Their performance carried the message of being united and focused which will lead the world to enjoy the peace, love and harmony.

Refreshments and snacks were served to all the guests who expressed their willingness to attend such programs in the near future.



TEAM DTA 's UNITY Dance



Dignitaries @ DTA Booth



Hon MP Chris Alexander, Esther Enyolu of WMRCC, Gopal Bandhari of Nepal Association with TEAM DTA – 2012



Fatih Yegul of IDI appreciating DTA kids @ SAMF



Mayor Ryan, Anne, Gopal Bandhari of Nepal Community Services @ DTA Booth - 26 May, 2012





## MANAGING YOUR MONEY

# Wow! A tax refund - spend or save?

**David Joseph, M.A. (Economics)**

It's great to get a tax refund, isn't it? (Maybe not – but more on that later.) So, what are you going to do with it? You could spend it but then, it would just be ... gone. In the interest of a long-term improvement to your personal financial picture, here are a few alternative tax refund uses to explore.

**RRSP it** Make your 2012 RRSP contribution right now and you'll get the benefit of nearly an extra year of potential long-term tax-deferred growth and a tax deduction against next year's taxes.

**TFSA it** You are allowed to save up to \$5,000 a year in a Tax-Free Savings Account (TFSA). Your contributions are not tax-deductible but you will not be taxed on a cent of the investment income generated by your TFSA and you can re-contribute any of your tax-free with-

drawals in a future year.

**Invest it** If your RRSP and TFSA are topped up, consider adding to your non-registered investments. It's a sound strategy to hold stocks and equity mutual funds outside an RRSP or TFSA because these types of investments are taxed at a more favorable capital gains inclusion rate and Canadian investments qualify for the dividend tax credit.

**Learn from it** Set up Registered Education Savings Plans (RESPs) to fund future education costs for your kids. RESP contributions are not tax-deductible but their growth is tax-deferred and they qualify for Canada Education Savings Grants (CESG) of up to 20 per cent of your contribution.

**Take interest in it** Pay down costly credit debt with interest rates that can range from 15 to 29 per cent and then



pay down non-deductible debt such as your mortgage – a single prepayment can chop months or even years off your repayment schedule and potentially save hundreds or thousands of dollars in interest payments.

**Park it** Got a large refund? Why not park some cash in a short-term investment that you can access without penalty. You'll have a ready source of cash for a rainy day or maybe a new car without having to borrow or use your credit card. (You can also use a TFSA as a rainy day fund.)

**Eliminate it** Here's why getting a tax refund isn't the greatest: That refund cheque is not a gift from the government.

It is money you overpaid during the year and are now getting back without interest. Put more money in your pocket each pay period by applying to lower your withholding tax.

A tax refund is great – a comprehensive tax-reducing, life-goal-achieving financial plan is much better. Your professional advisor can help make it all work for you.

**Disclaimer:**

*This column, specifically written and published as a general source of information only, and is not a solicitation to buy or sell any investments. Contact your own advisor for specific advice about your circumstances. For more information on this topic please contact me.*

**David Joseph,** M.A. (Economics)  
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## International Forum for Investor Education (IFIE) Appoints IIROCCO CEO Susan Wolburgh Jenah as New Chair

(Seoul, South Korea) The Investment Industry Regulatory Organization of Canada (IIROC) is pleased to announce the appointment of its President and Chief Executive Officer Susan Wolburgh Jenah to the position of chair of the International Forum for Investor Education (IFIE).

IFIE, an alliance of 26 organizations of regulators, industry associations and other interested stakeholders from 14 countries that promotes higher standards and information sharing in financial and investor education, appointed Ms. Wolburgh Jenah at its Annual Members' Meeting which took place on May 20 in Seoul, South Korea.

"I am extremely honoured to have been appointed Chair of IFIE. With today's challenging environment for financial markets, there has never been a greater need for increased investor protection and investor education," says Ms. Wolburgh Jenah.

"IFIE's global representation and reach allows us to leverage the best standards and practices available and

work toward getting them into the hands of investors. Investor education is a significant component of IIROC's mandate and we've been a strong proponent of collaboration among stakeholders at the national and international level."

Chartered in 2005, the International Forum for Investor Education is a unique alliance that brings together private- and public-sector providers of investor education to improve the global standards for investor education. IFIE enables providers of investor education to learn about investing in the international financial market and about investor education programs globally.

IFIE acts as a clearinghouse for the exchange of information and ideas through conferences, regional committees and partnerships with key groups such as the International Organization of Securities Commissions (IOSCO).

Susan Wolburgh Jenah is President and Chief Executive Officer of the Investment Industry Regulatory Organization of Canada (IIROC), a position she has held since 2008. Previously,

she served as President and CEO of the Investment Dealers Association of Canada (IDA). From 2004-2007 she was Vice Chair of the Ontario Securities Commission, where she served as General Counsel and Director of International Affairs, representing the Commission on various committees of IOSCO.

Ms. Wolburgh Jenah holds an ICD.D designation from the Institute of Corporate Directors (ICD) and serves on the Board of Directors of the Global Risk Institute in Financial Services, and on the advisory board of the Hennick Centre for Business and Law. Ms. Wolburgh Jenah has a J.D. from Osgoode Hall Law School (Osgoode Hall) in Toronto and was called to the bar in 1982.

IIROC is the national self-regulatory organization which oversees all investment dealers and trading activity on debt and equity marketplaces in Canada. Created in 2008 through the consolidation of the Investment Dealers Association of Canada and Market



Regulation Services Inc., IIROC sets high quality regulatory and investment industry standards, protects investors and strengthens market integrity while maintaining efficient and competitive capital markets.

IIROC carries out its regulatory responsibilities through setting and enforcing rules regarding the proficiency, business and financial conduct of dealer firms and their registered employees and through setting and enforcing market integrity rules regarding trading activity on Canadian equity marketplaces.



# Business



## Deepening Euro Crisis, “GREXIT” and Plunging of Euro and Markets

**Arun Senathirajah**

ACIB, MBA (Banking Mgmt)

EU leaders gathered in Brussels in May 2012 recognized that Greece had endured significant hardships and promised to release development funds aimed at spurring growth. But, Luxembourg Prime Minister Jean-Claude Juncker, who also chairs meetings of eurozone finance ministers, has stated that Greece could wind up abandoning the euro. The country’s left-wing political parties, which are threatening to renege on commitments made to secure bailout loans, saw their popularity surge in recent elections. There is unofficial news that the euro nations are preparing contingency plans for a possible chaotic departure of Greece from the currency. Despite a €130 billion (\$169 billion) second bail-out for Greece, a fiscal compact agreed on by the euro-zone leaders in December, and €1 trillion of cheap long-term loans from the European Central Bank, Greece situation looks uncertain to accept austerity measures.

**GREXIT, Spreading Fears and Ensuing Financial Panic in Eurozone**

“GREXIT” is the term now referred to the eventuality of Greece’s departure from the euro zone. Majority of Greeks want to stay in the euro, they oppose to the austerity measures that have caused

the case of such an event: panic could spread to other troubled euro zone countries, triggering a run on the banks and more euro zone departures. It is believed the risk is bigger for the rest of Europe than for Greece. Political uncertainty in Greece is just one of the fires the Europe needs to put out. Leaders are also worried about rising borrowing costs in Spain and Italy that could force them to seek bailouts, just like Greece, Portugal and Ireland did. The fiscal austerity agenda that Germany has promoted as the solution to Europe’s problem of too much government debt has been met with rising scepticism in other euro countries. French President Francois Hollande said that to evoke the even the possibility was dangerous and would send a signal to the markets that the Eurozone wasn’t standing behind Greece. The debate reflects the fine line European leaders must walk between pressuring Greece to stick to a program of spending cuts and tax hikes that have exacerbated its economic slowdown and trying to ensure its presence in the Eurozone. Moreover a chaotic Greek departure would devastate the country’s political life, because Greece would risk expulsion from the single market and perhaps even the EU itself. Greece may be a small economy, but a Greek departure from the euro, amid brinkmanship



Courtesy: Reuters

within the euro, the economic arguments will become finely balanced—because capital will have fled and the debt burden loom larger.

### Action Needed from ECB

To stop a Greek exit European Central Bank must be ready to flood the Greek banks with liquidity—raising the losses to European taxpayers if, Greece does eventually leave. Secondly to stop a Greek exit being followed by a cascading loss of confidence in other peripheral economies, the euro zone must undergo much faster acceleration towards fiscal and financial integration than most European politicians will admit. To safeguard banks in Portugal or Spain from runs, European policymakers will have to set up some form of euro-wide deposit insurance. And to reassure investors in the sovereign-debt markets, there will have to be much quicker progress to some form of debt mutualisation among the single currency’s members. These changes must be done in a rush. The promise of a common banking backstop and some form of Eurobonds, the euro would at last start to look as if it could survive and the dangers of contagion would fall away. The financial re-engineering of Europe is a prerequisite for the euro to survive. Greece is bringing forward that moment of truth. Leaders on Thursday May 24, 2012 also addressed the contentious issue of issuing so-called “.” This would mean every country could borrow funds at the same rate, substantially lowering the costs for the more indebted countries. French President Hollande has pushed for them as an important way to ensure such a crisis never happens again, but German Chancellor Merkel has rejected them, fearing they would reduce the pressure on heavily indebted governments to heal their finances and force Germany to borrow at higher rates.

### IMF Measures – Alternatives to Euro Bonds

The International Monetary Fund is helping Europe explore politically-palatable alternatives to euro bonds as a way to help solve its worsening debt crisis.

IMF economists think Europe should consider issuing common short-term debt, guaranteeing sovereign bonds and creating euro-wide deposit insurance. All have the aim of spreading the risks for strained economies such as Italy and Spain onto the shoulders of healthier countries such as Germany and France. German economists suggest debt guarantees for the same purpose. These options, as well as euro bonds, are the kinds of measures IMF Chief Christine Lagarde was referring to when she said Europe’s leaders must act more forcefully to fight their financial crisis. “We consider that more needs to be done, particularly by way of fiscal liability-sharing,” Lagarde told reporters in London recently. “There are multiple ways to do that,” she said. That leaves the IMF-backed alternatives as possible ways forward for Europe. IMF also says Europe needs to create new economic architecture to share the fiscal burden across the euro zone. That is urgently needed, IMF economists believe, to ensure that if a country like Greece defaults or leaves the euro zone, it doesn’t spark a much more costly financial crisis for the entire region. IMF staffers think a new type of euro bond would help make countries more resilient to shocks within the zone and help to break what the fund calls the “banking-sovereign debt feedback loop.” Euro bonds would also create a larger pool of bond liquidity for the market, easing market focus on one particular nation’s debt, fund economists say. The fund sees potential for different types of euro bond proposals, including full euro bond issuance, converting only some of its member countries’ debt, or pooling existing sovereign bonds.

### Warning from French Leadership Change

In France voters have given their new president, François Hollande, a mandate to alter the “austere” course set by his ousted predecessor. In the short term Mr Hollande should be able to find a compromise with Mrs Merkel: a growth pact could be added to the fiscal one.

Courtesy: RT News



so much distress: rising unemployment, suicides, and parents forced to give up their children to orphanages. If an anti-austerity coalition comes to power in June election and refuses to comply with the bailout agreement, loans to Greece could dry up; the country could default and then find itself out of the euro zone. Once one country leaves, market focus would switch to other deeply indebted countries – Spain, Portugal, Ireland and even Italy. European policymakers would need to sling a safety net under these countries and big EU banks to prevent the contagion from spreading and imperilling the euro zone. Greece’s departure from the euro could cost Germany some €80-billion. Experts believe that there is still a “huge risk” in

and bluster, would not be a small event. Most obviously, exit—and the subsequent default on its private as well as official debt—would cost European banks, firms and taxpayers a lot of money. There is no formal mechanism for leaving the single currency. As depositors and bondholders across the euro zone factor in the increased risk that their assets could also fall victim to a break-up, other countries would come under pressure. Financial panic means that the worst might still happen—it may even come soon. Deposits are fleeing Greek banks at an accelerating pace. If financial panic forced a Greek exit before the vote, it would wreck the credibility of pledges that banks across the euro zone are safe. As the Greek economy shrinks





# Business

There is also indeed a good case for Germany doing more to boost demand. But Mr Hollande will have to countenance reform all the same, because he needs a credible medium-term plan to pay for welfare spending without resorting to borrowing. Moreover, as its neighbours embrace reform, France will have to join them or see unemployment grow and wages stagnate. In Italy the half-truth is that the country can escape its dysfunctional politics by entrusting hard choices to a technocrat. Strong protest vote in this week's local elections suggests that unpopular policies which touch so many Italian lives are ultimately best determined by elected politicians. The German half-truth is that the euro zone's problems can be solved merely by the indebted countries slashing their way to prosperity. In fact, Germans need to live with higher inflation, consume a bit more and prop up the weaker members of the currency union.

### Markets Plunge on Deepening Euro Crisis

Markets had expected the latest EU summit held in Brussels on May 24h, 2012 to disappoint and it did.

Europe's stock markets had fallen heavily during trading on Wednesday and the euro hit a near two-year low against the dollar. Dariusz Kowalczyk, senior economist at Credit Agricole CIB

in Hong Kong, said Thursday: "Europe is not doing enough, and the market may not wait for them." The perception that European leaders lack the political will to tackle the continent's financial and economic problems has left markets on edge for weeks. Recession is spreading. Banks are under pressure. Europe's stock markets had fallen. The FTSE 100 index closed 136 points lower at 5266, a fall of 2.5%. That means another £35.4bn has been wiped off the blue-chip index today- May 24h, 2012. The French CAC lost 2.6% to 3003 points, and Germany's DAX shed 2.3% to 6285. Peripheral markets suffered even more, with the Italian FTSE MIB down 3.7% and the Spanish market off 3.2%. FTSE 100 biggest fallers May 23rd. Somehow fitting that the trading screens of Europe were bathed in red ink as EU leaders were preparing for tonight's meeting. On Wall Street, the Dow Jones is down 161 points at 12,340, a fall of 1.3%.

### Battered Euro Currency

Stock markets around the world plunged Friday-May 25th after the positive effect of the huge eurozone bailout plan subsided pushing the euro to 18-month lows against the dollar. The EU's emergency assistance plan has done little to bolster confidence in the euro system, a concern highlighted by U.S. White House Economic Adviser Paul Volcker,

he has said European debt troubles could undermine the single currency. The euro slid as low \$1.2358 on electronic trading platform EBS, the lowest since October 2008. It last traded at \$1.2393. Gold prices, which often climb in times of risk aversion, earlier soared to a record high of \$1,248.95. But when gold didn't hit \$1,250 or break above it, investors started selling the metal and it slid to a session low of \$1,219.05. By early afternoon in New York, spot gold was trading at around \$1,226.85. The safe-haven appeal of U.S. Treasuries also rose dramatically, with the price of the benchmark 10-year note up 24/32, while its yield slipped to 3.444 percent shortly after 1700 GMT in New York. Investors' anxiety towards riskier assets also has been reflected in the movement of cash between markets this week. Money market funds, perceived to be among the least risky investments, attracted new money this week for the first time since January as investors moved back into cash, data from EPFR Global showed. At the same time, the amount of money pulled from risky, high-yield bond funds hit a five-year high, while equity funds in emerging markets also suffered.

### Impact on North America

Uncertainty over the fate of the euro currency is already dampening U.S. economic growth and any significant worsening of the crisis would deal a blow to a recovery that is gradually gathering steam. Canada, whose largest trading partner is the United States, would also feel the pain. Economists estimate that volatile markets and business uncertainty over the fate of Greece and the policy course in Europe is already shaving anywhere from one tenth to one half a percentage point from U.S. 2012 GDP

growth. The bulk of USA \$460 billion in external debt is held by the European Central Bank, the European Union and the International Monetary Fund. At the very least, the U.S. and global economy would fall back into recession, and some economists warn it would be far deeper and more dangerous than the one of 2007-2009. The U.S. Fed would be almost certain to embark on a fresh round of bond buying, known as quantitative easing, to keep financial markets highly liquid and hold interest rates low.

### Are they prepared?

Take Greece crashes out of the euro. Yields skyrocket for Spanish and Italian bonds locking them out of the government debt markets. Spanish and Italian depositors withdraw cash in panic over the possibility of their countries leaving the eurozone, too. Global equity markets sink. Investors pile into U.S. markets as a safe haven. The U.S. dollar soars as the euro plunges. European banks face funding shortages as investors shun the eurozone and the banking system seizes up. Global markets become chaotic. The euro zone needs to do a lot of hard things. In the short term, slower fiscal adjustment, more investment, looser monetary policy to promote growth and a thicker financial firewall to protect the weaklings on the periphery from contagion; in the medium term, structural reforms to Europe's rigid markets and outside welfare states, coupled with a plan to mutualise at least some of the outstanding debt and to set up a Europe-wide bank-resolution mechanism. Amid growing risk of a Greek exit, the euro zone has yet to face up to the task of saving the single currency and the European Union solidarity as well.

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## Weak rupee in India may help dollar earning NRIs, expats

A sharp plunge in rupee value to near Rs 55-56 levels against the dollar may be bad news for the markets and the economy, but the currency's depreciation may bring cheer to some including, NRIs remitting money from abroad and expats drawing salaries in dollars.

Amid a fall in rupee and stock markets, concerns are rife about a slowdown in economic growth momentum. However, a weaker rupee could mean good news for the Non-Residential Indians (NRIs) and others remitting money from abroad to their families back in India, experts said.

The rupee has not only lost sheen against the US dollar but also against other currencies. One dollar gets a little over Rs 55 now, which is nearly 12.67 per cent more than what it did on March 1. Similarly, a British pound brings Rs 86.73, (up 10.62 per cent), euro brings Rs 69.30 (up 5.83 per cent) and Australian dollar Rs 54.02 (up 1.75 per cent), a forex expert said.

India has one of the largest NRI diaspora in the world after China estimated to be around 30 million. According to World Bank data, India received remittance worth \$ 64 billion in 2011 - the top recipient among developing nations.

Windfall gains could also be reaped by expats working in India with income in

foreign currencies like the US dollar but incurring expenses in rupee, they added.

This is because in the short term, these employees are set to gain from a weaker rupee as they earn more rupees from their dollar-denominated salaries, an HR expert said.

The rupee on Thursday hit a record low of Rs 56.38 against the US dollar. While some recovery was seen on Friday but the rupee remained above the 55-level. The rupee has slid by a whopping 13 per cent since March 1, while market barometer Sensex has tanked by nearly 8 per cent in this period.

Besides, for those people who are planning a visit to India now, have a lot to cheer about as they will get good bargain for their home country currencies now.

This translates to having more spending power in India as compared to other favourite destinations like Singapore and Thailand. Each US dollar now costs 1.28 Singapore Dollar, and 31.63 Thai Bhat.

Commodity analysts also say that a weaker rupee could also lead to a rise in gold prices, as investors tend to shift their focus away from riskier assets like stocks to the bullion market in such scenarios.

If this scenario plays out, it could result in gains for the existing gold investors. - PTI





## Tamil Cultural & Academic Society of Durham

### TCASD Celebrating the importance of Mothers

All of us are here because of a woman. She carried us in her womb for ten months and still carries us in her heart for the rest of her life. She is important to all us. We call her as our "Mother" and it is important to appreciate her for all her help and support in our lives.

The Tamil Cultural and Academic Society of Durham, hosted its annual Mother's Day Celebrations on the 12th of May, 2012 at the Ontario Power Generation Centre, Pickering. The event was organized by the youth of TCASD with the help of our executive team members. The celebrations revolved around, the theme "An evening at Hawaii". The event started around 7.00pm, with a moment of silence remembering the mothers who have died in the past due to various reasons. Following the moment of silence, the TCASD youth and children came up and expressed their love for their mothers with great passion and creativity. The TCASD youths, Miss. Sigogini Sivarajah and Miss. Vashine

Kamesan emceed the event and coordinated the programs.

After expressing their love to their mothers, the youth and children also handed out Roses and gifts of chocolate package to their mothers. Junior and senior group students from Mrs. Tharmini Thishyan music students performed few songs dedicated for all mothers and appreciating them. All the mothers were treated with extra care and were made to feel like celebrities. Afterwards, the audience enjoyed the TCASD Mother's Day Presentation put together by Miss. Vashine Kamesan, with the help of Miss. Thiviya Pushparajah. Lastly pot luck dinner was served and everyone enjoyed the night with music and dancing. Special thanks go to Ontario Power Generation for the lovely space to host this event, all families who contributed to the pot luck dinner and all the youth who contributed in making the evening a successful and enjoyable.

### Ajax Civic Award

Each year the Town of Ajax recognizes and honours the achievements and contributions of community volunteers. These prestigious awards express the Town's appreciation of the many individuals, groups and businesses who are helping to create a community where people feel a sense of belonging and responsibility to each other, and are active participants in its development. Volunteers can be nominated for various categories; however, the Ajax Civic Award is the most prestigious award given to a youth and an adult for their never-ending passion to help their community.

The recipient of the Ajax Civic Award this year was Sigogini Sivarajah.

Sigogini is an 18 year old attending the University of Ottawa. A born leader and philanthropist, Sigogini has spent over 2500 hours volunteering, on top of maintaining an A+ average and a part-time job.

Sigogini is an active member of the Tamil Cultural and Academic Society of Durham (TCASD). She has been a youth leader and has choreographed, taught and performed many dances for several events, such as our annual Believe In You show and our Lights of Hope Charity Gala. She definitely has a true passion to volunteer and has leadership inherent within her which is self-explanatory as to why she was the perfect recipient for the prestigious award.



SEE MORE PICTURES ON PAGE 59...



# Tamil Cultural & Academic Society of Durham



## Artfest

Artfest is one of the many ways in Pickering which people can strive to recognize local artists and bring arts and culture to the Durham community. This event is a true celebration of the arts providing an opportunity for community artists to show and sell their work. Tamil Cultural and Academic Society of

Durham is a proud contributor in Artfest and has been in the event for more than four years. At this occasion TCASD has distributed many things like putting henna on peoples' hands, selling sarees and jewellerys such as bangles, ear rings, necklaces and more. TCASD was very pleased and honoured to be participating at Artfest 2012. Thanks to the youth who volunteered their time to help with the Artfest.

**By Tobias Pushparajah**



## TCASD Celebrating the importance of Mothers

*Contd. from previous page*



## Volunteering and the Link to Your Future – Durham Youth Talk 2012

An active Tamil Cultural and Academic Society of Durham youth Sigogini Sivarajah, past Pickering High School student and now attends the University of Ottawa organized Durham Youth Talk 2012 to share her experiences and how all the youth can achieve. Some of Sigogini's accomplishments include recipient of the June Callwood Harmony Award Scholarship in 2011 and recipient of the Town of Ajax, Youth Civic Award. Volunteering plays a big role in a student's future. Volunteering should be started very early in a student's school career and it greatly benefits the community and the success of the students themselves.

The Durham Youth Talk 2012 was held on Wednesday, May 2nd, at the Durham District School Board. It was an event that delivered information about how to get started with volunteering, how

important volunteering is and where it will take you, how to apply to scholarships and the processes that come along with it, and how students determine what university they go to. It opened the eyes of students and parents about all the opportunities that are out there that students don't take advantage of. Both parents and students also learned how important of a role volunteering plays in the future.

The event was delivered by recent Durham graduates and was founded and coordinated by Sigogini Sivarajah. Participants had the opportunity to involve themselves in the Q & A session and network during the evening. The event was open to all grade 8 students, high school students and parents. It was a great success and is something that Sigogini looks forward to hosting this annually.



Youth talk presenters



Some of the Youth talk attendees: 0927

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# News from Waterloo



## First Annual North American Police Championship concludes

Saturday, 26th May, 2012: It was a perfect day and a great setting for Cricket... Beautiful sunshine, a very light breeze the temperature in mid 20's and a cricket pitch in the heart of the city with picture perfect surroundings of Waterloo Park. Excitement arose as the bus pulled into the Park with NYPD as well as Toronto Police cricket teams and accompanying families on board. After the customary greetings and hand shakes, everyone got down to business at hand. The two Captains, the two Umpires and Mike Kendall of the OCA conducted the coin toss and the tournament was on. After very competitive round robin matches, the Toronto PD and the NYPD teams made it to the final.

An exciting hard fought match was won by Toronto PD team and were crowned champions. The best Batsman was Hasan of NYPD, the best bowler was Rehan from Toronto PD and Habib From NYPD was declared as the MVP of the tournament.

The Championship trophy was given away by Mr. Peter Braid MP from Waterloo Region, The MVP award was given away by Mr. Mark Whaley, Deputy Mayor and city counsellor of the city of Waterloo.

The NYPD and Toronto PD teams exchanged gifts and tokens of appreciation amongst themselves as well as with WRPS team members. The WRPS Superintendent Mr. Barry Zehr present-

ed plaques of appreciation to NYPD as well as Toronto PD teams.

Superintendent David Mcleod of Toronto as well as Sgt. Mahaan Chandu of NYPD made presentations to Mr. Mike Kendall, appreciating the OCA's efforts for the improvement of Cricket in this province.

The other OCA executive members present and on hand were Mr. Tauqir Uddin VP, Saqib Sheikh Secretary, Mr Melvin John Sr. Coordinator as well as many other visitors from Toronto area. The tournament was well attended by local residents as well.

Mr Peter Braid brought greetings from the Parliament hill, Mr Mark Whaley had a message from the city of

Waterloo and Mike Kendall thanked everyone on behalf of the OCA especially the city of Waterloo as well as Mr. Parveen Sharma and the Sunrise Cricket Club for their valuable support in providing the volunteers and getting everything done on time including freshly prepared lunch for all. Tamil Cultural Association of Waterloo Region was represented by board member Mr. Siva Kumar.

The tournament concluded with a promise of even a bigger Championship event in 2013 in which six or more teams are expected to participate. The tentative date agreed is the third weekend in May 2013.



## Is it worth it to expand trade with violators of human rights?

By: Lakshmi Sivakumar

Recent global events have attracted attention because of the issues of trade and human rights.

Human rights have been challenged by authoritarian regimes. Some of these countries have poor records on human rights and do not hesitate to lock up innocent people if they feel their authority is being challenged. Their justice systems are full of political appointees, and justice for these countries' own people is a pipe dream. Western countries turn a blind eye. India, the largest democracy in the world, does not even talk of human rights with its neighbours, believing that talking would jeopardize trade relationships.

A 40-year-old blind civil rights activist in China made recent headlines. Chen Guangchen escaped from house arrest and sought refuge at the U.S Embassy in Beijing. The Chinese government could not arrest him because he

was technically on American soil. The conflict was later resolved by Beijing and Washington. Chen and his wife and children were granted visas to the U.S., where the activist plans to pursue studies at New York University. He and his family arrived in Newark, N.J., this past Saturday.

America's trade relationship with China is more vital to the U.S. than to China. It is the U.S. that created the Chinese trade giant, and it is now playing second fiddle, with limited success.

China, with its population of 1.3 billion, its resources and its booming economy is a superpower. The Americans rely on China to help boost the U.S. economy. Hence, you scratch my back and I scratch yours works in China's favour. In reality, China could do whatever it wants. It has power, money and resources. America has a population of more than 310 million people and is indebted to China. That's where the comparisons begin and

end.

In the rest of the world, Chinese influence is greater. The Chinese economically control Asian and African nations. A prime example is Sri Lanka, where millions of dollars have been loaned, along with the labour of Chinese workers, to help build infrastructure. Sri Lanka's human rights abuses do not come into play at all. China has the tendency to shield abusers, even at the UN Human Rights Council.

Human rights went through a rough period during the administration of former U.S. president George W. Bush. His pronouncement that "you are with us or against us" made countries that violated human rights partners in the U.S. war on terrorism.

Pakistan, Sri Lanka, Bahrain and Yemen, along with Israel and Egypt, started to apply the term "terrorist" to human rights defenders. Sri Lankan Tamils, who have been fighting against

discrimination, were labelled as terrorists. Democratic voices and non-governmental organizations became the target of abuse. Trade became the tool of co-operation.

The Canada-Colombia free trade agreement, which came into effect last August, raises questions. Despite human rights abuses, corruption and a massive drug problem in Colombia, the Canadian government felt it was best to expand trade with that South American nation.

We have to figure out where to draw the line. Is it worth it to expand trade with violators of human rights? Are people's rights more important than money?

These are questions governments have to ask. If Canada wants to trade with Colombia, for example, then we have to teach them human rights values before showing them the money.

Lakshmi Sivakumar is a student at Cameron Heights Collegiate Institute in Kitchener.





# News from Waterloo

## McGuinty Government Gives Waterloo Rapid Transit Plan The Go-Ahead New Rapid Transit To Link Kitchener, Waterloo And Cambridge

A major rapid transit project in the Waterloo region has been given the environmental green light to proceed.

The Regional Municipality of Waterloo's rapid transit project was approved Thursday by the Minister of the Environment.

The project, consisting of 36 kilometres of both light-rail and rapid bus lines, will link the area's three major cities -- Cambridge, Kitchener and Waterloo.

A 19-kilometre light-rail line will run from the Conestoga Mall in Waterloo to the Fairview Park Mall in Kitchener. A 17-kilometre bus rapid transit route will also run from Kitchener's Fairview Park Mall to the Ainslie Street Terminal in Cambridge.

Increasing public transit is apart of Ontario's plan to improve air quality and strengthen the economy. A strong economy creates jobs for Ontarians and protects the services that mean most to families - health care and education.

*"Waterloo Region has done a good job consulting with interested parties, responding to concerns, protecting the environment and putting together a public transit project which will serve com-*

*muters well."*

**- Jim Bradley**

Minister of the Environment

*"This is an important step forward in bringing expanded public transit options to the Kitchener-Waterloo-Cambridge region. The new LRT and rapid bus lines will help residents get where they need to go, reduce congestion by taking cars off the road, and help protect the environment."*

**- Bob Chiarelli**

Minister of Infrastructure and Transportation

*"Environmental approval of our public transit project is an exciting step forward for Kitchener, Waterloo and Cambridge. The McGuinty government is coming through for commuters, students and seniors."*

**- John Milloy**

MPP - Kitchener Centre

The McGuinty government has provided \$300 million to the Region of Waterloo to build rapid transit, the largest single investment in transit infrastructure in the history of the region.

Since 2003, the provincial govern-



ment has invested more than \$13.4 billion in public transit, including over \$6.0 billion in GO Transit.

In December 2011, GO Transit began daily commuter train service to Kitchener-Waterloo with stops in Guelph

and Acton.

By 2031, Waterloo region's population will reach 729,000 (an increase of 200,000 people from 2003), and employment will grow to 336,000 (an increase of 80,000 jobs).

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Hoppers



Chicken Wings



Dosai

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Visit our food stall on **Saturday, June 23<sup>rd</sup>** at the **Multicultural festival, Victoria Park, Kitchener.**

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# Children's Corner



## THINK TANK

(Home Work for June)

BY CHANDRANI WARNASURIYA

Mr. Silly is thinking about a school subject that is spelled with a double letter. Finish the puzzle to find out the answer. Read each clue and fill in the blanks with a word containing a double letter. After you've filled in all of the answers, write the double letters in the boxes below to find out a school subject that has a double letter.

1. A person who is in charge B\_\_\_\_\_
2. A Kind of Fish G\_\_\_\_\_
3. What you do with a broom S\_\_\_\_\_
4. The sides of a room W\_\_\_\_\_
5. A Greeting H\_\_\_\_\_
6. A sport in which people slide down hills of snow  
S\_\_\_\_\_
7. A sport involving a net,  
a court, a racquet and a ball T\_\_\_\_\_
8. To cuddle up with someone S\_\_\_\_\_



### Solutions

- |          |            |
|----------|------------|
| 1. BOSS  | 5. HELLO   |
| 2. GUPPY | 6. SKING   |
| 3. SWEEP | 7. TENNIS  |
| 4. WALLS | 8. SNUGGLE |

Name of Subject - SPELLING

## Canadian MP Rathika Sitsabaiesan and Markham Councillor Logan Kanapathi along with many other Tamil Canadians at Tree planting event

### By: Moorthy

"Tree planting plays an important role in preserving the environment. We have to preserve the environment by planting trees and hand over to the future generation. It's great pleasure to see you all gents, ladies and kids. I'm welcoming all of you and thank you for participating in this important event"

Rathika Sitsabaiesan, M.P. spoke at tree planting event held on May 20th morning at 14th Ave. "Friend of Rouge Park".

Logan Kanapathi, the Markham councillor praised Mr. Kevin's passion in maintaining ward seven area with

friendly environment. He has fought to keep this 53 square kilometers of plot to plant trees without erecting any buildings. I see "Yarl Vannai Sri Venkatesa Temple Society members and old boys association of Jaffna Vaitheesvara College and their family members. Also Evelyn and Andrew are here to guide us.

Eleven years old son of Mr. Logan Kanapathi, Vinoth said trees are absorbing the carbon dioxide from the air and liberate oxygen which is very use full to us. Mr. Logan's secretary Kousalya Anantharajah helped to organize the event and participated in tree planting.





# KALVI CONNECTIONS GALA DINNER 2012



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## Chief Guest

**Dr. T. Sathiyamoorthy** MBBS(SL), MSc(SL)  
Medical Superintendent, General Hospital, Vavuniya

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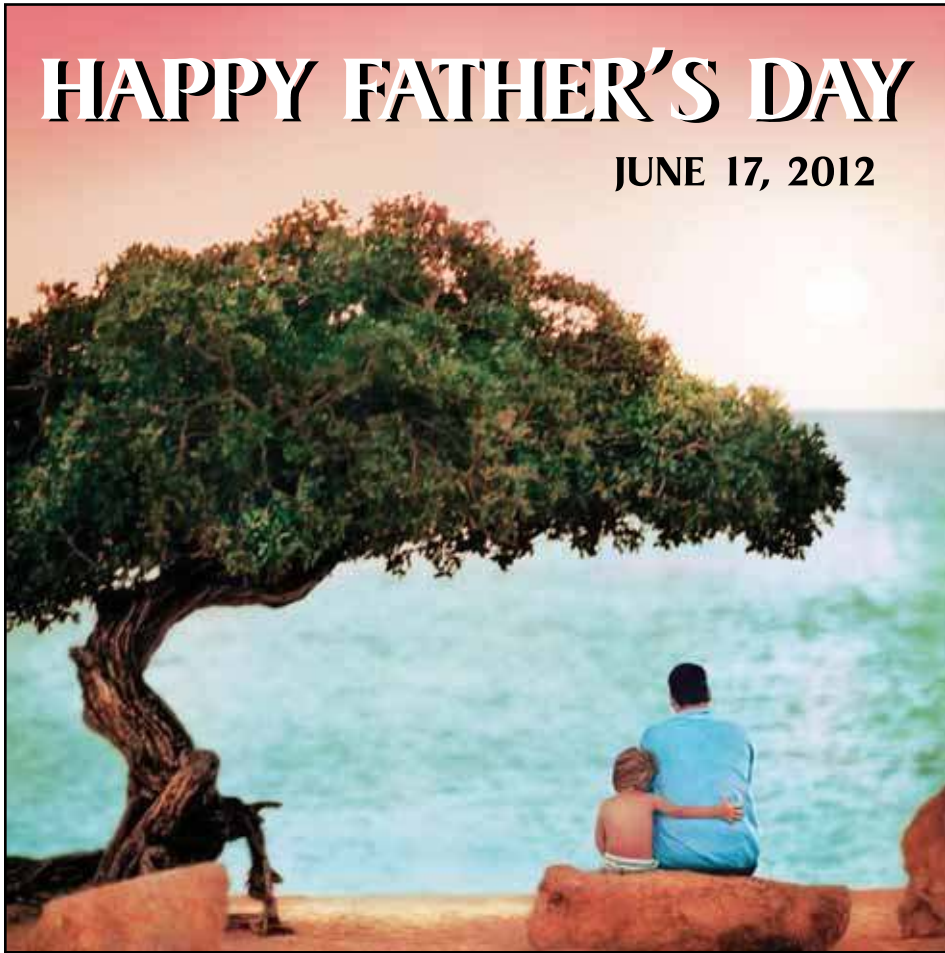


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